

## Sport England, Survey into adult physical activity attitudes and behaviour, 1<sup>st</sup> December 2020

*Methodology: Savanta ComRes interviewed 2002 English adults (16+ online) on 27<sup>th</sup> to 30<sup>th</sup> November. 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](http://www.comresglobal.com)*

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## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	974	974	-	202	297	475	49	132	80	95	85	102	155	166	109
	49%	100%	-	33%	45%	64%	52%	50%	41%	46%	49%	46%	49%	51%	53%
		b			a	ab		c						c	c
Female	1013	-	1013	396	354	263	46	128	114	113	85	119	156	158	94
	51%	-	100%	66%	54%	35%	48%	49%	59%	54%	49%	54%	49%	48%	46%
			a	bc	c				bghi						
Other	3	-	-	3	-	-	-	1	-	-	-	-	1	-	1
	*	-	-	*	-	-	-	*	-	-	-	-	*	-	*
Prefer not to say	12	-	-	3	4	5	-	1	-	-	2	1	3	4	1
	1%	-	-	*	1%	1%	-	*	-	-	1%	*	1%	1%	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### D1. Are you...?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	974	97	237	189	133	55	261	524	450	820	15	68	44	13	6	145
	49%	52%	53%	42%	53%	30%	54%	48%	49%	49%	27%	49%	59%	48%	50%	48%
		ce	ce	e	ce		ceg	ce	ce	b		b	b			b
Female	1013	87	208	254	119	129	216	549	464	842	38	70	30	14	6	158
	51%	47%	46%	57%	47%	70%	45%	51%	51%	50%	69%	51%	41%	52%	50%	52%
				abdfgh		abcdfgh		f	f		acd					
Other	3	-	1	1	-	1	-	2	1	3	-	-	-	-	-	-
	*	-	*	*	-	1%	-	*	*	*	-	-	-	-	-	-
Prefer not to say	12	2	2	4	1	-	3	8	4	8	2	-	-	-	-	2
	1%	1%	*	1%	*	-	1%	1%	*	*	4%	-	-	-	-	1%
											acg					

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## D1. Are you...?

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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	974	677	133	117	250	64	46	338	79	27	24	55	41	39	262	110
	49%	54%	38%	37%	37%	40%	39%	55%	37%	53%	50%	37%	44%	26%	65%	40%
		bcd				i	i	abdghik	i	dgi	i	i	i		abcdfghik	i
Female	1013	561	214	198	412	94	72	272	131	24	23	95	51	112	140	166
	51%	45%	61%	62%	62%	59%	61%	44%	62%	47%	48%	63%	55%	74%	35%	60%
			a	a	a	cj	cj	j	cj			cj	j	abcdefghijkl		cj
Other	3	2	1	-	1	1	-	-	1	-	-	1	-	-	-	1
	*	*	*	-	*	1%	-	-	*	-	-	1%	-	-	-	*
											c					
Prefer not to say	12	7	1	3	4	-	1	4	2	-	1	-	1	-	3	1
	1%	1%	*	1%	1%	-	1%	1%	1%	-	2%	-	1%	-	1%	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	974 49%	216 49%	195 51%	71 51%	10 36%	266 51%	226 48%	252 50%	131 50%	90 50%	16 41%	222 50%	268 49%	155 58%	567 51%	209 40%	42 38%	818 47%
Female	1013 51%	226 51%	182 48%	66 48%	18 64%	248 48%	244 52%	253 50%	129 49%	88 49%	23 59%	217 49%	276 50%	111 42%	534 48%	303 59%	66 61%	902 52%
Other	3 *	-	-	1 1%	-	1 *	-	-	-	1 1%	-	1 *	-	-	2 *	1 *	-	3 *
Prefer not to say	12 1%	2 *	5 1%	-	-	5 1%	2 *	3 1%	4 2%	-	-	4 1%	3 1%	-	7 1%	4 1%	1 1%	12 1%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**D1. Are you...?**

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Total	a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	974	157	648	91	191	42	661	289	28	771	202	816	144
	49%	41%	49%	35%	52%	46%	51%	45%	42%	49%	49%	49%	48%
			a		ae		ae	a					
Female	1013	223	655	170	177	49	621	356	38	805	208	851	156
	51%	58%	50%	64%	48%	54%	48%	55%	56%	51%	50%	51%	52%
		b		bde				bd					
Other	3	-	3	1	-	-	2	1	-	3	-	3	-
	*	-	*	*	-	-	*	*	-	*	-	*	-
Prefer not to say	12	2	9	2	2	-	7	3	1	10	2	10	1
	1%	1%	1%	1%	1%	-	1%	*	1%	1%	*	1%	*



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	974	224	100	142	151	94	90	37	135	488	262	215	237	373	133	43	531	375
	49%	53%	44%	45%	43%	49%	49%	52%	56%	45%	53%	42%	43%	56%	55%	53%	50%	46%
		bcdi						bcdi			bcdi			ab	ab			
Female	1013	197	123	170	200	94	93	35	102	587	229	292	308	288	108	38	526	432
	51%	47%	54%	54%	57%	49%	51%	48%	43%	54%	47%	57%	56%	43%	45%	46%	49%	53%
			h	hj	ahj					ahj		cd	cd					
Other	3	-	-	1	-	1	-	-	1	2	1	2	1	-	-	1	1	1
	*	-	-	*	-	1%	-	-	*	*	*	*	*	-	-	1%	*	*
																bc		
Prefer not to say	12	1	4	2	1	3	-	-	1	10	1	3	2	5	1	-	11	-
	1%	*	2%	1%	*	2%	-	-	*	1%	*	1%	*	1%	*	-	1%	-
			aj			j											c	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Male	974	304	372	284	429	306
	49%	49%	53%	43%	46%	51%
		c	c			a
Female	1013	306	328	371	500	288
	51%	50%	47%	56%	53%	48%
			ab	b		
Other	3	2	-	1	3	-
	*	*	-	*	*	-
Prefer not to say	12	3	4	4	6	4
	1%	*	1%	1%	1%	1%

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	23 1%	19 2% b	2 *	23 4% bc	- -	- -	3 3%	4 1%	2 1%	2 1%	1 *	1 1%	2 1%	6 2%	3 1%
18-24	245 12%	80 8%	163 16% a	245 41% bc	- -	- -	9 9%	23 9%	31 16% b	34 16% b	18 10%	24 11%	48 15% b	37 11%	21 10%
25-34	336 17%	102 11%	231 23% a	336 56% bc	- -	- -	16 17%	45 17%	25 13%	49 23% cfhi	29 17%	29 13%	76 24% bcefhi	42 13%	26 13%
35-44	315 16%	134 14%	178 18% a	- -	315 48% ac	- -	15 16%	39 15%	36 18% i	31 15%	25 14%	26 12%	70 22% bdefhi	51 15%	21 10%
45-54	341 17%	163 17%	177 17%	- -	341 52% ac	- -	16 17%	53 20%	29 15%	40 19%	28 16%	41 18%	49 15%	54 16%	32 16%
55-64	293 15%	172 18% b	118 12%	- -	- -	293 39% ab	15 16% dg	44 17% dg	31 16% dg	17 8%	24 14% g	34 15% dg	24 8%	61 19% dg	43 21% dg
65+	449 22%	303 31% b	144 14%	- -	- -	449 61% ab	22 23%	54 21%	42 21% g	36 17%	48 28% dg	67 30% bdg	46 15%	77 23% g	58 29% bdg
NET: 16-34	604 30%	202 21%	396 39% a	604 100% bc	- -	- -	28 29%	72 28%	58 30%	85 41% abcefhi	47 27%	54 24%	126 40% abcefhi	85 26%	50 24%
NET: 35-54	656 33%	297 31%	354 35% a	- -	656 100% ac	- -	31 32%	92 35% i	64 33%	71 34%	53 31%	67 30%	119 38% i	105 32%	54 26%
NET: 55+	742 37%	475 49% b	263 26%	- -	- -	742 100% ab	37 39% dg	97 37% dg	72 37% dg	53 25%	72 42% dg	101 45% dg	70 22%	138 42% dg	101 50% bcdg
Base for stats	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
Mean Score	46.78	51.38 b	42.44	25.11	44.30 a	66.60 ab	47.06 dg	47.47 dg	46.16 g	42.74	48.93 dg	50.27 cdg	41.59	48.17 dg	50.62 cdg
Standard Deviation	18.194	17.972	17.331	5.227	5.748	7.782	17.768	17.113	18.421	18.437	18.680	18.530	16.925	17.930	18.544
Standard Error	.407	.592	.531	.205	.221	.299	1.718	1.017	1.271	1.285	1.352	1.508	.946	.987	1.298
Error variance	.17	.35	.28	.04	.05	.09	2.95	1.03	1.62	1.65	1.83	2.27	.90	.97	1.69

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	23 1%	3 1% f	8 2% f	6 1% f	3 1% f	2 1%	1 * f	17 2% f	6 1%	17 1%	- -	2 1%	3 5% a	- -	- -	5 2%
18-24	245 12%	26 14% fh	51 11% f	89 20% bdfgh	35 14% fh	30 16% fh	15 3%	165 15% bfh	80 9% f	167 10%	15 28% a	33 24% a	18 24% a	4 15%	3 27%	73 24% a
25-34	336 17%	42 22% fh	90 20% fh	87 19% fh	46 18% fh	44 24% fh	27 6%	219 20% fh	117 13% f	248 15%	15 28% a	36 26% a	24 33% a	6 24%	- -	82 27% a
35-44	315 16%	38 21% fh	84 19% fh	71 16% f	47 19% fh	38 20% fh	36 8%	193 18% fh	121 13% f	234 14%	10 19%	42 31% ad	12 17%	8 31%	2 17%	75 25% a
45-54	341 17%	34 18% f	83 18% f	87 19% fh	52 20% fh	35 19% f	50 10%	204 19% fh	137 15% f	295 18%	5 10%	16 12%	9 13%	7 26%	5 39%	43 14%
55-64	293 15%	25 14%	72 16%	63 14%	43 17%	25 14%	64 13%	161 15%	132 14%	276 17% cdg	6 10%	6 4%	3 4%	- -	1 8%	16 5%
65+	449 22%	18 10%	61 14% e	45 10%	27 11%	11 6%	287 60% abcdegh	124 11% e	325 35% abcdeg	437 26% bcdg	3 5%	3 2%	2 3%	1 4%	1 10%	11 4%
NET: 16-34	604 30%	70 38% fh	149 33% fh	182 41% bfh	84 33% fh	76 41% fh	42 9%	401 37% fh	203 22% f	432 26%	30 56% a	70 51% a	46 63% a	11 39%	3 27%	160 53% a
NET: 35-54	656 33%	72 39% fh	167 37% fh	158 35% fh	99 39% fh	72 39% fh	87 18%	397 37% fh	258 28% f	529 32%	15 28%	58 42% a	22 30%	15 57%	7 55%	118 39% a
NET: 55+	742 37%	44 23%	133 30% e	108 24%	70 28%	36 20%	351 73% abcdegh	285 26% abcdeg	457 50% bcdg	713 43% bcdg	9 16% c	9 7%	6 8%	1 4%	2 17%	27 9%
Base for stats	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
Mean Score	46.78	41.30	44.21 ace	41.26	43.16	39.96	60.99 abcdegh	42.49	51.84 abcdeg	49.06 bcdg	35.65	34.81	33.33	37.94	41.22	35.13
Standard Deviation	18.194	15.943	16.864	17.228	15.731	15.360	15.696	16.909	18.362	18.021	17.468	13.376	13.720	12.746	15.383	14.307
Standard Error	.407	1.179	.815	.812	.966	1.097	.716	.519	.599	.442	2.294	1.126	1.584	2.367	4.441	.806
Error variance	.17	1.39	.66	.66	.93	1.20	.51	.27	.36	.20	5.26	1.27	2.51	5.60	19.72	.65

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## D2. How old 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	23	9	7	4	11	1	2	1	4	-	-	-	16	-	-	3
	1%	1%	2%	1%	2%	1%	2%	*	2%	-	-	-	17%	-	-	1%
			a	a			cj		cj				abcdefghijkl			
18-24	245	135	57	34	91	42	25	42	40	8	8	14	58	9	-	67
	12%	11%	16%	11%	14%	26%	21%	7%	19%	16%	16%	9%	62%	6%	-	24%
			ac			cgij	cgij	j	cgij	cij	cij	j	abcdefghijkl	j		cgij
25-34	336	135	89	91	180	43	32	139	36	12	6	27	13	24	2	75
	17%	11%	25%	29%	27%	27%	27%	23%	17%	24%	13%	18%	14%	16%	*	27%
			a	a	a	dfhij	dhij	j	j	j	j	j	j	j		dfghij
35-44	315	95	80	116	196	25	21	143	41	11	6	33	2	31	3	45
	16%	8%	23%	36%	29%	15%	18%	23%	19%	22%	12%	22%	2%	20%	1%	16%
			a	abd	ab	hj	hj	ahjk	hj	hj	hj	hj		hj		hj
45-54	341	187	80	61	141	29	19	149	28	11	10	38	1	49	7	48
	17%	15%	23%	19%	21%	18%	16%	24%	13%	23%	20%	25%	1%	33%	2%	17%
			a		a	hj	hj	dhjk	hj	hj	hj	dhjk		abcdhjk		hj
55-64	293	253	28	8	36	16	10	113	40	4	8	30	-	26	46	26
	15%	20%	8%	2%	5%	10%	9%	18%	19%	8%	16%	20%	-	17%	11%	9%
		bcd	c			h	h	abhjk	abhjk	h	h	abhjk		bhk	h	h
65+	449	433	8	4	12	4	9	28	24	4	11	8	3	11	348	13
	22%	35%	2%	1%	2%	3%	7%	5%	11%	8%	23%	5%	3%	7%	86%	5%
		bcd							acghk			abcdeghik			abcdeghik	
NET: 16-34	604	279	153	129	283	86	59	182	80	20	14	41	87	34	2	145
	30%	22%	44%	41%	42%	54%	50%	30%	37%	40%	29%	27%	94%	22%	*	52%
			a	a	a	cdfgij	cdfgij	j	cgij	ij	j	j	abcdefghijkl	j		cdfgij
NET: 35-54	656	282	160	176	337	53	40	292	69	22	15	71	3	80	9	94
	33%	23%	46%	55%	50%	34%	34%	48%	32%	44%	32%	47%	3%	53%	2%	34%
			a	ab	a	hj	hj	abdfhjk	hj	hj	hj	abdhjk		abdfhjk		hj

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 55+	742	686	36	12	48	20	19	140	64	8	19	39	3	37	393	39
	37%	55%	10%	4%	7%	12%	16%	23%	30%	16%	39%	26%	3%	25%	97%	14%
		bcd	c			h	h	ahk	abcehk	h	abcehk	ahk		ahk	abcdeghik	h
Base for stats	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
Mean Score	46.78	52.74	37.24	36.61	36.94	35.82	37.78	43.14	42.00	40.35	47.12	43.82	22.91	45.69	69.51	36.65
		bcd				h	h	abhk	abhk	ah	abehk	abhk		abcdehk	abcdeghik	h
Standard Deviation	18.194	18.657	12.784	10.258	11.644	13.928	15.295	13.359	16.989	15.192	17.741	14.491	13.971	14.164	7.222	14.533
Standard Error	.407	.520	.712	.602	.471	1.088	1.379	.542	1.161	2.127	2.561	1.160	1.390	1.130	.370	.858
Error variance	.17	.27	.51	.36	.22	1.18	1.90	.29	1.35	4.53	6.56	1.35	1.93	1.28	.14	.74

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	23 1%	1 *	2 *	2 1%	1 3%	4 1%	2 *	- -	1 *	2 1%	2 4%	3 1%	2 *	1 *	5 *	13 2%	4 4%	22 1%
					a					a	abef					ab	abe	b
18-24	245 12%	39 9%	42 11%	27 20%	6 21%	69 13%	45 10%	34 7%	44 17%	30 17%	9 24%	74 17%	44 8%	9 3%	105 9%	98 19%	34 31%	236 14%
				abf	a	a			af	af	af	af			a	abe	abce	ab
25-34	336 17%	93 21%	80 21%	30 22%	10 34%	111 21%	102 22%	103 20%	61 23%	35 19%	12 32%	96 22%	116 21%	25 10%	170 15%	119 23%	21 19%	310 18%
															a	abe	a	a
35-44	315 16%	92 21%	89 23%	26 18%	5 17%	115 22%	97 21%	111 22%	64 24%	29 16%	6 15%	94 21%	117 21%	31 12%	128 12%	127 25%	29 27%	284 16%
									c							abe	abe	ab
45-54	341 17%	99 22%	82 21%	22 16%	4 15%	103 20%	103 22%	132 26%	43 16%	29 16%	4 11%	71 16%	136 25%	43 16%	191 17%	96 19%	12 11%	298 17%
								bcd					bcd			d		
55-64	293 15%	83 19%	70 18%	15 11%	2 8%	85 16%	85 18%	95 19%	39 15%	31 18%	4 9%	70 16%	99 18%	55 21%	184 17%	45 9%	8 7%	238 14%
		c	c				c							cde	cde			c
65+	449 22%	37 8%	16 4%	18 13%	1 3%	34 6%	38 8%	33 6%	12 5%	23 13%	2 5%	36 8%	35 6%	102 38%	327 29%	19 4%	1 1%	347 20%
		b		be			b			abf				bcd	cde			cd
NET: 16-34	604 30%	133 30%	124 32%	59 43%	16 57%	183 35%	149 32%	138 27%	106 40%	67 37%	23 60%	173 39%	161 29%	35 13%	280 25%	230 44%	59 54%	569 33%
				abf	abef				af	af	abcef	af			a	abe	abe	ab
NET: 35-54	656 33%	191 43%	171 45%	47 34%	9 32%	218 42%	200 42%	243 48%	107 41%	58 32%	10 26%	165 37%	253 46%	73 28%	318 29%	223 43%	41 38%	582 34%
			c					cde					cde			abe	b	b
NET: 55+	742 37%	120 27%	87 23%	32 23%	3 11%	119 23%	123 26%	128 25%	51 19%	55 31%	6 14%	106 24%	134 24%	157 59%	512 46%	64 12%	9 8%	585 34%
									bd					bcd	cde			cd
Base for stats	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	46.78	43.97	41.78	41.19	35.13	41.63	43.44	44.40	39.41	42.96	35.21	40.84	43.75	56.16	50.28	37.35	32.93	45.34
		bde	d			d	d	bde		bd		d	bde	bcde	cde	d		cd
Standard Deviation	18.194	14.487	13.688	17.815	14.518	14.885	14.626	13.682	14.033	17.370	15.500	15.548	14.004	16.774	18.024	14.201	13.498	17.979
Standard Error	.407	.687	.707	1.511	2.651	.657	.671	.611	.864	1.288	2.421	.736	.602	1.010	.543	.628	1.275	.433
Error variance	.17	.47	.50	2.28	7.03	.43	.45	.37	.75	1.66	5.86	.54	.36	1.02	.29	.39	1.63	.19



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	23	3	19	-	2	2	17	3	-	15	7	18	4
	1%	1%	1%	-	*	2%	1%	1%	-	1%	2%	1%	1%
						a							
18-24	245	70	155	45	18	26	148	87	-	195	51	192	45
	12%	18%	12%	17%	5%	28%	11%	13%	-	12%	12%	11%	15%
		b		bdf		abdef	bf	bf					
25-34	336	101	198	71	51	15	197	118	17	282	54	263	68
	17%	26%	15%	27%	14%	17%	15%	18%	25%	18%	13%	16%	22%
		b		bde				bd		b		a	
35-44	315	79	198	48	48	11	204	98	9	267	48	253	59
	16%	21%	15%	18%	13%	12%	16%	15%	13%	17%	12%	15%	20%
		b								b		a	
45-54	341	57	238	53	52	10	232	98	15	270	70	287	50
	17%	15%	18%	20%	14%	11%	18%	15%	22%	17%	17%	17%	17%
				b									
55-64	293	35	199	27	63	8	204	85	11	235	58	258	34
	15%	9%	15%	10%	17%	9%	16%	13%	17%	15%	14%	15%	11%
			a		a		a						
65+	449	38	308	20	136	18	290	158	15	325	124	407	41
	22%	10%	23%	8%	37%	20%	22%	24%	22%	20%	30%	24%	14%
			a		acdef	a	a	a	a		a	b	
NET: 16-34	604	174	371	116	71	43	361	209	17	492	112	474	116
	30%	45%	28%	44%	19%	47%	28%	32%	25%	31%	27%	28%	39%
		b		bdef		bdef	b	b				a	
NET: 35-54	656	136	436	101	101	21	436	196	24	537	118	541	110
	33%	36%	33%	38%	27%	23%	34%	30%	36%	34%	29%	32%	36%
				bce			bc						
NET: 55+	742	73	507	47	199	27	494	243	26	560	183	665	75
	37%	19%	39%	18%	54%	30%	38%	38%	39%	35%	44%	40%	25%
			a		acdef	a	a	a	a		a	b	
Base for stats	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### D2. How old are you?

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	c	d	e	f	a	b	a	b
Unweighted Total	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	46.78	39.51	47.39	39.50	53.46	41.75	47.39	46.68	49.06	46.11	49.36	47.80	42.05
			a		acde		ac	ac	ac		a	b	
Standard Deviation	18.194	16.015	18.099	15.184	17.504	20.888	17.918	18.763	15.115	17.879	19.162	18.275	16.803
Standard Error	.407	.815	.502	.907	.917	2.154	.501	.730	1.847	.447	.953	.448	.944
Error variance	.17	.66	.25	.82	.84	4.64	.25	.53	3.41	.20	.91	.20	.89

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	23 1%	6 1%	5 2% d	4 1%	1 *	3 1%	2 1%	- -	2 1%	13 1%	4 1%	5 1%	5 1%	11 2%	- -	- -	13 1%	7 1%
18-24	245 12%	29 7%	34 15% ag	55 17% aghj	49 14% ag	27 14% a	22 12% a	4 5%	25 10%	165 15% agj	51 10%	67 13% c	89 16% cd	58 9%	24 10%	12 14%	114 11%	110 14% b
25-34	336 17%	35 8%	40 17% a	69 22% ahj	84 24% ahj	39 20% ah	32 17% a	10 14%	28 12%	230 21% ahj	71 14% a	100 19% d	95 17%	102 15%	30 13%	30 37% bc	179 17%	120 15%
35-44	315 16%	59 14%	22 10%	53 17% bh	69 20% abh	39 21% abh	35 19% bh	13 18%	24 10%	184 17% bh	72 15%	70 14%	108 20% ac	90 14%	42 18%	16 19%	169 16%	123 15%
45-54	341 17%	75 18%	43 19% c	40 13%	60 17%	29 15%	35 19%	8 12%	50 21% ci	172 16% ci	94 19% c	111 22% bcd	75 14%	110 17%	37 15%	7 8%	181 17% a	145 18% a
55-64	293 15%	80 19% cdefi	40 18% c	32 10%	46 13%	21 11%	23 12%	10 14%	40 17% c	140 13%	73 15%	82 16%	78 14%	97 15%	35 14%	10 13%	155 15%	124 15%
65+	449 22%	137 33% bcdefij	42 19% d	62 20% d	44 12%	34 18%	34 19%	26 36% bcdefi	70 29% bcdefi	182 17% bcdefi	130 26% bcdefi	76 15%	99 18%	198 30% ab	73 30% ab	7 9%	259 24% a	178 22% a
NET: 16-34	604 30%	70 17% aghj	79 35% aghj	128 41% afghj	134 38% aghj	68 36% aghj	56 31% a	14 20%	55 23% a	409 38% aghj	125 25% a	172 34% cd	189 34% cd	170 26%	55 23%	42 51% bc	306 29%	237 29%
NET: 35-54	656 33%	134 32%	66 29%	93 29%	129 37%	68 36%	70 38% bc	21 30%	74 31%	356 33%	166 34%	181 35%	183 33%	201 30%	79 33%	22 27%	350 33%	268 33%
NET: 55+	742 37%	218 52% bcdefij	83 36% di	95 30%	90 25%	55 29%	57 31%	36 50% bcdefi	109 46% bcdefi	322 30%	202 41% cdefi	158 31%	176 32%	295 44% ab	108 45% ab	18 22%	414 39% a	303 38% a
Base for stats	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
Mean Score	46.78	52.88	45.27	43.38	42.34	43.83	44.92	52.06	50.68	43.52	48.74	44.69	44.07	49.91	50.18	38.64	47.62	46.95
Standard Deviation	18.194	17.439	18.469	18.713	16.444	17.887	17.356	18.162	18.142	17.812	18.067	17.377	17.620	18.540	18.233	16.406	18.232	18.106
Standard Error	.407	.860	1.223	1.044	.874	1.284	1.276	2.171	1.174	.538	.813	.758	.747	.729	1.187	1.779	.572	.619
Error variance	.17	.74	1.50	1.09	.76	1.65	1.63	4.71	1.38	.29	.66	.58	.56	.53	1.41	3.17	.33	.38

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
16-17	23	7	5	9	8	11
	1%	1%	1%	1%	1%	2%
18-24	245	93	74	78	157	69
	12%	15%	10%	12%	17%	12%
		b			b	
25-34	336	123	98	108	193	114
	17%	20%	14%	16%	21%	19%
		b				
35-44	315	120	100	95	189	96
	16%	20%	14%	14%	20%	16%
		bc			b	
45-54	341	95	127	116	178	110
	17%	15%	18%	18%	19%	18%
55-64	293	78	114	96	138	90
	15%	13%	16%	15%	15%	15%
65+	449	100	187	157	73	108
	22%	16%	27%	24%	8%	18%
			a	a		a
NET: 16-34	604	223	176	196	359	194
	30%	36%	25%	30%	38%	33%
		bc			b	
NET: 35-54	656	215	227	211	368	206
	33%	35%	32%	32%	39%	34%
NET: 55+	742	177	301	253	211	197
	37%	29%	43%	38%	22%	33%
			a	a		a
Base for stats	2002	615	704	660	937	598
Mean Score	46.78	43.20	49.36	47.32	41.05	45.23
			ac	a		a
Standard Deviation	18.194	17.374	18.044	18.567	15.903	17.423
Standard Error	.407	.699	.684	.721	.518	.711
Error variance	.17	.49	.47	.52	.27	.51

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	95	49	46	28	31	37	95	-	-	-	-	-	-	-	-
	5%	5%	5%	5%	5%	5%	100%	-	-	-	-	-	-	-	-
							bcdefghi								
North West	261	132	128	72	92	97	-	261	-	-	-	-	-	-	-
	13%	14%	13%	12%	14%	13%	-	100%	-	-	-	-	-	-	-
								acdefghi							
Yorkshire and the Humber	195	80	114	58	64	72	-	-	195	-	-	-	-	-	-
	10%	8%	11%	10%	10%	10%	-	-	100%	-	-	-	-	-	-
			a						abdefghi						
West Midlands	209	95	113	85	71	53	-	-	-	209	-	-	-	-	-
	10%	10%	11%	14%	11%	7%	-	-	-	100%	-	-	-	-	-
				c	c					abcefghi					
East Midlands	173	85	85	47	53	72	-	-	-	-	173	-	-	-	-
	9%	9%	8%	8%	8%	10%	-	-	-	-	100%	-	-	-	-
											abcdefghi				
East of England	222	102	119	54	67	101	-	-	-	-	-	222	-	-	-
	11%	10%	12%	9%	10%	14%	-	-	-	-	-	100%	-	-	-
					a							abcdefghi			
London	315	155	156	126	119	70	-	-	-	-	-	-	315	-	-
	16%	16%	15%	21%	18%	9%	-	-	-	-	-	-	100%	-	-
				c	c								abcdefhi		
South East	328	166	158	85	105	138	-	-	-	-	-	-	-	328	-
	16%	17%	16%	14%	16%	19%	-	-	-	-	-	-	-	100%	-
					a									abcdefgi	
South West	205	109	94	50	54	101	-	-	-	-	-	-	-	-	205
	10%	11%	9%	8%	8%	14%	-	-	-	-	-	-	-	-	100%
					ab										abcdefgh
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	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: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	95 5%	7 4%	18 4%	27 6%	14 5%	9 5%	21 4%	52 5%	43 5%	88 5%	2 3%	1 1%	2 3%	1 3%	1 6%	6 2%
North West	261 13%	22 12%	45 10%	61 14%	35 14%	29 15%	70 15%	128 12%	133 15%	225 13%	6 11%	19 14%	5 7%	2 6%	-	33 11%
Yorkshire and the Humber	195 10%	18 9%	39 9%	43 9%	20 8%	15 8%	61 13%	99 9%	96 10%	168 10%	6 11%	15 11%	1 1%	3 10%	-	24 8%
West Midlands	209 10%	20 11%	51 11%	43 10%	29 12%	18 10%	47 10%	114 11%	95 10%	165 10%	9 16%	26 19%	5 6%	2 7%	-	41 13%
East Midlands	173 9%	15 8%	37 8%	34 7%	25 10%	16 9%	46 9%	86 8%	87 9%	159 9%	3 5%	4 3%	3 4%	3 10%	2 15%	14 5%
East of England	222 11%	15 8%	49 11%	57 13%	24 9%	20 11%	56 12%	121 11%	100 11%	196 12%	5 8%	10 7%	9 12%	2 6%	-	25 8%
London	315 16%	57 31%	73 16%	81 18%	34 13%	29 16%	42 9%	211 19%	104 11%	195 12%	17 31%	41 30%	34 47%	9 34%	8 64%	109 36%
South East	328 16%	22 12%	93 21%	66 15%	38 15%	28 15%	81 17%	180 17%	148 16%	288 17%	6 11%	16 11%	9 13%	3 13%	2 15%	36 12%
South West	205 10%	11 6%	44 10%	37 8%	34 14%	20 11%	58 12%	92 9%	112 12%	189 11%	2 3%	6 4%	5 7%	3 12%	-	16 5%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	95	60	16	13	29	5	6	31	11	3	1	8	5	4	22	11
	5%	5%	4%	4%	4%	3%	5%	5%	5%	5%	2%	5%	6%	3%	5%	4%
North West	261	154	56	41	97	18	12	87	30	7	4	20	12	25	47	29
	13%	12%	16%	13%	15%	11%	10%	14%	14%	14%	8%	13%	13%	17%	12%	10%
Yorkshire and the Humber	195	131	27	28	55	10	8	57	23	3	3	17	12	19	42	18
	10%	11%	8%	9%	8%	6%	7%	9%	11%	6%	6%	11%	13% ak	13% ak	10%	6%
West Midlands	209	122	40	37	77	18	16	69	16	6	5	15	10	21	34	34
	10%	10%	12%	11%	11%	11%	13%	11%	8%	11%	10%	10%	11%	14%	8%	12%
East Midlands	173	115	32	22	54	13	6	49	7	7	8	15	6	16	45	20
	9%	9%	9%	7%	8%	8% d	5%	8% d	4%	14% d	16% bdk	10% d	6% d	11% d	11% d	7% d
East of England	222	158	20	40	60	16	6	64	24	6	6	19	8	14	59	22
	11%	13% bd	6%	12% b	9%	10%	5%	10%	11% b	12%	11%	12% b	9%	9%	15% bck	8%
London	315	161	72	56	128	30	29	112	34	9	12	21	19	13	36	59
	16%	13%	21% a	18% a	19% a	19% ij	24% gij	18% ij	16% ij	18% j	25% ij	14% ij	20% ij	9%	9% ij	21% ij
South East	328	206	58	53	111	27	21	97	43	7	7	21	14	26	65	48
	16%	16%	17%	17%	17%	17%	18%	16%	20%	13%	14%	14%	15%	17%	16%	17%
South West	205	141	28	28	56	22	15	48	25	4	4	14	6	12	55	37
	10%	11%	8%	9%	8%	14% c	13%	8%	12%	8%	9%	9%	7%	8%	14% c	13% c
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**D3. Which of the following describes where you live?**

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Outside of the UK

	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
2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	95 5%	23 5%	21 6%	5 3%	1 3%	26 5%	24 5%	26 5%	15 6%	8 4%	1 2%	23 5%	27 5%	18 7%	46 4%	26 5%	5 5%	78 4%
North West	261 13%	68 15%	44 12%	12 9%	8 29%	56 11%	77 16%	75 15%	29 11%	21 11%	7 17%	50 11%	82 15%	37 14%	145 13%	69 13%	11 10%	225 13%
Yorkshire and the Humber	195 10%	38 9%	37 10%	12 9%	3 11%	49 9%	41 9%	39 8%	27 10%	24 13%	1 2%	52 12%	40 7%	23 9%	113 10%	50 10%	9 8%	172 10%
West Midlands	209 10%	42 9%	46 12%	13 10%	3 12%	59 11%	45 10%	54 11%	23 9%	19 11%	6 16%	43 10%	60 11%	23 9%	117 11%	51 10%	17 16%	185 11%
East Midlands	173 9%	36 8%	22 6%	13 10%	4 12%	35 7%	40 8%	34 7%	18 7%	16 9%	5 12%	35 8%	39 7%	25 10%	97 9%	45 9%	6 5%	147 8%
East of England	222 11%	43 10%	38 10%	16 12%	2 5%	54 10%	45 10%	63 12%	19 7%	19 11%	- -	38 9%	63 12%	28 10%	135 12%	51 10%	7 7%	194 11%
London	315 16%	79 18%	80 21%	25 18%	3 12%	104 20%	83 17%	85 17%	62 23%	30 17%	9 23%	92 21%	94 17%	34 13%	160 14%	100 19%	21 19%	281 16%
South East	328 16%	72 16%	61 16%	29 21%	4 13%	90 17%	76 16%	91 18%	39 15%	28 15%	6 17%	66 15%	98 18%	49 19%	176 16%	76 15%	26 24%	279 16%
South West	205 10%	41 9%	34 9%	13 9%	1 3%	47 9%	42 9%	40 8%	31 12%	14 8%	4 11%	45 10%	45 8%	29 11%	121 11%	48 9%	7 6%	176 10%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	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: 27th November - 30th November 2020

### D3. Which of the following describes where you live?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	95	14	63	9	20	2	64	28	3	80	16	79	17
	5%	4%	5%	3%	6%	2%	5%	4%	4%	5%	4%	5%	6%
North West	261	48	175	39	46	13	169	87	8	217	44	218	38
	13%	13%	13%	15%	12%	14%	13%	13%	12%	14%	11%	13%	13%
Yorkshire and the Humber	195	42	125	30	33	14	121	67	6	154	40	163	31
	10%	11%	9%	11%	9%	16% bd	9%	10%	9%	10%	10%	10%	10%
West Midlands	209	51	130	29	44	14	126	75	10	178	30	185	21
	10%	13% b	10%	11%	12%	15%	10%	12%	15%	11% b	7%	11% b	7%
East Midlands	173	34	112	31	35	5	98	67	4	119	54	152	21
	9%	9%	9%	12% d	10%	5%	8%	10% d	6%	7%	13% a	9%	7%
East of England	222	38	150	26	45	7	144	68	10	153	68	198	22
	11%	10%	11%	10%	12%	8%	11%	11%	15%	10%	17% a	12% b	7%
London	315	83	186	32	47	17	218	85	9	298	17	230	77
	16%	22% b	14%	12%	13%	18%	17% ae	13%	13%	19% b	4%	14%	26% a
South East	328	46	228	46	59	12	215	106	11	247	81	276	50
	16%	12%	17% a	18%	16%	14%	17%	16%	17%	16%	20%	16%	17%
South West	205	27	146	23	40	7	137	65	5	143	62	180	24
	10%	7%	11% a	9%	11%	8%	11%	10%	7%	9%	15% a	11%	8%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**D3. Which of the following describes where you live?**

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Total	a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	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: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	95 5%	25 6%	11 5%	13 4%	14 4%	6 3%	11 6%	4 5%	13 6%	43 4%	28 6%	23 4%	26 5%	34 5%	10 4%	2 2%	8 1%	85 10% ab
North West	261 13%	55 13%	27 12%	44 14%	41 12%	21 11%	27 15%	11 15%	35 15%	133 12%	73 15%	63 12%	71 13%	93 14%	31 13%	7 8%	94 9%	154 19% ab
Yorkshire and the Humber	195 10%	47 11%	24 11%	23 7%	31 9%	17 9%	20 11%	8 12%	24 10%	95 9%	52 11%	61 12% b	42 8%	60 9%	26 11%	4 5%	37 3%	150 19% ab
West Midlands	209 10%	45 11%	19 8%	37 12%	36 10%	17 9%	24 13%	6 8%	25 10%	109 10%	55 11%	51 10%	66 12%	67 10%	25 10%	9 12% b	53 5%	142 18% b
East Midlands	173 9%	32 8%	17 8%	24 8%	31 9%	25 13% acf	12 7%	7 10%	23 10%	98 9%	43 9%	50 10%	50 9%	51 8%	20 8%	2 2%	40 4%	131 16% ab
East of England	222 11%	60 14% cefhj	28 12%	27 9%	46 13% f	16 8%	13 7%	10 14%	20 9%	117 11%	44 9%	52 10%	47 9%	86 13% b	31 13%	- -	212 20% ac	9 1%
London	315 16%	51 12%	39 17%	57 18% a	69 20% ahj	31 16%	27 15%	11 15%	29 12%	197 18% ahj	67 14%	76 15%	96 18%	98 15%	37 15%	19 23% c	254 24% c	22 3%
South East	328 16%	69 16%	41 18%	50 16%	55 16%	38 20%	29 16%	10 14%	37 16%	183 17%	76 15%	88 17%	100 18%	102 15%	31 13%	16 19% c	230 22% c	77 9%
South West	205 10%	38 9%	21 9%	41 13%	30 8%	20 11%	18 10%	5 7%	31 13%	112 10%	55 11%	47 9%	50 9%	76 11%	30 13%	24 29% bc	141 13% c	37 5%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### D3. Which of the following describes where you live?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

North East

North West

Yorkshire and the Humber

West Midlands

East Midlands

East of England

London

South East

South West

Scotland

Wales

Northern Ireland

Outside of the UK

	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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
North East	95	28	32	34	46	27
	5%	5%	5%	5%	5%	4%
North West	261	78	92	89	112	87
	13%	13%	13%	14%	12%	14%
Yorkshire and the Humber	195	61	71	61	85	55
	10%	10%	10%	9%	9%	9%
West Midlands	209	66	71	70	105	62
	10%	11%	10%	11%	11%	10%
East Midlands	173	53	61	57	71	53
	9%	9%	9%	9%	8%	9%
East of England	222	64	86	70	93	71
	11%	10%	12%	11%	10%	12%
London	315	116	101	95	195	72
	16%	19%	14%	14%	21%	12%
		bc			b	
South East	328	91	118	114	140	113
	16%	15%	17%	17%	15%	19%
						a
South West	205	58	72	69	92	58
	10%	10%	10%	11%	10%	10%
Scotland	-	-	-	-	-	-
	-	-	-	-	-	-
Wales	-	-	-	-	-	-
	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-
	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-
	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### D3.1. Which of the three COVID-19 tiers will the area where you live be classed as from December 2nd?

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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Tier 1 - Medium	82	43	38	42	22	18	2	7	4	9	2	-	19	16	24
	4%	4%	4%	7%	3%	2%	2%	3%	2%	5%	1%	-	6%	5%	12%
				bc				f		ef			cef	ef	abcdefgh
Tier 2 - High	1070	531	526	306	350	414	8	94	37	53	40	212	254	230	141
	53%	55%	52%	51%	53%	56%	8%	36%	19%	26%	23%	96%	81%	70%	69%
								acde	a	a	a	abcdeghi	abcdehi	abcde	abcde
Tier 3 - Very high	807	375	432	237	268	303	85	154	150	142	131	9	22	77	37
	40%	38%	43%	39%	41%	41%	89%	59%	77%	68%	76%	4%	7%	23%	18%
							bcdefghi	fghi	bdfghi	bfghi	bfgi			fg	fg
Don't know	43	24	18	20	16	8	1	7	3	4	-	1	20	6	2
	2%	2%	2%	3%	2%	1%	1%	3%	2%	2%	-	*	6%	2%	1%
				c				e					abcdefhi		



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### D3.1. Which of the three COVID-19 tiers will the area where you live be classed as from December 2nd?

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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Tier 1 - Medium	82	17	19	15	11	9	12	51	31	58	4	12	6	2	-	24
	4%	9%	4%	3%	4%	5%	2%	5%	3%	3%	7%	8%	9%	9%	-	8%
		bcd	efgh					f				a	a			a
Tier 2 - High	1070	107	256	247	115	95	249	611	459	899	27	66	44	13	9	158
	53%	58%	57%	55%	46%	51%	52%	56%	50%	54%	50%	48%	59%	47%	73%	52%
		d	dh	d				dh								
Tier 3 - Very high	807	60	169	174	118	75	211	404	404	697	22	54	17	10	3	105
	40%	32%	38%	39%	46%	41%	44%	37%	44%	42%	40%	39%	23%	37%	27%	35%
				abcg			ag		abg	dg	d	d				d
Don't know	43	2	4	12	9	7	9	18	25	20	2	7	7	2	-	17
	2%	1%	1%	3%	4%	4%	2%	2%	3%	1%	3%	5%	9%	7%	-	6%
				bg		b			b			a	a			a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### D3.1. Which of the three COVID-19 tiers will the area where you live be classed as from December 2nd?

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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Tier 1 - Medium	82	40	19	14	33	11	9	28	8	6	2	4	3	2	10	20
	4%	3%	5%	4%	5%	7%	7%	5%	4%	12%	4%	2%	3%	1%	3%	7%
						ij	gij			cdghij						gij
Tier 2 - High	1070	665	175	186	362	85	63	337	119	25	24	79	48	72	217	148
	53%	53%	50%	59%	54%	53%	53%	55%	56%	50%	51%	52%	52%	47%	54%	53%
				b												
Tier 3 - Very high	807	527	146	112	258	60	45	239	80	17	21	63	34	75	174	105
	40%	42%	42%	35%	39%	38%	38%	39%	38%	34%	43%	42%	36%	50%	43%	38%
		c												acdehk		
Don't know	43	14	9	5	14	4	2	10	6	2	1	5	7	2	3	5
	2%	1%	3%	2%	2%	2%	2%	2%	3%	4%	2%	3%	8%	2%	1%	2%
										j		j	abcdijk			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### D3.1. Which of the three COVID-19 tiers will the area where you live be classed as from December 2nd?

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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Tier 1 - Medium	82 4%	14 3%	24 6% af	10 7% a	2 6%	34 6% af	15 3%	15 3%	17 6% af	14 8% af	3 8%	31 7% af	18 3%	7 3%	49 4%	20 4%	6 6%	75 4%
Tier 2 - High	1070 53%	240 54%	209 55%	79 57%	15 52%	288 55%	255 54%	288 57%	145 55%	92 51%	19 48%	237 53%	307 56%	133 50%	599 54%	278 54%	59 55%	937 54%
Tier 3 - Very high	807 40%	182 41%	147 38%	44 32%	12 42%	191 37%	194 41%	199 39%	99 37%	69 38%	14 36%	168 38%	213 39%	120 45% d	445 40%	205 40%	37 34%	687 40%
Don't know	43 2%	8 2%	2 1%	6 4% b	- -	8 2%	8 2%	6 1%	3 1%	5 3%	3 8% abef	8 2%	9 2%	6 2%	17 1%	15 3%	6 5%	37 2% be

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### D3.1. Which of the three COVID-19 tiers will the area where you live be classed as from December 2nd?

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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Tier 1 - Medium	82	34	38	10	16	6	49	31	1	58	25	71	10
	4%	9%	3%	4%	4%	7%	4%	5%	2%	4%	6%	4%	3%
		b	a								a		
Tier 2 - High	1070	201	716	128	187	46	719	319	40	858	211	886	176
	53%	53%	54%	49%	51%	51%	56%	49%	59%	54%	51%	53%	59%
		ae											
Tier 3 - Very high	807	144	531	123	164	36	493	290	26	643	165	697	102
	40%	38%	40%	46%	44%	40%	38%	45%	39%	40%	40%	42%	34%
				d	d			d				b	
Don't know	43	3	29	3	3	2	31	7	-	31	12	26	13
	2%	1%	2%	1%	1%	2%	2%	1%	-	2%	3%	2%	4%
												a	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### D3.1. Which of the three COVID-19 tiers will the area where you live be classed as from December 2nd?

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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Tier 1 - Medium	82	11	13	13	22	5	9	1	9	53	19	19	23	22	17	82	-	-
	4%	3%	6%	4%	6%	3%	5%	1%	4%	5%	4%	4%	4%	3%	7%	100%	-	-
			a		a					a				c		bc		
Tier 2 - High	1070	216	117	179	195	111	85	42	125	602	252	270	281	376	122	-	1070	-
	53%	51%	52%	57%	55%	58%	46%	58%	52%	55%	51%	53%	51%	56%	50%	-	100%	-
				f	f					f							ac	
Tier 3 - Very high	807	187	88	118	130	71	85	28	101	406	214	212	235	253	98	-	-	807
	40%	44%	39%	37%	37%	37%	46%	39%	43%	37%	43%	41%	43%	38%	40%	-	-	100%
		di					cdi			i								ab
Don't know	43	8	9	6	7	5	5	1	3	26	9	10	9	15	5	-	-	-
	2%	2%	4%	2%	2%	2%	2%	2%	1%	2%	2%	2%	2%	2%	2%	-	-	-

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**D3.1. Which of the three COVID-19 tiers will the area where you live be classed as from December 2nd?**

BASE: All respondents

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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Tier 1 - Medium	82	31	23	26	53	21
	4%	5%	3%	4%	6%	3%
				b		
Tier 2 - High	1070	329	381	350	517	317
	53%	54%	54%	53%	55%	53%
Tier 3 - Very high	807	243	281	277	352	240
	40%	39%	40%	42%	38%	40%
Don't know	43	12	20	6	15	20
	2%	2%	3%	1%	2%	3%
		c			a	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1247	677	561	279	282	686	60	154	131	122	115	158	161	206	141
	62%	70%	55%	46%	43%	92%	63%	59%	67%	58%	67%	71%	51%	63%	69%
		b				ab	g		g		g	bdg		g	bdg
Yes - children aged 0 to 12 months	89	32	57	67	22	-	6	12	5	9	5	9	21	14	9
	4%	3%	6%	11%	3%	-	6%	5%	3%	4%	3%	4%	7%	4%	4%
		a		bc	c							c			
Yes - children aged 13 months to 4 years old	171	44	125	109	60	3	5	22	17	24	13	18	37	18	17
	9%	5%	12%	18%	9%	*	5%	8%	9%	11%	8%	8%	12%	6%	9%
		a		bc	c					h			h		
Yes - children aged 5 to 10 years old	297	111	184	114	172	11	12	34	26	36	21	30	51	61	25
	15%	11%	18%	19%	26%	1%	13%	13%	13%	17%	12%	14%	16%	19%	12%
		a		c	ac									i	
Yes - children aged 11 to 15 years old	326	137	187	88	198	40	17	54	24	37	27	31	56	53	28
	16%	14%	18%	15%	30%	5%	17%	21%	13%	18%	15%	14%	18%	16%	14%
		a		c	ac			c							
Prefer not to answer	88	46	40	42	37	9	7	10	8	10	4	4	26	11	8
	4%	5%	4%	7%	6%	1%	7%	4%	4%	5%	2%	2%	8%	3%	4%
				c	c		f						befhi		
NET: Yes	667	250	412	283	337	48	29	97	55	77	54	60	128	111	56
	33%	26%	41%	47%	51%	6%	30%	37%	28%	37%	31%	27%	41%	34%	27%
		a		c	c			cfi		i			cefi		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1247	95	235	278	145	87	408	608	639	1103	29	53	37	9	4	132
	62%	51%	52%	62%	57%	47%	85%	56%	70%	66%	54%	38%	50%	34%	37%	43%
			abeg	e		abcdegh	e	abcdeg		cdg						
Yes - children aged 0 to 12 months	89	11	30	24	11	9	3	65	24	57	4	13	8	3	1	30
	4%	6%	7%	5%	5%	5%	1%	6%	3%	3%	7%	10%	11%	12%	10%	10%
		fh	fh	fh	f	f		fh	f			a	a			a
Yes - children aged 13 months to 4 years old	171	20	45	38	28	30	10	103	68	131	6	22	6	3	1	39
	9%	11%	10%	9%	11%	16%	2%	10%	7%	8%	10%	16%	9%	12%	10%	13%
		f	f	f	fh	bctgh		f	f			a				a
Yes - children aged 5 to 10 years old	297	34	87	57	39	48	32	178	119	229	9	36	14	2	3	64
	15%	18%	20%	13%	15%	26%	7%	16%	13%	14%	16%	26%	20%	8%	27%	21%
		f	cfh	f	f	cdfgh		fh	f			a				a
Yes - children aged 11 to 15 years old	326	38	103	64	50	37	34	205	121	270	9	28	11	4	4	55
	16%	20%	23%	14%	20%	20%	7%	19%	13%	16%	16%	20%	15%	13%	36%	18%
		fh	cfh	f	cfh	fh		cfh	f			a	a	a		a
Prefer not to answer	88	13	14	23	14	12	12	49	38	48	6	13	7	8	1	34
	4%	7%	3%	5%	6%	7%	3%	5%	4%	3%	11%	9%	9%	28%	6%	11%
		bf		f	f	bf					a	a	a			a
NET: Yes	667	79	199	147	95	86	60	426	241	523	19	72	30	10	7	138
	33%	43%	44%	33%	37%	47%	13%	39%	26%	31%	35%	52%	40%	38%	57%	45%
		cfh	cfh	fh	fh	cfh		cfh	f			ab				a



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1247	1247	-	-	-	83	59	326	115	20	33	92	46	80	391	142
	62%	100%	-	-	-	52%	50%	53%	54%	40%	69%	61%	50%	53%	97%	51%
		bcd									abcehk	ek		abcdefghik		
Yes - children aged 0 to 12 months	89	-	47	42	89	18	9	36	12	4	2	1	1	5	1	27
	4%	-	13%	13%	13%	11%	8%	6%	5%	7%	4%	1%	1%	3%	*	10%
			a	a	a	cdghij	ghj	gj	gj	gj	j			j		cghij
Yes - children aged 13 months to 4 years old	171	-	60	111	171	17	12	51	34	9	2	17	6	23	-	29
	9%	-	17%	35%	26%	11%	10%	8%	16%	18%	4%	11%	6%	15%	-	10%
			a	abd	ab	j	j	j	cfhj	cfhj	j	j	j	cfhj		j
Yes - children aged 5 to 10 years old	297	-	98	199	297	21	26	130	23	8	5	28	13	40	3	47
	15%	-	28%	62%	44%	13%	22%	21%	11%	17%	9%	19%	14%	26%	1%	17%
			a	abd	ab	j	dj	adj	j	j	j	dj	j	adfhjk		j
Yes - children aged 11 to 15 years old	326	-	144	182	326	33	25	127	38	10	6	29	23	30	7	58
	16%	-	41%	57%	49%	21%	21%	21%	18%	19%	12%	19%	25%	20%	2%	21%
			a	abd	ab	j	j	j	j	j	j	j	j	j		j
Prefer not to answer	88	-	-	-	-	4	6	26	15	8	4	3	14	5	3	10
	4%	-	-	-	-	3%	5%	4%	7%	15%	7%	2%	16%	3%	1%	4%
							j	j	agj	abcgijk	j		abcdgijk	j		j
NET: Yes	667	-	349	318	667	72	54	262	83	22	12	56	32	65	11	125
	33%	-	100%	100%	100%	45%	45%	43%	39%	44%	24%	37%	34%	43%	3%	45%
			a	a	a	fj	fj	fj	j	fj	j	j	j	fj		fj

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1247	249	197	73	10	270	259	278	127	114	12	241	290	258	811	147	32	989
	62%	56%	52%	53%	34%	52%	55%	55%	48%	64%	30%	54%	53%	97%	73%	28%	29%	57%
		d				d		d	d	abdef		d	d	bcd	cde		cd	
Yes - children aged 0 to 12 months	89	21	22	14	2	36	23	27	22	6	5	28	32	1	33	48	7	88
	4%	5%	6%	10%	7%	7%	5%	5%	8%	3%	13%	6%	6%	*	3%	9%	7%	5%
				af					c		ac				a	abe	ab	ab
Yes - children aged 13 months to 4 years old	171	38	42	13	9	55	47	51	28	15	7	43	58	-	57	93	21	171
	9%	9%	11%	9%	31%	11%	10%	10%	11%	8%	19%	10%	11%	-	5%	18%	19%	10%
					abcef										a	abe	abe	ab
Yes - children aged 5 to 10 years old	297	82	75	21	7	96	88	103	52	24	4	76	108	-	85	171	41	297
	15%	18%	20%	15%	23%	18%	19%	20%	20%	13%	11%	17%	20%	-	8%	33%	38%	17%
								c							a	abe	abe	ab
Yes - children aged 11 to 15 years old	326	93	79	19	4	98	97	105	54	24	10	77	115	1	101	179	46	325
	16%	21%	21%	14%	14%	19%	21%	21%	20%	13%	26%	17%	21%	*	9%	35%	42%	19%
								c			c		c		a	abe	abe	ab
Prefer not to answer	88	19	12	15	4	26	23	18	12	12	8	24	27	6	39	30	13	82
	4%	4%	3%	11%	15%	5%	5%	4%	4%	7%	22%	5%	5%	2%	3%	6%	12%	5%
				abef	abef						abcef					ab	abce	
NET: Yes	667	175	173	50	15	224	190	212	126	53	19	179	231	2	261	340	64	665
	33%	40%	45%	36%	52%	43%	40%	42%	48%	30%	48%	40%	42%	1%	24%	66%	59%	38%
								c	c		c	c	c		a	abe	abe	ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1247	172	804	149	266	52	803	413	46	984	263	1054	185
	62%	45%	61%	57%	72%	57%	62%	64%	69%	62%	64%	63%	61%
			a		acde			a					
Yes - children aged 0 to 12 months	89	42	43	23	10	9	45	39	3	74	14	72	16
	4%	11%	3%	9%	3%	10%	3%	6%	5%	5%	3%	4%	5%
		b		bd		bd		bd					
Yes - children aged 13 months to 4 years old	171	50	118	21	22	10	116	50	4	146	25	138	32
	9%	13%	9%	8%	6%	12%	9%	8%	6%	9%	6%	8%	10%
		b											
Yes - children aged 5 to 10 years old	297	78	212	43	41	13	193	89	8	240	57	256	41
	15%	20%	16%	16%	11%	14%	15%	14%	13%	15%	14%	15%	13%
Yes - children aged 11 to 15 years old	326	74	242	39	43	10	232	84	8	255	71	291	33
	16%	19%	18%	15%	12%	11%	18%	13%	12%	16%	17%	17%	11%
							be					b	
Prefer not to answer	88	25	46	18	12	9	43	35	4	67	21	53	27
	4%	6%	3%	7%	3%	10%	3%	5%	5%	4%	5%	3%	9%
		b		bd		bd		d				a	
NET: Yes	667	186	465	97	92	29	446	200	17	539	128	573	89
	33%	49%	35%	37%	25%	32%	35%	31%	25%	34%	31%	34%	30%
		b		b			b	b					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1247	297	143	188	188	107	100	48	175	627	324	329	311	435	155	40	665	527
	62%	70%	63%	60%	53%	56%	55%	67%	74%	58%	66%	64%	57%	65%	64%	49%	62%	65%
		cdefi	d					d	bcdefij		defi	b		b		a		a
Yes - children aged 0 to 12 months	89	9	16	21	22	6	4	2	9	65	15	30	25	20	14	12	47	29
	4%	2%	7%	7%	6%	3%	2%	3%	4%	6%	3%	6%	5%	3%	6%	14%	4%	4%
		afj	afj	afj					afj			c				bc		
Yes - children aged 13 months to 4 years old	171	27	15	34	41	19	18	6	11	109	35	41	56	61	11	7	105	59
	9%	6%	7%	11%	12%	10%	10%	8%	5%	10%	7%	8%	10%	9%	5%	8%	10%	7%
				ah	abhj	h	h			ah			d	d				
Yes - children aged 5 to 10 years old	297	46	28	45	70	34	36	10	26	178	73	61	96	104	30	15	168	107
	15%	11%	12%	14%	20%	18%	20%	14%	11%	16%	15%	12%	18%	16%	13%	18%	16%	13%
				abhj	ah	abh				ah			a					
Yes - children aged 11 to 15 years old	326	69	37	48	63	36	35	9	30	183	74	73	101	101	41	9	175	133
	16%	16%	16%	15%	18%	19%	19%	12%	13%	17%	15%	14%	19%	15%	17%	11%	16%	16%
Prefer not to answer	88	12	10	15	18	13	10	4	6	55	20	18	31	19	11	9	43	22
	4%	3%	4%	5%	5%	7%	6%	6%	2%	5%	4%	4%	6%	3%	5%	10%	4%	3%
					ah								c			bc		
NET: Yes	667	113	75	112	146	71	73	20	57	404	150	164	206	212	76	33	362	258
	33%	27%	33%	36%	41%	37%	40%	28%	24%	37%	30%	32%	38%	32%	31%	40%	34%	32%
			h	ah	abghj	ah	ahj			ahj			c					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1247	354	458	418	502	362
	62%	58%	65%	63%	54%	61%
		a	a		a	
Yes - children aged 0 to 12 months	89	30	31	28	62	25
	4%	5%	4%	4%	7%	4%
					b	
Yes - children aged 13 months to 4 years old	171	54	54	62	98	54
	9%	9%	8%	9%	10%	9%
Yes - children aged 5 to 10 years old	297	118	77	102	160	95
	15%	19%	11%	15%	17%	16%
		b	b			
Yes - children aged 11 to 15 years old	326	107	118	100	183	106
	16%	17%	17%	15%	20%	18%
Prefer not to answer	88	31	23	30	40	39
	4%	5%	3%	4%	4%	6%
NET: Yes	667	229	223	212	395	197
	33%	37%	32%	32%	42%	33%
		b			b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

BASE: All respondents

	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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	186 9%	97 10%	87 9%	70 12% c	72 11% c	44 6%	7 7%	22 8%	18 9%	20 10%	15 9%	15 7%	57 18% abcdefhi	22 7%	11 6%
Social Grade B	448 22%	237 24% b	208 21%	149 25% c	167 25% c	133 18%	18 19%	45 17%	39 20%	51 24%	37 21%	49 22%	73 23%	93 28% bc	44 21%
Social Grade C1	448 22%	189 19%	254 25% a	182 30% bc	158 24% c	108 15%	27 28% i	61 23%	43 22%	43 21%	34 19%	57 26%	81 26% i	66 20%	37 18%
Social Grade C2	253 13%	133 14%	119 12%	84 14% c	99 15% c	70 9%	14 14%	35 13%	20 10%	29 14%	25 15%	24 11%	34 11%	38 12%	34 17% g
Social Grade D	185 9%	55 6%	129 13% a	76 13% c	72 11% c	36 5%	9 9%	29 11%	15 8%	18 9%	16 10%	20 9%	29 9%	28 9%	20 10%
Social Grade E	480 24%	261 27% b	216 21%	42 7%	87 13% a	351 47% ab	21 22% g	70 27% g	61 31% g	47 23% g	46 26% g	56 25% g	42 13%	81 25% g	58 28% g
NET: ABC1	1083 54%	524 54%	549 54%	401 66% bc	397 61% c	285 38%	52 55%	128 49%	99 51%	114 55%	86 50%	121 55%	211 67% abcdefhi	180 55% i	92 45%
NET: C2DE	919 46%	450 46%	464 46%	203 34%	258 39% a	457 62% ab	43 45% g	133 51% g	96 49% g	95 45% g	87 50% g	100 45% g	104 33%	148 45% g	112 55% gh

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

BASE: All respondents

	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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	186	186	-	-	-	-	-	186	-	139	8	19	11	5	1	44
	9%	100%	-	-	-	-	-	17%	-	8%	15%	14%	15%	17%	10%	15%
		bcdefgh						bcdefh				a	a			a
Social Grade B	448	-	448	-	-	-	-	448	-	372	10	33	20	7	3	73
	22%	-	100%	-	-	-	-	41%	-	22%	19%	24%	27%	26%	26%	24%
			acdefgh					acdefh								
Social Grade C1	448	-	-	448	-	-	-	448	-	361	18	37	14	9	3	81
	22%	-	-	100%	-	-	-	41%	-	22%	33%	27%	19%	32%	28%	27%
				abdefgh				abdefh			a					a
Social Grade C2	253	-	-	-	253	-	-	-	253	207	7	21	14	-	1	43
	13%	-	-	-	100%	-	-	-	28%	12%	13%	15%	20%	-	6%	14%
					abcefg				abcefg							
Social Grade D	185	-	-	-	-	185	-	-	185	145	6	14	12	2	1	37
	9%	-	-	-	-	100%	-	-	20%	9%	11%	11%	17%	9%	8%	12%
						abcdfgh			abcdfg				a			
Social Grade E	480	-	-	-	-	-	480	-	480	450	4	14	1	4	3	26
	24%	-	-	-	-	-	100%	-	52%	27%	8%	10%	1%	16%	21%	8%
							abcdegh		abcdeg	bcdg		d				d
NET: ABC1	1083	186	448	448	-	-	-	1083	-	871	36	89	45	20	8	199
	54%	100%	100%	100%	-	-	-	100%	-	52%	67%	64%	62%	75%	64%	65%
		defh	defh	defh				defh			a	a				a
NET: C2DE	919	-	-	-	253	185	480	-	919	803	18	49	28	7	4	106
	46%	-	-	-	100%	100%	100%	-	100%	48%	33%	36%	38%	25%	36%	35%
					abcg	abcg	abcg		abcg	bcg						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

BASE: All respondents

	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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	186 9%	95 8%	38 11%	41 13%	79 12%	23 15%	31 26%	85 14%	23 11%	8 16%	3 6%	3 2%	3 4%	1 1%	7 2%	54 19%
			a	a	ghij	acdfghij	ghij	ghij	ghij	ghij	i					cdghij
Social Grade B	448 22%	235 19%	100 29%	99 31%	199 30%	35 22%	36 30%	211 34%	52 25%	11 23%	15 32%	20 13%	15 16%	17 11%	35 9%	71 26%
			a	a	gij	ghij	adghijk	gij	ij	ghij		j				ghij
Social Grade C1	448 22%	278 22%	86 25%	61 19%	147 22%	41 26%	19 16%	179 29%	58 27%	9 18%	11 22%	24 16%	55 59%	21 14%	31 8%	60 22%
					gij	j	bgijk	bgij	j	j	j	abcdefgijk		j		j
Social Grade C2	253 13%	145 12%	46 13%	49 15%	95 14%	28 18%	16 13%	87 14%	34 16%	16 32%	9 18%	18 12%	10 11%	17 11%	18 4%	44 16%
					j	j	j	j	abcdghijk		j	j	j	j		j
Social Grade D	185 9%	87 7%	40 12%	46 14%	86 13%	27 17%	13 11%	48 8%	39 19%	3 5%	7 15%	24 16%	7 7%	13 9%	4 1%	41 15%
			a	a	cehij	j	j	cehij	j	j	j	chj	j	j		cj
Social Grade E	480 24%	408 33%	39 11%	22 7%	60 9%	4 3%	4 3%	3 1%	7 3%	4 7%	4 8%	62 41%	3 3%	81 54%	309 76%	8 3%
		bcd			c	c		c	c	c	c	abcdefhjk	c	abcdefghk	abcdefghik	c
NET: ABC1	1083 54%	608 49%	224 64%	201 63%	426 64%	99 62%	86 73%	475 77%	133 62%	28 56%	29 59%	47 31%	73 79%	39 26%	74 18%	185 67%
			a	a	a	gij	egij	adefgijk	gij	gij	gij	j	adefgijk	j		gij
NET: C2DE	919 46%	639 51%	125 36%	117 37%	241 36%	60 38%	33 27%	139 23%	80 38%	22 44%	20 41%	104 69%	20 21%	112 74%	330 82%	92 33%
		bcd			ch				ch	bch	ch	abcdefhjk		abcdefhjk	abcdefghik	ch



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

BASE: All respondents

	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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726	
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Social Grade A	186 9%	44 10%	73 19% af	22 16%	8 27% af	94 18% af	51 11%	52 10%	55 21% af	26 14%	8 21% a	80 18% af	60 11%	17 7%	99 9%	59 11% a	11 10%	169 10%	
Social Grade B	448 22%	111 25%	144 38% af	52 37% af	7 24%	196 38% af	117 25%	142 28%	113 43% acdf	49 28%	9 22%	162 37% acf	151 28%	36 13%	253 23% a	136 26% a	24 22% a	413 24% a	
Social Grade C1	448 22%	119 27%	113 30%	30 22%	5 17%	143 27%	124 26%	164 32% bce	50 19%	43 24%	12 30%	93 21%	176 32% bce	43 16%	246 22% a	129 25% a	30 27% a	405 23% a	
Social Grade C2	253 13%	94 21% bce	35 9%	17 12%	2 9%	53 10%	97 21% bce	91 18% be	27 10%	30 17%	7 18%	57 13%	98 18% be	26 10%	127 11% abe	87 17% abe	13 12% abe	228 13% abe	
Social Grade D	185 9%	73 16% bce	11 3%	12 8% b	5 17% be	22 4% bce	78 17% bce	59 12% b	16 6%	21 11% b	2 5%	37 8% b	61 11% b	13 5%	86 8% abe	69 13% abe	17 16% abe	172 10% a	
Social Grade E	480 24%	3 1%	7 2%	6 4% af	2 7% af	13 2% a	5 1%	1 *	4 1% a	11 6% abf	2 4% af	14 3% af	3 *	131 49% bcde	299 27% cde	36 7% abe	14 13% c	349 20% c	
NET: ABC1	1083 54%	273 62%	329 86% acdf	104 75% af	19 68%	433 83% acdf	293 62%	358 70%	217 82% acef	119 66%	28 73%	336 76% c	386 71%	96 36%	598 54% a	325 63% abe	64 59% a	987 57% a	
NET: C2DE	919 46%	170 38% bce	53 14%	35 25% be	9 32% be	87 17% bce	179 38% bce	151 30% b	47 18%	61 34% be	10 27%	108 24% b	161 29% b	170 64% bcde	513 46% c	192 37% c	45 41% c	749 43% c	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	186	66	99	27	41	7	113	70	5	151	36	162	19
	9%	17%	8%	10%	11%	8%	9%	11%	7%	9%	9%	10%	6%
Social Grade B	448	93	313	50	60	20	316	116	12	351	98	383	62
	22%	24%	24%	19%	16%	23%	24%	18%	18%	22%	24%	23%	21%
Social Grade C1	448	84	308	55	53	16	313	116	8	371	78	372	68
	22%	22%	23%	21%	14%	18%	24%	18%	12%	23%	19%	22%	23%
Social Grade C2	253	43	181	30	37	15	170	75	6	202	51	218	33
	13%	11%	14%	11%	10%	17%	13%	12%	9%	13%	12%	13%	11%
Social Grade D	185	39	129	28	28	11	118	61	5	151	34	148	36
	9%	10%	10%	11%	8%	12%	9%	9%	8%	9%	8%	9%	12%
Social Grade E	480	58	285	75	151	21	262	210	30	365	116	395	83
	24%	15%	22%	28%	41%	23%	20%	32%	46%	23%	28%	24%	28%
NET: ABC1	1083	243	720	132	154	44	742	302	25	872	211	918	149
	54%	63%	55%	50%	42%	49%	57%	47%	37%	55%	51%	55%	50%
NET: C2DE	919	140	595	132	216	47	550	346	42	717	202	762	152
	46%	37%	45%	50%	58%	51%	43%	53%	63%	45%	49%	45%	50%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	186 9%	28 7%	19 8%	36 11% a	31 9%	25 13% a	18 10%	8 11%	22 9%	110 10% a	48 10%	36 7%	41 8%	72 11% ab	35 14% ab	17 21% bc	107 10% c	60 7%
Social Grade B	448 22%	62 15%	50 22% a	67 21% a	99 28% ac	56 29% ac	38 21%	14 19%	62 26% a	272 25% a	114 23% a	107 21%	120 22%	161 24%	54 22%	19 23%	256 24%	169 21%
Social Grade C1	448 22%	90 21%	54 24%	81 26% d	67 19%	39 20%	50 27% d	17 24%	50 21%	241 22% d	117 24%	117 23%	134 24% d	146 22%	41 17%	15 18%	247 23%	174 22%
Social Grade C2	253 13%	43 10%	29 13%	42 13% a	58 16% a	22 12%	26 14%	8 11%	26 11%	151 14%	60 12%	67 13%	72 13%	82 12%	30 12%	11 13%	115 11%	118 15% b
Social Grade D	185 9%	44 10% h	22 10%	29 9% hj	39 11% hj	17 9%	14 7%	7 9%	14 6%	107 10% h	34 7%	61 12% c	51 9%	49 7%	20 8%	9 11%	95 9%	75 9%
Social Grade E	480 24%	155 37% bcdefhij	54 24% d	61 19%	58 17%	32 17%	37 20%	18 25%	65 27%	205 19% cdei	120 24% dei	123 24%	130 24%	156 23%	63 26%	12 14%	249 23%	211 26% a
NET: ABC1	1083 54%	180 43% a	123 54% a	184 58% a	197 56% a	120 63% a	106 58% a	39 55%	133 56% a	624 57% a	279 57% a	260 51%	295 54%	379 57% a	129 54%	51 62% c	611 57% c	404 50%
NET: C2DE	919 46%	242 57% bcdefhij	105 46%	132 42%	155 44%	71 37%	77 42%	32 45%	105 44%	463 43%	214 43%	251 49% c	253 46%	287 43%	112 46%	31 38%	459 43%	404 50% ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Social Grade A	186	73	45	67	140	38
	9%	12%	6%	10%	15%	6%
		b		b	b	
Social Grade B	448	161	140	145	283	121
	22%	26%	20%	22%	30%	20%
		b			b	
Social Grade C1	448	148	150	144	255	145
	22%	24%	21%	22%	27%	24%
Social Grade C2	253	86	99	68	117	104
	13%	14%	14%	10%	12%	17%
			c			a
Social Grade D	185	52	56	75	92	72
	9%	8%	8%	11%	10%	12%
			b			
Social Grade E	480	95	215	161	52	118
	24%	16%	30%	24%	6%	20%
			ac	a		a
NET: ABC1	1083	382	335	356	677	304
	54%	62%	48%	54%	72%	51%
		bc		b	b	
NET: C2DE	919	233	369	304	260	294
	46%	38%	52%	46%	28%	49%
			ac	a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	422 21%	224 23%	197 19%	70 12%	134 21% a	218 29% ab	25 26% g	55 21% g	47 24% g	45 22% g	32 18% g	60 27% g	51 16% g	69 21% g	38 19% g
1 day	227 11%	100 10%	123 12%	79 13%	66 10%	83 11%	11 11%	27 10%	24 12%	19 9%	17 10%	28 13%	39 12%	41 12%	21 10%
2 days	315 16%	142 15%	170 17%	128 21% bc	93 14%	95 13%	13 13%	44 17% bc	23 12%	37 18%	24 14%	27 12%	57 18% c	50 15% c	41 20% c
3 days	353 18%	151 16%	200 20% a	134 22% c	129 20% c	90 12%	14 14%	41 16% c	31 16%	36 17%	31 18%	46 21%	69 22% bi	55 17%	30 15%
4 days	191 10%	94 10%	94 9%	68 11% c	68 10%	55 7%	6 7%	21 8% c	17 9%	17 8%	25 14% abf	16 7%	31 10%	38 11%	20 10%
5 days	183 9%	90 9%	93 9%	56 9%	70 11%	57 8%	11 11%	27 10% c	20 10%	24 12%	12 7%	13 6%	27 9%	29 9%	18 9%
6 days	72 4%	37 4%	35 3%	14 2%	21 3%	36 5% a	4 4%	11 4% a	8 4%	6 3%	7 4%	10 5%	11 4% a	10 3% a	5 3% a
7 days	238 12%	135 14% b	102 10% b	55 9%	74 11% a	109 15% a	13 14%	35 14% a	24 12%	25 12%	23 13%	20 9% a	29 9% a	37 11% a	31 15% g
NET: None (0 days)	422 21%	224 23%	197 19%	70 12%	134 21% a	218 29% ab	25 26% g	55 21% g	47 24% g	45 22% g	32 18% g	60 27% g	51 16% g	69 21% g	38 19% g
NET: Some (1-4 days)	1087 54%	488 50% a	587 58% a	409 68% bc	356 54% c	322 43% c	43 45%	133 51% bc	95 49%	109 52%	98 57%	117 53%	197 62% abcd	183 56%	112 55%
NET: Most 5+ days	493 25%	262 27% b	229 23% b	125 21%	166 25% a	202 27% a	28 29%	73 28% a	52 27%	55 26%	43 25%	44 20% a	67 21% a	76 23% a	55 27% a
Base for stats	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
Median	3	3	3	3	3	2	2	3	3	3	3	2	3	3	3
Mean Score	2.85	2.91	2.79	2.91	2.91	2.73	2.83	2.95	2.81	2.87	3.06	2.50	2.83	2.81	3.01
Standard Deviation	2.275	2.376	2.177	1.980	2.241	2.515	2.459	2.354	2.371	2.274	2.280	2.251	2.087	2.249	2.333
Standard Error	.051	.078	.067	.078	.086	.097	.238	.140	.164	.158	.165	.183	.117	.124	.163
Error variance	*	.01	*	.01	.01	.01	.06	.02	.03	.03	.03	.03	.01	.03	.03

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	422 21%	28 15%	62 14%	90 20%	43 17%	44 24%	155 32%	180 17%	242 26%	370 22%	10 18%	22 16%	8 11%	6 23%	1 8%	48 16%
				b		abg	abcdegh		abcdg	dg						
1 day	227 11%	19 10%	50 11%	54 12%	29 11%	22 12%	54 11%	123 11%	105 11%	184 11%	8 15%	17 12%	7 9%	4 14%	1 8%	36 12%
2 days	315 16%	36 19%	67 15%	81 18%	42 17%	29 15%	61 13%	184 17%	132 14%	268 16%	9 17%	23 17%	9 13%	2 8%	3 21%	46 15%
		f		f				f								
3 days	353 18%	31 17%	99 22%	67 15%	58 23%	39 21%	58 12%	197 18%	155 17%	276 16%	13 23%	30 22%	23 31%	3 12%	3 22%	72 24%
			cfh		cfh	cf		f	f				a			a
4 days	191 10%	25 13%	56 12%	39 9%	22 9%	17 9%	32 7%	120 11%	71 8%	155 9%	3 6%	18 13%	9 12%	6 22%	-	36 12%
		fh	fh					fh								
5 days	183 9%	18 10%	38 8%	50 11%	26 10%	14 7%	37 8%	106 10%	77 8%	155 9%	5 9%	9 6%	6 8%	2 7%	3 24%	24 8%
6 days	72 4%	8 4%	14 3%	17 4%	8 3%	7 4%	18 4%	39 4%	32 4%	60 4%	-	6 4%	3 4%	2 7%	-	11 4%
7 days	238 12%	22 12%	62 14%	50 11%	26 10%	14 7%	65 14%	133 12%	105 11%	205 12%	7 13%	13 9%	9 12%	2 7%	2 17%	32 11%
			e				e									
NET: None (0 days)	422 21%	28 15%	62 14%	90 20%	43 17%	44 24%	155 32%	180 17%	242 26%	370 22%	10 18%	22 16%	8 11%	6 23%	1 8%	48 16%
				b		abg	abcdegh		abcdg	dg						
NET: Some (1-4 days)	1087 54%	110 59%	272 61%	241 54%	151 59%	107 58%	205 43%	624 58%	463 50%	883 53%	33 60%	88 64%	48 65%	15 56%	6 50%	190 62%
		fh	cfh	f	fh	f		fh	f			a	a			a
NET: Most 5+ days	493 25%	48 26%	114 25%	117 26%	60 24%	34 18%	120 25%	279 26%	214 23%	420 25%	12 22%	28 20%	17 23%	6 21%	5 41%	67 22%
				e				e								
Base for stats	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
Median	3	3	3	2	3	2	2	3	2	3	3	3	3	3	3	3
Mean Score	2.85	3.09	3.15	2.85	2.89	2.54	2.56	3.01	2.65	2.83	2.76	2.86	3.21	2.82	3.56	2.95
		efh	cefh					efh								
Standard Deviation	2.275	2.174	2.189	2.262	2.136	2.119	2.485	2.220	2.324	2.305	2.217	2.093	2.045	2.258	2.265	2.122
Standard Error	.051	.161	.106	.107	.131	.151	.113	.068	.076	.057	.291	.176	.236	.419	.654	.120
Error variance	*	.03	.01	.01	.02	.02	.01	*	.01	*	.08	.03	.06	.18	.43	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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%

	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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	422 21%	297 24% bcd	59 17%	55 17%	113 17%	20 13% e	15 13% e	102 17% e	34 16% e	1 2%	9 18% e	46 31% abcdehk	15 17% e	43 29% abcdehk	137 34% abcdehfk	35 13% e
1 day	227 11%	143 11%	46 13%	29 9%	75 11%	27 17% bcj	7 6%	58 10%	25 12%	9 18% bj	4 9%	26 18% bcj	16 17% bcj	18 12%	36 9%	34 12%
2 days	315 16%	188 15%	61 17%	51 16%	112 17%	35 22% gj	21 18%	98 16%	30 14%	11 23% g	10 21% g	15 10%	19 21% g	22 14%	54 13% g	55 20% gj
3 days	353 18%	188 15%	73 21% a	73 23% a	146 22% a	34 22% hj	28 23% hj	117 19% hj	51 24% hj	14 27% hj	7 15% j	28 19% j	9 10% j	25 16% j	40 10% j	62 22% hj
4 days	191 10%	107 9%	33 9%	38 12%	71 11%	16 10%	16 13% g	61 10%	26 12%	6 11%	6 13%	9 6%	10 11%	11 7%	31 8%	31 11%
5 days	183 9%	100 8%	36 10%	36 11%	73 11% a	8 5%	21 18% acdfgjk	70 11% adj	14 7%	4 7%	2 4%	11 7% g	9 10%	15 10%	29 7% a	29 11% a
6 days	72 4%	48 4%	11 3%	9 3%	20 3%	2 2%	1 1%	27 4% k	10 5% bk	2 4%	5 10% abghik	3 2%	1 1%	2 2%	18 4% k	3 1% k
7 days	238 12%	175 14% bcd	30 9%	27 8%	57 9%	17 11%	10 9%	81 13%	22 10%	4 8%	6 12%	12 8%	11 12%	14 10%	60 15% gk	27 10% gk
NET: None (0 days)	422 21%	297 24% bcd	59 17%	55 17%	113 17%	20 13% e	15 13% e	102 17% e	34 16% e	1 2%	9 18% e	46 31% abcdehk	15 17% e	43 29% abcdehk	137 34% abcdehfk	35 13% e

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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%

	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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Some (1-4 days)	1087	627	213	192	404	112	71	334	133	40	28	79	55	75	160	183
	54%	50%	61%	60%	61%	70%	60%	54%	62%	78%	57%	52%	60%	50%	40%	66%
		a	a	a		cgij	j	j	cij	bcdgfhij	j	j	j	j		cgij
NET: Most 5+ days	493	324	78	72	150	27	32	178	47	10	12	26	22	32	107	60
	25%	26%	22%	23%	22%	17%	27%	29%	22%	20%	25%	17%	24%	21%	27%	21%
							ag	adgk							ag	
Base for stats	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
Median	3	2	3	3	3	2	3	3	3	3	3	2	2	2	2	3
Mean Score	2.85	2.83	2.80	2.91	2.85	2.73	3.18	3.14	2.97	3.06	3.05	2.21	2.78	2.46	2.62	2.92
						g	gij	agij	gi	g	g	g	g	g	gi	gi
Standard Deviation	2.275	2.394	2.091	2.061	2.076	2.031	1.962	2.255	2.133	1.808	2.301	2.183	2.241	2.259	2.559	2.010
Standard Error	.051	.067	.117	.121	.084	.159	.177	.092	.146	.253	.332	.175	.223	.180	.131	.119
Error variance	*	*	.01	.01	.01	.03	.03	.01	.02	.06	.11	.03	.05	.03	.02	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	422 21%	86 19% ce	55 14%	15 10%	2 6%	69 13%	88 19% ce	101 20% be	18 7%	30 17% be	4 10%	48 11%	105 19% be	71 27% ce	241 22% c	90 17%	20 19%	352 20%
1 day	227 11%	39 9%	41 11%	15 11%	2 6%	56 11%	41 9%	51 10%	21 8%	18 10%	4 11%	39 9%	55 10%	31 12%	121 11%	63 12%	12 11%	196 11%
2 days	315 16%	62 14%	54 14%	38 27% abef	8 28% ab	92 18%	70 15%	74 15%	45 17%	34 19%	9 24%	79 18%	83 15%	36 14%	185 17%	83 16%	11 10%	279 16%
3 days	353 18%	87 20%	85 22%	26 19%	4 13%	111 21%	90 19%	97 19%	66 25% f	35 19%	6 16%	101 23%	103 19%	32 12%	185 17%	116 22% abe	20 19%	321 18% a
4 days	191 10%	42 9%	47 12%	16 11%	4 13%	63 12%	45 10%	40 8%	41 15% af	26 14% af	5 12%	67 15% af	44 8%	18 7%	104 9%	49 10%	20 18% abce	173 10%
5 days	183 9%	48 11%	45 12%	11 8%	3 11%	56 11%	51 11%	58 11% c	33 13% c	11 6%	4 10%	44 10%	62 11% c	24 9%	93 8%	57 11%	9 8%	159 9%
6 days	72 4%	21 5%	14 4%	7 5%	2 6%	21 4%	23 5%	22 4%	7 3%	10 6%	4 10% be	17 4%	26 5%	12 4% c	46 4% c	9 2%	5 5% c	60 3% c
7 days	238 12%	59 13%	40 10%	12 9%	5 16%	52 10%	64 14%	64 13%	33 13%	16 9%	3 7%	49 11%	67 12%	42 16% ce	135 12%	50 10%	10 10%	196 11%
NET: None (0 days)	422 21%	86 19% ce	55 14%	15 10%	2 6%	69 13%	88 19% ce	101 20% be	18 7%	30 17% be	4 10%	48 11%	105 19% be	71 27% ce	241 22% c	90 17%	20 19%	352 20%
NET: Some (1-4 days)	1087 54%	229 52%	227 60% af	94 68% af	17 61%	322 62% af	246 52%	262 52%	173 66% af	112 63% af	24 63%	285 64% af	286 52%	117 44%	595 54% a	311 60% ab	64 59% a	969 56% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	493	129	100	30	9	129	138	145	73	37	11	110	155	78	274	116	25	415
	25%	29%	26%	22%	33%	25%	29%	28%	28%	21%	27%	25%	28%	29%	25%	22%	23%	24%
Base for stats	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
Median	3	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3	3
Mean Score	2.85	3.09	3.11	2.97	3.58	3.07	3.12	3.00	3.45	2.91	3.16	3.23	3.01	2.86	2.84	2.83	2.99	2.84
Standard Deviation	2.275	2.310	2.114	1.988	2.156	2.080	2.301	2.305	1.952	2.107	2.063	2.031	2.287	2.525	2.300	2.104	2.184	2.235
Standard Error	.051	.109	.109	.169	.394	.092	.106	.103	.120	.156	.322	.096	.098	.152	.069	.093	.206	.054
Error variance	*	.01	.01	.03	.15	.01	.01	.01	.01	.02	.10	.01	.01	.02	*	.01	.04	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
Unweighted Total	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	422	52	293	48	115	11	260	153	20	331	91	341	75
	21%	14%	22%	18%	31%	12%	20%	24%	31%	21%	22%	20%	25%
			a		acde			c	acd				
1 day	227	41	148	41	37	13	135	83	7	178	49	181	44
	11%	11%	11%	15%	10%	14%	10%	13%	10%	11%	12%	11%	15%
				bd								a	
2 days	315	65	210	41	49	19	209	96	11	265	50	268	45
	16%	17%	16%	15%	13%	21%	16%	15%	16%	17%	12%	16%	15%
										b			
3 days	353	98	213	54	63	14	221	120	9	286	67	307	43
	18%	26%	16%	21%	17%	15%	17%	19%	13%	18%	16%	18%	14%
			b										
4 days	191	46	124	22	31	10	126	59	5	156	36	161	29
	10%	12%	9%	8%	8%	11%	10%	9%	7%	10%	9%	10%	10%
5 days	183	37	118	25	24	9	123	53	4	146	38	148	32
	9%	10%	9%	9%	7%	10%	10%	8%	6%	9%	9%	9%	11%
6 days	72	13	46	6	13	2	50	20	1	55	17	61	9
	4%	3%	3%	2%	3%	2%	4%	3%	1%	3%	4%	4%	3%
7 days	238	31	162	27	38	14	167	65	10	173	66	211	23
	12%	8%	12%	10%	10%	15%	13%	10%	15%	11%	16%	13%	8%
			a								a	b	
NET: None (0 days)	422	52	293	48	115	11	260	153	20	331	91	341	75
	21%	14%	22%	18%	31%	12%	20%	24%	31%	21%	22%	20%	25%
			a		acde			c	acd				
NET: Some (1-4 days)	1087	250	696	158	180	55	691	358	31	885	201	917	161
	54%	65%	53%	60%	49%	61%	53%	55%	47%	56%	49%	55%	53%
		b		b		b		b		b			
NET: Most 5+ days	493	81	326	58	75	25	341	138	15	373	120	421	65
	25%	21%	25%	22%	20%	27%	26%	21%	22%	23%	29%	25%	22%
							be				a		

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Base for stats

Median

Mean Score

Standard Deviation

Standard Error

Error variance

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Total	a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Base for stats	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
Median	3	3	3	3	2	3	3	2	2	3	3	3	2
Mean Score	2.85	2.95	2.82	2.74	2.46	3.14	2.95	2.64	2.54	2.80	3.01	2.90	2.52
Standard Deviation	2.275	1.982	2.308	2.161	2.311	2.239	2.301	2.225	2.456	2.229	2.442	2.281	2.194
Standard Error	.051	.101	.064	.129	.121	.231	.064	.087	.300	.056	.121	.056	.123
Error variance	*	.01	*	.02	.01	.05	*	.01	.09	*	.01	*	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	422 21%	422 100%	-	-	-	-	-	-	-	-	-	155 30%	112 20%	108 16%	37 15%	11 13%	216 20%	187 23%
		bcdefghij										bcd					a	
1 day	227 11%	-	227 100%	-	-	-	-	-	227 21%	-	-	71 14%	54 10%	72 11%	27 11%	13 16%	117 11%	88 11%
			acdefghij						acdefghij			b						
2 days	315 16%	-	-	315 100%	-	-	-	-	315 29%	-	-	79 15%	89 16%	102 15%	36 15%	13 16%	179 17%	118 15%
				abdefghij					abdefghij									
3 days	353 18%	-	-	-	353 100%	-	-	-	353 32%	-	-	69 14%	105 19%	126 19%	47 19%	22 26%	195 18%	130 16%
					abcefghij				abcefghij				a	a	a	c		
4 days	191 10%	-	-	-	-	191 100%	-	-	191 18%	-	-	33 6%	65 12%	79 12%	14 6%	5 6%	111 10%	71 9%
						abcdefghij			abcdefghij				ad	ad				
5 days	183 9%	-	-	-	-	-	183 100%	-	-	-	183 37%	42 8%	55 10%	54 8%	28 12%	9 11%	85 8%	85 11%
							abcdeghij				abcdeghi							
6 days	72 4%	-	-	-	-	-	-	72 100%	-	-	72 15%	9 2%	20 4%	31 5%	12 5%	1 1%	42 4%	28 3%
								abcdefhij			abcdefhi			a				
7 days	238 12%	-	-	-	-	-	-	-	238 100%	-	238 48%	53 10%	48 9%	94 14%	40 17%	9 11%	125 12%	101 13%
									abcdefgij		abcdefgi			b	ab			
NET: None (0 days)	422 21%	422 100%	-	-	-	-	-	-	-	-	-	155 30%	112 20%	108 16%	37 15%	11 13%	216 20%	187 23%
		bcdefghij										bcd					a	
NET: Some (1-4 days)	1087 54%	-	227 100%	315 100%	353 100%	191 100%	-	-	-	1087 100%	-	253 49%	313 57%	379 57%	124 51%	53 64%	602 56%	406 50%
			afghj	afghj	afghj	afghj			afghj				a	a	c	c		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	493	-	-	-	-	-	183	72	238	-	493	104	123	179	80	19	252	214
	25%	-	-	-	-	-	100%	100%	100%	-	100%	20%	23%	27%	33%	23%	24%	27%
							abcdei	abcdei	abcdei		abcdei		a	ab				
Base for stats	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
Median	3	0	1	2	3	4	5	6	7	3	6	2	3	3	3	3	3	3
Mean Score	2.85	-	1.00	2.00	3.00	4.00	5.00	6.00	7.00	2.47	6.11	2.35	2.81	3.13	3.28	2.89	2.85	2.84
					i					di			a	ab	ab			
Standard Deviation	2.275	-	-	-	*	-	-	-	-	1.010	.918	2.289	2.150	2.270	2.359	2.093	2.247	2.340
Standard Error	.051	-	-	-	*	-	-	-	-	.030	.041	.100	.091	.089	.154	.227	.071	.080
Error variance	*	-	-	-	*	-	-	-	-	*	*	.01	.01	.01	.02	.05	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
0 days	422	36	177	195	137	129
	21%	6%	25%	30%	15%	22%
			a	a		a
1 day	227	52	85	87	121	62
	11%	8%	12%	13%	13%	10%
			a	a		
2 days	315	89	91	134	159	91
	16%	15%	13%	20%	17%	15%
			ab			
3 days	353	127	121	103	193	99
	18%	21%	17%	16%	21%	16%
		c			b	
4 days	191	68	69	52	92	68
	10%	11%	10%	8%	10%	11%
5 days	183	93	49	42	99	49
	9%	15%	7%	6%	11%	8%
		bc				
6 days	72	32	25	14	36	21
	4%	5%	4%	2%	4%	3%
		c				
7 days	238	117	88	33	99	79
	12%	19%	12%	5%	11%	13%
		bc	c			
NET: None (0 days)	422	36	177	195	137	129
	21%	6%	25%	30%	15%	22%
		a	a			a
NET: Some (1-4 days)	1087	337	367	377	566	319
	54%	55%	52%	57%	60%	53%
					b	
NET: Most 5+ days	493	242	161	88	234	149
	25%	39%	23%	13%	25%	25%
		bc	c			
Base for stats	2002	615	704	660	937	598
Median	3	4	2	2	3	3
Mean Score	2.85	3.84	2.72	2.11	2.98	2.90
		bc	c			
Standard Deviation	2.275	2.132	2.342	1.979	2.136	2.320

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Standard Error	.051	.086	.089	.077	.070	.095
Error variance	*	.01	.01	.01	*	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	174 9%	76 8%	94 9%	74 12% c	59 9% c	41 5%	7 7%	22 8%	20 10%	23 11%	16 9%	14 6%	32 10%	22 7%	19 9%
A bit more (4.0)	441 22%	227 23%	212 21%	149 25% c	156 24% c	137 18%	22 23%	56 21%	41 21%	43 21%	37 22%	50 23%	83 27%	69 21%	40 19%
About the same (3.0)	704 35%	372 38% b	328 32%	176 29%	227 35% a	301 41% ab	32 34%	92 35%	71 36%	71 34%	61 36%	86 39%	101 32%	118 36%	72 35%
A bit less (2.0)	340 17%	147 15%	191 19% a	99 16%	110 17%	131 18%	15 16%	45 17%	29 15%	38 18%	32 18%	28 13%	53 17%	62 19%	39 19%
A lot less (1.0)	320 16%	137 14%	180 18% a	97 16%	100 15%	122 16%	19 20%	45 17%	32 16%	31 15%	25 15%	42 19%	42 13%	52 16%	31 15%
Don't know	23 1%	14 1%	8 1%	9 1%	3 1%	11 1%	1 1%	2 1%	2 1%	3 1%	1 1%	1 1%	3 1%	5 1%	5 2%
NET: More	615 31%	304 31%	306 30%	223 37% c	215 33% c	177 24%	28 30%	78 30%	61 31%	66 31%	53 31%	64 29%	116 37% h	91 28%	58 29%
NET: Less	660 33%	284 29%	371 37% a	196 32%	211 32%	253 34%	34 35%	89 34%	61 31%	70 33%	57 33%	70 32%	95 30%	114 35%	69 34%
Base for stats	1979	960	1005	595	652	731	94	260	192	206	172	220	312	323	200
Mean Score	2.90	2.96 b	2.85 c	3.01 c	2.94 c	2.78	2.82	2.87	2.94	2.94	2.92	2.84	3.03 h	2.83	2.88
Standard Deviation	1.176	1.131	1.213	1.253	1.177	1.100	1.206	1.184	1.201	1.203	1.168	1.168	1.181	1.139	1.174
Standard Error	.026	.038	.037	.050	.045	.043	.117	.071	.083	.084	.085	.095	.066	.063	.083
Error variance	*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315	
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	174 9%	32 17% bcdefgh	42 9% fh	40 9% f	25 10% fh	11 6% f	22 5% f	115 11% efh	59 6% f	132 8% bcg	8 15% a	20 15% a	6 8% a	2 7% a	3 27% a	39 13% a	
A bit more (4.0)	441 22%	40 22%	119 27% fh	108 24% fh	60 24% f	41 22% f	73 15% f	267 25% fh	174 19% fh	360 22% bcg	13 24% a	37 27% a	22 30% a	3 10% a	3 27% a	78 26% a	
About the same (3.0)	704 35%	45 24%	140 31%	150 34% a	99 39% abg	56 30% f	215 45% abceg	335 31% abceg	369 40% abceg	613 37% bcg	12 23% a	36 26% a	22 30% a	11 42% a	2 13% a	83 27% a	
A bit less (2.0)	340 17%	35 19%	74 16%	72 16%	45 18%	37 20%	77 16%	181 17%	159 17%	278 17% bcg	9 16% a	28 20% a	14 19% a	4 16% a	3 27% a	58 19% a	
A lot less (1.0)	320 16%	32 17% d	72 16% d	72 16% d	23 9% d	37 20% d	84 17% d	175 16% d	145 16% d	278 17% bcg	10 19% a	15 11% a	8 10% a	5 20% a	1 6% a	38 13% a	
Don't know	23 1%	2 1%	2 *	6 1%	1 *	3 2%	10 2% b	10 1% b	14 1% b	13 1% bcg	2 3% a	2 2% a	3 4% a	2 6% a	- - a	8 3% a	
NET: More	615 31%	73 39% efh	161 36% efh	148 33% fh	86 34% fh	52 28% f	95 20% f	382 35% efh	233 25% f	492 29% bcg	21 39% a	58 42% a	28 38% a	4 17% a	6 54% a	118 39% a	
NET: Less	660 33%	67 36% d	145 32% d	144 32% d	68 27% cdg	75 40% cdg	161 33% cdg	356 33% cdg	304 33% cdg	556 33% cdg	19 35% a	42 31% a	21 29% a	10 36% a	4 33% a	96 32% a	
Base for stats	1979	185	446	442	253	182	471	1073	905	1660	53	136	71	25	12	296	
Mean Score	2.90	3.04	2.97	2.94	3.08	2.73	2.73	2.97	2.83	2.87	3.00	3.16	3.07	2.66	3.42	3.08	
Standard Deviation	1.176	1.345	1.207	1.191	1.089	1.193	1.073	1.224	1.112	1.164	1.356	1.222	1.133	1.154	1.357	1.228	
Standard Error	.026	.100	.058	.057	.067	.086	.049	.038	.037	.029	.181	.104	.134	.222	.392	.070	
Error variance	*	.01	*	*	*	.01	*	*	*	*	.03	.01	.02	.05	.15	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	174 9%	95 8%	30 9%	36 11% a	66 10%	16 10% j	23 19% acdfgij	55 9% j	21 10% j	8 16% gij	3 7%	9 6%	12 13% gij	9 6%	16 4%	38 14% cgij
A bit more (4.0)	441 22%	259 21%	84 24%	80 25% a	164 25%	44 28% dij	36 30% dij	159 26% dij	40 19% dij	8 16% ij	15 31%	30 20%	19 20%	23 15%	67 17%	80 29% dgij
About the same (3.0)	704 35%	458 37% c	128 37%	95 30%	223 33%	41 26%	30 25%	206 34% ak	82 39% abhk	19 38%	14 28%	49 32%	25 27%	68 45% abcfghk	170 42% abcghk	70 25%
A bit less (2.0)	340 17%	221 18% b	43 12%	64 20% b	107 16%	27 17%	18 15%	100 16%	38 18%	7 15%	9 18%	31 21%	16 18%	26 17%	68 17%	45 16%
A lot less (1.0)	320 16%	197 16%	61 18%	44 14%	105 16%	29 18%	13 11%	90 15%	30 14%	7 13%	6 13%	29 20% b	18 19%	22 15%	76 19% b	42 15%
Don't know	23 1%	16 1% c	2 1%	- -	2 *	3 2%	- -	4 1%	1 *	1 2%	2 4% bcd	2 1%	2 2%	3 2%	6 2%	3 1%
NET: More	615 31%	354 28%	114 33%	115 36% a	229 34% a	60 38% gij	58 49% acdeghij	214 35% gij	62 29% j	16 33%	18 37% ij	40 26%	31 34% ij	32 21%	83 21%	118 43% cdgij
NET: Less	660 33%	418 34%	105 30%	108 34%	212 32%	56 35%	30 26%	190 31%	68 32%	14 28%	15 31%	60 40% bc	34 37%	48 32%	144 36% b	86 31%
Base for stats	1979	1231	347	318	665	156	119	610	212	50	46	149	90	148	398	275
Mean Score	2.90	2.87	2.94	3.00	2.97	2.94 j	3.32 acdghij	2.98 gj	2.93 j	3.08 j	3.01	2.72	2.91	2.80	2.70	3.10 gij
Standard Deviation	1.176	1.150	1.191	1.207	1.198	1.266	1.246	1.174	1.158	1.241	1.157	1.177	1.317	1.066	1.087	1.269
Standard Error	.026	.032	.067	.071	.049	.100	.112	.048	.079	.176	.171	.095	.132	.086	.056	.075
Error variance	*	*	*	.01	*	.01	.01	*	.01	.03	.03	.01	.02	.01	*	.01

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726	
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	174 9%	60 13% ce	38 10% c	6 4%	2 7%	43 8%	62 13% ce	51 10%	36 14% c	13 7%	4 9%	49 11%	54 10%	20 8%	85 8%	50 10%	18 16% abce	153 9%	
A bit more (4.0)	441 22%	102 23%	102 27%	34 24%	8 27%	136 26%	109 23%	118 23%	74 28%	47 26%	6 17%	121 27%	124 23%	57 21%	238 21%	126 24%	20 18%	385 22%	
About the same (3.0)	704 35%	165 37% be	109 29%	51 37%	6 21%	160 31%	171 36% b	192 38% bde	79 30%	55 31%	7 17%	134 30%	199 36% de	106 40% d	399 36% d	173 34%	26 24%	599 34% d	
A bit less (2.0)	340 17%	63 14%	68 18%	25 18%	9 33% abef	93 18%	72 15%	80 16%	41 16%	35 19%	10 26%	76 17%	90 16%	44 17%	189 17%	86 17%	20 18%	295 17%	
A lot less (1.0)	320 16%	52 12%	64 17% af	22 16%	4 13%	86 17% af	55 12%	67 13%	33 13%	28 16%	11 28% abef	62 14%	77 14%	37 14%	184 17%	76 15%	23 21%	283 16%	
Don't know	23 1%	2 1%	1 *	1 1%	- -	2 *	2 1%	2 *	1 *	1 *	1 3%	2 *	3 *	3 1%	14 1%	5 1%	2 2%	21 1%	
NET: More	615 31%	161 36%	139 36%	40 28%	9 33%	179 34%	171 36%	169 33%	109 41% af	61 34%	10 26%	170 38%	179 33%	77 29%	324 29%	177 34% b	38 35%	538 31%	
NET: Less	660 33%	115 26%	132 35% af	48 34%	13 45% af	179 34% af	128 27%	146 29%	75 28%	63 35%	21 54% abcef	138 31%	167 31%	81 31%	374 34%	162 31%	43 39%	578 33%	
Base for stats	1979	441	380	138	28	518	470	507	263	178	38	441	545	264	1096	512	107	1715	
Mean Score	2.90	3.12 bce	2.95	2.82	2.82	2.92	3.11 ce	3.01 d	3.14 cd	2.90	2.51	3.05 d	2.98 d	2.92	2.86	2.98	2.91	2.90	
Standard Deviation	1.176	1.171	1.230	1.103	1.175	1.198	1.172	1.148	1.214	1.181	1.334	1.205	1.167	1.117	1.165	1.185	1.382	1.186	
Standard Error	.026	.056	.064	.094	.214	.053	.054	.051	.075	.088	.211	.057	.050	.068	.035	.053	.132	.029	
Error variance	*	*	*	.01	.05	*	*	*	.01	.01	.04	*	*	*	*	*	.02	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 174 9%	45 12% b	101 8%	27 10%	28 7%	7 8%	111 9%	55 9%	5 7%	139 9%	34 8%	156 9% b	15 5%
A bit more	(4.0) 441 22%	98 26%	282 21%	51 19%	54 15%	18 20%	316 24% be	111 17%	11 17%	362 23%	79 19%	377 22%	63 21%
About the same	(3.0) 704 35%	125 33%	462 35%	90 34%	146 40%	34 37%	446 35%	242 37%	25 37%	555 35%	149 36%	598 36%	99 33%
A bit less	(2.0) 340 17%	48 12%	241 18% a	39 15%	57 15%	16 18%	225 17%	105 16%	7 11%	270 17%	69 17%	281 17%	55 18%
A lot less	(1.0) 320 16%	65 17%	213 16%	54 20% d	79 21% d	13 14%	183 14%	124 19% d	18 27% cd	244 15%	76 19%	255 15%	61 20% a
Don't know	23 1%	3 1%	15 1%	3 1%	5 1%	2 2%	10 1%	10 2%	1 1%	18 1%	5 1%	13 1%	8 3% a
NET: More	615 31%	142 37% b	383 29%	78 29% b	82 22%	25 28%	427 33% be	166 26%	16 24%	502 32%	113 27%	533 32% b	77 26%
NET: Less	660 33%	113 29%	454 35%	93 35%	136 37%	29 32%	408 32%	229 35%	25 38%	514 32%	146 35%	536 32%	117 39% a
Base for stats	1979	380	1300	261	365	89	1282	638	66	1571	408	1667	293
Mean Score	2.90	3.02 b	2.86	2.84	2.71	2.89	2.96 bef	2.79	2.65	2.93	2.82	2.94 b	2.71
Standard Deviation	1.176	1.241	1.162	1.249	1.183	1.146	1.158	1.193	1.253	1.172	1.190	1.173	1.166
Standard Error	.026	.063	.032	.075	.062	.119	.033	.047	.154	.029	.060	.029	.066
Error variance	*	*	*	.01	*	.01	*	*	.02	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855	
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	174 9%	10 2%	13 6%	19 6%	27 8%	18 9%	28 15%	14 19%	45 19%	77 7%	86 18%	35 7%	50 9%	52 8%	32 13%	11 14%	80 7%	78 10%
			a	a	a	a	abcde	abcde	abcde	abcde	a	abcde				ac	b		
A bit more	(4.0)	441 22%	26 6%	39 17%	70 22%	100 28%	51 26%	65 36%	18 25%	72 30%	260 24%	155 32%	85 17%	124 23%	168 25%	58 24%	20 25%	249 23%	165 20%
			a	a	ab	ab	abc	a	abc	ab	abc			a	a	a			
About the same	(3.0)	704 35%	177 42%	85 37%	91 29%	121 34%	69 36%	49 26%	25 35%	88 37%	367 34%	161 33%	160 31%	190 35%	243 36%	100 42%	23 28%	381 36%	281 35%
			cd	f	f	f	f	f	f	f	f					a			
A bit less	(2.0)	340 17%	50 12%	48 21%	79 25%	75 21%	33 17%	25 14%	9 13%	20 8%	235 22%	55 11%	77 15%	100 18%	128 19%	31 13%	14 17%	183 17%	139 17%
			ahj	aefghj	afhj	hj				afhj					d				
A lot less	(1.0)	320 16%	145 34%	39 17%	55 17%	28 8%	19 10%	17 9%	4 6%	12 5%	142 13%	34 7%	142 28%	78 14%	74 11%	20 8%	12 14%	167 16%	138 17%
			bcdefghij	defghj	defghj	h				dhj			bcd	d					
Don't know		23 1%	14 3%	3 1%	1 *	2 *	1 *	- -	1 2%	1 *	7 1%	2 *	12 2%	6 1%	1 *	1 *	2 2%	10 1%	6 1%
			cdefhij						2%	*	1%	*	c	c					
NET: More		615 31%	36 9%	52 23%	89 28%	127 36%	68 36%	93 51%	32 45%	117 49%	337 31%	242 49%	121 24%	174 32%	220 33%	90 37%	31 38%	329 31%	243 30%
			a	a	a	abc	abcde	abcde	abcde	abcde	ab	abcde		a	a	a			
NET: Less		660 33%	195 46%	87 38%	134 42%	103 29%	52 27%	42 23%	14 19%	33 14%	377 35%	88 18%	219 43%	178 33%	202 30%	50 21%	26 32%	350 33%	277 34%
			defghij	defghj	defghij	hj	hj	h		efghj			bcd	d	d				
Base for stats	1979	408	224	314	351	190	183	71	237	1080	491	500	542	665	240	81	1060	801	
Mean Score	2.90	2.28	2.72	2.74	3.07	3.08	3.34	3.40	3.49	2.90	3.42	2.59	2.94	2.99	3.22	3.06	2.90	2.88	
			a	a	abc	abc	abcde	abcde	abcde	abc	abcde		a	a	a				
Standard Deviation	1.176	1.094	1.116	1.163	1.062	1.106	1.165	1.132	1.056	1.122	1.109	1.256	1.166	1.098	1.089	1.258	1.153	1.203	
Standard Error	.026	.055	.074	.065	.057	.080	.086	.136	.068	.034	.050	.055	.050	.043	.071	.138	.036	.041	
Error variance	*	*	.01	*	*	.01	.01	.02	*	*	*	*	*	*	*	.01	.02	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	174	-	-	112	40
	9%	28%	-	-	12%	7%
		bc			b	
A bit more	(4.0)	441	-	-	232	134
	22%	72%	-	-	25%	22%
		bc				
About the same	(3.0)	704	704	-	249	252
	35%	-	100%	-	27%	42%
			ac			a
A bit less	(2.0)	340	-	340	173	83
	17%	-	-	51%	18%	14%
				ab	b	
A lot less	(1.0)	320	-	320	161	82
	16%	-	-	49%	17%	14%
				ab		
Don't know		23	-	-	10	7
	1%	-	-	-	1%	1%
NET: More		615	-	-	344	174
	31%	100%	-	-	37%	29%
		bc			b	
NET: Less		660	-	660	334	165
	33%	-	-	100%	36%	28%
				ab	b	
Base for stats	1979	615	704	660	927	591
Mean Score	2.90	4.28	3.00	1.51	2.96	2.94
		bc	c			
Standard Deviation	1.176	.450	*	.500	1.270	1.091
Standard Error	.026	.018	*	.019	.042	.045
Error variance	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1176 59%	574 59%	595 59%	284 47%	380 58%	513 69%	61 63%	147 56%	112 58%	113 54%	104 60%	139 63%	150 48%	207 63%	144 70%
					a	ab	g	g	g	g	g	g		dg	bcdeg
Running or jogging	346 17%	174 18%	169 17%	165 27%	133 20%	48 6%	13 13%	42 16%	33 17%	44 21%	21 12%	27 12%	81 26%	57 17%	28 13%
				bc	c					efi			abcefhi		
Home activity, fitness or exercise class viewed online or on TV, DVD or video	279 14%	82 8%	194 19%	125 21%	102 15%	52 7%	12 13%	32 12%	30 16%	27 13%	14 8%	35 16%	68 22%	35 11%	25 12%
				bc	c				e			e	abdehi		
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	275 14%	135 14%	139 14%	106 18%	85 13%	85 11%	19 20%	37 14%	29 15%	29 14%	31 18%	25 11%	39 12%	42 13%	24 12%
				bc											
Cycling (either for leisure or travel)	242 12%	155 16%	87 9%	77 13%	93 14%	72 10%	8 9%	30 11%	20 10%	26 12%	20 12%	27 12%	53 17%	36 11%	22 11%
		b			c								ach		
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	141 7%	55 6%	84 8%	72 12%	48 7%	21 3%	6 7%	21 8%	14 7%	14 7%	8 4%	16 7%	31 10%	20 6%	12 6%
			a	bc	c								e		
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	137 7%	76 8%	59 6%	73 12%	49 8%	15 2%	5 5%	22 8%	13 6%	15 7%	13 7%	10 4%	39 12%	18 6%	4 2%
				bc	c			i	i	i	i		acghi	i	
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	121 6%	47 5%	72 7%	68 11%	43 7%	10 1%	5 5%	14 5%	16 8%	21 10%	13 7%	7 3%	22 7%	19 6%	6 3%
			a	bc	c				i	fi	i		i		
Swimming	94 5%	53 5%	41 4%	53 9%	30 5%	11 2%	2 2%	11 4%	10 5%	9 4%	5 3%	9 4%	24 8%	19 6%	5 3%
				bc	c								aei		



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	68 3%	36 4%	31 3%	46 8% bc	16 2% c	6 1%	2 2%	8 3%	8 4%	10 5% i	7 4%	5 2%	18 6% i	9 3%	3 1%
Gymnastics, trampolining or cheerleading	67 3%	27 3%	40 4%	44 7% bc	21 3% c	2 *	1 1%	11 4%	4 2%	8 4%	7 4%	4 2%	20 6% acfhi	9 3%	4 2%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	60 3%	35 4%	24 2%	36 6% bc	18 3% c	6 1%	1 1%	7 3%	6 3%	4 2%	5 3%	6 3%	17 5% a	10 3%	4 2%
Racket sports (such as tennis, badminton, squash etc.)	52 3%	29 3%	22 2%	32 5% bc	17 3% c	3 *	3 3%	8 3% h	6 3% h	7 3% h	6 4% h	4 2%	14 5% hi	2 1%	2 1%
Water sports (such as surfing, rowing, sailing etc.)	45 2%	24 2%	21 2%	27 4% c	18 3% c	- -	1 1%	7 3% eh	3 2%	8 4% eh	- -	1 1%	19 6% acefhi	2 1%	4 2%
Golf	42 2%	27 3% b	14 1%	21 4% bc	10 2%	10 1%	1 1%	8 3% i	3 1%	2 1%	6 3% i	6 3%	8 2%	8 3%	1 *
Other sport, exercise or physical activity	71 4%	38 4%	33 3%	14 2%	22 3%	36 5% a	3 3%	6 2%	9 5%	7 3%	8 4%	9 4%	9 3%	14 4%	9 4%
I have not done any physical activity in the past week	284 14%	148 15%	132 13%	43 7%	95 15% a	146 20% ab	14 15%	42 16% g	35 18% gi	30 14%	28 16% g	39 17% gi	31 10%	44 13%	20 10%
NET: Home based activity	578 29%	232 24%	340 34% a	236 39% bc	197 30% c	144 19%	32 33%	75 29%	60 31%	59 28%	43 25%	59 26%	117 37% bdefhi	85 26%	50 24%
NET: Any physical activity in the past week	1718 86%	825 85%	881 87%	561 93% bc	560 85% c	596 80%	81 85%	219 84%	159 82%	178 86%	145 84%	183 83%	284 90% bcef	284 87%	184 90% cf

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1176 59%	97 52%	293 65%	250 56%	139 55%	107 58%	289 60%	640 59%	536 58%	1028 61%	23 43%	66 48%	29 39%	10 37%	7 62%	135 44%
			acdgh							bcdg						
Running or jogging	346 17%	51 27%	96 21%	104 23%	47 18%	20 11%	28 6%	251 23%	96 10%	260 16%	17 32%	39 28%	18 25%	6 21%	4 31%	84 28%
		defh	efh	efh	efh	f		efh	f		a	a	a			a
Home activity, fitness or exercise class viewed online or on TV, DVD or video	279 14%	42 22%	69 15%	69 15%	39 16%	27 15%	33 7%	180 17%	99 11%	214 13%	11 21%	30 22%	13 18%	5 19%	1 10%	61 20%
		bcfh	fh	fh	fh	f		fh	f			a				a
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	275 14%	35 19%	72 16%	60 13%	40 16%	19 10%	49 10%	167 15%	108 12%	232 14%	7 13%	19 14%	11 14%	2 7%	-	39 13%
		efh	efh		f			fh							-	
Cycling (either for leisure or travel)	242 12%	43 23%	77 17%	46 10%	27 11%	16 9%	33 7%	166 15%	76 8%	195 12%	11 20%	12 8%	13 18%	5 20%	4 36%	45 15%
		cdefgh	cdefh					cdefh			c		c			
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	141 7%	26 14%	40 9%	37 8%	13 5%	13 7%	12 2%	103 10%	38 4%	117 7%	5 8%	10 7%	5 7%	2 7%	1 8%	22 7%
		cdefh	fh	fh	f	f		dfh								
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	137 7%	25 13%	39 9%	34 8%	19 8%	14 7%	6 1%	98 9%	39 4%	96 6%	8 15%	18 13%	11 14%	2 6%	1 9%	39 13%
		cdfh	fh	fh	fh	f		fh	f		a	a	a			a
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	121 6%	28 15%	41 9%	26 6%	14 6%	8 4%	5 1%	94 9%	27 3%	89 5%	7 13%	13 9%	9 12%	1 3%	1 10%	31 10%
		bcdefgh	efh	fh	fh	f		cefh	f		a		a			a
Swimming	94 5%	17 9%	23 5%	27 6%	12 5%	9 5%	6 1%	68 6%	27 3%	73 4%	1 1%	11 8%	5 7%	1 3%	2 19%	19 6%
		fh	fh	fh	f	f		fh	f							

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	68 3%	13 7% defh	15 3% f	25 6% efh	6 2%	4 2%	6 1%	52 5% fh	16 2%	44 3%	2 4%	11 8% a	5 6% a	3 13%	1 9%	22 7% a
Gymnastics, trampolining or cheerleading	67 3%	15 8% cefh	19 4% efh	16 4% fh	11 4% efh	2 1%	3 1%	51 5% efh	16 2%	47 3%	4 7%	5 4%	7 10% a	2 9%	1 10%	20 7% a
Combat sports, martial arts or target sports (such as shooting, archery etc.)	60 3%	12 6% cefh	22 5% cefh	10 2% f	11 4% efh	2 1%	3 1%	44 4% efh	16 2%	42 3%	3 5%	8 6% a	5 7% a	1 3%	1 6%	17 6% a
Racket sports (such as tennis, badminton, squash etc.)	52 3%	11 6% cfh	20 4% cfh	4 1%	13 5% cfh	4 2%	1 *	35 3% cf	18 2% f	40 2%	2 3%	4 3%	4 5%	2 7%	-	12 4%
Water sports (such as surfing, rowing, sailing etc.)	45 2%	12 6% bcefhg	13 3%	6 1%	8 3% e	1 *	5 1%	30 3% ef	14 2%	29 2%	1 2%	7 5% a	5 6% a	2 6%	1 9%	15 5% a
Golf	42 2%	12 6% bcefhg	13 3% f	5 1%	7 3% f	2 1%	3 1%	29 3% fh	12 1%	32 2%	1 2%	5 3%	3 5%	1 3%	-	10 3%
Other sport, exercise or physical activity	71 4%	4 2%	17 4%	16 3%	11 4%	5 3%	19 4%	37 3%	35 4%	64 4%	1 1%	4 3%	1 1%	1 4%	-	7 2%
I have not done any physical activity in the past week	284 14%	12 6%	32 7%	63 14% abg	32 13% ab	24 13% ab	121 25% abcdegh	107 10% abcdeg	177 19%	245 15%	8 14%	17 12%	5 7%	3 12%	-	33 11%
NET: Home based activity	578 29%	75 40% cefh	149 33% efh	141 31% fh	81 32% fh	45 24%	87 18%	365 34% efh	213 23% f	465 28%	20 38%	49 36% a	24 33%	7 26%	2 17%	103 34% a
NET: Any physical activity in the past week	1718 86%	174 94% cdefh	416 93% cdefh	385 86% fh	222 87% fh	161 87% fh	360 75%	976 90% cfh	742 81% f	1428 85%	47 86%	121 88%	68 93%	24 88%	12 100%	272 89%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1176	786	187	176	363	82	55	363	121	25	29	95	47	88	272	137
	59%	63%	54%	55%	54%	52%	46%	59%	57%	49%	59%	63%	51%	58%	67%	49%
		bcd						bk				abk			abcdehik	
Running or jogging	346	166	81	84	165	40	31	148	43	12	7	22	21	14	9	71
	17%	13%	23%	26%	25%	25%	26%	24%	20%	23%	14%	14%	23%	9%	2%	25%
			a	a	a	gij	gij	gij	ij	ij	j	j	ij	j		gij
Home activity, fitness or exercise class viewed online or on TV, DVD or video	279	134	67	62	129	34	23	110	32	6	8	17	11	17	22	57
	14%	11%	19%	20%	19%	21%	19%	18%	15%	11%	16%	12%	12%	11%	5%	20%
			a	a	a	ghij	j	ij	j		j	j	j	j		gij
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	275	167	51	48	99	19	20	102	30	5	8	17	12	13	49	39
	14%	13%	15%	15%	15%	12%	17%	17%	14%	11%	17%	11%	13%	8%	12%	14%
							i	i								
Cycling (either for leisure or travel)	242	133	52	48	100	21	18	117	20	6	3	9	9	8	30	39
	12%	11%	15%	15%	15%	13%	16%	19%	9%	13%	7%	6%	10%	5%	7%	14%
			a	a	a	gij	gij	dfghij								gij
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	141	55	40	40	81	12	16	48	23	6	7	7	7	6	9	27
	7%	4%	12%	13%	12%	7%	13%	8%	11%	13%	14%	5%	8%	4%	2%	10%
			a	a	a	j	gij	j	gij	ij	gij	j	j			ij
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	137	60	27	40	67	18	19	57	18	7	2	1	11	3	1	37
	7%	5%	8%	13%	10%	12%	16%	9%	8%	15%	4%	1%	12%	2%	*	13%
			a	ab	a	gij	cdfgij	gij	gij	gij	j		gij	j		gij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	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)	121 6%	42 3%	33 10%	37 12%	70 11%	12 8%	16 14%	52 8%	18 8%	6 11%	1 2%	4 2%	7 7%	4 3%	2 1%	29 10%
			a	a	a	gij	fgij	gij	gij	gij			j	j		gij
Swimming	94 5%	39 3%	24 7%	25 8%	48 7%	15 10%	10 8%	38 6%	7 3%	3 7%	4 8%	2 2%	7 8%	3 2%	4 1%	25 9%
			a	a	a	dgij	dgij	gij	j	gj	gij		gij			dgij
Team sports (such as football, cricket, rugby etc.)	68 3%	31 2%	11 3%	19 6%	30 4%	11 7%	10 9%	19 3%	7 3%	6 13%	1 2%	1 1%	10 11%	1 1%	1 *	21 8%
				a	a	cgij	cdgij	j	j	cdgij			cdgij			cgij
Gymnastics, trampolining or cheerleading	67 3%	28 2%	18 5%	15 5%	33 5%	13 8%	14 11%	18 3%	10 5%	4 8%	3 6%	- -	6 7%	- -	- -	26 10%
			a	a	a	cgij	cdgij	gij	gij	cgij	gij		gij			cdgij
Combat sports, martial arts or target sports (such as shooting, archery etc.)	60 3%	30 2%	11 3%	13 4%	23 4%	6 4%	11 9%	21 3%	8 4%	6 13%	1 2%	2 2%	3 3%	1 *	1 *	17 6%
						ij	cdgij	ij	ij	acdfghij			j			gij
Racket sports (such as tennis, badminton, squash etc.)	52 3%	26 2%	13 4%	10 3%	24 4%	8 5%	5 5%	21 3%	6 3%	5 10%	2 3%	3 2%	1 1%	2 1%	- -	14 5%
						j	j	j	j	cdghij	j	j		j		ij
Water sports (such as surfing, rowing, sailing etc.)	45 2%	22 2%	13 4%	5 2%	18 3%	4 2%	9 8%	15 2%	9 4%	3 6%	- -	1 1%	2 2%	1 *	2 *	13 5%
			a			j	acgij	j	gij	gij						gij
Golf	42 2%	16 1%	11 3%	13 4%	24 4%	8 5%	6 5%	15 2%	5 3%	3 5%	- -	1 1%	- -	- -	3 1%	14 5%
			a	a	a	ghij	ghij	i	i	ghij						cghij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	71	50	8	12	20	5	7	11	12	1	2	7	4	6	17	12
	4%	4%	2%	4%	3%	3%	6%	2%	6%	2%	4%	5%	4%	4%	4%	4%
							c		c			c			c	c
I have not done any physical activity in the past week	284	199	43	30	73	14	8	69	18	2	7	27	9	36	93	22
	14%	16%	12%	9%	11%	9%	7%	11%	9%	4%	14%	18%	10%	24%	23%	8%
		cd										abcdek		abcdehk	abcdehk	
NET: Home based activity	578	306	126	121	246	53	43	217	69	15	13	37	26	30	76	95
	29%	25%	36%	38%	37%	33%	36%	35%	32%	30%	27%	24%	28%	20%	19%	34%
			a	a	a	ij	gij	gij	ij				j			gij
NET: Any physical activity in the past week	1718	1048	306	288	595	145	111	545	195	48	41	124	84	115	311	255
	86%	84%	88%	91%	89%	91%	93%	89%	91%	96%	86%	82%	90%	76%	77%	92%
				a	a	gij	gij	gij	gij	gij			ij			gij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1176 59%	281 63% bcde	216 57% cd	59 42%	7 24%	275 53% cd	288 61% cde	321 63% bcde	138 52%	94 52%	15 39%	232 52%	336 61% bcde	165 62% cd	683 62% cd	274 53%	54 49%	1011 58% c
Running or jogging	346 17%	92 21%	108 28% acf	26 19%	7 23%	135 26%	98 21%	109 21%	75 28% af	39 22%	10 25%	114 26%	119 22%	29 11%	173 16% a	117 23% abe	27 25% ab	317 18% a
Home activity, fitness or exercise class viewed online or on TV, DVD or video	279 14%	70 16%	76 20%	23 17%	5 16%	99 19%	75 16%	79 16%	62 23% acf	28 16%	7 19%	90 20%	86 16%	29 11%	139 13% abe	94 18% abe	17 16% abe	250 14% abe
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	275 14%	71 16%	63 16%	15 11%	5 18%	78 15%	76 16%	80 16%	48 18%	20 11%	7 17%	68 15%	87 16%	37 14%	142 13% abe	80 15% abe	16 15% abe	238 14% abe
Cycling (either for leisure or travel)	242 12%	70 16%	68 18%	22 16%	4 13%	90 17%	74 16%	80 16%	53 20%	28 15%	4 10%	81 18%	84 15%	21 8% a	137 12% a	67 13% a	17 16% a	222 13% a
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	141 7%	42 10%	38 10%	15 10%	2 6%	53 10%	44 9%	42 8%	30 11%	18 10%	4 10%	48 11%	46 8%	9 3% abe	62 6% abe	57 11% abe	13 12% abe	132 8% abe
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	137 7%	45 10%	37 10%	18 13% d	- -	55 11%	45 10%	42 8%	37 14% af	17 10%	4 11%	55 12% af	46 8%	9 3% abe	61 5% abe	53 10% abe	15 13% abe	128 7% abe

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	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)	121 6%	29 7%	37 10%	17 12% a	6 20% af	54 10% a	35 7%	34 7%	35 13% af	13 7%	6 15% a	48 11% af	40 7%	11 4%	59 5%	39 8% abe	12 11% abe	110 6%
Swimming	94 5%	21 5%	28 7%	10 7%	3 9%	38 7% a	24 5%	21 4%	25 10% af	13 7%	4 9%	38 9% af	24 4%	6 2%	45 4%	34 7% ab	9 8% ab	88 5% a
Team sports (such as football, cricket, rugby etc.)	68 3%	13 3%	18 5%	12 9% af	1 3%	30 6% af	14 3%	20 4%	11 4%	10 5%	2 6%	20 5% a	23 4%	6 2%	21 2%	29 6% abe	12 11% abce	63 4% b
Gymnastics, trampolining or cheerleading	67 3%	10 2%	22 6% af	14 10% af	2 6%	36 7% af	11 2%	12 2%	21 8% af	10 5% a	4 11% af	31 7% af	16 3%	4 2%	25 2%	31 6% abe	8 7% ab	63 4% b
Combat sports, martial arts or target sports (such as shooting, archery etc.)	60 3%	16 4%	15 4%	15 11% abef	2 6%	30 6% a	18 4%	15 3%	13 5% af	13 7% af	4 10% af	26 6% a	18 3%	4 2%	31 3% a	19 4% a	6 6% a	56 3%
Racket sports (such as tennis, badminton, squash etc.)	52 3%	15 3%	12 3%	11 8% abf	1 4%	23 4% a	16 3%	13 3%	16 6% af	8 4%	2 5%	24 5% af	15 3%	4 1%	25 2%	20 4% b	3 3% b	49 3%
Water sports (such as surfing, rowing, sailing etc.)	45 2%	10 2%	15 4%	8 6%	3 10% af	23 4% a	13 3%	10 2%	14 5% af	7 4%	2 5%	21 5% af	12 2%	4 2%	24 2%	12 2% b	5 4% b	40 2%
Golf	42 2%	10 2%	14 4%	4 3%	2 6%	18 3% a	12 2%	12 2%	12 4% af	5 3%	1 2%	17 4% af	13 2%	4 1%	17 2% b	17 3% b	4 4% b	38 2%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	71 4%	13 3%	10 3%	5 3%	- -	15 3%	13 3%	10 2%	6 2%	11 6%	2 5%	17 4%	12 2%	12 4%	36 3%	18 4%	6 5%	60 3%
I have not done any physical activity in the past week	284 14%	57 13%	31 8%	9 6%	2 7%	40 8%	59 13%	69 13%	10 4%	16 9%	- -	26 6%	69 13%	46 17%	171 15%	51 10%	15 14%	237 14%
		bce				bce	bde	bd		bde			c	c			c	
NET: Home based activity	578 29%	144 32%	142 37%	44 32%	10 34%	186 36%	153 32%	164 32%	107 41%	55 31%	14 36%	162 37%	178 32%	65 24%	287 26%	192 37%	34 31%	513 30%
									acf						abe		b	
NET: Any physical activity in the past week	1718 86%	386 87%	351 92%	130 94%	26 93%	481 92%	413 87%	440 87%	254 96%	163 91%	39 100%	417 94%	479 87%	220 83%	939 85%	466 90%	94 86%	1498 86%
			af	af		af			acf		acf	af			abe			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1176	175	818	135	191	36	825	315	40	929	247	1036	136
	59%	46%	62%	51%	52%	40%	64%	49%	60%	58%	60%	62%	45%
			a		c		abce		c			b	
Running or jogging	346	80	229	41	29	7	266	70	5	284	63	302	42
	17%	21%	17%	15%	8%	8%	21%	11%	8%	18%	15%	18%	14%
			b				abcef						
Home activity, fitness or exercise class viewed online or on TV, DVD or video	279	62	184	40	40	18	183	88	7	228	51	244	35
	14%	16%	14%	15%	11%	20%	14%	14%	11%	14%	12%	15%	11%
						b							
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	275	62	175	30	54	10	185	82	10	219	56	229	44
	14%	16%	13%	11%	15%	11%	14%	13%	15%	14%	14%	14%	15%
Cycling (either for leisure or travel)	242	52	166	21	35	8	174	60	3	182	60	215	26
	12%	14%	13%	8%	9%	8%	13%	9%	5%	11%	14%	13%	9%
							abef					b	
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	141	44	84	22	28	10	82	55	5	119	22	123	17
	7%	12%	6%	8%	8%	11%	6%	8%	7%	7%	5%	7%	6%
		b											
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	137	57	66	29	20	7	80	54	2	118	19	120	14
	7%	15%	5%	11%	5%	8%	6%	8%	3%	7%	5%	7%	5%
		b		bdf						b			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	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)	121 6%	37 10% b	72 5%	16 6%	20 5%	11 12% bd	73 6%	43 7%	3 4%	109 7% b	12 3%	103 6%	17 6%
Swimming	94 5%	41 11% b	44 3%	14 5%	16 4%	9 10% bd	56 4%	35 5%	2 3%	84 5% b	10 3%	79 5%	14 5%
Team sports (such as football, cricket, rugby etc.)	68 3%	22 6% b	37 3%	19 7% bd	6 2%	8 9% bd	37 3%	28 4% b	3 4%	54 3%	14 3%	55 3%	10 3%
Gymnastics, trampolining or cheerleading	67 3%	39 10% b	22 2%	21 8% bd	12 3%	6 7% d	30 2%	34 5% d	3 4%	57 4%	11 3%	57 3%	8 3%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	60 3%	29 7% b	25 2%	17 6% bd	10 3%	10 11% bde	23 2%	34 5% d	2 3%	51 3%	9 2%	48 3%	8 3%
Racket sports (such as tennis, badminton, squash etc.)	52 3%	22 6% b	26 2%	13 5% bd	5 1%	5 6% b	32 2%	20 3%	2 3%	42 3%	10 3%	43 3%	9 3%
Water sports (such as surfing, rowing, sailing etc.)	45 2%	22 6% b	16 1%	11 4% d	9 2%	3 3%	25 2%	20 3%	2 3%	33 2%	11 3%	31 2%	10 3%
Golf	42 2%	17 4% b	21 2%	7 3%	5 1%	3 3%	28 2%	13 2%	1 1%	35 2%	6 2%	35 2%	7 2%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	71	7	50	11	14	4	44	24	4	45	27	63	9
	4%	2%	4%	4%	4%	4%	3%	4%	6%	3%	6%	4%	3%
I have not done any physical activity in the past week	284	41	190	39	80	10	163	114	15	221	63	218	61
	14%	11%	14%	15%	22%	12%	13%	18%	22%	14%	15%	13%	20%
					acd			d	d				a
NET: Home based activity	578	133	374	75	99	30	377	184	18	473	105	491	84
	29%	35%	28%	28%	27%	33%	29%	28%	26%	30%	25%	29%	28%
		b											
NET: Any physical activity in the past week	1718	342	1125	225	290	80	1128	534	52	1368	350	1462	241
	86%	89%	86%	85%	78%	88%	87%	82%	78%	86%	85%	87%	80%
				b		b	bef					b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1176 59%	141 33%	133 58%	196 62%	223 63%	117 61%	127 69%	53 74%	186 78%	669 62%	366 74%	274 54%	311 57%	428 64%	145 60%	42 51%	636 59%	486 60%
			a	a	a	a	abi	abi	abcdefi	a	abcdei			ab				
Running or jogging	346 17%	5 1%	32 14%	69 22%	72 20%	43 22%	43 23%	23 32%	61 26%	215 20%	126 26%	63 12%	100 18%	130 20%	51 21%	14 17%	184 17%	136 17%
			a	ab	a	ab	ab	abdi	abi	ab	abi			a	a			
Home activity, fitness or exercise class viewed online or on TV, DVD or video	279 14%	9 2%	24 11%	53 17%	74 21%	36 19%	34 18%	13 18%	36 15%	187 17%	83 17%	64 12%	70 13%	101 15%	39 16%	15 18%	169 16%	91 11%
			a	ab	ab	ab	ab	a	a	ab	ab					c	c	
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	275 14%	11 3%	34 15%	33 11%	67 19%	29 15%	42 23%	12 17%	47 20%	163 15%	101 20%	61 12%	69 13%	102 15%	40 16%	15 18%	147 14%	110 14%
			a	a	ac	a	abci	a	ac	ac	aci							
Cycling (either for leisure or travel)	242 12%	11 3%	17 7%	32 10%	52 15%	28 15%	36 20%	18 25%	48 20%	130 12%	101 21%	46 9%	58 11%	82 12%	54 22%	7 9%	153 14%	80 10%
			a	a	ab	ab	abci	abcdei	abci	a	abcdi				abc		c	
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	141 7%	7 2%	16 7%	23 7%	34 10%	17 9%	19 10%	6 9%	19 8%	90 8%	44 9%	27 5%	40 7%	52 8%	22 9%	9 11%	79 7%	52 6%
			a	a	a	a	a	a	a	a	a				a			
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	137 7%	4 1%	10 4%	21 7%	39 11%	22 12%	20 11%	5 7%	15 6%	93 9%	41 8%	28 5%	42 8%	40 6%	27 11%	12 15%	79 7%	43 5%
			a	a	abc	abc	ab	a	a	ab	a				ac	bc		
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	121 6%	7 2%	10 5%	22 7%	28 8%	19 10%	18 10%	5 7%	11 5%	80 7%	34 7%	23 4%	38 7%	46 7%	13 5%	7 8%	66 6%	45 6%
			a	a	a	abh	ab	a	a	a	a							
Swimming	94 5%	6 1%	11 5%	15 5%	28 8%	11 6%	11 6%	3 4%	10 4%	65 6%	23 5%	10 2%	28 5%	29 4%	23 10%	12 15%	53 5%	27 3%
			a	a	aj	a	a		a	a	a			a	abc	bc		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	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.)	68 3%	3 1%	8 4%	16 5%	11 3%	9 4%	13 7%	1 2%	6 2%	44 4%	20 4%	12 2%	22 4%	22 3%	10 4%	9 11%	30 3%	27 3%
			a	a	a	a	adhi			a	a					bc		
Gymnastics, trampolining or cheerleading	67 3%	2 *	7 3%	16 5%	14 4%	11 6%	7 4%	4 5%	6 3%	48 4%	17 4%	11 2%	22 4%	22 3%	13 5%	5 6%	36 3%	24 3%
			a	a	a	a	a	a	a	a	a				a			
Combat sports, martial arts or target sports (such as shooting, archery etc.)	60 3%	2 *	5 2%	9 3%	22 6%	8 4%	2 1%	3 4%	10 4%	43 4%	15 3%	20 4%	16 3%	17 3%	7 3%	5 6%	39 4%	14 2%
			a	a	abcfj	a		a	af	af	a					c	c	
Racket sports (such as tennis, badminton, squash etc.)	52 3%	2 1%	2 1%	10 3%	17 5%	7 4%	4 2%	3 5%	6 3%	36 3%	14 3%	10 2%	14 3%	18 3%	10 4%	3 3%	25 2%	25 3%
				a	ab	ab	a	ab	a	ab	a							
Water sports (such as surfing, rowing, sailing etc.)	45 2%	2 *	4 2%	5 1%	10 3%	9 5%	7 4%	2 2%	6 3%	27 3%	15 3%	6 1%	13 2%	15 2%	11 4%	5 6%	29 3%	10 1%
				a	ac	a			a	a	a				a	c	c	
Golf	42 2%	2 *	3 1%	3 1%	12 3%	11 6%	6 3%	1 1%	3 1%	30 3%	10 2%	7 1%	13 2%	10 1%	12 5%	4 5%	28 3%	9 1%
				ac	abchij	a				a	a				ac	c	c	
Other sport, exercise or physical activity	71 4%	7 2%	5 2%	9 3%	12 3%	8 4%	9 5%	2 3%	19 8%	35 3%	29 6%	15 3%	17 3%	28 4%	11 4%	1 1%	47 4%	24 3%
					a	a		abcdi		abci								
I have not done any physical activity in the past week	284 14%	249 59%	13 6%	13 4%	4 1%	- -	2 1%	- -	4 2%	29 3%	6 1%	111 22%	73 13%	59 9%	28 12%	7 8%	133 12%	133 16%
		bcdefghij	defghij	dej					e			bcd	c				ab	
NET: Home based activity	578 29%	25 6%	65 29%	88 28%	148 42%	67 35%	79 43%	25 35%	81 34%	369 34%	185 37%	127 25%	152 28%	212 32%	78 32%	31 38%	329 31%	209 26%
			a	a	abchi	a	abci	a	a	ac	abc			a	a	c	c	
NET: Any physical activity in the past week	1718 86%	173 41%	214 94%	303 96%	349 99%	191 100%	181 99%	72 100%	234 98%	1058 97%	488 99%	400 78%	475 87%	607 91%	213 88%	76 92%	936 88%	675 84%
			a	a	abc	abci	ab	ab	ab	ab	abc		a	ab	a	c	c	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

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

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

Cycling (either for leisure or travel)

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

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

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

	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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1176	410	382	382	554	322
	59%	67%	54%	58%	59%	54%
		bc			b	
Running or jogging	346	169	92	85	232	90
	17%	27%	13%	13%	25%	15%
		bc			b	
Home activity, fitness or exercise class viewed online or on TV, DVD or video	279	126	66	85	174	67
	14%	21%	9%	13%	19%	11%
		bc		b	b	
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	275	123	73	79	144	81
	14%	20%	10%	12%	15%	14%
		bc				
Cycling (either for leisure or travel)	242	112	69	61	135	73
	12%	18%	10%	9%	14%	12%
		bc				
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	141	76	36	29	85	38
	7%	12%	5%	4%	9%	6%
		bc				
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	137	78	33	26	98	36
	7%	13%	5%	4%	10%	6%
		bc			b	
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	121	49	41	29	80	34
	6%	8%	6%	4%	9%	6%
		c			b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

Swimming

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

Gymnastics, trampolining or cheerleading

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

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

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

Golf

Other sport, exercise or physical activity

I have not done any physical activity in the past week

NET: Home based activity

	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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Swimming	94	48	30	17	62	27
	5%	8%	4%	3%	7%	4%
		bc				
Team sports (such as football, cricket, rugby etc.)	68	30	25	13	41	22
	3%	5%	4%	2%	4%	4%
		c				
Gymnastics, trampolining or cheerleading	67	26	28	12	50	16
	3%	4%	4%	2%	5%	3%
		c	c		b	
Combat sports, martial arts or target sports (such as shooting, archery etc.)	60	27	21	12	40	17
	3%	4%	3%	2%	4%	3%
		c				
Racket sports (such as tennis, badminton, squash etc.)	52	23	20	9	30	20
	3%	4%	3%	1%	3%	3%
		c				
Water sports (such as surfing, rowing, sailing etc.)	45	24	14	7	27	17
	2%	4%	2%	1%	3%	3%
		bc				
Golf	42	19	20	3	23	14
	2%	3%	3%	*	2%	2%
		c	c			
Other sport, exercise or physical activity	71	23	27	20	38	17
	4%	4%	4%	3%	4%	3%
I have not done any physical activity in the past week	284	17	130	121	84	91
	14%	3%	18%	18%	9%	15%
			a	a		a
NET: Home based activity	578	255	155	167	328	156
	29%	42%	22%	25%	35%	26%
		bc			b	



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

NET: Any physical activity in the past week

	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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
NET: Any physical activity in the past week	1718	598	574	539	854	507
	86%	97%	82%	82%	91%	85%
		bc			b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1161	532	621	305	391	465	68	157	120	110	115	94	148	209	140
Total	1176	574	595	284	380	513	61	147	112	113	104	139	150	207	144
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	766 65%	404 70%	357 60%	154 54%	227 60%	386 75%	40 66%	94 64%	71 63%	68 60%	72 69%	93 67%	92 61%	137 66%	99 69%
		b	ab												
To get to/from shops or supermarkets	528 45%	275 48%	252 42%	123 43%	171 45%	234 46%	22 37%	64 44%	52 46%	58 51%	45 43%	51 37%	85 56%	91 44%	61 42%
										f			abefhi		
For personal business, e.g. running errands or visiting the doctor	162 14%	84 15%	76 13%	53 19%	54 14%	55 11%	9 14%	24 16%	12 11%	20 18%	9 9%	16 11%	27 18%	29 14%	17 12%
				c						e			e		
To get to/from my place of work	156 13%	73 13%	83 14%	53 19%	66 17%	37 7%	8 14%	13 9%	9 8%	16 14%	11 10%	16 11%	36 24%	34 16%	14 9%
				c	c								bcefi	bc	
To visit friends or family	155 13%	56 10%	97 16%	72 25%	51 14%	32 6%	11 18%	22 15%	12 11%	15 13%	9 9%	22 16%	24 16%	29 14%	11 8%
			a	bc	c		i	i					i		
To get to/from school or place of education (including escorting others)	139 12%	37 6%	98 16%	64 23%	63 17%	12 2%	7 12%	20 13%	18 16%	18 16%	8 7%	11 8%	22 14%	23 11%	12 8%
			a	bc	c				ei	e					
For journeys made as part of my work	103 9%	56 10%	46 8%	39 14%	36 10%	27 5%	5 9%	10 7%	11 10%	13 12%	8 8%	10 7%	23 15%	16 8%	6 4%
				c	c					i			bhi		
To volunteer or provide support to others	46 4%	26 5%	20 3%	18 6%	20 5%	9 2%	2 3%	11 8%	7 7%	8 7%	3 3%	1 1%	8 5%	4 2%	3 2%
				c	c			fhi	fh	fhi					
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	27 2%	10 2%	17 3%	20 7%	6 2%	1 *	2 4%	5 3%	3 2%	3 3%	2 2%	3 2%	6 4%	2 1%	2 2%
				bc	c								h		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1161	532	621	305	391	465	68	157	120	110	115	94	148	209	140
Total	1176	574	595	284	380	513	61	147	112	113	104	139	150	207	144
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For another purpose	100	47	53	13	36	50	6	13	8	8	9	15	4	16	21
	8%	8%	9%	5%	10%	10%	10%	9%	7%	7%	9%	11%	3%	8%	14%
					a	a	g	g		g	g	g			gh
NET: Travel/utility	687	351	331	179	233	274	30	84	66	72	55	72	111	124	72
	58%	61%	56%	63%	61%	54%	49%	58%	59%	64%	53%	52%	74%	60%	50%
				c	c					i			abcefhi		
NET: Leisure, fitness & recreation and travel/utility	370	210	157	84	116	170	18	42	34	35	31	39	59	72	39
	31%	37%	26%	30%	30%	33%	30%	28%	31%	31%	30%	28%	39%	35%	27%
		b											bi		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1161	91	275	250	145	115	285	616	545	1011	24	65	30	10	7	136
Total	1176	97	293	250	139	107	289	640	536	1028	23	66	29	10	7	135
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	766 65%	72 75% ceh	202 69% e	156 62% e	87 62% e	51 47% e	198 68% e	430 67% e	336 63% e	697 68% cdg	11 49%	29 44%	13 44%	4 42%	4 59%	61 45%
To get to/from shops or supermarkets	528 45%	38 39%	123 42%	120 48%	60 43%	45 42%	141 49%	281 44%	247 46%	453 44%	12 52%	31 47%	18 64% a	5 47%	3 41%	69 51%
For personal business, e.g. running errands or visiting the doctor	162 14%	20 20% h	39 13%	37 15%	19 13%	13 12%	36 12%	95 15%	67 13%	132 13%	3 12%	11 17%	10 35% a	2 21%	1 17%	27 20% a
To get to/from my place of work	156 13%	15 16% fh	48 16% fh	53 21% fh	20 14% fh	18 17% fh	3 1% fh	116 18% fh	41 8% f	120 12%	8 36%	16 24% a	5 19%	3 30%	2 33%	35 26% a
To visit friends or family	155 13%	11 11%	40 14%	29 12%	18 13%	29 27% abcdfgh	27 9%	80 12%	75 14%	123 12%	7 32%	15 23% a	6 20%	-	2 24%	30 22% a
To get to/from school or place of education (including escorting others)	139 12%	11 11% f	40 14% f	36 14% f	18 13% f	20 18% fh	15 5%	86 13% f	52 10% f	109 11%	5 20%	12 18%	7 23% a	1 10%	3 41%	27 20% a
For journeys made as part of my work	103 9%	8 8% f	33 11% fh	26 10% f	21 15% fh	13 13% fh	2 1%	66 10% fh	37 7% f	82 8%	3 11%	10 15%	4 13%	3 28%	-	19 14% a
To volunteer or provide support to others	46 4%	6 6%	16 6%	8 3%	5 3%	4 3%	8 3%	30 5%	16 3%	37 4%	1 4%	4 5%	4 14% a	1 10%	-	9 7%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	27 2%	5 5% fh	12 4% fh	4 1% f	3 2% f	5 4% fh	- -	20 3% f	7 1% f	20 2%	2 8%	4 6% a	1 3%	-	1 15%	8 6% a
For another purpose	100 8%	7 7%	21 7%	20 8%	14 10%	10 9%	29 10%	47 7%	53 10%	97 9% cg	2 8%	1 1%	-	-	-	3 2%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1161	91	275	250	145	115	285	616	545	1011	24	65	30	10	7	136
Total	1176	97	293	250	139	107	289	640	536	1028	23	66	29	10	7	135
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	687	52	174	155	83	66	157	381	306	584	16	44	24	6	5	95
	58%	54%	59%	62%	59%	61%	54%	59%	57%	57%	69%	67%	82%	58%	73%	70%
												a				a
NET: Leisure, fitness & recreation and travel/utility	370	30	104	85	43	24	84	219	150	335	6	13	10	-	2	32
	31%	31%	35%	34%	31%	22%	29%	34%	28%	33%	26%	20%	36%	-	33%	24%
			eh	e				eh		cg						

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1161	795	172	162	334	85	56	354	121	23	27	99	52	91	253	141
Total	1176	786	187	176	363	82	55	363	121	25	29	95	47	88	272	137
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	766	553	104	95	199	51	35	242	78	18	20	56	21	40	205	86
	65%	70%	56%	54%	55%	62%	63%	67%	64%	72%	69%	60%	45%	46%	75%	63%
		bcd				hi	i	hi	hi						acdghik	hi
To get to/from shops or supermarkets	528	359	84	71	155	31	28	150	56	9	19	49	19	45	121	59
	45%	46%	45%	40%	43%	37%	52%	41%	47%	37%	66%	52%	40%	51%	45%	43%
												a				
For personal business, e.g. running errands or visiting the doctor	162	101	30	24	54	16	10	43	20	4	5	15	6	8	34	26
	14%	13%	16%	14%	15%	19%	19%	12%	17%	17%	18%	16%	13%	9%	13%	19%
																c
To get to/from my place of work	156	81	28	39	67	13	12	84	32	2	2	3	8	1	-	25
	13%	10%	15%	22%	18%	16%	22%	23%	26%	8%	7%	3%	16%	2%	-	18%
				a	a	gij	gij	gij	gij			j	gij	j		gij
To visit friends or family	155	81	28	36	64	15	10	47	19	3	8	10	9	16	17	25
	13%	10%	15%	20%	18%	18%	18%	13%	16%	12%	27%	11%	20%	18%	6%	18%
			a	a	a	j	j	j	j				j	j		j
To get to/from school or place of education (including escorting others)	139	34	41	58	100	13	8	38	10	5	1	13	26	21	4	21
	12%	4%	22%	33%	27%	16%	14%	10%	8%	21%	3%	14%	55%	24%	1%	15%
			a	ab	a	j	j	j	j			j	abcdgijk	cdj		j
For journeys made as part of my work	103	60	17	18	35	11	10	50	16	3	5	2	4	1	1	21
	9%	8%	9%	10%	10%	14%	18%	14%	13%	12%	18%	2%	8%	2%	*	15%
						gij	gij	gij	gij				j			gij
To volunteer or provide support to others	46	29	10	5	15	2	4	20	4	1	1	5	-	4	5	6
	4%	4%	5%	3%	4%	3%	7%	6%	4%	4%	3%	6%	-	4%	2%	4%
							j	j								

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1161	795	172	162	334	85	56	354	121	23	27	99	52	91	253	141
Total	1176	786	187	176	363	82	55	363	121	25	29	95	47	88	272	137
	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.	27	11	7	8	16	5	5	13	2	2	-	1	1	-	-	9
	2%	1%	4%	5%	4%	6%	9%	3%	1%	9%	-	1%	2%	-	-	7%
			a	a	a	ij	dgij	j				j				dgij
For another purpose	100	76	14	10	23	6	4	28	10	4	1	10	1	8	28	9
	8%	10%	7%	6%	6%	7%	7%	8%	8%	16%	4%	11%	2%	9%	10%	7%
NET: Travel/utility	687	444	116	108	224	50	39	220	79	11	21	56	28	47	135	90
	58%	57%	62%	61%	62%	61%	72%	61%	65%	46%	73%	59%	59%	53%	50%	66%
							ij	j	j							j
NET: Leisure, fitness & recreation and travel/utility	370	257	55	50	104	25	23	122	42	7	14	27	11	15	84	48
	31%	33%	29%	28%	29%	30%	42%	34%	35%	29%	50%	28%	23%	17%	31%	35%
						i	hi	i	i						i	i

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

BASE: All respondents who walked in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	1161	281	207	56	7	263	288	315	136	90	16	226	331	168	670	269	54	993
Total	1176	281	216	59	7	275	288	321	138	94	15	232	336	165	683	274	54	1011
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	766 65%	175 62%	154 71% af	42 72%	4 62%	196 71% af	179 62%	218 68%	94 68%	61 66%	6 42%	155 67%	224 67%	118 71% cd	465 68% cd	160 58%	24 44%	648 64% d
To get to/from shops or supermarkets	528 45%	124 44%	99 46%	20 34%	3 44%	119 43%	127 44%	133 41%	65 47%	43 46%	10 66%	108 47%	143 43%	96 58% bce	289 42%	118 43%	25 47%	432 43%
For personal business, e.g. running errands or visiting the doctor	162 14%	35 12%	34 16%	9 15%	- -	43 16%	35 12%	44 14%	18 13%	15 16%	3 17%	32 14%	46 14%	32 19% be	84 12%	36 13%	11 20%	130 13%
To get to/from my place of work	156 13%	79 28% bce	38 18%	8 13%	1 15%	45 17%	80 28% bce	80 25% c	30 21%	14 15%	5 30%	44 19%	85 25% c	14 8% bce	80 12%	46 17% ab	16 30% abce	142 14% a
To visit friends or family	155 13%	37 13%	31 14%	12 20%	2 28%	43 16%	39 14%	35 11%	28 20% af	15 16%	4 29%	43 19% af	39 12%	21 12%	72 11%	47 17% b	15 27% abe	134 13%
To get to/from school or place of education (including escorting others)	139 12%	28 10%	24 11%	6 10%	1 15%	30 11%	29 10%	30 9%	14 10%	13 13%	2 12%	27 12%	31 9%	2 1% a	49 7% abe	71 26% abe	18 33% abe	137 14% ab
For journeys made as part of my work	103 9%	53 19% be	22 10%	6 10%	- -	28 10%	53 18% be	41 13%	21 15%	15 16%	4 27%	36 16%	45 13%	15 9% be	44 6% be	38 14% be	7 13% be	88 9%
To volunteer or provide support to others	46 4%	13 4%	14 7%	3 4%	1 11%	17 6%	13 5%	10 3%	13 10% af	8 8% af	- -	21 9% af	10 3%	6 4%	28 4%	12 4%	1 1%	40 4%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

BASE: All respondents who walked in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	1161	281	207	56	7	263	288	315	136	90	16	226	331	168	670	269	54	993
Total	1176	281	216	59	7	275	288	321	138	94	15	232	336	165	683	274	54	1011
	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.	27 2%	8 3%	12 5%	2 3%	- -	14 5%	8 3%	9 3%	9 7% ac	1 1%	2 12%	10 4%	11 3%	1 *	14 2%	6 2%	6 11% abce	27 3%
For another purpose	100 8%	22 8%	15 7%	6 10%	- -	21 7%	22 8%	27 8%	9 7%	8 9%	- -	18 8%	27 8%	18 11%	57 8%	23 8%	2 3%	82 8%
NET: Travel/utility	687 58%	186 66% c	132 61%	28 47%	4 55%	159 58%	190 66% c	194 61%	89 64%	60 64%	12 78%	149 64%	206 61%	105 64% b	378 55%	165 60%	38 71% be	581 57%
NET: Leisure, fitness & recreation and travel/utility	370 31%	100 36% c	83 38% c	12 21%	2 29%	95 35%	102 35% c	111 35%	54 39%	34 36%	4 25%	88 38%	115 34%	67 41% bode	207 30%	83 30%	12 23%	302 30%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

BASE: All respondents who walked in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	1161	172	802	144	184	37	807	316	41	924	237	1013	144
Total	1176	175	818	135	191	36	825	315	40	929	247	1036	136
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	766 65%	97 55%	544 67% a	76 57%	113 59%	18 50%	573 70% abce	179 57%	24 59%	581 62%	185 75% a	683 66%	81 59%
To get to/from shops or supermarkets	528 45%	80 45%	346 42%	61 45%	96 50%	19 52%	363 44%	151 48%	20 49%	449 48% b	79 32%	453 44%	74 54% a
For personal business, e.g. running errands or visiting the doctor	162 14%	33 19% b	97 12%	23 17%	38 20% d	5 15%	99 12%	59 19% d	6 14%	143 15% b	19 8%	137 13%	25 19%
To get to/from my place of work	156 13%	28 16%	113 14%	20 15%	16 8%	4 12%	113 14%	36 11% d	4 10%	136 15% b	20 8%	132 13%	24 18%
To visit friends or family	155 13%	36 20% b	96 12%	29 22% bd	22 12%	7 19%	97 12%	50 16%	6 16%	133 14% b	21 9%	135 13%	20 15%
To get to/from school or place of education (including escorting others)	139 12%	30 17%	103 13%	15 11%	22 11%	5 14%	91 11%	37 12%	4 11%	126 14% b	13 5%	120 12%	17 13%
For journeys made as part of my work	103 9%	23 13% b	66 8%	13 10%	15 8%	2 5%	74 9%	24 8%	5 13%	84 9%	19 8%	90 9%	13 10%
To volunteer or provide support to others	46 4%	24 14% b	17 2%	7 5%	11 6% d	4 10% d	25 3%	18 6% d	3 7%	43 5% b	3 1%	38 4%	8 6%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

BASE: All respondents who walked in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%												
Unweighted Total	1161	802	144	184	37	807	316	41	924	237	1013	144
Total	1176	818	135	191	36	825	315	40	929	247	1036	136
	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.	27	9	6	4	2	15	10	1	24	3	25	2
	2%	1%	4%	2%	5%	2%	3%	2%	3%	1%	2%	1%
For another purpose	100	76	8	17	7	70	27	4	72	28	93	7
	8%	9%	6%	9%	21%	8%	9%	9%	8%	12%	9%	5%
NET: Travel/utility	687	460	84	119	23	466	197	24	586	101	591	94
	58%	56%	62%	62%	64%	57%	63%	59%	63%	41%	57%	69%
NET: Leisure, fitness & recreation and travel/utility	370	252	35	58	8	273	90	10	312	58	321	48
	31%	31%	26%	31%	23%	33%	28%	25%	34%	23%	31%	35%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1161	136	132	196	218	115	127	51	186	661	364	283	311	409	139	43	592	513
Total	1176	141	133	196	223	117	127	53	186	669	366	274	311	428	145	42	636	486
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	766 65%	57 40%	84 63%	129 66%	152 68%	77 66%	91 71%	42 80%	135 72%	441 66%	268 73%	174 64%	190 61%	290 68%	105 72%	29 67%	425 67%	309 64%
To get to/from shops or supermarkets	528 45%	65 46%	46 34%	98 50%	109 49%	55 47%	53 42%	24 45%	78 42%	307 46%	156 43%	136 50%	149 48%	174 41%	64 44%	17 40%	284 45%	222 46%
For personal business, e.g. running errands or visiting the doctor	162 14%	24 17%	13 9%	22 11%	36 16%	16 14%	18 14%	8 14%	25 14%	87 13%	51 14%	38 14%	45 14%	59 14%	20 14%	9 22%	91 14%	62 13%
To get to/from my place of work	156 13%	17 12%	7 5%	24 12%	35 16%	14 12%	22 17%	9 17%	29 16%	80 12%	60 16%	41 15%	40 13%	59 14%	14 10%	10 24%	92 14%	52 11%
To visit friends or family	155 13%	20 14%	14 10%	27 14%	35 16%	15 13%	19 15%	6 11%	19 10%	91 14%	44 12%	42 15%	45 15%	49 11%	14 10%	9 21%	76 12%	67 14%
To get to/from school or place of education (including escorting others)	139 12%	16 11%	13 10%	18 9%	31 14%	17 15%	21 16%	4 8%	19 10%	79 12%	43 12%	32 12%	37 12%	51 12%	14 10%	5 12%	74 12%	58 12%
For journeys made as part of my work	103 9%	12 9%	7 5%	16 8%	22 10%	10 8%	13 10%	4 7%	19 10%	55 8%	36 10%	21 8%	33 11%	32 7%	17 11%	4 10%	55 9%	41 8%
To volunteer or provide support to others	46 4%	3 2%	3 2%	8 4%	9 4%	6 5%	6 5%	4 7%	8 4%	26 4%	18 5%	10 4%	13 4%	14 3%	9 6%	7 17%	18 3%	21 4%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	27 2%	1 1%	3 2%	2 1%	10 4%	3 2%	1 1%	1 2%	6 3%	18 3%	8 2%	6 2%	9 3%	7 2%	6 4%	7 16%	10 2%	11 2%
For another purpose	100 8%	16 11%	6 5%	8 4%	16 7%	8 7%	6 5%	3 6%	37 20%	38 6%	47 13%	18 7%	25 8%	41 10%	16 11%	3 8%	55 9%	40 8%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1161	136	132	196	218	115	127	51	186	661	364	283	311	409	139	43	592	513
Total	1176	141	133	196	223	117	127	53	186	669	366	274	311	428	145	42	636	486
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	687	86	63	124	145	68	69	29	101	401	200	173	187	233	84	24	378	275
	58%	61%	48%	63%	65%	59%	55%	55%	54%	60%	54%	63%	60%	55%	58%	57%	59%	57%
		b		b	bhj					b		c						
NET: Leisure, fitness & recreation and travel/utility	370	23	28	68	88	38	40	20	65	222	125	90	92	134	50	12	216	141
	31%	16%	21%	34%	39%	33%	31%	38%	35%	33%	34%	33%	30%	31%	35%	29%	34%	29%
				ab	ab	ab	a	ab	ab	ab	ab							

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	1161	406	374	379	549	319
Total	1176	410	382	382	554	322
	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	766	300	227	237	365	199
	65%	73%	59%	62%	66%	62%
		bc				
To get to/from shops or supermarkets	528	185	147	194	245	144
	45%	45%	38%	51%	44%	45%
			b			
For personal business, e.g. running errands or visiting the doctor	162	64	41	55	90	38
	14%	16%	11%	15%	16%	12%
		b				
To get to/from my place of work	156	72	41	43	100	52
	13%	18%	11%	11%	18%	16%
		bc				
To visit friends or family	155	60	49	45	85	43
	13%	15%	13%	12%	15%	13%
To get to/from school or place of education (including escorting others)	139	58	37	44	77	40
	12%	14%	10%	11%	14%	12%
		b				
For journeys made as part of my work	103	51	22	30	74	27
	9%	12%	6%	8%	13%	8%
		bc			b	
To volunteer or provide support to others	46	22	15	9	32	9
	4%	5%	4%	2%	6%	3%
		c				
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	27	14	8	5	22	3
	2%	4%	2%	1%	4%	1%
		c			b	

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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%

	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	1161	406	374	379	549	319
Total	1176	410	382	382	554	322
	100%	100%	100%	100%	100%	100%
For another purpose	100	22	58	20	39	25
	8%	5%	15%	5%	7%	8%
		ac				
NET: Travel/utility	687	247	198	239	340	193
	58%	60%	52%	63%	61%	60%
		b		b		
NET: Leisure, fitness & recreation and travel/utility	370	157	90	121	189	98
	31%	38%	23%	32%	34%	31%
		b		b		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	235	142	92	81	91	63	9	31	21	25	22	18	52	36	21
Total	242	155	87	77	93	72	8	30	20	26	20	27	53	36	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	152 63%	104 67%	47 55%	37 48%	59 64%	56 78%	4 45%	18 62%	14 70%	15 58%	14 69%	19 73%	34 65%	20 55%	14 61%
To get to/from shops or supermarkets	67 28%	38 25%	27 32%	25 33%	30 32%	11 16%	2 22%	7 25%	3 14%	6 24%	4 20%	7 27%	19 35%	13 36%	6 25%
To get to/from my place of work	47 20%	30 20%	17 20%	15 20%	21 23%	11 15%	1 11%	6 20%	3 14%	5 20%	4 18%	10 39%	11 21%	5 14%	2 10%
To visit friends or family	43 18%	24 16%	19 22%	17 22%	16 17%	10 14%	- -	3 11%	4 18%	4 15%	4 21%	7 27%	13 25%	7 18%	1 4%
To get to/from school or place of education (including escorting others)	29 12%	12 8%	17 20%	18 23%	9 10%	2 3%	1 12%	4 13%	2 12%	2 8%	1 5%	1 5%	8 15%	7 20%	2 9%
For personal business, e.g. running errands or visiting the doctor	28 11%	17 11%	11 12%	10 13%	12 13%	6 8%	1 9%	3 11%	2 12%	3 11%	1 4%	5 17%	8 16%	- -	5 20%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	24 10%	15 10%	9 10%	14 18%	10 11%	- -	- -	2 6%	4 18%	3 11%	- -	4 17%	7 13%	3 8%	1 5%
For journeys made as part of my work	22 9%	13 8%	9 11%	12 16%	9 10%	1 2%	2 22%	1 3%	2 10%	4 14%	2 10%	1 5%	7 12%	4 11%	- -
To volunteer or provide support to others	18 7%	10 7%	8 9%	8 11%	9 10%	- -	- -	1 3%	2 10%	1 4%	1 4%	3 11%	4 7%	2 5%	5 21%
For another purpose	6 2%	6 4%	- -	1 1%	- -	5 7%	- -	2 7%	1 5%	- -	1 7%	2 6%	- -	- -	- -



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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									
	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	235	142	92	81	91	63	9	31	21	25	22	18	52	36	21
Total	242	155	87	77	93	72	8	30	20	26	20	27	53	36	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	118	72	45	44	50	24	4	14	7	11	8	13	30	19	10
	49%	46%	52%	57%	53%	33%	53%	48%	37%	43%	40%	50%	56%	53%	45%
				c	c										
NET: Leisure, fitness & recreation and travel/utility	46	31	14	12	21	14	1	6	3	1	4	7	15	6	2
	19%	20%	16%	15%	22%	19%	10%	19%	15%	4%	18%	28%	29%	17%	10%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	235	40	70	45	28	19	33	155	80	188	12	11	12	6	4	45
Total	242	43	77	46	27	16	33	166	76	195	11	12	13	5	4	45
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	152 63%	22 52%	51 67%	30 66%	18 67%	5 31%	25 76%	104 63%	48 63%	129 66%	7 68%	4 36%	6 47%	2 35%	2 54%	22 48%
To get to/from shops or supermarkets	67 28%	15 34%	17 23%	18 39%	6 23%	3 21%	7 21%	50 30%	17 22%	50 25%	4 33%	5 46%	6 46%	1 14%	1 29%	17 38%
To get to/from my place of work	47 20%	10 23%	15 19%	12 27%	4 15%	6 38%	- -	37 22%	10 13%	36 18%	- -	3 28%	4 32%	2 34%	2 56%	12 26%
To visit friends or family	43 18%	8 19%	11 14%	12 27%	6 22%	4 26%	2 5%	31 19%	12 15%	35 18%	2 23%	4 30%	1 6%	1 16%	- -	8 17%
To get to/from school or place of education (including escorting others)	29 12%	5 12%	12 16%	3 6%	3 10%	3 21%	3 8%	20 12%	9 12%	21 11%	1 10%	2 19%	2 16%	1 15%	1 25%	7 16%
For personal business, e.g. running errands or visiting the doctor	28 11%	6 15%	10 13%	6 14%	3 10%	2 11%	1 3%	22 14%	5 7%	22 11%	2 15%	2 17%	2 18%	- -	- -	6 13%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	24 10%	8 19%	10 13%	2 4%	2 6%	3 16%	- -	20 12%	4 6%	17 9%	- -	1 10%	5 38%	- -	- -	6 14%
For journeys made as part of my work	22 9%	6 14%	8 11%	4 8%	3 9%	2 11%	- -	18 11%	4 6%	16 8%	- -	1 9%	3 23%	1 19%	1 19%	6 13%
To volunteer or provide support to others	18 7%	4 8%	9 11%	4 8%	- -	2 12%	- -	16 10%	2 3%	13 7%	- -	3 26%	- -	2 29%	- -	5 10%
For another purpose	6 2%	- -	- -	1 3%	- -	1 6%	4 11%	1 1%	4 6%	6 3%	- -	- -	- -	- -	- -	- -

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	235	40	70	45	28	19	33	155	80	188	12	11	12	6	4	45
Total	242	43	77	46	27	16	33	166	76	195	11	12	13	5	4	45
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	118	25	38	27	11	8	8	90	28	88	4	8	11	3	3	30
	49%	58%	49%	60%	43%	49%	25%	54%	36%	45%	41%	71%	84%	49%	75%	65%
		fh	f	fh			fh		a							
NET: Leisure, fitness & recreation and travel/utility	46	8	14	14	4	-	5	36	10	35	3	2	5	-	1	11
	19%	18%	19%	31%	16%	-	16%	22%	13%	18%	25%	18%	38%	-	29%	24%
				h												

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	235	136	46	43	89	20	18	109	21	7	3	10	10	9	28	38
Total	242	133	52	48	100	21	18	117	20	6	3	9	9	8	30	39
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	152 63%	92 69%	31 60%	26 54%	57 57%	11 51%	10 52%	74 63%	14 68%	4 60%	1 34%	7 83%	5 49%	6 67%	22 74%	20 52%
To get to/from shops or supermarkets	67 28%	31 24%	17 33%	15 32%	33 32%	9 45%	6 34%	26 22%	5 24%	2 27%	2 66%	3 39%	4 41%	5 57%	5 16%	16 40%
To get to/from my place of work	47 20%	21 16%	9 18%	15 32% a	25 25%	8 39%	8 41%	28 24%	1 5%	2 27%	- -	- -	1 10%	- -	- -	16 40%
To visit friends or family	43 18%	25 19%	10 19%	6 13%	16 16%	6 28%	4 22%	22 19%	4 18%	1 15%	1 33%	- -	- -	1 18%	4 12%	10 25%
To get to/from school or place of education (including escorting others)	29 12%	11 8%	7 14%	9 20% a	17 17% a	4 19%	8 42%	9 7%	2 9%	2 29%	- -	1 11%	2 24%	1 11%	1 3%	12 30% c
For personal business, e.g. running errands or visiting the doctor	28 11%	18 13%	3 6%	7 14%	10 10%	5 23%	3 17%	14 12%	2 8%	- -	- -	1 11%	- -	- -	3 11%	8 20%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	24 10%	9 7%	4 9%	9 19% a	14 14%	3 15%	5 28%	13 11%	1 4%	1 15%	- -	1 11%	- -	- -	- -	8 21%
For journeys made as part of my work	22 9%	12 9%	6 12%	3 7%	10 10%	2 12%	4 23%	12 10%	2 8%	1 15%	- -	- -	1 11%	- -	- -	7 17%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	235	136	46	43	89	20	18	109	21	7	3	10	10	9	28	38
Total	242	133	52	48	100	21	18	117	20	6	3	9	9	8	30	39
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To volunteer or provide support to others	18	5	3	7	11	3	2	9	3	2	-	-	-	-	-	5
	7%	4%	7%	15%	11%	13%	12%	7%	13%	25%	-	-	-	-	-	13%
			a													
For another purpose	6	4	1	1	2	1	-	-	-	-	-	-	1	1	2	1
	2%	3%	3%	2%	2%	7%	-	-	-	-	-	-	10%	12%	8%	3%
NET: Travel/utility	118	58	28	28	57	14	12	60	8	3	2	3	5	5	7	25
	49%	43%	54%	59%	56%	67%	63%	51%	41%	40%	66%	39%	52%	57%	23%	65%
NET: Leisure, fitness & recreation and travel/utility	46	26	11	9	19	5	6	24	2	-	-	2	1	4	2	11
	19%	20%	20%	19%	19%	26%	31%	20%	9%	-	-	22%	12%	44%	8%	29%

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	235	66	64	22	4	86	70	76	50	27	4	77	80	22	131	64	18	213
Total	242	70	68	22	4	90	74	80	53	28	4	81	84	21	137	67	17	222
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	152	46	48	7	-	55	46	58	25	17	2	42	60	15	93	40	4	137
	63%	66%	70%	33%	-	61%	62%	73%	48%	61%	43%	52%	71%	75%	68%	59%	23%	62%
To get to/from shops or supermarkets	67	10	24	5	1	30	11	16	16	9	-	25	16	4	35	22	6	63
	28%	15%	36%	24%	21%	33%	15%	20%	31%	31%	-	31%	19%	17%	26%	33%	32%	28%
To get to/from my place of work	47	19	11	5	3	17	22	16	14	6	2	20	18	1	25	16	5	46
	20%	27%	17%	24%	79%	18%	29%	20%	27%	21%	57%	25%	22%	5%	18%	24%	29%	21%
To visit friends or family	43	10	16	5	-	21	10	14	8	8	1	16	15	4	20	16	3	39
	18%	14%	23%	25%	-	24%	14%	18%	15%	30%	23%	20%	18%	20%	15%	24%	17%	18%
To get to/from school or place of education (including escorting others)	29	7	6	6	1	12	8	5	10	3	1	14	6	1	13	8	8	28
	12%	10%	8%	29%	30%	13%	11%	6%	20%	12%	28%	17%	7%	4%	9%	11%	46%	13%
For personal business, e.g. running errands or visiting the doctor	28	7	9	2	1	11	8	8	9	2	-	11	8	-	16	10	2	28
	11%	10%	13%	11%	21%	12%	11%	10%	17%	7%	-	14%	9%	-	12%	14%	10%	13%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	24	3	10	5	1	15	5	5	10	4	1	13	6	-	13	9	2	24
	10%	5%	15%	24%	30%	17%	6%	7%	18%	13%	28%	17%	8%	-	10%	13%	12%	11%
For journeys made as part of my work	22	7	7	4	1	11	8	7	9	3	-	12	7	2	15	5	1	21
	9%	10%	11%	17%	28%	12%	11%	9%	17%	10%	-	15%	8%	8%	11%	7%	5%	9%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	235	66	64	22	4	86	70	76	50	27	4	77	80	22	131	64	18	213
Total	242	70	68	22	4	90	74	80	53	28	4	81	84	21	137	67	17	222
	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	18 7%	1 1%	9 14% af	3 14%	2 49%	12 14% af	3 4%	2 3%	10 19% af	3 10%	- -	13 16% af	2 3%	1 4%	7 5%	6 9%	4 21%	17 8%
For another purpose	6 2%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	2 7%	2 1%	1 2%	1 6%	4 2%
NET: Travel/utility	118 49%	33 47%	36 53%	12 55%	4 100%	48 53%	36 49%	34 42%	35 66% af	13 48%	2 57%	48 60% af	36 43%	7 35%	62 46%	37 55%	11 66%	111 50%
NET: Leisure, fitness & recreation and travel/utility	46 19%	12 17%	19 28%	- -	- -	19 21%	12 16%	14 18%	11 21%	6 21%	- -	17 21%	14 17%	5 22%	26 19%	13 20%	2 10%	41 19%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	235	51	158	23	34	8	165	61	3	180	55	206	28
Total	242	52	166	21	35	8	174	60	3	182	60	215	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	152	24	110	14	18	1	119	29	3	110	42	138	13
	63%	45%	67%	65%	52%	12%	69%	48%	100%	60%	70%	64%	49%
			a				e						
To get to/from shops or supermarkets	67	23	39	8	11	2	45	18	2	55	12	61	5
	28%	43%	24%	39%	32%	27%	26%	31%	72%	30%	20%	28%	19%
		b											
To get to/from my place of work	47	17	29	6	6	4	35	12	2	39	8	41	6
	20%	32%	18%	27%	16%	53%	20%	21%	72%	21%	14%	19%	23%
		b											
To visit friends or family	43	16	21	7	10	2	27	15	2	34	9	41	3
	18%	31%	13%	31%	29%	27%	15%	26%	72%	18%	16%	19%	10%
		b											
To get to/from school or place of education (including escorting others)	29	11	16	5	8	2	14	13	1	25	4	24	4
	12%	21%	10%	25%	23%	22%	8%	22%	29%	14%	6%	11%	15%
		b			d			d					
For personal business, e.g. running errands or visiting the doctor	28	13	15	4	9	3	12	13	2	23	5	22	6
	11%	24%	9%	19%	26%	37%	7%	22%	72%	13%	8%	10%	21%
		b			d			d					
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	24	12	11	4	3	3	16	8	1	20	4	22	2
	10%	24%	7%	19%	9%	36%	9%	13%	29%	11%	6%	10%	8%
		b											



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

BASE: All respondents who cycled in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		*a	b	*c	d	e	*f	a	b	a	*b
Significance Level: 95%													
Unweighted Total	235	51	158	23	34	8	165	61	3	180	55	206	28
Total	242	52	166	21	35	8	174	60	3	182	60	215	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For journeys made as part of my work	22	10	10	8	3	3	11	11	2	18	5	18	5
	9%	19%	6%	38%	9%	37%	7%	18%	72%	10%	8%	8%	18%
		b						d					
To volunteer or provide support to others	18	8	9	7	5	1	8	9	2	13	4	17	1
	7%	15%	5%	31%	13%	12%	4%	15%	72%	7%	7%	8%	5%
		b						d					
For another purpose	6	-	4	-	2	-	3	2	-	2	4	6	-
	2%	-	3%	-	7%	-	2%	4%	-	1%	7%	3%	-
											a		
NET: Travel/utility	118	37	71	14	17	7	78	35	2	97	21	102	14
	49%	71%	43%	66%	49%	90%	45%	58%	72%	53%	35%	48%	56%
		b								b			
NET: Leisure, fitness & recreation and travel/utility	46	12	28	7	7	1	32	12	2	38	8	40	5
	19%	24%	17%	31%	21%	12%	19%	19%	72%	21%	13%	18%	19%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	235	11	17	32	51	28	36	16	44	128	96	48	57	77	50	8	142	83
Total	242	11	17	32	52	28	36	18	48	130	101	46	58	82	54	7	153	80
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	152 63%	5 42%	13 78%	16 50%	34 65%	13 46%	27 75%	13 75%	31 65%	77 59%	71 70%	32 69%	34 59%	56 68%	30 55%	2 27%	96 63%	53 66%
To get to/from shops or supermarkets	67 28%	2 20%	4 22%	12 37%	15 28%	10 36%	10 28%	2 13%	12 24%	41 31%	24 23%	10 23%	15 25%	22 27%	19 36%	4 52%	44 29%	19 24%
To get to/from my place of work	47 20%	- -	2 10%	6 20%	11 21%	9 32%	5 14%	3 19%	11 23%	28 21%	19 19%	4 8%	16 27%	16 19%	12 22%	3 39%	32 21%	11 14%
To visit friends or family	43 18%	2 14%	3 20%	7 22%	9 18%	3 11%	5 15%	3 19%	10 21%	23 18%	19 18%	5 11%	9 16%	12 15%	16 29%	3 35%	28 18%	13 16%
To get to/from school or place of education (including escorting others)	29 12%	3 28%	1 4%	4 12%	7 13%	4 16%	3 8%	1 6%	6 13%	16 12%	10 10%	6 13%	9 16%	6 7%	7 13%	2 22%	18 12%	10 12%
For personal business, e.g. running errands or visiting the doctor	28 11%	3 24%	4 22%	2 7%	7 13%	4 14%	2 5%	1 6%	5 11%	17 13%	8 8%	6 12%	7 12%	7 9%	8 14%	2 25%	18 12%	8 10%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	24 10%	- -	1 4%	8 26%	8 15%	1 4%	3 8%	- -	3 6%	18 14%	6 6%	2 5%	5 8%	6 8%	11 20%	4 58%	14 9%	6 7%
For journeys made as part of my work	22 9%	- -	- -	4 13%	2 3%	4 14%	7 20%	- -	5 11%	10 7%	13 12%	6 13%	5 9%	6 7%	5 10%	3 35%	15 10%	5 6%
To volunteer or provide support to others	18 7%	- -	3 17%	2 7%	4 7%	6 20%	1 3%	- -	2 5%	14 11%	3 3%	3 6%	4 8%	5 7%	5 10%	2 27%	14 9%	2 2%
For another purpose	6 2%	- -	- -	1 3%	1 2%	- -	- -	- -	4 8%	2 2%	4 4%	- -	1 2%	4 4%	1 3%	- -	4 3%	1 2%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	235	11	17	32	51	28	36	16	44	128	96	48	57	77	50	8	142	83
Total	242	11	17	32	52	28	36	18	48	130	101	46	58	82	54	7	153	80
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	118	5	6	21	26	19	16	6	19	72	41	19	30	42	27	5	78	34
	49%	44%	34%	64%	50%	69%	45%	31%	40%	56%	40%	41%	51%	51%	51%	62%	51%	43%
				hj						j								
NET: Leisure, fitness & recreation and travel/utility	46	2	4	7	10	4	9	2	8	25	19	10	8	21	7	-	34	12
	19%	14%	21%	22%	19%	15%	25%	12%	18%	19%	19%	21%	14%	25%	14%	-	22%	14%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

For leisure, fitness, or recreation

To get to/from shops or supermarkets

To get to/from my place of work

To visit friends or family

To get to/from school or place of education (including escorting others)

For personal business, e.g. running errands or visiting the doctor

To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.

For journeys made as part of my work

To volunteer or provide support to others

For another purpose

	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	235	106	65	63	130	71
Total	242	112	69	61	135	73
	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	152	72	42	38	84	41
	63%	65%	61%	62%	62%	57%
To get to/from shops or supermarkets	67	36	16	14	41	19
	28%	32%	24%	23%	31%	26%
To get to/from my place of work	47	30	12	5	31	16
	20%	27%	18%	9%	23%	22%
		c				
To visit friends or family	43	24	15	5	27	12
	18%	21%	21%	8%	20%	16%
		c	c			
To get to/from school or place of education (including escorting others)	29	12	6	10	23	2
	12%	11%	8%	17%	17%	2%
				b		
For personal business, e.g. running errands or visiting the doctor	28	11	11	5	20	7
	11%	10%	16%	9%	15%	9%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	24	11	6	7	21	2
	10%	10%	9%	12%	16%	3%
				b		
For journeys made as part of my work	22	13	6	3	14	8
	9%	12%	9%	5%	11%	11%
To volunteer or provide support to others	18	11	3	3	13	5
	7%	10%	4%	5%	10%	6%
For another purpose	6	3	2	1	1	3
	2%	3%	3%	2%	1%	4%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	235	106	65	63	130	71
Total	242	112	69	61	135	73
	100%	100%	100%	100%	100%	100%
NET: Travel/utility	118	59	34	23	73	38
	49%	53%	50%	38%	54%	52%
NET: Leisure, fitness & recreation and travel/utility	46	26	11	8	32	10
	19%	24%	17%	13%	24%	13%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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)	1176 100%	632 54%	447 38%	159 14%	545 46%
Cycling (either for leisure or travel)	242 100%	166 69%	59 24%	24 10%	76 31%
Running or jogging	346 100%	242 70%	83 24%	28 8%	104 30%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	279 100%	206 74%	49 18%	29 11%	73 26%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	275 100%	212 77%	49 18%	18 6%	63 23%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	141 100%	42 30%	50 36%	62 44%	99 70%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	121 100%	38 32%	50 41%	38 32%	83 68%
Team sports (such as football, cricket, rugby etc.)	68 100%	19 28%	38 56%	14 21%	49 72%
Racket sports (such as tennis, badminton, squash etc.)	52 100%	15 29%	32 60%	10 19%	37 71%
Golf	42 100%	12 28%	23 56%	9 21%	30 72%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	137 100%	77 56%	55 40%	9 6%	61 44%
Swimming	94 100%	44 47%	38 41%	15 16%	50 53%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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.)	60 100%	25 41%	30 50%	5 8%	35 59%
Water sports (such as surfing, rowing, sailing etc.)	45 100%	14 32%	25 56%	7 16%	30 68%
Gymnastics, trampolining or cheerleading	67 100%	30 44%	28 41%	11 16%	37 56%
Other sport, exercise or physical activity	71 100%	50 70%	21 29%	4 5%	22 30%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1161	532	621	305	391	465	68	157	120	110	115	94	148	209	140
Total	1176	574	595	284	380	513	61	147	112	113	104	139	150	207	144
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	632	335	294	146	210	276	31	78	57	75	47	83	83	107	71
	54%	58%	49%	52%	55%	54%	52%	53%	50%	66%	46%	59%	55%	52%	49%
		b							bcehi	e					
With another adult or adults	447	210	233	112	111	225	24	56	44	26	45	53	52	82	63
	38%	37%	39%	39%	29%	44%	40%	38%	39%	23%	44%	38%	35%	40%	44%
				b		b	d	d	d	b	d	d	d	d	d
With a child or children	159	54	106	46	89	24	7	24	18	15	17	10	24	28	16
	14%	9%	18%	16%	24%	5%	11%	16%	16%	13%	16%	7%	16%	14%	11%
			a	c	ac			f					f		
NET: With somebody else	545	239	301	137	170	237	29	69	56	38	57	56	67	100	73
	46%	42%	51%	48%	45%	46%	48%	47%	50%	34%	54%	41%	45%	48%	51%
		a						d	d	df			d	d	d



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1161	91	275	250	145	115	285	616	545	1011	24	65	30	10	7	136
Total	1176	97	293	250	139	107	289	640	536	1028	23	66	29	10	7	135
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	632	48	158	133	77	58	158	339	293	540	15	39	23	5	2	84
	54%	49%	54%	53%	55%	54%	55%	53%	55%	52%	67%	59%	79%	50%	29%	62%
												a				a
With another adult or adults	447	40	105	92	51	37	122	237	210	414	4	17	4	2	1	28
	38%	42%	36%	37%	37%	34%	42%	37%	39%	40%	19%	26%	14%	20%	10%	21%
										cdg						
With a child or children	159	18	50	38	18	20	15	106	53	128	5	16	2	3	4	30
	14%	18%	17%	15%	13%	19%	5%	17%	10%	12%	22%	24%	7%	30%	60%	22%
		fh	fh	fh	f	fh		fh	f			a				a
NET: With somebody else	545	49	135	118	62	49	132	301	243	489	8	27	6	5	5	51
	46%	51%	46%	47%	45%	46%	45%	47%	45%	48%	33%	41%	21%	50%	71%	38%
										dg						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1161	795	172	162	334	85	56	354	121	23	27	99	52	91	253	141
Total	1176	786	187	176	363	82	55	363	121	25	29	95	47	88	272	137
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	632	451	86	79	165	41	36	200	61	16	17	56	25	44	136	77
	54%	57%	46%	45%	45%	50%	65%	55%	50%	63%	58%	59%	53%	50%	50%	56%
		bcd					j									
With another adult or adults	447	325	59	54	113	33	16	132	46	7	9	30	19	24	131	49
	38%	41%	32%	31%	31%	41%	29%	36%	38%	28%	31%	32%	39%	28%	48%	36%
		bcd													bcgik	
With a child or children	159	21	67	67	135	13	5	58	25	4	4	13	6	27	5	18
	14%	3%	36%	38%	37%	15%	10%	16%	20%	18%	15%	13%	12%	30%	2%	13%
			a	a	a	j	j	j	j			j	j	abcghjk		j
NET: With somebody else	545	335	101	97	198	41	19	163	60	9	12	38	22	44	136	60
	46%	43%	54%	55%	55%	50%	35%	45%	50%	37%	42%	41%	47%	50%	50%	44%
			a	a	a										b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1161	281	207	56	7	263	288	315	136	90	16	226	331	168	670	269	54	993
Total	1176	281	216	59	7	275	288	321	138	94	15	232	336	165	683	274	54	1011
	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	632	170	110	26	3	137	173	188	75	42	10	117	198	132	341	135	24	500
	54%	60%	51%	45%	45%	50%	60%	59%	54%	45%	64%	50%	59%	80%	50%	49%	45%	49%
		bce				ce		c				ce		bcd				
With another adult or adults	447	84	89	29	2	118	86	103	50	45	4	95	107	30	300	95	22	417
	38%	30%	41%	50%	30%	43%	30%	32%	36%	48%	24%	41%	32%	18%	44%	35%	40%	41%
		af	af	af		af		af		af		af		ac	a	a	a	a
With a child or children	159	42	38	6	3	45	45	50	25	11	4	36	54	5	67	73	14	154
	14%	15%	18%	11%	41%	16%	16%	16%	18%	12%	26%	15%	16%	3%	10%	27%	27%	15%
			a	af		af				af		f		a	abe	abe	abe	ab
NET: With somebody else	545	112	106	32	4	138	115	133	63	52	6	115	138	33	343	139	29	511
	46%	40%	49%	55%	55%	50%	40%	41%	46%	55%	36%	50%	41%	20%	50%	51%	55%	51%
			a	af		af				af		f		a	a	a	a	a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	1161	172	802	144	184	37	807	316	41	924	237	1013	144
Total	1176	175	818	135	191	36	825	315	40	929	247	1036	136
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	632	89	404	78	107	24	430	181	24	518	113	542	89
	54%	51%	49%	58%	56%	66%	52%	58%	61%	56%	46%	52%	65%
										b			a
With another adult or adults	447	56	354	47	72	9	325	110	14	332	115	406	39
	38%	32%	43%	35%	37%	25%	39%	35%	35%	36%	47%	39%	29%
			a							a		b	
With a child or children	159	38	111	15	20	5	115	37	3	128	31	147	12
	14%	22%	14%	11%	10%	14%	14%	12%	8%	14%	13%	14%	9%
		b											
NET: With somebody else	545	86	414	57	84	12	394	133	16	411	133	494	48
	46%	49%	51%	42%	44%	34%	48%	42%	39%	44%	54%	48%	35%
										a		b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Unweighted Total	1161	136	132	196	218	115	127	51	186	661	364	283	311	409	139	43	592	513
Total	1176	141	133	196	223	117	127	53	186	669	366	274	311	428	145	42	636	486
	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	632	80	72	98	117	62	66	21	115	350	202	167	168	210	73	20	343	259
	54%	56%	54%	50%	53%	54%	52%	39%	62%	52%	55%	61%	54%	49%	50%	47%	54%	53%
		g						g	cgj		g	cd						
With another adult or adults	447	48	52	82	85	45	43	28	65	263	136	90	112	187	56	19	243	184
	38%	34%	39%	42%	38%	39%	34%	53%	35%	39%	37%	33%	36%	44%	38%	46%	38%	38%
							afhj							ab				
With a child or children	159	19	11	28	35	17	26	8	16	91	49	26	46	59	27	4	85	68
	14%	13%	9%	14%	16%	15%	20%	14%	9%	14%	13%	9%	15%	14%	19%	10%	13%	14%
				h			bh							a				
NET: With somebody else	545	62	60	99	106	54	61	32	71	319	164	107	143	218	73	22	292	227
	46%	44%	46%	50%	47%	46%	48%	61%	38%	48%	45%	39%	46%	51%	50%	53%	46%	47%
				h			ahj			h				a	a			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	1161	406	374	379	549	319
Total	1176	410	382	382	554	322
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	632	204	225	201	289	181
	54%	50%	59%	53%	52%	56%
			a			
With another adult or adults	447	165	130	151	215	111
	38%	40%	34%	40%	39%	35%
With a child or children	159	68	39	53	90	44
	14%	17%	10%	14%	16%	14%
		b				
NET: With somebody else	545	206	157	181	266	140
	46%	50%	41%	47%	48%	44%
		b				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	235	142	92	81	91	63	9	31	21	25	22	18	52	36	21
Total	242	155	87	77	93	72	8	30	20	26	20	27	53	36	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	166	114	51	45	60	61	5	20	12	17	15	22	30	28	16
	69%	74%	59%	58%	65%	85%	57%	68%	60%	66%	76%	83%	57%	77%	72%
		b	ab												
With another adult or adults	59	35	24	30	18	11	2	9	7	7	4	4	14	6	6
	24%	23%	28%	39%	20%	15%	23%	29%	35%	25%	19%	17%	27%	17%	28%
				bc											
With a child or children	24	12	12	5	19	-	2	3	2	2	2	2	8	2	1
	10%	8%	14%	6%	21%	-	19%	11%	9%	9%	10%	6%	15%	6%	5%
					ac										
NET: With somebody else	76	41	35	33	32	11	4	9	8	9	5	4	22	8	6
	31%	26%	41%	42%	35%	15%	43%	32%	40%	34%	24%	17%	43%	23%	28%
			a	c	c										

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	235	40	70	45	28	19	33	155	80	188	12	11	12	6	4	45
Total	242	43	77	46	27	16	33	166	76	195	11	12	13	5	4	45
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	166	23	57	31	19	10	25	111	55	136	7	7	9	5	1	29
	69%	53%	75%	68%	73%	63%	76%	67%	72%	70%	67%	58%	67%	100%	19%	64%
		a	a	a	a	a	a	a	a							
With another adult or adults	59	15	15	11	5	5	8	41	18	48	3	4	3	-	1	11
	24%	34%	20%	23%	20%	31%	24%	25%	24%	24%	26%	31%	25%	-	27%	24%
With a child or children	24	9	4	7	3	1	-	20	4	17	2	1	1	-	2	6
	10%	21%	5%	15%	11%	6%	-	12%	5%	9%	15%	11%	9%	-	54%	14%
		bfh		f			f									
NET: With somebody else	76	20	20	15	7	6	8	55	21	59	4	5	4	-	4	16
	31%	47%	25%	32%	27%	37%	24%	33%	28%	30%	33%	42%	33%	-	81%	36%
		bfh														



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	235	136	46	43	89	20	18	109	21	7	3	10	10	9	28	38
Total	242	133	52	48	100	21	18	117	20	6	3	9	9	8	30	39
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	166	98	34	30	64	12	7	83	12	4	2	7	6	7	26	20
	69%	73%	65%	63%	64%	59%	40%	71%	60%	70%	67%	80%	62%	81%	86%	50%
								k								
With another adult or adults	59	35	12	9	21	7	9	27	4	1	1	2	3	2	4	16
	24%	26%	22%	19%	21%	35%	47%	23%	22%	13%	33%	20%	29%	19%	14%	41%
								c								
With a child or children	24	2	11	10	21	3	2	13	4	1	-	-	1	-	-	5
	10%	1%	21%	21%	21%	14%	13%	11%	19%	17%	-	-	9%	-	-	13%
			a	a	a											
NET: With somebody else	76	36	18	17	36	8	11	35	8	2	1	2	4	2	4	19
	31%	27%	35%	37%	36%	41%	60%	29%	40%	30%	33%	20%	38%	19%	14%	50%
																c

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	235	66	64	22	4	86	70	76	50	27	4	77	80	22	131	64	18	213
Total	242	70	68	22	4	90	74	80	53	28	4	81	84	21	137	67	17	222
	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	166	47	45	14	2	59	49	56	33	16	3	49	59	18	94	44	10	148
	69%	68%	66%	64%	49%	65%	67%	70%	63%	58%	72%	61%	70%	88%	69%	65%	60%	67%
With another adult or adults	59	15	17	8	1	25	16	17	13	11	1	24	18	2	36	15	6	57
	24%	22%	25%	36%	30%	27%	22%	21%	25%	38%	28%	30%	21%	12%	26%	22%	34%	26%
With a child or children	24	10	10	-	1	10	10	9	8	3	-	11	9	-	11	12	1	24
	10%	14%	14%	-	21%	11%	14%	12%	14%	11%	-	13%	11%	-	8%	17%	6%	11%
NET: With somebody else	76	23	23	8	2	31	25	24	20	12	1	31	25	2	43	23	7	74
	31%	32%	34%	36%	51%	35%	33%	30%	37%	42%	28%	39%	30%	12%	31%	35%	40%	33%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		*a	b	*c	d	e	*f	a	b	a	*b
Significance Level: 95%													
Unweighted Total	235	51	158	23	34	8	165	61	3	180	55	206	28
Total	242	52	166	21	35	8	174	60	3	182	60	215	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	166	29	115	11	25	1	123	36	1	123	44	151	14
	69%	55%	70%	53%	72%	15%	71%	61%	43%	67%	73%	70%	54%
With another adult or adults	59	20	37	9	7	6	39	19	2	46	13	50	9
	24%	38%	22%	41%	21%	75%	22%	32%	57%	25%	22%	23%	34%
		b											
With a child or children	24	4	19	1	2	1	19	4	-	16	7	21	3
	10%	8%	12%	5%	6%	10%	11%	7%	-	9%	12%	10%	12%
NET: With somebody else	76	23	50	10	10	6	51	23	2	60	16	64	12
	31%	45%	30%	47%	28%	85%	29%	39%	57%	33%	27%	30%	46%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	235	11	17	32	51	28	36	16	44	128	96	48	57	77	50	8	142	83
Total	242	11	17	32	52	28	36	18	48	130	101	46	58	82	54	7	153	80
	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	166 69%	6 56%	11 63%	24 76%	36 69%	22 79%	24 67%	13 71%	30 62%	93 72%	67 66%	29 64%	41 70%	58 70%	36 66%	4 54%	103 67%	57 72%
With another adult or adults	59 24%	4 37%	5 30%	8 24%	11 21%	6 21%	7 20%	5 29%	13 27%	30 23%	25 25%	13 28%	13 23%	22 27%	11 21%	2 33%	39 26%	18 22%
With a child or children	24 10%	1 7%	3 16%	- -	5 10%	- -	6 16%	2 12%	7 15%	8 6%	15 15%	4 8%	4 7%	7 9%	9 16%	1 13%	14 9%	8 11%
NET: With somebody else	76 31%	5 44%	6 37%	8 24%	16 31%	6 21%	12 33%	5 29%	18 38%	36 28%	35 34%	16 36%	17 30%	24 30%	18 34%	3 46%	50 33%	23 28%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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%

	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	235	106	65	63	130	71
Total	242	112	69	61	135	73
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	166	71	55	39	86	52
	69%	64%	80%	64%	64%	72%
			ac			
With another adult or adults	59	30	11	18	35	17
	24%	27%	17%	30%	26%	23%
With a child or children	24	14	6	4	16	6
	10%	13%	8%	6%	12%	9%
NET: With somebody else	76	41	14	22	49	21
	31%	36%	20%	36%	36%	28%
		b		b		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	351	169	179	175	134	42	14	45	37	44	23	19	83	59	27
Total	346	174	169	165	133	48	13	42	33	44	21	27	81	57	28
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	242	132	108	105	94	43	9	30	19	33	19	19	51	40	21
	70%	76%	64%	63%	71%	89%	71%	73%	58%	75%	87%	69%	64%	70%	77%
		b				ab									
With another adult or adults	83	34	50	54	25	4	4	8	11	7	1	5	25	16	6
	24%	19%	29%	33%	19%	9%	29%	20%	34%	16%	5%	20%	30%	28%	23%
		a		bc											
With a child or children	28	14	14	11	17	1	1	3	5	4	2	3	6	3	1
	8%	8%	8%	6%	13%	2%	8%	7%	14%	10%	9%	11%	8%	6%	4%
				c											
NET: With somebody else	104	43	61	60	39	5	4	11	14	11	3	8	29	17	6
	30%	24%	36%	37%	29%	11%	29%	27%	42%	25%	13%	31%	36%	30%	23%
		a		c	c										

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	351	48	93	106	52	22	30	247	104	260	18	41	19	6	4	88
Total	346	51	96	104	47	20	28	251	96	260	17	39	18	6	4	84
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	242	26	69	72	34	15	25	167	74	188	11	24	11	5	2	52
	70%	51%	72%	70%	73%	74%	88%	67%	78%	72%	62%	61%	62%	83%	46%	62%
			a	a	a		acg	a	ag							
With another adult or adults	83	18	22	26	11	3	3	66	17	57	6	13	7	-	1	26
	24%	36%	23%	25%	23%	15%	12%	27%	18%	22%	33%	33%	38%	-	20%	31%
		fh														
With a child or children	28	10	8	6	2	2	-	24	4	21	1	3	2	1	1	8
	8%	20%	8%	6%	4%	12%	-	10%	4%	8%	6%	6%	12%	17%	34%	9%
		bcd fgh														
NET: With somebody else	104	25	27	32	12	5	3	83	21	72	7	15	7	1	2	32
	30%	49%	28%	30%	27%	26%	12%	33%	22%	28%	38%	39%	38%	17%	54%	38%
		bcd fgh		f				fh								

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	351	181	73	78	151	41	32	145	45	11	7	23	23	16	8	73
Total	346	166	81	84	165	40	31	148	43	12	7	22	21	14	9	71
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	242	124	62	45	107	31	14	105	24	9	5	17	16	12	9	45
	70%	75%	76%	54%	65%	77%	47%	71%	55%	82%	72%	78%	75%	84%	100%	64%
		cd	c			bd	b									
With another adult or adults	83	41	12	26	38	7	11	35	14	2	2	5	5	2	-	18
	24%	25%	14%	31%	23%	17%	35%	24%	32%	18%	28%	22%	25%	16%	-	25%
			b													
With a child or children	28	2	10	17	27	3	7	11	8	-	-	-	-	-	-	10
	8%	1%	12%	20%	16%	8%	22%	7%	18%	-	-	-	-	-	-	14%
			a	a	a		c	c								
NET: With somebody else	104	42	19	39	58	9	16	43	19	2	2	5	5	2	-	25
	30%	25%	24%	46%	35%	23%	53%	29%	45%	18%	28%	22%	25%	16%	-	36%
			ab	a			ac	a								



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	351	92	107	27	7	134	99	109	75	39	10	114	119	32	173	117	29	319
Total	346	92	108	26	7	135	98	109	75	39	10	114	119	29	173	117	27	317
	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	242	55	76	18	3	93	58	77	43	26	7	69	84	27	130	68	18	215
	70%	60%	70%	67%	40%	69%	59%	71%	57%	66%	70%	60%	71%	bce	c	58%	64%	68%
With another adult or adults	83	27	27	8	3	34	30	24	28	9	2	36	26	2	35	37	9	81
	24%	29%	25%	29%	45%	26%	30%	22%	37%	22%	20%	32%	22%	8%	20%	32%	32%	26%
									af						ab		a	
With a child or children	28	14	8	1	1	9	15	10	8	5	1	12	11	-	8	17	3	28
	8%	15%	7%	4%	14%	6%	15%	9%	10%	12%	10%	11%	9%	-	5%	15%	12%	9%
		e				e									ab			
NET: With somebody else	104	36	33	9	4	41	40	32	32	13	3	46	34	2	43	49	10	102
	30%	40%	30%	33%	60%	31%	41%	29%	43%	34%	30%	40%	29%	8%	25%	42%	36%	32%
									f						a	ab		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	351	82	228	43	29	8	268	73	6	288	63	303	46
Total	346	80	229	41	29	7	266	70	5	284	63	302	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	242	43	165	28	20	5	187	48	4	200	42	211	28
	70%	54%	72%	68%	70%	73%	70%	69%	71%	70%	67%	70%	67%
			a										
With another adult or adults	83	25	54	12	9	-	63	19	2	66	17	71	13
	24%	32%	24%	29%	30%	-	24%	27%	29%	23%	27%	23%	30%
With a child or children	28	14	15	1	1	2	23	4	-	23	6	27	1
	8%	17%	6%	3%	4%	27%	9%	6%	-	8%	9%	9%	3%
		b											
NET: With somebody else	104	37	64	13	9	2	79	22	2	84	21	90	14
	30%	46%	28%	32%	30%	27%	30%	31%	29%	30%	33%	30%	33%
		b											

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	351	5	32	69	75	43	45	22	60	219	127	68	102	128	51	15	181	142
Total	346	5	32	69	72	43	43	23	61	215	126	63	100	130	51	14	184	136
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	242	5	24	49	45	29	25	19	47	147	91	49	71	88	32	9	129	95
	70%	100%	74%	71%	63%	68%	59%	83%	76%	68%	72%	77%	71%	68%	62%	60%	70%	70%
With another adult or adults	83	-	5	14	21	14	14	3	12	54	29	11	26	32	16	6	43	32
	24%	-	16%	20%	29%	32%	33%	13%	20%	25%	23%	17%	26%	24%	31%	40%	23%	23%
With a child or children	28	-	4	7	6	2	5	1	3	19	9	4	6	13	5	1	16	11
	8%	-	13%	10%	8%	5%	12%	4%	5%	9%	7%	6%	6%	10%	9%	7%	9%	8%
NET: With somebody else	104	-	8	20	27	14	18	4	14	69	36	15	29	42	19	6	55	41
	30%	-	26%	29%	37%	32%	41%	17%	24%	32%	28%	23%	29%	32%	38%	40%	30%	30%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	351	170	93	88	236	90
Total	346	169	92	85	232	90
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	242	121	58	63	158	63
	70%	72%	62%	74%	68%	71%
With another adult or adults	83	35	30	18	61	18
	24%	21%	33%	21%	26%	21%
		a				
With a child or children	28	18	5	5	21	8
	8%	11%	6%	6%	9%	9%
NET: With somebody else	104	48	35	22	74	26
	30%	28%	38%	26%	32%	29%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	282	78	201	133	100	49	14	36	33	27	16	24	69	37	26
Total	279	82	194	125	102	52	12	32	30	27	14	35	68	35	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	206	56	148	95	66	45	9	26	21	18	9	27	48	26	22
	74%	68%	76%	76%	65%	87%	79%	79%	68%	67%	61%	78%	70%	75%	89%
						b									
With another adult or adults	49	18	31	23	20	7	2	5	7	6	1	3	15	8	3
	18%	22%	16%	18%	19%	13%	21%	15%	22%	22%	5%	9%	22%	23%	11%
With a child or children	29	10	18	9	21	-	-	2	3	3	5	6	8	3	-
	11%	12%	9%	7%	20%	-	-	6%	10%	11%	34%	17%	11%	8%	-
					ac										
NET: With somebody else	73	26	46	31	35	7	2	7	10	9	6	8	20	9	3
	26%	32%	24%	24%	35%	13%	21%	21%	32%	33%	39%	22%	30%	25%	11%
					c										

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	282	40	67	69	42	29	35	176	106	215	12	30	13	6	1	62
Total	279	42	69	69	39	27	33	180	99	214	11	30	13	5	1	61
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	206	28	48	54	23	23	29	131	75	161	6	22	8	4	1	41
	74%	68%	69%	78%	59%	86%	89%	73%	76%	75%	50%	75%	57%	84%	100%	67%
			d				abdg		d							
With another adult or adults	49	8	15	12	8	4	2	35	14	34	3	7	6	-	-	16
	18%	20%	22%	17%	21%	14%	7%	20%	14%	16%	28%	22%	43%	-	-	25%
With a child or children	29	7	9	3	9	-	1	19	10	25	3	1	-	1	-	4
	11%	18%	12%	5%	23%	-	3%	11%	10%	12%	22%	3%	-	16%	-	7%
		cf		cfgh												
NET: With somebody else	73	13	21	15	16	4	3	49	23	53	6	8	6	1	-	20
	26%	32%	31%	22%	41%	14%	11%	27%	24%	25%	50%	25%	43%	16%	-	33%
		f	f	cfh				f								

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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											
	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	282	145	63	55	118	35	24	107	33	6	8	18	12	17	22	59
Total	279	134	67	62	129	34	23	110	32	6	8	17	11	17	22	57
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	206	112	48	36	85	24	16	75	23	4	7	15	9	13	20	41
	74%	84%	72%	59%	65%	71%	72%	69%	70%	71%	87%	85%	83%	81%	90%	71%
		bcd														
With another adult or adults	49	21	8	16	24	6	1	26	9	1	1	2	1	1	2	7
	18%	15%	12%	25%	18%	17%	5%	24%	28%	14%	13%	9%	9%	4%	10%	12%
With a child or children	29	1	12	14	27	4	5	12	2	1	-	1	2	2	-	9
	11%	1%	18%	23%	21%	12%	23%	11%	6%	14%	-	6%	17%	15%	-	16%
		a	a	a	a											
NET: With somebody else	73	22	19	26	45	10	6	35	10	2	1	3	2	3	2	16
	26%	16%	28%	41%	35%	29%	28%	31%	30%	29%	13%	15%	17%	19%	10%	29%
		a	a	a	a											

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	282	71	74	23	5	97	76	79	60	29	8	89	87	31	142	90	19	251
Total	279	70	76	23	5	99	75	79	62	28	7	90	86	29	139	94	17	250
	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	206	56	44	18	2	62	58	63	36	21	4	57	67	27	109	58	13	179
	74%	80%	58%	78%	38%	63%	78%	79%	58%	74%	61%	63%	78%	93%	78%	61%	74%	72%
		be				be	be	be				be	be	ce	c			
With another adult or adults	49	10	21	4	3	25	13	12	16	6	3	22	15	2	21	22	4	48
	18%	14%	28%	19%	62%	26%	17%	16%	25%	23%	39%	25%	18%	7%	15%	23%	26%	19%
															a			
With a child or children	29	5	14	1	-	15	5	4	14	2	-	16	4	-	9	19	1	29
	11%	7%	19%	4%	-	15%	6%	5%	22%	7%	-	18%	5%	-	6%	21%	6%	12%
			af						af			af			abe			a
NET: With somebody else	73	14	32	5	3	37	17	16	26	7	3	33	19	2	30	37	4	71
	26%	20%	42%	22%	62%	37%	22%	21%	42%	26%	39%	37%	22%	7%	22%	39%	26%	28%
			af			af			af			af			ab			a



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
	a	b	a	b	*c	d	e	*f	a	b	a	b	
Significance Level: 95%													
Unweighted Total	282	63	184	44	40	18	182	92	8	232	50	245	36
Total	279	62	184	40	40	18	183	88	7	228	51	244	35
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	206	38	137	28	29	12	138	61	7	164	42	182	24
	74%	61%	74%	71%	74%	66%	75%	69%	89%	72%	83%	75%	68%
With another adult or adults	49	16	32	6	8	2	33	16	1	43	6	42	7
	18%	26%	17%	16%	21%	9%	18%	18%	11%	19%	12%	17%	22%
With a child or children	29	11	19	6	2	4	17	12	-	25	4	26	4
	11%	17%	10%	15%	4%	24%	9%	14%	-	11%	8%	11%	10%
NET: With somebody else	73	24	47	12	10	6	45	27	1	64	9	62	11
	26%	39%	26%	29%	26%	34%	25%	31%	11%	28%	17%	25%	32%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	Number of days active										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	282	10	24	54	74	36	35	12	37	188	84	66	75	99	37	16	163	98
Total	279	9	24	53	74	36	34	13	36	187	83	64	70	101	39	15	169	91
	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	206	9	16	44	53	26	20	11	27	139	58	49	61	67	25	12	121	69
	74%	100%	67%	83%	72%	73%	58%	86%	74%	75%	69%	77%	87%	67%	64%	82%	72%	76%
			f										cd					
With another adult or adults	49	-	4	7	17	4	8	2	8	31	18	11	6	23	8	2	34	14
	18%	-	16%	13%	22%	11%	24%	14%	23%	17%	22%	17%	9%	23%	20%	11%	20%	16%
				b														
With a child or children	29	-	4	3	6	8	7	-	1	21	8	5	3	13	7	1	20	8
	11%	-	17%	6%	8%	23%	21%	-	3%	11%	10%	9%	4%	12%	19%	7%	12%	9%
						cdh	ch								b			
NET: With somebody else	73	-	8	9	21	10	14	2	9	48	25	15	9	34	14	3	48	22
	26%	-	33%	17%	28%	27%	42%	14%	26%	25%	31%	23%	13%	33%	36%	18%	28%	24%
							c							b	b			

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	
Total	a	b	c	a	b	
Unweighted Total	282	128	66	87	177	67
Total	279	126	66	85	174	67
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	206	89	51	65	121	53
	74%	70%	77%	76%	69%	80%
With another adult or adults	49	25	11	14	37	9
	18%	20%	17%	16%	21%	14%
With a child or children	29	17	4	8	23	4
	11%	14%	6%	9%	13%	6%
NET: With somebody else	73	38	15	20	53	14
	26%	30%	23%	24%	31%	20%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	280	131	148	114	89	77	21	42	31	28	34	17	41	42	24
Total	275	135	139	106	85	85	19	37	29	29	31	25	39	42	24
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	212	109	104	67	69	77	18	29	25	20	23	22	27	33	15
	77%	81%	74%	63%	81%	90%	95%	78%	87%	68%	74%	88%	70%	79%	62%
					a	a									
With another adult or adults	49	22	26	33	8	8	-	6	3	7	6	3	8	8	8
	18%	16%	19%	31%	10%	10%	-	17%	9%	24%	20%	12%	22%	18%	33%
				bc											
With a child or children	18	6	11	8	10	-	1	3	1	3	2	-	3	1	3
	6%	5%	8%	7%	12%	-	5%	8%	3%	12%	6%	-	8%	3%	12%
				c	c										
NET: With somebody else	63	26	36	39	16	8	1	8	4	9	8	3	12	9	9
	23%	19%	26%	37%	19%	10%	5%	22%	13%	32%	26%	12%	30%	21%	38%
				bc											

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
	a	b	c	d	*e	f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	280	34	72	61	42	21	50	167	113	236	7	19	11	2	-	39
Total	275	35	72	60	40	19	49	167	108	232	7	19	11	2	-	39
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	212	21	47	53	30	15	47	121	92	181	5	14	7	2	-	27
	77%	59%	65%	89%	73%	81%	96%	72%	85%	78%	63%	72%	62%	100%	-	69%
			abdg				abdgh		abg							
With another adult or adults	49	11	19	6	9	3	1	37	12	39	3	4	3	-	-	10
	18%	32%	27%	11%	21%	14%	2%	22%	11%	17%	37%	23%	29%	-	-	26%
		cfh	cfh		f			fh								
With a child or children	18	4	9	-	2	1	1	13	4	14	1	1	2	-	-	4
	6%	12%	13%	-	6%	5%	2%	8%	4%	6%	11%	5%	20%	-	-	10%
		c	cfh					c								
NET: With somebody else	63	14	26	6	11	4	2	46	17	51	3	5	4	-	-	12
	23%	41%	35%	11%	27%	19%	4%	28%	15%	22%	37%	28%	38%	-	-	31%
		cfh	cfh		cf			cfh	f							

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	j	k	
Significance Level: 95%																
Unweighted Total	280	176	49	44	93	20	21	103	31	6	8	19	12	14	46	41
Total	275	167	51	48	99	19	20	102	30	5	8	17	12	13	49	39
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	212	145	29	31	60	15	11	69	24	3	6	14	11	13	47	26
	77%	87%	57%	64%	61%	77%	57%	68%	79%	51%	75%	83%	92%	100%	96%	67%
		bcd													cdk	
With another adult or adults	49	22	16	11	26	4	8	25	5	2	1	2	-	-	2	12
	18%	13%	30%	22%	27%	23%	38%	25%	18%	34%	13%	11%	-	-	4%	31%
			a		a			j							j	
With a child or children	18	2	6	10	16	-	3	10	1	1	1	1	-	-	-	3
	6%	1%	12%	20%	16%	-	16%	9%	4%	15%	12%	6%	8%	-	-	8%
			a	a	a			j								
NET: With somebody else	63	22	22	17	39	4	9	33	6	3	2	3	1	-	2	13
	23%	13%	43%	36%	39%	23%	43%	32%	21%	49%	25%	17%	8%	-	4%	33%
			a	a	a			j	j						j	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	280	73	63	15	5	78	78	81	49	20	7	69	88	39	145	80	16	241
Total	275	71	63	15	5	78	76	80	48	20	7	68	87	37	142	80	16	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	212	52	40	6	3	47	56	57	31	11	4	43	60	35	114	53	10	177
	77%	73%	64%	42%	65%	60%	73%	71%	66%	56%	56%	63%	70%	bce	c			75%
With another adult or adults	49	15	18	7	1	25	16	17	15	6	2	21	19	2	25	18	4	47
	18%	21%	29%	44%	17%	32%	21%	22%	32%	28%	29%	31%	22%	7%	17%	23%	28%	20%
															a			a
With a child or children	18	5	7	2	1	9	6	7	4	3	1	7	8	-	5	12	1	18
	6%	7%	12%	14%	18%	12%	8%	9%	8%	16%	15%	11%	10%	-	3%	15%	7%	7%
															abe			
NET: With somebody else	63	19	22	9	2	31	21	24	16	9	3	25	26	2	28	26	5	60
	23%	27%	36%	58%	35%	40%	27%	29%	34%	44%	44%	37%	30%	7%	20%	33%	35%	25%
															a	ab		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	280	62	178	32	54	10	187	84	10	224	56	231	47
Total	275	62	175	30	54	10	185	82	10	219	56	229	44
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	212 77%	33 54%	143 82% a	19 65%	41 76%	6 61%	145 79%	60 73%	6 58%	167 76%	45 81%	177 77%	34 77%
With another adult or adults	49 18%	20 33% b	27 15%	5 17%	8 14%	4 39%	33 18%	15 18%	1 9%	40 18%	10 17%	40 18%	9 21%
With a child or children	18 6%	8 13% b	9 5%	5 18% d	5 10%	- -	10 6%	7 9%	3 32%	16 8%	1 2%	16 7%	2 4%
NET: With somebody else	63 23%	28 46% b	32 18%	11 35%	13 24%	4 39%	39 21%	22 27%	4 42%	52 24%	11 19%	53 23%	10 23%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	280	11	34	34	70	31	43	12	45	169	100	65	71	101	39	15	145	117
Total	275	11	34	33	67	29	42	12	47	163	101	61	69	102	40	15	147	110
	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	212	11	26	23	51	22	29	11	38	123	79	51	49	82	26	11	109	90
	77%	100%	76%	70%	76%	77%	70%	93%	82%	75%	78%	84%	71%	81%	65%	76%	74%	82%
												d						
With another adult or adults	49	-	8	6	14	5	9	1	7	33	17	6	16	17	11	3	31	15
	18%	-	24%	17%	21%	16%	20%	7%	16%	20%	17%	9%	23%	16%	29%	18%	21%	14%
												a	a					
With a child or children	18	-	-	4	3	3	6	-	1	10	7	4	6	5	2	1	8	8
	6%	-	-	13%	4%	11%	15%	-	2%	6%	7%	7%	9%	5%	6%	6%	6%	7%
				b			bh											
NET: With somebody else	63	-	8	10	16	7	13	1	8	41	22	10	20	19	14	4	38	20
	23%	-	24%	30%	24%	23%	30%	7%	18%	25%	22%	16%	29%	19%	35%	24%	26%	18%
															a			

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

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	280	124	77	79	148	82
Total	275	123	73	79	144	81
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	212	89	60	63	103	66
	77%	72%	82%	80%	72%	81%
With another adult or adults	49	24	13	13	32	12
	18%	19%	18%	16%	22%	15%
With a child or children	18	13	-	4	12	3
	6%	11%	-	5%	9%	4%
		b		b		
NET: With somebody else	63	34	13	16	41	15
	23%	28%	18%	20%	28%	19%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	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	139	53	84	74	46	19	7	23	14	14	8	11	31	19	12
Total	141	55	84	72	48	21	6	21	14	14	8	16	31	20	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	42	17	24	24	9	9	1	6	4	4	3	9	8	7	2
	30%	31%	29%	34%	19%	43%	13%	29%	27%	27%	37%	55%	25%	34%	16%
With another adult or adults	50	22	28	28	19	3	2	6	6	9	2	3	15	3	4
	36%	40%	33%	39%	40%	16%	28%	29%	41%	67%	26%	18%	49%	16%	37%
With a child or children	62	22	40	25	28	10	5	10	7	4	3	4	11	11	5
	44%	39%	48%	34%	58%	47%	75%	50%	54%	32%	37%	27%	37%	55%	46%
					a										
NET: With somebody else	99	38	60	48	39	12	5	15	10	10	5	7	23	13	10
	70%	69%	71%	66%	81%	57%	87%	71%	73%	73%	63%	45%	75%	66%	84%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	*g
Significance Level: 95%																
Unweighted Total	139	25	38	36	14	15	11	99	40	113	5	10	6	2	1	24
Total	141	26	40	37	13	13	12	103	38	117	5	10	5	2	1	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	42 30%	8 31%	9 22%	14 37%	3 21%	4 33%	5 40%	31 30%	12 31%	34 29%	1 21%	2 20%	4 85%	1 53%	-	8 37%
With another adult or adults	50 36%	11 43%	15 36%	14 38%	5 36%	5 38%	1 9%	40 38%	11 28%	41 35%	3 56%	5 51%	-	-	-	7 33%
With a child or children	62 44%	10 39%	20 49%	14 40%	7 50%	5 36%	6 51%	45 43%	17 46%	53 46%	2 44%	4 42%	1 15%	1 47%	1 100%	9 39%
NET: With somebody else	99 70%	18 69%	31 78%	23 63%	10 79%	9 67%	7 60%	72 70%	26 69%	83 71%	4 79%	8 80%	1 15%	1 47%	1 100%	14 63%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	139	58	37	38	75	11	16	47	23	7	6	7	8	6	8	27
Total	141	55	40	40	81	12	16	48	23	6	7	7	7	6	9	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	42	27	8	6	14	2	4	15	6	2	3	1	3	1	5	7
	30%	50%	20%	15%	17%	21%	27%	31%	27%	32%	48%	10%	37%	21%	52%	24%
		bcd														
With another adult or adults	50	18	16	12	28	4	8	19	7	3	1	1	3	2	1	13
	36%	33%	41%	29%	35%	38%	52%	39%	32%	53%	21%	18%	36%	33%	12%	46%
With a child or children	62	12	22	28	50	6	4	20	12	1	2	7	3	4	3	10
	44%	21%	55%	69%	62%	52%	27%	41%	54%	15%	31%	90%	38%	61%	35%	38%
		a	a	a	a											
NET: With somebody else	99	28	32	34	66	9	11	33	17	4	3	7	5	5	4	21
	70%	50%	80%	85%	83%	79%	73%	69%	73%	68%	52%	90%	63%	79%	48%	76%
		a	a	a	a											

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	139	42	37	15	2	52	44	42	30	17	4	47	46	10	61	55	13	129
Total	141	42	38	15	2	53	44	42	30	18	4	48	46	9	62	57	13	132
	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	16	8	5	-	12	16	13	8	5	1	13	14	6	22	11	3	36
	30%	39%	20%	33%	-	23%	37%	32%	27%	29%	23%	28%	31%	69%	36%	19%	23%	27%
															c			
With another adult or adults	50	13	17	8	1	25	14	17	14	7	-	21	17	2	26	20	3	49
	36%	31%	45%	53%	46%	48%	31%	40%	46%	40%	-	44%	37%	21%	42%	35%	23%	37%
With a child or children	62	14	21	3	1	24	15	15	12	8	3	20	18	1	22	31	8	61
	44%	33%	55%	20%	54%	45%	34%	36%	39%	44%	77%	41%	39%	10%	35%	54%	63%	46%
															b			
NET: With somebody else	99	26	31	10	2	40	28	28	22	13	3	35	32	3	39	46	10	96
	70%	61%	80%	67%	100%	77%	63%	68%	73%	71%	77%	72%	69%	31%	64%	81%	77%	73%
															b			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	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	139	44	82	23	27	11	80	55	5	117	22	120	18
Total	141	44	84	22	28	10	82	55	5	119	22	123	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	42	11	25	8	11	3	22	18	3	36	6	36	6
	30%	24%	30%	37%	38%	29%	27%	33%	57%	31%	28%	29%	38%
With another adult or adults	50	22	25	8	11	4	27	22	1	42	9	42	8
	36%	49%	29%	36%	40%	42%	33%	41%	24%	35%	39%	34%	46%
		b											
With a child or children	62	17	42	11	11	3	38	23	2	53	9	57	4
	44%	38%	50%	51%	38%	29%	46%	42%	43%	44%	41%	47%	27%
NET: With somebody else	99	33	59	14	18	7	60	37	2	83	16	87	10
	70%	76%	70%	63%	62%	71%	73%	67%	43%	69%	72%	71%	62%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	Number of days active										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	139	7	15	23	34	17	19	6	18	89	43	27	40	49	22	9	74	54
Total	141	7	16	23	34	17	19	6	19	90	44	27	40	52	22	9	79	52
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	42 30%	2 27%	6 41%	6 25%	8 23%	4 23%	4 21%	4 67%	8 46%	24 27%	17 38%	8 31%	13 34%	16 30%	5 24%	3 35%	22 29%	16 31%
With another adult or adults	50 36%	1 15%	4 26%	12 52%	9 27%	8 47%	9 47%	2 33%	5 26%	33 37%	16 36%	10 37%	11 27%	19 36%	10 45%	4 43%	29 37%	18 34%
With a child or children	62 44%	4 58%	5 32%	8 36%	22 65%	5 31%	10 50%	1 19%	6 34%	41 45%	17 39%	14 52%	19 47%	23 44%	7 31%	3 34%	33 42%	25 48%
NET: With somebody else	99 70%	5 73%	9 59%	17 75%	27 77%	13 77%	15 79%	2 33%	10 54%	66 73%	27 62%	18 69%	26 66%	36 70%	17 76%	6 65%	56 71%	36 69%



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

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

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

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	139	75	35	29	86
Total	141	76	36	29	85
	100%	100%	100%	100%	100%
Nobody, I did this on my own	42	24	12	6	21
	30%	31%	35%	21%	25%
With another adult or adults	50	25	12	13	38
	36%	33%	35%	43%	45%
					b
With a child or children	62	38	11	13	38
	44%	49%	30%	46%	45%
NET: With somebody else	99	53	23	23	64
	70%	69%	65%	79%	75%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	123	46	75	73	41	9	5	15	17	20	14	5	22	19	6
Total	121	47	72	68	43	10	5	14	16	21	13	7	22	19	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	38 32%	18 38%	20 28%	25 36%	9 21%	5 47%	1 17%	2 13%	7 45%	7 35%	4 34%	- -	11 52%	3 16%	3 47%
With another adult or adults	50 41%	21 44%	29 40%	31 45%	16 38%	3 33%	3 63%	7 52%	7 42%	7 34%	5 36%	4 58%	7 32%	9 45%	2 35%
With a child or children	38 32%	12 26%	25 35%	14 21%	21 49%	3 32%	1 20%	6 44%	2 13%	8 41%	4 30%	3 42%	3 15%	8 45%	2 38%
NET: With somebody else	83 68%	29 62%	51 72%	44 64%	34 79%	5 53%	4 83%	12 87%	9 55%	13 65%	8 66%	7 100%	10 48%	16 84%	3 53%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	123	28	41	26	14	9	5	95	28	90	8	13	9	1	1	32
Total	121	28	41	26	14	8	5	94	27	89	7	13	9	1	1	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	38 32%	12 42%	11 28%	7 27%	5 35%	2 31%	1 23%	30 32%	8 31%	29 33%	2 25%	5 38%	2 21%	1 100%	-	9 30%
With another adult or adults	50 41%	8 29%	17 43%	10 38%	8 55%	5 69%	2 41%	35 37%	15 56%	34 38%	3 48%	5 39%	6 66%	-	1 100%	16 51%
With a child or children	38 32%	11 38%	13 33%	11 43%	1 10%	-	2 36%	35 37%	3 12%	31 35%	2 28%	3 23%	2 26%	-	-	7 23%
NET: With somebody else	83 68%	16 58%	29 72%	19 73%	9 65%	5 69%	4 77%	64 68%	18 69%	60 67%	5 75%	8 62%	7 79%	-	1 100%	22 70%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	123	47	31	34	65	12	17	53	18	6	1	3	7	4	2	29
Total	121	42	33	37	70	12	16	52	18	6	1	4	7	4	2	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	38	18	11	7	18	5	6	19	3	2	-	1	1	-	1	12
	32%	44%	32%	20%	26%	45%	38%	37%	16%	34%	-	21%	16%	-	53%	41%
		c														
With another adult or adults	50	21	11	14	25	4	5	26	7	2	-	1	5	-	-	9
	41%	50%	32%	38%	35%	35%	30%	50%	41%	34%	-	42%	69%	-	-	32%
With a child or children	38	4	12	20	32	2	6	11	8	2	1	1	1	4	1	9
	32%	9%	36%	54%	45%	20%	39%	22%	43%	32%	100%	37%	15%	100%	47%	31%
		a	a	a	a											
NET: With somebody else	83	23	23	29	52	7	10	33	15	4	1	3	6	4	1	17
	68%	56%	68%	80%	74%	55%	62%	63%	84%	66%	100%	79%	84%	100%	47%	59%
			a													

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	123	30	37	18	6	55	36	35	35	14	6	49	41	12	60	38	13	111
Total	121	29	37	17	6	54	35	34	35	13	6	48	40	11	59	39	12	110
	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	8	11	5	3	17	11	8	12	6	2	18	10	8	18	9	3	30
	32%	29%	30%	31%	51%	31%	32%	22%	35%	45%	35%	38%	24%	77%	31%	23%	24%	27%
With another adult or adults	50	13	17	7	1	25	14	19	17	2	-	19	19	2	24	18	5	48
	41%	45%	47%	44%	14%	46%	40%	58%	47%	15%	-	39%	49%	23%	40%	47%	44%	43%
With a child or children	38	9	12	5	2	17	11	11	7	5	4	13	15	-	17	17	4	38
	32%	30%	31%	32%	34%	31%	30%	33%	21%	40%	65%	26%	38%	-	29%	45%	31%	35%
NET: With somebody else	83	21	26	12	3	37	23	26	23	7	4	30	30	2	41	30	9	80
	68%	71%	70%	69%	49%	69%	68%	78%	65%	55%	65%	62%	76%	23%	69%	77%	76%	73%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	123	38	71	18	20	11	72	45	3	111	12	103	18
Total	121	37	72	16	20	11	73	43	3	109	12	103	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	38	16	15	6	8	6	17	18	1	38	1	34	5
	32%	43%	20%	38%	39%	53%	23%	42%	31%	34%	6%	33%	27%
		b						d					
With another adult or adults	50	14	32	5	6	4	35	14	1	43	7	38	10
	41%	38%	44%	33%	29%	34%	48%	32%	32%	40%	58%	37%	62%
With a child or children	38	7	31	6	8	1	25	14	1	31	8	36	2
	32%	19%	43%	35%	38%	14%	34%	32%	36%	28%	63%	35%	11%
		a											
NET: With somebody else	83	21	57	10	12	5	56	25	2	71	11	69	12
	68%	57%	80%	62%	61%	47%	77%	58%	69%	66%	94%	67%	73%
			a				e						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	b	c	*d	*a	b	c
Unweighted Total	123	7	10	23	29	20	18	5	11	82	34	24	38	47	12	7	65	48
Total	121	7	10	22	28	19	18	5	11	80	34	23	38	46	13	7	66	45
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	38	-	4	7	9	6	6	3	3	26	12	6	12	17	4	3	20	14
	32%	-	36%	30%	34%	33%	34%	65%	26%	33%	36%	27%	31%	36%	31%	46%	30%	32%
With another adult or adults	50	4	2	9	10	8	9	1	7	29	17	8	15	18	6	3	28	17
	41%	58%	20%	42%	36%	41%	54%	15%	57%	37%	49%	37%	41%	39%	48%	42%	43%	38%
With a child or children	38	4	5	6	9	5	5	1	4	24	10	8	10	16	4	1	20	16
	32%	57%	45%	28%	31%	26%	26%	20%	36%	31%	28%	36%	28%	35%	29%	12%	31%	35%
NET: With somebody else	83	7	7	16	18	13	12	2	8	54	22	16	26	30	9	4	46	31
	68%	100%	64%	70%	66%	67%	66%	35%	74%	67%	64%	73%	69%	64%	69%	54%	70%	68%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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%

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	123	50	41	30	81	35
Total	121	49	41	29	80	34
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	38	14	17	6	28	9
	32%	28%	43%	21%	35%	26%
With another adult or adults	50	23	15	12	32	17
	41%	46%	37%	40%	40%	50%
With a child or children	38	17	10	11	24	10
	32%	35%	23%	38%	30%	30%
NET: With somebody else	83	36	23	23	52	25
	68%	72%	57%	79%	65%	74%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	71	36	34	50	16	5	2	9	9	10	8	3	18	9	3
Total	68	36	31	46	16	6	2	8	8	10	7	5	18	9	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	19	12	7	10	5	4	-	3	3	4	-	-	5	4	-
	28%	34%	21%	22%	29%	75%	-	34%	35%	45%	-	-	28%	44%	-
With another adult or adults	38	19	18	31	7	-	-	3	4	4	6	3	11	4	3
	56%	54%	57%	66%	46%	-	-	42%	55%	42%	88%	66%	62%	42%	100%
With a child or children	14	4	10	9	4	1	2	2	1	3	2	2	2	1	-
	21%	12%	31%	19%	25%	25%	100%	24%	10%	34%	24%	34%	10%	15%	-
NET: With somebody else	49	23	25	36	12	1	2	5	5	5	7	5	13	5	3
	72%	66%	79%	78%	71%	25%	100%	66%	65%	55%	100%	100%	72%	56%	100%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	71	13	15	25	7	4	7	53	18	46	3	10	5	4	1	23
Total	68	13	15	25	6	4	6	52	16	44	2	11	5	3	1	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	19	4	2	6	2	1	4	12	7	11	-	2	1	3	1	7
	28%	32%	13%	24%	28%	23%	72%	23%	44%	26%	-	21%	17%	75%	100%	30%
With another adult or adults	38	8	10	14	2	3	2	31	7	23	2	9	3	1	-	14
	56%	62%	65%	56%	40%	77%	28%	60%	44%	53%	67%	79%	61%	25%	-	62%
With a child or children	14	1	3	8	2	-	-	12	2	11	1	1	1	-	-	3
	21%	6%	22%	32%	32%	-	-	23%	12%	25%	33%	10%	21%	-	-	13%
NET: With somebody else	49	9	13	19	4	3	2	40	9	33	2	9	4	1	-	16
	72%	68%	87%	76%	72%	77%	28%	77%	56%	74%	100%	79%	83%	25%	-	70%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	71	35	10	17	27	10	10	20	8	7	1	1	12	1	1	20
Total	68	31	11	19	30	11	10	19	7	6	1	1	10	1	1	21
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	19	10	3	1	4	1	1	5	2	5	1	1	2	1	1	2
	28%	33%	30%	6%	14%	8%	9%	26%	24%	74%	100%	100%	17%	100%	100%	8%
With another adult or adults	38	18	5	13	19	8	6	10	6	2	-	-	7	-	-	14
	56%	59%	47%	70%	62%	74%	55%	54%	76%	26%	-	-	67%	-	-	65%
With a child or children	14	3	3	6	9	4	4	4	-	-	-	-	2	-	-	8
	21%	10%	32%	30%	31%	38%	36%	20%	-	-	-	-	23%	-	-	37%
NET: With somebody else	49	21	7	18	26	10	9	14	6	2	-	-	8	-	-	19
	72%	67%	70%	94%	86%	92%	91%	74%	76%	26%	-	-	83%	-	-	92%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	71	14	18	13	1	31	15	20	11	11	3	22	23	6	24	29	12	65
Total	68	13	18	12	1	30	14	20	11	10	2	20	23	6	21	29	12	63
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	19	4	6	3	-	9	4	8	1	3	2	4	10	5	5	5	4	14
	28%	30%	33%	29%	-	31%	28%	39%	10%	28%	68%	18%	42%	85%	22%	19%	33%	23%
With another adult or adults	38	6	8	8	1	16	7	9	6	7	1	12	10	1	14	18	6	37
	56%	48%	47%	63%	100%	53%	52%	44%	53%	72%	32%	62%	42%	15%	65%	61%	47%	60%
With a child or children	14	3	4	1	-	5	3	4	4	-	-	4	4	-	4	7	2	14
	21%	22%	20%	8%	-	15%	21%	17%	38%	-	-	20%	15%	-	21%	25%	20%	22%
NET: With somebody else	49	9	12	8	1	21	10	12	10	7	1	17	13	1	17	24	8	48
	72%	70%	67%	71%	100%	69%	72%	61%	90%	72%	32%	82%	58%	15%	78%	81%	67%	77%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	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	71	23	38	21	6	9	37	31	3	56	15	57	11
Total	68	22	37	19	6	8	37	28	3	54	14	55	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	19	7	7	4	5	4	9	10	2	15	4	14	4
	28%	31%	20%	23%	82%	56%	23%	36%	62%	27%	32%	24%	45%
With another adult or adults	38	14	20	12	1	3	21	14	1	32	6	32	4
	56%	64%	54%	62%	18%	32%	56%	51%	38%	59%	46%	57%	44%
With a child or children	14	3	10	4	-	1	9	5	-	10	4	13	1
	21%	13%	28%	20%	-	12%	25%	17%	-	19%	28%	24%	10%
NET: With somebody else	49	15	29	15	1	4	28	18	1	40	9	42	5
	72%	69%	80%	77%	18%	44%	77%	64%	38%	73%	68%	76%	55%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	Number of days active										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	71	4	8	17	12	9	14	1	6	46	21	14	23	22	9	9	30	30
Total	68	3	8	16	11	9	13	1	6	44	20	12	22	22	10	9	30	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	19 28%	1 23%	3 35%	4 22%	5 44%	1 11%	5 34%	1 100%	- -	12 28%	6 28%	2 20%	8 34%	5 22%	4 44%	3 35%	8 25%	6 23%
With another adult or adults	38 56%	2 47%	5 65%	9 56%	6 56%	5 61%	6 43%	- -	5 83%	26 59%	11 52%	10 80%	11 52%	11 51%	4 42%	4 49%	20 67%	14 50%
With a child or children	14 21%	1 29%	- -	5 29%	- -	3 36%	3 23%	- -	2 36%	8 18%	5 26%	2 16%	4 18%	6 27%	1 15%	1 16%	3 10%	10 35%
NET: With somebody else	49 72%	3 77%	5 65%	13 78%	6 56%	8 89%	9 66%	- -	6 100%	32 72%	15 72%	10 80%	14 66%	17 78%	5 56%	6 65%	23 75%	21 77%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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%

	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	71	30	27	14	43	22
Total	68	30	25	13	41	22
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	19	7	9	3	9	7
	28%	23%	35%	25%	23%	34%
With another adult or adults	38	18	15	5	25	10
	56%	61%	59%	41%	63%	45%
With a child or children	14	6	2	6	9	5
	21%	20%	6%	48%	21%	21%
NET: With somebody else	49	23	16	10	31	15
	72%	77%	65%	75%	77%	66%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	55	29	25	35	18	2	3	9	7	7	7	3	15	2	2
Total	52	29	22	32	17	3	3	8	6	7	6	4	14	2	2
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	15	10	5	11	3	1	1	4	-	3	-	1	6	-	-
	29%	34%	23%	35%	15%	43%	31%	54%	-	41%	-	32%	39%	-	-
With another adult or adults	32	18	13	18	12	2	1	4	5	3	5	3	8	2	2
	60%	60%	59%	56%	68%	57%	32%	46%	73%	43%	84%	68%	53%	100%	100%
With a child or children	10	5	5	4	6	-	1	2	2	1	3	-	1	-	-
	19%	17%	22%	12%	36%	-	37%	25%	27%	16%	49%	-	8%	-	-
NET: With somebody else	37	19	17	21	15	2	2	4	6	4	6	3	9	2	2
	71%	66%	77%	65%	85%	57%	69%	46%	100%	59%	100%	68%	61%	100%	100%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	55	11	19	5	14	5	1	35	20	41	2	5	4	2	-	13
Total	52	11	20	4	13	4	1	35	18	40	2	4	4	2	-	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	15	3	6	-	4	2	1	9	6	11	1	1	2	-	-	3
	29%	28%	30%	-	28%	43%	100%	26%	35%	27%	51%	22%	43%	-	-	30%
With another adult or adults	32	5	12	4	8	2	-	21	11	25	1	2	2	1	-	6
	60%	46%	59%	100%	64%	57%	-	60%	60%	63%	49%	58%	57%	48%	-	55%
With a child or children	10	4	4	-	2	-	-	8	2	8	-	1	-	1	-	2
	19%	36%	21%	-	15%	-	-	23%	11%	20%	-	20%	-	52%	-	15%
NET: With somebody else	37	8	14	4	9	2	-	26	12	29	1	3	2	2	-	8
	71%	72%	70%	100%	72%	57%	-	74%	65%	73%	49%	78%	57%	100%	-	70%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	55	29	13	10	23	8	6	21	7	5	2	3	1	2	-	14
Total	52	26	13	10	24	8	5	21	6	5	2	3	1	2	-	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	15	10	3	1	4	4	3	4	1	2	-	1	-	1	-	7
	29%	39%	22%	10%	17%	53%	46%	18%	16%	38%	-	37%	-	40%	-	50%
With another adult or adults	32	14	10	5	15	4	2	15	4	3	2	1	1	-	-	6
	60%	55%	78%	50%	66%	47%	34%	73%	71%	62%	100%	28%	100%	-	-	42%
With a child or children	10	2	3	5	8	1	1	4	1	1	-	1	-	1	-	2
	19%	6%	24%	50%	35%	12%	20%	19%	13%	22%	-	34%	-	60%	-	15%
NET: With somebody else	37	16	10	9	20	4	3	17	5	3	2	2	1	1	-	7
	71%	61%	78%	90%	83%	47%	54%	82%	84%	62%	100%	63%	100%	60%	-	50%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	55	15	13	12	1	25	16	14	16	9	2	25	16	4	26	21	4	51
Total	52	15	12	11	1	23	16	13	16	8	2	24	15	4	25	20	3	49
	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	15	4	3	3	-	5	4	3	3	4	-	6	3	3	8	5	-	12
	29%	25%	22%	25%	-	23%	23%	22%	17%	45%	-	26%	19%	79%	30%	23%	-	25%
With another adult or adults	32	9	9	7	-	17	9	10	11	4	1	16	10	1	18	10	3	31
	60%	63%	78%	68%	-	73%	58%	71%	73%	55%	45%	67%	68%	21%	70%	52%	77%	63%
With a child or children	10	3	1	2	1	3	4	2	4	-	1	4	3	-	1	7	2	10
	19%	19%	9%	17%	100%	13%	25%	15%	25%	-	55%	16%	20%	-	4%	35%	52%	20%
NET: With somebody else	37	11	9	8	1	18	12	11	13	4	2	17	13	1	18	15	3	37
	71%	75%	78%	75%	100%	77%	77%	78%	83%	55%	100%	74%	81%	21%	70%	77%	100%	75%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
Significance Level: 95%		*a	*b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total	55	24	26	14	5	6	32	22	2	44	11	44	10
Total	52	22	26	13	5	5	32	20	2	42	10	43	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	15	8	4	6	2	2	7	7	1	13	2	11	3
	29%	38%	14%	44%	38%	34%	22%	37%	50%	32%	16%	27%	32%
With another adult or adults	32	13	17	6	3	3	20	12	1	24	8	26	6
	60%	58%	66%	49%	62%	66%	63%	58%	50%	56%	77%	60%	68%
With a child or children	10	1	9	2	-	-	8	2	-	7	3	10	-
	19%	4%	35%	14%	-	-	26%	9%	-	17%	28%	23%	-
NET: With somebody else	37	14	22	7	3	3	25	12	1	29	9	31	6
	71%	62%	86%	56%	62%	66%	78%	63%	50%	68%	84%	73%	68%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	55	3	2	10	18	8	5	3	6	38	14	11	16	19	9	3	24	28
Total	52	2	2	10	17	7	4	3	6	36	14	10	14	18	10	3	25	25
	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	15	-	-	3	4	4	1	1	2	11	4	3	2	5	5	1	10	4
	29%	-	-	28%	25%	50%	21%	36%	36%	30%	31%	28%	11%	29%	54%	34%	40%	17%
With another adult or adults	32	2	1	3	12	4	4	2	4	20	10	7	10	10	4	2	12	18
	60%	100%	54%	30%	70%	50%	79%	64%	64%	54%	69%	72%	69%	55%	46%	66%	49%	71%
With a child or children	10	-	1	4	1	-	1	-	3	6	4	-	3	5	2	1	3	6
	19%	-	46%	42%	5%	-	22%	-	51%	16%	30%	-	20%	27%	21%	38%	11%	24%
NET: With somebody else	37	2	2	7	13	4	4	2	4	25	10	7	13	13	4	2	15	21
	71%	100%	100%	72%	75%	50%	79%	64%	64%	70%	69%	72%	89%	71%	46%	66%	60%	83%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	55	24	21	10	31	21
Total	52 100%	23 100%	20 100%	9 100%	30 100%	20 100%
Nobody, I did this on my own	15 29%	8 32%	7 34%	1 8%	9 31%	5 25%
With another adult or adults	32 60%	14 60%	11 57%	6 67%	18 62%	12 61%
With a child or children	10 19%	6 25%	2 9%	2 24%	5 17%	4 19%
NET: With somebody else	37 71%	16 68%	13 66%	8 92%	20 69%	15 75%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	40	24	15	22	10	8	1	8	3	2	6	4	8	7	1
Total	42	27	14	21	10	10	1	8	3	2	6	6	8	8	1
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	12	9	3	7	2	3	-	1	-	1	2	1	3	3	-
	28%	32%	21%	34%	17%	26%	-	12%	-	48%	33%	23%	39%	42%	-
With another adult or adults	23	15	7	8	8	7	1	5	2	1	3	5	2	5	1
	56%	56%	51%	38%	73%	74%	100%	59%	67%	52%	50%	77%	22%	58%	100%
With a child or children	9	5	4	6	3	-	-	2	1	-	1	2	3	-	-
	21%	18%	28%	28%	26%	-	-	28%	33%	-	17%	27%	39%	-	-
NET: With somebody else	30	18	11	14	9	7	1	7	3	1	4	5	5	5	1
	72%	68%	79%	66%	83%	74%	100%	88%	100%	52%	67%	77%	61%	58%	100%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	40	12	11	4	8	2	3	27	13	30	1	5	3	1	-	10
Total	42	12	13	5	7	2	3	29	12	32	1	5	3	1	-	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	12	2	5	-	4	-	1	7	5	9	-	2	1	-	-	3
	28%	17%	39%	-	52%	-	31%	23%	38%	27%	-	40%	30%	-	-	29%
With another adult or adults	23	6	5	5	4	2	2	16	8	17	1	2	2	1	-	6
	56%	49%	38%	100%	48%	100%	69%	53%	62%	53%	100%	41%	70%	100%	-	62%
With a child or children	9	4	3	2	-	-	-	9	-	8	-	1	-	-	-	1
	21%	34%	23%	34%	-	-	-	29%	-	24%	-	19%	-	-	-	9%
NET: With somebody else	30	10	8	5	4	2	2	22	8	23	1	3	2	1	-	7
	72%	83%	61%	100%	48%	100%	69%	77%	62%	73%	100%	60%	70%	100%	-	71%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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											
	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	40	16	10	11	21	7	6	14	6	3	-	1	-	-	3	13
Total	42	16	11	13	24	8	6	15	5	3	-	1	-	-	3	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	-	-	100%	100%
Nobody, I did this on my own	12	5	3	3	6	2	1	2	2	2	-	1	-	-	1	3
	28%	34%	31%	24%	27%	31%	14%	16%	36%	68%	-	100%	-	-	36%	23%
With another adult or adults	23	9	4	8	12	3	3	11	3	1	-	-	-	-	2	6
	56%	56%	40%	60%	51%	33%	53%	71%	64%	32%	-	-	-	-	64%	42%
With a child or children	9	2	3	4	7	5	2	2	-	-	-	-	-	-	-	7
	21%	11%	29%	29%	29%	57%	33%	13%	-	-	-	-	-	-	-	46%
NET: With somebody else	30	10	8	10	17	6	5	13	3	1	-	-	-	-	2	11
	72%	66%	69%	76%	73%	69%	86%	84%	64%	32%	-	-	-	-	64%	77%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	40	11	12	4	2	16	13	12	11	5	1	16	13	4	17	15	4	36
Total	42	10	14	4	2	18	12	12	12	5	1	17	13	4	17	17	4	38
	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	12	3	4	-	-	4	3	3	3	1	-	4	3	1	6	3	1	10
	28%	27%	30%	-	-	24%	23%	23%	29%	19%	-	26%	21%	30%	38%	18%	24%	28%
With another adult or adults	23	5	9	2	2	11	7	8	5	4	1	9	9	2	8	10	3	21
	56%	54%	62%	69%	100%	63%	61%	69%	45%	81%	100%	56%	71%	47%	49%	59%	76%	56%
With a child or children	9	2	1	1	-	2	2	1	3	-	-	3	1	1	2	6	-	8
	21%	19%	8%	31%	-	12%	16%	8%	26%	-	-	18%	8%	22%	13%	33%	-	20%
NET: With somebody else	30	7	10	4	2	13	9	9	8	4	1	12	10	3	11	14	3	27
	72%	73%	70%	100%	100%	76%	77%	77%	71%	81%	100%	74%	79%	70%	62%	82%	76%	72%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	40	16	20	7	5	3	26	13	1	34	6	33	7
Total	42	17	21	7	5	3	28	13	1	35	6	35	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	12	5	5	2	2	2	8	4	1	11	1	10	2
	28%	31%	25%	28%	39%	63%	28%	30%	100%	30%	16%	27%	31%
With another adult or adults	23	8	14	1	3	-	19	4	-	18	5	20	3
	56%	45%	65%	13%	61%	-	69%	30%	-	50%	84%	58%	40%
With a child or children	9	4	4	4	-	1	3	5	-	9	-	7	2
	21%	23%	18%	59%	-	37%	10%	39%	-	24%	-	19%	29%
NET: With somebody else	30	12	16	5	3	1	20	9	-	25	5	25	5
	72%	69%	75%	72%	61%	37%	72%	70%	-	70%	84%	73%	69%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	40	2	3	3	12	11	5	1	3	29	9	7	13	9	10	4	26	9
Total	42	2	3	3	12	11	6	1	3	30	10	7	13	10	12	4	28	9
	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	12 28%	1 59%	-	-	4 32%	3 30%	1 16%	-	2 68%	7 24%	3 32%	1 14%	4 35%	3 32%	3 27%	1 21%	8 28%	3 33%
With another adult or adults	23 56%	1 41%	2 49%	2 62%	6 51%	7 61%	5 84%	1 100%	-	17 56%	6 57%	3 40%	7 57%	6 59%	7 56%	2 54%	15 54%	5 56%
With a child or children	9 21%	-	3 100%	1 38%	2 17%	1 9%	-	-	1 32%	7 25%	1 11%	3 46%	1 8%	3 26%	2 18%	1 25%	7 23%	1 11%
NET: With somebody else	30 72%	1 41%	3 100%	3 100%	8 68%	8 70%	5 84%	1 100%	1 32%	22 76%	7 68%	6 86%	8 65%	7 68%	9 73%	3 79%	20 72%	6 67%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	40	18	19	3	21	14
Total	42	19	20	3	23	14
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	12	6	5	1	6	5
	28%	32%	23%	37%	24%	36%
With another adult or adults	23	10	12	1	14	6
	56%	53%	61%	31%	62%	43%
With a child or children	9	5	3	1	3	5
	21%	24%	16%	32%	14%	34%
NET: With somebody else	30	13	15	2	17	9
	72%	68%	77%	63%	76%	64%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	141	74	65	80	48	13	6	23	14	16	14	7	39	18	4
Total	137	76	59	73	49	15	5	22	13	15	13	10	39	18	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	77	42	33	40	29	7	4	15	6	10	6	6	20	8	2
	56%	55%	55%	55%	59%	50%	84%	69%	50%	62%	50%	58%	52%	42%	55%
With another adult or adults	55	30	24	29	18	7	1	6	5	5	6	4	17	9	2
	40%	40%	41%	40%	37%	50%	16%	26%	41%	32%	50%	42%	45%	48%	45%
With a child or children	9	5	4	6	3	-	-	2	1	1	-	-	3	2	-
	6%	6%	7%	8%	7%	-	-	9%	9%	6%	-	-	8%	10%	-
NET: With somebody else	61	34	26	33	20	7	1	7	6	6	6	4	18	11	2
	44%	45%	45%	45%	41%	50%	16%	31%	50%	38%	50%	42%	48%	58%	45%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
Significance Level: 95%		*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	141	25	38	34	21	16	7	97	44	97	9	18	11	2	1	41
Total	137	25	39	34	19	14	6	98	39	96	8	18	11	2	1	39
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	77	10	18	21	11	11	5	49	28	56	3	7	8	2	1	20
	56%	40%	46%	61%	60%	82%	85%	50%	72%	58%	35%	37%	71%	100%	100%	50%
								bg								
With another adult or adults	55	14	19	12	7	2	1	45	10	37	5	9	3	-	-	18
	40%	56%	49%	34%	36%	18%	15%	45%	26%	39%	65%	53%	29%	-	-	45%
			h					h								
With a child or children	9	2	3	3	1	-	-	8	1	5	1	2	-	-	-	3
	6%	8%	8%	8%	4%	-	-	8%	2%	5%	12%	10%	-	-	-	7%
NET: With somebody else	61	15	21	13	8	2	1	49	11	40	5	11	3	-	-	19
	44%	60%	54%	39%	40%	18%	15%	50%	28%	42%	65%	63%	29%	-	-	50%
			h					h								

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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											
	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	141	68	25	36	61	18	20	57	20	7	2	1	11	4	1	38
Total	137	60	27	40	67	18	19	57	18	7	2	1	11	3	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	77	35	15	21	36	12	12	29	9	3	-	1	7	3	1	23
	56%	59%	56%	51%	53%	64%	62%	51%	50%	46%	-	100%	62%	100%	100%	63%
With another adult or adults	55	24	10	19	28	7	7	25	6	4	2	-	4	-	-	14
	40%	40%	36%	46%	42%	36%	38%	44%	35%	54%	100%	-	38%	-	-	37%
With a child or children	9	1	2	4	6	1	-	4	3	-	-	-	1	-	-	1
	6%	1%	8%	10%	9%	5%	-	7%	15%	-	-	-	9%	-	-	3%
				a	a											
NET: With somebody else	61	25	12	20	31	7	7	28	9	4	2	-	4	-	-	14
	44%	41%	44%	49%	47%	36%	38%	49%	50%	54%	100%	-	38%	-	-	37%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	141	46	39	18	-	57	46	43	38	18	5	56	48	11	63	52	15	130
Total	137	45	37	18	-	55	45	42	37	17	4	55	46	9	61	53	15	128
	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	77	25	18	8	-	26	25	26	14	8	3	22	29	8	31	31	7	69
	56%	55%	48%	45%	-	47%	55%	63% be	39%	45%	59%	41%	62% be	91%	50%	58%	49%	53%
With another adult or adults	55	20	14	9	-	24	20	15	20	9	1	29	15	1	27	19	7	54
	40%	45%	39%	50%	-	43%	45%	35%	54%	50%	18%	53%	33%	9%	45%	36%	51%	42%
With a child or children	9	-	6	1	-	7	-	1	4	1	1	5	2	-	3	4	2	9
	6%	-	16% af	5%	-	12% af	-	2%	11%	5%	23%	9%	4%	-	5%	8%	13%	7%
NET: With somebody else	61	20	19	10	-	29	20	16	23	10	2	32	17	1	30	22	7	60
	44%	45%	52%	55%	-	53%	45%	37%	61% af	55%	41%	59% af	38%	9%	50%	42%	51%	47%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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		
	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	141	58	66	31	21	8	80	57	2	121	20	123	15
Total	137	57	66	29	20	7	80	54	2	118	19	120	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	77	24	40	10	10	4	52	22	2	67	10	63	11
	56%	42%	61%	35%	53%	61%	64%	42%	100%	56%	54%	53%	79%
			a				ae						
With another adult or adults	55	28	25	16	8	2	28	26	-	47	8	52	3
	40%	50%	38%	55%	42%	27%	35%	49%	-	40%	41%	43%	21%
With a child or children	9	5	4	4	1	1	3	6	-	8	1	8	-
	6%	8%	6%	13%	5%	12%	4%	11%	-	7%	5%	7%	-
NET: With somebody else	61	33	26	19	9	3	29	31	-	52	9	57	3
	44%	58%	39%	65%	47%	39%	36%	58%	-	44%	46%	47%	21%
		b		d				d					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	Number of days active										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	141	4	10	20	42	22	22	5	16	94	43	31	44	39	27	13	76	47
Total	137	4	10	21	39	22	20	5	15	93	41	28	42	40	27	12	79	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	77	3	6	9	22	11	15	4	7	48	26	16	24	23	14	7	40	28
	56%	81%	60%	41%	55%	51%	73%	79%	47%	51%	64%	58%	57%	57%	50%	54%	51%	65%
With another adult or adults	55	1	4	10	16	10	5	1	8	40	14	11	17	16	11	5	33	15
	40%	19%	40%	49%	40%	46%	23%	21%	53%	44%	34%	39%	40%	39%	42%	46%	43%	35%
With a child or children	9	-	-	3	2	2	1	-	1	7	2	1	1	5	2	-	6	1
	6%	-	-	15%	5%	9%	5%	-	6%	7%	5%	3%	2%	12%	8%	-	8%	2%
NET: With somebody else	61	1	4	12	18	11	6	1	8	45	15	12	18	17	13	5	38	15
	44%	19%	40%	59%	45%	49%	27%	21%	53%	49%	36%	42%	43%	43%	50%	46%	49%	35%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	
	a	b	c	a	b	
Unweighted Total	141	80	34	26	102	36
Total	137	78	33	26	98	36
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	77	46	16	14	56	19
	56%	59%	48%	56%	57%	52%
With another adult or adults	55	28	16	10	37	17
	40%	36%	49%	40%	38%	45%
With a child or children	9	6	1	2	7	1
	6%	7%	3%	8%	7%	2%
NET: With somebody else	61	32	17	11	42	17
	44%	41%	52%	44%	43%	48%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	95	50	45	56	30	9	2	12	11	10	6	6	25	18	5
Total	94	53	41	53	30	11	2	11	10	9	5	9	24	19	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	44	28	16	20	17	8	2	3	3	4	2	5	10	13	3
	47%	53%	39%	38%	56%	67%	100%	30%	27%	42%	29%	52%	43%	69%	57%
With another adult or adults	38	20	18	26	10	2	-	7	7	5	3	1	13	3	1
	41%	38%	44%	49%	34%	21%	-	62%	65%	49%	54%	16%	53%	13%	21%
With a child or children	15	6	9	9	4	1	-	2	2	1	1	3	2	3	1
	16%	11%	22%	18%	14%	12%	-	18%	17%	9%	17%	32%	9%	18%	23%
NET: With somebody else	50	25	25	33	13	4	-	8	7	5	4	4	14	6	2
	53%	47%	61%	62%	44%	33%	-	70%	73%	58%	71%	48%	57%	31%	43%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	95	18	21	27	13	10	6	66	29	73	1	11	5	1	2	20
Total	94	17	23	27	12	9	6	68	27	73	1	11	5	1	2	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	44	8	11	14	4	4	4	33	11	36	1	3	2	-	1	7
	47%	45%	47%	51%	30%	48%	63%	48%	43%	49%	100%	30%	35%	-	45%	35%
With another adult or adults	38	8	11	11	6	2	1	30	9	26	-	7	3	1	1	13
	41%	44%	48%	40%	51%	21%	13%	44%	32%	35%	-	70%	65%	100%	55%	65%
With a child or children	15	3	3	2	2	3	1	8	6	14	-	1	-	-	-	1
	16%	17%	14%	8%	19%	31%	24%	13%	24%	19%	-	9%	-	-	-	5%
NET: With somebody else	50	9	12	13	8	5	2	35	15	37	-	7	3	1	1	13
	53%	55%	53%	49%	70%	52%	37%	52%	57%	51%	-	70%	65%	100%	55%	65%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	95	43	22	22	44	15	10	36	8	4	4	3	8	3	4	25
Total	94	39	24	25	48	15	10	38	7	3	4	2	7	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	44	21	9	10	19	9	1	20	2	2	1	2	4	1	3	10
	47%	55%	40%	41%	40%	59%	9%	53%	25%	50%	28%	67%	50%	33%	75%	40%
With another adult or adults	38	16	12	9	21	5	7	13	4	1	2	1	4	1	1	12
	41%	41%	51%	35%	43%	31%	76%	34%	60%	23%	51%	33%	50%	24%	25%	49%
With a child or children	15	2	4	7	11	2	1	7	1	1	1	-	-	1	-	4
	16%	4%	17%	29%	23%	16%	14%	18%	14%	26%	21%	-	-	44%	-	15%
				a												
NET: With somebody else	50	17	14	15	29	6	9	18	5	2	3	1	4	2	1	15
	53%	45%	60%	59%	60%	41%	91%	47%	75%	50%	72%	33%	50%	67%	25%	60%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	95	20	28	10	3	38	23	20	25	13	4	38	24	7	45	34	9	88
Total	94	21	28	10	3	38	24	21	25	13	4	38	24	6	45	34	9	88
	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	44	11	11	2	2	13	13	11	9	6	-	15	11	4	19	17	4	40
	47%	54%	38%	21%	68%	34%	55%	53%	34%	51%	-	39%	45%	72%	42%	50%	42%	45%
With another adult or adults	38	9	12	6	-	18	9	6	14	5	3	19	9	2	23	11	3	37
	41%	41%	43%	61%	-	48%	36%	29%	56%	36%	76%	49%	36%	28%	51%	33%	29%	42%
With a child or children	15	1	6	3	1	9	2	4	5	2	1	7	5	-	3	9	3	15
	16%	5%	22%	31%	32%	24%	8%	18%	19%	13%	24%	17%	19%	-	8%	26%	29%	17%
															b			
NET: With somebody else	50	10	17	8	1	25	11	10	17	6	4	23	13	2	26	17	5	48
	53%	46%	62%	79%	32%	66%	45%	47%	66%	49%	100%	61%	55%	28%	58%	50%	58%	55%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	95	42	43	14	16	9	56	35	2	85	10	78	15
Total	94	41	44	14	16	9	56	35	2	84	10	79	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	44	16	22	6	8	3	28	14	1	40	4	36	6
	47%	40%	49%	41%	52%	30%	50%	42%	50%	48%	39%	46%	44%
With another adult or adults	38	21	16	7	5	4	23	14	1	33	5	33	6
	41%	50%	37%	51%	35%	43%	41%	42%	50%	40%	48%	42%	41%
With a child or children	15	6	7	1	2	2	8	6	-	14	1	12	3
	16%	15%	17%	8%	14%	27%	14%	16%	-	16%	13%	15%	24%
NET: With somebody else	50	25	22	8	8	6	28	20	1	44	6	42	8
	53%	60%	51%	59%	48%	70%	50%	58%	50%	52%	61%	54%	56%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	95	6	11	15	29	11	10	3	10	66	23	11	30	28	23	12	51	29
Total	94	6	11	15	28	11	11	3	10	65	23	10	28	29	23	12	53	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	44 47%	4 67%	6 52%	6 38%	6 22%	9 78%	6 57%	1 30%	7 71%	26 40%	14 60%	4 41%	11 38%	14 49%	13 56%	5 42%	27 52%	10 37%
With another adult or adults	38 41%	1 20%	4 35%	6 44%	19 67%	2 22%	2 17%	2 70%	2 18%	32 49%	5 23%	5 49%	15 52%	11 36%	8 34%	5 39%	20 37%	13 50%
With a child or children	15 16%	2 33%	2 22%	3 18%	4 14%	- -	3 26%	- -	1 11%	9 14%	4 17%	2 22%	3 10%	6 21%	2 10%	3 27%	7 14%	4 17%
NET: With somebody else	50 53%	2 33%	5 48%	9 62%	22 78%	2 22%	5 43%	2 70%	3 29%	39 60%	9 40%	6 59%	18 62%	15 51%	10 44%	7 58%	25 48%	17 63%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	95	47	31	17	62	27
Total	94	48	30	17	62	27
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	44	23	19	3	22	17
	47%	47%	63%	17%	36%	64%
With another adult or adults	38	19	9	10	31	7
	41%	39%	31%	63%	50%	25%
With a child or children	15	9	2	5	12	3
	16%	18%	5%	28%	19%	11%
NET: With somebody else	50	26	11	14	40	10
	53%	53%	37%	83%	64%	36%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	62	34	27	38	18	6	1	8	7	5	5	4	18	10	4
Total	60	35	24	36	18	6	1	7	6	4	5	6	17	10	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25	16	8	17	6	2	-	4	2	1	2	3	7	4	2
	41%	44%	34%	46%	36%	33%	-	49%	30%	18%	41%	51%	43%	43%	51%
With another adult or adults	30	18	13	19	10	2	1	4	3	3	3	3	8	5	2
	50%	50%	53%	52%	53%	34%	100%	51%	53%	60%	59%	49%	45%	47%	49%
With a child or children	5	2	3	1	2	2	-	-	1	1	-	-	2	1	-
	8%	5%	13%	3%	11%	33%	-	-	17%	21%	-	-	12%	9%	-
NET: With somebody else	35	20	16	20	12	4	1	4	4	4	3	3	10	6	2
	59%	56%	66%	54%	64%	67%	100%	51%	70%	82%	59%	49%	57%	57%	49%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	62	12	22	11	11	2	4	45	17	43	3	8	5	1	1	18
Total	60	12	22	10	11	2	3	44	16	42	3	8	5	1	1	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25 41%	3 29%	9 40%	2 15%	7 70%	1 49%	3 78%	14 31%	11 69%	17 41%	1 35%	4 51%	3 56%	- -	- -	8 45%
With another adult or adults	30 50%	5 45%	12 56%	9 85%	3 30%	- -	1 22%	27 60%	4 25%	21 50%	2 65%	3 35%	2 44%	1 100%	1 100%	8 48%
With a child or children	5 8%	3 26%	1 4%	- -	- -	1 51%	- -	4 9%	1 6%	4 9%	- -	1 14%	- -	- -	- -	1 6%
NET: With somebody else	35 59%	8 71%	13 60%	9 85%	3 30%	1 51%	1 22%	30 69%	5 31%	25 59%	2 65%	4 49%	2 44%	1 100%	1 100%	10 55%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	62	33	10	11	21	6	11	22	8	6	1	3	3	1	1	17
Total	60	30	11	13	23	6	11	21	8	6	1	2	3	1	1	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25 41%	10 32%	7 60%	6 48%	13 54%	4 62%	6 55%	8 37%	1 15%	3 41%	- -	1 34%	2 62%	- -	1 100%	10 58%
With another adult or adults	30 50%	17 55%	4 40%	5 43%	10 42%	2 38%	3 26%	12 54%	7 85%	4 59%	- -	2 66%	1 38%	1 100%	- -	5 30%
With a child or children	5 8%	4 13%	- -	1 9%	1 5%	- -	2 19%	2 9%	- -	- -	1 100%	- -	- -	- -	- -	2 12%
NET: With somebody else	35 59%	20 68%	4 40%	6 52%	11 46%	2 38%	5 45%	13 63%	7 85%	4 59%	1 100%	2 66%	1 38%	1 100%	- -	7 42%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	62	16	15	15	2	30	18	15	13	13	4	26	19	5	30	20	7	57
Total	60	16	15	15	2	30	18	15	13	13	4	26	18	4	31	19	6	56
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25	7	7	4	1	10	8	7	3	4	1	8	7	3	13	6	3	22
	41%	43%	44%	23%	50%	34%	44%	46%	26%	35%	22%	30%	41%	78%	42%	31%	45%	39%
With another adult or adults	30	6	7	11	1	18	7	7	8	8	2	16	9	1	15	12	2	30
	50%	38%	50%	70%	50%	60%	39%	48%	58%	65%	50%	62%	48%	22%	48%	63%	40%	53%
With a child or children	5	3	1	1	-	2	3	1	2	-	1	2	2	-	3	1	1	5
	8%	19%	6%	6%	-	6%	17%	6%	15%	-	28%	8%	11%	-	9%	6%	15%	9%
NET: With somebody else	35	9	8	12	1	20	10	8	9	8	3	18	11	1	18	13	3	34
	59%	57%	56%	77%	50%	66%	56%	54%	74%	65%	78%	70%	59%	22%	58%	69%	55%	61%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	62	28	27	17	11	10	24	35	2	52	10	49	10
Total	60	29	25	17	10	10	23	34	2	51	9	48	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25	7	13	6	5	-	13	11	-	23	2	21	2
	41%	25%	53%	38%	46%	-	55%	33%	-	45%	24%	44%	29%
With another adult or adults	30	17	11	9	4	9	8	20	1	23	7	22	6
	50%	61%	43%	51%	36%	91%	36%	59%	50%	46%	76%	46%	71%
With a child or children	5	4	1	2	2	1	2	3	1	5	-	5	-
	8%	14%	4%	11%	18%	9%	9%	8%	50%	10%	-	10%	-
NET: With somebody else	35	21	12	10	6	10	10	23	2	28	7	27	6
	59%	75%	47%	62%	54%	100%	45%	67%	100%	55%	76%	56%	71%



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	62	2	5	10	23	8	2	3	9	46	14	21	17	17	7	5	40	15
Total	60	2	5	9	22	8	2	3	10	43	15	20	16	17	7	5	39	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	25 41%	1 60%	3 57%	3 32%	11 49%	4 51%	- -	- -	3 33%	20 47%	3 23%	9 42%	4 24%	8 45%	5 68%	2 35%	17 44%	6 42%
With another adult or adults	30 50%	1 40%	2 43%	6 68%	10 47%	3 35%	1 48%	2 67%	6 57%	21 48%	9 58%	12 58%	11 69%	6 38%	1 19%	3 65%	17 44%	8 58%
With a child or children	5 8%	- -	- -	- -	1 4%	1 14%	1 52%	1 33%	1 10%	2 5%	3 20%	- -	1 7%	3 17%	1 13%	- -	5 13%	- -
NET: With somebody else	35 59%	1 40%	2 43%	6 68%	11 51%	4 49%	2 100%	3 100%	7 67%	23 53%	11 77%	12 58%	12 76%	9 55%	2 32%	3 65%	22 56%	8 58%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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		
	Total	NET: More *a	About the same *b	NET: Less *c	Yes a	No *b
Unweighted Total	62	28	21	13	41	18
Total	60 100%	27 100%	21 100%	12 100%	40 100%	17 100%
Nobody, I did this on my own	25 41%	11 41%	10 46%	4 33%	14 34%	8 47%
With another adult or adults	30 50%	11 41%	11 54%	8 67%	21 53%	9 53%
With a child or children	5 8%	5 18%	- -	- -	5 12%	- -
NET: With somebody else	35 59%	16 59%	11 54%	8 67%	26 66%	9 53%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	48	25	23	29	19	-	1	8	4	8	-	1	20	2	4
Total	45	24	21	27	18	-	1	7	3	8	-	1	19	2	4
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	-	100%	100%	100%	100%
Nobody, I did this on my own	14	7	7	10	5	-	-	1	1	3	-	1	8	-	1
	32%	31%	34%	37%	26%	-	-	10%	25%	36%	-	100%	42%	-	21%
With another adult or adults	25	15	10	15	10	-	1	5	3	4	-	-	9	2	2
	56%	65%	46%	56%	56%	-	100%	74%	75%	51%	-	-	46%	100%	52%
With a child or children	7	2	5	4	3	-	-	2	1	1	-	-	2	-	1
	16%	9%	24%	15%	18%	-	-	30%	28%	13%	-	-	11%	-	27%
NET: With somebody else	30	17	14	17	13	-	1	6	3	5	-	-	11	2	3
	68%	69%	66%	63%	74%	-	100%	90%	75%	64%	-	-	58%	100%	79%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	48	12	13	7	9	1	6	32	16	31	1	8	5	2	1	17
Total	45	12	13	6	8	1	5	30	14	29	1	7	5	2	1	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	14 32%	4 35%	5 40%	- -	2 24%	- -	3 62%	9 30%	5 37%	10 33%	- -	3 37%	1 27%	1 51%	- -	5 31%
With another adult or adults	25 56%	4 38%	6 44%	6 100%	6 76%	1 100%	2 38%	16 53%	9 63%	16 56%	1 100%	3 48%	3 73%	1 49%	- -	9 55%
With a child or children	7 16%	3 27%	3 24%	- -	1 12%	- -	- -	6 21%	1 7%	4 14%	1 100%	1 15%	- -	- -	1 100%	3 20%
NET: With somebody else	30 68%	8 65%	8 60%	6 100%	6 76%	1 100%	2 38%	21 70%	9 63%	20 67%	1 100%	5 63%	3 73%	1 49%	1 100%	11 69%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	48	25	12	5	17	4	10	16	9	3	-	1	2	1	2	14
Total	45	22	13	5	18	4	9	15	9	3	-	1	2	1	2	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%
Nobody, I did this on my own	14	7	5	1	6	4	2	3	2	2	-	1	-	1	-	6
	32%	33%	36%	19%	31%	100%	20%	19%	26%	64%	-	100%	-	100%	-	44%
With another adult or adults	25	15	6	1	7	-	5	12	4	-	-	-	2	-	2	5
	56%	67%	48%	20%	40%	-	57%	81%	50%	-	-	-	100%	-	100%	40%
With a child or children	7	-	4	3	7	-	2	1	3	1	-	-	-	-	-	2
	16%	-	32%	61%	40%	-	23%	6%	36%	36%	-	-	-	-	-	16%
NET: With somebody else	30	15	8	4	12	-	7	12	6	1	-	-	2	-	2	7
	68%	67%	64%	81%	69%	-	80%	81%	74%	36%	-	-	100%	-	100%	56%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	48	11	16	8	3	24	14	11	15	8	2	23	13	5	25	13	5	43
Total	45	10	15	8	3	23	13	10	14	7	2	21	12	4	24	12	5	40
	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	14	1	5	3	-	8	1	1	4	3	-	7	1	1	8	5	1	14
	32%	9%	32%	41%	-	35%	7%	9%	26%	43%	-	32%	8%	19%	34%	39%	19%	34%
With another adult or adults	25	7	9	4	2	13	9	7	9	4	1	13	8	4	12	6	3	21
	56%	70%	61%	46%	59%	56%	68%	70%	66%	57%	48%	63%	67%	81%	53%	53%	58%	53%
With a child or children	7	2	2	2	1	4	3	3	1	-	2	1	5	-	4	2	1	7
	16%	21%	14%	25%	41%	18%	25%	30%	7%	-	100%	5%	42%	-	17%	17%	23%	18%
NET: With somebody else	30	9	10	5	3	15	12	9	10	4	2	14	11	4	16	7	4	27
	68%	91%	68%	59%	100%	65%	93%	91%	74%	57%	100%	68%	92%	81%	66%	61%	81%	66%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	48	24	17	13	9	3	26	22	2	36	12	33	12
Total	45	22	16	11	9	3	25	20	2	33	11	31	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	14	9	4	5	3	2	6	8	1	11	3	11	3
	32%	38%	24%	45%	34%	68%	26%	40%	50%	35%	26%	34%	25%
With another adult or adults	25	12	9	6	4	1	15	10	1	18	7	16	8
	56%	52%	56%	55%	42%	32%	61%	49%	50%	53%	64%	53%	75%
With a child or children	7	4	3	1	2	-	4	3	-	6	1	6	-
	16%	18%	20%	9%	24%	-	16%	16%	-	18%	10%	20%	-
NET: With somebody else	30	14	12	6	6	1	18	12	1	22	9	20	8
	68%	62%	76%	55%	66%	32%	74%	60%	50%	65%	74%	66%	75%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	48	2	4	5	11	10	8	2	6	30	16	7	14	17	10	5	31	11
Total	45	2	4	5	10	9	7	2	6	27	15	6	13	15	11	5	29	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	14 32%	1 42%	2 50%	1 25%	4 37%	2 20%	2 24%	- -	3 54%	8 31%	5 34%	1 14%	3 21%	5 36%	5 51%	2 42%	10 34%	2 19%
With another adult or adults	25 56%	1 58%	2 50%	3 54%	5 53%	6 68%	3 46%	2 100%	3 46%	16 58%	8 52%	4 70%	9 70%	9 58%	3 29%	3 58%	15 52%	7 71%
With a child or children	7 16%	- -	1 28%	1 21%	2 20%	1 12%	2 29%	- -	- -	5 19%	2 14%	2 32%	2 16%	1 7%	2 21%	- -	4 15%	3 29%
NET: With somebody else	30 68%	1 58%	2 50%	4 75%	6 63%	7 80%	6 76%	2 100%	3 46%	19 69%	10 66%	5 86%	10 79%	10 64%	5 49%	3 58%	19 66%	8 81%



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	48	25	15	8	29	18
Total	45 100%	24 100%	14 100%	7 100%	27 100%	17 100%
Nobody, I did this on my own	14 32%	9 38%	5 33%	1 12%	8 30%	6 38%
With another adult or adults	25 56%	12 49%	8 60%	5 72%	16 58%	8 49%
With a child or children	7 16%	4 17%	1 7%	2 30%	5 19%	2 13%
NET: With somebody else	30 68%	15 62%	9 67%	6 88%	19 70%	10 62%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	71	26	44	48	21	2	1	12	5	8	8	3	21	9	4
Total	67	27	40	44	21	2	1	11	4	8	7	4	20	9	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	30	10	20	18	10	2	1	5	-	6	4	1	10	1	2
	44%	38%	50%	40%	49%	100%	100%	49%	-	74%	59%	30%	49%	12%	50%
With another adult or adults	28	12	15	19	9	-	-	3	3	-	2	3	8	7	2
	41%	47%	38%	42%	43%	-	-	26%	76%	-	27%	70%	41%	77%	50%
With a child or children	11	4	6	9	2	-	-	3	2	2	1	-	2	1	-
	16%	15%	14%	20%	8%	-	-	25%	46%	26%	14%	-	10%	11%	-
NET: With somebody else	37	17	20	27	11	-	-	6	4	2	3	3	10	8	2
	56%	62%	50%	60%	51%	-	-	51%	100%	26%	41%	70%	51%	88%	50%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	71	16	19	18	13	2	3	53	18	50	4	5	7	3	1	20
Total	67	15	19	16	11	2	3	51	16	47	4	5	7	2	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	30 44%	8 53%	6 32%	7 40%	6 50%	2 100%	1 41%	21 41%	9 55%	23 50%	- -	3 55%	2 26%	- -	1 100%	6 30%
With another adult or adults	28 41%	5 34%	10 52%	8 47%	4 32%	- -	1 32%	23 45%	4 28%	16 34%	2 47%	2 45%	5 74%	2 100%	- -	12 60%
With a child or children	11 16%	2 13%	3 16%	2 13%	3 26%	- -	1 27%	7 14%	4 23%	8 17%	3 78%	- -	- -	- -	- -	3 15%
NET: With somebody else	37 56%	7 47%	13 68%	10 60%	6 50%	- -	2 59%	30 59%	7 45%	23 50%	4 100%	2 45%	5 74%	2 100%	- -	14 70%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

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

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

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	*b	*c	d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	71	33	17	14	31	13	14	18	11	5	3	-	7	-	-	27
Total	67	28	18	15	33	13	14	18	10	4	3	-	6	-	-	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	-	-	100%
Nobody, I did this on my own	30	14	9	4	13	6	5	9	5	1	2	-	3	-	-	11
	44%	49%	49%	26%	39%	44%	37%	49%	49%	22%	70%	-	45%	-	-	40%
With another adult or adults	28	13	5	7	12	4	8	6	4	3	1	-	2	-	-	12
	41%	46%	28%	47%	36%	34%	56%	33%	41%	60%	30%	-	39%	-	-	45%
With a child or children	11	2	5	4	9	3	1	4	1	1	-	-	1	-	-	4
	16%	6%	28%	27%	28%	22%	7%	24%	10%	18%	-	-	16%	-	-	14%
				a												
NET: With somebody else	37	15	9	11	20	7	9	9	5	3	1	-	3	-	-	16
	56%	51%	51%	74%	61%	56%	63%	51%	51%	78%	30%	-	55%	-	-	60%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	71	10	23	15	2	38	12	22	11	5	33	17	5	26	32	8	66	
Total	67	10	22	14	2	36	12	21	10	4	31	16	4	25	31	8	63	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Nobody, I did this on my own	30	4	9	7	1	16	5	6	8	5	2	13	8	3	12	12	4	27
	44%	39%	41%	49%	48%	44%	40%	48%	39%	47%	40%	42%	46%	61%	47%	38%	52%	43%
With another adult or adults	28	5	9	6	1	15	6	5	11	3	2	14	7	2	10	13	3	26
	41%	49%	40%	46%	52%	42%	50%	42%	51%	34%	38%	46%	41%	39%	40%	43%	34%	41%
With a child or children	11	1	4	2	-	6	1	2	2	2	1	4	3	-	4	6	1	11
	16%	12%	19%	13%	-	16%	10%	18%	10%	19%	22%	13%	19%	-	16%	19%	13%	17%
NET: With somebody else	37	6	13	7	1	20	7	6	13	5	3	18	9	2	13	19	4	36
	56%	61%	59%	51%	52%	56%	60%	52%	61%	53%	60%	58%	54%	39%	53%	62%	48%	57%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

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

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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	*b	*a	*b	*c	d	e	*f	a	*b	a	*b	
Significance Level: 95%													
Unweighted Total	71	40	24	22	12	7	31	37	3	59	12	60	9
Total	67	39	22	21	12	6	30	34	3	57	11	57	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	30	14	11	7	5	2	14	14	-	25	5	26	2
	44%	37%	50%	36%	43%	29%	45%	41%	-	44%	49%	45%	26%
With another adult or adults	28	18	8	11	5	2	12	15	2	23	5	22	5
	41%	45%	38%	53%	47%	28%	38%	45%	61%	41%	43%	39%	65%
With a child or children	11	8	3	3	1	3	5	6	1	10	1	10	1
	16%	21%	12%	15%	10%	43%	17%	17%	39%	18%	8%	18%	9%
NET: With somebody else	37	25	11	13	7	4	17	20	3	32	5	32	6
	56%	63%	50%	64%	57%	71%	55%	59%	100%	56%	51%	55%	74%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	71	2	8	17	14	11	8	4	7	50	19	11	23	24	13	6	37	26
Total	67	2	7	16	14	11	7	4	6	48	17	11	22	22	13	5	36	24
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	30 44%	1 43%	3 38%	9 55%	5 39%	3 29%	3 35%	2 52%	4 69%	20 42%	9 51%	6 57%	7 30%	7 32%	10 80%	4 85%	13 35%	13 54%
With another adult or adults	28 41%	1 57%	2 34%	5 29%	9 61%	6 52%	3 37%	2 48%	1 13%	21 44%	5 31%	4 34%	10 48%	11 50%	3 20%	-	19 52%	8 33%
With a child or children	11 16%	-	2 28%	3 16%	1 7%	2 19%	2 27%	-	1 18%	8 16%	3 18%	2 18%	5 23%	4 18%	-	1 15%	5 13%	4 17%
NET: With somebody else	37 56%	1 57%	5 62%	7 45%	9 61%	7 71%	5 65%	2 48%	2 31%	28 58%	8 49%	5 43%	15 70%	15 68%	3 20%	1 15%	24 65%	11 46%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

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		
	Total	NET: More	About the same	NET: Less	Yes	No
		*a	*b	*c	a	*b
Unweighted Total	71	27	29	14	52	17
Total	67	26	28	12	50	16
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	30	13	14	3	25	4
	44%	49%	50%	25%	51%	23%
With another adult or adults	28	8	12	7	17	11
	41%	30%	43%	55%	34%	67%
With a child or children	11	6	2	3	8	2
	16%	24%	7%	21%	16%	10%
NET: With somebody else	37	13	14	9	24	12
	56%	51%	50%	75%	49%	77%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	35	35	15	22	33	3	6	10	6	8	6	8	14	9
Total	71	38	33	14	22	36	3	6	9	7	8	9	9	14	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	50	29	21	7	15	27	-	5	6	5	5	9	5	10	4
	70%	76%	63%	55%	68%	76%	-	83%	63%	83%	71%	100%	62%	72%	50%
With another adult or adults	21	9	12	5	7	9	3	1	2	1	2	-	3	4	4
	29%	24%	35%	40%	32%	24%	100%	17%	28%	17%	29%	-	38%	28%	50%
With a child or children	4	1	3	2	1	1	1	-	1	-	-	-	1	1	-
	5%	3%	8%	11%	5%	3%	29%	-	9%	-	-	-	14%	8%	-
NET: With somebody else	22	9	12	6	7	9	3	1	3	1	2	-	3	4	4
	30%	24%	37%	45%	32%	24%	100%	17%	37%	17%	29%	-	38%	28%	50%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	4	16	16	11	5	18	36	34	63	1	4	1	1	-	7
Total	71	4	17	16	11	5	19	37	35	64	1	4	1	1	-	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	50 70%	2 48%	14 81%	8 51%	9 79%	2 43%	15 80%	24 65%	26 75%	43 67%	-	4 100%	1 100%	1 100%	-	6 89%
With another adult or adults	21 29%	2 52%	3 19%	7 44%	2 21%	3 57%	4 20%	12 33%	9 25%	21 33%	-	-	-	-	-	-
With a child or children	4 5%	1 29%	1 6%	2 10%	-	-	-	4 10%	-	3 5%	1 100%	-	-	-	-	1 11%
NET: With somebody else	22 30%	2 52%	3 19%	8 49%	2 21%	3 57%	4 20%	13 35%	9 25%	21 33%	1 100%	-	-	-	-	1 11%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	50	7	11	18	5	7	11	12	1	2	6	4	6	16	12
Total	71	50	8	12	20	5	7	11	12	1	2	7	4	6	17	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	50	35	5	9	14	1	6	9	5	1	2	3	2	6	15	7
	70%	71%	59%	73%	68%	20%	79%	82%	43%	100%	100%	44%	47%	100%	88%	56%
With another adult or adults	21	14	3	3	6	4	2	2	7	-	-	4	1	-	2	5
	29%	28%	41%	27%	32%	80%	21%	18%	57%	-	-	56%	31%	-	12%	44%
With a child or children	4	3	-	1	1	-	1	1	1	-	-	-	1	-	-	1
	5%	5%	-	9%	5%	-	10%	11%	9%	-	-	-	22%	-	-	6%
NET: With somebody else	22	15	3	3	6	4	2	2	7	-	-	4	2	-	2	5
	30%	29%	41%	27%	32%	80%	21%	18%	57%	-	-	56%	53%	-	12%	44%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	13	10	5	-	15	13	10	6	11	2	17	12	12	35	18	5	58
Total	71	13	10	5	-	15	13	10	6	11	2	17	12	12	36	18	6	60
	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	50	9	6	3	-	9	9	7	4	8	1	12	8	11	26	9	4	39
	70%	73%	60%	59%	-	60%	73%	73%	69%	74%	55%	72%	70%	92%	72%	50%	68%	65%
With another adult or adults	21	4	4	2	-	6	4	3	2	3	1	5	4	1	10	8	2	20
	29%	27%	40%	41%	-	40%	27%	27%	31%	26%	45%	28%	30%	8%	28%	46%	32%	34%
With a child or children	4	1	2	-	-	2	1	1	2	-	-	2	1	-	1	2	1	4
	5%	8%	20%	-	-	13%	8%	12%	31%	-	-	11%	10%	-	2%	11%	19%	6%
NET: With somebody else	22	4	4	2	-	6	4	3	2	3	1	5	4	1	10	9	2	21
	30%	27%	40%	41%	-	40%	27%	27%	31%	26%	45%	28%	30%	8%	28%	50%	32%	35%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	
	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%												
Unweighted Total	70	48	11	13	4	43	24	3	44	26	61	9
Total	71	50	11	14	4	44	24	4	45	27	63	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	50	34	6	12	3	31	17	3	31	19	42	7
	70%	68%	50%	85%	79%	70%	70%	69%	69%	70%	68%	82%
With another adult or adults	21	16	6	2	1	13	7	1	13	8	19	2
	29%	32%	50%	15%	21%	28%	30%	31%	29%	30%	31%	18%
With a child or children	4	3	1	1	-	3	1	1	2	2	4	-
	5%	6%	10%	8%	-	6%	5%	31%	4%	7%	6%	-
NET: With somebody else	22	16	6	2	1	13	7	1	14	8	20	2
	30%	32%	50%	15%	21%	30%	30%	31%	31%	30%	32%	18%

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

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

	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	70	6	5	9	13	8	9	2	18	35	29	14	17	27	10	1	44	25
Total	71	7	5	9	12	8	9	2	19	35	29	15	17	28	11	1	47	24
	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	50 70%	5 70%	4 83%	7 72%	6 49%	6 78%	6 69%	2 100%	13 71%	24 67%	21 72%	9 63%	13 80%	21 75%	6 59%	1 100%	34 73%	15 61%
With another adult or adults	21 29%	2 30%	1 17%	2 19%	6 51%	2 22%	3 31%	- -	5 29%	11 31%	8 28%	5 37%	3 20%	7 25%	4 41%	- -	13 27%	8 35%
With a child or children	4 5%	- -	- -	2 17%	- -	1 13%	- -	- -	1 6%	3 7%	1 4%	- -	- -	3 11%	- -	- -	2 5%	2 7%
NET: With somebody else	22 30%	2 30%	1 17%	3 28%	6 51%	2 22%	3 31%	- -	5 29%	12 33%	8 28%	5 37%	3 20%	7 25%	4 41%	- -	13 27%	9 39%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	70	23	27	19	37	17
Total	71	23	27	20	38	17
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	50	14	20	14	26	13
	70%	62%	74%	71%	67%	75%
With another adult or adults	21	8	7	6	13	4
	29%	34%	26%	29%	33%	25%
With a child or children	4	3	1	-	3	-
	5%	13%	3%	-	8%	-
NET: With somebody else	22	9	7	6	13	4
	30%	38%	26%	29%	33%	25%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### **Q4A. SUMMARY: You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	Total	With member(s) of my own household	With member(s) of other household(s)	Both of the above
Walking (either for leisure or travel)	545 100%	418 77%	98 18%	28 5%
Cycling (either for leisure or travel)	76 100%	49 64%	21 28%	6 8%
Running or jogging	104 100%	74 71%	26 24%	5 5%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	73 100%	46 63%	25 34%	2 3%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	63 100%	46 73%	13 21%	4 6%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	99 100%	70 71%	20 20%	9 9%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	83 100%	51 62%	24 28%	8 10%
Team sports (such as football, cricket, rugby etc.)	49 100%	18 37%	26 52%	5 11%
Racket sports (such as tennis, badminton, squash etc.)	37 100%	22 58%	12 33%	3 8%
Golf	30 100%	12 39%	16 52%	2 8%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	61 100%	33 54%	21 34%	7 12%
Swimming	50 100%	26 53%	22 43%	2 4%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A. SUMMARY: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	Total	With member(s) of my own household	With member(s) of other household(s)	Both of the above
Combat sports, martial arts or target sports (such as shooting, archery etc.)	35 100%	14 40%	18 52%	3 7%
Water sports (such as surfing, rowing, sailing etc.)	30 100%	12 39%	14 45%	5 16%
Gymnastics, trampolining or cheerleading	37 100%	13 34%	21 56%	4 10%
Other sport, exercise or physical activity	22 100%	12 56%	7 34%	2 10%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.1. Walking (either for leisure or travel): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	537	221	311	149	174	214	32	73	60	38	62	38	65	99	70
Total	545	239	301	137	170	237	29	69	56	38	57	56	67	100	73
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	418	196	218	96	137	185	19	53	40	33	38	45	53	74	64
	77%	82%	73%	70%	81%	78%	66%	77%	73%	87%	67%	79%	79%	74%	87%
		b			a					ae					aceh
With member(s) of other household(s)	98	34	64	33	28	36	9	12	12	4	15	9	9	20	7
	18%	14%	21%	24%	16%	15%	32%	18%	21%	11%	27%	15%	13%	20%	10%
		a		c			dgi			i					
Both of the above	28	9	19	8	5	15	1	4	4	1	3	3	5	6	2
	5%	4%	6%	6%	3%	6%	3%	5%	6%	3%	6%	5%	8%	6%	3%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.1. Walking (either for leisure or travel): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	537	45	128	117	67	53	127	290	247	482	8	25	7	5	5	50
Total	545	49	135	118	62	49	132	301	243	489	8	27	6	5	5	51
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	418	41	102	82	49	39	106	224	194	372	6	22	5	5	3	41
	77%	83%	75%	70%	78%	79%	81%	74%	80%	76%	77%	81%	87%	100%	62%	81%
						c	c									
With member(s) of other household(s)	98	6	28	23	11	9	22	56	42	90	1	5	1	-	1	8
	18%	12%	21%	19%	17%	19%	16%	19%	17%	18%	12%	19%	13%	-	17%	16%
Both of the above	28	3	5	13	3	1	3	21	8	27	1	-	-	-	1	2
	5%	6%	4%	11%	5%	2%	3%	7%	3%	5%	10%	-	-	-	21%	4%
				bh				h								

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.1. Walking (either for leisure or travel): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	537	339	95	89	184	42	20	161	59	8	11	39	26	45	126	62
Total	545	335	101	97	198	41	19	163	60	9	12	38	22	44	136	60
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	418	260	75	75	150	30	18	126	43	8	8	26	13	35	111	48
	77%	78%	74%	78%	76%	72%	94%	77%	71%	88%	70%	68%	60%	80%	82%	79%
With member(s) of other household(s)	98	60	22	14	37	8	1	31	14	-	-	9	7	6	20	9
	18%	18%	22%	15%	18%	20%	6%	19%	23%	-	-	24%	33%	13%	15%	15%
Both of the above	28	16	4	8	11	3	-	6	3	1	4	3	2	3	4	3
	5%	5%	4%	8%	6%	8%	-	3%	5%	12%	30%	7%	7%	7%	3%	5%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.1. Walking (either for leisure or travel): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	537	112	102	31	4	133	116	131	63	49	6	112	137	34	336	138	29	503
Total	545	112	106	32	4	138	115	133	63	52	6	115	138	33	343	139	29	511
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	418 77%	89 80%	77 73%	26 82%	3 80%	104 75%	93 80%	104 79%	44 69%	42 82%	4 68%	86 75%	108 78%	6 16%	287 84% a	107 77% a	19 64%	413 81% a
With member(s) of other household(s)	98 18%	16 15%	22 21%	5 14%	- -	27 20%	16 14%	20 15%	17 28% ac	6 12%	2 32%	24 21%	22 16%	27 81% bce	41 12%	22 16%	8 26%	71 14%
Both of the above	28 5%	6 5%	6 5%	1 4%	1 20%	7 5%	7 6%	8 6%	2 3%	3 6%	- -	5 5%	8 6%	1 3%	15 4%	10 7%	3 11%	27 5%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.1. Walking (either for leisure or travel): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	537	84	408	61	81	13	386	135	16	408	129	484	50
Total	545	86	414	57	84	12	394	133	16	411	133	494	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	418	67	337	42	71	10	300	105	14	317	101	382	34
	77%	78%	81%	74%	84%	84%	76%	79%	87%	77%	76%	77%	71%
With member(s) of other household(s)	98	15	55	14	8	1	74	21	2	72	26	86	12
	18%	18%	13%	25%	10%	8%	19%	16%	13%	17%	20%	17%	25%
				b			b						
Both of the above	28	4	22	1	5	1	21	7	-	22	6	26	2
	5%	5%	5%	2%	6%	8%	5%	5%	-	5%	5%	5%	4%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.1. Walking (either for leisure or travel): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	537	59	61	99	103	53	60	30	72	316	162	113	142	207	70	23	270	242
Total	545	62	60	99	106	54	61	32	71	319	164	107	143	218	73	22	292	227
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	418	49	44	76	85	39	48	27	51	243	127	80	104	174	57	19	222	175
	77%	80%	72%	77%	80%	72%	80%	83%	72%	76%	77%	74%	73%	80%	78%	83%	76%	77%
With member(s) of other household(s)	98	11	13	15	17	14	10	4	15	58	29	22	28	35	12	4	54	40
	18%	17%	21%	15%	16%	26%	16%	12%	22%	18%	18%	21%	20%	16%	16%	17%	18%	17%
Both of the above	28	2	4	8	4	1	3	2	4	18	8	5	10	8	4	-	16	12
	5%	3%	7%	8%	4%	2%	5%	5%	6%	6%	5%	5%	7%	4%	6%	-	5%	5%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.1. Walking (either for leisure or travel): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

Significance Level: 95%

Unweighted Total

Total

With member(s) of my own household

With member(s) of other household(s)

Both of the above

	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	537	205	154	177	261
Total	545	206	157	181	266
	100%	100%	100%	100%	100%
With member(s) of my own household	418	148	119	151	197
	77%	72%	76%	84%	74%
			a		
With member(s) of other household(s)	98	45	28	23	54
	18%	22%	18%	13%	20%
		c			
Both of the above	28	13	10	6	15
	5%	6%	6%	3%	6%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.2. Cycling (either for leisure or travel): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	77	39	38	36	31	10	4	10	9	9	5	3	22	9	6
Total	76	41	35	33	32	11	4	9	8	9	5	4	22	8	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	49	25	24	18	22	9	1	7	5	7	4	1	14	7	3
	64%	62%	66%	55%	68%	81%	29%	71%	66%	78%	78%	31%	62%	80%	53%
With member(s) of other household(s)	21	12	9	14	5	2	2	2	3	2	1	-	7	2	3
	28%	30%	26%	43%	17%	19%	49%	19%	34%	22%	22%	-	33%	20%	47%
				b											
Both of the above	6	3	3	1	5	-	1	1	-	-	-	3	1	-	-
	8%	8%	8%	2%	16%	-	22%	10%	-	-	-	69%	5%	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.2. Cycling (either for leisure or travel): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	77	19	19	15	8	7	9	53	24	60	4	5	4	-	3	16
Total	76	20	20	15	7	6	8	55	21	59	4	5	4	-	4	16
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
With member(s) of my own household	49	15	14	7	4	3	5	36	12	40	2	2	2	-	2	9
	64%	76%	71%	47%	53%	57%	64%	66%	58%	68%	56%	46%	46%	-	69%	53%
With member(s) of other household(s)	21	4	3	6	3	3	3	13	8	17	1	2	1	-	-	3
	28%	20%	16%	42%	34%	43%	36%	25%	37%	29%	23%	35%	21%	-	-	21%
Both of the above	6	1	3	2	1	-	-	5	1	2	1	1	1	-	1	4
	8%	4%	13%	11%	13%	-	-	9%	4%	3%	22%	19%	33%	-	31%	26%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.2. Cycling (either for leisure or travel): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	77	39	17	16	33	8	11	34	9	2	1	2	4	2	4	19
Total	76	36	18	17	36	8	11	35	8	2	1	2	4	2	4	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	49	23	13	10	24	5	6	25	5	1	1	2	1	2	2	11
	64%	65%	72%	60%	66%	61%	55%	72%	57%	44%	100%	100%	24%	100%	50%	58%
With member(s) of other household(s)	21	10	4	4	8	2	4	8	3	-	-	-	3	-	2	6
	28%	29%	23%	25%	24%	20%	36%	24%	33%	-	-	-	76%	-	50%	29%
Both of the above	6	2	1	3	4	2	1	1	1	1	-	-	-	-	-	3
	8%	6%	5%	16%	10%	20%	8%	4%	10%	56%	-	-	-	-	-	13%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.2. Cycling (either for leisure or travel): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	77	22	24	8	2	32	24	20	12	1	32	25	3	43	24	7	74
Total	76	23	23	8	2	31	24	20	12	1	31	25	2	43	23	7	74
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	49	19	13	4	-	17	21	9	7	-	16	21	1	30	16	2	48
	64%	85%	56%	54%	-	56%	87%	47%	62%	-	52%	83%	32%	68%	70%	29%	65%
With member(s) of other household(s)	21	-	10	4	1	14	2	7	4	1	12	3	2	11	5	4	20
	28%	-	44%	46%	59%	44%	8%	38%	38%	100%	38%	12%	68%	26%	19%	56%	27%
Both of the above	6	3	-	-	1	-	1	3	-	-	3	1	-	2	2	1	6
	8%	15%	-	-	41%	-	4%	16%	-	-	10%	4%	-	5%	10%	16%	8%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.2. Cycling (either for leisure or travel): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	77	24	50	11	10	7	50	25	2	61	16	64	13
Total	76	23	50	10	10	6	51	23	2	60	16	64	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	49	10	38	7	6	2	35	13	2	40	9	43	6
	64%	43%	75%	72%	67%	32%	69%	55%	100%	66%	58%	67%	47%
With member(s) of other household(s)	21	12	8	3	2	4	12	9	-	16	5	17	5
	28%	52%	15%	28%	22%	56%	24%	37%	-	27%	34%	26%	39%
Both of the above	6	1	5	-	1	1	4	2	-	4	1	4	2
	8%	5%	10%	-	11%	12%	8%	8%	-	7%	9%	6%	14%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.2. Cycling (either for leisure or travel): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	77	5	6	8	16	7	12	5	18	37	35	18	18	23	18	4	49	24
Total	76	5	6	8	16	6	12	5	18	36	35	16	17	24	18	3	50	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	49	4	3	3	10	3	7	5	13	19	26	9	10	16	14	3	29	17
	64%	84%	44%	35%	62%	54%	63%	100%	74%	52%	74%	56%	56%	64%	79%	77%	58%	76%
With member(s) of other household(s)	21	-	2	5	4	3	4	-	4	13	8	6	7	6	3	1	16	5
	28%	-	29%	65%	23%	46%	37%	-	21%	37%	23%	39%	38%	23%	15%	23%	32%	20%
Both of the above	6	1	2	-	3	-	-	-	1	4	1	1	1	3	1	-	5	1
	8%	16%	26%	-	15%	-	-	-	5%	11%	3%	5%	5%	13%	6%	-	10%	4%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.2. Cycling (either for leisure or travel): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

Significance Level: 95%

Unweighted Total

Total

With member(s) of my own household

With member(s) of other household(s)

Both of the above

	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	77	40	14	23	49	21
Total	76	41	14	22	49	21
	100%	100%	100%	100%	100%	100%
With member(s) of my own household	49	30	10	9	29	15
	64%	74%	73%	40%	59%	74%
With member(s) of other household(s)	21	6	3	12	16	4
	28%	16%	20%	56%	32%	18%
Both of the above	6	4	1	1	4	2
	8%	10%	7%	4%	9%	8%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.3. Running or jogging: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total	106	42	63	63	38	5	4	12	16	11	3	6	30	18	6
Total	104	43	61	60	39	5	4	11	14	11	3	8	29	17	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	74	32	41	43	27	4	3	7	12	10	2	4	21	11	4
	71%	74%	68%	71%	70%	81%	79%	60%	83%	92%	66%	50%	70%	66%	69%
With member(s) of other household(s)	26	9	17	15	10	1	1	3	2	1	1	4	5	6	2
	24%	21%	27%	25%	25%	19%	21%	31%	17%	8%	34%	50%	17%	34%	31%
Both of the above	5	2	3	3	2	-	-	1	-	-	-	-	4	-	-
	5%	5%	5%	4%	6%	-	-	9%	-	-	-	-	13%	-	-



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.3. Running or jogging: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	*b	c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	g
Significance Level: 95%																
Unweighted Total	106	23	26	33	15	5	4	82	24	73	7	15	7	1	2	32
Total	104	25	27	32	12	5	3	83	21	72	7	15	7	1	2	32
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	74	21	19	21	7	4	2	61	13	53	4	8	5	1	2	20
	71%	83%	72%	66%	55%	81%	69%	73%	64%	74%	61%	54%	74%	100%	100%	64%
With member(s) of other household(s)	26	3	7	9	5	1	1	19	7	16	2	7	1	-	-	10
	24%	12%	25%	29%	38%	19%	31%	23%	32%	22%	24%	46%	13%	-	-	30%
Both of the above	5	1	1	2	1	-	-	4	1	3	1	-	1	-	-	2
	5%	5%	4%	6%	7%	-	-	5%	4%	4%	15%	-	12%	-	-	6%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.3. Running or jogging: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	*b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	106	47	18	36	54	9	16	43	20	2	2	5	6	3	-	25
Total	104	42	19	39	58	9	16	43	19	2	2	5	5	2	-	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
With member(s) of my own household	74	26	16	30	47	7	11	31	13	1	2	4	2	2	-	18
	71%	62%	83%	78%	80%	76%	67%	72%	70%	63%	100%	78%	45%	100%	-	70%
With member(s) of other household(s)	26	14	2	7	9	2	5	9	6	1	-	1	2	-	-	7
	24%	34%	10%	17%	15%	24%	28%	21%	30%	37%	-	22%	36%	-	-	27%
		d														
Both of the above	5	2	1	2	3	-	1	3	-	-	-	-	1	-	-	1
	5%	4%	6%	5%	5%	-	5%	7%	-	-	-	-	18%	-	-	3%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.3. Running or jogging: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	106	36	33	9	4	42	40	31	33	13	3	46	34	3	44	49	10	103
Total	104	36	33	9	4	41	40	32	32	13	3	46	34	2	43	49	10	102
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	74	29	21	6	3	27	32	25	21	8	2	30	27	2	30	37	6	73
	71%	79%	64%	71%	80%	65%	79%	79%	66%	62%	72%	65%	79%	64%	70%	75%	61%	71%
With member(s) of other household(s)	26	6	10	2	1	12	7	5	11	3	1	14	6	1	12	10	3	25
	24%	16%	30%	29%	20%	30%	16%	15%	34%	23%	28%	31%	16%	36%	28%	19%	29%	24%
Both of the above	5	2	2	-	-	2	2	2	-	2	-	2	2	-	1	3	1	5
	5%	5%	6%	-	-	5%	4%	6%	-	15%	-	4%	5%	-	2%	6%	10%	5%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.3. Running or jogging: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		*a	*b	*c	d	*e	*f	a	*b	a	*b
Significance Level: 95%													
Unweighted Total	106	36	65	15	9	2	79	24	2	84	22	91	15
Total	104	37	64	13	9	2	79	22	2	84	21	90	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	74	23	48	8	7	2	58	16	1	61	13	65	9
	71%	62%	75%	62%	82%	100%	73%	74%	49%	73%	64%	72%	67%
With member(s) of other household(s)	26	12	13	5	2	-	16	6	1	19	6	22	4
	24%	32%	20%	38%	18%	-	21%	26%	51%	23%	31%	24%	27%
Both of the above	5	2	3	-	-	-	5	-	-	4	1	4	1
	5%	5%	4%	-	-	-	6%	-	-	5%	5%	4%	6%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.3. Running or jogging: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	106	-	9	19	28	14	18	4	14	70	36	16	30	41	19	6	55	42
Total	104	-	8	20	27	14	18	4	14	69	36	15	29	42	19	6	55	41
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	74	-	5	14	20	6	14	3	11	46	28	11	18	29	16	6	32	34
	71%	-	59%	72%	76%	46%	79%	79%	80%	67%	79%	73%	63%	69%	85%	100%	58%	84%
																		b
With member(s) of other household(s)	26	-	3	2	7	6	4	1	3	18	7	4	10	10	2	-	20	5
	24%	-	41%	12%	24%	42%	21%	21%	20%	26%	21%	27%	34%	24%	9%	-	36%	13%
																	c	
Both of the above	5	-	-	3	-	2	-	-	-	5	-	-	1	3	1	-	3	1
	5%	-	-	16%	-	12%	-	-	-	7%	-	-	3%	7%	6%	-	5%	2%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.3. Running or jogging: You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

Significance Level: 95%

Unweighted Total

Total

With member(s) of my own household

With member(s) of other household(s)

Both of the above

	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	106	47	36	23	74	27
Total	104	48	35	22	74	26
	100%	100%	100%	100%	100%	100%
With member(s) of my own household	74	35	19	19	53	18
	71%	74%	56%	89%	72%	71%
With member(s) of other household(s)	26	9	14	2	18	7
	24%	18%	41%	11%	24%	26%
		a				
Both of the above	5	4	1	-	3	1
	5%	8%	3%	-	4%	4%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	73	24	48	33	34	6	3	8	11	9	6	5	19	9	3
Total	73	26	46	31	35	7	2	7	10	9	6	8	20	9	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	46	17	28	18	22	6	1	5	7	6	3	5	13	4	2
	63%	66%	61%	58%	63%	86%	31%	76%	72%	69%	53%	59%	66%	48%	65%
With member(s) of other household(s)	25	6	18	13	11	1	1	2	3	3	3	1	7	5	1
	34%	25%	39%	42%	30%	14%	36%	24%	28%	31%	47%	19%	34%	52%	35%
Both of the above	2	2	-	-	2	-	1	-	-	-	-	2	-	-	-
	3%	10%	-	-	7%	-	33%	-	-	-	-	22%	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	73	13	20	15	17	4	4	48	25	53	6	8	5	1	-	20
Total	73	13	21	15	16	4	3	49	23	53	6	8	6	1	-	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
With member(s) of my own household	46	11	11	9	10	3	2	31	15	35	3	5	3	-	-	11
	63%	86%	52%	60%	62%	75%	51%	63%	62%	66%	58%	67%	47%	-	-	56%
With member(s) of other household(s)	25	2	10	4	6	1	2	16	9	17	2	2	3	1	-	8
	34%	14%	48%	24%	38%	25%	49%	32%	38%	31%	42%	22%	53%	100%	-	40%
Both of the above	2	-	-	2	-	-	-	2	-	2	-	1	-	-	-	1
	3%	-	-	17%	-	-	-	5%	-	3%	-	11%	-	-	-	4%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	73	25	18	22	40	9	6	34	11	2	1	3	2	3	2	15
Total	73	22	19	26	45	10	6	35	10	2	1	3	2	3	2	16
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	46	13	14	16	30	6	6	21	4	-	1	3	2	2	1	13
	63%	61%	73%	63%	67%	64%	100%	60%	37%	-	100%	100%	100%	77%	54%	78%
With member(s) of other household(s)	25	8	5	8	13	2	-	13	6	2	-	-	-	1	1	2
	34%	35%	27%	30%	29%	20%	-	38%	63%	100%	-	-	-	23%	46%	12%
Both of the above	2	1	-	2	2	2	-	1	-	-	-	-	-	-	-	2
	3%	4%	-	6%	4%	17%	-	2%	-	-	-	-	-	-	-	10%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	73	15	30	6	3	36	18	17	25	8	3	33	20	2	32	34	5	71
Total	73	14	32	5	3	37	17	16	26	7	3	33	19	2	30	37	4	71
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	46	10	19	2	-	21	10	12	16	3	-	19	12	-	20	25	1	46
	63%	74%	61%	36%	-	58%	62%	72%	61%	40%	-	57%	62%	-	66%	68%	18%	65%
With member(s) of other household(s)	25	4	11	3	3	15	6	5	10	4	3	14	7	2	10	9	4	23
	34%	26%	36%	64%	100%	40%	38%	28%	39%	49%	100%	41%	38%	100%	34%	25%	82%	32%
Both of the above	2	-	1	-	-	1	-	-	-	1	-	1	-	-	-	2	-	2
	3%	-	3%	-	-	2%	-	-	-	11%	-	2%	-	-	-	7%	-	3%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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%												
Unweighted Total	73	47	13	11	6	43	29	1	63	10	61	12
Total	73	47	12	10	6	45	27	1	64	9	62	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	46	31	7	7	3	30	16	1	44	2	41	5
	63%	66%	61%	72%	42%	66%	60%	100%	69%	22%	67%	42%
With member(s) of other household(s)	25	15	5	3	3	13	11	-	18	7	18	6
	34%	31%	39%	28%	58%	29%	40%	-	28%	78%	29%	58%
Both of the above	2	2	-	-	-	2	-	-	2	-	2	-
	3%	4%	-	-	-	5%	-	-	4%	-	4%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	73	-	8	9	20	10	14	2	10	47	26	16	10	33	13	3	46	24
Total	73	-	8	9	21	10	14	2	9	48	25	15	9	34	14	3	48	22
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	46	-	5	5	13	7	9	1	6	30	16	9	5	20	11	2	27	17
	63%	-	59%	58%	61%	71%	67%	54%	61%	62%	64%	63%	50%	59%	79%	67%	56%	76%
With member(s) of other household(s)	25	-	2	4	8	3	5	1	3	16	8	6	5	11	3	1	18	5
	34%	-	20%	42%	39%	29%	33%	46%	30%	34%	33%	37%	50%	34%	21%	33%	38%	24%
Both of the above	2	-	2	-	-	-	-	-	1	2	1	-	-	2	-	-	2	-
	3%	-	21%	-	-	-	-	-	9%	3%	3%	-	-	7%	-	-	5%	-

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

Significance Level: 95%

Unweighted Total

Total

With member(s) of my own household

With member(s) of other household(s)

Both of the above

	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	73	36	15	22	53	14
Total	73	38	15	20	53	14
	100%	100%	100%	100%	100%	100%
With member(s) of my own household	46	25	9	13	39	4
	63%	65%	58%	62%	72%	30%
With member(s) of other household(s)	25	11	6	8	15	7
	34%	28%	42%	38%	28%	52%
Both of the above	2	2	-	-	-	2
	3%	7%	-	-	-	18%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	63	25	37	41	15	7	1	9	4	9	9	2	12	8	9
Total	63	26	36	39	16	8	1	8	4	9	8	3	12	9	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	46	20	26	24	14	8	-	6	2	8	6	3	8	6	8
	73%	75%	74%	62%	89%	100%	-	68%	48%	87%	79%	100%	68%	65%	82%
With member(s) of other household(s)	13	4	8	11	2	-	1	3	1	-	1	-	4	3	1
	21%	13%	24%	29%	11%	-	100%	32%	24%	-	11%	-	32%	35%	9%
Both of the above	4	3	1	4	-	-	-	-	1	1	1	-	-	-	1
	6%	12%	2%	10%	-	-	-	-	29%	13%	9%	-	-	-	9%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	63	14	25	7	11	4	2	46	17	51	3	5	4	-	-	12
Total	63	14	26	6	11	4	2	46	17	51	3	5	4	-	-	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
With member(s) of my own household	46	13	18	3	8	2	1	35	11	37	-	5	3	-	-	9
	73%	95%	71%	55%	73%	54%	50%	76%	66%	74%	-	100%	78%	-	-	70%
With member(s) of other household(s)	13	-	6	3	1	2	1	9	4	9	3	-	1	-	-	4
	21%	-	25%	45%	8%	46%	50%	20%	22%	18%	100%	-	22%	-	-	30%
Both of the above	4	1	1	-	2	-	-	2	2	4	-	-	-	-	-	-
	6%	5%	4%	-	18%	-	-	4%	12%	8%	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	63	24	21	16	37	4	9	32	7	3	2	3	1	-	2	13
Total	63	22	22	17	39	4	9	33	6	3	2	3	1	-	2	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
With member(s) of my own household	46	17	17	12	29	4	8	23	4	1	2	2	1	-	2	12
	73%	77%	77%	71%	74%	100%	89%	68%	56%	31%	100%	73%	100%	-	100%	93%
With member(s) of other household(s)	13	4	4	4	8	-	1	7	2	2	-	1	-	-	-	1
	21%	19%	18%	22%	20%	-	11%	22%	33%	69%	-	27%	-	-	-	7%
Both of the above	4	1	1	1	2	-	-	3	1	-	-	-	-	-	-	-
	6%	4%	5%	7%	6%	-	-	9%	12%	-	-	-	-	-	-	-



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	63	19	22	9	2	31	21	23	17	9	3	26	26	3	29	25	6	60
Total	63	19	22	9	2	31	21	24	16	9	3	25	26	2	28	26	5	60
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	46	17	13	6	1	19	18	20	9	6	2	15	22	2	20	21	4	44
	73%	89%	58%	69%	52%	61%	85%	83%	53%	70%	69%	59%	82%	66%	71%	78%	67%	74%
With member(s) of other household(s)	13	1	8	2	1	10	2	3	7	2	1	8	4	1	6	5	2	12
	21%	5%	38%	22%	48%	33%	9%	12%	40%	21%	31%	33%	14%	34%	20%	18%	33%	20%
Both of the above	4	1	1	1	-	2	1	1	1	1	-	2	1	-	3	1	-	4
	6%	6%	5%	9%	-	6%	6%	5%	6%	8%	-	7%	4%	-	9%	4%	-	6%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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%												
Unweighted Total	63	32	11	13	4	39	23	4	52	11	52	11
Total	63	32	11	13	4	39	22	4	52	11	53	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	46	27	6	8	-	32	13	2	36	10	39	7
	73%	84%	61%	63%	-	82%	57%	49%	70%	92%	75%	66%
With member(s) of other household(s)	13	4	3	4	3	5	7	1	12	1	10	3
	21%	11%	28%	28%	72%	14%	33%	22%	23%	8%	19%	27%
Both of the above	4	2	1	1	1	2	2	1	4	-	3	1
	6%	5%	11%	9%	28%	4%	10%	28%	7%	-	6%	8%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	63	-	8	10	16	7	13	1	8	41	22	10	21	19	13	4	37	21
Total	63	-	8	10	16	7	13	1	8	41	22	10	20	19	14	4	38	20
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	46	-	6	8	9	5	10	-	8	28	18	10	13	12	12	3	29	13
	73%	-	74%	83%	57%	76%	78%	-	90%	70%	79%	100%	63%	61%	87%	70%	76%	67%
With member(s) of other household(s)	13	-	1	1	7	1	2	1	1	9	3	-	5	7	1	1	7	4
	21%	-	13%	9%	43%	11%	13%	100%	10%	23%	15%	-	27%	34%	7%	30%	20%	22%
Both of the above	4	-	1	1	-	1	1	-	-	3	1	-	2	1	1	-	2	2
	6%	-	13%	8%	-	12%	9%	-	-	7%	5%	-	10%	5%	6%	-	4%	11%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

Significance Level: 95%

Unweighted Total

Total

With member(s) of my own household

With member(s) of other household(s)

Both of the above

	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	63	34	13	16	41	15
Total	63	34	13	16	41	15
	100%	100%	100%	100%	100%	100%
With member(s) of my own household	46	28	8	10	28	13
	73%	81%	65%	65%	69%	84%
With member(s) of other household(s)	13	5	3	5	10	2
	21%	16%	21%	30%	25%	11%
Both of the above	4	1	2	1	2	1
	6%	3%	15%	5%	5%	6%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	97	36	60	49	37	11	6	16	10	10	5	5	23	12	10
Total	99	38	60	48	39	12	5	15	10	10	5	7	23	13	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	70	27	42	33	29	8	4	11	7	6	3	3	15	12	9
	71%	72%	70%	69%	74%	68%	66%	75%	74%	63%	62%	40%	64%	92%	89%
With member(s) of other household(s)	20	8	12	11	7	2	1	3	3	4	1	1	7	1	-
	20%	22%	20%	23%	19%	16%	17%	18%	26%	37%	19%	21%	28%	8%	-
Both of the above	9	2	6	4	3	2	1	1	-	-	1	3	2	-	1
	9%	6%	11%	8%	7%	17%	17%	7%	-	-	19%	39%	8%	-	11%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	97	17	29	23	11	10	7	69	28	80	4	8	1	1	1	15
Total	99	18	31	23	10	9	7	72	26	83	4	8	1	1	1	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	70	15	23	17	6	7	2	55	15	61	2	5	-	1	-	8
	71%	85%	72%	72%	58%	81%	30%	76%	58%	74%	51%	62%	-	100%	-	54%
With member(s) of other household(s)	20	3	6	3	4	1	3	12	8	14	2	2	1	-	1	5
	20%	15%	20%	13%	42%	9%	43%	16%	31%	17%	49%	23%	100%	-	100%	38%
Both of the above	9	-	2	3	-	1	2	6	3	7	-	1	-	-	-	1
	9%	-	8%	15%	-	10%	26%	8%	11%	9%	-	15%	-	-	-	8%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	97	30	30	32	62	9	11	32	17	5	3	6	5	5	4	20
Total	99	28	32	34	66	9	11	33	17	4	3	7	5	5	4	21
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	70	16	26	26	52	5	9	24	14	1	3	3	4	4	2	14
	71%	57%	81%	77%	79%	56%	74%	74%	86%	19%	100%	48%	82%	85%	51%	66%
				a												
With member(s) of other household(s)	20	8	5	4	10	2	3	9	1	2	-	2	1	-	1	5
	20%	28%	16%	13%	14%	21%	26%	26%	5%	38%	-	31%	18%	-	24%	23%
Both of the above	9	4	1	3	5	2	-	-	1	2	-	1	-	1	1	2
	9%	15%	4%	10%	7%	23%	-	-	9%	43%	-	21%	-	15%	26%	10%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	97	26	29	10	2	39	28	29	21	12	3	33	32	3	40	44	10	94
Total	99	26	31	10	2	40	28	28	22	13	3	35	32	3	39	46	10	96
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	70	19	25	5	2	30	21	23	15	9	3	24	26	-	30	34	6	70
	71%	74%	81%	52%	100%	74%	75%	79%	68%	71%	100%	69%	81%	-	76%	73%	61%	73%
With member(s) of other household(s)	20	5	5	4	-	9	5	4	7	2	-	9	4	3	5	10	2	17
	20%	21%	16%	38%	-	22%	19%	15%	32%	14%	-	26%	14%	100%	13%	22%	18%	18%
Both of the above	9	1	1	1	-	2	1	1	-	2	-	2	1	-	4	2	2	9
	9%	6%	3%	10%	-	5%	5%	5%	-	15%	-	5%	5%	-	10%	5%	21%	9%



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	97	34	57	14	17	8	58	37	2	81	16	85	11
Total	99	33	59	14	18	7	60	37	2	83	16	87	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	70	17	51	10	12	4	45	24	2	59	11	63	6
	71%	51%	86%	71%	67%	54%	76%	64%	100%	71%	71%	72%	57%
			a										
With member(s) of other household(s)	20	13	4	3	4	3	10	10	-	16	3	16	4
	20%	40%	7%	22%	21%	46%	17%	28%	-	20%	22%	19%	36%
		b											
Both of the above	9	3	4	1	2	-	4	3	-	8	1	8	1
	9%	9%	7%	7%	12%	-	7%	8%	-	9%	7%	9%	7%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	97	5	9	17	26	13	15	2	10	65	27	18	26	35	17	6	53	37
Total	99	5	9	17	27	13	15	2	10	66	27	18	26	36	17	6	56	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	70	5	4	14	16	10	12	1	8	44	21	14	18	25	12	5	40	24
	71%	100%	48%	82%	61%	73%	76%	44%	81%	67%	75%	76%	69%	69%	70%	87%	71%	68%
With member(s) of other household(s)	20	-	5	2	5	4	4	-	1	15	5	4	4	8	3	1	12	7
	20%	-	52%	12%	19%	27%	24%	-	9%	23%	17%	24%	15%	22%	21%	13%	21%	21%
Both of the above	9	-	-	1	5	-	-	1	1	7	2	-	4	3	1	-	5	4
	9%	-	-	6%	20%	-	-	56%	10%	10%	8%	-	16%	8%	9%	-	8%	11%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

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	97	52	23	22	64
Total	99	53	23	23	64
	100%	100%	100%	100%	100%
With member(s) of my own household	70	36	17	17	45
	71%	68%	73%	76%	71%
With member(s) of other household(s)	20	11	4	5	13
	20%	22%	17%	20%	21%
Both of the above	9	5	2	1	5
	9%	10%	10%	4%	8%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	83	28	53	46	32	5	4	13	10	13	9	5	10	16	3
Total	83	29	51	44	34	5	4	12	9	13	8	7	10	16	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	51	14	35	29	22	1	1	6	7	10	5	4	9	8	2
	62%	48%	68%	65%	64%	20%	24%	47%	80%	73%	57%	58%	88%	49%	71%
With member(s) of other household(s)	24	14	10	13	9	2	2	4	2	3	4	1	1	6	1
	28%	48%	19%	29%	26%	39%	52%	30%	20%	20%	43%	21%	12%	39%	29%
Both of the above	8	1	7	3	3	2	1	3	-	1	-	1	-	2	-
	10%	4%	13%	6%	10%	41%	24%	22%	-	6%	-	21%	-	12%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	83	16	29	19	9	6	4	64	19	60	6	8	7	-	1	22
Total	83	16	29	19	9	5	4	64	18	60	5	8	7	-	1	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
With member(s) of my own household	51	10	16	15	4	4	1	42	9	37	3	6	3	-	1	13
	62%	63%	56%	80%	44%	82%	26%	65%	51%	62%	52%	73%	43%	-	100%	60%
With member(s) of other household(s)	24	4	8	3	5	1	3	15	9	16	3	1	4	-	-	8
	28%	24%	27%	15%	56%	18%	74%	23%	49%	26%	48%	16%	57%	-	-	36%
Both of the above	8	2	5	1	-	-	-	8	-	7	-	1	-	-	-	1
	10%	12%	17%	5%	-	-	-	12%	-	12%	-	11%	-	-	-	4%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	83	26	21	27	48	6	10	34	15	4	1	2	6	4	1	16
Total	83	23	23	29	52	7	10	33	15	4	1	3	6	4	1	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	51	14	14	21	35	5	8	19	9	-	1	1	4	4	-	13
	62%	59%	62%	72%	68%	72%	81%	59%	58%	-	100%	47%	66%	100%	-	77%
With member(s) of other household(s)	24	7	9	5	13	1	2	11	3	3	-	1	2	-	1	3
	28%	29%	38%	16%	26%	13%	19%	33%	20%	74%	-	53%	34%	-	100%	17%
Both of the above	8	3	-	3	3	1	-	3	3	1	-	-	-	-	-	1
	10%	12%	-	12%	7%	14%	-	9%	21%	26%	-	-	-	-	-	6%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	83	21	26	12	3	38	24	27	23	7	4	30	31	3	41	29	10	80
Total	83	21	26	12	3	37	23	26	23	7	4	30	30	2	41	30	9	80
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	51	13	14	7	2	21	15	20	8	5	2	13	22	-	26	20	6	51
	62%	65%	56%	57%	69%	57%	65%	77%	35%	74%	57%	44%	74%	-	62%	67%	59%	64%
							e											
With member(s) of other household(s)	24	6	9	2	1	11	7	4	11	1	2	12	5	2	12	6	3	21
	28%	28%	34%	18%	31%	29%	28%	13%	50%	14%	43%	41%	17%	100%	29%	21%	30%	26%
							f											
Both of the above	8	1	3	3	-	5	1	3	3	1	-	4	3	-	3	4	1	8
	10%	7%	10%	24%	-	15%	6%	10%	15%	13%	-	14%	9%	-	8%	12%	10%	10%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	83	22	56	11	12	5	55	26	2	72	11	68	13
Total	83	21	57	10	12	5	56	25	2	71	11	69	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	51	14	36	7	7	2	35	14	2	45	6	42	8
	62%	65%	62%	66%	60%	47%	63%	57%	100%	63%	54%	61%	62%
With member(s) of other household(s)	24	6	15	2	2	2	17	6	-	19	4	20	4
	28%	27%	27%	24%	17%	37%	31%	25%	-	27%	36%	29%	31%
Both of the above	8	2	6	1	3	1	3	5	-	7	1	7	1
	10%	8%	11%	10%	23%	16%	6%	18%	-	9%	10%	10%	7%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	83	7	6	16	19	13	12	2	8	54	22	17	26	30	8	4	44	33
Total	83	7	7	16	18	13	12	2	8	54	22	16	26	30	9	4	46	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	51	3	6	11	11	7	6	2	5	35	13	13	16	14	6	-	29	20
	62%	41%	85%	70%	62%	53%	54%	100%	64%	65%	61%	79%	61%	49%	69%	-	63%	65%
With member(s) of other household(s)	24	3	1	5	5	4	4	-	2	15	6	3	9	10	1	3	14	7
	28%	43%	15%	30%	25%	34%	32%	-	25%	27%	26%	16%	36%	35%	14%	78%	30%	23%
Both of the above	8	1	-	-	2	2	2	-	1	4	3	1	1	5	1	1	3	4
	10%	16%	-	-	13%	13%	15%	-	11%	8%	12%	6%	3%	16%	17%	22%	7%	12%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

Significance Level: 95%

Unweighted Total

Total

With member(s) of my own household

With member(s) of other household(s)

Both of the above

	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	83	35	23	24	52	26
Total	83	36	23	23	52	25
	100%	100%	100%	100%	100%	100%
With member(s) of my own household	51	26	11	14	34	13
	62%	72%	46%	61%	64%	52%
With member(s) of other household(s)	24	8	10	6	14	8
	28%	22%	44%	24%	27%	33%
Both of the above	8	2	2	3	4	4
	10%	6%	10%	15%	8%	15%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.9. Team sports (such as football, cricket, rugby etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		*a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	51	23	27	39	11	1	2	6	6	5	8	3	13	5	3
Total	49	23	25	36	12	1	2	5	5	5	7	5	13	5	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	18	8	9	13	5	-	1	2	2	4	1	2	5	2	1
	37%	34%	38%	37%	44%	-	52%	47%	34%	66%	12%	34%	36%	39%	30%
With member(s) of other household(s)	26	13	13	19	5	1	1	2	2	1	6	1	7	3	2
	52%	55%	51%	53%	42%	100%	48%	34%	50%	15%	88%	30%	57%	61%	70%
Both of the above	5	3	3	4	2	-	-	1	1	1	-	2	1	-	-
	11%	11%	11%	10%	14%	-	-	19%	16%	19%	-	37%	7%	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.9. Team sports (such as football, cricket, rugby etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Significance Level: 95%																
Unweighted Total	51	9	13	19	5	3	2	41	10	34	3	8	4	1	-	16
Total	49	9	13	19	4	3	2	40	9	33	2	9	4	1	-	16
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
With member(s) of my own household	18	3	5	7	3	-	1	15	3	13	1	2	2	-	-	5
	37%	33%	41%	36%	62%	-	45%	37%	39%	39%	33%	23%	47%	-	-	29%
With member(s) of other household(s)	26	6	6	9	2	3	1	20	5	15	1	7	2	1	-	10
	52%	67%	45%	46%	38%	100%	55%	50%	61%	47%	34%	77%	53%	100%	-	66%
Both of the above	5	-	2	3	-	-	-	5	-	5	1	-	-	-	-	1
	11%	-	14%	18%	-	-	-	13%	-	14%	33%	-	-	-	-	5%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.9. Team sports (such as football, cricket, rugby etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	51	24	7	16	23	9	9	15	6	2	-	-	10	-	-	18
Total	49	21	7	18	26	10	9	14	6	2	-	-	8	-	-	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%	-	-	100%
With member(s) of my own household	18	8	3	6	9	4	4	7	-	1	-	-	3	-	-	8
	37%	41%	45%	32%	36%	40%	47%	46%	-	46%	-	-	31%	-	-	44%
With member(s) of other household(s)	26	10	3	10	13	2	5	8	5	1	-	-	5	-	-	7
	52%	51%	41%	54%	50%	23%	53%	54%	84%	54%	-	-	60%	-	-	37%
Both of the above	5	2	1	3	4	4	-	-	1	-	-	-	1	-	-	4
	11%	8%	14%	14%	14%	37%	-	-	16%	-	-	-	9%	-	-	19%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.9. Team sports (such as football, cricket, rugby etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e	
Significance Level: 95%																		
Unweighted Total	51	10	12	9	1	21	11	12	10	8	1	18	13	1	19	23	8	50
Total	49	9	12	8	1	21	10	12	10	7	1	17	13	1	17	24	8	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	18	5	6	2	-	7	5	5	4	2	1	6	6	-	4	14	-	18
	37%	48%	47%	18%	-	35%	44%	40%	46%	22%	100%	36%	44%	-	26%	59%	-	38%
With member(s) of other household(s)	26	5	6	7	1	12	6	7	5	4	-	10	7	1	10	7	7	25
	52%	52%	46%	82%	100%	61%	56%	60%	54%	64%	-	58%	56%	100%	62%	31%	88%	51%
Both of the above	5	-	1	-	-	1	-	-	-	1	-	1	-	-	2	2	1	5
	11%	-	8%	-	-	4%	-	-	-	13%	-	6%	-	-	12%	10%	12%	11%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.9. Team sports (such as football, cricket, rugby etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	51	16	30	16	1	4	28	20	1	41	10	43	6
Total	49	15	29	15	1	4	28	18	1	40	9	42	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	18	5	13	5	-	1	11	6	-	16	3	15	3
	37%	30%	44%	36%	-	21%	37%	33%	-	39%	29%	35%	48%
With member(s) of other household(s)	26	11	12	7	1	3	14	10	1	19	7	22	3
	52%	70%	41%	50%	100%	79%	51%	56%	100%	47%	71%	52%	52%
Both of the above	5	-	5	2	-	-	3	2	-	5	-	5	-
	11%	-	16%	14%	-	-	12%	11%	-	13%	-	13%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.9. Team sports (such as football, cricket, rugby etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	51	3	5	13	7	8	9	-	6	33	15	11	15	17	5	6	22	23
Total	49	3	5	13	6	8	9	-	6	32	15	10	14	17	5	6	23	21
	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	18	2	3	5	1	2	4	-	1	11	6	3	7	6	2	2	6	10
	37%	68%	52%	39%	16%	31%	51%	-	19%	34%	38%	29%	49%	35%	31%	42%	28%	45%
With member(s) of other household(s)	26	1	1	6	4	5	4	-	4	17	8	7	6	8	4	2	14	9
	52%	32%	17%	47%	70%	69%	49%	-	64%	52%	55%	71%	44%	44%	69%	41%	64%	42%
Both of the above	5	-	2	2	1	-	-	-	1	4	1	-	1	4	-	1	2	3
	11%	-	32%	14%	14%	-	-	-	17%	14%	7%	-	7%	21%	-	16%	7%	13%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.9. Team sports (such as football, cricket, rugby etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

Significance Level: 95%

Unweighted Total

Total

With member(s) of my own household

With member(s) of other household(s)

Both of the above

	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	51	23	18	10	33	14
Total	49	23	16	10	31	15
	100%	100%	100%	100%	100%	100%
With member(s) of my own household	18	9	5	5	11	6
	37%	38%	32%	45%	36%	44%
With member(s) of other household(s)	26	11	10	5	18	6
	52%	48%	62%	45%	58%	39%
Both of the above	5	3	1	1	2	3
	11%	15%	6%	10%	6%	18%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.10. Racket sports (such as tennis, badminton, squash etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	39	19	19	23	15	1	2	4	7	4	7	2	9	2	2
Total	37	19	17	21	15	2	2	4	6	4	6	3	9	2	2
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	22	10	11	11	11	-	1	3	3	3	5	-	6	1	1
	58%	52%	63%	51%	74%	-	54%	74%	44%	72%	73%	-	67%	60%	46%
With member(s) of other household(s)	12	8	5	8	2	2	1	-	3	1	1	2	3	1	1
	33%	41%	27%	40%	16%	100%	46%	-	56%	28%	15%	53%	33%	40%	54%
Both of the above	3	1	2	2	1	-	-	1	-	-	1	1	-	-	-
	8%	7%	10%	8%	10%	-	-	26%	-	-	12%	47%	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.10. Racket sports (such as tennis, badminton, squash etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	39	8	13	5	10	3	-	26	13	30	1	4	2	2	-	9
Total	37	8	14	4	9	2	-	26	12	29	1	3	2	2	-	8
	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	-	100%
With member(s) of my own household	22	4	6	3	7	1	-	14	8	18	1	2	-	1	-	3
	58%	53%	45%	82%	71%	61%	-	53%	69%	63%	100%	47%	-	52%	-	41%
With member(s) of other household(s)	12	4	5	-	3	1	-	9	4	9	-	2	1	1	-	3
	33%	47%	38%	-	29%	39%	-	34%	31%	31%	-	53%	36%	48%	-	42%
Both of the above	3	-	2	1	-	-	-	3	-	2	-	-	1	-	-	1
	8%	-	17%	18%	-	-	-	12%	-	6%	-	-	64%	-	-	17%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.10. Racket sports (such as tennis, badminton, squash etc.): You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	39	18	10	9	19	4	3	17	6	3	2	2	1	1	-	7
Total	37	16	10	9	20	4	3	17	5	3	2	2	1	1	-	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
With member(s) of my own household	22	7	8	6	14	2	2	8	3	2	2	2	-	1	-	4
	58%	40%	80%	67%	74%	50%	62%	49%	63%	63%	100%	100%	-	100%	-	55%
With member(s) of other household(s)	12	7	2	2	4	1	1	7	2	1	-	-	-	-	-	2
	33%	46%	20%	22%	21%	25%	38%	43%	37%	37%	-	-	-	-	-	31%
Both of the above	3	2	-	1	1	1	-	1	-	-	-	-	1	-	-	1
	8%	14%	-	10%	5%	25%	-	8%	-	-	-	-	100%	-	-	14%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.10. Racket sports (such as tennis, badminton, squash etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	39	11	10	9	1	19	12	11	13	5	2	18	13	1	18	16	4	38
Total	37	11	9	8	1	18	12	11	13	4	2	17	13	1	18	15	3	37
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	22	6	7	4	-	11	6	7	8	2	-	10	7	-	9	12	2	22
	58%	51%	79%	48%	-	64%	46%	62%	62%	55%	-	60%	52%	-	49%	75%	44%	59%
With member(s) of other household(s)	12	4	2	4	1	6	5	4	3	2	2	5	6	1	7	4	1	12
	33%	37%	21%	52%	100%	36%	42%	38%	27%	45%	100%	31%	48%	100%	39%	25%	27%	32%
Both of the above	3	1	-	-	-	-	1	-	1	-	-	1	-	-	2	-	1	3
	8%	13%	-	-	-	-	12%	-	11%	-	-	8%	-	-	12%	-	29%	9%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.10. Racket sports (such as tennis, badminton, squash etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	39	15	22	8	3	4	25	14	1	30	9	32	7
Total	37	14	22	7	3	3	25	12	1	29	9	31	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	22	6	15	2	1	2	16	5	-	15	6	18	3
	58%	47%	70%	35%	36%	53%	66%	43%	-	54%	73%	58%	59%
With member(s) of other household(s)	12	6	4	4	2	2	6	6	1	12	1	10	2
	33%	47%	20%	52%	64%	47%	25%	49%	100%	40%	10%	32%	41%
Both of the above	3	1	2	1	-	-	2	1	-	2	1	3	-
	8%	6%	11%	14%	-	-	9%	8%	-	6%	16%	10%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.10. Racket sports (such as tennis, badminton, squash etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	39	3	2	7	13	4	4	2	4	26	10	8	14	13	4	2	14	23
Total	37	2	2	7	13	4	4	2	4	25	10	7	13	13	4	2	15	21
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	22	1	1	5	6	2	3	1	3	14	7	4	7	7	3	1	8	13
	58%	32%	54%	68%	48%	56%	77%	57%	75%	55%	72%	61%	57%	55%	64%	57%	54%	61%
With member(s) of other household(s)	12	2	1	2	5	1	1	1	-	9	2	3	5	3	2	1	5	6
	33%	68%	46%	32%	41%	23%	23%	43%	-	36%	18%	39%	37%	26%	36%	43%	37%	30%
Both of the above	3	-	-	-	1	1	-	-	1	2	1	-	1	2	-	-	1	2
	8%	-	-	-	11%	21%	-	-	25%	9%	10%	-	6%	18%	-	-	10%	8%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.10. Racket sports (such as tennis, badminton, squash etc.): You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

Significance Level: 95%

Unweighted Total

Total

With member(s) of my own household

With member(s) of other household(s)

Both of the above

	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	39	16	14	9	21
Total	37	16	13	8	20
	100%	100%	100%	100%	100%
With member(s) of my own household	22	11	5	5	11
	58%	68%	41%	65%	53%
With member(s) of other household(s)	12	3	7	3	6
	33%	16%	53%	35%	31%
Both of the above	3	2	1	-	3
	8%	15%	6%	-	16%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.11. Golf: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	29	16	12	15	8	6	1	7	3	1	4	3	5	4	1
Total	30	18	11	14	9	7	1	7	3	1	4	5	5	5	1
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	12	9	3	6	1	5	-	4	1	1	1	-	1	4	-
	39%	50%	27%	43%	12%	65%	-	61%	33%	100%	26%	-	22%	79%	-
With member(s) of other household(s)	16	7	7	7	6	3	1	3	2	-	3	3	3	1	1
	52%	41%	66%	51%	69%	35%	100%	39%	67%	-	74%	65%	60%	21%	100%
Both of the above	2	2	1	1	2	-	-	-	-	-	-	2	1	-	-
	8%	9%	7%	6%	19%	-	-	-	-	-	-	35%	18%	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.11. Golf: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	29	10	7	4	4	2	2	21	8	22	1	3	2	1	-	7
Total	30	10	8	5	4	2	2	22	8	23	1	3	2	1	-	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
With member(s) of my own household	12	3	2	2	1	2	1	8	4	9	-	3	-	-	-	3
	39%	30%	33%	50%	27%	100%	51%	35%	53%	39%	-	100%	-	-	-	40%
With member(s) of other household(s)	16	7	4	1	3	-	1	12	4	11	1	-	2	1	-	4
	52%	70%	57%	16%	73%	-	49%	54%	47%	50%	100%	-	100%	100%	-	60%
Both of the above	2	-	1	2	-	-	-	2	-	2	-	-	-	-	-	-
	8%	-	11%	34%	-	-	-	11%	-	11%	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.11. Golf: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	29	11	7	8	15	5	5	12	4	1	-	-	-	-	2	10
Total	30	10	8	10	17	6	5	13	3	1	-	-	-	-	2	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	-	-	100%	100%
With member(s) of my own household	12	3	8	1	9	2	3	4	-	-	-	-	-	-	2	5
	39%	28%	100%	14%	52%	38%	61%	34%	-	-	-	-	-	-	100%	49%
With member(s) of other household(s)	16	7	-	7	7	1	2	8	3	1	-	-	-	-	-	3
	52%	64%	-	68%	38%	17%	39%	66%	100%	100%	-	-	-	-	-	28%
Both of the above	2	1	-	2	2	2	-	-	-	-	-	-	-	-	-	2
	8%	8%	-	17%	10%	45%	-	-	-	-	-	-	-	-	-	23%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.11. Golf: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	29	8	8	4	2	12	10	9	8	4	1	12	10	3	11	12	3	26
Total	30	7	10	4	2	13	9	9	8	4	1	12	10	3	11	14	3	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	12	4	4	-	-	4	4	4	2	1	-	3	4	-	6	4	1	12
	39%	53%	39%	-	-	29%	42%	47%	24%	34%	-	27%	43%	-	57%	32%	46%	43%
With member(s) of other household(s)	16	3	6	4	2	9	5	5	6	3	1	9	6	2	5	8	2	14
	52%	47%	61%	100%	100%	71%	58%	53%	76%	66%	100%	73%	57%	68%	43%	56%	54%	51%
Both of the above	2	-	-	-	-	-	-	-	-	-	-	-	-	1	-	2	-	2
	8%	-	-	-	-	-	-	-	-	-	-	-	-	32%	-	12%	-	6%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.11. Golf: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	29	11	15	5	3	1	19	9	-	24	5	24	5
Total	30	12	16	5	3	1	20	9	-	25	5	25	5
	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
With member(s) of my own household	12	6	6	3	1	-	7	4	-	11	1	12	-
	39%	54%	35%	62%	46%	-	37%	49%	-	44%	20%	47%	-
With member(s) of other household(s)	16	5	9	2	2	1	11	5	-	11	4	12	4
	52%	46%	54%	38%	54%	100%	55%	51%	-	46%	80%	47%	82%
Both of the above	2	-	2	-	-	-	2	-	-	2	-	2	1
	8%	-	10%	-	-	-	8%	-	-	10%	-	7%	18%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.11. Golf: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	29	1	3	3	8	8	4	1	1	22	6	6	9	6	7	3	19	6
Total	30	1	3	3	8	8	5	1	1	22	7	6	8	7	9	3	20	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	12	-	1	1	4	3	1	-	1	9	2	1	3	2	5	3	6	2
	39%	-	26%	35%	49%	43%	29%	-	100%	42%	36%	19%	37%	35%	63%	100%	32%	35%
With member(s) of other household(s)	16	1	-	2	4	4	3	1	-	11	4	4	5	3	3	-	11	4
	52%	100%	-	65%	51%	57%	71%	100%	-	47%	64%	66%	63%	40%	37%	-	56%	65%
Both of the above	2	-	2	-	-	-	-	-	-	2	-	1	-	2	-	-	2	-
	8%	-	74%	-	-	-	-	-	-	11%	-	15%	-	25%	-	-	12%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.11. Golf: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

Significance Level: 95%

Unweighted Total

Total

With member(s) of my own household

With member(s) of other household(s)

Both of the above

	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	29	12	15	2	16	9
Total	30	13	15	2	17	9
	100%	100%	100%	100%	100%	100%
With member(s) of my own household	12	9	3	-	8	2
	39%	67%	20%	-	45%	22%
With member(s) of other household(s)	16	3	12	1	9	5
	52%	20%	80%	49%	55%	59%
Both of the above	2	2	-	1	-	2
	8%	13%	-	51%	-	19%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	61	32	29	36	19	6	1	7	7	6	7	3	18	10	2
Total	61	34	26	33	20	7	1	7	6	6	6	4	18	11	2
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	33	19	14	18	8	6	1	3	2	3	3	3	11	7	2
	54%	56%	52%	55%	42%	81%	100%	51%	29%	47%	40%	64%	58%	63%	100%
With member(s) of other household(s)	21	11	9	10	9	1	-	1	4	2	4	2	4	4	-
	34%	33%	35%	30%	46%	19%	-	12%	71%	32%	60%	36%	24%	37%	-
Both of the above	7	4	3	5	2	-	-	2	-	1	-	-	3	-	-
	12%	11%	13%	14%	12%	-	-	37%	-	21%	-	-	19%	-	-



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	61	15	20	14	8	3	1	49	12	40	6	11	3	-	-	20
Total	61	15	21	13	8	2	1	49	11	40	5	11	3	-	-	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
With member(s) of my own household	33	10	8	9	5	-	-	27	5	22	3	6	1	-	-	10
	54%	68%	40%	65%	69%	-	-	55%	48%	54%	65%	50%	39%	-	-	52%
With member(s) of other household(s)	21	4	10	2	2	2	1	16	5	14	1	4	2	-	-	7
	34%	24%	49%	12%	31%	70%	100%	32%	45%	34%	16%	39%	61%	-	-	36%
Both of the above	7	1	2	3	-	1	-	6	1	5	1	1	-	-	-	2
	12%	8%	10%	22%	-	30%	-	13%	7%	12%	19%	11%	-	-	-	11%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	61	28	11	17	28	6	7	27	10	4	2	-	5	-	-	13
Total	61	25	12	20	31	7	7	28	9	4	2	-	4	-	-	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	-	-	100%
With member(s) of my own household	33	17	7	7	14	5	3	18	3	2	1	-	2	-	-	7
	54%	70%	56%	35%	43%	69%	37%	64%	39%	41%	47%	-	38%	-	-	53%
With member(s) of other household(s)	21	7	5	7	12	1	2	8	5	2	1	-	1	-	-	3
	34%	27%	44%	36%	39%	16%	28%	29%	61%	59%	53%	-	20%	-	-	22%
Both of the above	7	1	-	6	6	1	2	2	-	-	-	-	2	-	-	3
	12%	3%	-	29%	18%	15%	34%	7%	-	-	-	-	42%	-	-	25%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	61	20	20	10	-	30	20	15	23	10	2	33	17	1	31	21	8	60
Total	61	20	19	10	-	29	20	16	23	10	2	32	17	1	30	22	7	60
	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	33	14	10	3	-	13	14	10	12	3	2	14	12	-	19	13	1	33
	54%	66%	54%	28%	-	45%	66%	67%	51%	28%	100%	45%	70%	-	62%	59%	14%	55%
With member(s) of other household(s)	21	6	6	6	-	13	6	3	9	7	-	16	3	1	10	5	4	20
	34%	30%	34%	60%	-	43%	30%	21%	38%	72%	-	48%	19%	100%	33%	25%	60%	33%
Both of the above	7	1	2	1	-	4	1	2	2	-	-	2	2	-	2	4	2	7
	12%	4%	13%	12%	-	12%	4%	12%	11%	-	-	8%	11%	-	5%	17%	27%	12%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	61	34	25	20	10	3	27	33	-	52	9	57	3
Total	61	33	26	19	9	3	29	31	-	52	9	57	3
	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
With member(s) of my own household	33	19	14	7	5	1	19	13	-	27	5	30	2
	54%	57%	54%	38%	59%	32%	65%	43%	-	53%	61%	52%	75%
With member(s) of other household(s)	21	13	7	9	4	2	6	15	-	17	3	21	-
	34%	39%	27%	47%	41%	68%	21%	47%	-	33%	39%	36%	-
Both of the above	7	1	5	3	-	-	4	3	-	7	-	6	1
	12%	4%	20%	15%	-	-	15%	9%	-	14%	-	11%	25%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	61	1	4	11	19	11	6	1	8	45	15	13	18	17	13	6	37	16
Total	61	1	4	12	18	11	6	1	8	45	15	12	18	17	13	5	38	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	33	1	4	5	7	4	5	1	5	21	11	8	6	8	11	2	20	9
	54%	100%	100%	44%	41%	35%	86%	100%	67%	46%	77%	64%	35%	45%	84%	44%	53%	60%
With member(s) of other household(s)	21	-	-	2	10	7	-	-	2	19	2	3	10	5	2	3	14	4
	34%	-	-	18%	55%	65%	-	-	21%	42%	12%	29%	55%	30%	16%	56%	36%	25%
Both of the above	7	-	-	5	1	-	1	-	1	5	2	1	2	4	-	-	4	2
	12%	-	-	38%	4%	-	14%	-	12%	12%	12%	7%	11%	25%	-	-	10%	15%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

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	61	32	18	11	43	17
Total	61	32	17	11	42	17
	100%	100%	100%	100%	100%	100%
With member(s) of my own household	33	20	7	6	22	11
	54%	61%	43%	51%	51%	64%
With member(s) of other household(s)	21	8	10	3	16	5
	34%	25%	57%	25%	37%	29%
Both of the above	7	4	-	3	5	1
	12%	14%	-	24%	12%	7%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.13. Swimming: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		*a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	51	24	27	35	13	3	-	8	8	6	4	3	14	6	2
Total	50	25	25	33	13	4	-	8	7	5	4	4	14	6	2
	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	26	13	14	15	9	2	-	5	3	2	3	1	7	3	2
	53%	51%	54%	46%	65%	65%	-	60%	39%	32%	75%	34%	55%	55%	100%
With member(s) of other household(s)	22	11	11	18	3	1	-	2	5	4	1	1	6	3	-
	43%	43%	43%	54%	19%	35%	-	30%	61%	68%	25%	32%	45%	45%	-
Both of the above	2	1	1	-	2	-	-	1	-	-	-	1	-	-	-
	4%	6%	3%	-	16%	-	-	10%	-	-	-	34%	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.13. Swimming: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Significance Level: 95%																
Unweighted Total	51	10	12	13	9	5	2	35	16	38	-	8	3	1	1	13
Total	50	9	12	13	8	5	2	35	15	37	-	7	3	1	1	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%
With member(s) of my own household	26	7	6	5	5	3	-	19	8	21	-	5	-	-	1	6
	53%	72%	51%	41%	61%	60%	-	53%	52%	55%	-	62%	-	-	100%	46%
With member(s) of other household(s)	22	3	5	8	3	2	1	15	6	16	-	3	2	1	-	5
	43%	28%	37%	59%	39%	40%	65%	43%	43%	43%	-	38%	55%	100%	-	42%
Both of the above	2	-	1	-	-	-	1	1	1	1	-	-	1	-	-	1
	4%	-	11%	-	-	-	35%	4%	5%	2%	-	-	45%	-	-	11%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.13. Swimming: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	51	20	14	13	27	6	9	17	6	2	3	1	4	2	1	15
Total	50	17	14	15	29	6	9	18	5	2	3	1	4	2	1	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	26	6	10	9	20	4	4	10	4	2	1	-	2	-	-	9
	53%	35%	72%	64%	68%	71%	48%	54%	67%	100%	39%	-	49%	-	-	57%
With member(s) of other household(s)	22	9	4	5	9	2	5	7	2	-	2	1	2	1	1	6
	43%	53%	28%	36%	32%	29%	52%	38%	33%	-	61%	100%	51%	65%	100%	43%
Both of the above	2	2	-	-	-	-	-	1	-	-	-	-	-	1	-	-
	4%	12%	-	-	-	-	-	8%	-	-	-	-	-	35%	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.13. Swimming: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e	
Significance Level: 95%																		
Unweighted Total	51	9	18	8	1	26	10	9	17	7	4	24	13	2	27	17	5	49
Total	50	10	17	8	1	25	11	10	17	6	4	23	13	2	26	17	5	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	26	5	9	5	-	14	5	7	11	2	1	13	7	1	13	9	3	26
	53%	52%	54%	64%	-	57%	48%	68%	64%	32%	23%	55%	56%	51%	50%	53%	66%	53%
With member(s) of other household(s)	22	3	8	3	1	11	4	3	5	4	3	9	6	1	11	8	2	21
	43%	33%	46%	36%	100%	43%	39%	32%	28%	68%	77%	39%	44%	49%	42%	47%	34%	43%
Both of the above	2	1	-	-	-	-	1	-	1	-	-	1	-	-	2	-	-	2
	4%	15%	-	-	-	-	14%	-	8%	-	-	6%	-	-	8%	-	-	4%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.13. Swimming: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	51	26	22	8	8	6	29	20	1	45	6	43	8
Total	50	25	22	8	8	6	28	20	1	44	6	42	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	26	13	13	4	5	2	15	12	-	26	1	23	3
	53%	52%	56%	55%	66%	39%	53%	59%	-	59%	12%	56%	38%
With member(s) of other household(s)	22	11	8	4	3	4	11	8	1	17	4	17	5
	43%	45%	37%	45%	34%	61%	40%	41%	100%	40%	65%	39%	62%
Both of the above	2	1	1	-	-	-	2	-	-	1	1	2	-
	4%	3%	6%	-	-	-	8%	-	-	2%	23%	5%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.13. Swimming: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	51	2	5	9	23	3	4	2	3	40	9	6	19	15	10	7	25	18
Total	50	2	5	9	22	2	5	2	3	39	9	6	18	15	10	7	25	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	26	1	2	5	12	1	1	1	3	20	5	4	8	8	6	5	12	9
	53%	60%	46%	56%	53%	33%	31%	48%	100%	52%	56%	72%	45%	54%	60%	76%	46%	52%
With member(s) of other household(s)	22	1	3	4	8	2	3	1	-	17	4	2	9	5	4	2	12	8
	43%	40%	54%	44%	37%	67%	69%	52%	-	43%	44%	28%	51%	36%	40%	24%	46%	48%
Both of the above	2	-	-	-	2	-	-	-	-	2	-	-	1	1	-	-	2	-
	4%	-	-	-	10%	-	-	-	-	6%	-	-	4%	10%	-	-	8%	-

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.13. Swimming: You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

Significance Level: 95%

Unweighted Total

Total

With member(s) of my own household

With member(s) of other household(s)

Both of the above

	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	51	25	12	14	40	10
Total	50	26	11	14	40	10
	100%	100%	100%	100%	100%	100%
With member(s) of my own household	26	18	4	5	25	1
	53%	72%	33%	33%	62%	9%
With member(s) of other household(s)	22	5	7	9	13	9
	43%	20%	67%	67%	32%	91%
Both of the above	2	2	-	-	2	-
	4%	8%	-	-	5%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	37	20	17	21	12	4	1	4	5	4	3	2	10	6	2
Total	35	20	16	20	12	4	1	4	4	4	3	3	10	6	2
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	14	9	5	7	4	3	-	1	2	2	1	1	6	-	1
	40%	47%	32%	35%	36%	76%	-	28%	44%	50%	38%	51%	65%	-	40%
With member(s) of other household(s)	18	8	11	10	7	1	1	2	2	2	2	1	2	5	1
	52%	39%	68%	52%	64%	24%	100%	49%	56%	50%	62%	49%	26%	85%	60%
Both of the above	3	3	-	3	-	-	-	1	-	-	-	-	1	1	-
	7%	13%	-	13%	-	-	-	22%	-	-	-	-	9%	15%	-

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	37	9	13	9	4	1	1	31	6	26	2	4	2	1	1	10
Total	35	8	13	9	3	1	1	30	5	25	2	4	2	1	1	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	14 40%	6 71%	7 49%	2 19%	-	-	-	14 47%	-	9 37%	1 57%	2 56%	-	1 100%	-	4 42%
With member(s) of other household(s)	18 52%	2 19%	6 44%	6 71%	3 100%	1 100%	1 100%	14 45%	5 100%	14 56%	1 43%	1 20%	2 100%	-	1 100%	5 48%
Both of the above	3 7%	1 10%	1 7%	1 10%	-	-	-	3 9%	-	2 7%	-	1 24%	-	-	-	1 10%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	37	22	4	6	10	2	5	14	7	4	1	2	1	1	-	7
Total	35	20	4	6	11	2	5	13	7	4	1	2	1	1	-	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
With member(s) of my own household	14	8	2	2	4	1	2	6	2	2	-	-	1	-	-	3
	40%	40%	50%	35%	41%	62%	42%	44%	28%	53%	-	-	100%	-	-	48%
With member(s) of other household(s)	18	11	2	4	6	1	3	8	3	1	1	2	-	1	-	4
	52%	52%	50%	65%	59%	38%	58%	56%	46%	26%	100%	100%	-	100%	-	52%
Both of the above	3	2	-	-	-	-	-	-	2	1	-	-	-	-	-	-
	7%	8%	-	-	-	-	-	-	26%	22%	-	-	-	-	-	-



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	37	9	9	12	1	21	10	8	10	9	3	19	11	1	18	14	4	36
Total	35	9	8	12	1	20	10	8	9	8	3	18	11	1	18	13	3	34
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	14	5	2	4	1	6	6	3	2	4	3	6	6	-	8	5	1	14
	40%	58%	22%	34%	100%	29%	62%	40%	21%	44%	100%	32%	56%	-	47%	37%	28%	41%
With member(s) of other household(s)	18	3	6	6	-	12	3	4	7	4	-	10	4	1	9	7	2	18
	52%	33%	78%	51%	-	62%	30%	50%	70%	46%	-	58%	36%	100%	48%	56%	46%	51%
Both of the above	3	1	-	2	-	2	1	1	1	1	-	2	1	-	1	1	1	3
	7%	9%	-	15%	-	9%	8%	10%	10%	10%	-	10%	8%	-	5%	6%	27%	8%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	37	21	14	11	6	10	11	24	2	29	8	28	7
Total	35	21	12	10	6	10	10	23	2	28	7	27	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	14	10	4	3	3	4	6	8	1	13	1	13	1
	40%	49%	32%	29%	52%	38%	62%	34%	50%	47%	13%	46%	14%
With member(s) of other household(s)	18	9	7	6	1	5	4	13	-	14	4	13	4
	52%	43%	61%	62%	17%	53%	38%	55%	-	50%	63%	47%	71%
Both of the above	3	2	1	1	2	1	-	3	1	1	2	2	1
	7%	8%	7%	9%	31%	9%	-	11%	50%	3%	25%	6%	14%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	37	1	2	7	12	4	2	3	6	25	11	12	13	10	2	3	23	9
Total	35	1	2	6	11	4	2	3	7	23	11	12	12	9	2	3	22	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	14	-	1	1	4	2	1	1	5	8	7	5	4	3	2	3	7	3
	40%	-	44%	14%	36%	52%	52%	36%	67%	34%	57%	45%	33%	30%	100%	100%	33%	36%
With member(s) of other household(s)	18	1	1	5	6	2	1	1	1	15	3	6	7	5	-	-	14	4
	52%	100%	56%	86%	57%	48%	48%	33%	20%	63%	28%	55%	60%	52%	-	-	64%	43%
Both of the above	3	-	-	-	1	-	-	1	1	1	2	-	1	2	-	-	1	2
	7%	-	-	-	7%	-	-	31%	13%	4%	15%	-	7%	18%	-	-	4%	21%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

Significance Level: 95%

Unweighted Total

Total

With member(s) of my own household

With member(s) of other household(s)

Both of the above

	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	37	16	12	9	27
Total	35	16	11	8	26
	100%	100%	100%	100%	100%
With member(s) of my own household	14	9	5	1	11
	40%	53%	44%	11%	44%
With member(s) of other household(s)	18	6	6	6	12
	52%	36%	56%	78%	47%
Both of the above	3	2	-	1	3
	7%	11%	-	11%	10%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.15. Water sports (such as surfing, rowing, sailing etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	33	18	15	19	14	-	1	7	3	5	-	-	12	2	3
Total	30	17	14	17	13	-	1	6	3	5	-	-	11	2	3
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	-	-	100%	100%	100%
With member(s) of my own household	12	8	4	5	7	-	1	3	2	2	-	-	2	1	2
	39%	47%	29%	31%	49%	-	100%	43%	63%	39%	-	-	15%	54%	66%
With member(s) of other household(s)	14	6	8	10	4	-	-	2	1	3	-	-	6	1	1
	45%	37%	55%	59%	28%	-	-	28%	37%	61%	-	-	58%	46%	34%
Both of the above	5	3	2	2	3	-	-	2	-	-	-	-	3	-	-
	16%	16%	16%	11%	22%	-	-	29%	-	-	-	-	27%	-	-

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BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	33	8	8	7	7	1	2	23	10	21	1	5	4	1	1	12
Total	30	8	8	6	6	1	2	21	9	20	1	5	3	1	1	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	12	5	2	3	1	1	-	10	2	11	-	1	-	-	-	1
	39%	63%	25%	57%	13%	100%	-	48%	18%	56%	-	18%	-	-	-	8%
With member(s) of other household(s)	14	2	3	3	4	-	2	7	7	8	1	3	2	-	-	6
	45%	23%	37%	43%	73%	-	100%	34%	73%	39%	100%	58%	75%	-	-	57%
Both of the above	5	1	3	-	1	-	-	4	1	1	-	1	1	1	1	4
	16%	14%	38%	-	14%	-	-	19%	9%	5%	-	24%	25%	100%	100%	36%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.15. Water sports (such as surfing, rowing, sailing etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	33	17	8	4	12	-	8	13	7	1	-	-	2	-	2	8
Total	30	15	8	4	12	-	7	12	6	1	-	-	2	-	2	7
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	-	-	100%	-	100%	100%
With member(s) of my own household	12	7	2	1	3	-	2	5	3	-	-	-	1	-	1	2
	39%	47%	26%	26%	26%	-	34%	40%	42%	-	-	-	51%	-	48%	34%
With member(s) of other household(s)	14	7	5	1	6	-	4	5	3	-	-	-	1	-	1	4
	45%	47%	61%	24%	48%	-	51%	46%	42%	-	-	-	49%	-	52%	51%
Both of the above	5	1	1	2	3	-	1	2	1	1	-	-	-	-	-	1
	16%	6%	12%	50%	26%	-	15%	14%	16%	100%	-	-	-	-	-	15%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.15. Water sports (such as surfing, rowing, sailing etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	33	10	11	5	3	16	13	10	11	5	2	16	12	4	17	8	4	29
Total	30	9	10	5	3	15	12	9	10	4	2	14	11	4	16	7	4	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	12	5	2	1	2	3	7	5	3	2	-	4	5	-	8	2	2	12
	39%	58%	18%	17%	70%	18%	61%	49%	27%	38%	-	30%	40%	-	54%	22%	47%	44%
With member(s) of other household(s)	14	1	7	4	-	11	1	3	7	2	-	9	3	4	7	2	1	10
	45%	10%	72%	83%	-	75%	8%	30%	73%	42%	-	64%	25%	100%	46%	28%	25%	38%
Both of the above	5	3	1	-	1	1	4	2	-	1	2	1	4	-	-	4	1	5
	16%	32%	10%	-	30%	7%	32%	21%	-	20%	100%	6%	35%	-	-	50%	29%	18%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.15. Water sports (such as surfing, rowing, sailing etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	33	15	13	7	6	1	20	13	1	24	9	22	9
Total	30	14	12	6	6	1	18	12	1	22	9	20	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	12	4	8	3	2	1	6	6	-	7	5	6	4
	39%	26%	68%	42%	36%	100%	34%	46%	-	32%	55%	30%	56%
With member(s) of other household(s)	14	5	4	4	3	-	8	5	1	11	3	11	3
	45%	39%	32%	58%	46%	-	46%	45%	100%	49%	35%	54%	33%
Both of the above	5	5	-	-	1	-	4	1	-	4	1	3	1
	16%	35%	-	-	18%	-	20%	9%	-	18%	10%	15%	11%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.15. Water sports (such as surfing, rowing, sailing etc.): You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	33	1	2	4	7	8	6	2	3	21	11	6	11	11	5	3	21	9
Total	30	1	2	4	6	7	6	2	3	19	10	5	10	10	5	3	19	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	12	-	1	1	3	3	3	1	1	7	5	2	3	3	4	-	9	3
	39%	-	44%	23%	42%	36%	51%	47%	38%	37%	47%	30%	34%	27%	80%	-	47%	33%
With member(s) of other household(s)	14	1	-	3	3	3	2	1	2	8	5	4	4	6	-	2	7	5
	45%	100%	-	77%	41%	38%	34%	53%	62%	42%	45%	70%	37%	65%	-	69%	38%	55%
Both of the above	5	-	1	-	1	2	1	-	-	4	1	-	3	1	1	1	3	1
	16%	-	56%	-	17%	26%	15%	-	-	21%	8%	-	29%	8%	20%	31%	15%	12%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.15. Water sports (such as surfing, rowing, sailing etc.): You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

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
Total	*a	*b	*c	*a	*b
Unweighted Total	33	16	10	7	21
Total	30	15	9	6	19
	100%	100%	100%	100%	100%
With member(s) of my own household	12	5	4	3	7
	39%	36%	40%	44%	37%
With member(s) of other household(s)	14	7	5	2	7
	45%	44%	60%	27%	38%
Both of the above	5	3	-	2	5
	16%	20%	-	29%	25%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.16. Gymnastics, trampolining or cheerleading: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	39	16	22	28	11	-	-	6	5	2	3	2	11	8	2
Total	37	17	20	27	11	-	-	6	4	2	3	3	10	8	2
	100%	100%	100%	100%	100%	-	-	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	13	4	8	9	4	-	-	3	2	-	2	-	3	2	1
	34%	23%	40%	34%	34%	-	-	52%	54%	-	67%	-	26%	24%	51%
With member(s) of other household(s)	21	10	11	15	6	-	-	3	1	2	1	3	5	6	1
	56%	60%	55%	55%	58%	-	-	48%	22%	100%	33%	100%	47%	76%	49%
Both of the above	4	3	1	3	1	-	-	-	1	-	-	-	3	-	-
	10%	17%	5%	11%	8%	-	-	-	24%	-	-	-	27%	-	-

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### Q4A.16. Gymnastics, trampolining or cheerleading: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	39	7	13	11	6	-	2	31	8	25	4	2	5	3	-	14
Total	37	7	13	10	6	-	2	30	7	23	4	2	5	2	-	14
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
With member(s) of my own household	13	3	4	4	2	-	-	11	2	10	1	-	2	-	-	3
	34%	39%	29%	44%	32%	-	-	36%	24%	42%	27%	-	34%	-	-	20%
With member(s) of other household(s)	21	4	7	5	4	-	1	16	5	13	2	1	4	2	-	8
	56%	61%	56%	46%	68%	-	46%	54%	63%	54%	47%	59%	66%	65%	-	60%
Both of the above	4	-	2	1	-	-	1	3	1	1	1	1	-	1	-	3
	10%	-	15%	10%	-	-	54%	10%	12%	4%	26%	41%	-	35%	-	20%

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BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	39	17	9	10	19	7	9	8	6	4	1	-	4	-	-	16
Total	37	15	9	11	20	7	9	9	5	3	1	-	3	-	-	16
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	-	-	100%
With member(s) of my own household	13	7	3	3	6	5	2	1	2	-	1	-	2	-	-	7
	34%	45%	33%	27%	30%	69%	22%	10%	46%	-	100%	-	47%	-	-	44%
With member(s) of other household(s)	21	8	5	7	12	2	7	7	2	2	-	-	1	-	-	9
	56%	55%	55%	64%	60%	31%	78%	78%	35%	74%	-	-	24%	-	-	56%
Both of the above	4	-	1	1	2	-	-	1	1	1	-	-	1	-	-	-
	10%	-	12%	9%	10%	-	-	12%	18%	26%	-	-	29%	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.16. Gymnastics, trampolining or cheerleading: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	39	6	13	8	1	21	7	6	13	6	3	19	9	2	14	19	4	37
Total	37	6	13	7	1	20	7	6	13	5	3	18	9	2	13	19	4	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	13	2	3	2	-	4	2	1	4	2	-	5	1	1	7	4	1	12
	34%	29%	20%	24%	-	21%	25%	15%	27%	31%	-	28%	11%	50%	50%	23%	22%	33%
With member(s) of other household(s)	21	4	9	3	1	13	5	5	7	3	3	10	8	1	6	15	-	20
	56%	71%	72%	50%	100%	64%	75%	85%	57%	52%	100%	56%	89%	50%	42%	77%	-	56%
Both of the above	4	-	1	2	-	3	-	-	2	1	-	3	-	-	1	-	3	4
	10%	-	8%	26%	-	14%	-	-	15%	17%	-	16%	-	-	8%	-	78%	11%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.16. Gymnastics, trampolining or cheerleading: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	39	25	12	14	7	5	16	22	3	33	6	32	7
Total	37	25	11	13	7	4	17	20	3	32	5	32	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	13	8	4	5	2	-	5	7	-	12	1	12	1
	34%	33%	33%	36%	27%	-	32%	33%	-	37%	15%	37%	17%
With member(s) of other household(s)	21	15	6	7	4	3	10	11	2	18	3	17	4
	56%	59%	50%	50%	59%	76%	62%	53%	69%	57%	52%	54%	68%
Both of the above	4	2	2	2	1	1	1	3	1	2	2	3	1
	10%	8%	17%	14%	14%	24%	6%	14%	31%	6%	33%	9%	15%



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### Q4A.16. Gymnastics, trampolining or cheerleading: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	39	1	5	8	8	8	5	2	2	29	9	5	16	16	2	1	24	12
Total	37	1	5	7	9	7	5	2	2	28	8	5	15	15	3	1	24	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	13	1	1	3	3	4	2	-	-	10	2	3	4	5	1	-	7	5
	34%	100%	17%	35%	33%	47%	39%	-	-	35%	22%	62%	28%	30%	38%	-	31%	48%
With member(s) of other household(s)	21	-	2	4	6	4	3	1	2	15	6	2	10	7	2	1	16	4
	56%	-	40%	51%	67%	53%	61%	49%	100%	55%	67%	38%	67%	50%	62%	100%	69%	35%
Both of the above	4	-	2	1	-	-	-	1	-	3	1	-	1	3	-	-	-	2
	10%	-	43%	13%	-	-	-	51%	-	10%	11%	-	6%	20%	-	-	-	18%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q4A.16. Gymnastics, trampolining or cheerleading: You said you took part in the following activities with other people in the past week. Who was this with?**

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

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	39	13	14	11	25	13
Total	37	13	14	9	24	12
	100%	100%	100%	100%	100%	100%
With member(s) of my own household	13	4	6	3	7	5
	34%	30%	44%	28%	30%	45%
With member(s) of other household(s)	21	7	6	7	15	6
	56%	56%	43%	72%	62%	48%
Both of the above	4	2	2	-	2	1
	10%	15%	14%	-	8%	7%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.7. Other sport, exercise or physical activity: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	23	9	14	7	8	8	3	1	4	1	2	-	3	4	5
Total	22	9	12	6	7	9	3	1	3	1	2	-	3	4	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%
With member(s) of my own household	12	6	6	2	5	5	2	-	2	1	1	-	3	-	3
	56%	63%	51%	30%	74%	61%	71%	-	76%	100%	39%	-	100%	-	62%
With member(s) of other household(s)	7	2	5	4	2	2	1	1	-	-	-	-	-	4	2
	34%	22%	43%	57%	26%	24%	29%	100%	-	-	-	-	-	100%	38%
Both of the above	2	1	1	1	-	1	-	-	1	-	1	-	-	-	-
	10%	15%	6%	13%	-	16%	-	-	24%	-	61%	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.7. Other sport, exercise or physical activity: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	23	2	3	8	3	3	4	13	10	22	1	-	-	-	-	1
Total	22	2	3	8	2	3	4	13	9	21	1	-	-	-	-	1
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	-	-	100%
With member(s) of my own household	12	2	1	4	2	1	3	7	5	12	-	-	-	-	-	-
	56%	100%	34%	48%	68%	29%	80%	53%	61%	58%	-	-	-	-	-	-
With member(s) of other household(s)	7	-	2	2	1	2	1	4	3	7	-	-	-	-	-	-
	34%	-	66%	24%	32%	71%	20%	31%	39%	35%	-	-	-	-	-	-
Both of the above	2	-	-	2	-	-	-	2	-	1	1	-	-	-	-	1
	10%	-	-	28%	-	-	-	16%	-	6%	100%	-	-	-	-	100%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.7. Other sport, exercise or physical activity: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	23	16	3	3	6	4	2	2	7	-	-	4	2	-	2	6
Total	22	15	3	3	6	4	2	2	7	-	-	4	2	-	2	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%	100%	-	100%	100%
With member(s) of my own household	12	10	1	1	2	1	1	2	3	-	-	4	-	-	2	2
	56%	70%	30%	34%	32%	23%	51%	100%	41%	-	-	100%	-	-	100%	31%
With member(s) of other household(s)	7	4	1	2	3	2	1	-	4	-	-	-	1	-	-	2
	34%	24%	29%	66%	48%	40%	49%	-	59%	-	-	-	58%	-	-	43%
Both of the above	2	1	1	-	1	1	-	-	-	-	-	-	1	-	-	1
	10%	5%	42%	-	21%	36%	-	-	-	-	-	-	42%	-	-	26%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.7. Other sport, exercise or physical activity: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	23	4	4	2	-	6	4	3	2	3	1	5	4	1	11	9	2	22
Total	22	4	4	2	-	6	4	3	2	3	1	5	4	1	10	9	2	21
	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	12	2	3	-	-	3	2	3	-	1	-	1	3	1	7	4	-	11
	56%	43%	81%	-	-	54%	43%	100%	-	31%	-	19%	74%	100%	72%	47%	-	54%
With member(s) of other household(s)	7	2	1	2	-	3	2	-	2	2	1	4	1	-	3	3	2	7
	34%	57%	19%	100%	-	46%	57%	-	100%	69%	100%	81%	26%	-	28%	30%	100%	35%
Both of the above	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2	-	2
	10%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	23%	-	10%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.7. Other sport, exercise or physical activity: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	23	3	16	6	2	1	14	8	1	15	8	21	2
Total	22	3	16	6	2	1	13	7	1	14	8	20	2
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	12	2	9	4	2	1	7	6	1	9	4	11	2
	56%	70%	55%	70%	100%	100%	50%	77%	100%	62%	47%	53%	100%
With member(s) of other household(s)	7	1	6	2	-	-	5	2	-	4	3	7	-
	34%	30%	36%	30%	-	-	34%	23%	-	32%	37%	37%	-
Both of the above	2	-	1	-	-	-	2	-	-	1	1	2	-
	10%	-	9%	-	-	-	16%	-	-	6%	17%	11%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.7. Other sport, exercise or physical activity: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

	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	23	2	1	3	7	2	3	-	5	13	8	6	4	7	4	-	13	10
Total	22	2	1	3	6	2	3	-	5	12	8	5	3	7	4	-	13	9
	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
With member(s) of my own household	12	-	1	-	4	1	3	-	4	5	7	4	1	5	2	-	6	6
	56%	-	100%	-	61%	43%	100%	-	75%	47%	83%	81%	26%	73%	46%	-	47%	68%
With member(s) of other household(s)	7	2	-	2	2	1	-	-	-	5	-	1	2	2	1	-	7	1
	34%	100%	-	70%	39%	57%	-	-	-	46%	-	19%	74%	27%	23%	-	53%	8%
Both of the above	2	-	-	1	-	-	-	-	1	1	1	-	-	-	1	-	-	2
	10%	-	-	30%	-	-	-	-	25%	7%	17%	-	-	-	31%	-	-	23%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q4A.7. Other sport, exercise or physical activity: You said you took part in the following activities with other people in the past week. Who was this with?

BASE: All respondents who have done some form of physical activity in the past week with other adult(s) and/or a child(ren)

Significance Level: 95%

Unweighted Total

Total

With member(s) of my own household

With member(s) of other household(s)

Both of the above

	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	9	8	6	13	5
Total	9	7	6	13	4
	100%	100%	100%	100%	100%
With member(s) of my own household	3	5	4	9	1
	33%	76%	67%	67%	17%
With member(s) of other household(s)	4	2	2	3	4
	42%	24%	33%	22%	83%
Both of the above	2	-	-	1	-
	25%	-	-	11%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1723	783	928	603	578	542	92	237	173	177	161	124	289	287	183
Total	1718	825	881	561	560	596	81	219	159	178	145	183	284	284	184
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	192 11%	89 11%	101 11%	79 14% bc	57 10%	56 9%	6 7%	26 12% h	25 16% h	23 13% h	18 12% h	25 13% h	36 13% h	17 6%	18 10%
A bit more (4.0)	452 26%	229 28%	220 25%	158 28% c	158 28% c	136 23%	19 23%	59 27%	37 23%	47 26%	40 28%	44 24%	78 28%	78 28%	49 27%
About the same (3.0)	586 34%	310 38% b	273 31%	163 29%	185 33%	238 40% ab	36 44% eg	74 34%	58 37%	58 33%	44 31%	61 34%	85 30%	100 35%	68 37%
A bit less (2.0)	291 17%	117 14%	173 20% a	96 17%	107 19%	88 15%	12 15%	30 14%	21 13%	34 19%	28 19%	33 18%	51 18%	51 18%	30 16%
A lot less (1.0)	191 11%	77 9%	111 13% a	61 11%	54 10%	76 13%	7 9%	30 14%	19 12%	16 9%	15 10%	19 11%	31 11%	36 13%	17 9%
Don't know	7 *	3 *	4 *	5 1% b	- -	2 *	1 2% b	- -	- -	- -	- -	- -	2 1%	1 *	3 1%
NET: More	644 37%	318 39%	321 36%	237 42% c	215 38% c	192 32%	25 30%	85 39%	61 39%	69 39%	58 40%	69 38%	114 40%	96 34%	67 36%
NET: Less	482 28%	194 24%	283 32% a	156 28%	161 29%	164 28%	20 24%	60 27%	40 25%	51 28%	43 30%	53 29%	82 29%	87 31%	47 26%
Base for stats	1711	822	877	557	560	594	80	219	159	178	145	183	282	283	181
Mean Score	3.10	3.17 b	3.03 c	3.18 c	3.10	3.01	3.05	3.10	3.17	3.14	3.12	3.12	3.13	2.96	3.11
Standard Deviation	1.149	1.097	1.189	1.196	1.121	1.126	1.033	1.192	1.200	1.147	1.166	1.174	1.181	1.100	1.093
Standard Error	.028	.039	.039	.049	.047	.048	.109	.077	.091	.086	.092	.105	.070	.065	.081
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1723	171	398	389	233	173	359	958	765	1421	49	124	70	26	12	281	
Total	1718	174	416	385	222	161	360	976	742	1428	47	121	68	24	12	272	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	192 11%	35 20%	48 12%	43 11%	23 10%	9 5%	33 9%	127 13%	65 9%	153 11%	5 11%	20 17%	6 9%	2 8%	3 27%	36 13%	
A bit more (4.0)	452 26%	42 24%	123 30%	109 28%	61 27%	38 24%	78 22%	275 28%	177 24%	371 26%	14 30%	36 30%	22 33%	4 16%	2 15%	78 29%	
About the same (3.0)	586 34%	39 22%	135 32%	120 31%	89 40%	56 35%	147 41%	294 30%	291 39%	502 35%	12 26%	32 26%	21 30%	8 35%	4 34%	77 28%	
A bit less (2.0)	291 17%	32 18%	66 16%	65 17%	32 15%	37 23%	59 16%	163 17%	128 17%	235 16%	8 18%	23 19%	14 20%	7 29%	1 10%	53 19%	
A lot less (1.0)	191 11%	24 14%	43 10%	47 12%	15 7%	19 12%	42 12%	114 12%	77 10%	162 11%	7 15%	11 9%	5 7%	3 12%	1 8%	26 10%	
Don't know	7 *	2 1%	- -	1 *	2 1%	2 1%	1 *	3 *	4 1%	5 *	- -	- -	1 1%	- -	1 6%	2 1%	
NET: More	644 37%	78 45%	172 41%	153 40%	84 38%	47 29%	111 31%	402 41%	242 33%	524 37%	19 41%	56 46%	28 41%	6 24%	5 42%	114 42%	
NET: Less	482 28%	56 32%	110 26%	112 29%	47 21%	57 35%	101 28%	277 28%	205 28%	397 28%	15 33%	34 28%	19 27%	10 41%	2 18%	79 29%	
Base for stats	1711	172	416	384	220	159	359	973	738	1423	47	121	67	24	11	270	
Mean Score	3.10	3.19	3.16	3.10	3.20	2.87	3.00	3.14	3.03	3.08	3.05	3.26	3.16	2.79	3.47	3.16	
Standard Deviation	1.149	1.334	1.146	1.177	1.040	1.083	1.105	1.193	1.087	1.142	1.250	1.201	1.083	1.112	1.296	1.179	
Standard Error	.028	.103	.057	.060	.068	.083	.058	.039	.039	.030	.179	.108	.130	.218	.391	.071	
Error variance	*	.01	*	*	*	.01	*	*	*	*	.03	.01	.02	.05	.15	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	1723	1086	283	264	547	150	114	540	197	49	41	129	92	120	291	264
Total	1718	1048	306	288	595	145	111	545	195	48	41	124	84	115	311	255
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	192 11%	117 11%	31 10%	41 14%	72 12%	29 20% cdgij	20 18% cdgj	55 10%	19 10%	8 17%	3 7%	11 9%	9 11%	11 9%	27 9%	49 19% cdgij
A bit more (4.0)	452 26%	257 24%	86 28%	87 30%	173 29% a	33 23%	39 35% adej	170 31% adej	44 23%	7 15%	13 32%	32 26%	20 24%	27 24%	66 21%	72 28%
About the same (3.0)	586 34%	372 36% c	107 35%	82 28%	189 32%	34 24%	29 27%	192 35% agk	65 33%	21 43% abgk	13 31%	30 24%	30 36% ak	43 37% agk	130 42% abgk	64 25%
A bit less (2.0)	291 17%	176 17%	46 15%	53 18%	99 17%	28 19% b	11 10%	76 14%	44 22% bck	6 13%	8 18%	31 25% bcjk	18 21% b	21 18%	48 16%	39 15%
A lot less (1.0)	191 11%	122 12%	35 11%	26 9%	61 10%	20 14%	10 9%	50 9%	23 12%	6 12%	4 9%	20 16% ch	6 7%	13 11%	39 13%	31 12%
Don't know	7 *	4 *	- -	- -	- -	1 1%	1 1%	3 1%	- -	- -	1 3% dj	1 1%	1 1%	- -	- -	2 1%
NET: More	644 37%	373 36%	118 38%	127 44% a	245 41% a	62 43% dj	59 53% cdeghij	225 41% dj	64 33%	15 32%	16 39%	42 34%	29 35%	38 33%	93 30%	121 47% deghij
NET: Less	482 28%	298 28%	81 27%	79 27%	160 27%	48 33% bc	22 20%	126 23%	67 34% bc	12 25%	11 28%	51 41% bcehjk	24 28%	34 30%	88 28%	69 27%
Base for stats	1711	1044	306	288	595	144	110	542	195	48	40	123	83	115	311	254
Mean Score	3.10	3.07	3.11	3.22	3.16	3.16 g	3.42 cdgij	3.19 dgj	2.97	3.11	3.10	2.85	3.11	3.01	2.98	3.28 dgj
Standard Deviation	1.149	1.152	1.137	1.168	1.152	1.332	1.180	1.091	1.150	1.204	1.106	1.222	1.086	1.122	1.108	1.273
Standard Error	.028	.035	.068	.072	.049	.109	.111	.047	.082	.172	.175	.108	.114	.102	.065	.079
Error variance	*	*	*	.01	*	.01	.01	*	.01	.03	.03	.01	.01	.01	*	.01

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	1723	389	346	130	28	476	417	436	254	165	41	419	477	229	933	463	98	1494	
Total	1718	386	351	130	26	481	413	440	254	163	39	417	479	220	939	466	94	1498	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	192 11%	47 12%	46 13%	5 4%	1 3%	51 11%	48 12%	47 11%	38 15%	11 7%	2 4%	49 12%	49 10%	16 7%	105 11%	53 11%	17 19%	176 12%	
		c	c			c	c		c								abe	a	
A bit more (4.0)	452 26%	118 30%	109 31%	25 19%	10 39%	133 28%	128 31%	135 31%	74 29%	43 27%	9 23%	118 28%	143 30%	52 24%	243 26%	136 29%	22 23%	400 27%	
		c	c			c	c												
About the same (3.0)	586 34%	134 35%	108 31%	57 44%	4 14%	165 34%	138 33%	151 34%	83 33%	61 38%	12 32%	144 35%	164 34%	99 45%	313 33%	143 31%	31 34%	487 33%	
				bef										bce					
A bit less (2.0)	291 17%	59 15%	46 13%	24 19%	10 39%	70 15%	69 17%	68 16%	33 13%	27 17%	11 28%	60 14%	79 17%	30 13%	161 17%	83 18%	17 18%	261 17%	
											abe								
A lot less (1.0)	191 11%	29 7%	39 11%	20 15%	2 6%	59 12%	30 7%	38 9%	26 10%	20 12%	5 13%	45 11%	43 9%	23 11%	113 12%	48 10%	7 7%	167 11%	
				af		af													
Don't know *	7	-	2	-	-	2	-	1	1	-	-	1	1	-	4	3	-	7	
	*	-	1%	-	-	*	-	*	*	-	-	*	*	-	*	1%	-	*	
NET: More	644 37%	165 43%	155 44%	29 23%	11 42%	184 38%	176 43%	182 41%	112 44%	54 33%	10 27%	166 40%	192 40%	68 31%	348 37%	189 41%	39 42%	576 38%	
		c	c			c	c		cd							a		a	
NET: Less	482 28%	87 23%	86 24%	44 34%	12 45%	129 27%	99 24%	106 24%	59 23%	47 29%	16 41%	106 25%	122 25%	53 24%	274 29%	131 28%	23 25%	429 29%	
				abf							abef								
Base for stats	1711	386	349	130	26	479	413	439	253	163	39	416	477	220	935	463	94	1492	
Mean Score	3.10	3.25	3.22	2.78	2.94	3.10	3.23	3.19	3.26	2.99	2.78	3.15	3.16	3.04	3.07	3.13	3.28	3.10	
		c	c			c	c	cd	cd			d	d						
Standard Deviation	1.149	1.086	1.176	1.041	1.084	1.156	1.087	1.095	1.166	1.095	1.087	1.145	1.099	1.045	1.167	1.154	1.171	1.164	
Standard Error	.028	.055	.063	.091	.205	.053	.053	.052	.073	.085	.170	.056	.050	.069	.038	.054	.118	.030	
Error variance	*	*	*	.01	.04	*	*	*	.01	.01	.03	*	*	*	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	1723	346	1115	240	286	84	1119	547	53	1379	344	1451	256
Total	1718	342	1125	225	290	80	1128	534	52	1368	350	1462	241
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	192 11%	49 14%	123 11%	27 12%	24 8%	6 8%	130 12%	52 10%	3 7%	157 11%	35 10%	172 12% b	18 7%
A bit more (4.0)	452 26%	97 29%	298 26%	57 25%	72 25%	16 19%	312 28%	130 24%	14 27%	369 27%	83 24%	397 27%	53 22%
About the same (3.0)	586 34%	111 33%	362 32%	64 29%	101 35%	40 50% abdef	377 33%	188 35%	13 26%	463 34%	123 35%	498 34%	81 34%
A bit less (2.0)	291 17%	56 16%	201 18%	38 17%	53 18%	11 13%	191 17%	92 17%	10 19%	221 16%	70 20%	240 16%	47 20%
A lot less (1.0)	191 11%	29 8%	136 12%	35 16% d	39 13%	7 9%	116 10%	69 13%	10 19% d	153 11%	37 11%	151 10%	40 16% a
Don't know	7 *	- -	5 *	3 1% d	1 *	- -	3 *	3 1%	1 2% d	5 *	2 1%	4 *	2 1%
NET: More	644 37%	146 43%	421 37%	84 38%	96 33%	22 27%	442 39% ce	183 34%	17 33%	526 38%	118 34%	569 39% b	71 29%
NET: Less	482 28%	84 25%	337 30%	73 33%	92 32%	18 22%	307 27%	161 30%	20 39% c	374 27%	108 31%	392 27%	87 36% a
Base for stats	1711	342	1121	222	289	80	1126	532	51	1363	348	1458	239
Mean Score	3.10	3.24	3.06	3.01	2.97	3.04	3.13	3.01	2.81	3.11	3.02	3.14	2.84
		b					bef					b	
Standard Deviation	1.149	1.139	1.170	1.250	1.141	1.005	1.142	1.155	1.238	1.154	1.128	1.143	1.167
Standard Error	.028	.061	.035	.081	.068	.110	.034	.050	.172	.031	.061	.030	.073
Error variance	*	*	*	.01	*	.01	*	*	.03	*	*	*	.01

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1723	169	215	307	350	194	183	70	235	1066	488	416	484	590	209	78	894	716
Total	1718	173	214	303	349	191	181	72	234	1058	488	400	475	607	213	76	936	675
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	192 11%	7 4%	23 11%	27 9%	25 7%	22 12%	28 15%	14 19%	46 20%	97 9%	88 18%	42 10%	50 11%	61 10%	36 17%	11 15%	94 10%	84 12%
			a	a		a	acdi	acdi	abcdei	a	abcdei				abc			
A bit more (4.0)	452 26%	31 18%	36 17%	71 23%	113 32%	55 29%	69 38%	12 17%	66 28%	274 26%	147 30%	85 21%	138 29%	169 28%	55 26%	24 31%	252 27%	171 25%
				abcgi	abg	abcghi		ab	ab	abcg		a	a					
About the same (3.0)	586 34%	59 34%	78 36%	90 30%	123 35%	68 35%	50 28%	29 41%	89 38%	358 34%	168 34%	115 29%	154 32%	222 37%	87 41%	22 29%	319 34%	228 34%
							f	cf						a	ab			
A bit less (2.0)	291 17%	26 15%	44 20%	64 21%	59 17%	33 17%	27 15%	14 19%	24 10%	200 19%	65 13%	71 18%	85 18%	104 17%	26 12%	15 20%	161 17%	110 16%
			hj	hj	h	h				hj								
A lot less (1.0)	191 11%	50 29%	33 16%	50 17%	27 8%	13 7%	8 4%	2 2%	8 3%	124 12%	17 3%	86 21%	45 10%	50 8%	8 4%	3 4%	107 11%	79 12%
		bcdefghij	defghj	defghij	hj					defghj		bcd	d	d			a	a
Don't know	7 *	1 *	1 *	- -	2 *	1 *	- -	1 2%	2 1%	3 *	3 1%	2 *	2 *	1 *	1 *	- -	3 *	3 *
								c										
NET: More	644 37%	37 22%	59 27%	98 32%	138 40%	77 40%	97 53%	26 36%	112 48%	372 35%	235 48%	127 32%	188 40%	230 38%	91 43%	35 46%	346 37%	255 38%
			a	a	ab	ab	abcdegi	a	abcdi	ab	abcdi		a	a	a			
NET: Less	482 28%	76 44%	77 36%	115 38%	87 25%	46 24%	35 19%	15 21%	32 13%	324 31%	82 17%	157 39%	130 27%	154 25%	34 16%	18 24%	267 29%	189 28%
		defghij	defghj	defghij	hj	hj				dfhj		bcd	d	d				
Base for stats	1711	172	214	303	348	190	181	71	232	1054	485	399	473	605	212	76	933	672
Mean Score	3.10	2.53	2.86	2.87	3.14	3.22	3.46	3.33	3.51	3.02	3.46	2.81	3.13	3.14	3.40	3.34	3.07	3.10
		a	a	abc	abc	abc	abcdei	abc	abcdei	ac	abcdei	a	a	a	abc	b		
Standard Deviation	1.149	1.194	1.188	1.207	1.042	1.076	1.054	1.078	1.025	1.136	1.043	1.282	1.124	1.079	1.026	1.081	1.141	1.175
Standard Error	.028	.092	.081	.069	.056	.077	.078	.130	.067	.035	.047	.063	.051	.044	.071	.122	.038	.044
Error variance	*	.01	.01	*	*	.01	.01	.02	*	*	*	*	*	*	.01	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	1723	601	573	542	860	512
Total	1718	598	574	539	854	507
	100%	100%	100%	100%	100%	100%
A lot more (5.0)	192 11%	158 26% bc	14 2%	18 3%	128 15% b	39 8%
A bit more (4.0)	452 26%	327 55% bc	84 15% c	40 7%	239 28%	136 27%
About the same (3.0)	586 34%	77 13%	412 72% ac	96 18% a	225 26%	211 42% a
A bit less (2.0)	291 17%	27 4%	54 9% a	210 39% ab	153 18%	72 14%
A lot less (1.0)	191 11%	8 1%	9 1%	174 32% ab	104 12%	48 9%
Don't know	7 *	1 *	2 *	1 *	5 1%	2 *
NET: More	644 37%	486 81% bc	98 17% c	58 11%	367 43% b	175 34%
NET: Less	482 28%	34 6%	63 11% a	384 71% ab	257 30% b	120 24%
Base for stats	1711	597	572	537	849	506
Mean Score	3.10	4.01 bc	3.07 c	2.10	3.16	3.09
Standard Deviation	1.149	.831	.628	1.044	1.237	1.043
Standard Error	.028	.034	.026	.045	.042	.046
Error variance	*	*	*	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q6D2A. SUMMARY: Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

BASE: All respondents

	Total	Frequently	Occasionally	Rarely	Never
Indoor gym/fitness classes (away from home)	2002	331	385	302	984
	100%	17%	19%	15%	49%
Indoor swimming	2002	237	411	445	909
	100%	12%	21%	22%	45%
Other outdoor sports and activities (golf, outdoor tennis, water sports etc.)	2002	203	336	332	1131
	100%	10%	17%	17%	56%
Organised outdoor team sports (football, rugby, hockey etc.)	2002	152	287	312	1251
	100%	8%	14%	16%	62%
Indoor sports hall activities (basketball, badminton etc.)	2002	146	298	352	1206
	100%	7%	15%	18%	60%
Combat sports / martial arts	2002	134	227	234	1407
	100%	7%	11%	12%	70%
Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.)	2002	121	267	345	1268
	100%	6%	13%	17%	63%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.1. Indoor swimming: Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	237 12%	112 11%	124 12%	108 18% bc	86 13% c	43 6%	6 6%	42 16% adhi	27 14% ahi	19 9%	18 10%	22 10%	59 19% adefhi	28 9%	16 8%
Occasionally	411 21%	173 18%	238 23% a	175 29% bc	137 21% c	99 13%	22 23%	53 20%	34 17%	40 19%	30 18%	36 16%	81 26% cef	67 21%	47 23%
Rarely	445 22%	202 21%	238 24%	170 28% c	154 23% c	121 16%	21 22%	54 21%	36 19%	52 25%	40 23%	55 25%	71 22%	77 23%	39 19%
Never	909 45%	487 50% b	413 41%	151 25%	279 43% a	479 65% ab	45 48% g	112 43% g	98 50% g	97 47% g	85 49% g	109 49% g	104 33%	156 47% g	103 50% g

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2A.1. Indoor swimming: Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?

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
Significance Level: 95%																
Unweighted Total	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	237 12%	40 21% cdefgh	69 15% efh	56 13% fh	34 14% fh	15 8% fh	22 5% fh	165 15% efh	72 8% f	188 11%	6 11%	20 15%	13 17%	5 20%	2 20%	47 15% a
Occasionally	411 21%	59 32% cefgh	114 25% cfh	85 19% f	66 26% cfh	35 19% f	53 11% f	258 24% cfh	153 17% f	327 20%	15 27%	31 22%	21 29%	7 26%	4 32%	77 25% a
Rarely	445 22%	41 22% f	116 26% fh	100 22% f	72 28% fh	44 24% f	73 15% f	256 24% f	189 21% f	355 21%	15 28%	39 28% a	24 33% a	4 16%	4 31%	86 28% a
Never	909 45%	47 25%	150 33% a	207 46% abdg	81 32% abdg	91 49% abdg	333 69% abcdegh	404 37% a	505 55% abcdg	804 48% bcdg	19 35%	48 35% d	15 21%	10 39%	2 18%	95 31%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q6D2A.1. Indoor swimming: Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	237 12%	106 9%	63 18%	54 17%	117 18%	17 11%	26 22%	92 15%	36 17%	15 30%	6 13%	8 5%	12 13%	7 5%	18 4%	43 16%
			a	a	a	ij	agij	gij	gij	acdfghijk	j		gij			gij
Occasionally	411 21%	213 17%	86 25%	88 28%	174 26%	45 28%	40 34%	147 24%	48 23%	12 24%	11 23%	22 15%	17 19%	22 15%	46 11%	84 30%
			a	a	a	gij	cdghij	gij	j	j	j		j			cghij
Rarely	445 22%	242 19%	87 25%	93 29%	180 27%	45 29%	26 22%	153 25%	49 23%	15 30%	8 16%	36 24%	32 35%	29 19%	51 13%	71 26%
			a	a	a	j	j	j	j	j		j	bcdffij	j		j
Never	909 45%	685 55%	113 32%	82 26%	195 29%	52 33%	27 23%	222 36%	80 38%	8 17%	23 48%	84 56%	30 33%	92 61%	289 72%	79 28%
		bcd				e		bek	bek		bek	abcdehk	e	abcdehk	abcdeghik	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q6D2A.1. Indoor swimming: Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	237 12%	69 16%	65 17%	30 22%	5 18%	95 18%	75 16%	64 13%	61 23% af	31 17%	15 40% abcef	92 21% af	79 14%	17 7%	118 11% a	86 17% abe	15 14% a	220 13% a
Occasionally	411 21%	91 20%	105 27% a	42 30% af	12 43% af	147 28% af	103 22% af	112 22%	79 30% af	48 26%	9 23%	126 28% af	121 22%	45 17%	209 19% abde	138 27% abde	19 17%	366 21%
Rarely	445 22%	102 23%	87 23%	36 26%	9 31%	123 24%	111 24%	128 25%	63 24%	38 21%	6 17%	101 23%	134 25%	39 15%	224 20% a	146 28% abe	35 32% abe	406 23% ab
Never	909 45%	181 41% bcde	125 33% cd	31 23%	2 7%	156 30% d	183 39% cde	205 40% bde	62 23%	62 35% b	8 20%	124 28%	213 39% bde	164 62% bcde	559 50% cde	147 28% cde	39 36% cde	745 43% c

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q6D2A.1. Indoor swimming: Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	237	79	137	40	50	10	144	89	8	198	39	205	29
	12%	21%	10%	15%	13%	11%	11%	14%	12%	12%	9%	12%	9%
		b											
Occasionally	411	106	253	63	61	25	264	137	12	331	80	341	67
	21%	28%	19%	24%	16%	27%	20%	21%	18%	21%	19%	20%	22%
		b		b		b							
Rarely	445	91	305	60	50	24	299	121	12	343	102	374	64
	22%	24%	23%	23%	14%	26%	23%	19%	18%	22%	25%	22%	21%
				b		b	be	b					
Never	909	108	620	102	209	32	584	302	35	717	192	759	142
	45%	28%	47%	39%	56%	35%	45%	47%	52%	45%	47%	45%	47%
			a		acde		a	ac	ac				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2A.1. Indoor swimming: Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?

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
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Unweighted Total	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	237 12%	18 4%	29 13%	37 12%	53 15%	30 16%	23 12%	13 18%	34 14%	149 14%	70 14%	52 10%	66 12%	69 10%	47 19%	18 22%	129 12%	85 11%
			a	a	a	a	a	a	a	a	a				abc	bc		
Occasionally	411 21%	43 10%	35 15%	91 29%	85 24%	45 24%	49 27%	15 21%	49 20%	255 23%	113 23%	86 17%	125 23%	155 23%	40 17%	18 22%	222 21%	157 19%
				abh	ab	ab	ab	a	a	ab	ab		ad	ad				
Rarely	445 22%	69 16%	65 29%	61 19%	90 25%	48 25%	43 24%	16 23%	53 22%	264 24%	112 23%	138 27%	116 21%	137 21%	45 19%	20 24%	247 23%	167 21%
			ac		a	a	a			a	a	bcd						
Never	909 45%	293 69%	99 43%	126 40%	126 36%	68 36%	68 37%	27 38%	103 43%	418 38%	198 40%	235 46%	240 44%	305 46%	110 45%	27 33%	471 44%	399 49%
		bcdefghij															a	ab

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.1. Indoor swimming: Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

BASE: All respondents

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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Frequently	237	113	62	60	150	63
	12%	18%	9%	9%	16%	11%
		bc			b	
Occasionally	411	143	136	130	248	115
	21%	23%	19%	20%	26%	19%
					b	
Rarely	445	149	142	148	217	155
	22%	24%	20%	22%	23%	26%
Never	909	209	364	321	322	264
	45%	34%	52%	49%	34%	44%
			a	a		a



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.2. Indoor gym/fitness classes (away from home): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	331 17%	162 17%	168 17%	152 25% bc	120 18% c	60 8%	11 12%	44 17%	34 18%	44 21% afhi	28 16%	27 12%	74 23% abefhi	45 14%	24 12%
Occasionally	385 19%	142 15%	241 24% a	205 34% bc	141 22% c	39 5%	22 23% f	51 20%	29 15%	44 21%	33 19%	30 14%	77 25% cfh	59 18%	38 19%
Rarely	302 15%	124 13%	177 17% a	121 20% c	116 18% c	66 9%	12 13%	34 13%	29 15%	31 15%	26 15%	32 14%	62 20% bi	52 16%	24 12%
Never	984 49%	546 56% b	428 42%	127 21%	279 43% a	578 78% ab	50 52% g	132 50% g	102 52% g	90 43% g	86 50% g	132 60% dg	102 32%	172 53% dg	118 58% dg

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.2. Indoor gym/fitness classes (away from home): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	331 17%	60 32%	86 19%	80 18%	46 18%	23 12%	37 8%	226 21%	106 12%	260 16%	13 24%	29 21%	18 25%	3 9%	3 26%	66 22%
		bcd efgh	efh	fh	fh			efh	f				a			a
Occasionally	385 19%	48 26%	95 21%	108 24%	54 21%	47 25%	34 7%	250 23%	134 15%	280 17%	16 30%	47 34%	24 33%	7 24%	4 32%	98 32%
		fh	fh	fh	fh	fh		fh	f		a	a	a			a
Rarely	302 15%	39 21%	96 21%	64 14%	48 19%	27 14%	29 6%	199 18%	104 11%	230 14%	10 18%	29 21%	17 23%	9 34%	4 32%	68 22%
		cfh	cefh	f	fh	f		fh	f			a	a			a
Never	984 49%	40 22%	171 38%	197 44%	106 42%	89 48%	381 79%	408 38%	575 63%	904 54%	15 28%	32 23%	14 19%	9 33%	1 10%	72 24%
			a	ag	a	abg	abcdegh	a	abcdeg	bcdg						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2A.2. Indoor gym/fitness classes (away from home): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?

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	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	331	174	77	59	136	40	33	138	33	17	4	14	20	9	24	73
	17%	14%	22%	19%	20%	25%	27%	23%	15%	34%	9%	9%	22%	6%	6%	26%
			a	a	a	dfgij	dfgij	dfgij	ij	dfgij			fgij			dfgij
Occasionally	385	172	91	94	185	45	36	140	48	14	15	23	29	22	14	81
	19%	14%	26%	30%	28%	28%	30%	23%	23%	27%	31%	15%	32%	14%	3%	29%
			a	a	a	gij	gij	gij	ij	ij	gij	j	gij	j		cgij
Rarely	302	147	73	66	140	28	21	121	36	12	7	20	13	26	18	48
	15%	12%	21%	21%	21%	17%	17%	20%	17%	24%	14%	14%	15%	17%	4%	17%
			a	a	a	j	j	j	j	j	j	j	j	j		j
Never	984	754	108	98	206	47	30	215	96	8	22	94	30	95	349	76
	49%	60%	31%	31%	31%	29%	25%	35%	45%	15%	46%	62%	32%	63%	86%	28%
		bcd				e		bek	abcehk		abek	abcdehk	e	abcdefhk	abcdeghik	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q6D2A.2. Indoor gym/fitness classes (away from home): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	331 17%	79 18%	95 25% af	35 25%	9 33% a	130 25% af	88 19%	93 18%	71 27% af	44 25%	10 25%	115 26% af	103 19%	25 9%	167 15% a	115 22% abe	24 22% ab	306 18% a
Occasionally	385 19%	106 24%	93 24%	32 23%	12 43% abcef	126 24%	118 25%	101 20%	83 32% af	47 26%	13 34% a	130 29% af	114 21%	39 15%	172 15%	145 28% abe	29 26% ab	346 20% ab
Rarely	302 15%	79 18%	72 19%	34 24%	3 10%	106 20%	81 17%	95 19%	53 20%	34 19%	7 18%	88 20%	102 19%	30 11%	158 14%	93 18% a	21 20% a	272 16%
Never	984 49%	180 41% bcde	121 32%	38 27%	4 15%	159 31%	185 39% bcde	219 43% bcde	57 22%	54 30% b	9 23%	111 25%	228 42% bcde	172 65% bcde	613 55% cde	164 32%	34 32%	812 47% cd

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.2. Indoor gym/fitness classes (away from home): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Frequently

Occasionally

Rarely

Never

	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	2002	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	331	209	49	58	11	215	105	11	261	70	287	38
	17%	16%	18%	16%	12%	17%	16%	16%	16%	17%	17%	13%
		b										
Occasionally	385	222	66	52	25	238	129	12	317	68	318	64
	19%	17%	25%	14%	28%	18%	20%	18%	20%	17%	19%	21%
		b	bd		bd	b	b	b				
Rarely	302	193	44	39	16	199	90	9	240	62	239	59
	15%	15%	17%	11%	18%	15%	14%	14%	15%	15%	14%	20%
			b			b					a	
Never	984	691	105	222	38	638	323	35	771	212	836	140
	49%	53%	40%	60%	42%	49%	50%	52%	49%	51%	50%	46%
		a		acde		a	a					

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.2. Indoor gym/fitness classes (away from home): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Unweighted Total	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	331 17%	26 6%	31 14%	49 16%	72 20%	49 25%	51 28%	9 12%	45 19%	201 19%	104 21%	82 16%	105 19%	94 14%	48 20%	19 23%	187 17%	120 15%
			a	a	ab	abcgi	abcghi		a	a	ab		c	c				
Occasionally	385 19%	40 10%	38 17%	77 25%	92 26%	39 20%	47 26%	14 20%	38 16%	246 23%	99 20%	102 20%	106 19%	121 18%	51 21%	22 27%	211 20%	141 18%
			a	abh	abhj	a	abh	a	a	abh	a					c		
Rarely	302 15%	37 9%	45 20%	54 17%	67 19%	26 13%	23 13%	19 27%	30 13%	193 18%	73 15%	75 15%	84 15%	107 16%	30 13%	18 21%	159 15%	115 14%
			ah	a	ah			aefhj		a	a							
Never	984 49%	319 76%	113 50%	134 43%	122 34%	78 41%	62 34%	30 41%	126 53%	447 41%	217 44%	252 49%	253 46%	344 52%	112 46%	24 29%	513 48%	431 53%
		bcdefghij	dfi	d				cdefij		d	df						a	ab

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.2. Indoor gym/fitness classes (away from home): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

BASE: All respondents

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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Frequently	331	138	84	108	207	88
	17%	22%	12%	16%	22%	15%
		bc		b		
Occasionally	385	154	102	126	241	104
	19%	25%	14%	19%	26%	17%
		bc		b		
Rarely	302	95	105	101	173	98
	15%	15%	15%	15%	18%	16%
Never	984	228	414	326	316	308
	49%	37%	59%	49%	34%	52%
			ac	a		a

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.3. Indoor sports hall activities (basketball, badminton etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	146 7%	77 8%	69 7%	79 13% bc	52 8% c	15 2%	6 7%	24 9% i	15 8% i	12 6%	13 7% i	13 6%	41 13% dfhi	17 5%	5 2%
Occasionally	298 15%	141 15%	153 15%	152 25% bc	111 17% c	36 5%	10 10%	35 13%	24 12%	40 19% afh	24 14%	19 9%	78 25% abcefhi	39 12%	30 15%
Rarely	352 18%	164 17%	186 18%	171 28% bc	120 18% c	60 8%	17 18%	45 17%	33 17%	35 17%	19 11%	33 15%	71 22% ei	68 21% e	31 15%
Never	1206 60%	591 61%	606 60%	201 33%	373 57% a	631 85% ab	62 65% g	157 60% g	123 63% g	123 59% g	117 68% g	157 71% bdg	125 40%	204 62% g	138 67% g



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.3. Indoor sports hall activities (basketball, badminton etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	146 7%	36 19%	35 8%	34 8%	18 7%	8 4%	14 3%	106 10%	40 4%	101 6%	8 14%	18 13%	9 12%	4 16%	4 29%	43 14%
		bcddefgh	fh	fh	f		efh				a	a	a			a
Occasionally	298 15%	47 25%	83 18%	75 17%	46 18%	22 12%	26 5%	205 19%	93 10%	210 13%	11 20%	39 28%	29 39%	4 13%	2 14%	84 28%
		cefh	efh	fh	fh	f		efh	f			a	abg			a
Rarely	352 18%	42 23%	100 22%	90 20%	56 22%	39 21%	25 5%	232 21%	120 13%	260 16%	12 21%	40 29%	22 30%	8 29%	3 26%	85 28%
		fh	fh	fh	fh	fh		fh	f			a	a			a
Never	1206 60%	61 33%	231 51%	249 55%	133 53%	116 63%	416 87%	540 50%	666 72%	1103 66%	24 44%	41 29%	13 18%	11 41%	4 31%	92 30%
			a	ag	a	abdg	abcdegh	a	abcdeg	bcdg	cdg					d

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2A.3. Indoor sports hall activities (basketball, badminton etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?

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	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	146 7%	63 5%	34 10%	36 11%	70 11%	18 11%	20 17%	47 8%	16 7%	12 24%	3 6%	6 4%	16 17%	2 2%	6 2%	37 14%
			a	a	a	gij	cdgij	ij	ij	acdfgij	j		cdgij			cdgij
Occasionally	298 15%	116 9%	75 22%	81 25%	156 23%	32 20%	31 26%	128 21%	39 18%	9 18%	8 17%	5 3%	27 29%	8 5%	12 3%	63 23%
			a	a	a	gij	gij	gij	gij	gij	gij		dgij			gij
Rarely	352 18%	191 15%	68 20%	69 22%	138 21%	42 26%	23 19%	137 22%	42 20%	14 28%	13 26%	26 17%	24 26%	18 12%	14 4%	65 23%
				a	a	gij	j	ij	ij	ij	ij	j	ij	j		ij
Never	1206 60%	877 70%	171 49%	132 42%	303 45%	68 42%	45 38%	302 49%	116 55%	15 30%	24 50%	114 76%	26 29%	123 82%	372 92%	112 40%
		bcd				h		behk	abehk		eh	abcdefhk		abcdefhk	abcdefghik	h

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2A.3. Indoor sports hall activities (basketball, badminton etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?

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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	146 7%	38 9%	34 9%	20 15% af	3 12%	54 10%	41 9%	41 8%	29 11%	17 10%	7 17% a	47 11%	48 9%	8 3%	69 6% a	55 11% ab	14 13% ab	138 8% a
Occasionally	298 15%	65 15%	92 24% af	41 30% af	7 26%	133 26% af	73 15%	76 15%	77 29% af	43 24% af	11 29% af	120 27% af	88 16%	18 7%	127 11% a	127 25% abe	27 25% abe	281 16% ab
Rarely	352 18%	88 20%	90 24%	35 25%	8 29%	125 24%	96 20%	102 20%	67 25%	41 23%	12 30%	107 24%	114 21%	33 12%	184 17% ab	112 22% a	23 22% a	319 18% a
Never	1206 60%	253 57% bcde	166 43% c	42 30%	9 33%	208 40% c	262 56% bcde	288 57% bcde	91 35%	78 43% d	9 23%	169 38%	297 54% bcde	208 78% bcde	731 66% cde	223 43%	44 40%	998 57% cd

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.3. Indoor sports hall activities (basketball, badminton etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	146	55	78	26	19	11	90	52	3	112	34	119	22
	7%	14%	6%	10%	5%	13%	7%	8%	4%	7%	8%	7%	7%
		b		b		bd							
Occasionally	298	116	157	40	50	24	178	107	5	246	53	251	44
	15%	30%	12%	15%	13%	26%	14%	17%	8%	15%	13%	15%	15%
		b				abdef							
Rarely	352	80	228	45	45	18	240	97	9	287	64	276	73
	18%	21%	17%	17%	12%	20%	19%	15%	13%	18%	16%	16%	24%
							be						a
Never	1206	133	852	154	256	37	782	392	50	944	262	1034	163
	60%	35%	65%	58%	69%	41%	61%	60%	75%	59%	63%	62%	54%
			a	c	acde		c	c	acde			b	

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.3. Indoor sports hall activities (basketball, badminton etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Unweighted Total	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	146 7%	12 3%	19 8%	25 8%	30 9%	16 9%	15 8%	5 7%	24 10%	90 8%	44 9%	38 7%	33 6%	40 6%	32 13%	18 22%	75 7%	50 6%
			a	a	a	a	a		a	a	a			abc	bc			
Occasionally	298 15%	19 5%	29 13%	60 19%	73 21%	43 22%	33 18%	10 14%	30 13%	205 19%	74 15%	61 12%	105 19%	91 14%	39 16%	26 31%	159 15%	102 13%
			a	ah	abhj	abhj	a	a	a	abh	a		ac		bc			
Rarely	352 18%	36 8%	45 20%	60 19%	77 22%	37 19%	42 23%	14 20%	40 17%	219 20%	97 20%	85 17%	99 18%	133 20%	29 12%	9 11%	207 19%	123 15%
			a	a	a	a	a	a	a	a	a		d	d			c	
Never	1206 60%	355 84%	134 59%	171 54%	172 49%	95 50%	93 51%	42 58%	144 60%	572 53%	279 57%	327 64%	311 57%	402 60%	141 58%	29 35%	629 59%	532 66%
		bcdefghij	d						dei		d	b					a	ab

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.3. Indoor sports hall activities (basketball, badminton etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

BASE: All respondents

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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Frequently	146	70	35	40	94	41
	7%	11%	5%	6%	10%	7%
		bc			b	
Occasionally	298	113	92	88	193	85
	15%	18%	13%	13%	21%	14%
		bc			b	
Rarely	352	140	99	110	200	122
	18%	23%	14%	17%	21%	20%
		bc				
Never	1206	292	479	421	450	350
	60%	48%	68%	64%	48%	59%
			a	a		a

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.4. Organised outdoor team sports (football, rugby, hockey etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	152 8%	85 9%	67 7%	92 15% bc	46 7% c	14 2%	5 5%	24 9% h	14 7%	16 8%	14 8%	13 6%	40 13% acthi	14 4%	11 6%
Occasionally	287 14%	150 15%	134 13%	167 28% bc	96 15% c	25 3%	9 10%	41 16% f	24 12%	27 13%	23 13%	18 8%	72 23% abcdehfi	43 13%	29 14%
Rarely	312 16%	147 15%	163 16%	139 23% bc	109 17% c	64 9%	16 17%	37 14%	29 15%	38 18% e	19 11%	32 14%	68 22% bcehi	48 15%	25 12%
Never	1251 62%	591 61%	650 64%	207 34%	405 62% a	639 86% ab	65 68% g	159 61% g	128 66% g	127 61% g	118 68% g	159 72% bdg	135 43%	222 68% g	139 68% g

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2A.4. Organised outdoor team sports (football, rugby, hockey etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?

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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	152 8%	30 16%	46 10%	33 7%	18 7%	15 8%	10 2%	109 10%	43 5%	106 6%	5 8%	22 16%	10 13%	4 16%	2 15%	42 14%
		bcdefgh	fh	fh	f	f		fh	f			a	a			a
Occasionally	287 14%	49 26%	67 15%	80 18%	42 17%	29 16%	21 4%	195 18%	92 10%	195 12%	14 26%	37 27%	27 37%	6 22%	4 34%	88 29%
		bcdefgh	fh	fh	fh	fh		fh	f		a	a	a			a
Rarely	312 16%	44 24%	98 22%	65 15%	53 21%	29 16%	23 5%	207 19%	105 11%	228 14%	13 24%	38 28%	19 26%	6 21%	2 17%	78 26%
		cefh	cfh	f	cfh	f		cfh	f		a	a	a			a
Never	1251 62%	64 34%	238 53%	271 60%	140 55%	113 61%	426 89%	572 53%	679 74%	1144 68%	23 42%	42 30%	17 23%	11 42%	4 35%	97 32%
		a	abg	a	ag	abcdegh	a	abcdeg		bcdg	d					



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.4. Organised outdoor team sports (football, rugby, hockey etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	152 8%	62 5%	38 11%	40 12%	77 12%	16 10%	23 20%	52 8%	23 11%	5 10%	4 8%	5 3%	12 13%	2 1%	9 2%	40 14%
			a	a	a	gij	acdij	gij	gij	ij	ij		gij			cgij
Occasionally	287 14%	107 9%	78 22%	69 22%	147 22%	39 24%	30 25%	116 19%	32 15%	14 28%	9 18%	8 5%	24 26%	9 6%	8 2%	68 25%
			a	a	a	dgij	dgij	gij	gij	dgij	gij	j	dgij	j		dgij
Rarely	312 16%	166 13%	59 17%	72 23%	131 20%	30 19%	25 21%	128 21%	37 17%	15 29%	9 19%	25 17%	19 20%	12 8%	12 3%	55 20%
				a	a	ij	ij	ij	ij	gij	ij	ij	ij	j		ij
Never	1251 62%	912 73%	175 50%	137 43%	312 47%	74 46%	41 35%	318 52%	121 57%	17 33%	27 56%	113 75%	38 41%	128 85%	375 93%	115 41%
		bcd				b		behk	abehk		be	abcdefhk		abcdefghk	abcdefghik	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q6D2A.4. Organised outdoor team sports (football, rugby, hockey etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	152 8%	39 9%	36 10%	24 17% abf	5 16%	61 12%	44 9%	37 7%	37 14% af	16 9%	10 26% abcef	53 12% a	47 9%	12 4%	69 6%	59 11% abe	12 11% ab	140 8% a
Occasionally	287 14%	72 16%	74 19%	39 28% abf	5 16%	113 22% af	77 16%	74 15%	69 26% af	38 21% a	11 29% af	107 24% af	85 16%	16 6%	130 12% a	111 21% abe	30 28% abe	271 16% ab
Rarely	312 16%	79 18%	87 23%	27 20%	10 35% af	115 22%	89 19%	95 19%	58 22%	43 24%	11 28%	101 23%	106 19%	32 12%	148 13%	107 21% abe	25 23% ab	280 16% b
Never	1251 62%	254 57% bcde	184 48% c	48 35%	9 32%	232 45% c	263 56% bcde	302 59% bcde	100 38% d	83 46% d	6 17%	183 41% d	308 56% bcde	207 78% bcde	763 69% cde	240 46%	42 38%	1045 60% cd

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.4. Organised outdoor team sports (football, rugby, hockey etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	152	61	75	20	30	10	89	57	2	120	32	119	27
	8%	16%	6%	7%	8%	11%	7%	9%	3%	8%	8%	7%	9%
		b				f							
Occasionally	287	105	156	49	43	29	163	112	6	234	53	231	51
	14%	27%	12%	19%	12%	32%	13%	17%	9%	15%	13%	14%	17%
		b		bd		abdef		bd					
Rarely	312	75	195	36	42	13	216	82	7	251	61	264	44
	16%	20%	15%	14%	11%	14%	17%	13%	11%	16%	15%	16%	14%
		b					be						
Never	1251	142	889	160	255	39	823	396	51	984	267	1066	180
	62%	37%	68%	61%	69%	43%	64%	61%	77%	62%	65%	63%	60%
			a	c		ace	c	c	acde				

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.4. Organised outdoor team sports (football, rugby, hockey etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	152 8%	11 2%	18 8%	28 9%	32 9%	20 11%	17 9%	5 7%	20 8%	99 9%	42 9%	36 7%	48 9%	40 6%	25 11%	11 14%	85 8%	52 6%
			a	a	a	a	a		a	a	a				c	c		
Occasionally	287 14%	17 4%	31 14%	53 17%	68 19%	40 21%	38 20%	8 11%	32 13%	192 18%	77 16%	66 13%	77 14%	97 14%	42 17%	22 26%	156 15%	102 13%
			a	a	ah	ah	ah	a	a	a	a					bc		
Rarely	312 16%	24 6%	36 16%	65 21%	78 22%	32 17%	28 15%	14 19%	35 15%	211 19%	77 16%	79 15%	79 14%	107 16%	44 18%	21 25%	171 16%	110 14%
			a	a	ahj	a	a	a	a	a	a					bc		
Never	1251 62%	370 88%	141 62%	170 54%	174 49%	99 52%	100 55%	45 62%	152 64%	584 54%	297 60%	331 65%	343 63%	423 64%	130 54%	29 35%	658 62%	543 67%
		bcdefghij	dei					d	cdei	di		d	d	d		a		ab

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.4. Organised outdoor team sports (football, rugby, hockey etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Frequently

Occasionally

Rarely

Never

	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	2002 618	696	664	943	601
Total	2002 100%	704 100%	660 100%	937 100%	598 100%
Frequently	152 8%	76 12%	34 5%	39 6%	95 10%
		bc		b	43 7%
Occasionally	287 14%	124 20%	83 12%	76 12%	173 18%
		bc			100 17%
Rarely	312 16%	110 18%	97 14%	104 16%	201 21%
		b		b	89 15%
Never	1251 62%	306 50%	490 70%	441 67%	469 50%
		a	a		366 61%
					a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q6D2A.5. Other outdoor sports and activities (golf, outdoor tennis, water sports etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	203	120	82	90	59	53	5	32	16	16	13	27	47	27	19
	10%	12%	8%	15%	9%	7%	6%	12%	8%	8%	8%	12%	15%	8%	9%
		b		bc								acdeh			
Occasionally	336	176	159	158	130	48	11	43	29	35	22	19	98	46	33
	17%	18%	16%	26%	20%	7%	12%	16%	15%	17%	12%	9%	31%	14%	16%
				bc	c			f		f			abcdefhi		f
Rarely	332	166	166	138	122	72	18	38	26	32	29	38	56	61	34
	17%	17%	16%	23%	19%	10%	19%	14%	14%	15%	17%	17%	18%	19%	17%
				c	c										
Never	1131	511	608	218	344	569	60	148	124	125	109	138	114	194	118
	56%	53%	60%	36%	53%	77%	63%	57%	64%	60%	63%	62%	36%	59%	58%
			a		a	ab	g	g	g	g	g	g		g	g

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.5. Other outdoor sports and activities (golf, outdoor tennis, water sports etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	203	44	60	35	27	12	24	140	63	161	5	18	13	3	2	41
	10%	24%	13%	8%	11%	7%	5%	13%	7%	10%	10%	13%	17%	10%	20%	13%
		bcd efgh	ce fh	fh	fh		ce fh		a							a
Occasionally	336	57	101	71	49	27	31	229	107	240	14	40	25	8	2	89
	17%	31%	23%	16%	19%	15%	6%	21%	12%	14%	26%	29%	34%	28%	21%	29%
		bcd efgh	ce fh	fh	fh	f	ce fh	f		a	a	a	a			a
Rarely	332	43	91	87	48	32	32	220	112	261	10	31	19	3	4	68
	17%	23%	20%	19%	19%	17%	7%	20%	12%	16%	19%	23%	26%	10%	36%	22%
		fh	fh	fh	fh	fh		fh	f			a	a			a
Never	1131	42	196	255	130	114	394	494	637	1012	25	49	17	14	3	107
	56%	23%	44%	57%	51%	61%	82%	46%	69%	60%	45%	36%	23%	52%	24%	35%
		a	abg	a	abd g	abcde gh	a	abcde g		bcd g	d					d

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q6D2A.5. Other outdoor sports and activities (golf, outdoor tennis, water sports etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	203	104	46	45	91	24	23	77	20	7	8	8	7	1	28	46
	10%	8%	13%	14%	14%	15%	19%	13%	10%	14%	16%	5%	8%	*	7%	17%
			a	a	a	gij	dghij	gij	i	gi	gij	i	i		i	dghij
Occasionally	336	153	73	82	156	39	32	134	43	13	8	14	23	12	18	71
	17%	12%	21%	26%	23%	24%	27%	22%	20%	27%	16%	9%	25%	8%	4%	26%
			a	a	a	gij	gij	gij	gij	gij	j	j	gij			gij
Rarely	332	175	66	68	134	31	22	135	40	20	9	20	19	17	20	52
	17%	14%	19%	21%	20%	19%	18%	22%	19%	39%	19%	13%	21%	12%	5%	19%
			a	a	a	j	j	gij	j	abcdghijk	j	j	ij	j		ij
Never	1131	815	164	123	287	66	42	269	110	10	23	109	43	121	338	108
	56%	65%	47%	39%	43%	41%	36%	44%	51%	20%	49%	72%	46%	80%	84%	39%
		bcd	c			e	e	e	abek		e	abcdefhk	e	abcdefhk	abcdefghk	e



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.5. Other outdoor sports and activities (golf, outdoor tennis, water sports etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	203	46	67	19	1	85	47	54	50	20	7	70	61	17	105	71	11	186
	10%	10%	17% adf	13%	3%	16% adf	10%	11%	19% acf	11%	19%	16% af	11%	6%	9%	14% ab	10%	11% a
Occasionally	336	74	93	49	8	141	82	81	78	51	14	129	96	39	158	118	21	297
	17%	17%	24% af	35% abf	29%	27% af	17%	16%	29% af	29%	37% af	29% af	18%	15%	14%	23% abe	19%	17% b
Rarely	332	97	73	38	8	110	104	107	62	40	6	103	113	24	167	114	27	308
	17%	22%	19%	27% b	28%	21% b	22%	21%	24%	23%	15%	23%	21%	9%	15% a	22% abe	25% abe	18% a
Never	1131	228	150	34	12	184	239	266	74	68	11	142	277	186	681	214	50	945
	56%	51% bce	39% c	24%	41%	35% c	51% bce	52% bcde	28%	38% b	30%	32% bcde	51% bcde	70% bcde	61% cde	41%	46% c	54% c

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q6D2A.5. Other outdoor sports and activities (golf, outdoor tennis, water sports etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	203	70	113	24	34	9	136	65	2	162	41	175	26
	10%	18%	9%	9%	9%	10%	11%	10%	3%	10%	10%	10%	9%
		b					f						
Occasionally	336	111	175	51	51	25	206	116	9	273	63	280	48
	17%	29%	13%	19%	14%	27%	16%	18%	13%	17%	15%	17%	16%
		b			bdef								
Rarely	332	70	229	38	44	18	226	92	6	253	79	263	65
	17%	18%	17%	14%	12%	19%	18%	14%	9%	16%	19%	16%	22%
							b						a
Never	1131	132	798	151	242	39	722	375	51	901	229	962	163
	56%	34%	61%	57%	65%	44%	56%	58%	76%	57%	56%	57%	54%
			a	c	acde		c	c	acde				

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.5. Other outdoor sports and activities (golf, outdoor tennis, water sports etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Unweighted Total	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	203	17	16	32	44	27	29	5	32	119	66	39	61	62	40	16	127	59
	10%	4%	7%	10%	13%	14%	16%	7%	13%	11%	13%	8%	11%	9%	17%	19%	12%	7%
				a	ab	ab	abi		ab	a	ab		a		abc	c	c	
Occasionally	336	26	26	64	85	47	37	16	36	221	88	73	99	117	42	24	195	108
	17%	6%	11%	20%	24%	24%	20%	22%	15%	20%	18%	14%	18%	18%	17%	29%	18%	13%
			a	ab	abhj	abh	ab	ab	a	ab	ab					bc	c	
Rarely	332	28	51	58	62	36	42	15	41	207	98	81	90	120	31	14	178	128
	17%	7%	22%	18%	17%	19%	23%	21%	17%	19%	20%	16%	17%	18%	13%	17%	17%	16%
			a	a	a	a	a	a	a	a	a							
Never	1131	351	135	161	162	82	76	36	129	539	241	318	297	367	128	29	570	513
	56%	83%	59%	51%	46%	43%	41%	50%	54%	50%	49%	62%	54%	55%	53%	35%	53%	64%
		bcdefghij	defij	f					def	f		bcd					a	ab

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.5. Other outdoor sports and activities (golf, outdoor tennis, water sports etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Frequently

Occasionally

Rarely

Never

	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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Frequently	203	92	57	55	133	50
	10%	15%	8%	8%	14%	8%
		bc			b	
Occasionally	336	131	108	95	210	98
	17%	21%	15%	14%	22%	16%
		bc			b	
Rarely	332	118	99	112	183	115
	17%	19%	14%	17%	20%	19%
		b				
Never	1131	275	440	398	411	335
	56%	45%	62%	60%	44%	56%
			a	a		a

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.6. Combat sports / martial arts: Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	134 7%	69 7%	65 6%	79 13% bc	44 7% c	11 1%	4 4%	20 8%	14 7%	12 6%	10 6%	13 6%	40 13% abcdefghi	14 4%	7 4%
Occasionally	227 11%	110 11%	117 12%	130 22% bc	89 14% c	8 1%	13 14%	28 11%	16 8%	26 13%	19 11%	14 7%	63 20% bcdefhi	28 9%	19 9%
Rarely	234 12%	92 9%	141 14% a	132 22% bc	86 13% c	16 2%	11 12%	28 11%	16 8%	30 14%	16 9%	22 10%	53 17% bceh	32 10%	26 13%
Never	1407 70%	702 72%	691 68%	263 43%	437 67% a	707 95% ab	67 70% g	185 71% g	149 76% dg	141 68% g	128 74% g	172 78% dg	159 51%	253 77% dg	152 74% g

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**Q6D2A.6. Combat sports / martial arts: Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	134 7%	26 14%	43 10%	26 6%	18 7%	11 6%	10 2%	96 9%	38 4%	90 5%	11 20%	15 11%	10 14%	6 21%	1 9%	43 14%
		cdefgh	cfh	f	fh	f		fh	f		a	a	a			a
Occasionally	227 11%	46 25%	60 13%	54 12%	35 14%	18 10%	15 3%	160 15%	68 7%	148 9%	9 17%	33 24%	25 35%	2 6%	4 35%	73 24%
		bcddefgh	fh	fh	fh	f		fh	f		a	a	ab			a
Rarely	234 12%	30 16%	55 12%	56 13%	47 19%	26 14%	19 4%	142 13%	93 10%	169 10%	5 10%	30 22%	18 24%	8 29%	3 23%	63 21%
		fh	f	f	bcfgh	f		fh	f			ab	ab			ab
Never	1407 70%	84 45%	290 65%	312 70%	153 60%	131 70%	437 91%	686 63%	721 78%	1267 76%	29 54%	60 44%	20 27%	12 44%	4 33%	125 41%
		a	adg	a	ad	abcdegh	a	abcdeg		bcdg	d	d				d

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.6. Combat sports / martial arts: Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	134 7%	60 5%	27 8%	33 11%	60 9%	17 11%	19 16%	50 8%	14 6%	12 23%	4 8%	6 4%	6 6%	4 3%	3 1%	36 13%
			a	a	a	gij	cdghij	ij	j	acdfghij	j	j	j			cdgij
Occasionally	227 11%	74 6%	66 19%	64 20%	131 20%	24 15%	28 23%	97 16%	27 13%	11 21%	7 15%	7 4%	16 17%	5 3%	5 1%	52 19%
			a	a	a	gij	cdgij	gij	gij	gij	gij	j	gij			gij
Rarely	234 12%	103 8%	53 15%	55 17%	108 16%	30 19%	19 16%	82 13%	28 13%	13 26%	9 19%	16 11%	20 22%	12 8%	4 1%	49 18%
			a	a	a	gij	ij	j	j	cdgij	ij	j	cgij	j		gij
Never	1407 70%	1009 81%	203 58%	166 52%	368 55%	88 55%	52 44%	384 63%	144 68%	15 29%	28 58%	122 81%	51 55%	130 86%	392 97%	140 50%
		bcd				e		bek	abehk		e	abcdefhk	e	abcdefhk	abcdefghik	e

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2A.6. Combat sports / martial arts: Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?

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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	134 7%	35 8%	37 10%	21 15% af	4 15%	58 11%	39 8%	34 7%	31 12% a	20 11% a	10 24% abcef	52 12% af	44 8%	8 3%	58 5%	58 11% abe	10 9% a	125 7% ab
Occasionally	227 11%	50 11%	69 18% af	34 25% af	10 36% abef	103 20% af	60 13%	51 10%	66 25% af	35 19% af	11 29% af	101 23% af	63 11%	20 8%	101 9%	91 18% abe	15 14% abe	207 12% ab
Rarely	234 12%	58 13%	52 13%	30 22% abf	5 19%	82 16%	63 13%	58 11%	49 19% af	28 16%	8 21%	78 18% af	66 12%	17 6%	111 10%	84 16% abe	23 21% abe	218 13% ab
Never	1407 70%	301 68% bcde	224 59% cd	53 38%	8 30%	278 53% cd	309 66% bcde	365 72% bcde	117 44% d	96 53% d	10 25%	213 48% d	375 68% bcde	221 83% bcde	841 76% cde	284 55%	61 56%	1186 68% cd



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.6. Combat sports / martial arts: Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	134	74	47	30	29	10	64	65	3	116	18	106	25
	7%	19%	4%	11%	8%	11%	5%	10%	4%	7%	4%	6%	8%
		b		d	d	d		d		b			
Occasionally	227	95	102	32	42	23	118	93	4	179	49	178	41
	11%	25%	8%	12%	11%	25%	9%	14%	6%	11%	12%	11%	14%
		b				abdef		d					
Rarely	234	57	156	38	31	16	148	76	7	189	45	187	46
	12%	15%	12%	14%	8%	17%	11%	12%	11%	12%	11%	11%	15%
				b		b							a
Never	1407	157	1010	164	268	42	962	414	53	1105	301	1209	189
	70%	41%	77%	62%	72%	47%	74%	64%	79%	70%	73%	72%	63%
			a	c	ace		ace	c	ace			b	

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.6. Combat sports / martial arts: Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Unweighted Total	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	134 7%	4 1%	12 5%	22 7%	37 10%	18 9%	15 8%	5 7%	21 9%	89 8%	41 8%	31 6%	35 6%	37 6%	28 12%	10 13%	74 7%	48 6%
			a	a	ab	a	a	a	a	a	a	6%	6%	6%	abc	bc		
Occasionally	227 11%	11 3%	27 12%	43 14%	64 18%	29 15%	19 10%	8 11%	27 12%	163 15%	54 11%	45 9%	70 13%	70 11%	37 15%	26 31%	120 11%	72 9%
			a	a	abfjh	a	a	a	a	aj	a		a		a	bc		
Rarely	234 12%	25 6%	33 15%	53 17%	54 15%	25 13%	25 14%	7 9%	13 6%	165 15%	45 9%	67 13%	67 12%	74 11%	24 10%	13 16%	129 12%	81 10%
			ahj	ahj	ahj	ah	ah			ahj		13%	12%	11%	10%			
Never	1407 70%	383 91%	155 68%	198 63%	199 56%	119 62%	124 68%	53 73%	177 74%	670 62%	354 72%	368 72%	376 69%	485 73%	153 63%	33 40%	746 70%	606 75%
		bcdefghij	d			d	di	cdei		cdei		d		d			a	ab

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.6. Combat sports / martial arts: Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

BASE: All respondents

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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Frequently	134	69	37	28	89	36
	7%	11%	5%	4%	9%	6%
		bc			b	
Occasionally	227	98	69	55	148	69
	11%	16%	10%	8%	16%	12%
		bc			b	
Rarely	234	74	79	79	139	76
	12%	12%	11%	12%	15%	13%
Never	1407	374	520	496	562	417
	70%	61%	74%	75%	60%	70%
			a	a		a

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.7. Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	121 6%	64 7%	58 6%	65 11% bc	48 7% c	9 1%	6 6%	12 4%	6 3%	17 8% c	11 6%	8 4%	37 12% bcfhi	15 5%	10 5%
Occasionally	267 13%	111 11%	155 15% a	136 23% bc	102 16% c	28 4%	14 15%	40 15% hi	34 17% hi	26 13%	19 11%	23 10%	64 20% defhi	28 8%	19 9%
Rarely	345 17%	149 15%	193 19% a	161 27% bc	130 20% c	54 7%	16 17%	47 18% c	22 11%	40 19% c	22 13%	34 15%	73 23% cefh	56 17%	36 17%
Never	1268 63%	650 67% b	607 60%	242 40%	375 57% a	651 88% ab	60 63% g	162 62% g	133 68% g	125 60% g	121 70% dg	156 71% dg	141 45%	229 70% bdg	140 69% g

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q6D2A.7. Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	121 6%	32 17%	36 8%	22 5%	16 7%	10 5%	6 1%	89 8%	32 3%	77 5%	7 13%	17 12%	14 19%	2 9%	2 15%	42 14%
		bcd efgh	fh	f	fh	f		cfh	f		a	a	a			a
Occasionally	267 13%	55 30%	63 14%	67 15%	40 16%	24 13%	19 4%	184 17%	83 9%	193 12%	11 20%	32 24%	19 25%	8 29%	2 18%	72 24%
		bcd efgh	fh	fh	fh	f		fh	f		a	a	a			a
Rarely	345 17%	28 15%	112 25%	90 20%	47 19%	34 18%	34 7%	231 21%	115 13%	272 16%	8 15%	34 25%	16 22%	6 21%	3 24%	67 22%
		f	afh	fh	fh	fh		fh	f			a				a
Never	1268 63%	71 38%	238 53%	270 60%	149 59%	118 64%	422 88%	579 53%	689 75%	1132 68%	28 52%	55 40%	24 33%	11 41%	5 43%	123 40%
			a	abg	a	abg	abcdegh	a	abcdeg	bcdg	d					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q6D2A.7. Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	121 6%	56 5%	24 7%	29 9%	53 8%	19 12%	17 14%	49 8%	13 6%	6 11%	5 10%	5 3%	4 5%	2 1%	2 1%	36 13%
			a	a	a	ghij	cdghij	gij	ij	gij	ij	j	j			cdghij
Occasionally	267 13%	94 8%	75 21%	73 23%	147 22%	25 16%	30 25%	119 19%	29 14%	15 30%	6 11%	12 8%	17 18%	7 5%	7 2%	54 20%
			a	a	a	gij	adgij	gij	ij	adfgij	j	j	gij	j		gij
Rarely	345 17%	163 13%	86 25%	79 25%	165 25%	37 24%	32 27%	130 21%	49 23%	16 31%	8 17%	19 12%	23 25%	19 13%	13 3%	69 25%
			a	a	a	gij	gij	gij	gij	gij	j	j	gij	j		gij
Never	1268 63%	934 75%	164 47%	138 43%	302 45%	78 49%	40 34%	316 51%	122 57%	14 28%	30 62%	115 76%	48 52%	123 81%	382 95%	119 43%
		bcd				be		bek	bek		bek	abcdehk	be	abcdefhk	abcdeghik	e

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q6D2A.7. Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	121 6%	28 6%	40 10% af	17 12% af	2 9%	56 11% af	30 6%	31 6%	26 10%	22 12% af	6 16% af	48 11% af	37 7%	10 4%	52 5%	47 9% abe	12 11% ab	111 6%
Occasionally	267 13%	68 15%	79 21% a	34 25% af	10 36% af	113 22% af	78 17%	72 14%	71 27% af	37 21% a	12 31% af	108 24% af	85 15%	19 7%	120 11%	113 22% abe	15 14% a	248 14% ab
Rarely	345 17%	90 20%	93 24%	31 22%	8 29%	124 24%	99 21%	98 19%	76 29% acf	35 20%	13 33% a	112 25% a	110 20%	33 12%	167 15%	117 23% abe	29 27% abe	312 18% ab
Never	1268 63%	257 58% bcde	170 45%	57 41%	8 27%	227 44%	265 56% bcde	308 61% bcde	91 34%	86 48% bd	8 21%	177 40% d	316 58% bcde	203 76% bcde	772 70% cde	240 46%	52 48%	1065 61% cd

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q6D2A.7. Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	121	62	45	22	28	10	63	54	5	99	23	98	17
	6%	16%	3%	8%	8%	11%	5%	8%	7%	6%	5%	6%	6%
		b		d		d		d					
Occasionally	267	100	140	44	44	19	158	99	5	216	51	224	40
	13%	26%	11%	17%	12%	21%	12%	15%	8%	14%	12%	13%	13%
		b		d		bdf							
Rarely	345	81	223	51	43	21	228	101	13	274	72	281	60
	17%	21%	17%	19%	12%	23%	18%	16%	20%	17%	17%	17%	20%
				b		b	b						
Never	1268	141	907	148	255	41	843	393	43	1001	268	1077	184
	63%	37%	69%	56%	69%	45%	65%	61%	65%	63%	65%	64%	61%
			a		ace		ace	c	c				



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q6D2A.7. Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	121 6%	6 1%	13 6%	21 7%	17 5%	23 12%	11 6%	10 14%	20 8%	74 7%	41 8%	27 5%	40 7%	24 4%	28 12%	14 17%	66 6%	39 5%
			a	a	a	abcdfi	a	abcdfi	a	a	ad		c		ac	bc		
Occasionally	267 13%	13 3%	27 12%	49 16%	69 20%	33 17%	34 19%	10 13%	31 13%	178 16%	75 15%	51 10%	73 13%	97 15%	43 18%	19 23%	144 13%	96 12%
			a	a	abh	a	a	a	a	a	a			a	a	bc		
Rarely	345 17%	33 8%	44 20%	56 18%	80 23%	42 22%	41 22%	15 21%	35 15%	222 20%	90 18%	96 19%	94 17%	120 18%	31 13%	14 18%	197 18%	122 15%
			a	a	ah	ah	ah	a	a	ah	a	d						
Never	1268 63%	370 88%	143 63%	189 60%	187 53%	92 48%	97 53%	37 52%	152 64%	612 56%	286 58%	338 66%	340 62%	424 64%	140 58%	35 42%	662 62%	551 68%
		bcdefghij	def	e					defi	e	e	d					a	ab

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2A.7. Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.): Thinking about the activities listed below, how often did you take part in each of these before the pandemic (i.e. before March 2020), if at all?**

BASE: All respondents

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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Frequently	121	64	32	24	87	30
	6%	10%	5%	4%	9%	5%
		bc			b	
Occasionally	267	116	78	67	173	78
	13%	19%	11%	10%	18%	13%
		bc			b	
Rarely	345	117	108	119	210	110
	17%	19%	15%	18%	22%	18%
Never	1268	317	486	450	468	380
	63%	52%	69%	68%	50%	64%
			a	a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B. SUMMARY: And which of these activities, if any, do you intend to take part in once they resume / are permitted?

BASE: All respondents

	Total	I intend to take part as soon as it resumes / is permitted	I intend to take part but not immediately after it resumes / is permitted	I do not intend to take part	Not applicable - I am already doing this activity	Don't know	NET: Intend to take part
Indoor swimming	2002 100%	323 16%	547 27%	884 44%	90 5%	158 8%	870 43%
Indoor gym/fitness classes (away from home)	2002 100%	358 18%	456 23%	956 48%	93 5%	139 7%	814 41%
Other outdoor sports and activities (golf, outdoor tennis, water sports etc.)	2002 100%	244 12%	407 20%	1077 54%	101 5%	173 9%	652 33%
Indoor sports hall activities (basketball, badminton etc.)	2002 100%	195 10%	349 17%	1206 60%	93 5%	159 8%	544 27%
Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.)	2002 100%	164 8%	347 17%	1205 60%	106 5%	180 9%	511 26%
Organised outdoor team sports (football, rugby, hockey etc.)	2002 100%	188 9%	268 13%	1274 64%	113 6%	159 8%	456 23%
Combat sports / martial arts	2002 100%	143 7%	235 12%	1351 68%	118 6%	154 8%	379 19%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.1. Indoor swimming: And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	323	142	179	144	103	77	15	40	29	33	23	39	66	46	32
	16%	15%	18%	24%	16%	10%	15%	15%	15%	16%	13%	18%	21%	14%	16%
				bc	c								eh		
I intend to take part but not immediately after it resumes / is permitted	547	243	298	195	211	141	27	77	46	49	46	50	110	92	50
	27%	25%	29%	32%	32%	19%	28%	30%	24%	23%	27%	22%	35%	28%	24%
			a	c	c								cdefi		
I do not intend to take part	884	467	410	178	253	453	44	112	99	96	87	109	85	145	106
	44%	48%	40%	29%	39%	61%	46%	43%	51%	46%	50%	49%	27%	44%	52%
		b			a	ab	g	g	g	g	g	g	g	g	bg
Not applicable - I am already doing this activity	90	44	45	40	30	20	3	16	7	10	5	10	17	14	8
	5%	5%	4%	7%	5%	3%	3%	6%	4%	5%	3%	5%	5%	4%	4%
				c											
Don't know	158	77	81	47	59	52	8	16	13	21	12	13	36	30	9
	8%	8%	8%	8%	9%	7%	8%	6%	7%	10%	7%	6%	12%	9%	4%
										i			bi	i	
NET: Intend to take part	870	385	478	339	314	217	41	117	75	82	69	89	177	138	82
	43%	40%	47%	56%	48%	29%	43%	45%	39%	39%	40%	40%	56%	42%	40%
			a	bc	c								abcdefhi		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.1. Indoor swimming: And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	323 16%	52 28%	81 18%	76 17%	53 21%	28 15%	34 7%	209 19%	114 12%	254 15%	11 20%	31 22%	16 22%	4 13%	4 30%	65 21%
		bcefg	fh	fh	fh	f		fh	f			a				a
I intend to take part but not immediately after it resumes / is permitted	547 27%	69 37%	155 35%	120 27%	80 32%	53 29%	70 15%	343 32%	203 22%	438 26%	21 39%	43 31%	24 32%	8 29%	6 49%	102 34%
		cfh	cfh	f	fh	fh		fh	f		a					a
I do not intend to take part	884 44%	42 22%	162 36%	194 43%	89 35%	79 43%	318 66%	398 37%	486 53%	796 48%	17 31%	38 28%	16 22%	10 37%	2 14%	83 27%
			a	abd	a	a	abcde	a	abcde	bcd						
Not applicable - I am already doing this activity	90 5%	8 4%	16 4%	27 6%	13 5%	13 7%	14 3%	51 5%	39 4%	65 4%	3 5%	8 6%	10 14%	3 10%	-	24 8%
				f	f								ac			a
Don't know	158 8%	16 8%	35 8%	32 7%	18 7%	13 7%	45 9%	82 8%	76 8%	120 7%	2 4%	18 13%	7 10%	3 10%	1 7%	31 10%
												a				
NET: Intend to take part	870 43%	121 65%	236 53%	195 44%	134 53%	81 44%	103 22%	552 51%	318 35%	692 41%	32 59%	74 54%	40 54%	11 43%	9 79%	167 55%
		bcd	ce	fh	cf	fh		cf	f		a	a	a			a

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q6D2B.1. Indoor swimming: And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	323	154	83	73	156	37	36	116	43	9	9	15	16	12	30	73
	16%	12%	24%	23%	23%	23%	30%	19%	20%	19%	19%	10%	17%	8%	7%	26%
			a	a	a	gij	cdghij	gij	gij	ij	ij		ij			cgij
I intend to take part but not immediately after it resumes / is permitted	547	299	108	116	223	55	37	196	62	23	10	47	26	30	61	92
	27%	24%	31%	36%	33%	35%	31%	32%	29%	45%	21%	31%	28%	20%	15%	33%
			a	a	a	ij	ij	ij	ij	dfhij		ij	j			ij
I do not intend to take part	884	656	110	95	204	58	37	227	79	9	25	61	31	82	276	95
	44%	53%	31%	30%	31%	36%	31%	37%	37%	17%	51%	41%	34%	54%	68%	34%
		bcd				e		e	e		bcehk	e	e	abcdeghk	abcdeghik	e
Not applicable - I am already doing this activity	90	48	17	12	29	3	3	34	13	6	1	6	7	5	11	7
	5%	4%	5%	4%	4%	2%	3%	6%	6%	12%	2%	4%	8%	3%	3%	2%
								jk	jk	abgijk			ajk			
Don't know	158	90	32	23	54	6	6	41	16	4	3	21	12	23	27	12
	8%	7%	9%	7%	8%	4%	5%	7%	8%	7%	7%	14%	13%	15%	7%	4%
												abcdjk	abck	abcdjk		
NET: Intend to take part	870	453	190	189	380	92	72	312	105	32	19	62	42	42	91	164
	43%	36%	55%	59%	57%	58%	61%	51%	49%	63%	40%	41%	46%	28%	22%	59%
			a	a	a	fgij	cdghij	gij	ij	fg hij	j	ij	ij			cdghij

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q6D2B.1. Indoor swimming: And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	323 16%	95 21%	81 21%	24 18%	4 16%	105 20%	99 21%	97 19%	60 23%	41 23%	9 23%	101 23%	106 19%	30 11%	154 14%	108 21% abe	31 28% abe	293 17% ab
I intend to take part but not immediately after it resumes / is permitted	547 27%	124 28%	129 34%	46 33%	12 43%	176 34%	136 29%	157 31%	97 37% c	48 27%	12 32%	145 33%	170 31%	57 21%	297 27%	167 32% ab	26 24% a	490 28% a
I do not intend to take part	884 44%	173 39% d	136 36%	46 33%	5 18%	182 35%	178 38% d	201 40% be	76 29%	67 37%	10 27%	143 32%	211 39% be	154 58% bcde	526 47% cde	174 34%	29 27%	729 42% cd
Not applicable - I am already doing this activity	90 5%	25 6%	15 4%	13 9% b	4 15% abe	28 5%	29 6%	21 4%	15 6%	14 8% a	4 11% a	30 7%	26 5%	12 5%	50 5%	25 5%	4 3%	78 5%
Don't know	158 8%	28 6%	20 5%	10 7%	2 8%	30 6%	30 6%	31 6%	16 6%	9 5%	3 8%	25 6%	34 6%	13 5%	83 7%	43 8% abce	19 18% abce	145 8% abce
NET: Intend to take part	870 43%	218 49%	210 55%	71 51%	17 59%	281 54%	235 50%	255 50%	157 60% acf	89 50%	21 54%	246 55%	276 50%	87 33%	451 41% a	275 53% abe	57 52% ab	783 45% ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.1. Indoor swimming: And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	323 16%	91 24% b	199 15%	44 16%	60 16%	12 13%	214 17%	103 16%	12 19%	259 16%	64 15%	277 17%	40 13%
I intend to take part but not immediately after it resumes / is permitted	547 27%	121 32%	357 27%	71 27%	91 24%	32 36% b	351 27%	178 27%	15 22%	452 28% b	95 23%	463 28%	76 25%
I do not intend to take part	884 44%	128 33%	591 45% a	110 42%	178 48% c	33 36%	575 45%	284 44%	29 43%	687 43%	197 48%	751 45%	130 43%
Not applicable - I am already doing this activity	90 5%	22 6%	53 4%	13 5%	14 4%	6 6%	56 4%	30 5%	3 5%	66 4%	24 6%	65 4%	22 7% a
Don't know	158 8%	21 5%	116 9% a	27 10%	27 7%	8 9%	96 7%	54 8%	7 11%	125 8%	33 8%	122 7%	33 11% a
NET: Intend to take part	870 43%	211 55% b	555 42%	115 44%	151 41%	44 49%	564 44%	281 43%	27 41%	711 45% b	159 38%	741 44%	117 39%



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q6D2B.1. Indoor swimming: And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	323 16%	37 9%	30 13%	54 17%	56 16%	36 19%	43 23%	10 14%	56 24%	176 16%	109 22%	81 16%	96 17%	90 13%	55 23%	17 21%	174 16%	124 15%
				a	a	a	abdi		abdi	a	abdi			c	ac			
I intend to take part but not immediately after it resumes / is permitted	547 27%	77 18%	64 28%	100 32%	111 31%	68 36%	51 28%	22 31%	54 23%	343 32%	127 26%	140 27%	157 29%	189 28%	50 21%	26 32%	307 29%	205 25%
			a	ah	ah	ahj	a	a		ahj	a	d	d	d	d			
I do not intend to take part	884 44%	254 60%	103 45%	130 41%	132 37%	62 32%	64 35%	33 46%	106 44%	427 39%	202 41%	218 43%	227 41%	320 48%	106 44%	29 35%	459 43%	387 48%
		bcdefghij	ef	e				e	ef	e	e			b				ab
Not applicable - I am already doing this activity	90 5%	13 3%	10 4%	10 3%	27 8%	15 8%	9 5%	3 4%	3 1%	63 6%	15 3%	25 5%	25 5%	32 5%	8 3%	8 9%	47 4%	33 4%
			h		achj	achj	h			ahj						bc		
Don't know	158 8%	41 10%	21 9%	20 6%	27 8%	10 5%	16 9%	4 5%	20 8%	78 7%	39 8%	47 9%	44 8%	35 5%	23 9%	2 2%	83 8%	59 7%
										c		c		c				
NET: Intend to take part	870 43%	114 27%	93 41%	154 49%	167 47%	105 55%	94 52%	32 45%	110 46%	519 48%	237 48%	222 43%	253 46%	278 42%	105 43%	44 53%	480 45%	328 41%
		a	a	a	a	ab	ab	a	a	a	a					c		

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2B.1. Indoor swimming: And which of these activities, if any, do you intend to take part in once they resume / are permitted?**

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

I intend to take part as soon as it resumes / is permitted

I intend to take part but not immediately after it resumes / is permitted

I do not intend to take part

Not applicable - I am already doing this activity

Don't know

NET: Intend to take part

	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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	323	142	85	94	206	89
	16%	23%	12%	14%	22%	15%
		bc			b	
I intend to take part but not immediately after it resumes / is permitted	547	193	155	196	319	151
	27%	31%	22%	30%	34%	25%
		b			b	
I do not intend to take part	884	218	357	298	325	260
	44%	35%	51%	45%	35%	43%
			ac			a
Not applicable - I am already doing this activity	90	27	37	23	36	41
	5%	4%	5%	3%	4%	7%
						a
Don't know	158	35	70	49	52	58
	8%	6%	10%	7%	6%	10%
			a			a
NET: Intend to take part	870	335	240	289	525	239
	43%	54%	34%	44%	56%	40%
		bc			b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.2. Indoor gym/fitness classes (away from home): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	358 18%	149 15%	209 21%	179 30%	123 19%	56 8%	14 15%	51 20%	32 17%	38 18%	29 17%	34 15%	79 25%	59 18%	22 11%
			a	bc	c			i		i			acefhi	i	
I intend to take part but not immediately after it resumes / is permitted	456 23%	172 18%	279 28%	201 33%	173 26%	82 11%	22 23%	59 23%	50 26%	45 21%	40 23%	34 15%	104 33%	58 18%	44 22%
			a	bc	c				fh				abdefhi		
I do not intend to take part	956 48%	540 55%	408 40%	146 24%	262 40%	549 74%	49 51%	127 49%	92 47%	89 43%	89 51%	125 57%	98 31%	166 51%	122 60%
		b		a	ab		g	g	g	g	g	dg	g	g	bcdgh
Not applicable - I am already doing this activity	93 5%	51 5%	41 4%	36 6%	38 6%	18 2%	2 2%	11 4%	7 3%	14 7%	10 6%	13 6%	15 5%	13 4%	9 5%
				c	c										
Don't know	139 7%	60 6%	77 8%	41 7%	60 9%	37 5%	9 9%	13 5%	14 7%	23 11%	6 3%	16 7%	19 6%	32 10%	7 4%
				c	c		ei			begi				bei	
NET: Intend to take part	814 41%	322 33%	488 48%	380 63%	296 45%	138 19%	36 38%	110 42%	82 42%	83 40%	68 40%	68 31%	184 58%	117 36%	66 32%
			a	bc	c			fi	fi				abcdefhi		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.2. Indoor gym/fitness classes (away from home): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	358 18%	60 32% bcdefgh	97 22% fh	85 19% fh	53 21% fh	29 16% f	34 7% f	242 22% efh	116 13% f	276 17%	17 31% a	32 23% a	22 30% a	5 19%	2 17%	78 26% a
I intend to take part but not immediately after it resumes / is permitted	456 23%	54 29% efh	127 28% efh	129 29% efh	63 25% fh	38 20% f	44 9% f	310 29% efh	145 16% f	343 21%	19 34% a	49 36% a	25 34% a	9 35%	6 48%	107 35% a
I do not intend to take part	956 48%	43 23%	176 39% a	182 41% a	111 44% ag	91 49% abcg	354 74% abcdegh	401 37% a	556 60% abcdeg	880 53%	11 20%	33 24%	14 20%	8 30%	3 26%	70 23%
Not applicable - I am already doing this activity	93 5%	19 10% bcfgh	19 4%	19 4%	14 6% f	9 5%	11 2%	58 5% f	35 4%	63 4%	3 6%	10 7%	11 15% a	3 11%	1 10%	28 9% a
Don't know	139 7%	11 6%	29 6%	33 7%	12 5%	17 9%	37 8%	72 7%	66 7%	112 7%	4 8% d	14 10% d	1 1%	2 6%	-	21 7%
NET: Intend to take part	814 41%	114 61% bcdefgh	224 50% efh	214 48% efh	116 46% efh	67 36% fh	78 16% f	552 51% efh	262 28% f	619 37%	35 65% a	81 59% a	47 64% a	14 53%	8 64%	185 61% a

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q6D2B.2. Indoor gym/fitness classes (away from home): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	358	181	78	77	155	46	41	137	42	12	7	14	23	14	23	86
	18%	15%	22%	24%	23%	29%	34%	22%	20%	24%	14%	9%	25%	9%	6%	31%
			a	a	a	dfgij	cdfgij	gij	gij	gij	j		gij			cdfgij
I intend to take part but not immediately after it resumes / is permitted	456	218	113	98	212	48	34	177	52	19	12	35	31	24	24	82
	23%	18%	32%	31%	32%	30%	28%	29%	24%	39%	25%	23%	33%	16%	6%	29%
			a	a	a	ij	ij	ij	ij	dgij	j	j	ij	j		ij
I do not intend to take part	956	718	113	101	214	44	31	233	94	12	23	78	22	86	334	75
	48%	58%	32%	32%	32%	28%	26%	38%	44%	23%	47%	52%	24%	57%	83%	27%
		bcd						abehk	abehk		abehk	abcehk		abcdehk	abcdehghik	
Not applicable - I am already doing this activity	93	48	18	23	41	14	7	30	14	3	3	7	4	4	6	21
	5%	4%	5%	7%	6%	9%	6%	5%	7%	7%	7%	5%	4%	3%	2%	8%
			a	a	a	cij	j	j	j	j	j	j				ij
Don't know	139	81	26	20	46	7	7	38	10	4	3	17	12	23	17	14
	7%	6%	7%	6%	7%	5%	6%	6%	5%	8%	7%	11%	13%	15%	4%	5%
												acdjk	abcdjk	abcdjk		
NET: Intend to take part	814	400	192	175	367	94	74	314	94	32	19	49	54	38	47	168
	41%	32%	55%	55%	55%	59%	63%	51%	44%	63%	39%	32%	58%	25%	12%	60%
			a	a	a	dfgij	cdfgij	gij	gij	dfgij	j	j	dfgij	j		cdfgij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.2. Indoor gym/fitness classes (away from home): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	358 18%	99 22%	92 24%	33 24%	6 22%	125 24%	105 22%	111 22%	70 26%	38 21%	14 37%	108 24%	125 23%	26 10%	174 16%	126 24%	33 30%	333 19%
											acf				a	abe	abe	ab
I intend to take part but not immediately after it resumes / is permitted	456 23%	106 24%	121 32%	40 29%	15 54%	161 31%	121 26%	119 23%	89 34%	60 34%	14 36%	149 34%	133 24%	43 16%	222 20%	163 32%	27 25%	412 24%
			af		abcef	a			af	af		af				abe		ab
I do not intend to take part	956 48%	182 41%	134 35%	53 38%	3 10%	187 36%	185 39%	222 44%	71 27%	69 39%	10 25%	141 32%	231 42%	173 65%	595 54%	167 32%	22 20%	784 45%
		d	d	d		d	d	bde		b			bde	bode	cde	d		cd
Not applicable - I am already doing this activity	93 5%	27 6%	17 5%	8 6%	3 10%	26 5%	30 6%	24 5%	22 8%	6 3%	1 2%	29 6%	24 4%	6 2%	48 4%	28 5%	11 10%	87 5%
									acf						a	abe	a	
Don't know	139 7%	30 7%	17 4%	5 4%	1 4%	22 4%	32 7%	34 7%	12 5%	6 3%	- -	18 4%	34 6%	19 7%	71 6%	32 6%	16 15%	120 7%
																	abce	
NET: Intend to take part	814 41%	205 46%	213 56%	73 52%	22 76%	286 55%	226 48%	230 45%	158 60%	98 55%	28 72%	257 58%	258 47%	69 26%	396 36%	289 56%	60 55%	745 43%
			af		abcef	af			af	a	acf	af			a	abe	abe	ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.2. Indoor gym/fitness classes (away from home): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	358	104	225	63	46	21	234	118	10	280	78	303	52
	18%	27%	17%	24%	12%	23%	18%	18%	16%	18%	19%	18%	17%
		b		bde		b	b	b					
I intend to take part but not immediately after it resumes / is permitted	456	107	294	66	72	18	300	141	13	378	78	380	68
	23%	28%	22%	25%	19%	20%	23%	22%	19%	24%	19%	23%	23%
		b								b			
I do not intend to take part	956	125	646	101	216	38	616	315	34	737	219	816	135
	48%	33%	49%	38%	58%	42%	48%	49%	51%	46%	53%	49%	45%
		a			acde		a	a	a		a		
Not applicable - I am already doing this activity	93	24	61	11	14	6	60	28	3	75	18	77	14
	5%	6%	5%	4%	4%	7%	5%	4%	5%	5%	4%	5%	5%
Don't know	139	23	89	24	23	7	81	47	6	119	20	103	33
	7%	6%	7%	9%	6%	8%	6%	7%	9%	7%	5%	6%	11%
													a
NET: Intend to take part	814	211	519	129	117	39	534	258	23	658	156	684	120
	41%	55%	40%	49%	32%	43%	41%	40%	35%	41%	38%	41%	40%
		b		bdef		b	b	b					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.2. Indoor gym/fitness classes (away from home): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	358 18%	38 9%	34 15%	62 20%	78 22%	41 21%	52 28%	11 16%	41 17%	215 20%	105 21%	102 20%	95 17%	95 14%	66 27%	22 26%	196 18%	131 16%
			a	a	ab	a	abcghij		a	a	ab	c			abc	c		
I intend to take part but not immediately after it resumes / is permitted	456 23%	48 11%	58 26%	78 25%	101 29%	61 32%	50 27%	15 20%	44 19%	299 28%	108 22%	118 23%	125 23%	169 25%	38 16%	22 26%	242 23%	179 22%
			a	a	ahj	ahj	ah	a	a	ahj	a	d	d	d				
I do not intend to take part	956 48%	288 68%	110 48%	142 45%	130 37%	69 36%	61 33%	35 49%	121 51%	450 41%	218 44%	236 46%	257 47%	343 52%	104 43%	31 37%	509 48%	408 51%
		bcdefghij	def	def				df	defi	f	df			d				a
Not applicable - I am already doing this activity	93 5%	9 2%	7 3%	15 5%	22 6%	10 5%	6 3%	6 9%	18 7%	53 5%	30 6%	14 3%	33 6%	35 5%	11 5%	4 5%	52 5%	35 4%
				a	a			ab	ab	a	a		a	a				
Don't know	139 7%	38 9%	19 8%	18 6%	22 6%	10 5%	14 8%	4 6%	14 6%	68 6%	32 7%	42 8%	38 7%	24 4%	23 9%	5 6%	71 7%	53 7%
												c	c		c			
NET: Intend to take part	814 41%	87 21%	92 41%	141 45%	179 51%	102 53%	102 56%	26 36%	86 36%	514 47%	213 43%	219 43%	220 40%	264 40%	104 43%	43 52%	438 41%	311 38%
			a	ah	abghj	abghj	abcghij	a	a	ah	a					bc		



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.2. Indoor gym/fitness classes (away from home): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

I intend to take part as soon as it resumes / is permitted

I intend to take part but not immediately after it resumes / is permitted

I do not intend to take part

Not applicable - I am already doing this activity

Don't know

NET: Intend to take part

	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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	358	153	79	124	238	88
	18%	25%	11%	19%	25%	15%
		bc		b		
I intend to take part but not immediately after it resumes / is permitted	456	165	128	161	281	126
	23%	27%	18%	24%	30%	21%
		b		b		
I do not intend to take part	956	231	405	308	325	291
	48%	38%	58%	47%	35%	49%
			ac	a		a
Not applicable - I am already doing this activity	93	36	36	21	41	42
	5%	6%	5%	3%	4%	7%
		c				a
Don't know	139	29	56	47	53	51
	7%	5%	8%	7%	6%	9%
			a			a
NET: Intend to take part	814	318	207	284	519	214
	41%	52%	29%	43%	55%	36%
		bc		b		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.3. Indoor sports hall activities (basketball, badminton etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	195	102	92	105	56	34	7	30	14	16	17	29	47	23	13
	10%	10%	9%	17%	9%	5%	7%	12%	7%	8%	10%	13%	15%	7%	6%
				bc	c			hi				hi	acdhi		
I intend to take part but not immediately after it resumes / is permitted	349	180	164	179	125	45	11	45	29	40	26	19	92	53	33
	17%	18%	16%	30%	19%	6%	12%	17%	15%	19%	15%	9%	29%	16%	16%
				bc	c			f		f			abcdefhi	f	f
I do not intend to take part	1206	595	602	219	383	604	65	161	130	111	116	149	128	207	138
	60%	61%	59%	36%	58%	81%	69%	62%	67%	53%	67%	67%	41%	63%	68%
					a	ab	dg	g	dg	g	dg	dg		dg	dg
Not applicable - I am already doing this activity	93	31	62	42	32	19	3	11	9	16	4	13	19	13	6
	5%	3%	6%	7%	5%	3%	3%	4%	4%	8%	2%	6%	6%	4%	3%
			a	c	c					ei			e		
Don't know	159	65	94	59	60	40	9	14	14	25	10	11	29	33	14
	8%	7%	9%	10%	9%	5%	9%	5%	7%	12%	6%	5%	9%	10%	7%
			a	c	c					bef				b	
NET: Intend to take part	544	282	255	284	181	79	18	75	43	56	43	48	139	75	46
	27%	29%	25%	47%	28%	11%	19%	29%	22%	27%	25%	22%	44%	23%	22%
				bc	c								abcdefhi		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.3. Indoor sports hall activities (basketball, badminton etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	195	44	51	43	28	14	16	137	58	139	5	26	17	2	2	52
	10%	23%	11%	10%	11%	7%	3%	13%	6%	8%	10%	19%	23%	6%	20%	17%
		bcdefgh	fh	fh	fh	f		efh	f			a	ab			a
I intend to take part but not immediately after it resumes / is permitted	349	51	97	101	51	28	22	249	100	248	14	42	26	10	1	93
	17%	27%	22%	22%	20%	15%	5%	23%	11%	15%	25%	31%	36%	36%	10%	31%
		efh	efh	efh	fh	f		efh	f		a	a	a			a
I do not intend to take part	1206	68	244	250	143	111	391	561	644	1098	24	42	19	11	5	101
	60%	36%	54%	56%	56%	60%	81%	52%	70%	66%	43%	31%	26%	40%	44%	33%
			a	a	a	ag	abcdegh	a	abcdeg	bcdg	d					
Not applicable - I am already doing this activity	93	10	18	17	15	12	21	45	48	67	5	11	5	2	1	25
	5%	6%	4%	4%	6%	7%	4%	4%	5%	4%	10%	8%	7%	8%	7%	8%
											a	a				a
Don't know	159	14	38	38	16	21	32	90	69	120	6	16	5	3	2	33
	8%	7%	8%	9%	6%	11%	7%	8%	7%	7%	12%	12%	7%	11%	19%	11%
						f						a				a
NET: Intend to take part	544	94	149	143	79	42	38	386	158	388	19	68	44	11	4	146
	27%	51%	33%	32%	31%	22%	8%	36%	17%	23%	35%	49%	59%	42%	30%	48%
		bcdefgh	efh	efh	efh	f		efh	f		a	a	ab			a

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q6D2B.3. Indoor sports hall activities (basketball, badminton etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	195	93	38	51	89	30	23	67	26	11	6	5	9	6	12	53
	10%	7%	11%	16%	13%	19%	19%	11%	12%	22%	13%	3%	9%	4%	3%	19%
			a	a	a	cghij	cghij	gij	gij	cghij	gij		gj			cdghij
I intend to take part but not immediately after it resumes / is permitted	349	149	96	78	174	38	38	143	45	17	9	8	30	7	15	76
	17%	12%	27%	25%	26%	24%	32%	23%	21%	33%	18%	5%	32%	5%	4%	27%
			a	a	a	gij	cdgij	gij	gij	gij	gij		cdgij			gij
I do not intend to take part	1206	862	164	147	312	69	47	321	112	19	27	107	34	113	355	116
	60%	69%	47%	46%	47%	44%	39%	52%	53%	37%	56%	71%	37%	75%	88%	42%
		bcd						behk	behk		bh	abcdehk		abcdefhk	abcdeghik	
Not applicable - I am already doing this activity	93	59	14	14	29	10	5	30	13	2	3	10	5	6	10	15
	5%	5%	4%	4%	4%	6%	4%	5%	6%	3%	6%	6%	5%	4%	2%	5%
						j		j	j			j				j
Don't know	159	83	36	28	64	11	7	52	17	2	3	21	15	19	12	18
	8%	7%	10%	9%	10%	7%	6%	9%	8%	4%	7%	14%	16%	12%	3%	7%
			a	a	a	j		j	j			abcjk	abcdejkl	jk		j
NET: Intend to take part	544	242	134	129	263	68	60	210	71	28	15	13	39	13	27	129
	27%	19%	38%	40%	39%	43%	51%	34%	33%	56%	31%	9%	42%	9%	7%	46%
			a	a	a	cgij	cdfgij	gij	gij	cdfgij	gij	gij	gij	gij		cdfgij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.3. Indoor sports hall activities (basketball, badminton etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	195 10%	42 10%	56 15%	27 19%	6 22%	82 16%	49 10%	47 9%	51 19%	28 15%	7 18%	79 18%	54 10%	11 4%	93 8%	74 14%	17 16%	184 11%
			a	af	af	af	af		af	af		af			a	abe	ab	a
I intend to take part but not immediately after it resumes / is permitted	349 17%	91 21%	95 25%	45 32%	7 25%	140 27%	98 21%	98 19%	79 30%	48 27%	15 38%	127 29%	113 21%	36 13%	168 15%	122 24%	24 22%	314 18%
			af	af	af	af	af		af	a	af	af			abe	a	b	
I do not intend to take part	1206 60%	252 57%	186 49%	50 36%	12 43%	236 45%	264 56%	302 59%	100 38%	85 47%	13 32%	185 42%	314 57%	199 75%	717 65%	246 48%	43 40%	1007 58%
		bce	c			bce	bce	bcd	bcd	b		bcd	bcd	bcd	cde	48%	40%	cd
Not applicable - I am already doing this activity	93 5%	19 4%	22 6%	10 7%	1 3%	32 6%	20 4%	21 4%	16 6%	8 5%	4 9%	25 6%	25 5%	8 3%	46 4%	33 6%	6 6%	85 5%
																ab		
Don't know	159 8%	39 9%	24 6%	6 5%	2 7%	30 6%	41 9%	40 8%	18 7%	10 6%	1 2%	28 6%	41 8%	13 5%	86 8%	42 8%	18 17%	146 8%
																	abce	a
NET: Intend to take part	544 27%	134 30%	150 39%	72 52%	13 47%	222 43%	147 31%	145 28%	130 49%	76 43%	22 56%	206 46%	166 30%	47 18%	261 24%	196 38%	41 37%	498 29%
			af	abf		af			af	af	af	af			a	abe	abe	ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.3. Indoor sports hall activities (basketball, badminton etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	
Significance Level: 95%	a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	195	81	100	34	33	13	114	76	3	162	33	167	24
	10%	21%	8%	13%	9%	14%	9%	12%	4%	10%	8%	10%	8%
		b	df			f		d					
I intend to take part but not immediately after it resumes / is permitted	349	107	194	49	51	22	226	109	11	281	69	281	59
	17%	28%	15%	18%	14%	24%	17%	17%	16%	18%	17%	17%	20%
		b				b							
I do not intend to take part	1206	151	846	143	245	42	797	381	42	950	255	1041	162
	60%	39%	64%	54%	66%	46%	62%	59%	63%	60%	62%	62%	54%
		a			ace		ac	c	c			b	
Not applicable - I am already doing this activity	93	22	61	11	12	8	59	30	1	66	27	69	23
	5%	6%	5%	4%	3%	9%	5%	5%	1%	4%	6%	4%	8%
		a				bf					a		a
Don't know	159	22	114	27	29	6	96	53	10	130	29	121	33
	8%	6%	9%	10%	8%	7%	7%	8%	15%	8%	7%	7%	11%
								d					a
NET: Intend to take part	544	188	294	83	84	35	340	185	14	443	102	448	83
	27%	49%	22%	31%	23%	38%	26%	28%	21%	28%	25%	27%	28%
		b		b		bdf		b					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.3. Indoor sports hall activities (basketball, badminton etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	195	16	20	32	41	30	20	6	30	123	56	45	49	63	39	14	115	62
	10%	4%	9%	10%	12%	16%	11%	9%	13%	11%	11%	9%	9%	9%	16%	17%	11%	8%
			a	a	a	ab	a		a	a	a				abc	c	c	
I intend to take part but not immediately after it resumes / is permitted	349	24	38	72	87	41	41	9	38	238	87	81	112	116	35	22	195	124
	17%	6%	17%	23%	25%	21%	22%	12%	16%	22%	18%	16%	20%	17%	14%	27%	18%	15%
			a	agh	abghj	a	a	a	a	ah	a			d		bc		
I do not intend to take part	1206	326	136	172	184	93	98	44	153	584	295	319	313	421	136	40	626	522
	60%	77%	60%	55%	52%	49%	54%	62%	64%	54%	60%	62%	57%	63%	56%	49%	59%	65%
		bcdefghij	e					cdefi		dei				b				ab
Not applicable - I am already doing this activity	93	20	9	15	14	14	10	6	5	52	21	18	26	31	16	3	53	32
	5%	5%	4%	5%	4%	7%	5%	9%	2%	5%	4%	4%	5%	5%	7%	4%	5%	4%
						h		h										
Don't know	159	37	24	25	27	13	15	6	12	89	33	48	49	35	16	3	81	66
	8%	9%	11%	8%	8%	7%	8%	9%	5%	8%	7%	9%	9%	5%	7%	3%	8%	8%
			h									c	c					
NET: Intend to take part	544	39	58	104	128	71	61	15	68	361	144	126	161	179	74	36	310	186
	27%	9%	26%	33%	36%	37%	33%	21%	29%	33%	29%	25%	29%	27%	31%	44%	29%	23%
			a	ag	abgj	abgj	a	a	a	abg	a					bc	c	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.3. Indoor sports hall activities (basketball, badminton etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

I intend to take part as soon as it resumes / is permitted

I intend to take part but not immediately after it resumes / is permitted

I do not intend to take part

Not applicable - I am already doing this activity

Don't know

NET: Intend to take part

	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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	195	100	50	44	129	54
	10%	16%	7%	7%	14%	9%
		bc			b	
I intend to take part but not immediately after it resumes / is permitted	349	132	96	120	230	97
	17%	22%	14%	18%	24%	16%
		b			b	
I do not intend to take part	1206	311	465	416	468	352
	60%	51%	66%	63%	50%	59%
			a			a
Not applicable - I am already doing this activity	93	35	33	25	42	36
	5%	6%	5%	4%	4%	6%
Don't know	159	37	60	54	69	58
	8%	6%	9%	8%	7%	10%
NET: Intend to take part	544	232	146	164	358	151
	27%	38%	21%	25%	38%	25%
		bc			b	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.4. Organised outdoor team sports (football, rugby, hockey etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	188 9%	104 11%	83 8%	103 17% bc	58 9% c	27 4%	4 4%	24 9%	15 8%	18 9%	23 13% ah	15 7%	45 14% acfh	26 8%	18 9%
I intend to take part but not immediately after it resumes / is permitted	268 13%	154 16% b	113 11%	142 24% bc	109 17% c	17 2%	11 11%	44 17% efhi	24 12% e	33 16% eh	10 6%	21 10%	76 24% abcdefghijkl	30 9%	20 10%
I do not intend to take part	1274 64%	604 62%	662 65%	243 40%	391 60% a	639 86% ab	70 73% dg	166 64% g	130 67% g	121 58% g	121 70% dg	158 71% dg	142 45%	225 69% dg	141 69% dg
Not applicable - I am already doing this activity	113 6%	46 5%	66 7%	55 9% bc	40 6% c	18 2%	5 6%	11 4%	9 4%	15 7%	10 6%	15 7%	21 7%	16 5%	11 5%
Don't know	159 8%	65 7%	89 9%	61 10% c	56 9% c	41 6%	6 6%	16 6%	17 9%	21 10%	9 5%	12 6%	31 10%	31 9%	15 7%
NET: Intend to take part	456 23%	258 27% b	196 19%	245 41% bc	168 26% c	44 6%	14 15%	68 26% afh	39 20%	51 24% ah	33 19%	36 16%	121 38% abcdefghijkl	56 17%	38 19%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.4. Organised outdoor team sports (football, rugby, hockey etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	188 9%	46 25%	52 12%	35 8%	28 11%	16 9%	12 2%	133 12%	55 6%	137 8%	7 13%	24 18%	12 17%	4 15%	1 9%	48 16%
		bcdefgh	cfh	f	fh	f		cfh	f			a	a			a
I intend to take part but not immediately after it resumes / is permitted	268 13%	42 22%	75 17%	71 16%	40 16%	22 12%	18 4%	188 17%	80 9%	172 10%	14 26%	38 27%	30 41%	7 25%	4 37%	93 31%
		efh	fh	fh	fh	f		fh	f		a	a	ac			a
I do not intend to take part	1274 64%	74 40%	262 58%	272 61%	148 58%	118 64%	399 83%	608 56%	665 72%	1150 69%	25 46%	53 38%	18 25%	13 50%	6 48%	115 38%
			a	a	a	ag	abcdegh	a	abcdeg	bcdg	d	d				d
Not applicable - I am already doing this activity	113 6%	14 8%	22 5%	32 7%	15 6%	13 7%	18 4%	68 6%	45 5%	88 5%	6 11%	9 6%	7 9%	1 4%	1 6%	23 8%
		f		f				f								
Don't know	159 8%	10 6%	37 8%	38 9%	23 9%	17 9%	34 7%	86 8%	73 8%	125 7%	3 5%	14 10%	6 9%	2 6%	-	25 8%
NET: Intend to take part	456 23%	88 47%	127 28%	106 24%	68 27%	38 20%	30 6%	321 30%	136 15%	310 19%	21 38%	62 45%	42 58%	11 40%	5 46%	141 46%
		bcdefgh	efh	fh	fh	f		cefth	f		a	a	ab			a

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q6D2B.4. Organised outdoor team sports (football, rugby, hockey etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	188 9%	86 7%	43 12%	48 15%	91 14%	26 16%	25 21%	72 12%	21 10%	9 17%	6 12%	6 4%	13 14%	2 1%	10 2%	51 18%
			a	a	a	gij	cdgij	gij	gij	gij	gij		gij			cdgij
I intend to take part but not immediately after it resumes / is permitted	268 13%	98 8%	69 20%	75 23%	144 22%	32 20%	31 26%	111 18%	30 14%	16 31%	3 7%	12 8%	18 20%	11 7%	4 1%	62 22%
			a	a	a	fgij	cdgij	gij	j	cdgij	j	j	fgij	j		dfgij
I do not intend to take part	1274 64%	915 73%	178 51%	152 48%	330 50%	76 48%	47 40%	348 57%	130 61%	20 39%	33 68%	107 71%	38 41%	111 74%	364 90%	123 44%
		bcd						abehk	abehk		abehk	abcdehk		abcdehk	abcdeghik	
Not applicable - I am already doing this activity	113 6%	60 5%	25 7%	18 6%	43 6%	13 8%	9 7%	36 6%	17 8%	2 5%	2 4%	7 5%	8 8%	9 6%	10 3%	22 8%
						j	j	j	j				j			j
Don't know	159 8%	88 7%	34 10%	25 8%	59 9%	13 8%	7 6%	47 8%	15 7%	4 9%	4 8%	19 13%	15 16%	18 12%	16 4%	20 7%
						j		j			j	abcdjk	j			
NET: Intend to take part	456 23%	184 15%	113 32%	123 39%	235 35%	57 36%	56 47%	183 30%	51 24%	24 48%	9 20%	17 12%	31 34%	13 8%	14 3%	113 41%
			a	a	a	dfgij	cdgij	gij	gij	cdgij	ij	j	gij	j		cdgij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.4. Organised outdoor team sports (football, rugby, hockey etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	188 9%	49 11%	50 13%	21 15%	8 29% abef	71 14%	57 12%	52 10%	44 17% af	22 12%	10 25% acf	66 15% a	62 11%	18 7%	77 7%	74 14% abe	19 17% abe	170 10% b
I intend to take part but not immediately after it resumes / is permitted	268 13%	68 15%	81 21% af	34 25% af	2 9%	115 22% af	71 15%	80 16%	65 24% af	35 19%	7 19%	100 22% af	87 16%	19 7%	128 12% a	96 19% abe	25 23% abe	249 14% ab
I do not intend to take part	1274 64%	271 61% bce	206 54% c	61 44%	13 45%	267 51%	284 60% ce	317 62% bde	118 45%	102 57% bd	14 37%	220 50%	331 61% bde	206 78% bcde	762 69% cde	265 51% d	40 37% cd	1067 61% cd
Not applicable - I am already doing this activity	113 6%	22 5%	23 6%	14 10% af	2 7%	37 7%	24 5%	23 4%	22 8% af	13 7%	4 9%	35 8% a	26 5%	11 4%	59 5%	35 7% a	9 8% abe	103 6% a
Don't know	159 8%	33 8%	22 6%	8 6%	3 10%	30 6%	36 8%	37 7%	15 6%	8 5%	4 9%	23 5% af	41 7%	11 4%	84 8% a	47 9% abe	16 15% abe	147 8% a
NET: Intend to take part	456 23%	117 26%	131 34% af	56 40% af	11 38%	186 36% af	128 27%	132 26%	109 41% acf	57 32%	17 44% af	165 37% af	149 27%	38 14%	205 18% abe	170 33% abe	44 41% abe	419 24% ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.4. Organised outdoor team sports (football, rugby, hockey etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	188 9%	68 18%	98 7%	28 11%	30 8%	11 12%	120 9%	63 10%	5 7%	151 9%	38 9%	161 10%	22 7%
I intend to take part but not immediately after it resumes / is permitted	268 13%	106 28%	132 10%	46 18%	44 12%	21 23%	157 12%	102 16%	7 11%	223 14%	45 11%	223 13%	42 14%
I do not intend to take part	1274 64%	158 41%	899 68%	153 58%	255 69%	44 49%	845 65%	398 61%	47 71%	997 63%	276 67%	1090 65%	180 60%
Not applicable - I am already doing this activity	113 6%	28 7%	72 5%	14 5%	18 5%	9 10%	69 5%	39 6%	2 3%	86 5%	27 7%	89 5%	22 7%
Don't know	159 8%	23 6%	114 9%	23 9%	25 7%	5 6%	100 8%	47 7%	6 9%	132 8%	26 6%	117 7%	36 12%
NET: Intend to take part	456 23%	174 45%	230 18%	74 28%	73 20%	32 35%	277 21%	165 25%	12 18%	374 24%	83 20%	384 23%	64 21%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.4. Organised outdoor team sports (football, rugby, hockey etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Unweighted Total	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	188 9%	12 3%	18 8%	31 10%	38 11%	30 16%	23 12%	7 10%	29 12%	118 11%	59 12%	41 8%	51 9%	54 8%	40 17%	18 21%	103 10%	64 8%
		a	a	a	a	abci	a	a	a	a	a	a	a	a	abc	bc		
I intend to take part but not immediately after it resumes / is permitted	268 13%	16 4%	32 14%	58 18%	58 16%	33 17%	35 19%	8 11%	29 12%	180 17%	72 15%	63 12%	70 13%	90 14%	41 17%	16 20%	159 15%	89 11%
		a	a	a	a	a	a	a	a	a	a	a	a	a	a	c	c	
I do not intend to take part	1274 64%	345 82%	143 63%	186 59%	196 56%	102 53%	99 54%	50 69%	152 64%	627 58%	302 61%	337 66%	352 64%	435 65%	132 55%	40 48%	661 62%	554 69%
		bcdefghij	e					def	def			d	d	d		a	ab	
Not applicable - I am already doing this activity	113 6%	19 5%	9 4%	19 6%	30 9%	11 6%	10 5%	3 4%	12 5%	69 6%	25 5%	25 5%	33 6%	50 7%	5 2%	4 5%	62 6%	45 6%
				abj									d	d				
Don't know	159 8%	31 7%	25 11%	22 7%	30 9%	14 8%	16 9%	4 5%	16 7%	92 8%	36 7%	45 9%	42 8%	37 6%	23 9%	5 6%	86 8%	55 7%
												c			c			
NET: Intend to take part	456 23%	28 7%	50 22%	89 28%	96 27%	63 33%	58 32%	15 21%	58 24%	298 27%	131 27%	104 20%	121 22%	144 22%	81 33%	34 41%	261 24%	153 19%
		a	a	a	a	abh	ab	a	a	a	a				abc	bc	c	

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2B.4. Organised outdoor team sports (football, rugby, hockey etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?**

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

I intend to take part as soon as it resumes / is permitted

I intend to take part but not immediately after it resumes / is permitted

I do not intend to take part

Not applicable - I am already doing this activity

Don't know

NET: Intend to take part

	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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	188	83	60	43	126	54
	9%	14%	8%	7%	13%	9%
		bc			b	
I intend to take part but not immediately after it resumes / is permitted	268	124	68	75	175	76
	13%	20%	10%	11%	19%	13%
		bc			b	
I do not intend to take part	1274	326	478	457	506	376
	64%	53%	68%	69%	54%	63%
			a	a		a
Not applicable - I am already doing this activity	113	38	34	40	58	37
	6%	6%	5%	6%	6%	6%
Don't know	159	44	64	44	73	55
	8%	7%	9%	7%	8%	9%
NET: Intend to take part	456	207	128	118	301	130
	23%	34%	18%	18%	32%	22%
		bc			b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.5. Other outdoor sports and activities (golf, outdoor tennis, water sports etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	244	146	97	98	76	70	3	33	21	30	17	23	52	39	25
	12%	15%	10%	16%	12%	9%	4%	12%	11%	14%	10%	10%	17%	12%	12%
		b		bc				a	a	a	a	ae	a	a	a
I intend to take part but not immediately after it resumes / is permitted	407	223	178	183	143	81	18	64	30	37	37	34	89	61	36
	20%	23%	18%	30%	22%	11%	18%	25%	16%	18%	21%	16%	28%	19%	18%
		b		bc	c			cf					acdfhi		
I do not intend to take part	1077	489	581	232	327	518	64	140	113	104	98	137	123	180	118
	54%	50%	57%	38%	50%	70%	67%	54%	58%	50%	56%	62%	39%	55%	57%
		a		a	a	ab	bdgh	g	g	g	g	dg	g	g	g
Not applicable - I am already doing this activity	101	42	58	40	39	22	3	8	14	11	12	13	19	14	9
	5%	4%	6%	7%	6%	3%	3%	3%	7%	5%	7%	6%	6%	4%	4%
		c		c	c			b							
Don't know	173	73	99	52	70	51	8	16	17	27	9	14	32	33	17
	9%	8%	10%	9%	11%	7%	8%	6%	9%	13%	5%	6%	10%	10%	8%
				c	c				bef						
NET: Intend to take part	652	369	275	281	220	151	21	97	51	66	55	58	141	101	62
	33%	38%	27%	47%	34%	20%	22%	37%	26%	32%	32%	26%	45%	31%	30%
		b		bc	c			acf					acdefhi		



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.5. Other outdoor sports and activities (golf, outdoor tennis, water sports etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	244	56	73	41	32	14	28	170	74	189	6	28	12	3	3	54
	12%	30%	16%	9%	13%	8%	6%	16%	8%	11%	12%	20%	17%	13%	27%	18%
		bcddefgh	cefh		fh			cefh				a				a
I intend to take part but not immediately after it resumes / is permitted	407	57	107	97	68	35	45	260	147	309	13	46	25	6	4	95
	20%	31%	24%	22%	27%	19%	9%	24%	16%	18%	25%	34%	34%	23%	36%	31%
		cefh	fh	fh	efh	f		fh	f			a	a			a
I do not intend to take part	1077	54	203	243	118	105	353	501	576	963	29	39	24	11	4	108
	54%	29%	45%	54%	47%	57%	74%	46%	63%	58%	54%	28%	33%	41%	37%	35%
			a	abdg	a	abdg	abcdegh	a	abcdg	cdg	cdg					
Not applicable - I am already doing this activity	101	6	29	22	16	13	15	57	44	71	2	11	7	5	-	24
	5%	3%	7%	5%	6%	7%	3%	5%	5%	4%	3%	8%	9%	17%	-	8%
			f			f						a	a			a
Don't know	173	13	36	45	20	19	40	94	78	142	4	13	5	2	-	24
	9%	7%	8%	10%	8%	10%	8%	9%	9%	8%	7%	10%	6%	7%	-	8%
NET: Intend to take part	652	113	180	138	100	49	72	431	221	497	20	74	38	10	8	149
	33%	61%	40%	31%	39%	26%	15%	40%	24%	30%	36%	54%	51%	35%	63%	49%
		bcddefgh	cefh	fh	cefh	f		cefh	f			ab	a			a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.5. Other outdoor sports and activities (golf, outdoor tennis, water sports etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	244	142	46	46	92	20	27	99	23	14	9	8	8	6	28	47
	12%	11%	13%	14%	14%	12%	23%	16%	11%	28%	20%	6%	9%	4%	7%	17%
						gij	adghij	gij	i	acdghij	gij					gij
I intend to take part but not immediately after it resumes / is permitted	407	195	104	87	190	47	28	164	54	17	7	21	20	8	41	75
	20%	16%	30%	27%	29%	29%	24%	27%	25%	33%	14%	14%	22%	5%	10%	27%
			a	a	a	fgij	gij	gij	gij	fgij	i	i	ij			gij
I do not intend to take part	1077	764	143	141	284	72	47	265	106	13	21	91	43	111	310	118
	54%	61%	41%	44%	42%	45%	39%	43%	50%	25%	43%	60%	46%	74%	77%	43%
		bcd				e		e	e			abcdehfk	e	abcdehfk	abcdehfk	e
Not applicable - I am already doing this activity	101	51	17	19	36	10	7	34	13	4	8	8	6	5	7	17
	5%	4%	5%	6%	5%	6%	6%	5%	6%	7%	16%	5%	7%	3%	2%	6%
						j	j	j	j	j	abcdgijk	j	j			j
Don't know	173	95	39	26	65	11	10	52	17	3	3	23	15	20	18	21
	9%	8%	11%	8%	10%	7%	8%	8%	8%	6%	7%	15%	16%	13%	5%	8%
			a					j				acdjk	acdjk	jk		
NET: Intend to take part	652	337	150	132	282	66	56	263	77	31	16	29	29	14	69	122
	33%	27%	43%	42%	42%	42%	47%	43%	36%	62%	34%	19%	31%	9%	17%	44%
			a	a	a	gij	ghij	ghij	gij	acdghijk	gij	i	gij		i	ghij

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2B.5. Other outdoor sports and activities (golf, outdoor tennis, water sports etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?**

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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	244 12%	63 14%	81 21% af	20 14%	5 19%	101 19% af	68 14%	68 13%	55 21% af	36 20% a	11 28% af	91 21% af	78 14%	23 9%	137 12%	71 14% a	12 11%	221 13%
I intend to take part but not immediately after it resumes / is permitted	407 20%	115 26%	91 24%	45 32%	6 23%	136 26%	122 26%	123 24%	78 30%	43 24%	14 36%	122 27%	137 25%	38 14%	187 17%	150 29% abe	32 30% abe	369 21% ab
I do not intend to take part	1077 54%	214 48% ce	158 42%	45 32%	12 42%	203 39% ce	226 48% ce	253 50% bcde	98 37% d	72 40% d	8 20%	170 38% d	261 48% bde	174 65% bcde	641 58% cde	226 44% d	36 33% cd	903 52% cd
Not applicable - I am already doing this activity	101 5%	17 4%	18 5%	22 16% abef	3 9%	40 8% af	20 4%	21 4%	13 5%	20 11% abf	5 12% a	33 7% a	26 5%	10 4%	53 5%	27 5% abe	11 10% abe	91 5%
Don't know	173 9%	34 8%	33 9%	7 5%	2 8%	40 8% af	37 8%	44 9%	20 8%	8 4%	2 4%	28 6% af	45 8%	20 8%	92 8%	42 8% abce	18 16% abce	152 9%
NET: Intend to take part	652 33%	178 40%	172 45%	65 47%	12 42%	237 46% af	190 40%	191 38%	133 50% af	80 45%	25 64% acf	213 48% af	215 39%	62 23%	324 29% a	221 43% abe	45 41% ab	590 34% ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.5. Other outdoor sports and activities (golf, outdoor tennis, water sports etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	244 12%	78 20% b	141 11%	32 12%	47 13%	8 9%	159 12%	80 12%	5 8%	200 13%	44 11%	215 13% b	26 9%
I intend to take part but not immediately after it resumes / is permitted	407 20%	112 29% b	247 19%	59 22%	64 17%	21 23%	262 20%	131 20%	12 18%	318 20%	89 22%	350 21%	53 18%
I do not intend to take part	1077 54%	145 38%	748 57% a	129 49%	221 60% ac	43 48%	700 54%	347 54%	40 59%	851 54%	226 55%	904 54%	166 55%
Not applicable - I am already doing this activity	101 5%	30 8% b	57 4%	13 5%	10 3%	14 15% abdef	64 5%	34 5%	2 3%	77 5%	24 6%	76 5%	23 8% a
Don't know	173 9%	18 5%	123 9% a	31 12%	28 8%	5 5%	107 8%	56 9%	8 12%	143 9%	30 7%	135 8%	33 11%
NET: Intend to take part	652 33%	190 50% b	388 29%	91 35%	111 30%	29 32%	421 33%	211 33%	18 26%	518 33%	133 32%	565 34% b	79 26%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.5. Other outdoor sports and activities (golf, outdoor tennis, water sports etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Unweighted Total	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	244	19	18	47	48	26	35	10	43	138	87	55	62	87	39	20	147	74
	12%	5%	8%	15%	13%	13%	19%	13%	18%	13%	18%	11%	11%	13%	16%	24%	14%	9%
				ab	ab	a	abi	a	abi	ab	abi				a	bc	c	
I intend to take part but not immediately after it resumes / is permitted	407	36	46	61	102	57	46	18	42	267	105	95	107	150	52	25	220	156
	20%	8%	20%	19%	29%	30%	25%	25%	18%	25%	21%	19%	20%	23%	21%	30%	21%	19%
			a	a	abchj	abchj	a	a	a	ah	a					bc		
I do not intend to take part	1077	311	121	171	153	81	77	37	127	525	241	286	298	354	120	31	562	469
	54%	74%	53%	54%	43%	42%	42%	52%	53%	48%	49%	56%	54%	53%	50%	38%	53%	58%
		bcdefghij	def	def				def								a	a	ab
Not applicable - I am already doing this activity	101	13	17	20	24	11	7	-	9	72	16	23	34	31	11	3	51	41
	5%	3%	7%	6%	7%	6%	4%	-	4%	7%	3%	5%	6%	5%	5%	4%	5%	5%
			agj	agj	agj	g			agj									
Don't know	173	43	25	16	26	17	19	7	19	84	45	52	47	43	19	4	90	67
	9%	10%	11%	5%	7%	9%	10%	10%	8%	8%	9%	10%	9%	6%	8%	5%	8%	8%
		c	c			c				c		c						
NET: Intend to take part	652	55	64	108	149	83	80	27	85	405	192	150	169	238	91	44	366	230
	33%	13%	28%	34%	42%	43%	44%	38%	36%	37%	39%	29%	31%	36%	38%	54%	34%	28%
		a	a	abc	abc	abc	abc	a	a	ab	ab			a	a	bc	c	

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2B.5. Other outdoor sports and activities (golf, outdoor tennis, water sports etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?**

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

I intend to take part as soon as it resumes / is permitted

I intend to take part but not immediately after it resumes / is permitted

I do not intend to take part

Not applicable - I am already doing this activity

Don't know

NET: Intend to take part

	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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	244	102	76	66	161	57
	12%	17%	11%	10%	17%	10%
		bc			b	
I intend to take part but not immediately after it resumes / is permitted	407	161	115	129	247	119
	20%	26%	16%	20%	26%	20%
		bc			b	
I do not intend to take part	1077	276	414	375	396	327
	54%	45%	59%	57%	42%	55%
			a	a		a
Not applicable - I am already doing this activity	101	29	38	32	50	38
	5%	5%	5%	5%	5%	6%
Don't know	173	47	62	58	83	57
	9%	8%	9%	9%	9%	9%
NET: Intend to take part	652	263	191	196	408	176
	33%	43%	27%	30%	44%	29%
		bc			b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.6. Combat sports / martial arts: And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	143 7%	66 7%	76 8%	82 14% bc	53 8% c	8 1%	6 7%	17 7%	9 5%	15 7%	13 8%	17 8%	38 12% bchi	16 5%	12 6%
I intend to take part but not immediately after it resumes / is permitted	235 12%	104 11%	129 13%	145 24% bc	81 12% c	9 1%	8 8%	36 14% f	22 11%	32 15% fhi	17 10%	13 6%	60 19% acefhi	31 9%	17 8%
I do not intend to take part	1351 68%	689 71% b	650 64%	264 44%	418 64% a	669 90% ab	70 74% dg	177 68% g	134 69% g	127 61% g	126 73% dg	164 74% dg	163 52%	233 71% dg	155 76% dg
Not applicable - I am already doing this activity	118 6%	54 5%	65 6%	50 8% c	45 7% c	24 3%	6 7%	11 4%	9 5%	16 8%	10 6%	11 5%	24 8%	19 6%	12 6%
Don't know	154 8%	61 6%	93 9% a	63 10% c	58 9% c	33 4%	4 5%	20 8%	20 10% ei	19 9% ei	7 4%	16 7%	30 9% ei	29 9% ei	8 4%
NET: Intend to take part	379 19%	170 17%	206 20%	228 38% bc	134 20% c	17 2%	14 15%	53 20% h	31 16%	46 22% fhi	30 17%	30 13%	99 31% abcdefhi	46 14%	29 14%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.6. Combat sports / martial arts: And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	143	34	29	32	22	16	10	95	48	100	8	15	11	3	2	39
	7%	18%	6%	7%	9%	8%	2%	9%	5%	6%	15%	11%	15%	12%	17%	13%
		bcdefgh	f	f	fh	f		fh	f		a	a	a			a
I intend to take part but not immediately after it resumes / is permitted	235	40	69	56	33	17	19	166	70	156	8	40	21	5	4	77
	12%	22%	15%	12%	13%	9%	4%	15%	8%	9%	14%	29%	28%	19%	35%	25%
		cdefgh	efh	fh	fh	f		efh	f		ab	a				a
I do not intend to take part	1351	83	284	295	165	119	405	663	689	1216	29	53	30	13	4	128
	68%	45%	63%	66%	65%	64%	84%	61%	75%	73%	53%	38%	41%	48%	34%	42%
		a	a	a	a	a	abcdegh	a	abcdeg	bcdg						
Not applicable - I am already doing this activity	118	13	32	27	17	14	16	72	47	90	3	11	5	4	2	25
	6%	7%	7%	6%	7%	7%	3%	7%	5%	5%	5%	8%	7%	14%	14%	8%
		f	f	f	f	f		f								
Don't know	154	16	34	38	16	20	30	88	66	112	7	19	7	2	-	35
	8%	8%	8%	8%	6%	11%	6%	8%	7%	7%	14%	14%	10%	6%	-	11%
					f				a		a					a
NET: Intend to take part	379	75	98	88	56	33	29	261	118	256	16	55	31	8	6	117
	19%	40%	22%	20%	22%	18%	6%	24%	13%	15%	29%	40%	43%	31%	52%	38%
		bcdefgh	fh	fh	fh	f		fh	f		a	a	a			a



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q6D2B.6. Combat sports / martial arts: And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	143	58	27	45	71	15	20	53	18	15	5	5	9	1	3	35
	7%	5%	8%	14%	11%	9%	17%	9%	8%	31%	10%	3%	9%	1%	1%	13%
			a	ab	a	gij	cdgij	gij	gij	abcdghijk	ij	j	gij			gij
I intend to take part but not immediately after it resumes / is permitted	235	96	68	54	123	28	30	93	27	14	4	15	15	7	5	57
	12%	8%	20%	17%	18%	17%	25%	15%	12%	27%	7%	10%	16%	5%	1%	21%
			a	a	a	gij	cdgij	ij	ij	cdgij	j	j	ij	j		cdgij
I do not intend to take part	1351	950	198	173	370	91	53	382	134	16	31	101	43	121	379	144
	68%	76%	57%	54%	55%	57%	45%	62%	63%	32%	64%	67%	46%	80%	94%	52%
		bcd				be		behk	behk		beh	behk		abcdeghk	abcdeghik	e
Not applicable - I am already doing this activity	118	58	26	19	45	13	8	44	14	2	6	9	8	7	8	21
	6%	5%	7%	6%	7%	8%	7%	7%	6%	4%	12%	6%	9%	5%	2%	8%
						j	j	j	j		j	j	j			j
Don't know	154	84	31	28	59	13	8	42	20	3	3	21	18	15	10	20
	8%	7%	9%	9%	9%	8%	6%	7%	9%	6%	6%	14%	20%	10%	3%	7%
						j	j	j	j			bcjk	abcdefijk	j		j
NET: Intend to take part	379	154	95	99	194	43	50	146	45	29	8	20	24	8	8	92
	19%	12%	27%	31%	29%	27%	42%	24%	21%	58%	17%	13%	25%	5%	2%	33%
			a	a	a	gij	acdfghij	gij	gij	acdfghijk	ij	ij	gij	j		cdgij

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q6D2B.6. Combat sports / martial arts: And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	143 7%	35 8%	37 10%	26 19%	8 29%	63 12%	43 9%	34 7%	39 15%	25 14%	11 27%	64 14%	44 8%	7 3%	59 5%	63 12%	14 13%	136 8%
				abef	abef	a			af	af	abcef	af				abe	abe	ab
I intend to take part but not immediately after it resumes / is permitted	235 12%	51 11%	72 19%	30 22%	6 22%	103 20%	57 12%	48 10%	69 26%	30 17%	12 32%	99 22%	61 11%	27 10%	112 10%	81 16%	16 15%	208 12%
			af	af		af			acf	a	acf	af				abe		
I do not intend to take part	1351 68%	295 66%	221 58%	63 46%	9 33%	284 55%	304 64%	355 70%	120 45%	101 56%	10 26%	221 50%	365 67%	213 80%	799 72%	292 57%	48 44%	1139 66%
		bcd	cd			d	cde	bcd	d	bd		d	bcde	bcd	cde	d		cd
Not applicable - I am already doing this activity	118 6%	27 6%	27 7%	12 8%	3 12%	38 7%	31 7%	31 6%	21 8%	12 7%	4 11%	33 7%	36 7%	11 4%	61 5%	35 7%	11 10%	108 6%
																	ab	
Don't know	154 8%	35 8%	25 7%	8 6%	1 4%	33 6%	36 8%	40 8%	16 6%	11 6%	2 5%	27 6%	42 8%	8 3%	79 7%	46 9%	20 18%	145 8%
															a	a	abce	a
NET: Intend to take part	379 19%	86 19%	109 29%	56 40%	14 51%	165 32%	101 21%	82 16%	108 41%	55 31%	23 59%	163 37%	105 19%	34 13%	171 15%	144 28%	30 28%	345 20%
			af	abf	abef	af			acf	af	abcef	af				abe	abe	ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.6. Combat sports / martial arts: And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	143 7%	65 17%	66 5%	24 9%	28 7%	12 13%	76 6%	62 10%	2 3%	122 8%	22 5%	117 7%	23 8%
		b		d		df		d					
I intend to take part but not immediately after it resumes / is permitted	235 12%	101 26%	102 8%	46 17%	39 11%	22 25%	124 10%	99 15%	7 11%	198 12%	37 9%	185 11%	46 15%
		b		bd		bdef		bd					a
I do not intend to take part	1351 68%	168 44%	957 73%	154 58%	265 71%	42 46%	916 71%	405 63%	47 71%	1053 66%	299 72%	1172 70%	172 57%
		a		c	ace		ace	c	c		a	b	
Not applicable - I am already doing this activity	118 6%	24 6%	76 6%	14 5%	20 6%	8 9%	73 6%	35 5%	6 8%	87 5%	32 8%	84 5%	33 11%
		a		a								a	
Don't know	154 8%	25 7%	113 9%	27 10%	19 5%	6 7%	102 8%	47 7%	5 7%	130 8%	24 6%	122 7%	28 9%
		b		b									
NET: Intend to take part	379 19%	165 43%	168 13%	70 26%	67 18%	34 38%	200 16%	161 25%	9 14%	320 20%	59 14%	302 18%	68 23%
		b		bdf		abdef		bdf		b			a

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q6D2B.6. Combat sports / martial arts: And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	143 7%	7 2%	14 6%	29 9%	38 11%	22 12%	11 6%	2 3%	19 8%	103 10%	33 7%	38 8%	30 5%	38 6%	34 14%	12 14%	87 8%	40 5%
			a	a	agj	agj	a		a	a	a			abc	c	c		
I intend to take part but not immediately after it resumes / is permitted	235 12%	15 3%	25 11%	44 14%	61 17%	34 18%	28 15%	8 11%	21 9%	165 15%	56 11%	54 11%	74 13%	75 11%	29 12%	18 22%	120 11%	91 11%
			a	a	abhj	ahj	ah	a	a	ahj	a				bc			
I do not intend to take part	1351 68%	350 83%	151 66%	201 64%	203 57%	107 56%	126 69%	48 67%	166 70%	661 61%	340 69%	344 67%	366 67%	480 72%	144 60%	43 52%	710 66%	580 72%
		bcdefghij	de				dei		dei	dei	dei	d		bd		a	ab	
Not applicable - I am already doing this activity	118 6%	17 4%	13 6%	21 7%	26 7%	10 5%	9 5%	6 8%	18 7%	69 6%	33 7%	25 5%	42 8%	36 5%	12 5%	6 7%	69 6%	39 5%
					a													
Don't know	154 8%	33 8%	23 10%	21 7%	26 7%	18 9%	10 5%	8 11%	14 6%	88 8%	32 7%	50 10%	37 7%	37 6%	22 9%	4 5%	83 8%	57 7%
												c		c				
NET: Intend to take part	379 19%	22 5%	40 18%	73 23%	99 28%	56 29%	39 21%	10 14%	40 17%	268 25%	89 18%	93 18%	104 19%	113 17%	63 26%	30 36%	207 19%	131 16%
			a	a	abghj	abghj	a	a	a	abghj	a			abc	bc			

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2B.6. Combat sports / martial arts: And which of these activities, if any, do you intend to take part in once they resume / are permitted?**

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

I intend to take part as soon as it resumes / is permitted

I intend to take part but not immediately after it resumes / is permitted

I do not intend to take part

Not applicable - I am already doing this activity

Don't know

NET: Intend to take part

	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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	143	76	36	30	100	38
	7%	12%	5%	5%	11%	6%
		bc			b	
I intend to take part but not immediately after it resumes / is permitted	235	98	73	63	160	61
	12%	16%	10%	9%	17%	10%
		bc			b	
I do not intend to take part	1351	369	494	476	546	405
	68%	60%	70%	72%	58%	68%
			a	a		a
Not applicable - I am already doing this activity	118	37	33	47	57	42
	6%	6%	5%	7%	6%	7%
Don't know	154	36	68	44	76	52
	8%	6%	10%	7%	8%	9%
			ac			
NET: Intend to take part	379	174	109	92	259	99
	19%	28%	15%	14%	28%	17%
		bc			b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.7. Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	164 8%	73 8%	89 9%	96 16% bc	51 8% c	18 2%	10 10% b	11 4%	19 10% b	13 6%	10 6%	20 9%	51 16% bcdefhi	20 6%	10 5%
I intend to take part but not immediately after it resumes / is permitted	347 17%	163 17%	181 18%	162 27% bc	138 21% c	46 6%	13 14%	56 21% fhi	31 16%	42 20%	33 19%	27 12%	68 22% fhi	48 15%	28 14%
I do not intend to take part	1205 60%	613 63% b	586 58%	241 40%	356 54% a	609 82% ab	62 65% dg	162 62% dg	117 60% dg	103 49%	115 66% dg	148 67% dg	145 46%	207 63% dg	147 72% bcdgh
Not applicable - I am already doing this activity	106 5%	44 4%	59 6%	46 8% c	41 6% c	19 3%	3 3%	14 5%	7 4%	23 11% abcefg	8 4%	8 4%	18 6%	16 5%	8 4%
Don't know	180 9%	80 8%	98 10%	59 10% c	70 11% c	50 7%	8 8%	18 7%	21 11% e	27 13% bei	8 4%	17 8%	33 10% e	36 11% ei	11 6%
NET: Intend to take part	511 26%	237 24%	271 27%	258 43% bc	189 29% c	64 9%	23 24%	67 26%	50 26%	55 27%	43 25%	47 21%	119 38% abcdefhi	69 21%	38 19%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.7. Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	164 8%	40 22%	43 10%	41 9%	23 9%	6 3%	12 2%	124 11%	41 4%	115 7%	10 18%	24 17%	6 9%	2 9%	4 33%	46 15%
		bcd efgh	efh	efh	efh		efh		a		a				a	
I intend to take part but not immediately after it resumes / is permitted	347 17%	43 23%	104 23%	88 20%	56 22%	35 19%	22 5%	235 22%	112 12%	258 15%	11 21%	39 28%	28 38%	4 17%	1 10%	84 28%
		fh	fh	fh	fh	fh	5%	fh	f	15%	21%	a	ab			a
I do not intend to take part	1205 60%	77 41%	233 52%	251 56%	145 57%	111 60%	389 81%	560 52%	645 70%	1081 65%	25 45%	46 33%	25 34%	16 58%	6 48%	117 38%
			a	a	a	ag	abcdegh	a	abcdeg	bcdg						
Not applicable - I am already doing this activity	106 5%	15 8%	24 5%	22 5%	15 6%	14 7%	17 4%	61 6%	45 5%	81 5%	4 7%	9 6%	8 11%	3 10%	1 8%	24 8%
		f			f	f				5%	7%	6%	a		a	
Don't know	180 9%	11 6%	44 10%	47 11%	15 6%	20 11%	41 9%	103 10%	76 8%	139 8%	5 9%	20 15%	6 8%	2 6%	-	33 11%
				d	d	d						a				
NET: Intend to take part	511 26%	83 45%	147 33%	128 29%	79 31%	41 22%	33 7%	359 33%	153 17%	373 22%	21 39%	63 46%	34 46%	7 26%	5 44%	130 43%
		bcd efgh	efh	fh	efh	f		efh	f		a	a	a		a	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.7. Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	164 8%	75 6%	41 12%	36 11%	77 12%	14 9%	22 19%	76 12%	19 9%	6 13%	6 12%	5 3%	7 8%	5 3%	5 1%	36 13%
			a	a	a	gij	adghij	gij	gij	gij	gij		j			gij
I intend to take part but not immediately after it resumes / is permitted	347 17%	154 12%	88 25%	82 26%	170 25%	45 29%	30 25%	141 23%	46 22%	19 38%	5 10%	18 12%	20 21%	11 7%	13 3%	75 27%
			a	a	a	fgij	fgij	fgij	gij	cdghij	j	j	gij	j		fgij
I do not intend to take part	1205 60%	865 69%	164 47%	146 46%	310 46%	83 52%	48 41%	308 50%	117 55%	18 37%	28 57%	91 60%	41 45%	112 74%	358 89%	132 47%
			bcd						be		e	bcehk		abcdehghk	abcdehghk	
Not applicable - I am already doing this activity	106 5%	52 4%	20 6%	25 8%	46 7%	10 6%	8 7%	38 6%	18 8%	3 5%	4 8%	11 7%	1 1%	7 5%	7 2%	18 6%
				a	a	hj	hj	hj	hj		hj	hj		j		hj
Don't know	180 9%	101 8%	36 10%	28 9%	64 10%	7 4%	10 9%	51 8%	14 6%	4 8%	6 13%	26 17%	23 25%	17 11%	21 5%	17 6%
											aj	abcdjk	abcdeijk	aj		
NET: Intend to take part	511 26%	229 18%	129 37%	118 37%	247 37%	59 37%	52 44%	216 35%	64 30%	25 50%	10 22%	23 15%	27 29%	15 10%	18 4%	111 40%
			a	a	a	fgij	dfghij	gij	gij	cdghij	ij	j	gij	j		dfgij



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.7. Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	164 8%	49 11%	54 14%	17 12%	3 11%	71 14%	52 11%	50 10%	48 18% af	22 12%	4 11%	70 16% af	55 10%	11 4%	88 8% a	51 10% a	14 13% a	153 9% a
I intend to take part but not immediately after it resumes / is permitted	347 17%	81 18%	96 25% af	45 32% af	10 35% af	141 27% af	91 19% af	91 18%	84 32% acf	41 23%	18 47% acef	125 28% af	110 20%	39 15%	150 14%	131 25% abe	26 24% ab	308 18% b
I do not intend to take part	1205 60%	245 55% bcde	182 48%	60 43%	8 29%	242 46%	254 54% cde	296 58% bde	100 38%	92 51% bd	9 23% d	192 43% d	305 56% bde	187 70% cde	724 65% cde	254 49% d	40 37% cd	1018 59% cd
Not applicable - I am already doing this activity	106 5%	31 7%	19 5%	11 8%	5 17% abe	31 6%	36 8%	29 6%	16 6%	11 6%	5 14% a	27 6%	34 6%	9 3%	55 5%	37 7% a	5 4%	97 6%
Don't know	180 9%	37 8%	30 8%	6 5%	2 7%	36 7%	39 8%	42 8%	16 6%	13 8%	2 5%	30 7%	44 8%	20 7%	93 8%	43 8% abce	24 22% abce	160 9%
NET: Intend to take part	511 26%	130 29%	151 39% af	61 44% af	13 46%	212 41% af	143 30%	142 28%	132 50% acf	63 35%	23 58% acf	195 44% acf	164 30%	50 19%	238 21%	183 35% abe	40 37% abe	461 27% ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.7. Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	164 8%	75 20%	73 6%	30 11%	30 8%	13 15%	89 7%	66 10%	6 8%	137 9%	27 7%	140 8%	21 7%
		b		d		bd		d					
I intend to take part but not immediately after it resumes / is permitted	347 17%	101 26%	199 15%	56 21%	52 14%	22 24%	217 17%	119 18%	10 14%	274 17%	73 18%	283 17%	58 19%
		b		b		b							
I do not intend to take part	1205 60%	144 38%	862 66%	140 53%	235 64%	43 47%	809 63%	368 57%	43 64%	943 59%	262 64%	1039 62%	162 54%
		a		ace		ace		c				b	
Not applicable - I am already doing this activity	106 5%	32 8%	60 5%	12 4%	21 6%	6 7%	66 5%	37 6%	1 1%	85 5%	21 5%	80 5%	25 8%
		b										a	
Don't know	180 9%	30 8%	121 9%	27 10%	32 9%	6 7%	111 9%	58 9%	8 12%	150 9%	30 7%	137 8%	35 12%
												a	
NET: Intend to take part	511 26%	176 46%	272 21%	85 32%	82 22%	35 39%	306 24%	186 29%	15 23%	411 26%	100 24%	423 25%	79 26%
		b		bd		bdef		bd					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q6D2B.7. Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?

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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	164 8%	5 1%	14 6%	30 9%	42 12%	22 11%	18 10%	10 14%	24 10%	107 10%	53 11%	36 7%	39 7%	52 8%	34 14%	15 18%	96 9%	48 6%
			a	a	ab	ab	a	ab	a	a	ab				abc	bc	c	
I intend to take part but not immediately after it resumes / is permitted	347 17%	29 7%	41 18%	59 19%	72 20%	45 24%	45 25%	17 23%	38 16%	218 20%	100 20%	93 18%	105 19%	108 16%	40 17%	20 24%	186 17%	135 17%
			a	a	a	ah	ah	a	a	a	a							
I do not intend to take part	1205 60%	332 79%	136 60%	180 57%	190 54%	93 49%	92 50%	36 51%	146 61%	598 55%	275 56%	312 61%	321 59%	427 64%	129 53%	36 44%	638 60%	515 64%
		bcdefghij	e						ef			d		d		a	a	
Not applicable - I am already doing this activity	106 5%	16 4%	12 5%	19 6%	23 7%	12 6%	11 6%	3 4%	10 4%	66 6%	24 5%	24 5%	32 6%	35 5%	12 5%	7 8%	54 5%	40 5%
Don't know	180 9%	40 10%	24 11%	27 9%	26 7%	19 10%	17 9%	6 8%	19 8%	97 9%	42 9%	46 9%	51 9%	45 7%	26 11%	5 6%	96 9%	70 9%
															c			
NET: Intend to take part	511 26%	34 8%	55 24%	89 28%	114 32%	67 35%	63 35%	27 37%	62 26%	325 30%	152 31%	129 25%	144 26%	160 24%	74 31%	34 42%	282 26%	183 23%
			a	a	ab	abh	ab	ab	a	a	a				c	bc		

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q6D2B.7. Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.): And which of these activities, if any, do you intend to take part in once they resume / are permitted?**

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

I intend to take part as soon as it resumes / is permitted

I intend to take part but not immediately after it resumes / is permitted

I do not intend to take part

Not applicable - I am already doing this activity

Don't know

NET: Intend to take part

	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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	164	89	40	32	121	38
	8%	15%	6%	5%	13%	6%
		bc			b	
I intend to take part but not immediately after it resumes / is permitted	347	133	88	122	227	95
	17%	22%	13%	18%	24%	16%
		b			b	
I do not intend to take part	1205	316	470	407	462	356
	60%	51%	67%	62%	49%	60%
			a			a
Not applicable - I am already doing this activity	106	30	40	37	49	41
	5%	5%	6%	6%	5%	7%
Don't know	180	46	66	62	78	68
	9%	8%	9%	9%	8%	11%
NET: Intend to take part	511	223	128	154	348	133
	26%	36%	18%	23%	37%	22%
		bc			b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	937	429	500	359	368	211	46	112	85	105	71	93	195	140	92
	47%	44%	49%	59%	56%	28%	48%	43%	44%	50%	41%	42%	62%	43%	45%
			a	c	c								abcdefghijkl		
No	598	306	288	194	206	197	27	87	55	62	53	71	72	113	58
	30%	31%	28%	32%	31%	27%	28%	33%	28%	30%	31%	32%	23%	35%	28%
				c	c			g				g		g	
Not applicable	467	239	226	51	82	334	23	63	55	41	49	58	48	75	55
	23%	25%	22%	8%	13%	45%	24%	24%	28%	20%	28%	26%	15%	23%	27%
					a	ab	g	g	dg		dg	g		g	g

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	937	140	283	255	117	92	52	677	260	735	34	91	44	14	7	190
	47%	75%	63%	57%	46%	50%	11%	63%	28%	44%	62%	66%	60%	53%	62%	62%
		bcd efgh	defh	d fh	f h	f h		cdefh	f		a	a	a			a
No	598	38	121	145	104	72	118	304	294	503	12	37	25	12	4	89
	30%	21%	27%	32%	41%	39%	24%	28%	32%	30%	22%	27%	34%	43%	31%	29%
				af	abc fgh	abfg		a	af							
Not applicable	467	9	45	49	33	21	311	102	365	435	9	10	5	1	1	25
	23%	5%	10%	11%	13%	11%	65%	9%	40%	26%	17%	7%	6%	4%	8%	8%
			a	a	a	a	abcdegh	a	abcde g	cdg	cg					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	47%	40%	61%	57%	59%	80%	85%	62%	53%	63%	59%	46%	51%	13%	5%	82%
			a	a	a	cdefghij	cdefghij	dghij	ij	gij	ij	ij	ij	j		cdefghij
No	598	362	89	109	197	27	16	225	96	16	17	36	30	43	92	43
	30%	29%	25%	34%	30%	17%	13%	37%	45%	31%	36%	24%	33%	28%	23%	15%
				b				abgjk	abcghijk	abk	abjk	bk	abjk	abk	bk	
Not applicable	467	383	46	29	75	5	2	8	4	3	2	46	15	88	294	7
	23%	31%	13%	9%	11%	3%	2%	1%	2%	6%	5%	31%	17%	58%	73%	3%
		bcd								c		abcdefhk	abcdfk	abcdefghk	abcdefghik	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	937 47%	206 46%	328 86%	85 61%	11 40%	413 79%	217 46%	269 53%	215 82%	119 66%	25 65%	334 75%	294 54%	95 36%	491 44%	300 58%	51 47%	842 49%
			acdef	adf		acdf			acdf	af		acf			a	abde	a	ab
No	598 30%	230 52%	48 13%	51 37%	16 57%	99 19%	246 52%	233 46%	44 17%	55 30%	13 33%	98 22%	246 45%	64 24%	322 29%	165 32%	46 42%	533 31%
		bce		be	bce	b	bce	bce		be	b	bce				a	abce	a
Not applicable	467 23%	8 2%	5 1%	3 2%	1 4%	8 2%	9 2%	6 1%	5 2%	6 3%	1 2%	11 3%	7 1%	107 40%	297 27%	52 10%	12 11%	360 21%
								bcd						bcd	cde			cd



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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%

	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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	937	239	584	137	144	46	611	298	27	758	180	791	138
	47%	62%	44%	52%	39%	51%	47%	46%	40%	48%	44%	47%	46%
		b		b		b	b	b					
No	598	93	433	73	74	27	424	158	13	473	124	489	101
	30%	24%	33%	28%	20%	30%	33%	24%	20%	30%	30%	29%	33%
		a		b		b	bef						
Not applicable	467	51	298	55	152	18	256	192	27	358	109	400	62
	23%	13%	23%	21%	41%	20%	20%	30%	40%	23%	26%	24%	21%
			a		acde			acd	acd				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	937 47%	137 33%	121 53%	159 50%	193 55%	92 48%	99 54%	36 50%	99 41%	566 52%	234 47%	264 52%	258 47%	303 45%	103 43%	53 65%	517 48%	352 44%
			ah	ah	ahj	a	ah	a	a	ah	a	cd				bc	c	
No	598 30%	129 31%	62 27%	91 29%	99 28%	68 36%	49 27%	21 29%	79 33%	319 29%	149 30%	133 26%	171 31%	209 31%	71 30%	21 25%	317 30%	240 30%
														a				
Not applicable	467 23%	155 37%	44 19%	66 21%	61 17%	31 16%	34 19%	15 21%	61 25%	201 19%	110 22%	115 22%	119 22%	154 23%	67 28%	9 10%	236 22%	215 27%
		bcdefghij							dei								a	ab

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Yes	937	344	249	334	937	-
	47%	56%	35%	51%	100%	-
		b	b	b		
No	598	174	252	165	-	598
	30%	28%	36%	25%	-	100%
		ac	ac			a
Not applicable	467	97	203	160	-	-
	23%	16%	29%	24%	-	-
		a	a			

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	937 100%	113 12%	186 20%	319 34%	147 16%	124 13%	27 3%	22 2%	299 32%	271 29%
Before work (excluding your commute)	937 100%	117 13%	178 19%	276 29%	130 14%	126 13%	19 2%	91 10%	295 32%	257 27%
After work (excluding your commute)	937 100%	98 10%	194 21%	283 30%	144 15%	149 16%	18 2%	51 5%	292 31%	293 31%
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)	937 100%	97 10%	148 16%	291 31%	175 19%	173 19%	23 2%	31 3%	245 26%	348 37%
At lunchtime or during other work-breaks	937 100%	63 7%	143 15%	300 32%	140 15%	132 14%	23 2%	136 14%	206 22%	273 29%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	937 100%	90 10%	175 19%	240 26%	110 12%	154 16%	28 3%	140 15%	266 28%	264 28%
As part of physical duties required to carry out your job	937 100%	86 9%	155 17%	308 33%	135 14%	147 16%	27 3%	79 8%	241 26%	282 30%
Through clubs, classes or activities at or near your home	937 100%	70 7%	118 13%	211 23%	137 15%	161 17%	38 4%	202 22%	188 20%	298 32%
As part of non-work activities organised by your employer	937 100%	62 7%	112 12%	264 28%	123 13%	119 13%	37 4%	220 23%	175 19%	241 26%
Through a gym membership or other activity paid for or subsidised by your employer	937 100%	56 6%	108 12%	189 20%	97 10%	157 17%	35 4%	295 31%	164 18%	254 27%
Through clubs, classes or activities at or near your usual (pre-COVID) place of work	937 100%	53 6%	110 12%	238 25%	120 13%	163 17%	28 3%	225 24%	163 17%	283 30%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	404	530	387	373	183	51	122	94	105	77	63	199	139	93
Total	937	429	500	359	368	211	46	112	85	105	71	93	195	140	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	117 13%	51 12%	66 13%	58 16% c	44 12%	14 7%	6 14% h	18 16% h	8 10%	16 16% h	10 14% h	11 12% h	32 16% h	6 4%	10 11%
A bit more (4.0)	178 19%	90 21%	87 17%	79 22% c	71 19%	27 13%	8 18%	21 19%	13 15%	23 22%	13 18%	12 13%	46 24%	22 16%	21 22%
About the same (3.0)	276 29%	140 33% b	131 26%	98 27%	106 29%	72 34%	12 27%	32 29%	24 28%	28 27%	26 37%	27 29%	53 27%	46 33%	27 30%
A bit less (2.0)	130 14%	50 12%	79 16%	42 12%	59 16%	29 14%	6 13%	13 12%	10 11%	14 13%	7 9%	18 20%	28 15%	20 15%	15 16%
A lot less (1.0)	126 13%	47 11%	79 16% a	45 13%	52 14%	29 14%	9 20% bg	9 8%	14 17%	13 12%	8 12%	13 14%	18 9%	30 22% bg	11 12%
Don't know	19 2%	3 1%	15 3% a	9 3%	6 2%	3 2%	1 2%	2 2%	4 4%	2 2%	1 1%	- -	4 2%	3 2%	2 2%
I have never done this	91 10%	46 11%	43 9%	26 7%	29 8%	36 17% ab	3 7%	16 14% g	13 15% g	9 9%	6 9%	12 13%	13 7%	12 8%	7 7%
NET: More	295 32%	141 33%	153 31%	138 38% bc	116 32% c	42 20%	14 31%	39 35% h	21 25%	39 37% h	23 32%	23 25%	78 40% cfh	28 20%	30 33% h
NET: Less	257 27%	98 23%	158 32% a	88 24%	111 30%	58 27%	15 33%	22 20%	24 28%	26 25%	15 21%	31 34% b	47 24%	51 36% beg	26 28%
Base for stats	828	379	441	323	333	172	41	93	69	94	63	81	178	125	83
Mean Score	3.04	3.12	2.96	3.20 bc	2.99	2.82	2.92	3.28 cfh	2.87	3.17 h	3.15 h	2.87	3.25 cfh	2.62	3.04 h
Standard Deviation	1.245	1.182	1.302	1.275	1.247	1.149	1.356	1.211	1.284	1.274	1.205	1.254	1.221	1.170	1.197
Standard Error	.043	.062	.060	.068	.068	.094	.198	.120	.147	.131	.145	.169	.091	.105	.131
Error variance	*	*	*	*	*	.01	.04	.01	.02	.02	.02	.03	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

		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		943	137	271	260	123	97	55	668	275	734	36	91	46	16	7	196
Total		937	140	283	255	117	92	52	677	260	735	34	91	44	14	7	190
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	117	41	30	19	10	11	6	91	26	83	2	19	6	2	2	31
		13%	29%	11%	8%	9%	12%	11%	13%	10%	11%	6%	21%	13%	11%	27%	16%
			bcdefgh						c				ab				
A bit more	(4.0)	178	36	58	47	21	10	5	141	37	126	15	20	13	3	1	53
		19%	26%	20%	19%	18%	11%	10%	21%	14%	17%	45%	22%	31%	19%	11%	28%
			efh	e					eh			acg	a				a
About the same	(3.0)	276	31	94	71	47	18	15	196	80	221	6	21	14	5	3	51
		29%	23%	33%	28%	40%	20%	28%	29%	31%	30%	18%	23%	33%	38%	45%	27%
				ae		aceg			e								
A bit less	(2.0)	130	12	41	36	13	20	8	89	41	99	5	14	7	2	1	30
		14%	9%	15%	14%	11%	21%	16%	13%	16%	13%	15%	16%	16%	14%	17%	16%
						adg											
A lot less	(1.0)	126	12	33	45	13	15	8	90	36	111	2	9	3	2	-	16
		13%	9%	12%	18%	11%	17%	16%	13%	14%	15%	6%	10%	6%	13%	-	8%
					a				g								
Don't know		19	2	3	6	2	3	4	10	9	15	-	2	1	-	-	3
		2%	1%	1%	2%	1%	3%	7%	2%	3%	2%	-	2%	2%	-	-	1%
							abcdg										
I have never done this		91	4	24	31	11	15	5	60	31	80	3	5	-	1	-	9
		10%	3%	8%	12%	9%	16%	11%	9%	12%	11%	10%	5%	-	5%	-	5%
			a	a	a	abg	a	a	a	a	dg	d					
NET: More		295	78	88	66	31	21	11	232	63	209	17	40	19	4	3	83
		32%	56%	31%	26%	27%	23%	22%	34%	24%	28%	51%	44%	44%	30%	38%	44%
			bcdefgh						ceh			a	a	a			a
NET: Less		257	25	74	80	26	35	16	179	77	209	7	24	9	4	1	45
		27%	18%	26%	32%	22%	38%	32%	26%	30%	28%	21%	26%	22%	27%	17%	24%
					a		abdg	a	a	a							
Base for stats		828	134	256	218	104	74	42	607	220	640	30	85	43	14	7	179
Mean Score		3.04	3.61	3.04	2.82	3.03	2.74	2.82	3.09	2.89	2.96	3.33	3.31	3.30	3.02	3.48	3.29
			bcdefgh	c					ceh				a				a
Standard Deviation		1.245	1.268	1.176	1.237	1.098	1.331	1.289	1.251	1.219	1.251	1.065	1.297	1.083	1.219	1.140	1.189
Standard Error		.043	.111	.075	.083	.104	.151	.192	.051	.080	.049	.185	.142	.161	.315	.431	.088
Error variance		*	.01	.01	.01	.01	.02	.04	*	.01	*	.03	.02	.03	.10	.19	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	535	198	163	361	130	105	374	116	31	28	70	51	22	16	235
Total	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	117 13%	59 12%	23 11%	29 16%	52 13%	17 14%	19 19%	42 11%	19 17%	6 18%	2 6%	7 11%	4 9%	2 8%	- -	36 16%
A bit more (4.0)	178 19%	82 16%	42 20%	47 26%	89 23%	17 13%	33 33%	77 20%	18 16%	9 29%	6 21%	6 8%	7 15%	3 13%	3 16%	50 22%
About the same (3.0)	276 29%	153 30%	68 32%	41 23%	109 28%	41 32%	23 23%	127 33%	34 30%	13 40%	4 13%	16 23%	11 24%	4 22%	2 13%	64 28%
A bit less (2.0)	130 14%	68 13%	26 12%	32 17%	58 15%	19 15%	8 8%	52 14%	17 15%	2 6%	4 15%	14 20%	7 15%	2 12%	6 30%	27 12%
A lot less (1.0)	126 13%	70 14%	34 16%	18 10%	52 13%	25 20%	7 7%	46 12%	12 11%	1 4%	5 19%	11 16%	11 22%	3 14%	5 27%	32 14%
Don't know	19 2%	7 1%	5 2%	4 2%	9 2%	- -	1 1%	4 1%	2 2%	- -	- -	6 9%	2 4%	3 15%	- -	1 *
I have never done this	91 10%	63 12%	16 7%	11 6%	27 7%	8 6%	10 10%	34 9%	11 10%	1 3%	8 27%	9 13%	5 10%	3 16%	3 15%	18 8%
NET: More	295 32%	142 28%	65 31%	75 42%	141 36%	34 27%	52 52%	118 31%	36 32%	15 47%	8 27%	13 19%	12 25%	4 21%	3 16%	86 38%
NET: Less	257 27%	138 27%	60 28%	50 27%	110 28%	44 34%	15 15%	98 26%	29 26%	3 9%	10 34%	25 36%	17 37%	5 26%	11 57%	59 26%
Base for stats	828	433	194	166	359	119	90	343	100	31	21	54	40	14	16	209
Mean Score	3.04	2.99	2.97	3.22	3.09	2.86	3.54	3.04	3.14	3.54	2.73	2.71	2.70	2.83	2.21	3.15
Standard Deviation	1.245	1.244	1.242	1.249	1.249	1.307	1.152	1.184	1.256	.998	1.363	1.298	1.339	1.312	1.113	1.286



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	535	198	163	361	130	105	374	116	31	28	70	51	22	16	235
Total	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Error	.043	.058	.093	.102	.069	.119	.119	.065	.124	.182	.297	.175	.202	.328	.309	.088
Error variance	*	*	.01	.01	*	.01	.01	*	.02	.03	.09	.03	.04	.11	.10	.01

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	210	320	85	13	405	223	265	216	119	26	335	291	101	495	295	52	842	
Total	937	206	328	85	11	413	217	269	215	119	25	334	294	95	491	300	51	842	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	117 13%	40 20% be	31 9%	10 11%	4 32%	41 10%	44 20% be	40 15%	23 11%	15 13%	8 31%	38 11%	48 16%	8 8%	51 10%	45 15%	13 25% abe	109 13%	
A bit more (4.0)	178 19%	34 16%	75 23%	26 30% af	2 22%	101 24% af	36 17%	40 15%	66 31% af	27 23%	4 15%	93 28% af	44 15%	16 17%	93 19%	62 21%	6 12%	162 19%	
About the same (3.0)	276 29%	65 32%	103 31%	26 30%	1 8%	129 31%	66 30%	86 32%	64 30%	35 29%	8 31%	99 30%	94 32%	29 30%	154 31%	82 27%	11 21%	247 29%	
A bit less (2.0)	130 14%	25 12%	42 13%	11 12%	2 22%	52 13%	28 13%	40 15%	26 12%	14 11%	2 8%	39 12%	42 14%	8 9%	70 14%	42 14%	10 19%	122 14%	
A lot less (1.0)	126 13%	16 8%	45 14% af	9 11%	1 7%	54 13%	17 8%	32 12%	20 9%	15 13%	2 8%	35 10%	34 12%	15 16%	66 13%	36 12%	9 18%	111 13%	
Don't know	19 2%	1 *	3 1%	- -	- -	3 1%	1 *	1 *	3 1%	1 1%	- -	3 1%	1 *	3 3%	7 1%	8 3%	1 1%	16 2%	
I have never done this	91 10%	24 12%	30 9%	4 5%	1 9%	34 8%	25 12%	30 11%	15 7%	12 10%	2 8%	27 8%	32 11%	15 16% cde	49 10%	24 8%	2 3%	75 9%	
NET: More	295 32%	74 36%	106 32%	35 42%	6 54%	142 34%	80 37%	80 30%	89 41% af	42 35%	11 45%	131 39% af	91 31%	24 25%	145 29%	107 36%	19 38%	271 32%	
NET: Less	257 27%	42 20%	87 26%	20 23%	3 29%	106 26%	45 21%	72 27%	45 21%	29 24%	4 16%	74 22%	76 26%	24 25%	136 28%	78 26%	19 37%	233 28%	
Base for stats	828	181	296	81	10	377	191	238	198	106	23	303	261	77	435	267	49	751	
Mean Score	3.04	3.31 be	3.02	3.20	3.55	3.06	3.32 be	3.07	3.23	3.13	3.57	3.20	3.11	2.91	2.99	3.14	3.09	3.05	
Standard Deviation	1.245	1.222	1.194	1.163	1.453	1.189	1.232	1.244	1.127	1.236	1.286	1.165	1.254	1.245	1.207	1.260	1.476	1.245	
Standard Error	.043	.090	.070	.129	.419	.062	.088	.081	.080	.120	.263	.067	.078	.136	.058	.078	.211	.046	
Error variance	*	.01	*	.02	.18	*	.01	.01	.01	.01	.07	*	.01	.02	*	.01	.04	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	943	243	579	145	145	48	606	308	27	765	178	788	146
Total	937	239	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 117 13%	54 23%	54 9%	15 11%	25 18%	10 23%	65 11%	47 16%	4 15%	101 13%	16 9%	107 14%	8 6%
		b			d	ad		d				b	
A bit more	(4.0) 178 19%	65 27%	93 16%	33 24%	34 24%	11 23%	99 16%	73 24%	5 17%	151 20%	27 15%	155 20%	22 16%
		b		d	d			d					
About the same	(3.0) 276 29%	57 24%	183 31%	33 24%	37 25%	15 32%	187 31%	80 27%	4 13%	223 29%	52 29%	241 30%	32 23%
			a										
A bit less	(2.0) 130 14%	31 13%	89 15%	18 13%	21 14%	6 12%	88 14%	40 14%	4 17%	101 13%	29 16%	104 13%	25 18%
A lot less	(1.0) 126 13%	21 9%	89 15%	21 16%	17 12%	1 2%	92 15%	34 11%	5 19%	97 13%	29 16%	98 12%	28 21%
			a	c	c		c	c				a	a
Don't know	19 2%	- -	13 2%	6 4%	1 1%	2 4%	9 1%	7 2%	1 4%	16 2%	3 2%	14 2%	3 2%
			a	d									
I have never done this	91 10%	10 4%	64 11%	9 7%	10 7%	2 4%	71 12%	17 6%	4 15%	68 9%	23 13%	72 9%	19 14%
			a				e						
NET: More	295 32%	119 50%	147 25%	49 36%	59 41%	21 46%	165 27%	119 40%	9 33%	253 33%	43 24%	262 33%	30 22%
		b		d	d	d		d		b		b	
NET: Less	257 27%	53 22%	178 30%	40 29%	38 26%	6 14%	180 29%	74 25%	10 36%	198 26%	58 33%	202 26%	54 39%
			a	c			c					a	a
Base for stats	828	229	508	122	133	42	532	273	22	674	154	705	116
Mean Score	3.04	3.44	2.87	3.02	3.23	3.58	2.92	3.21	2.92	3.09	2.81	3.10	2.62
		b			d	ad		d		b		b	
Standard Deviation	1.245	1.248	1.212	1.281	1.276	1.066	1.237	1.246	1.477	1.244	1.230	1.235	1.238
Standard Error	.043	.082	.054	.113	.110	.161	.054	.074	.315	.048	.099	.047	.112

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

Significance Level: 95%

Unweighted Total

Total

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	943	579	145	145	48	606	308	27	765	178	788	146
Total	937	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	*	.01	.01	.03	*	.01	.10	*	.01	*	.01

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	135	120	162	197	94	101	35	99	573	235	271	264	296	102	55	495	376
Total	937	137	121	159	193	92	99	36	99	566	234	264	258	303	103	53	517	352
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	117 13%	9 7%	16 13%	15 10%	22 11%	12 13%	14 14%	8 23% aci	22 22% acdi	64 11%	44 19% acdi	29 11%	32 12%	29 9%	27 27% abc	11 20%	65 13%	40 11%
A bit more (4.0)	178 19%	9 7%	16 13%	37 23% ab	40 21% a	25 27% ab	24 24% ab	7 20% a	20 20% a	118 21% a	51 22% ab	45 17%	52 20%	61 20%	20 19%	19 36% bc	91 18%	67 19%
About the same (3.0)	276 29%	39 28%	34 28%	42 26%	62 32%	28 30%	23 24%	12 33%	36 36%	166 29%	71 30%	59 22%	77 30% a	104 34% a	33 32% a	15 28%	153 30%	104 29%
A bit less (2.0)	130 14%	16 12%	17 14%	23 15%	32 17%	15 17%	15 15%	3 8%	9 9%	88 16%	26 11%	43 16%	39 15%	39 13%	9 9%	4 7%	82 16%	41 12%
A lot less (1.0)	126 13%	37 27% cdefhij	22 18% dhj	21 13%	15 8%	9 9%	12 12%	5 13%	7 7%	66 12%	23 10%	54 21% bcd	29 11%	35 12%	8 8%	3 6% a	66 13%	57 16% a
Don't know	19 2%	2 1%	5 4% h	3 2%	5 2%	1 1%	4 4%	- -	- -	13 2%	4 2%	8 3% c	4 1%	2 1%	1 1%	- -	10 2%	7 2%
I have never done this	91 10%	25 18% defghij	12 10%	17 11% e	19 10%	3 3%	8 8%	1 2%	5 5%	51 9%	14 6%	25 9%	26 10%	33 11%	5 5%	2 4%	51 10%	37 10%
NET: More	295 32%	18 13% a	31 26% a	52 33% a	62 32% a	37 40% ab	38 38% a	16 43% a	42 43% abi	182 32% a	95 41% abi	75 28%	84 33%	90 30%	47 46% abc	30 56% bc	156 30%	107 30%
NET: Less	257 27%	53 39% defhij	38 32% hj	45 28% h	47 24%	24 26%	26 26%	8 21%	16 16%	154 27% h	50 21%	97 37% bcd	68 26% d	74 25%	17 17%	7 13%	148 29% a	98 28% a
Base for stats	828	111	104	139	170	89	87	35	93	501	216	231	229	268	97	51	456	308
Mean Score	3.04	2.44	2.87	3.01	3.13	3.18	3.15	3.33	3.44	3.05	3.31	2.79	3.08	3.04	3.50	3.59	3.02	2.98
Standard Deviation	1.245	1.266	1.321	1.222	1.126	1.166	1.264	1.309	1.164	1.204	1.231	1.340	1.211	1.152	1.232	1.092	1.235	1.269
Standard Error	.043	.122	.131	.103	.085	.123	.133	.225	.120	.053	.083	.087	.079	.071	.126	.150	.059	.070
Error variance	*	.01	.02	.01	.01	.02	.02	.05	.01	*	.01	.01	.01	.01	.02	.02	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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		943	346	247	340	943	-
Total		937	344	249	334	937	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	117	77	20	20	117	-
		13%	22%	8%	6%	13%	-
			bc				
A bit more	(4.0)	178	92	46	39	178	-
		19%	27%	18%	12%	19%	-
			bc	c			
About the same	(3.0)	276	90	107	77	276	-
		29%	26%	43%	23%	29%	-
				ac			
A bit less	(2.0)	130	29	33	67	130	-
		14%	8%	13%	20%	14%	-
				a	ab		
A lot less	(1.0)	126	24	16	86	126	-
		13%	7%	6%	26%	13%	-
					ab		
Don't know		19	5	6	7	19	-
		2%	1%	2%	2%	2%	-
I have never done this		91	28	23	39	91	-
		10%	8%	9%	12%	10%	-
NET: More		295	168	66	59	295	-
		32%	49%	26%	18%	32%	-
			bc	c			
NET: Less		257	53	49	152	257	-
		27%	15%	20%	45%	27%	-
					ab		
Base for stats		828	311	221	289	828	-
Mean Score		3.04	3.54	3.09	2.45	3.04	-
			bc	c			
Standard Deviation		1.245	1.180	.996	1.239	1.245	-
Standard Error		.043	.067	.067	.072	.043	-
Error variance		*	*	*	.01	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	404	530	387	373	183	51	122	94	105	77	63	199	139	93
Total	937	429	500	359	368	211	46	112	85	105	71	93	195	140	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	98	44	53	49	37	11	4	10	8	8	7	17	27	10	8
	10%	10%	11%	14%	10%	5%	8%	9%	9%	8%	10%	18%	14%	7%	8%
				c								dh	h		
A bit more (4.0)	194	83	108	89	77	28	9	29	18	29	17	9	41	25	18
	21%	19%	22%	25%	21%	13%	19%	26%	21%	28%	23%	9%	21%	18%	20%
				c	c			f	21%	f	f		f		
About the same (3.0)	283	142	137	102	106	75	17	32	21	25	24	35	59	37	32
	30%	33%	27%	28%	29%	36%	38%	28%	25%	24%	34%	37%	30%	27%	35%
A bit less (2.0)	144	58	85	53	60	32	5	16	11	19	10	18	29	21	14
	15%	14%	17%	15%	16%	15%	12%	15%	13%	18%	14%	19%	15%	15%	15%
A lot less (1.0)	149	69	80	50	62	37	9	12	18	17	8	11	23	36	13
	16%	16%	16%	14%	17%	18%	20%	11%	21%	17%	12%	11%	12%	26%	14%
									bg					befgi	
Don't know	18	4	13	7	8	3	-	3	3	2	-	-	6	1	3
	2%	1%	3%	2%	2%	2%	-	3%	3%	2%	-	-	3%	1%	3%
			a												
I have never done this	51	28	23	8	18	25	2	9	7	4	4	5	8	9	3
	5%	7%	5%	2%	5%	12%	4%	8%	8%	4%	6%	5%	4%	7%	3%
					ab										
NET: More	292	127	162	138	114	39	12	39	25	37	24	26	68	35	26
	31%	30%	32%	38%	31%	19%	27%	35%	30%	36%	33%	27%	35%	25%	28%
				bc	c								h		
NET: Less	293	128	165	103	121	69	14	29	29	36	19	28	53	57	27
	31%	30%	33%	29%	33%	33%	32%	26%	34%	35%	26%	30%	27%	41%	30%
													beg		
Base for stats	868	396	463	343	342	183	44	99	76	99	66	88	180	129	86
Mean Score	2.94	2.94	2.94	3.10	2.91	2.70	2.82	3.08	2.81	2.91	3.06	3.04	3.10	2.62	2.92
				bc				h			h	h	h		
Standard Deviation	1.235	1.226	1.251	1.251	1.248	1.141	1.218	1.166	1.318	1.238	1.160	1.249	1.228	1.284	1.166
Standard Error	.042	.063	.056	.065	.067	.090	.174	.112	.144	.124	.137	.161	.090	.113	.125
Error variance	*	*	*	*	*	.01	.03	.01	.02	.02	.02	.03	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	137	271	260	123	97	55	668	275	734	36	91	46	16	7	196	
Total	937	140	283	255	117	92	52	677	260	735	34	91	44	14	7	190	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	98 10%	23 16% cdeh	34 12% h	22 9%	8 7%	7 8%	3 7%	79 12% h	18 7%	68 9%	3 8%	16 17% a	6 15%	1 6%	2 27%	28 15% a	
A bit more (4.0)	194 21%	40 29% bg	48 17%	53 21%	26 22%	18 20%	8 16%	141 21%	53 20%	151 21%	16 48% acdg	15 16%	9 21%	1 6%	1 17%	42 22%	
About the same (3.0)	283 30%	37 27%	91 32%	71 28%	37 32%	28 31%	18 35%	200 29%	83 32%	232 32% c	6 19%	19 21%	13 29%	7 51%	2 28%	48 25%	
A bit less (2.0)	144 15%	20 14%	47 17%	37 15%	19 16%	16 18%	4 9%	105 15%	39 15%	107 14%	2 7%	24 26% ab	6 14%	1 8%	2 28%	36 19%	
A lot less (1.0)	149 16%	17 12%	47 17%	48 19%	17 15%	12 13%	8 16%	112 17%	37 14%	121 16%	3 9%	12 13%	8 18%	3 24%	-	26 14%	
Don't know	18 2%	1 1%	5 2%	5 2%	2 1%	4 4%	2 4%	11 2%	8 3%	11 1%	-	5 5% a	2 4%	-	-	6 3%	
I have never done this	51 5%	1 1%	10 4%	18 7% a	8 7% a	6 7% a	7 14% abg	29 4% a	22 8% abg	45 6% c	3 10% cdg	1 1%	-	1 5%	-	5 3%	
NET: More	292 31%	63 45% bcdefgh	82 29%	75 30%	34 29%	25 28%	12 23%	220 33%	71 27%	220 30%	19 55% acg	30 34%	16 36%	2 12%	3 44%	70 37%	
NET: Less	293 31%	37 27%	94 33%	85 33%	36 31%	28 30%	12 24%	217 32%	76 29%	228 31%	5 16%	36 39% b	14 32%	5 32%	2 28%	61 32%	
Base for stats	868	138	267	232	107	82	42	637	231	680	30	85	42	14	7	179	
Mean Score	2.94	3.23 bcdgh	2.90	2.85	2.90	2.91	2.88	2.95	2.90	2.91	3.42 a	2.99	3.01	2.59	3.43	3.06	
Standard Deviation	1.235	1.248	1.253	1.258	1.168	1.160	1.188	1.260	1.164	1.221	1.097	1.325	1.323	1.153	1.244	1.278	
Standard Error	.042	.107	.078	.082	.110	.125	.177	.050	.074	.047	.191	.144	.200	.298	.470	.094	
Error variance	*	.01	.01	.01	.01	.02	.03	*	.01	*	.04	.02	.04	.09	.22	.01	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	943	535	198	163	361	130	105	374	116	31	28	70	51	22	16	235
Total	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	98 10%	49 10%	13 6%	30 16% ab	42 11%	12 10%	15 15%	41 11%	10 9%	7 22% dg	2 8%	5 7%	4 9%	1 4%	1 4%	27 12%
A bit more (4.0)	194 21%	94 19%	50 23%	42 23%	93 23%	26 20% g	30 30% dg	83 22% g	18 15%	7 21%	4 14%	6 9%	11 24% g	6 31%	3 17%	56 25% g
About the same (3.0)	283 30%	159 32% c	79 37% cd	34 19%	114 29% c	40 32%	28 28%	127 33% h	37 33%	10 31%	7 23%	18 25%	9 19%	2 12%	5 26%	69 30%
A bit less (2.0)	144 15%	77 15%	24 11%	39 22% b	63 16%	22 17%	10 9%	53 14%	25 22% bc	6 18%	6 20%	11 16%	7 15%	3 13%	3 16%	32 14%
A lot less (1.0)	149 16%	86 17%	34 16%	24 13%	58 15%	20 15%	13 13%	58 15%	18 16%	3 9%	4 13%	16 23%	11 23%	3 14%	5 27%	32 14%
Don't know	18 2%	5 1%	6 3%	4 2%	10 3%	1 1%	1 1%	4 1%	4 3%	- -	- -	4 6% abck	3 6% abck	1 5%	- -	2 1%
I have never done this	51 5%	32 6%	8 4%	7 4%	16 4%	5 4%	4 4%	15 4%	3 2%	- -	6 23%	9 13% abcdek	2 5%	4 21%	2 10%	10 4%
NET: More	292 31%	143 29%	63 29%	72 40% ab	135 34%	38 30% g	45 45% acd	124 32% g	28 24%	14 43% dg	6 21%	12 17%	15 32%	7 35%	4 21%	83 36% dg
NET: Less	293 31%	163 32%	57 27%	63 35%	121 31%	42 33%	22 22%	111 29%	43 38% b	8 26%	10 33%	27 39% b	17 37% b	5 27%	8 43%	64 28%
Base for stats	868	465	200	169	369	120	96	362	107	32	22	56	41	15	17	216
Mean Score	2.94	2.88	2.92	3.08	3.00	2.91	3.26 adgh	2.99 g	2.79	3.30 dg	2.77	2.54	2.78	2.96	2.51	3.06 g
Standard Deviation	1.235	1.233	1.140	1.324	1.229	1.211	1.230	1.212	1.186	1.249	1.241	1.275	1.359	1.297	1.273	1.229
Standard Error	.042	.055	.084	.107	.067	.109	.124	.064	.114	.224	.265	.169	.203	.315	.340	.082
Error variance	*	*	.01	.01	*	.01	.02	*	.01	.05	.07	.03	.04	.10	.12	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	943	210	320	85	13	405	223	265	216	119	26	335	291	101	495	295	52	842	
Total	937	206	328	85	11	413	217	269	215	119	25	334	294	95	491	300	51	842	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	98 10%	33 16%	31 10%	6 7%	1 8%	37 9%	33 15% be	31 11%	23 11%	13 11%	6 22%	37 11%	37 12%	7 7%	47 10%	36 12%	8 16%	91 11%	
A bit more (4.0)	194 21%	45 22%	70 21%	17 20%	4 33%	87 21%	49 23%	55 21%	52 24%	19 16%	7 26%	71 21%	62 21%	24 25%	108 22%	53 18%	9 18%	170 20%	
About the same (3.0)	283 30%	71 35%	103 31%	22 26%	1 7%	125 30%	72 33%	91 34%	67 31%	38 32%	5 21%	105 31%	96 33%	29 31%	154 31%	90 30%	9 19%	254 30%	
A bit less (2.0)	144 15%	26 13%	52 16%	18 21%	3 30%	69 17%	29 13%	37 14%	38 17%	18 15%	4 15%	55 17%	41 14%	12 12%	77 16%	49 16%	7 14%	132 16%	
A lot less (1.0)	149 16%	22 11%	55 17%	15 18%	2 15%	71 17% af	24 11%	43 16%	27 12%	20 17%	3 11%	47 14%	46 15%	16 17%	73 15%	45 15%	14 28% bce	133 16%	
Don't know	18 2%	1 *	2 1%	2 2%	1 7%	4 1%	2 1%	1 *	2 1%	3 3% af	- -	5 2%	1 *	1 1%	6 1%	10 3% b	2 3%	17 2%	
I have never done this	51 5%	8 4%	15 5%	5 6%	- -	20 5%	8 3%	11 4%	7 3%	7 6%	1 5%	14 4%	13 4%	6 6%	26 5%	18 6%	2 4%	45 5%	
NET: More	292 31%	78 38%	102 31%	23 27%	5 41%	125 30%	82 38% e	86 32%	76 35%	32 27%	12 49%	108 32%	98 33%	31 32%	155 32%	89 30%	17 33%	261 31%	
NET: Less	293 31%	48 23%	107 33% af	33 38% af	5 44%	140 34% af	53 24%	80 30%	64 30%	38 32%	7 26%	102 31%	87 29%	28 29%	150 31%	94 31%	21 41%	265 31%	
Base for stats	868	197	312	78	10	389	208	257	206	108	24	315	281	88	460	272	48	780	
Mean Score	2.94	3.20 bce	2.90	2.76	2.89	2.88	3.19 bce	2.98	3.04	2.89	3.35	2.99	3.01	2.92	2.95	2.95	2.78	2.94	
Standard Deviation	1.235	1.199	1.225	1.226	1.351	1.225	1.205	1.230	1.186	1.256	1.339	1.211	1.241	1.213	1.205	1.250	1.480	1.238	
Standard Error	.042	.085	.070	.139	.390	.063	.083	.077	.082	.121	.268	.068	.074	.125	.056	.076	.214	.044	
Error variance	*	.01	*	.02	.15	*	.01	.01	.01	.01	.07	*	.01	.02	*	.01	.05	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	943	243	579	145	145	48	606	308	27	765	178	788	146
Total	937	239	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 98 10%	38 16%	51 9%	18 13%	15 10%	5 11%	58 10%	35 12%	3 10%	84 11%	14 8%	92 12%	5 4%
		b										b	
A bit more	(4.0) 194 21%	52 22%	114 19%	33 24%	33 23%	7 16%	123 20%	66 22%	6 23%	165 22%	29 16%	170 21%	22 16%
About the same	(3.0) 283 30%	60 25%	188 32%	32 24%	38 26%	12 27%	199 33%	77 26%	5 18%	229 30%	54 30%	243 31%	36 26%
		a					ae						
A bit less	(2.0) 144 15%	44 18%	88 15%	21 15%	24 16%	8 17%	93 15%	47 16%	6 21%	112 15%	32 18%	110 14%	35 25%
												a	
A lot less	(1.0) 149 16%	35 15%	94 16%	22 16%	26 18%	8 17%	94 15%	51 17%	5 19%	113 15%	36 20%	124 16%	25 18%
Don't know	18 2%	3 1%	13 2%	4 3%	3 2%	2 4%	8 1%	7 2%	1 4%	13 2%	6 3%	12 1%	4 3%
I have never done this	51 5%	7 3%	37 6%	7 5%	6 4%	4 8%	36 6%	14 5%	1 5%	42 6%	9 5%	40 5%	12 9%
NET: More	292 31%	91 38%	165 28%	51 37%	48 33%	12 26%	181 30%	101 34%	9 34%	249 33%	43 24%	262 33%	27 20%
		b								b		b	
NET: Less	293 31%	79 33%	182 31%	43 32%	50 34%	16 35%	187 31%	98 33%	11 40%	225 30%	68 38%	234 30%	59 43%
											a		a
Base for stats	868	229	535	126	136	40	567	276	25	703	165	740	122
Mean Score	2.94	3.07	2.89	3.03	2.90	2.83	2.93	2.95	2.83	2.99	2.71	3.00	2.58
										b		b	
Standard Deviation	1.235	1.304	1.206	1.312	1.277	1.287	1.205	1.291	1.343	1.232	1.228	1.246	1.133
Standard Error	.042	.085	.052	.113	.109	.199	.051	.076	.269	.046	.096	.046	.099
Error variance	*	.01	*	.01	.01	.04	*	.01	.07	*	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	943	135	120	162	197	94	101	35	99	573	235	271	264	296	102	55	495	376
Total	937	137	121	159	193	92	99	36	99	566	234	264	258	303	103	53	517	352
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	98 10%	3 2%	11 9%	12 8%	20 10%	7 8%	19 19%	5 14%	19 20%	51 9%	43 19%	25 10%	18 7%	33 11%	20 20%	7 14%	59 11%	29 8%
			a	a	a		abcdei	a	abcdei	a	abcdei				abc			
A bit more (4.0)	194 21%	12 9%	14 11%	43 27%	41 21%	20 21%	27 27%	9 26%	29 29%	117 21%	65 28%	40 15%	58 22%	60 20%	34 34%	16 31%	105 20%	71 20%
				ab	ab	ab	ab	ab	ab	ab	abi		a		abc			
About the same (3.0)	283 30%	39 28%	42 35%	43 27%	58 30%	37 40%	19 19%	11 31%	33 34%	180 32%	64 27%	66 25%	74 29%	113 37%	28 27%	16 30%	153 30%	108 31%
				f	f	cfj			f	f				ab				
A bit less (2.0)	144 15%	16 12%	18 15%	30 19%	37 19%	13 15%	15 16%	8 23%	6 6%	98 17%	30 13%	46 18%	47 18%	40 13%	9 9%	6 11%	83 16%	53 15%
				h	h	h	h	h	h	h		d	d					
A lot less (1.0)	149 16%	46 34%	21 17%	23 14%	28 14%	13 14%	11 11%	1 3%	7 7%	84 15%	19 8%	63 24%	34 13%	41 13%	10 10%	6 10%	80 15%	62 18%
		bcdefghij	ghj	j	j					ghj		bcd						
Don't know	18 2%	2 1%	5 4%	2 1%	5 3%	- -	4 4%	1 2%	- -	12 2%	5 2%	5 2%	6 2%	4 1%	1 1%	1 2%	11 2%	5 1%
			eh															
I have never done this	51 5%	20 14%	10 8%	6 4%	5 3%	2 2%	4 4%	- -	4 4%	23 4%	8 4%	18 7%	21 8%	12 4%	- -	1 2%	26 5%	23 7%
		cdefghij	d									d	cd	d				
NET: More	292 31%	15 11%	25 21%	56 35%	61 31%	27 29%	46 46%	15 40%	48 49%	168 30%	108 46%	65 25%	76 29%	94 31%	55 53%	24 45%	164 32%	100 28%
			a	ab	ab	a	abcdei	ab	abcdei	ab	abcdei				abc	bc		
NET: Less	293 31%	62 45%	39 32%	53 33%	64 33%	26 28%	26 26%	9 26%	13 14%	182 32%	49 21%	110 42%	81 31%	81 27%	19 19%	11 21%	163 32%	116 33%
		bcdefghij	hj	hj	hj	h	h			hj		bcd	d					
Base for stats	868	116	106	151	184	90	91	35	95	531	221	241	232	287	102	51	480	324
Mean Score	2.94	2.23	2.78	2.95	2.94	2.95	3.31	3.26	3.49	2.91	3.38	2.66	2.91	3.02	3.45	3.28	2.96	2.85
			a	a	a	a	abcdei	ab	abcdei	a	abcdei		a	a	abc	c		
Standard Deviation	1.235	1.167	1.214	1.194	1.212	1.123	1.298	1.079	1.124	1.191	1.191	1.313	1.166	1.178	1.197	1.186	1.246	1.225
Standard Error	.042	.110	.118	.097	.089	.117	.134	.185	.115	.051	.080	.083	.076	.070	.119	.163	.058	.066
Error variance	*	.01	.01	.01	.01	.01	.02	.03	.01	*	.01	.01	.01	*	.01	.03	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

		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		943	346	247	340	943	-
Total		937	344	249	334	937	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	98	61	18	17	98	-
		10%	18%	7%	5%	10%	-
			bc				
A bit more	(4.0)	194	125	32	37	194	-
		21%	36%	13%	11%	21%	-
			bc				
About the same	(3.0)	283	89	109	82	283	-
		30%	26%	44%	25%	30%	-
				ac			
A bit less	(2.0)	144	29	41	73	144	-
		15%	9%	16%	22%	15%	-
				a	a		
A lot less	(1.0)	149	22	24	102	149	-
		16%	6%	9%	30%	16%	-
				ab			
Don't know		18	4	5	7	18	-
		2%	1%	2%	2%	2%	-
I have never done this		51	14	20	17	51	-
		5%	4%	8%	5%	5%	-
				a			
NET: More		292	185	51	54	292	-
		31%	54%	20%	16%	31%	-
			bc				
NET: Less		293	51	64	175	293	-
		31%	15%	26%	52%	31%	-
				a	ab		
Base for stats		868	326	224	311	868	-
Mean Score		2.94	3.53	2.92	2.33	2.94	-
			bc	c			
Standard Deviation		1.235	1.096	1.036	1.200	1.235	-
Standard Error		.042	.061	.070	.068	.042	-
Error variance		*	*	*	*	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	943	404	530	387	373	183	51	122	94	105	77	63	199	139	93
Total	937	429	500	359	368	211	46	112	85	105	71	93	195	140	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	63 7%	27 6%	35 7%	39 11% bc	16 4%	7 3%	2 4%	6 5%	5 6%	9 8%	5 8%	11 12% hi	16 8%	6 4%	3 3%
A bit more (4.0)	143 15%	58 14%	84 17%	70 20% c	59 16% c	14 7%	9 20%	16 14%	12 15%	15 14%	14 20%	9 9%	40 21% fh	17 12%	11 12%
About the same (3.0)	300 32%	163 38% b	134 27%	88 25%	132 36% a	80 38% a	14 30%	33 29%	24 28%	31 30%	20 28%	28 30%	64 33%	48 34%	39 42% c
A bit less (2.0)	140 15%	55 13%	86 17%	64 18%	51 14%	26 12%	5 11%	18 16%	11 12%	24 23% hi	8 12%	22 23% i	28 15%	17 12%	7 8%
A lot less (1.0)	132 14%	54 13%	78 16%	48 13%	50 14%	33 16%	8 17% f	17 15% f	16 19% dfg	9 9%	11 15% f	4 5%	19 10%	32 23% dfg	16 17% f
Don't know	23 2%	5 1%	16 3% a	12 3%	9 2%	2 1%	- -	3 3%	6 6% h	2 2%	2 3%	1 2%	7 4%	1 1%	1 1%
I have never done this	136 14%	67 16%	67 13%	37 10%	50 13%	50 23% ab	8 17%	19 17%	12 14%	15 14%	10 15%	18 19%	20 10%	19 13%	16 17%
NET: More	206 22%	85 20%	119 24%	110 31% bc	76 21% c	21 10%	11 24%	22 20%	17 20%	24 23%	19 28% hi	20 21%	56 29% hi	23 16%	14 15%
NET: Less	273 29%	108 25%	163 33% a	112 31%	102 28%	59 28%	13 28%	35 31%	27 31%	33 32%	19 27%	26 28%	48 24%	49 35% g	23 25%
Base for stats	779	356	416	310	309	159	38	90	67	88	59	74	168	120	75
Mean Score	2.83	2.86	2.79	2.96 c	2.81	2.59	2.79	2.73	2.70	2.89 h	2.91	3.02 h	3.04 bchi	2.56	2.71
Standard Deviation	1.156	1.095	1.205	1.253	1.089	1.050	1.191	1.158	1.229	1.120	1.231	1.127	1.120	1.166	1.074
Standard Error	.041	.060	.057	.068	.062	.090	.182	.117	.143	.119	.154	.159	.086	.107	.123
Error variance	*	*	*	*	*	.01	.03	.01	.02	.01	.02	.03	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	137	271	260	123	97	55	668	275	734	36	91	46	16	7	196	
Total	937	140	283	255	117	92	52	677	260	735	34	91	44	14	7	190	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	63 7%	15 11% h	18 6%	15 6%	6 5%	5 6%	3 5%	49 7%	14 5%	48 6%	3 8%	8 9%	2 4%	- -	2 27%	15 8%	
A bit more (4.0)	143 15%	27 19% fh	44 16% f	43 17% f	16 14%	10 11%	3 5%	114 17% fh	29 11%	104 14%	10 29% a	20 22% a	6 15%	1 5%	1 17%	38 20% a	
About the same (3.0)	300 32%	54 39% ce	99 35% ce	68 27%	39 34%	22 24%	18 34%	221 33%	79 30%	238 32%	6 19%	23 25%	17 38%	8 53%	4 56%	58 30%	
A bit less (2.0)	140 15%	11 8%	39 14%	40 16% a	22 19% a	20 22% ag	8 15%	91 13%	50 19% ag	94 13%	8 23%	21 23% a	13 29% a	3 19%	- -	44 23% a	
A lot less (1.0)	132 14%	21 15%	42 15%	38 15%	12 10%	12 13%	7 14%	101 15%	31 12%	112 15%	4 11%	8 9%	6 14%	2 11%	- -	20 10%	
Don't know	23 2%	1 1%	6 2%	6 3%	3 2%	4 5%	3 5%	13 2%	9 4%	17 2%	2 5%	3 3%	- -	- -	- -	5 2%	
I have never done this	136 14%	10 7%	35 12%	43 17% a	19 16% a	19 20% abg	11 21% a	87 13% a	49 19% abg	122 17% dg	2 5%	8 9% d	- -	2 11%	- -	12 6%	
NET: More	206 22%	42 30% defh	62 22%	58 23% f	22 19%	15 16%	6 11%	163 24% fh	43 16%	152 21%	12 37% a	28 31% a	8 19%	1 5%	3 44%	53 28% a	
NET: Less	273 29%	32 23%	81 29%	79 31%	34 29%	32 35%	15 29%	192 28%	81 31%	207 28%	11 34%	29 32%	19 43% a	4 30%	- -	64 33%	
Base for stats	779	129	242	205	95	69	38	577	202	596	30	80	44	13	7	174	
Mean Score	2.83	3.04 eh	2.82	2.79	2.81	2.66	2.64	2.86	2.73	2.80	2.99	2.99	2.66	2.60	3.71	2.91	
Standard Deviation	1.156	1.198	1.147	1.189	1.061	1.148	1.103	1.176	1.097	1.170	1.209	1.162	1.032	.813	.928	1.121	
Standard Error	.041	.107	.075	.082	.106	.134	.172	.049	.075	.048	.214	.130	.152	.217	.351	.084	
Error variance	*	.01	.01	.01	.01	.02	.03	*	.01	*	.05	.02	.02	.05	.12	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	535	198	163	361	130	105	374	116	31	28	70	51	22	16	235
Total	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	63 7%	32 6%	12 6%	17 9%	29 7%	9 7%	10 10%	23 6%	8 7%	7 20%	3 10%	1 1%	3 5%	-	-	19 8%
A bit more (4.0)	143 15%	50 10%	50 23%	33 18%	83 21%	19 15%	19 19%	64 17%	15 13%	5 15%	5 16%	7 11%	6 13%	3 16%	-	38 17%
About the same (3.0)	300 32%	169 34%	63 30%	59 32%	122 31%	34 27%	30 30%	134 35%	45 40%	9 27%	9 33%	15 22%	12 25%	5 26%	7 38%	64 28%
A bit less (2.0)	140 15%	77 15%	32 15%	26 14%	58 15%	23 18%	13 13%	59 15%	16 14%	7 21%	-	10 14%	7 15%	2 11%	4 20%	36 16%
A lot less (1.0)	132 14%	74 15%	28 13%	23 13%	52 13%	19 15%	13 12%	49 13%	15 13%	3 10%	3 10%	13 19%	10 21%	5 23%	3 18%	32 14%
Don't know	23 2%	8 2%	5 2%	7 4%	12 3%	1 1%	3 3%	7 2%	2 2%	-	-	5 7%	4 8%	2 9%	1 4%	4 2%
I have never done this	136 14%	92 18%	23 11%	17 9%	40 10%	22 17%	13 13%	46 12%	13 11%	2 7%	9 30%	18 27%	6 14%	3 14%	4 20%	35 15%
NET: More	206 22%	82 16%	62 29%	50 27%	112 28%	28 22%	30 29%	87 23%	22 20%	11 36%	8 27%	8 12%	9 19%	3 16%	-	57 25%
NET: Less	273 29%	151 30%	60 28%	49 27%	109 28%	42 33%	26 26%	107 28%	31 27%	10 30%	3 10%	23 33%	17 35%	7 35%	7 38%	68 30%
Base for stats	779	402	186	157	343	104	85	328	99	30	20	46	37	15	14	190
Mean Score	2.83	2.73	2.92	2.96	2.94	2.76	3.02	2.86	2.84	3.17	3.24	2.42	2.59	2.46	2.25	2.87
Standard Deviation	1.156	1.140	1.147	1.181	1.161	1.202	1.210	1.111	1.101	1.306	1.200	1.119	1.250	1.166	.851	1.209
Standard Error	.041	.055	.087	.099	.065	.116	.128	.062	.110	.242	.268	.163	.198	.283	.246	.086
Error variance	*	*	.01	.01	*	.01	.02	*	.01	.06	.07	.03	.04	.08	.06	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	210	320	85	13	405	223	265	216	119	26	335	291	101	495	295	52	842
Total	937	206	328	85	11	413	217	269	215	119	25	334	294	95	491	300	51	842
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	63 7%	21 10%	23 7%	6 7%	1 8%	29 7%	22 10%	21 8%	15 7%	13 11%	2 8%	28 8%	23 8%	5 5%	32 7%	21 7%	5 10%	58 7%
A bit more (4.0)	143 15%	28 14%	58 18%	15 18%	3 29%	73 18%	31 14%	42 16%	39 18%	18 15%	4 15%	58 17%	46 16%	11 12%	66 13%	58 19%	8 16%	132 16%
About the same (3.0)	300 32%	79 38%	108 33%	30 36%	2 14%	138 33%	80 37%	94 35%	80 37%	38 32%	7 29%	119 36%	101 34%	30 32%	162 33%	93 31%	15 29%	270 32%
A bit less (2.0)	140 15%	29 14%	47 14%	15 18%	3 25%	62 15%	32 15%	36 13%	34 16%	19 16%	5 18%	53 16%	40 14%	15 16%	80 16%	38 13%	7 13%	125 15%
A lot less (1.0)	132 14%	15 7%	53 16%	11 13%	2 15%	63 15%	16 8%	34 13%	26 12%	14 11%	5 22%	40 12%	39 13%	13 14%	62 13%	48 16%	10 19%	119 14%
Don't know	23 2%	3 1%	3 1%	2 2%	- -	5 1%	3 1%	2 1%	5 2%	3 2%	- -	8 2%	2 1%	3 3%	11 2%	8 3%	2 3%	20 2%
I have never done this	136 14%	31 15%	38 12%	5 6%	1 9%	43 10%	32 15%	41 15%	16 7%	14 12%	2 8%	30 9%	43 15%	17 18%	78 16%	35 12%	5 11%	119 14%
NET: More	206 22%	49 24%	80 24%	21 25%	4 37%	101 24%	53 25%	63 23%	55 25%	31 26%	6 23%	86 26%	69 23%	16 17%	98 20%	79 26%	13 25%	190 23%
NET: Less	273 29%	44 21%	99 30%	26 31%	5 40%	126 30%	48 22%	70 26%	60 28%	33 28%	10 40%	93 28%	80 27%	28 30%	142 29%	86 29%	16 32%	244 29%
Base for stats	779	172	287	78	10	365	182	227	195	102	23	297	250	75	402	257	44	704
Mean Score	2.83	3.07	2.83	2.87	2.90	2.84	3.06	2.91	2.92	2.97	2.67	2.94	2.89	2.72	2.82	2.87	2.82	2.84
Standard Deviation	1.156	1.080	1.178	1.120	1.333	1.165	1.092	1.144	1.107	1.184	1.266	1.132	1.155	1.125	1.126	1.192	1.290	1.160
Standard Error	.041	.081	.071	.127	.385	.062	.080	.076	.079	.117	.258	.066	.073	.127	.056	.075	.192	.044
Error variance	*	.01	*	.02	.15	*	.01	.01	.01	.01	.07	*	.01	.02	*	.01	.04	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	243	579	145	145	48	606	308	27	765	178	788	146
Total	937	239	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 63 7%	33 14% b	25 4%	17 12% d	12 8%	7 14% d	31 5%	32 11% d	2 7%	53 7%	10 5%	58 7%	5 4%
A bit more	(4.0) 143 15%	60 25% b	68 12%	29 21% d	23 16% ac	14 30% bd	75 12% ac	61 20% d	5 18%	125 17% b	18 10%	125 16% b	17 12%
About the same	(3.0) 300 32%	65 27%	197 34%	31 23%	49 34% ac	8 18%	209 34% ac	83 28%	5 18%	250 33%	50 28%	266 34% b	30 22%
A bit less	(2.0) 140 15%	39 16%	84 14%	18 13%	20 14%	8 17%	95 16%	42 14%	3 12%	109 14%	32 18%	113 14%	26 19%
A lot less	(1.0) 132 14%	23 10%	94 16% a	23 17%	23 16%	4 8%	85 14%	44 15%	6 21%	99 13%	33 18%	102 13%	29 21% a
Don't know	23 2%	3 1%	16 3%	2 1%	3 2%	1 2%	13 2%	4 1%	1 4%	20 3%	3 1%	13 2%	9 6% a
I have never done this	136 14%	16 7%	101 17% a	18 13%	15 10%	6 12%	102 17% e	32 11%	5 20%	101 13%	34 19%	114 14%	21 15%
NET: More	206 22%	93 39% b	93 16%	46 33% d	35 24%	20 44% bd	106 17%	93 31% d	7 25%	179 24% b	28 15%	183 23%	22 16%
NET: Less	273 29%	62 26%	178 30%	41 30%	43 30%	11 25%	181 30%	85 29%	9 34%	208 27%	65 36% a	215 27%	56 40% a
Base for stats	779	220	468	117	127	40	495	261	21	636	143	664	108
Mean Score	2.83	3.18 b	2.67	2.99 d	2.84	3.29 bd	2.74	2.98 d	2.71	2.88 b	2.57	2.88 b	2.46
Standard Deviation	1.156	1.197	1.113	1.327	1.193	1.229	1.103	1.247	1.377	1.146	1.173	1.144	1.183
Standard Error	.041	.080	.052	.119	.105	.192	.050	.076	.300	.045	.098	.044	.111

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

Significance Level: 95%

Unweighted Total

Total

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	943	579	145	145	48	606	308	27	765	178	788	146
Total	937	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	*	.01	.01	.04	*	.01	.09	*	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	135	120	162	197	94	101	35	99	573	235	271	264	296	102	55	495	376
Total	937	137	121	159	193	92	99	36	99	566	234	264	258	303	103	53	517	352
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	63 7%	1 1%	8 7%	6 4%	15 8%	3 3%	11 11%	5 14%	13 13%	32 6%	30 13%	17 6%	12 5%	19 6%	15 14%	10 18%	30 6%	21 6%
			a		a		acei	acei	acei	a	acei				abc	bc		
A bit more (4.0)	143 15%	8 6%	15 12%	29 18%	35 18%	15 16%	20 20%	6 17%	16 16%	94 17%	42 18%	32 12%	39 15%	46 15%	23 22%	12 22%	81 16%	48 14%
				a	a	a	a	a	a	a	a				a			
About the same (3.0)	300 32%	38 28%	33 27%	47 29%	66 34%	37 40%	29 30%	16 44%	34 35%	182 32%	79 34%	64 24%	89 34%	109 36%	37 36%	13 25%	174 34%	104 30%
													a	a	a			
A bit less (2.0)	140 15%	13 9%	19 16%	27 17%	32 16%	14 16%	18 18%	5 13%	13 14%	92 16%	36 15%	37 14%	49 19%	43 14%	10 9%	10 18%	76 15%	54 15%
							a			a			d					
A lot less (1.0)	132 14%	35 25%	25 21%	25 16%	20 10%	8 8%	12 13%	- -	8 8%	77 14%	20 9%	59 22%	27 10%	38 12%	9 8%	6 11%	65 13%	60 17%
		cdefghij	deghij	gi	g		g			gj		bcd						
Don't know	23 2%	3 3%	4 3%	4 3%	4 2%	3 3%	4 4%	1 3%	- -	15 3%	5 2%	7 3%	7 3%	4 1%	2 2%	- -	17 3%	6 2%
I have never done this	136 14%	39 29%	17 14%	21 13%	23 12%	12 13%	5 5%	3 9%	15 15%	74 13%	23 10%	49 18%	36 14%	43 14%	9 8%	3 5%	73 14%	59 17%
		bcdefghij	f	f	f	f		f		f		d						a
NET: More	206 22%	9 6%	23 19%	35 22%	50 26%	18 20%	31 32%	11 31%	29 29%	126 22%	71 30%	48 18%	51 20%	66 22%	38 37%	22 41%	112 22%	69 20%
			a	a	a	a	abi	a	a	a	abi				abc	bc		
NET: Less	273 29%	47 35%	44 36%	52 32%	52 27%	22 24%	30 31%	5 13%	21 21%	169 30%	56 24%	96 36%	75 29%	81 27%	18 18%	15 29%	141 27%	114 32%
		ghj	ghj	g			g			g		cd	d					
Base for stats	779	95	100	133	167	77	91	32	84	477	207	209	215	256	92	50	427	287
Mean Score	2.83	2.23	2.62	2.74	2.96	2.89	3.00	3.38	3.15	2.82	3.12	2.57	2.82	2.87	3.27	3.21	2.85	2.71
			a	a	ab	a	ab	abcdei	abci	a	abci		a	a	abc	bc		
Standard Deviation	1.156	1.071	1.241	1.137	1.110	.970	1.215	.936	1.153	1.129	1.154	1.265	1.045	1.109	1.141	1.285	1.116	1.184
Standard Error	.041	.111	.125	.098	.085	.110	.127	.168	.125	.051	.080	.086	.071	.070	.119	.178	.055	.067
Error variance	*	.01	.02	.01	.01	.01	.02	.03	.02	*	.01	.01	.01	*	.01	.03	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

		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		943	346	247	340	943	-
Total		937	344	249	334	937	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	63	40	12	10	63	-
		7%	12%	5%	3%	7%	-
			bc				
A bit more	(4.0)	143	85	29	29	143	-
		15%	25%	12%	9%	15%	-
			bc				
About the same	(3.0)	300	106	106	84	300	-
		32%	31%	42%	25%	32%	-
				ac			
A bit less	(2.0)	140	39	39	62	140	-
		15%	11%	15%	18%	15%	-
				a			
A lot less	(1.0)	132	23	21	86	132	-
		14%	7%	9%	26%	14%	-
				ab			
Don't know		23	7	7	8	23	-
		2%	2%	3%	2%	2%	-
I have never done this		136	43	35	55	136	-
		14%	13%	14%	17%	14%	-
NET: More		206	125	41	39	206	-
		22%	36%	17%	12%	22%	-
			bc				
NET: Less		273	62	60	148	273	-
		29%	18%	24%	44%	29%	-
				ab			
Base for stats		779	293	207	271	779	-
Mean Score		2.83	3.27	2.87	2.32	2.83	-
			bc	c			
Standard Deviation		1.156	1.100	.981	1.134	1.156	-
Standard Error		.041	.064	.069	.068	.041	-
Error variance		*	*	*	*	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**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	943	404	530	387	373	183	51	122	94	105	77	63	199	139	93
Total	937	429	500	359	368	211	46	112	85	105	71	93	195	140	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	97 10%	31 7%	65 13% a	57 16% bc	30 8%	10 5%	3 7%	11 10%	9 10%	7 6%	5 7%	15 17% d	26 14%	11 8%	9 10%
A bit more (4.0)	148 16%	61 14%	87 17%	67 19%	54 15%	27 13%	6 14%	26 24% fgh	14 17%	17 16%	13 19%	10 11%	29 15%	16 12%	16 17%
About the same (3.0)	291 31%	148 35% b	141 28%	99 28%	111 30%	81 38% a	13 28%	27 24%	17 20%	43 41% bcg	28 39% bc	33 35% c	57 29%	42 30%	31 34% c
A bit less (2.0)	175 19%	85 20%	86 17%	58 16%	77 21%	40 19%	12 26% i	20 18%	16 19%	18 17%	10 14%	14 15%	40 20%	34 25% i	12 13%
A lot less (1.0)	173 19%	80 19%	92 18%	60 17%	71 19%	43 20%	10 21%	21 19%	21 24% d	12 12%	10 14%	18 20%	32 17%	31 22% d	19 20%
Don't know	23 2%	7 2%	16 3%	12 3%	8 2%	2 1%	1 2%	2 2%	3 3%	7 6% fgh	3 4%	- -	4 2%	2 1%	2 2%
I have never done this	31 3%	17 4%	14 3%	7 2%	16 4% a	8 4%	1 2%	5 4%	6 7% d	1 1%	2 3%	3 3%	7 3%	4 3%	3 3%
NET: More	245 26%	92 21%	152 30% a	124 34% bc	83 23%	38 18%	10 21%	37 33% h	23 27%	23 22%	19 26%	25 27%	55 28%	27 20%	25 27%
NET: Less	348 37%	165 38%	177 35%	117 33%	148 40% a	83 39%	21 47% de	40 36%	36 43% e	31 29%	20 28%	32 34%	72 37%	65 46% dei	30 33%
Base for stats	884	405	470	340	343	201	44	104	77	97	66	90	184	134	87
Mean Score	2.80	2.70	2.89 a	3.01 bc	2.69	2.61	2.59	2.87	2.67	2.86	2.91	2.89	2.88 h	2.57	2.83
Standard Deviation	1.245	1.170	1.301 a	1.320 bc	1.211	1.119	1.212	1.285	1.357	1.068	1.129	1.329	1.281 h	1.202	1.265
Standard Error	.042	.060	.058	.069	.065	.085	.173	.120	.147	.108	.133	.170	.093	.104	.135
Error variance	*	*	*	*	*	.01	.03	.01	.02	.01	.02	.03	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**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	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	943	137	271	260	123	97	55	668	275	734	36	91	46	16	7	196	
Total	937	140	283	255	117	92	52	677	260	735	34	91	44	14	7	190	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	97 10%	22 16%	24 9%	20 8%	14 12%	13 14%	4 7%	66 10%	31 12%	72 10%	4 11%	11 13%	6 13%	- -	3 44%	24 13%	
		bcg															
A bit more (4.0)	148 16%	28 20%	42 15%	40 16%	21 18%	12 13%	6 11%	109 16%	39 15%	115 16%	6 17%	21 23%	6 13%	- -	- -	32 17%	
About the same (3.0)	291 31%	33 24%	89 31%	75 29%	41 35%	33 36%	20 38%	197 29%	94 36%	232 31%	9 28%	16 18%	19 44%	8 58%	2 28%	56 29%	
				a	a	a	a	ag	c				c			c	
A bit less (2.0)	175 19%	30 21%	55 20%	49 19%	18 16%	11 12%	11 22%	134 20%	41 16%	135 18%	5 15%	20 22%	8 18%	2 11%	- -	35 18%	
A lot less (1.0)	173 19%	20 15%	61 22%	56 22%	16 14%	14 15%	6 12%	137 20%	36 14%	142 19%	7 22%	13 14%	5 11%	3 20%	2 28%	30 16%	
			h	h			h										
Don't know	23 2%	4 3%	4 1%	6 2%	2 2%	5 5%	2 4%	14 2%	9 3%	17 2%	2 5%	4 5%	- -	- -	- -	6 3%	
I have never done this	31 3%	3 2%	7 3%	9 4%	4 3%	4 5%	3 6%	19 3%	11 4%	22 3%	1 2%	5 5%	- -	2 12%	- -	7 4%	
NET: More	245 26%	50 35%	66 23%	60 23%	35 30%	25 27%	9 18%	175 26%	69 27%	187 25%	9 28%	32 36%	12 27%	- -	3 44%	57 30%	
		bcfg							a			a					
NET: Less	348 37%	50 36%	116 41%	105 41%	34 29%	25 27%	17 34%	272 40%	77 29%	278 38%	12 37%	33 36%	13 29%	4 31%	2 28%	65 34%	
			deh	deh			deh										
Base for stats	884	133	271	239	110	83	46	644	240	696	31	82	44	13	7	177	
Mean Score	2.80	3.00	2.68	2.66	2.99	2.99	2.77	2.74	2.95	2.77	2.78	2.97	2.99	2.43	3.31	2.92	
		bcg			bcg	bc		bcg									
Standard Deviation	1.245	1.309	1.233	1.238	1.211	1.261	1.081	1.256	1.203	1.241	1.324	1.310	1.152	.865	1.796	1.268	
Standard Error	.042	.115	.077	.079	.112	.134	.154	.050	.076	.047	.230	.146	.170	.231	.679	.094	
Error variance	*	.01	.01	.01	.01	.02	.02	*	.01	*	.05	.02	.03	.05	.46	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**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	943	535	198	163	361	130	105	374	116	31	28	70	51	22	16	235
Total	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	97 10%	51 10%	15 7%	29 16% ab	44 11%	16 13%	23 23% cdgh	28 7%	12 10%	4 14%	3 11%	6 8%	3 7%	-	1 4%	39 17% c
A bit more (4.0)	148 16%	76 15%	34 16%	31 17%	65 16%	18 14%	15 14%	69 18%	14 13%	4 12%	4 16%	10 14%	9 18%	4 18%	1 5%	33 14%
About the same (3.0)	291 31%	160 32%	75 35% c	45 25%	119 30%	43 34%	32 32%	119 31%	32 28%	14 43% g	10 35%	15 22%	13 27%	7 37%	7 37%	75 33%
A bit less (2.0)	175 19%	96 19%	40 19%	32 18%	72 18%	22 17%	11 11%	79 21% b	23 21%	5 16%	5 19%	14 21%	5 12%	3 17%	5 27%	33 15%
A lot less (1.0)	173 19%	94 19%	41 19%	34 19%	74 19%	23 18%	16 15%	69 18%	24 21%	4 12%	2 6%	16 23%	12 26%	4 18%	4 22%	38 17%
Don't know	23 2%	9 2%	4 2%	5 3%	9 2%	1 1%	3 3%	5 1%	4 4%	1 3%	-	6 8% ack	3 6% ac	1 5%	-	4 2%
I have never done this	31 3%	17 3%	5 2%	6 3%	11 3%	4 3%	2 2%	12 3%	4 4%	-	4 14%	2 2%	2 5%	1 5%	1 4%	5 2%
NET: More	245 26%	127 25%	49 23%	59 33% b	109 28%	35 27%	38 37% cdg	97 26%	26 23%	8 26%	8 27%	16 23%	12 25%	4 18%	2 10%	72 32%
NET: Less	348 37%	190 38%	81 38%	66 36%	146 37%	45 35%	27 27%	149 39% b	48 42% bk	9 28%	7 25%	30 44% b	18 38%	7 35%	9 49%	72 31%
Base for stats	884	477	205	170	374	122	97	365	105	31	25	61	42	18	18	219
Mean Score	2.80	2.78	2.72	2.94	2.82	2.87	3.19 cdgh	2.75	2.67	2.99	3.09	2.60	2.65	2.62	2.41	3.01 cdg
Standard Deviation	1.245	1.237	1.176	1.360	1.266	1.269	1.359	1.191	1.278	1.182	1.117	1.299	1.317	1.049	1.070	1.316
Standard Error	.042	.055	.086	.110	.068	.114	.136	.063	.124	.216	.228	.165	.194	.235	.276	.088
Error variance	*	*	.01	.01	*	.01	.02	*	.02	.05	.05	.03	.04	.06	.08	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**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	943	210	320	85	13	405	223	265	216	119	26	335	291	101	495	295	52	842
Total	937	206	328	85	11	413	217	269	215	119	25	334	294	95	491	300	51	842
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	97 10%	34 16% be	26 8%	8 9%	1 8%	34 8%	35 16% be	25 9%	27 13%	14 11%	3 11%	41 12%	28 9%	7 8%	46 9%	38 13%	6 12%	90 11%
A bit more (4.0)	148 16%	36 18%	49 15%	14 16%	2 14%	62 15%	38 17%	42 16%	38 18%	19 16%	3 11%	57 17%	45 15%	14 14%	75 15%	52 17%	7 14%	134 16%
About the same (3.0)	291 31%	72 35%	95 29%	29 35%	3 30%	124 30%	75 35%	88 33%	67 31%	35 30%	7 29%	102 30%	96 33%	30 32%	164 33%	83 28%	13 25%	261 31%
A bit less (2.0)	175 19%	34 16%	78 24% acf	11 13%	- -	89 22%	34 15%	49 18%	48 22%	19 16%	5 18%	67 20%	54 18%	22 24%	95 19%	46 15%	10 20%	152 18%
A lot less (1.0)	173 19%	22 11%	71 21% af	19 22% af	- -	89 22% af	22 10%	53 20%	31 14%	22 19%	5 21%	53 16%	58 20%	14 15%	94 19%	55 18%	10 20%	159 19%
Don't know	23 2%	2 1%	4 1%	1 1%	3 24%	4 1%	4 2%	3 1%	3 1%	3 3%	1 4%	6 2%	4 1%	2 2%	8 2%	9 3%	4 8% be	21 3%
I have never done this	31 3%	6 3%	7 2%	4 4%	3 24%	10 2%	9 4%	9 3%	3 1%	6 5% b	1 5%	9 3%	10 3%	5 6% b	9 2%	16 5% b	- -	25 3%
NET: More	245 26%	70 34% be	75 23%	21 25%	2 22%	96 23%	72 33% be	67 25%	65 30%	33 28%	6 22%	98 29%	73 25%	21 22%	121 25%	90 30%	13 26%	224 27%
NET: Less	348 37%	56 27%	149 45% af	30 35%	- -	178 43% af	56 26%	102 38%	78 36%	41 35%	10 39%	119 36%	112 38%	37 39%	189 38%	102 34%	21 40%	311 37%
Base for stats	884	198	318	80	6	399	204	258	210	109	23	319	280	88	474	275	47	796
Mean Score	2.80	3.13	2.63	2.76	3.58	2.65	3.14	2.76	2.92	2.85	2.70	2.89	2.75	2.74	2.76	2.89	2.76	2.80
Standard Deviation	1.245	1.216	1.217	1.256	.819	1.224	1.207	1.228	1.228	1.284	1.316	1.246	1.233	1.156	1.217	1.306	1.326	1.255
Standard Error	.042	.086	.069	.140	.310	.062	.084	.077	.085	.124	.269	.070	.074	.120	.056	.079	.193	.045
Error variance	*	.01	*	.02	.10	*	.01	.01	.01	.02	.07	*	.01	.01	*	.01	.04	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**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	943	243	579	145	145	48	606	308	27	765	178	788	146
Total	937	239	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	97 10%	40 17% b	49 8%	18 13%	13 9%	5 12%	58 10%	36 12%	- -	84 11%	13 7%	87 11%	10 7%
A bit more (4.0)	148 16%	50 21% b	84 14%	26 19%	29 20%	10 21%	88 14%	56 19%	8 31%	128 17%	20 11%	135 17% b	13 9%
About the same (3.0)	291 31%	64 27%	188 32%	33 24%	33 23%	15 33%	207 34% abe	75 25%	4 13%	234 31%	57 32%	249 31%	39 28%
A bit less (2.0)	175 19%	37 16%	110 19%	20 15%	33 23%	5 12%	114 19%	53 18%	4 15%	143 19%	32 18%	143 18%	29 21%
A lot less (1.0)	173 19%	37 16%	120 21%	30 22% c	32 22% c	3 7%	112 18%	58 19% c	7 27%	130 17%	44 24% a	140 18%	33 24%
Don't know	23 2%	5 2%	14 2%	6 5% d	4 3%	2 5%	11 2%	10 3%	3 10%	18 2%	5 3%	15 2%	7 5% a
I have never done this	31 3%	6 2%	19 3%	4 3%	2 1%	5 11% abde	20 3%	10 3%	1 4%	22 3%	8 5%	23 3%	7 5%
NET: More	245 26%	90 38% b	133 23%	44 32% d	42 29%	15 33%	146 24%	92 31% d	8 31%	212 28% b	33 18%	222 28% b	22 16%
NET: Less	348 37%	74 31%	231 39% a	50 36% c	65 45% c	9 19%	227 37% c	111 37% c	11 42%	272 36%	76 42%	282 36%	62 45% a
Base for stats	884	228	552	127	139	39	580	278	23	718	166	753	124
Mean Score	2.80	3.08 b	2.69	2.86	2.70	3.21 bd	2.77	2.85	2.56	2.85 b	2.56	2.85 b	2.49
Standard Deviation	1.245	1.316	1.220	1.368	1.283	1.130	1.214	1.314	1.283	1.244	1.225	1.246	1.213
Standard Error	.042	.087	.052	.118	.109	.179	.051	.078	.268	.046	.096	.046	.106

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**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

Significance Level: 95%

Unweighted Total

Total

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	943	579	145	145	48	606	308	27	765	178	788	146
Total	937	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	*	.01	.01	.03	*	.01	.07	*	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**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	943	135	120	162	197	94	101	35	99	573	235	271	264	296	102	55	495	376	
Total	937	137	121	159	193	92	99	36	99	566	234	264	258	303	103	53	517	352	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	97	3	10	17	22	10	14	2	18	59	34	22	30	24	19	11	50	33
	10%	2%	8%	11%	12%	11%	14%	6%	18%	10%	15%	9%	12%	8%	19%	21%	10%	9%	
			a	a	a	a	a		abi	a	a				ac	bc			
A bit more	(4.0)	148	13	15	27	38	17	17	9	12	96	38	40	37	49	20	7	85	54
	16%	10%	12%	17%	20%	18%	17%	25%	12%	17%	16%	15%	14%	16%	19%	14%	16%	15%	
					a			a		a									
About the same	(3.0)	291	41	34	41	63	25	29	15	41	164	86	69	86	98	36	19	154	111
	31%	30%	28%	26%	33%	27%	30%	42%	42%	29%	37%	26%	33%	32%	35%	35%	30%	32%	
									bcei		ci								
A bit less	(2.0)	175	18	26	30	42	20	18	4	17	118	38	49	50	58	15	10	99	63
	19%	13%	21%	19%	22%	22%	18%	11%	17%	21%	16%	19%	19%	19%	14%	19%	19%	18%	
										a									
A lot less	(1.0)	173	45	30	33	21	14	15	4	11	98	30	66	39	60	8	5	100	68
	19%	33%	25%	21%	11%	15%	16%	11%	11%	17%	13%	25%	15%	20%	8%	9%	19%	19%	
		cdefghij	dhj	dj						d			bd		d				
Don't know		23	3	2	5	5	4	4	1	-	16	4	7	7	5	3	-	13	8
	2%	2%	2%	3%	2%	5%	4%	2%	-	3%	2%	3%	3%	3%	2%	3%	-	3%	2%
						h													
I have never done this		31	14	4	7	2	2	2	1	-	14	3	11	10	8	2	1	16	14
	3%	10%	3%	4%	1%	2%	2%	3%	-	3%	1%	4%	4%	3%	2%	2%	3%	4%	
		bdefhij		h															
NET: More		245	17	25	44	60	27	31	11	30	156	73	62	67	73	39	19	135	87
	26%	12%	21%	28%	31%	29%	32%	32%	30%	28%	31%	24%	26%	24%	38%	35%	26%	25%	
				a	ab	a	a	a	a	a	ab				abc				
NET: Less		348	63	56	62	63	34	33	8	28	216	69	115	89	118	23	15	199	131
	37%	46%	46%	39%	33%	37%	34%	22%	28%	38%	29%	43%	34%	39%	22%	28%	39%	37%	
		dghj	dghj	j						gj		bd	d	d					
Base for stats		884	121	116	147	187	86	94	34	99	536	227	246	242	290	98	52	488	329
Mean Score	2.80	2.27	2.56	2.77	2.99	2.86	2.97	3.06	3.09	2.81	3.03	2.61	2.87	2.72	3.29	3.19	2.77	2.76	
				a	ab	a	ab	ab	abi	ab	abci		a		abc	bc			
Standard Deviation	1.245	1.154	1.252	1.301	1.171	1.239	1.286	1.067	1.211	1.243	1.219	1.284	1.221	1.207	1.189	1.257	1.247	1.234	
Standard Error	.042	.106	.117	.106	.085	.133	.132	.186	.122	.053	.081	.081	.078	.072	.121	.171	.058	.066	
Error variance	*	.01	.01	.01	.01	.02	.02	.03	.01	*	.01	.01	.01	.01	.01	.03	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**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		943	346	247	340	943	-
Total		937	344	249	334	937	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	97	61	16	19	97	-
		10%	18%	7%	6%	10%	-
			bc				
A bit more	(4.0)	148	76	39	30	148	-
		16%	22%	16%	9%	16%	-
			c	c			
About the same	(3.0)	291	109	107	73	291	-
		31%	32%	43%	22%	31%	-
			c	ac			
A bit less	(2.0)	175	53	40	79	175	-
		19%	16%	16%	24%	19%	-
					ab		
A lot less	(1.0)	173	32	27	114	173	-
		19%	9%	11%	34%	19%	-
					ab		
Don't know		23	5	7	11	23	-
		2%	2%	3%	3%	2%	-
I have never done this		31	8	13	8	31	-
		3%	2%	5%	2%	3%	-
NET: More		245	137	56	49	245	-
		26%	40%	22%	15%	26%	-
			bc	c			
NET: Less		348	85	67	193	348	-
		37%	25%	27%	58%	37%	-
					ab		
Base for stats		884	330	230	315	884	-
Mean Score		2.80	3.24	2.90	2.24	2.80	-
			bc	c			
Standard Deviation		1.245	1.205	1.047	1.211	1.245	-
Standard Error		.042	.066	.069	.068	.042	-
Error variance		*	*	*	*	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	404	530	387	373	183	51	122	94	105	77	63	199	139	93
Total	937	429	500	359	368	211	46	112	85	105	71	93	195	140	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	113 12%	49 11%	61 12%	61 17% bc	30 8%	22 11%	4 8%	15 14% h	11 13%	12 12%	14 20% h	8 9%	29 15% h	9 6%	10 11%
A bit more (4.0)	186 20%	87 20%	98 20%	75 21%	75 20%	36 17%	7 16%	23 20%	18 21%	15 14%	12 17%	20 22%	41 21%	32 23%	19 20%
About the same (3.0)	319 34%	154 36%	163 33%	93 26%	145 40% a	80 38% a	14 30%	38 34%	23 28%	43 41%	21 30%	31 34%	69 35%	47 33%	33 36%
A bit less (2.0)	147 16%	69 16%	75 15%	56 16%	55 15%	36 17%	11 25% b	11 10%	14 16%	18 18%	12 17%	15 16%	27 14%	23 17%	14 15%
A lot less (1.0)	124 13%	49 12%	74 15%	55 15%	46 13%	24 11%	7 15%	16 14%	14 17%	14 13%	7 11%	12 13%	20 11%	25 18%	9 10%
Don't know	27 3%	9 2%	18 4%	15 4%	7 2%	5 3%	2 4%	5 4%	3 3%	3 3%	4 5%	- -	6 3%	2 1%	3 3%
I have never done this	22 2%	11 3%	11 2%	4 1%	10 3%	8 4%	1 2%	4 4%	2 2%	- -	1 1%	6 6% dg	2 1%	3 2%	3 3%
NET: More	299 32%	136 32%	159 32%	135 38% bc	105 29%	59 28%	11 24%	38 34%	29 34%	27 26%	26 37%	29 31%	70 36%	41 29%	29 32%
NET: Less	271 29%	119 28%	149 30%	111 31%	101 28%	59 28%	18 40% bg	27 24%	28 33%	32 30%	19 27%	27 29%	48 25%	48 34%	23 25%
Base for stats	889	409	471	340	351	198	43	103	80	102	66	87	187	135	86
Mean Score	3.02	3.04	2.99	3.09	2.97	2.99	2.76	3.11	2.96	2.94	3.20 h	2.97	3.17 ah	2.83	3.08
Standard Deviation	1.202	1.161	1.231	1.321	1.113	1.138	1.178	1.241	1.291	1.163	1.283	1.170	1.188	1.175	1.143
Standard Error	.040	.059	.055	.069	.059	.087	.170	.117	.137	.115	.151	.152	.086	.102	.123
Error variance	*	*	*	*	*	.01	.03	.01	.02	.01	.02	.02	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

		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		943	137	271	260	123	97	55	668	275	734	36	91	46	16	7	196	
Total		937	140	283	255	117	92	52	677	260	735	34	91	44	14	7	190	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	113	27	33	26	15	8	4	86	27	86	5	13	4	1	2	26	
		12%	19%	12%	10%	13%	9%	8%	13%	11%	12%	16%	14%	10%	7%	27%	14%	
			bcegh															
A bit more	(4.0)	186	34	55	43	29	17	8	132	54	145	8	20	9	3	1	41	
		20%	24%	20%	17%	25%	19%	15%	20%	21%	20%	23%	22%	20%	19%	17%	21%	
About the same	(3.0)	319	42	99	95	39	27	15	236	82	248	9	34	14	7	1	66	
		34%	30%	35%	37%	34%	30%	30%	35%	32%	34%	27%	38%	32%	52%	11%	35%	
A bit less	(2.0)	147	18	41	40	20	16	11	100	47	115	5	13	9	1	1	29	
		16%	13%	15%	16%	17%	17%	22%	15%	18%	16%	14%	14%	21%	6%	17%	15%	
A lot less	(1.0)	124	16	41	41	5	15	7	98	27	100	5	9	6	1	2	24	
		13%	11%	14%	16%	5%	16%	13%	14%	10%	14%	15%	10%	13%	10%	28%	12%	
			d															
			dh															
Don't know		27	3	8	3	3	6	5	14	13	21	2	1	2	1	-	5	
		3%	2%	3%	1%	2%	6%	9%	2%	5%	3%	5%	1%	4%	6%	-	3%	
			cg															
			abcdg															
			cg															
I have never done this		22	1	4	6	5	3	2	11	10	20	-	1	-	-	-	1	
		2%	1%	2%	2%	5%	4%	3%	2%	4%	3%	-	1%	-	-	-	*	
			ag															
			g															
NET: More		299	61	89	69	44	25	12	218	81	232	13	33	13	4	3	66	
		32%	44%	31%	27%	37%	28%	24%	32%	31%	32%	40%	36%	30%	27%	44%	35%	
			bcefg															
			c															
NET: Less		271	33	82	82	26	30	18	197	74	215	10	22	15	2	3	52	
		29%	24%	29%	32%	22%	33%	35%	29%	28%	29%	28%	24%	34%	16%	45%	27%	
			d															
Base for stats		889	136	270	245	109	83	45	652	237	695	32	89	42	14	7	184	
Mean Score		3.02	3.28	3.00	2.88	3.25	2.86	2.82	3.01	3.03	3.01	3.14	3.16	2.93	3.08	2.98	3.09	
			bcefg															
			cef															
Standard Deviation		1.202	1.249	1.209	1.192	1.068	1.223	1.180	1.218	1.159	1.204	1.317	1.165	1.186	1.041	1.709	1.203	
Standard Error		.040	.108	.075	.075	.100	.130	.170	.048	.073	.046	.226	.124	.179	.269	.646	.088	
Error variance		*	.01	.01	.01	.01	.02	.03	*	.01	*	.05	.02	.03	.07	.42	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	943	535	198	163	361	130	105	374	116	31	28	70	51	22	16	235
Total	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	113 12%	63 13%	20 9%	28 16%	48 12%	19 15%	20 20% cg	38 10%	13 11%	4 14%	3 11%	4 6%	7 16%	3 17%	1 4%	39 17% cg
A bit more (4.0)	186 20%	92 18%	37 17%	47 26% ab	85 21%	20 16%	34 33% acdgh	77 20%	18 16%	6 19%	5 16%	10 15%	7 14%	6 28%	4 20%	54 24%
About the same (3.0)	319 34%	175 35% c	83 39% c	47 26%	130 33%	39 31%	23 23%	151 40% bgk	44 39% bk	10 32%	10 35%	18 25%	14 29%	5 24%	4 24%	62 27%
A bit less (2.0)	147 16%	89 18%	30 14%	22 12%	52 13%	20 16%	8 8%	58 15%	23 20% b	5 16%	3 11%	15 22% bk	7 14%	1 4%	7 38%	28 12%
A lot less (1.0)	124 13%	61 12%	34 16%	26 14%	59 15%	23 18% c	11 11%	43 11%	14 13%	5 17%	5 16%	10 14%	10 20%	2 9%	3 14%	34 15%
Don't know	27 3%	11 2%	8 4%	5 3%	13 3%	3 3%	3 3%	6 2%	1 1%	1 3%	1 4%	7 10% acdk	2 4%	3 13%	-	7 3%
I have never done this	22 2%	12 2%	2 1%	7 4%	9 2%	2 1%	2 2%	8 2%	1 1%	-	2 7%	4 6% dk	1 3%	1 5%	-	4 2%
NET: More	299 32%	155 31%	57 27%	75 42% ab	133 34%	39 31%	54 53% acdegkh	115 30%	31 27%	10 33%	8 27%	15 22%	14 30%	9 45%	4 24%	93 41% cdg
NET: Less	271 29%	150 30%	64 30%	47 26%	111 28%	43 34% b	19 18%	101 26%	37 33% b	10 32%	8 26%	25 36% b	16 35% b	3 13%	10 52%	62 27%
Base for stats	889	480	204	169	373	121	96	367	112	31	26	57	44	16	19	217
Mean Score	3.02	3.02	2.90	3.18	3.03	2.94	3.47	3.02	2.92	2.97	2.96	2.72	2.90	3.49	2.63	3.17
Standard Deviation	1.202	1.189	1.175	1.285	1.232	1.314	1.233	1.117	1.158	1.287	1.253	1.180	1.370	1.231	1.111	1.303
Standard Error	.040	.053	.086	.104	.067	.118	.124	.059	.108	.235	.251	.154	.198	.290	.278	.087



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	943	535	198	163	361	130	105	374	116	31	28	70	51	22	16	235
Total	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	*	.01	.01	*	.01	.02	*	.01	.06	.06	.02	.04	.08	.08	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	943	210	320	85	13	405	223	265	216	119	26	335	291	101	495	295	52	842
Total	937	206	328	85	11	413	217	269	215	119	25	334	294	95	491	300	51	842
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	113 12%	30 15%	32 10%	9 10%	4 40%	41 10%	35 16% be	25 9%	32 15%	13 11%	4 16%	45 13%	29 10%	9 10%	57 12%	38 13%	9 18%	104 12%
A bit more (4.0)	186 20%	43 21%	72 22%	18 21%	1 9%	90 22%	44 20%	50 18%	57 26% af	24 20%	3 14%	80 24%	53 18%	20 21%	93 19%	63 21%	11 21%	166 20%
About the same (3.0)	319 34%	70 34%	128 39%	31 36%	2 15%	159 38%	72 33%	115 43% be	66 31%	44 37%	5 21%	110 33%	120 41% be	40 42% c	181 37% c	83 28%	14 28%	278 33%
A bit less (2.0)	147 16%	38 18%	44 13%	12 15%	2 14%	56 14%	39 18%	42 16%	36 17%	15 13%	4 14%	52 15%	46 15%	13 13%	81 17%	46 15%	7 13%	134 16%
A lot less (1.0)	124 13%	22 11%	41 13%	10 12%	2 15%	52 12%	23 11%	31 12%	18 9%	18 15%	6 24%	36 11%	37 13%	11 12%	61 12%	44 15%	8 16%	113 13%
Don't know	27 3%	1 *	5 1%	1 1%	1 8%	5 1%	2 1%	1 *	4 2%	2 1%	2 7%	6 2%	3 1%	- -	11 2%	13 4% a	2 5% a	27 3%
I have never done this	22 2%	1 1%	7 2%	4 5% af	- -	11 3%	1 1%	5 2%	2 1%	3 2%	1 5%	5 1%	6 2%	2 2%	7 1%	13 4% b	- -	20 2%
NET: More	299 32%	74 36%	104 32%	26 31%	5 48%	131 32%	79 37%	75 28%	89 41% af	37 31%	8 30%	125 38% af	82 28%	29 30%	149 30%	101 34%	20 38%	270 32%
NET: Less	271 29%	59 29%	85 26%	23 27%	3 29%	108 26%	63 29%	73 27%	55 25%	34 28%	9 38%	88 26% af	83 28%	24 25%	142 29%	90 30%	15 29%	247 29%
Base for stats	889	204	317	80	10	397	214	263	209	114	22	323	285	93	473	274	49	796
Mean Score	3.02	3.11	3.03	3.02	3.48	3.03	3.13	2.98	3.23 af	2.98	2.83	3.14	2.97	3.03	3.01	3.02	3.12	3.02
Standard Deviation	1.202	1.191	1.139	1.156	1.624	1.141	1.213	1.098	1.166	1.201	1.479	1.183	1.130	1.116	1.169	1.263	1.346	1.212
Standard Error	.040	.083	.065	.129	.469	.058	.082	.068	.081	.112	.308	.066	.067	.112	.054	.077	.192	.043
Error variance	*	.01	*	.02	.22	*	.01	*	.01	.01	.10	*	*	.01	*	.01	.04	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	243	579	145	145	48	606	308	27	765	178	788	146
Total	937	239	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	113 12%	40 17%	63 11%	22 16%	22 15%	7 15%	66 11%	45 15%	6 21%	91 12%	23 13%	101 13%	12 9%
A bit more (4.0)	186 20%	55 23%	109 19%	29 21%	30 21%	9 20%	118 19%	61 20%	7 25%	159 21%	27 15%	164 21%	21 15%
About the same (3.0)	319 34%	69 29%	202 35%	35 25%	44 30%	14 31%	223 36%	86 29%	5 17%	254 33%	65 36%	272 34%	42 30%
A bit less (2.0)	147 16%	36 15%	95 16%	23 17%	20 14%	6 14%	99 16%	44 15%	4 16%	119 16%	28 16%	118 15%	27 20%
A lot less (1.0)	124 13%	30 12%	81 14%	18 13%	20 14%	5 10%	79 13%	41 14%	2 8%	98 13%	26 15%	100 13%	25 18%
Don't know	27 3%	8 3%	16 3%	6 4%	6 4%	2 4%	13 2%	12 4%	2 7%	22 3%	5 3%	17 2%	9 6%
I have never done this	22 2%	1 *	18 3%	4 3%	2 2%	3 6%	12 2%	8 3%	1 5%	15 2%	6 3%	18 2%	3 2%
NET: More	299 32%	95 40%	172 29%	51 38%	52 36%	16 35%	185 30%	106 36%	12 46%	250 33%	49 28%	266 34%	33 24%
NET: Less	271 29%	66 27%	176 30%	41 30%	40 28%	11 23%	179 29%	86 29%	6 24%	217 29%	54 30%	217 27%	52 38%
Base for stats	889	230	550	127	136	41	586	278	24	720	169	755	126
Mean Score	3.02	3.17	2.96	3.11	3.09	3.19	2.99	3.09	3.40	3.03	2.95	3.07	2.75
Standard Deviation	1.202	1.260	1.190	1.296	1.269	1.225	1.169	1.272	1.310	1.198	1.219	1.198	1.218
Standard Error	.040	.083	.051	.112	.109	.187	.049	.075	.267	.044	.094	.044	.105
Error variance	*	.01	*	.01	.01	.03	*	.01	.07	*	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	
Unweighted Total	943	135	120	162	197	94	101	35	99	573	235	271	264	296	102	55	495	376	
Total	937	137	121	159	193	92	99	36	99	566	234	264	258	303	103	53	517	352	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	113 12%	2 1%	11 9%	16 10%	21 11%	13 14%	15 15%	5 15%	30 31%	61 11%	51 22%	34 13%	21 8%	37 12%	21 20%	11 20%	58 11%	42 12%
			a	a	a	a	a	a	abcde	a	abcd				bc				
A bit more	(4.0)	186 20%	9 7%	12 10%	31 20%	56 29%	22 24%	30 30%	6 18%	19 19%	121 21%	55 24%	40 15%	53 21%	66 22%	25 24%	12 23%	104 20%	68 19%
				ab	abc	ab	abi	a	a	ab	ab				a	a			
About the same	(3.0)	319 34%	52 38%	47 38%	46 29%	62 32%	32 35%	25 25%	17 47%	37 38%	187 33%	79 34%	82 31%	82 32%	116 38%	35 34%	15 29%	176 34%	121 34%
			f	f					cf										
A bit less	(2.0)	147 16%	20 14%	16 14%	35 22%	28 15%	17 18%	17 17%	4 10%	9 9%	97 17%	30 13%	36 14%	48 19%	48 16%	13 13%	11 20%	84 16%	49 14%
					h														
A lot less	(1.0)	124 13%	37 27%	24 20%	25 16%	18 9%	7 7%	8 8%	2 5%	2 2%	75 13%	12 5%	56 21%	39 15%	22 7%	6 6%	4 8%	67 13%	52 15%
			cdefghij	defghij	h								cd	cd					
Don't know		27 3%	4 3%	8 6%	2 1%	6 3%	2 2%	4 4%	1 2%	1 1%	17 3%	5 2%	7 3%	10 4%	6 2%	3 3%	-	14 3%	11 3%
				ch															
I have never done this		22 2%	12 9%	4 3%	2 1%	2 1%	-	-	1 3%	-	8 1%	1 *	9 3%	5 2%	7 2%	-	-	13 3%	8 2%
			cdefhij	j															
NET: More		299 32%	11 8%	22 18%	48 30%	77 40%	35 38%	45 46%	12 33%	49 49%	182 32%	106 45%	74 28%	75 29%	103 34%	46 44%	23 43%	163 32%	111 31%
				a	ab	abc	ab	abc	a	abc	ab	abc			ab				
NET: Less		271 29%	57 42%	41 34%	61 38%	47 24%	23 25%	25 25%	5 15%	12 12%	172 30%	42 18%	92 35%	87 34%	70 23%	20 19%	15 28%	150 29%	101 29%
			defghij	ghj	defghj	h	h	h			h		cd	cd					
Base for stats		889	121	110	155	186	91	96	34	98	540	227	248	243	289	100	53	489	332
Mean Score		3.02	2.33	2.70	2.86	3.18	3.19	3.28	3.29	3.66	2.99	3.45	2.84	2.88	3.16	3.40	3.27	3.01	3.00
			a	a	abc	abc	abc	abc	ab	abcde	ab	abcd			ab	ab			
Standard Deviation		1.202	1.047	1.208	1.220	1.132	1.127	1.181	1.040	1.091	1.187	1.134	1.317	1.182	1.093	1.149	1.229	1.187	1.221
Standard Error		.040	.096	.116	.097	.082	.117	.120	.181	.110	.051	.075	.082	.075	.065	.115	.166	.055	.065
Error variance		*	.01	.01	.01	.01	.01	.01	.03	.01	*	.01	.01	.01	*	.01	.03	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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		943	346	247	340	943	-
Total		937	344	249	334	937	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	113	78	16	19	113	-
		12%	23%	6%	6%	12%	-
			bc				
A bit more	(4.0)	186	97	45	43	186	-
		20%	28%	18%	13%	20%	-
			bc				
About the same	(3.0)	319	105	113	98	319	-
		34%	31%	45%	29%	34%	-
				ac			
A bit less	(2.0)	147	33	41	71	147	-
		16%	10%	16%	21%	16%	-
				a	a		
A lot less	(1.0)	124	19	18	87	124	-
		13%	6%	7%	26%	13%	-
					ab		
Don't know		27	9	5	13	27	-
		3%	3%	2%	4%	3%	-
I have never done this		22	3	13	5	22	-
		2%	1%	5%	1%	2%	-
				ac			
NET: More		299	174	60	61	299	-
		32%	51%	24%	18%	32%	-
			bc				
NET: Less		271	52	59	158	271	-
		29%	15%	23%	47%	29%	-
				a	ab		
Base for stats		889	331	232	317	889	-
Mean Score		3.02	3.55	3.00	2.48	3.02	-
			bc	c			
Standard Deviation		1.202	1.124	.974	1.193	1.202	-
Standard Error		.040	.062	.064	.066	.040	-
Error variance		*	*	*	*	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	404	530	387	373	183	51	122	94	105	77	63	199	139	93
Total	937	429	500	359	368	211	46	112	85	105	71	93	195	140	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	90 10%	34 8%	56 11%	57 16% bc	24 7%	9 4%	3 6%	11 10%	12 14% h	7 7%	9 13% h	11 12%	26 13% hi	7 5%	5 5%
A bit more (4.0)	175 19%	92 21%	83 17%	77 22% c	67 18%	31 15%	9 20%	21 19%	11 13%	22 21%	13 19%	21 22%	39 20%	23 17%	14 16%
About the same (3.0)	240 26%	110 26%	127 26%	89 25%	104 28%	48 23%	12 26%	31 28%	20 24%	26 25%	20 28%	19 21%	47 24%	31 23%	34 37% fgh
A bit less (2.0)	110 12%	50 12%	58 12%	46 13%	41 11%	22 11%	5 11%	13 12% e	12 14% e	14 13% e	2 2%	8 8%	27 14% e	19 14% e	10 11% e
A lot less (1.0)	154 16%	68 16%	85 17%	45 13%	75 20% a	34 16%	7 15%	15 13%	13 15%	16 15%	10 15%	17 18%	35 18%	29 21%	13 14%
Don't know	28 3%	8 2%	19 4%	14 4%	9 2%	5 2%	1 2%	2 2%	3 3%	3 3%	5 7% h	3 3%	5 3%	2 1%	4 4%
I have never done this	140 15%	67 16%	72 14%	30 8%	48 13% a	63 30% ab	9 20% g	18 16% g	15 17% g	17 16% g	11 16%	15 16%	16 8%	28 20%	11 12% g
NET: More	266 28%	126 29%	139 28%	135 38% bc	91 25%	39 19%	12 26%	32 29%	23 27%	29 28%	23 32%	32 34%	65 33% hi	31 22%	19 21%
NET: Less	264 28%	118 28%	143 29%	92 26%	116 32%	56 27%	12 26%	28 25%	24 29%	29 28%	12 17%	24 26%	62 32% e	48 34% e	24 26%
Base for stats	770	354	409	315	311	143	36	91	68	85	54	75	174	110	77
Mean Score	2.92	2.93	2.92	3.17 bc	2.76	2.70	2.89	3.01 h	2.97	2.90	3.17 h	3.02	2.96 h	2.64	2.83
Standard Deviation	1.279	1.244	1.310	1.293	1.251	1.220	1.226	1.237	1.340	1.228	1.317	1.371	1.335	1.255	1.119
Standard Error	.046	.068	.063	.070	.071	.110	.194	.124	.155	.132	.172	.192	.100	.120	.128
Error variance	*	*	*	*	*	.01	.04	.02	.02	.02	.03	.04	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

		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		943	137	271	260	123	97	55	668	275	734	36	91	46	16	7	196
Total		937	140	283	255	117	92	52	677	260	735	34	91	44	14	7	190
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	90 10%	30 21% bcdegh	22 8%	15 6%	12 10%	4 4%	7 14%	67 10%	23 9%	67 9%	3 8%	13 14%	5 11%	-	2 27%	22 12%
A bit more	(4.0)	175 19%	28 20%	53 19%	45 18%	23 20%	20 22%	6 12%	125 19%	50 19%	126 17%	8 25%	23 26% a	9 21%	4 27%	3 34%	47 25% a
About the same	(3.0)	240 26%	28 20%	85 30% ac	57 22%	32 28%	24 26%	14 27%	170 25%	70 27%	187 25%	7 20%	22 25%	13 30%	5 38%	3 39%	51 27%
A bit less	(2.0)	110 12%	12 8%	23 8%	38 15% b	18 15% b	11 12%	8 16%	73 11%	37 14% b	82 11%	7 21%	10 11%	8 19%	2 17%	-	28 15%
A lot less	(1.0)	154 16%	27 19% dfh	50 18% dfh	49 19% dfh	9 8%	17 19% dfh	2 3%	126 19% dfh	28 11%	131 18% g	4 11%	11 12%	3 7%	2 13%	-	20 11%
Don't know		28 3%	5 4%	5 2%	7 3%	2 2%	5 5%	4 7% bg	17 2%	11 4%	18 2%	1 3%	3 3%	4 9% a	-	-	8 4%
I have never done this		140 15%	10 7%	44 16% a	45 18% a	20 17% a	11 12%	10 19% a	99 15% a	41 16% a	124 17% dg	4 12%	8 9%	1 2%	1 5%	-	14 7%
NET: More		266 28%	58 41% bcegh	76 27%	60 23%	35 30%	24 26%	14 27%	193 28%	73 28%	194 26%	11 33%	36 40% a	14 33%	4 27%	4 61%	70 37% a
NET: Less		264 28%	39 28%	74 26%	87 34% bdfh	27 23%	28 30%	10 19%	199 29%	65 25%	213 29%	11 32%	22 24%	12 27%	4 30%	-	48 25%
Base for stats		770	125	234	203	94	76	38	562	208	593	29	80	39	14	7	169
Mean Score		2.92	3.17 ceg	2.89	2.70	3.11 c	2.77	3.25 ce	2.88	3.01 c	2.86	2.97	3.20 a	3.11	2.84	3.88	3.14 a
Standard Deviation		1.279	1.461	1.250	1.258	1.152	1.213	1.152	1.312	1.184	1.293	1.224	1.265	1.145	1.027	.864	1.202
Standard Error		.046	.133	.083	.087	.115	.136	.180	.056	.079	.053	.223	.141	.179	.265	.327	.091
Error variance		*	.02	.01	.01	.01	.02	.03	*	.01	*	.05	.02	.03	.07	.11	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	943	535	198	163	361	130	105	374	116	31	28	70	51	22	16	235
Total	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	90 10%	49 10%	14 6%	25 14% b	38 10%	9 7%	18 18% ac	28 7%	13 12%	2 6%	2 8%	7 11%	6 13%	3 16%	1 4%	27 12%
A bit more (4.0)	175 19%	78 16%	50 23% a	39 22% b	89 23% a	27 21% g	27 27% dg	74 19% g	16 14%	4 12%	6 21%	6 8%	8 18%	3 16%	3 18%	54 24% dg
About the same (3.0)	240 26%	125 25%	59 27%	46 25%	104 26%	28 22%	13 13%	109 29% bk	36 32% bk	14 45% abghk	9 33%	14 21%	10 21%	5 23%	-	42 18%
A bit less (2.0)	110 12%	60 12%	22 10%	19 11%	41 10%	12 10%	14 14%	44 12%	13 12%	5 14%	2 8%	10 14%	3 7%	3 17%	3 17%	26 11%
A lot less (1.0)	154 16%	74 15%	44 20%	30 17%	74 19%	28 22% d	14 14%	62 16%	13 12%	5 17%	2 7%	13 20%	12 26% d	2 9%	3 15%	42 18%
Don't know	28 3%	14 3%	3 1%	8 5%	11 3%	2 1%	2 2%	8 2%	2 1%	1 3%	3 9%	5 7% acdk	4 8% acdk	2 9%	1 6%	3 1%
I have never done this	140 15%	103 20% bcd	23 11%	13 7%	36 9%	21 16% e	13 13%	56 15%	19 17% e	1 3%	4 15%	13 19% eh	3 6%	2 9%	7 39%	34 15%
NET: More	266 28%	127 25%	63 29%	64 35% a	127 32% a	36 29%	45 45% acdeg	102 27%	30 26%	6 19%	8 29%	13 19%	15 31%	7 33%	4 22%	82 36% cg
NET: Less	264 28%	134 27%	66 31%	50 28%	115 29%	40 32%	28 27%	106 28%	27 23%	10 31%	4 14%	23 34%	16 33%	5 26%	6 32%	68 30%
Base for stats	770	386	188	159	347	105	86	317	92	30	22	51	40	16	10	191
Mean Score	2.92	2.91	2.83	3.05	2.93	2.78	3.26 acg	2.88	3.03	2.76	3.21	2.67	2.83	3.17	2.63	3.00
Standard Deviation	1.279	1.278	1.257	1.326	1.292	1.329	1.377	1.223	1.218	1.110	1.068	1.370	1.469	1.312	1.461	1.368
Standard Error	.046	.063	.096	.111	.073	.128	.145	.069	.126	.206	.228	.192	.222	.309	.487	.097
Error variance	*	*	.01	.01	.01	.02	.02	*	.02	.04	.05	.04	.05	.10	.24	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	210	320	85	13	405	223	265	216	119	26	335	291	101	495	295	52	842	
Total	937	206	328	85	11	413	217	269	215	119	25	334	294	95	491	300	51	842	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	90	22	31	6	2	38	24	27	22	10	2	33	29	9	46	30	6	82	
	10%	11%	10%	8%	15%	9%	11%	10%	10%	9%	8%	10%	10%	9%	9%	10%	11%	10%	
A bit more (4.0)	175	47	54	19	2	73	48	48	49	21	3	71	51	13	95	55	13	162	
	19%	23%	16%	22%	14%	18%	22%	18%	23%	18%	11%	21%	17%	14%	19%	18%	25%	19%	
About the same (3.0)	240	71	77	26	2	104	73	80	60	30	6	91	85	26	123	82	9	214	
	26%	34% be	24%	31%	15%	25%	33% be	30%	28%	25%	22%	27%	29%	28%	25%	27%	17%	25%	
A bit less (2.0)	110	22	42	10	3	52	25	24	29	17	5	46	29	8	53	40	9	102	
	12%	11%	13%	12%	25%	13%	11%	9%	13%	14%	20%	14%	10%	9%	11%	13%	17%	12%	
A lot less (1.0)	154	13	66	13	-	79	13	48	23	16	6	39	55	16	79	49	10	138	
	16%	6%	20% af	15% af	-	19% af	6%	18% be	11%	13%	25%	12%	19% be	17%	16%	16%	19%	16%	
Don't know	28	2	7	3	1	9	3	2	3	6	1	9	2	2	10	11	4	25	
	3%	1%	2%	3%	8%	2%	1%	1%	2%	5% af	3%	3%	1%	3%	2%	4%	8% be	3%	
I have never done this	140	30	51	8	3	59	33	40	28	19	3	46	43	20	87	33	1	120	
	15%	15%	16%	9%	23%	14%	15%	15%	13%	16%	11%	14%	15%	21% cd	18% cd	11% d	2% d	14% d	
NET: More	266	69	85	25	3	111	72	75	72	32	5	103	80	22	141	85	19	244	
	28%	33%	26%	30%	29%	27%	33%	28%	33%	27%	19%	31%	27%	23%	29%	28%	37%	29%	
NET: Less	264	34	108	23	3	131	37	72	52	33	11	85	83	25	131	89	19	239	
	28%	17%	33% af	27% af	25%	32% af	17%	27%	24%	28%	45%	25%	28%	26%	27%	30%	36%	28%	
Base for stats	770	174	271	75	8	346	182	227	184	95	22	279	249	73	395	256	46	697	
Mean Score	2.92	3.25	2.79	2.94	3.28	2.82	3.25	2.92	3.10	2.93	2.50	3.04	2.88	2.86	2.94	2.90	2.92	2.93	
		bce					bce												
Standard Deviation	1.279	1.065	1.325	1.204	1.243	1.300	1.070	1.285	1.188	1.234	1.314	1.204	1.290	1.293	1.279	1.267	1.364	1.279	
Standard Error	.046	.080	.082	.139	.414	.071	.078	.086	.087	.127	.280	.072	.082	.145	.064	.080	.201	.048	
Error variance	*	.01	.01	.02	.17	*	.01	.01	.01	.02	.08	.01	.01	.02	*	.01	.04	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	943	243	579	145	145	48	606	308	27	765	178	788	146
Total	937	239	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	90 10%	36 15%	44 8%	20 15%	17 12%	7 15%	46 8%	40 14%	3 11%	80 11%	10 6%	77 10%	14 10%
A bit more (4.0)	175 19%	65 27%	95 16%	24 17%	27 19%	8 18%	112 18%	56 19%	3 12%	154 20%	21 12%	154 19%	20 15%
About the same (3.0)	240 26%	58 24%	147 25%	22 16%	30 21%	15 32% a	167 27% ae	63 21%	3 13%	191 25%	50 28%	202 26%	33 24%
A bit less (2.0)	110 12%	27 11%	74 13%	21 15%	24 16% d	7 15%	61 10%	47 16% d	4 14%	93 12%	17 10%	93 12%	17 12%
A lot less (1.0)	154 16%	29 12%	107 18% a	25 19% c	23 16%	3 6%	109 18% c	43 15%	8 30%	116 15%	38 21%	127 16%	26 19%
Don't know	28 3%	7 3%	16 3%	5 4%	3 2%	3 6%	15 2%	10 4%	1 4%	23 3%	5 3%	20 3%	5 4%
I have never done this	140 15%	17 7%	102 18% a	19 14%	20 14%	4 8%	100 16%	37 13%	5 18%	101 13%	39 22% a	117 15%	22 16%
NET: More	266 28%	101 42% b	139 24%	44 32%	45 31%	15 33%	159 26%	97 32% d	6 22%	235 31% b	31 17%	230 29%	34 25%
NET: Less	264 28%	56 23%	180 31% a	46 34%	47 32%	10 21%	170 28%	90 30%	12 43%	209 28%	55 31%	220 28%	43 31%
Base for stats	770	215	466	113	121	39	496	250	21	634	136	653	110
Mean Score	2.92	3.24	2.78	2.93	2.93	3.25	2.85	3.01	2.48	2.98	2.62	2.94	2.81
		b								b			
Standard Deviation	1.279	1.259	1.269	1.423	1.329	1.150	1.258	1.327	1.492	1.278	1.249	1.275	1.328
Standard Error	.046	.085	.059	.130	.120	.180	.057	.082	.326	.050	.107	.050	.123

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

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	943	579	145	145	48	606	308	27	765	178	788	146
Total	937	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	*	.02	.01	.03	*	.01	.11	*	.01	*	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	943	135	120	162	197	94	101	35	99	573	235	271	264	296	102	55	495	376	
Total	937	137	121	159	193	92	99	36	99	566	234	264	258	303	103	53	517	352	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	90	4	10	11	21	8	17	5	14	51	36	24	21	26	18	6	52	30
	10%	3%	8%	7%	11%	9%	17%	14%	14%	9%	15%	9%	8%	9%	18%	12%	10%	9%	
			a		a	a	aci	a	a	a	aci				abc				
A bit more	(4.0)	175	14	11	34	38	25	29	5	20	108	53	40	54	61	20	12	108	54
	19%	10%	9%	21%	20%	27%	29%	14%	20%	19%	23%	15%	21%	20%	19%	23%	21%	15%	
				ab	ab	ab	abi		ab	ab	ab						c		
About the same	(3.0)	240	27	33	39	56	25	21	10	30	153	61	57	63	89	29	15	126	95
	26%	19%	28%	25%	29%	27%	21%	26%	30%	27%	26%	21%	24%	29%	28%	29%	24%	27%	
														a					
A bit less	(2.0)	110	15	17	21	27	8	6	10	6	73	22	31	35	34	8	6	62	39
	12%	11%	14%	13%	14%	8%	6%	26%	6%	13%	9%	12%	13%	11%	8%	11%	12%	11%	
					f			aefhij											
A lot less	(1.0)	154	34	23	28	24	15	14	3	13	91	30	55	37	49	13	9	84	60
	16%	25%	19%	18%	12%	17%	14%	9%	13%	16%	13%	21%	14%	16%	13%	18%	16%	17%	
		dfghij										b							
Don't know		28	3	6	1	8	2	3	2	3	17	7	8	10	3	5	1	14	11
	3%	2%	5%	1%	4%	3%	3%	4%	3%	3%	3%	3%	3%	4%	1%	5%	2%	3%	3%
			c		c									c		c			
I have never done this		140	41	20	24	20	8	10	2	13	73	25	49	38	42	10	3	71	63
	15%	30%	17%	15%	10%	9%	10%	6%	13%	13%	11%	19%	15%	14%	9%	5%	14%	18%	
		bcdefghij										d						a	
NET: More		266	17	21	46	59	34	45	10	33	159	89	64	75	87	38	19	160	84
	28%	13%	17%	29%	30%	36%	46%	28%	34%	28%	38%	24%	29%	29%	37%	35%	31%	24%	
				ab	ab	ab	abcdi	a	ab	ab	abi				a		c		
NET: Less		264	48	40	49	51	23	20	13	19	164	52	86	72	83	21	15	146	100
	28%	35%	33%	31%	26%	25%	20%	35%	20%	29%	22%	33%	28%	27%	21%	28%	28%	28%	
		fhj	fhj	h						j		d							
Base for stats		770	93	95	134	165	82	87	32	83	476	202	207	210	258	88	49	432	278
Mean Score	2.92	2.34	2.66	2.85	3.03	3.04	3.34	2.98	3.18	2.91	3.21	2.74	2.94	2.92	3.26	3.01	2.96	2.84	
				a	ab	ab	abci	a	ab	a	abci				abc				
Standard Deviation	1.279	1.228	1.269	1.257	1.219	1.259	1.310	1.228	1.265	1.251	1.279	1.345	1.240	1.237	1.301	1.300	1.286	1.270	
Standard Error	.046	.129	.131	.107	.094	.138	.140	.217	.139	.057	.090	.092	.085	.078	.139	.182	.063	.074	
Error variance	*	.02	.02	.01	.01	.02	.02	.05	.02	*	.01	.01	.01	.01	.02	.03	*	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	943	346	247	340	943	-
Total	937	344	249	334	937	-
	100%	100%	100%	100%	100%	-
A lot more (5.0)	90 10%	56 16% bc	18 7%	16 5%	90 10%	- -
A bit more (4.0)	175 19%	85 25% bc	44 18%	45 13%	175 19%	- -
About the same (3.0)	240 26%	80 23%	94 38% ac	63 19%	240 26%	- -
A bit less (2.0)	110 12%	36 10%	21 8%	50 15% b	110 12%	- -
A lot less (1.0)	154 16%	36 11%	31 12%	87 26% ab	154 16%	- -
Don't know	28 3%	8 2%	8 3%	12 4%	28 3%	- -
I have never done this	140 15%	44 13%	33 13%	61 18%	140 15%	- -
NET: More	266 28%	140 41% bc	62 25%	61 18%	266 28%	- -
NET: Less	264 28%	72 21%	52 21%	137 41% ab	264 28%	- -
Base for stats	770	292	209	262	770	-
Mean Score	2.92	3.30 bc	2.98 c	2.44	2.92	-
Standard Deviation	1.279	1.260	1.121	1.277	1.279	-
Standard Error	.046	.073	.078	.078	.046	-
Error variance	*	.01	.01	.01	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	404	530	387	373	183	51	122	94	105	77	63	199	139	93
Total	937	429	500	359	368	211	46	112	85	105	71	93	195	140	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	86 9%	34 8%	50 10%	47 13% bc	31 8%	9 4%	2 4%	11 10%	6 7%	14 13%	6 9%	9 9%	18 9%	16 11%	5 6%
A bit more (4.0)	155 17%	75 17%	81 16%	69 19% c	62 17%	24 11%	7 15%	19 17%	11 13%	14 13%	17 24% ch	17 18%	39 20% h	14 10%	18 19% h
About the same (3.0)	308 33%	152 35%	154 31%	112 31%	124 34%	72 34%	18 39%	35 31%	24 29%	38 37%	23 33%	34 37%	66 34%	40 29%	29 32%
A bit less (2.0)	135 14%	63 15%	72 14%	49 14%	53 15%	33 16%	9 20%	19 17%	8 10%	16 16%	8 11%	8 8%	33 17%	20 15%	13 14%
A lot less (1.0)	147 16%	58 13%	86 17%	50 14%	62 17%	36 17%	4 9%	15 13%	18 22% d	11 10%	8 11%	18 20%	25 13%	33 23% abdeg	14 15%
Don't know	27 3%	10 2%	16 3%	16 4%	7 2%	4 2%	- -	3 2%	5 6% f	4 4%	2 3%	- -	7 4%	3 2%	3 3%
I have never done this	79 8%	37 9%	42 8%	17 5%	29 8%	33 16% ab	5 12% g	11 10% g	12 14% g	8 7%	7 9% g	8 8%	6 3%	14 10% g	9 10% g
NET: More	241 26%	109 25%	130 26%	116 32% bc	93 25% c	33 16%	9 20%	30 26%	17 20%	28 27%	23 33%	25 27%	57 29%	29 21%	23 25%
NET: Less	282 30%	121 28%	158 32%	99 27%	115 31%	69 33%	13 30%	34 31%	27 31%	27 26%	16 23%	26 28%	58 30%	53 38% de	27 30%
Base for stats	832	382	442	326	332	174	40	98	68	93	62	86	181	123	80
Mean Score	2.88	2.91	2.85	3.04 bc	2.84	2.64	2.83	2.91	2.68	3.04 h	3.08 h	2.88	2.95 h	2.67	2.84
Standard Deviation	1.207	1.150	1.248	1.242	1.200	1.108	1.009	1.201	1.288	1.184	1.149	1.243	1.161	1.325	1.161
Standard Error	.042	.061	.058	.066	.066	.090	.150	.116	.149	.122	.139	.163	.085	.120	.129
Error variance	*	*	*	*	*	.01	.02	.01	.02	.01	.02	.03	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	943	137	271	260	123	97	55	668	275	734	36	91	46	16	7	196
Total	937	140	283	255	117	92	52	677	260	735	34	91	44	14	7	190
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	86 9%	26 19%	22 8%	14 6%	10 9%	9 9%	5 10%	63 9%	24 9%	62 8%	3 9%	12 14%	5 11%	1 6%	2 27%	23 12%
		bcdgh														
A bit more (4.0)	155 17%	21 15%	44 16%	35 14%	31 27%	16 17%	7 14%	101 15%	54 21%	113 15%	9 28%	19 21%	9 20%	2 14%	1 11%	40 21%
					abcg				cg			a				
About the same (3.0)	308 33%	40 29%	105 37%	84 33%	37 32%	28 30%	13 26%	230 34%	78 30%	241 33%	9 28%	26 29%	19 42%	8 58%	3 34%	65 34%
A bit less (2.0)	135 14%	18 13%	32 11%	43 17%	19 16%	13 14%	11 21%	93 14%	42 16%	105 14%	8 25%	13 15%	4 9%	2 17%	1 11%	29 15%
A lot less (1.0)	147 16%	21 15%	49 17%	42 16%	12 10%	18 20%	5 10%	112 16%	35 14%	126 17%	2 6%	11 12%	4 10%	1 5%	1 17%	20 10%
					d								g			
Don't know	27 3%	3 2%	5 2%	7 3%	3 3%	7 8%	1 2%	15 2%	11 4%	19 3%	-	4 4%	2 4%	-	-	5 3%
					abcg											
I have never done this	79 8%	10 7%	24 8%	30 12%	5 4%	2 2%	9 17%	63 9%	16 6%	69 9%	2 5%	5 5%	2 4%	-	-	8 4%
				e	deh			adeh	e			g				
NET: More	241 26%	47 34%	67 24%	50 20%	41 35%	25 27%	12 24%	163 24%	78 30%	176 24%	12 37%	32 35%	14 31%	3 20%	3 38%	63 33%
		bcg		bcg				c			a				a	
NET: Less	282 30%	40 28%	81 29%	84 33%	30 26%	31 33%	16 31%	205 30%	77 30%	231 31%	10 31%	25 27%	8 18%	3 22%	2 28%	48 25%
Base for stats	832	127	253	218	108	83	42	598	233	647	32	83	40	14	7	177
Mean Score	2.88	3.10	2.84	2.72	3.08	2.81	2.91	2.85	2.95	2.82	3.09	3.10	3.16	2.99	3.19	3.11
		cg		c				c			a				a	
Standard Deviation	1.207	1.341	1.185	1.144	1.126	1.269	1.202	1.212	1.194	1.212	1.095	1.245	1.109	.895	1.497	1.163
Standard Error	.042	.120	.076	.077	.105	.135	.179	.050	.076	.048	.188	.137	.171	.224	.566	.086
Error variance	*	.01	.01	.01	.01	.02	.03	*	.01	*	.04	.02	.03	.05	.32	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	943	535	198	163	361	130	105	374	116	31	28	70	51	22	16	235
Total	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	86 9%	41 8%	15 7%	25 14% ab	40 10%	11 8%	19 19% acdh	32 8%	9 8%	3 9%	3 9%	8 11%	1 2%	1 4%	- -	30 13% h
A bit more (4.0)	155 17%	72 14%	41 19%	34 19%	76 19%	22 18% g	16 16% g	66 17% g	19 17% g	10 30% gh	8 27%	3 4%	4 9%	5 25%	3 16%	39 17% g
About the same (3.0)	308 33%	172 34%	72 34%	50 28%	122 31%	33 26%	28 28% agk	145 38% agk	34 30%	11 34%	9 32%	17 25% abgk	21 45% abgk	6 30%	5 24%	61 27%
A bit less (2.0)	135 14%	74 15%	30 14%	26 14%	57 14%	22 18%	13 13%	55 15%	19 17%	3 8%	4 14%	7 10%	6 12%	2 9%	4 23%	35 15%
A lot less (1.0)	147 16%	79 16%	39 18%	26 14%	65 16%	30 24% ce	18 17% c	39 10%	19 17% c	2 7%	1 3%	21 31% bcde	9 19%	3 14%	4 23%	48 21% c
Don't know	27 3%	9 2%	5 2%	8 5% a	13 3%	2 1%	2 2%	5 1%	4 4%	2 6%	2 7%	5 7% ack	3 7% ack	1 5%	- -	4 2%
I have never done this	79 8%	56 11% bcd	11 5%	11 6%	22 5%	7 5%	5 5%	39 10% k	8 7%	2 6%	2 8%	8 12% k	3 7%	3 13%	2 13%	11 5%
NET: More	241 26%	112 22%	56 26%	60 33% a	116 29% a	33 26% h	36 35% gh	98 26% h	28 25% h	12 39% gh	10 36%	10 15%	5 11%	6 29%	3 16%	69 30% gh
NET: Less	282 30%	153 30%	69 32%	52 29%	121 31%	53 42% ce	30 30%	95 25%	39 34% ce	5 15%	5 17%	28 41% ce	14 31%	5 23%	9 46%	83 37% ce
Base for stats	832	438	198	162	360	118	94	337	101	28	24	56	40	16	16	213
Mean Score	2.88	2.82	2.82	3.04	2.92	2.66	3.07 agh	2.99 agh	2.79	3.30	3.29	2.44	2.57	2.95	2.38	2.85 g
Standard Deviation	1.207	1.180	1.193	1.285	1.238	1.292	1.374	1.100	1.216	1.058	1.002	1.406	1.021	1.171	1.098	1.341
Standard Error	.042	.055	.088	.106	.068	.117	.139	.060	.120	.204	.205	.186	.156	.276	.294	.091



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	943	535	198	163	361	130	105	374	116	31	28	70	51	22	16	235
Total	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	*	.01	.01	*	.01	.02	*	.01	.04	.04	.03	.02	.08	.09	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	943	210	320	85	13	405	223	265	216	119	26	335	291	101	495	295	52	842	
Total	937	206	328	85	11	413	217	269	215	119	25	334	294	95	491	300	51	842	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	86 9%	29 14%	27 8%	5 5%	3 23%	32 8%	32 15%	28 10%	23 11%	10 8%	3 12%	33 10%	31 10%	5 5%	42 9%	29 10%	10 19%	81 10%	
A bit more (4.0)	155 17%	46 22%	47 14%	20 23%	2 15%	67 16%	47 22%	44 16%	48 22%	19 16%	3 14%	67 20%	47 16%	19 20%	77 16%	54 18%	5 10%	137 16%	
About the same (3.0)	308 33%	81 39%	110 34%	24 29%	4 39%	134 33%	85 39%	109 40%	69 32%	39 33%	5 21%	108 32%	114 39%	40 42%	157 32%	96 32%	16 30%	269 32%	
A bit less (2.0)	135 14%	33 16%	49 15%	10 12%	1 7%	59 14%	34 16%	35 13%	40 18%	14 12%	4 15%	53 16%	39 13%	11 11%	78 16%	39 13%	8 16%	125 15%	
A lot less (1.0)	147 16%	13 6%	49 15%	12 14%	- -	61 15%	13 6%	31 11%	17 8%	17 15%	7 28%	34 10%	38 13%	12 13%	84 17%	43 14%	8 15%	135 16%	
Don't know	27 3%	2 1%	4 1%	4 4%	- -	8 2%	2 1%	3 1%	3 1%	3 2%	1 4%	5 2%	4 1%	- -	10 2%	14 5%	2 5%	27 3%	
I have never done this	79 8%	2 1%	42 13%	11 12%	2 17%	52 13%	4 2%	20 7%	16 7%	17 15%	2 7%	33 10%	22 7%	9 9%	43 9%	24 8%	3 5%	70 8%	
NET: More	241 26%	75 36%	75 23%	24 29%	4 38%	99 24%	79 37%	71 27%	71 33%	29 24%	6 26%	100 30%	78 26%	24 25%	119 24%	84 28%	15 29%	218 26%	
NET: Less	282 30%	46 22%	98 30%	22 26%	1 7%	120 29%	47 21%	66 25%	56 26%	31 26%	11 43%	88 26%	77 26%	23 24%	162 33%	81 27%	16 31%	259 31%	
Base for stats	832	202	283	70	9	353	211	246	196	99	22	295	268	86	438	261	46	745	
Mean Score	2.88	3.23	2.84	2.93	3.65	2.86	3.25	3.01	3.11	2.91	2.62	3.04	2.98	2.93	2.81	2.96	3.02	2.87	
Standard Deviation	1.207	1.086	1.184	1.174	1.031	1.180	1.085	1.130	1.121	1.203	1.437	1.151	1.161	1.072	1.214	1.210	1.350	1.222	
Standard Error	.042	.076	.071	.139	.311	.063	.074	.073	.080	.121	.300	.067	.071	.112	.058	.075	.199	.045	

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

Significance Level: 95%

	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	
Unweighted Total	943	210	320	85	13	405	223	265	216	119	26	335	291	101	495	295	52	842
Total	937	206	328	85	11	413	217	269	215	119	25	334	294	95	491	300	51	842
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	.01	.01	.02	.10	*	.01	.01	.01	.01	.09	*	.01	.01	*	.01	.04	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	943	243	579	145	145	48	606	308	27	765	178	788	146
Total	937	239	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	86 9%	36 15%	44 8%	18 13%	14 10%	5 10%	50 8%	34 11%	3 11%	75 10%	11 6%	79 10%	7 5%
A bit more (4.0)	155 17%	48 20%	88 15%	19 14%	28 20%	6 12%	102 17%	49 17%	2 9%	130 17%	25 14%	139 18%	16 12%
About the same (3.0)	308 33%	70 29%	192 33%	36 27%	36 25%	15 33%	219 36%	78 26%	8 29%	251 33%	57 32%	259 33%	45 32%
A bit less (2.0)	135 14%	38 16%	83 14%	21 15%	17 12%	10 21%	86 14%	46 16%	1 4%	112 15%	23 13%	107 14%	27 19%
A lot less (1.0)	147 16%	26 11%	108 18%	27 20%	31 21%	4 9%	89 15%	53 18%	9 33%	105 14%	42 24%	124 16%	23 17%
Don't know	27 3%	5 2%	17 3%	7 5%	3 2%	3 6%	11 2%	12 4%	1 4%	21 3%	6 3%	19 2%	6 4%
I have never done this	79 8%	17 7%	52 9%	9 6%	16 11%	4 9%	53 9%	26 9%	3 11%	63 8%	16 9%	64 8%	15 11%
NET: More	241 26%	84 35%	132 23%	37 27%	42 29%	10 22%	152 25%	83 28%	5 19%	205 27%	36 20%	218 28%	23 17%
NET: Less	282 30%	64 27%	191 33%	48 35%	48 33%	14 30%	175 29%	100 33%	10 37%	217 29%	65 36%	231 29%	50 36%
Base for stats	832	218	515	121	126	39	547	260	23	673	158	708	118
Mean Score	2.88	3.14	2.76	2.83	2.82	2.92	2.89	2.86	2.52	2.94	2.62	2.92	2.64
Standard Deviation	1.207	1.230	1.208	1.345	1.327	1.149	1.164	1.300	1.434	1.194	1.229	1.220	1.119
Standard Error	.042	.083	.054	.119	.118	.179	.050	.079	.299	.046	.098	.046	.100
Error variance	*	.01	*	.01	.01	.03	*	.01	.09	*	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	943	135	120	162	197	94	101	35	99	573	235	271	264	296	102	55	495	376
Total	937	137	121	159	193	92	99	36	99	566	234	264	258	303	103	53	517	352
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	86 9%	4 3%	11 9%	12 8%	22 11%	11 11%	15 15%	1 3%	11 11%	56 10%	27 11%	24 9%	26 10%	20 7%	16 16%	8 15%	45 9%	30 9%
			a		a	a	a		a	a	a				c			
A bit more (4.0)	155 17%	15 11%	13 10%	27 17%	46 24%	13 14%	18 18%	11 30%	14 14%	98 17%	42 18%	34 13%	40 16%	54 18%	26 26%	12 23%	82 16%	60 17%
				abhi				abeh							ab			
About the same (3.0)	308 33%	43 32%	29 24%	49 31%	57 30%	34 37%	33 33%	19 52%	43 44%	170 30%	95 40%	73 27%	83 32%	112 37%	36 35%	17 31%	168 33%	117 33%
						b		abcdfi	bcdi		bdi			a				
A bit less (2.0)	135 14%	21 15%	20 16%	22 14%	31 16%	13 15%	13 13%	2 5%	13 13%	86 15%	28 12%	37 14%	45 18%	44 14%	8 8%	9 18%	83 16%	42 12%
													d					
A lot less (1.0)	147 16%	29 21%	28 23%	30 19%	25 13%	11 12%	9 10%	2 5%	13 13%	94 17%	24 10%	61 23%	35 13%	42 14%	9 9%	5 10%	86 17%	55 16%
		fgj	dfgj	fj						j		bcd						
Don't know	27 3%	1 1%	6 5%	5 3%	5 2%	4 5%	4 4%	1 3%	1 1%	20 4%	6 3%	8 3%	6 2%	7 2%	3 3%	1 2%	13 3%	10 3%
		a				a												
I have never done this	79 8%	25 18%	15 12%	14 9%	7 4%	5 6%	7 7%	1 2%	4 4%	42 7%	12 5%	28 11%	23 9%	24 8%	4 4%	1 2%	40 8%	37 11%
		cdefghij	dhj	d								d						a
NET: More	241 26%	18 13%	24 19%	39 25%	68 35%	24 26%	33 33%	12 33%	24 25%	154 27%	69 29%	57 22%	67 26%	74 24%	42 41%	20 38%	128 25%	90 26%
				a	abci	a	ab	a	a	a	ab				abc	b		
NET: Less	282 30%	50 36%	48 39%	51 32%	56 29%	25 27%	23 23%	4 10%	26 26%	180 32%	52 22%	98 37%	80 31%	85 28%	17 17%	14 27%	168 33%	97 28%
		fgj	fghj	gj	g	g				gj		cd	d	d				
Base for stats	832	112	101	139	181	83	88	34	93	504	216	228	229	272	96	51	464	304
Mean Score	2.88	2.50	2.60	2.79	3.04	2.97	3.17	3.21	2.97	2.87	3.09	2.66	2.90	2.88	3.33	3.16	2.82	2.90
				ab	ab	ab	abci	ab	ab	ab	abci		a	a	abc			
Standard Deviation	1.207	1.116	1.311	1.232	1.213	1.183	1.199	.826	1.141	1.242	1.123	1.301	1.198	1.123	1.146	1.203	1.207	1.205
Standard Error	.042	.107	.131	.103	.089	.129	.126	.144	.118	.055	.076	.085	.078	.069	.118	.165	.057	.067
Error variance	*	.01	.02	.01	.01	.02	.02	.02	.01	*	.01	.01	.01	*	.01	.03	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

		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		943	346	247	340	943	-
Total		937	344	249	334	937	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	86	51	12	22	86	-
		9%	15%	5%	7%	9%	-
			bc				
A bit more	(4.0)	155	75	50	30	155	-
		17%	22%	20%	9%	17%	-
			c	c			
About the same	(3.0)	308	108	112	84	308	-
		33%	31%	45%	25%	33%	-
				ac			
A bit less	(2.0)	135	40	24	70	135	-
		14%	12%	10%	21%	14%	-
					ab		
A lot less	(1.0)	147	37	20	90	147	-
		16%	11%	8%	27%	16%	-
					ab		
Don't know		27	9	10	8	27	-
		3%	3%	4%	2%	3%	-
I have never done this		79	24	22	30	79	-
		8%	7%	9%	9%	8%	-
NET: More		241	125	61	52	241	-
		26%	36%	25%	16%	26%	-
			bc	c			
NET: Less		282	78	44	160	282	-
		30%	23%	18%	48%	30%	-
					ab		
Base for stats		832	311	217	296	832	-
Mean Score		2.88	3.19	3.04	2.41	2.88	-
			c	c			
Standard Deviation		1.207	1.212	.962	1.224	1.207	-
Standard Error		.042	.069	.066	.071	.042	-
Error variance		*	*	*	*	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	943	404	530	387	373	183	51	122	94	105	77	63	199	139	93
Total	937	429	500	359	368	211	46	112	85	105	71	93	195	140	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 62 7%	21 5%	41 8%	39 11% bc	19 5%	4 2%	2 3%	13 11% cdh	3 3%	4 4%	4 6%	7 7%	22 11% cdhi	4 3%	4 4%
A bit more	(4.0) 112 12%	50 12%	62 12%	58 16% c	46 12% c	9 4%	8 17% c	17 15% c	6 6%	18 17% ci	11 16%	10 11%	23 12%	13 9%	7 7%
About the same	(3.0) 264 28%	134 31% b	126 25%	99 27%	103 28%	62 29%	16 35%	26 24%	18 21%	30 29%	22 30%	30 32%	50 26%	41 30%	31 33%
A bit less	(2.0) 123 13%	44 10%	78 16% a	58 16% c	50 14% c	15 7%	5 11%	12 10%	13 15%	16 15%	8 11%	7 8%	39 20% bfhi	15 11%	7 8%
A lot less	(1.0) 119 13%	57 13%	61 12%	43 12%	56 15%	20 9%	5 11%	8 7%	18 21% bdh	11 11%	10 14%	10 10%	27 14%	16 12%	14 15%
Don't know	37 4%	12 3%	24 5%	17 5%	14 4%	6 3%	2 4%	5 4%	7 9% g	5 5%	2 3%	3 3%	5 3%	6 4%	3 3%
I have never done this	220 23%	109 25%	107 21%	46 13%	80 22% a	94 45% ab	8 18%	31 28% g	21 25% g	20 19%	15 21%	26 28% g	28 14%	44 31% dg	26 29% g
NET: More	175 19%	71 17%	103 21%	97 27% bc	65 18% c	13 6%	9 21%	30 27% chi	8 9%	22 21% c	15 21% c	17 18%	45 23% chi	18 13%	11 12%
NET: Less	241 26%	101 24%	139 28%	101 28% c	105 29% c	35 17%	10 22%	20 18%	31 37% bfhi	27 26%	18 25%	17 18%	66 34% bfh	31 22%	21 23%
Base for stats	680	307	368	297	273	110	35	76	57	80	54	64	161	90	62
Mean Score	2.82	2.79	2.85	2.97 bc	2.71	2.66	2.88 c	3.19 cg	2.32	2.84 c	2.85 c	2.96 c	2.84 c	2.72 c	2.67
Standard Deviation	1.174	1.135	1.212	1.227	1.169	.988	1.061	1.204	1.156	1.096	1.172	1.150	1.260	1.075	1.124
Standard Error	.045	.067	.061	.069	.070	.102	.168	.132	.146	.122	.153	.175	.098	.114	.140
Error variance	*	*	*	*	*	.01	.03	.02	.02	.01	.02	.03	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	943	137	271	260	123	97	55	668	275	734	36	91	46	16	7	196	
Total	937	140	283	255	117	92	52	677	260	735	34	91	44	14	7	190	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	62 7%	19 14%	16 6%	14 5%	6 5%	1 1%	6 11%	49 7%	13 5%	40 5%	4 12%	10 11%	4 9%	1 6%	2 27%	21 11%	
		bcdegh							e		a						
A bit more (4.0)	112 12%	24 17%	27 9%	30 12%	17 15%	11 12%	4 7%	80 12%	32 12%	81 11%	6 18%	12 13%	11 26%	1 8%	1 17%	31 16%	
		b							a								
About the same (3.0)	264 28%	36 25%	97 34%	69 27%	28 24%	25 28%	9 17%	202 30%	62 24%	212 29%	8 24%	19 21%	15 35%	5 38%	1 11%	49 26%	
		dfh							f								
A bit less (2.0)	123 13%	22 16%	36 13%	30 12%	14 12%	13 14%	7 14%	89 13%	34 13%	83 11%	6 19%	23 25%	5 12%	3 24%	1 17%	39 20%	
		a							a								
A lot less (1.0)	119 13%	19 14%	35 12%	33 13%	17 15%	10 11%	5 9%	87 13%	32 12%	97 13%	2 6%	11 12%	5 11%	-	2 28%	20 10%	
Don't know	37 4%	5 4%	5 2%	9 4%	3 3%	9 10%	5 11%	19 3%	18 7%	26 4%	1 2%	6 7%	2 4%	2 13%	-	10 5%	
		bcdg				bcdg			bg								
I have never done this	220 23%	14 10%	67 24%	70 28%	31 27%	22 24%	16 32%	151 22%	69 27%	196 27%	6 18%	11 12%	2 4%	2 12%	-	20 10%	
		a			a			a		cdg		d					
NET: More	175 19%	43 31%	43 15%	43 17%	23 20%	12 13%	10 19%	129 19%	45 17%	121 17%	10 30%	22 24%	15 34%	2 14%	3 44%	52 28%	
		bcdegh							a								
NET: Less	241 26%	42 30%	71 25%	63 25%	31 27%	23 25%	12 23%	175 26%	66 25%	180 24%	8 25%	33 37%	10 23%	3 24%	3 45%	59 31%	
		a							a								
Base for stats	680	120	211	176	82	61	30	507	173	514	27	74	41	11	7	160	
Mean Score	2.82	3.01	2.78	2.78	2.76	2.67	2.98	2.84	2.77	2.78	3.14	2.84	3.10	2.94	2.97	2.97	
Standard Deviation	1.174	1.296	1.104	1.168	1.218	1.014	1.346	1.176	1.172	1.157	1.194	1.256	1.144	.891	1.716	1.213	
Standard Error	.045	.119	.078	.087	.129	.126	.234	.053	.086	.051	.222	.146	.177	.257	.648	.095	
Error variance	*	.01	.01	.01	.02	.02	.05	*	.01	*	.05	.02	.03	.07	.42	.01	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	943	535	198	163	361	130	105	374	116	31	28	70	51	22	16	235
Total	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	62 7%	38 8%	9 4%	12 7%	21 5%	13 10%	13 13%	16 4%	7 6%	3 9%	1 3%	3 4%	5 10%	3 15%	-	26 11%
						c	cg								-	c
A bit more (4.0)	112 12%	36 7%	32 15%	34 19%	66 17%	9 7%	24 24%	48 13%	8 7%	9 27%	7 24%	4 5%	3 6%	1 5%	1 4%	33 14%
			a	a	a		acdghk			acdgh						ag
About the same (3.0)	264 28%	140 28%	70 33%	43 24%	113 29%	32 25%	22 22%	130 34%	34 30%	9 27%	6 22%	11 16%	14 30%	2 10%	4 20%	54 24%
								bgk	g							
A bit less (2.0)	123 13%	55 11%	30 14%	33 18%	63 16%	23 18%	8 8%	51 13%	16 14%	2 7%	2 6%	8 12%	6 13%	4 22%	2 12%	31 14%
				a	a	b										
A lot less (1.0)	119 13%	60 12%	27 13%	28 15%	55 14%	20 16%	15 15%	40 11%	12 11%	4 12%	2 7%	10 15%	8 17%	4 18%	4 23%	34 15%
Don't know	37 4%	16 3%	9 4%	8 5%	17 4%	7 6%	1 1%	7 2%	7 6%	1 3%	1 4%	7 10%	4 9%	2 10%	1 5%	8 4%
						bc			bc			bck	bc			
I have never done this	220 23%	157 31%	37 17%	22 12%	60 15%	24 19%	18 18%	89 23%	30 27%	5 16%	10 34%	26 38%	7 16%	4 21%	6 35%	42 18%
		bcd										abcehk				
NET: More	175 19%	74 15%	41 19%	47 26%	87 22%	21 17%	37 37%	63 17%	15 13%	12 36%	8 28%	6 9%	7 16%	4 20%	1 4%	58 26%
				a	a		acdghk			acdgh						cdg
NET: Less	241 26%	115 23%	58 27%	60 33%	118 30%	42 34%	23 23%	92 24%	28 25%	6 18%	4 13%	19 27%	14 29%	8 40%	7 35%	65 29%
				a	a	c										
Base for stats	680	329	168	150	318	96	82	285	77	26	18	36	35	14	11	178
Mean Score	2.82	2.81	2.79	2.81	2.80	2.71	3.15	2.81	2.75	3.19	3.17	2.44	2.73	2.68	2.10	2.91
							acd	g								g
Standard Deviation	1.174	1.200	1.092	1.219	1.151	1.268	1.323	1.049	1.118	1.206	1.076	1.232	1.282	1.537	1.051	1.309
Standard Error	.045	.063	.087	.104	.067	.127	.143	.063	.126	.241	.254	.200	.208	.384	.350	.096

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**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	943	535	198	163	361	130	105	374	116	31	28	70	51	22	16	235
Total	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	*	.01	.01	*	.02	.02	*	.02	.06	.06	.04	.04	.15	.12	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	943	210	320	85	13	405	223	265	216	119	26	335	291	101	495	295	52	842	
Total	937	206	328	85	11	413	217	269	215	119	25	334	294	95	491	300	51	842	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	62 7%	16 8%	15 4%	5 5%	2 15%	19 5%	18 8%	14 5%	12 6%	8 7%	4 14%	20 6%	18 6%	6 7%	28 6%	21 7%	6 12%	56 7%	
A bit more (4.0)	112 12%	32 15%	42 13%	17 20%	2 17%	58 14%	34 15%	29 11%	39 18% af	23 19% af	3 12%	62 19% af	32 11%	6 7%	55 11%	47 16% a	4 8%	106 13%	
About the same (3.0)	264 28%	59 29%	107 33%	27 32%	3 30%	134 32%	62 29%	87 32%	75 35% c	28 23%	5 22%	103 31%	93 31%	28 30%	137 28%	80 27%	18 36%	236 28%	
A bit less (2.0)	123 13%	24 12%	41 13%	11 13%	2 14%	52 13%	26 12%	34 13% c	31 15% c	7 6%	4 15%	38 11%	38 13% c	10 10%	59 12%	44 15%	10 20%	113 13%	
A lot less (1.0)	119 13%	17 8%	40 12%	11 13%	1 8%	51 12%	17 8%	29 11%	17 8%	16 13%	5 22%	33 10%	35 12%	6 6%	64 13%	43 14% a	5 10%	113 13%	
Don't know	37 4%	5 2%	5 2%	1 1%	1 7%	6 2%	5 2%	3 1%	4 2%	5 4%	1 4%	8 3%	4 1%	5 5%	13 3%	15 5%	5 9% b	33 4%	
I have never done this	220 23%	53 26%	79 24%	13 16%	1 9%	93 22%	54 25%	72 27% b	37 17%	33 28% b	3 12%	70 21%	75 25% b	34 35% cde	134 27% cde	50 17% d	3 5%	187 22% cd	
NET: More	175 19%	48 23%	56 17%	21 25%	4 32%	78 19%	51 24%	44 16%	52 24% a	30 26% af	6 26%	82 25% af	50 17%	13 13%	84 17%	68 23% a	10 20%	162 19%	
NET: Less	241 26%	41 20%	81 25%	22 26%	2 22%	103 25%	44 20%	64 24%	49 23%	23 19%	9 37%	71 21%	73 25%	16 17%	124 25%	86 29% a	15 30%	226 27% a	
Base for stats	680	148	244	70	9	314	157	194	175	81	21	256	216	57	344	235	44	623	
Mean Score	2.82	3.04	2.80	2.90	3.20	2.82	3.05	2.82	2.99	2.99	2.78	2.99	2.81	2.95	2.78	2.83	2.90	2.81	
		be				be													
Standard Deviation	1.174	1.128	1.092	1.140	1.257	1.102	1.132	1.095	1.039	1.249	1.437	1.107	1.129	1.093	1.169	1.204	1.177	1.182	
Standard Error	.045	.091	.071	.135	.379	.063	.089	.079	.078	.139	.306	.069	.077	.139	.062	.079	.177	.047	

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**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

Significance Level: 95%

	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	
Unweighted Total	943	210	320	85	13	405	223	265	216	119	26	335	291	101	495	295	52	842
Total	937	206	328	85	11	413	217	269	215	119	25	334	294	95	491	300	51	842
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	.01	.01	.02	.14	*	.01	.01	.01	.02	.09	*	.01	.02	*	.01	.03	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	943	243	579	145	145	48	606	308	27	765	178	788	146
Total	937	239	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	62 7%	38 16% b	18 3%	13 9% d	16 11% d	5 12% d	29 5%	30 10% d	4 13%	54 7%	8 4%	56 7%	6 4%
A bit more (4.0)	112 12%	48 20% b	56 10%	15 11%	19 13%	8 17%	70 11%	39 13%	2 9%	95 13%	17 10%	99 13%	12 9%
About the same (3.0)	264 28%	56 24%	171 29%	32 24%	30 21%	15 34%	183 30% b	73 24%	4 17%	213 28%	51 28%	229 29%	31 22%
A bit less (2.0)	123 13%	43 18% b	70 12%	18 13%	22 15%	6 14%	76 12%	42 14%	4 15%	107 14%	16 9%	102 13%	19 13%
A lot less (1.0)	119 13%	26 11%	85 14%	19 14%	20 14%	2 4%	78 13%	37 12%	4 16%	88 12%	30 17%	87 11%	32 23% a
Don't know	37 4%	7 3%	22 4%	7 5%	6 4%	4 8%	20 3%	14 5%	2 8%	33 4%	4 2%	31 4%	5 3%
I have never done this	220 23%	21 9%	163 28% a	33 24%	31 21%	5 12%	154 25% c	61 21%	6 24%	168 22%	52 29%	186 24%	34 25%
NET: More	175 19%	86 36% b	73 13%	28 20%	36 25% d	13 29% d	99 16%	70 23% d	6 22%	149 20%	25 14%	156 20%	18 13%
NET: Less	241 26%	69 29%	155 26%	37 27%	42 29%	8 18%	154 25%	79 27%	8 30%	195 26%	47 26%	189 24%	51 37% a
Base for stats	680	212	399	97	108	37	437	222	19	557	123	574	99
Mean Score	2.82	3.14 b	2.63	2.83	2.91	3.24 d	2.76	2.93	2.85	2.86	2.64	2.89 b	2.40
Standard Deviation	1.174	1.275	1.098	1.285	1.318	1.073	1.124	1.258	1.456	1.170	1.183	1.157 b	1.221
Standard Error	.045	.087	.055	.125	.126	.174	.054	.083	.334	.049	.107	.048	.119

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**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

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	943	243	579	145	145	48	606	308	27	765	178	788	146
Total	937	239	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	.01	*	.02	.02	.03	*	.01	.11	*	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	943	135	120	162	197	94	101	35	99	573	235	271	264	296	102	55	495	376	
Total	937	137	121	159	193	92	99	36	99	566	234	264	258	303	103	53	517	352	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	62 7%	2 2%	7 5%	8 5%	15 8%	8 8%	9 9%	1 3%	12 12%	37 7%	22 9%	25 9%	9 3%	14 5%	14 14%	7 12%	35 7%	19 5%
					a	a	a		aci	a	a	bc			bc	c			
A bit more	(4.0)	112 12%	6 4%	10 8%	23 14%	26 13%	16 17%	18 18%	4 11%	10 10%	75 13%	31 13%	21 8%	34 13%	37 12%	19 18%	6 12%	57 11%	49 14%
				a	a	a	ab			a	a				a				
About the same	(3.0)	264 28%	29 21%	28 23%	41 26%	62 32%	31 33%	26 26%	15 42%	32 33%	161 29%	73 31%	54 21%	77 30%	97 32%	33 32%	15 27%	144 28%	98 28%
					a	a		ab	a		a	a		a	a				
A bit less	(2.0)	123 13%	15 11%	16 13%	22 14%	32 17%	11 12%	11 11%	7 19%	10 10%	81 14%	27 12%	28 11%	34 13%	49 16%	10 10%	13 24%	70 14%	39 11%
																bc			
A lot less	(1.0)	119 13%	29 21%	19 16%	25 16%	16 8%	10 10%	9 9%	2 5%	10 10%	69 12%	21 9%	49 18%	33 13%	25 8%	12 11%	4 7%	68 13%	45 13%
			defghij	d	dj								c						
Don't know		37 4%	4 3%	6 5%	8 5%	8 4%	3 4%	5 5%	2 5%	- -	26 5%	7 3%	15 6%	6 2%	11 4%	3 3%	- -	21 4%	16 4%
			h	h	h	h	h	h	h		h		b						
I have never done this		220 23%	52 38%	35 29%	33 21%	34 18%	14 15%	22 22%	6 15%	25 26%	116 20%	52 22%	71 27%	66 26%	69 23%	12 12%	9 17%	123 24%	86 24%
			cdefghij	dei									d	d	d				
NET: More		175 19%	8 6%	17 14%	31 19%	41 21%	24 26%	27 27%	5 14%	22 22%	113 20%	54 23%	46 17%	43 16%	52 17%	33 32%	13 25%	92 18%	67 19%
				a	a	a	ab	ab		a	ab	abc							
NET: Less		241 26%	44 32%	35 29%	46 29%	48 25%	21 23%	20 20%	9 24%	19 20%	150 27%	48 20%	76 29%	67 26%	74 24%	22 21%	17 31%	138 27%	84 24%
			fhj		j														
Base for stats	680	81	81	117	151	75	72	29	73	424	175	177	187	223	88	44	373	250	
Mean Score	2.82	2.24	2.62	2.73	2.95	3.01	3.09	2.86	3.07	2.84	3.04	2.69	2.74	2.85	3.16	2.98	2.79	2.83	
			a	a	ab	ab	abc		ab	a	abci				abc				
Standard Deviation	1.174	1.114	1.213	1.195	1.102	1.139	1.189	.876	1.212	1.162	1.151	1.361	1.089	1.039	1.226	1.188	1.183	1.163	
Standard Error	.045	.125	.135	.109	.088	.131	.138	.166	.141	.056	.087	.100	.079	.070	.131	.175	.062	.071	
Error variance	*	.02	.02	.01	.01	.02	.02	.03	.02	*	.01	.01	.01	*	.02	.03	*	.01	

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**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		943	346	247	340	943	-
Total		937	344	249	334	937	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	62	39	12	10	62	-
		7%	11%	5%	3%	7%	-
			bc				
A bit more	(4.0)	112	66	31	14	112	-
		12%	19%	12%	4%	12%	-
			bc	c			
About the same	(3.0)	264	99	87	75	264	-
		28%	29%	35%	22%	28%	-
				c			
A bit less	(2.0)	123	41	28	53	123	-
		13%	12%	11%	16%	13%	-
A lot less	(1.0)	119	28	19	72	119	-
		13%	8%	8%	22%	13%	-
				ab			
Don't know		37	9	12	15	37	-
		4%	3%	5%	4%	4%	-
I have never done this		220	62	61	96	220	-
		23%	18%	24%	29%	23%	-
				a			
NET: More		175	105	43	24	175	-
		19%	31%	17%	7%	19%	-
			bc	c			
NET: Less		241	69	47	125	241	-
		26%	20%	19%	37%	26%	-
				ab			
Base for stats		680	272	176	224	680	-
Mean Score		2.82	3.18	2.94	2.27	2.82	-
			bc	c			
Standard Deviation		1.174	1.160	1.019	1.111	1.174	-
Standard Error		.045	.070	.077	.073	.045	-
Error variance		*	*	.01	.01	*	-



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	943	404	530	387	373	183	51	122	94	105	77	63	199	139	93
Total	937	429	500	359	368	211	46	112	85	105	71	93	195	140	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	53 6%	19 4%	33 7%	35 10% bc	15 4%	3 1%	1 2%	5 5%	2 2%	5 4%	4 6%	7 7%	22 11% abcdhi	3 2%	4 4%
A bit more (4.0)	110 12%	49 11%	61 12%	63 18% bc	42 11% c	6 3%	9 19% i	19 17% i	9 11%	10 10%	6 8%	9 9%	28 14%	14 10%	7 7%
About the same (3.0)	238 25%	121 28%	114 23%	99 28%	89 24%	50 24%	15 34%	23 20%	21 25%	33 32% bg	19 27%	31 33% g	41 21%	36 26%	19 20%
A bit less (2.0)	120 13%	39 9%	81 16% a	59 16% c	49 13% c	12 6%	5 11%	17 16%	7 8%	15 14%	8 12%	12 13%	29 15%	14 10%	13 14%
A lot less (1.0)	163 17%	74 17%	88 18%	50 14%	77 21% a	36 17%	5 11%	15 13%	20 23%	17 16%	14 20%	12 13%	36 18%	28 20%	16 17%
Don't know	28 3%	11 3%	17 3%	14 4%	11 3%	4 2%	1 2%	4 4%	3 4%	5 5% h	2 2%	1 1%	8 4%	1 1%	3 4%
I have never done this	225 24%	116 27% b	105 21%	40 11%	85 23% a	100 47% ab	9 20%	28 25%	24 28% g	20 19%	18 25%	21 23%	32 16%	44 32% dg	30 33% dg
NET: More	163 17%	68 16%	95 19%	98 27% bc	57 15% c	9 4%	10 22%	24 22% hi	11 13%	15 14%	10 14%	16 17%	50 26% cdehi	17 12%	11 11%
NET: Less	283 30%	113 26%	169 34% a	109 30%	126 34% c	48 23%	10 22%	32 29%	27 31%	32 30%	22 32%	24 26%	65 33%	41 30%	29 32%
Base for stats	684	302	378	306	272	107	35	80	58	80	51	71	155	95	59
Mean Score	2.66	2.67	2.66	2.91 bc	2.51	2.33	2.87	2.78	2.42	2.63	2.57	2.80	2.82 ch	2.48	2.47
Standard Deviation	1.218	1.193	1.245	1.225	1.208	1.084	1.053	1.207	1.191	1.130	1.240	1.166	1.356	1.150	1.194
Standard Error	.046	.071	.062	.068	.073	.114	.166	.129	.149	.126	.166	.168	.107	.119	.154
Error variance	*	*	*	*	.01	.01	.03	.02	.02	.02	.03	.03	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	943	137	271	260	123	97	55	668	275	734	36	91	46	16	7	196	
Total	937	140	283	255	117	92	52	677	260	735	34	91	44	14	7	190	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	53 6%	23 16%	10 3%	9 4%	2 1%	5 6%	4 8%	42 6%	11 4%	34 5%	2 5%	10 11%	4 9%	-	2 27%	18 9%	
		bcdegh					d	d				a				a	
A bit more (4.0)	110 12%	20 15%	29 10%	25 10%	22 19%	10 11%	3 7%	75 11%	36 14%	78 11%	6 19%	14 16%	7 17%	-	1 17%	29 15%	
				bcfg													
About the same (3.0)	238 25%	32 23%	83 29%	65 25%	27 23%	22 23%	10 20%	180 27%	59 23%	180 24%	10 29%	23 25%	14 31%	7 51%	2 28%	56 29%	
A bit less (2.0)	120 13%	18 13%	32 11%	36 14%	10 8%	16 17%	9 17%	86 13%	34 13%	88 12%	5 15%	16 18%	9 20%	2 12%	-	32 17%	
					d												
A lot less (1.0)	163 17%	30 21%	58 20%	43 17%	12 10%	13 14%	8 15%	130 19%	32 12%	136 18%	1 2%	15 16%	7 16%	3 19%	1 11%	26 14%	
		dh	dh					dh		b		b	b				
Don't know	28 3%	3 2%	7 2%	8 3%	8 7%	3 3%	1 2%	17 2%	12 4%	22 3%	2 5%	4 4%	1 2%	-	-	6 3%	
					bg												
I have never done this	225 24%	14 10%	65 23%	69 27%	37 31%	24 26%	16 32%	148 22%	77 30%	198 27%	8 24%	9 10%	2 4%	3 18%	1 17%	23 12%	
			a	a	ag	a	a	a	ag	cdg	cd						
NET: More	163 17%	43 31%	39 14%	35 14%	24 20%	15 17%	8 15%	116 17%	46 18%	112 15%	8 24%	24 26%	12 26%	-	3 44%	47 25%	
		bcefg										a	a			a	
NET: Less	283 30%	48 34%	90 32%	79 31%	21 18%	29 31%	16 32%	216 32%	66 26%	224 30%	6 18%	31 34%	16 36%	4 30%	1 11%	58 31%	
		d	d	d		d	d	d									
Base for stats	684	123	211	179	72	66	34	512	172	516	24	78	41	12	6	161	
Mean Score	2.66	2.91	2.53	2.56	2.89	2.68	2.63	2.63	2.76	2.59	3.13	2.85	2.82	2.40	3.57	2.88	
		bcg			bc											a	
Standard Deviation	1.218	1.421	1.164	1.154	1.087	1.189	1.291	1.234	1.167	1.213	.963	1.285	1.218	.874	1.431	1.210	
Standard Error	.046	.130	.082	.085	.123	.143	.212	.055	.086	.053	.189	.146	.186	.242	.584	.094	
Error variance	*	.02	.01	.01	.02	.02	.05	*	.01	*	.04	.02	.03	.06	.34	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	943	535	198	163	361	130	105	374	116	31	28	70	51	22	16	235
Total	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	53 6%	26 5%	6 3%	20 11% ab	26 6%	9 7%	9 9% c	15 4%	5 4%	2 6%	2 7%	4 6%	4 8%	2 11%	- -	18 8% c
A bit more (4.0)	110 12%	39 8%	30 14%	31 17% a	61 16% a	12 9%	19 19% acg	44 11% g	15 14% g	10 31% acdghk	2 7%	2 3%	4 9%	2 8%	1 4%	31 14% g
About the same (3.0)	238 25%	117 23%	63 29%	48 27%	111 28%	35 27%	22 22%	115 30% d	23 21%	7 22%	5 16%	14 21%	12 25%	4 19%	1 5%	57 25%
A bit less (2.0)	120 13%	66 13%	25 12%	26 14%	51 13%	15 12%	7 7%	53 14% b	15 13%	5 14%	4 14%	8 12%	7 15%	3 17%	4 21%	21 9%
A lot less (1.0)	163 17%	78 16%	47 22% a	29 16%	76 19%	27 21%	22 22%	58 15%	14 12%	4 14%	4 15%	14 20%	11 24%	4 18%	4 22%	49 21% d
Don't know	28 3%	15 3%	5 3%	5 3%	11 3%	6 5%	3 3%	10 3%	2 2%	1 3%	- -	2 3%	3 6%	1 5%	- -	9 4%
I have never done this	225 24%	161 32% bcd	38 18%	21 12%	59 15%	24 19%	18 18%	87 23%	39 34% abcehk	3 10%	12 41%	24 35% abcehk	6 13%	4 21%	9 48%	41 18%
NET: More	163 17%	65 13%	36 17%	51 28% ab	87 22% a	21 17%	28 28% acg	58 15%	21 18%	12 37% acdgh	4 14%	6 9%	8 17%	4 20%	1 4%	50 22% cg
NET: Less	283 30%	145 29%	72 34%	55 31%	128 32%	41 33%	29 28%	111 29%	29 25%	9 28%	8 29%	22 32%	18 39%	7 35%	8 43%	70 31%
Base for stats	684	326	171	154	325	97	80	285	72	28	17	42	38	15	10	177
Mean Score	2.66	2.59	2.55	2.90 ab	2.72	2.61	2.83	2.66	2.76	3.02	2.60	2.39	2.53	2.71	1.84	2.71
Standard Deviation	1.218	1.200	1.171	1.282	1.236	1.275	1.371	1.117	1.198	1.217	1.337	1.276	1.311	1.410	.964	1.320
Standard Error	.046	.064	.093	.109	.072	.128	.150	.067	.139	.234	.324	.192	.205	.342	.341	.098
Error variance	*	*	.01	.01	.01	.02	.02	*	.02	.05	.11	.04	.04	.12	.12	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	943	210	320	85	13	405	223	265	216	119	26	335	291	101	495	295	52	842
Total	937	206	328	85	11	413	217	269	215	119	25	334	294	95	491	300	51	842
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	53 6%	14 7%	11 3%	5 6%	2 18%	16 4%	16 7%	9 3%	11 5%	8 7%	3 12%	19 6%	12 4%	6 6%	20 4%	24 8%	3 7%	47 6%
A bit more (4.0)	110 12%	22 11%	48 15%	16 18%	3 23%	64 15%	24 11%	23 9%	50 23%	15 12%	2 6%	64 19%	25 8%	5 5%	55 11%	39 13%	12 24%	105 13%
About the same (3.0)	238 25%	54 26%	86 26%	25 30%	2 15%	111 27%	55 25%	79 29%	54 25%	29 24%	5 22%	82 25%	84 29%	25 27%	120 25%	85 28%	8 15%	213 25%
A bit less (2.0)	120 13%	30 14%	39 12%	12 15%	1 7%	51 12%	30 14%	33 12%	34 16%	11 9%	4 14%	44 13%	36 12%	14 15%	61 12%	35 12%	10 19%	106 13%
A lot less (1.0)	163 17%	24 11%	61 19%	12 15%	3 29%	73 18%	27 12%	42 16%	31 14%	18 15%	7 29%	49 15%	50 17%	15 16%	82 17%	54 18%	12 24%	148 18%
Don't know	28 3%	3 1%	6 2%	2 2%	1 7%	8 2%	4 2%	4 2%	4 2%	4 3%	1 5%	8 2%	6 2%	1 1%	13 3%	12 4%	2 4%	27 3%
I have never done this	225 24%	61 29%	77 24%	13 15%	- -	90 22%	61 28%	78 29%	33 15%	35 29%	3 12%	67 20%	81 28%	28 30%	141 29%	52 17%	4 7%	197 23%
NET: More	163 17%	36 17%	59 18%	20 24%	5 41%	79 19%	40 19%	33 12%	60 28%	23 19%	5 19%	83 25%	37 13%	11 11%	74 15%	62 21%	16 30%	152 18%
NET: Less	283 30%	53 26%	100 30%	25 29%	4 36%	124 30%	57 26%	75 28%	65 30%	29 24%	11 43%	93 28%	86 29%	29 31%	143 29%	89 30%	22 43%	253 30%
Base for stats	684	142	245	70	10	315	153	187	179	80	21	259	208	65	338	236	45	619
Mean Score	2.66	2.81	2.63	2.83	2.94	2.67	2.82	2.59	2.87	2.80	2.51	2.85	2.59	2.58	2.61	2.76	2.66	2.67
Standard Deviation	1.218	1.177	1.182	1.166	1.615	1.179	1.205	1.119	1.178	1.265	1.444	1.203	1.152	1.189	1.183	1.254	1.335	1.222
Standard Error	.046	.097	.077	.138	.466	.067	.096	.082	.088	.141	.308	.075	.080	.140	.064	.082	.199	.049
Error variance	*	.01	.01	.02	.22	*	.01	.01	.01	.02	.09	.01	.01	.02	*	.01	.04	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	943	243	579	145	145	48	606	308	27	765	178	788	146
Total	937	239	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	53 6%	26 11% b	19 3%	11 8%	14 10% d	1 2%	27 4%	23 8% d	3 10%	46 6%	6 3%	49 6%	3 3%
A bit more (4.0)	110 12%	50 21% b	53 9%	20 15%	22 15%	9 20% d	62 10%	45 15% d	5 19%	91 12%	19 11%	96 12%	14 10%
About the same (3.0)	238 25%	63 26%	143 24%	25 18%	29 20%	16 36% ab	163 27% a	68 23%	3 10%	202 27%	36 20%	206 26%	29 21%
A bit less (2.0)	120 13%	39 16% b	65 11%	19 14%	16 11%	7 15%	74 12%	41 14%	2 7%	97 13%	23 13%	102 13%	18 13%
A lot less (1.0)	163 17%	35 15%	112 19%	24 18%	26 18%	6 12%	108 18%	51 17%	5 18%	120 16%	43 24% a	125 16%	35 25% a
Don't know	28 3%	5 2%	20 3%	4 3%	3 2%	1 2%	19 3%	6 2%	1 4%	27 4%	2 1%	20 2%	7 5%
I have never done this	225 24%	20 9%	173 30% a	33 24%	34 23%	6 14%	159 26%	64 21%	9 32%	174 23%	50 28%	192 24%	33 24%
NET: More	163 17%	76 32% b	72 12%	31 23% d	36 25% d	10 22%	89 15%	69 23% d	8 29%	137 18%	25 14%	145 18%	17 13%
NET: Less	283 30%	74 31%	176 30%	44 32%	42 29%	12 27%	181 30%	91 31%	7 25%	217 29%	66 36% a	227 29%	53 38% a
Base for stats	684	214	392	100	108	39	433	228	17	557	127	579	99
Mean Score	2.66	2.97 b	2.50	2.74	2.84	2.82	2.60	2.78	2.95	2.72 b	2.40	2.73 b	2.32
Standard Deviation	1.218	1.253	1.178	1.325	1.353	1.038	1.183	1.281	1.503	1.208	1.232	1.214	1.198
Standard Error	.046	.085	.060	.128	.129	.164	.057	.083	.354	.051	.109	.050	.117

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**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

Significance Level: 95%

Unweighted Total

Total

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	943	579	145	145	48	606	308	27	765	178	788	146
Total	937	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	*	.02	.02	.03	*	.01	.13	*	.01	*	.01

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## 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	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	943	135	120	162	197	94	101	35	99	573	235	271	264	296	102	55	495	376
Total	937	137	121	159	193	92	99	36	99	566	234	264	258	303	103	53	517	352
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	53 6%	1 1%	6 5%	8 5%	14 7%	7 8%	5 5%	2 6%	10 10%	34 6%	17 7%	12 5%	14 5%	16 5%	10 10%	7 13%	28 5%	16 5%
A bit more (4.0)	110 12%	8 6%	11 9%	25 15%	29 15%	10 11%	16 16%	4 11%	8 8%	75 13%	28 12%	27 10%	26 10%	37 12%	20 19%	9 18%	61 12%	39 11%
About the same (3.0)	238 25%	25 18%	30 25%	31 20%	54 28%	31 34%	27 27%	6 17%	33 34%	147 26%	67 29%	52 20%	75 29%	83 27%	28 27%	11 21%	134 26%	90 26%
A bit less (2.0)	120 13%	13 10%	13 11%	28 17%	31 16%	9 10%	11 11%	5 15%	10 10%	80 14%	27 11%	36 14%	30 12%	40 13%	10 10%	11 20%	72 14%	36 10%
A lot less (1.0)	163 17%	31 23%	20 16%	31 20%	24 12%	15 16%	18 18%	10 27%	13 14%	90 16%	41 18%	58 22%	39 15%	46 15%	18 17%	5 9%	92 18%	62 17%
Don't know	28 3%	5 4%	5 4%	5 3%	6 3%	2 2%	4 4%	2 6%	- -	18 3%	6 2%	7 2%	10 4%	8 3%	2 2%	2 4%	14 3%	10 3%
I have never done this	225 24%	54 39%	37 31%	32 20%	36 18%	17 19%	19 19%	6 17%	24 24%	122 22%	49 21%	72 27%	64 25%	72 24%	15 14%	8 15%	116 22%	99 28%
NET: More	163 17%	9 7%	17 14%	32 20%	43 22%	18 19%	21 21%	6 17%	18 18%	109 19%	45 19%	39 15%	40 16%	53 17%	30 29%	16 30%	89 17%	55 16%
NET: Less	283 30%	45 32%	33 27%	59 37%	55 28%	24 26%	29 29%	15 42%	24 24%	171 30%	68 29%	95 36%	70 27%	86 29%	28 27%	16 30%	164 32%	98 28%
Base for stats	684	79	79	123	151	73	77	28	75	426	179	185	185	222	86	43	387	243
Mean Score	2.66	2.17	2.62	2.59	2.85	2.80	2.72	2.40	2.87	2.72	2.74	2.45	2.70	2.71	2.94	3.06	2.64	2.64
Standard Deviation	1.218	1.122	1.208	1.242	1.178	1.209	1.209	1.329	1.224	1.209	1.238	1.255	1.174	1.177	1.295	1.262	1.207	1.209
Standard Error	.046	.129	.136	.111	.095	.141	.136	.256	.141	.058	.092	.091	.085	.080	.140	.188	.063	.075
Error variance	*	.02	.02	.01	.01	.02	.02	.07	.02	*	.01	.01	.01	.01	.02	.04	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**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		943	346	247	340	943	-
Total		937	344	249	334	937	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	53	32	8	12	53	-
		6%	9%	3%	4%	6%	-
			bc				
A bit more	(4.0)	110	58	30	21	110	-
		12%	17%	12%	6%	12%	-
			c	c			
About the same	(3.0)	238	92	85	57	238	-
		25%	27%	34%	17%	25%	-
			c	c			
A bit less	(2.0)	120	40	25	53	120	-
		13%	12%	10%	16%	13%	-
					b		
A lot less	(1.0)	163	50	31	82	163	-
		17%	14%	12%	24%	17%	-
					ab		
Don't know		28	8	7	13	28	-
		3%	2%	3%	4%	3%	-
I have never done this		225	64	63	98	225	-
		24%	19%	25%	29%	24%	-
					a		
NET: More		163	90	38	32	163	-
		17%	26%	15%	10%	17%	-
			bc	c			
NET: Less		283	90	57	135	283	-
		30%	26%	23%	40%	30%	-
					ab		
Base for stats		684	272	180	224	684	-
Mean Score		2.66	2.93	2.77	2.23	2.66	-
			c	c			
Standard Deviation		1.218	1.248	1.068	1.188	1.218	-
Standard Error		.046	.075	.080	.079	.046	-
Error variance		*	.01	.01	.01	*	-



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	943	404	530	387	373	183	51	122	94	105	77	63	199	139	93
Total	937	429	500	359	368	211	46	112	85	105	71	93	195	140	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	70 7%	30 7%	38 8%	41 11% bc	23 6%	6 3%	2 4%	10 9%	6 7%	7 6%	8 11% h	7 8%	21 11% h	5 3%	4 4%
A bit more (4.0)	118 13%	51 12%	66 13%	71 20% bc	39 11% c	8 4%	5 12%	18 16%	7 9%	16 15%	11 16%	11 12%	26 13%	15 11%	8 8%
About the same (3.0)	211 23%	109 25%	101 20%	81 22%	88 24%	43 20%	15 32% be	20 18%	16 18%	28 26%	11 16%	28 31% be	41 21%	32 23%	21 23%
A bit less (2.0)	137 15%	57 13%	79 16%	58 16% c	59 16% c	20 10%	7 15%	18 16%	9 11%	14 13%	14 19%	10 11%	39 20% h	15 11%	11 12%
A lot less (1.0)	161 17%	64 15%	98 20%	49 14%	72 20% a	40 19%	7 15%	17 15%	20 23%	20 19%	8 12%	14 15%	28 14%	32 23% g	16 17%
Don't know	38 4%	11 3%	26 5% a	21 6% c	14 4%	3 1%	2 4%	3 3%	5 6%	6 6%	3 4%	3 3%	10 5%	5 3%	2 2%
I have never done this	202 22%	107 25% b	92 18%	40 11%	72 20% a	90 43% ab	8 18%	25 23%	23 27% dg	15 14%	16 22%	19 21%	30 15%	36 26% dg	30 33% dg
NET: More	188 20%	81 19%	104 21%	111 31% bc	62 17% c	14 7%	7 16%	28 25% hi	13 16%	22 21%	19 27% hi	19 20%	47 24% hi	20 14%	12 13%
NET: Less	298 32%	121 28%	176 35% a	107 30%	131 36%	60 29%	14 30%	35 32%	29 34%	34 32%	22 31%	24 26%	66 34%	47 34%	27 30%
Base for stats	697	311	381	298	282	117	36	83	58	84	52	71	155	99	60
Mean Score	2.71	2.77	2.66	2.99 bc	2.58	2.32	2.68	2.83 h	2.50	2.70	2.94 h	2.83	2.83 h	2.46	2.54
Standard Deviation	1.268	1.226	1.301	1.279	1.236	1.171	1.124	1.319	1.354	1.248	1.325	1.213	1.292	1.222	1.208
Standard Error	.048	.072	.065	.071	.073	.117	.178	.138	.169	.135	.175	.175	.102	.123	.155
Error variance	*	.01	*	.01	.01	.01	.03	.02	.03	.02	.03	.03	.01	.02	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	943	137	271	260	123	97	55	668	275	734	36	91	46	16	7	196	
Total	937	140	283	255	117	92	52	677	260	735	34	91	44	14	7	190	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	70 7%	25 18%	13 5%	14 6%	4 4%	7 8%	5 9%	53 8%	17 6%	52 7%	4 11%	8 9%	2 4%	2 11%	2 27%	17 9%	
A bit more (4.0)	118 13%	23 16%	38 13%	31 12%	16 14%	8 8%	3 6%	91 14%	27 10%	80 11%	5 16%	19 21%	12 26%	1 6%	1 17%	38 20%	
About the same (3.0)	211 23%	28 20%	72 25%	61 24%	23 20%	16 18%	10 20%	161 24%	50 19%	166 23%	7 20%	17 19%	10 22%	6 41%	2 28%	42 22%	
A bit less (2.0)	137 15%	21 15%	34 12%	38 15%	19 16%	17 18%	8 16%	93 14%	44 17%	102 14%	5 16%	18 20%	7 15%	2 13%	- -	32 17%	
A lot less (1.0)	161 17%	23 17%	59 21%	40 16%	16 14%	16 18%	6 13%	122 18%	39 15%	129 18%	4 12%	16 18%	9 21%	2 11%	1 11%	32 17%	
Don't know	38 4%	4 3%	12 4%	9 4%	6 5%	4 4%	2 4%	26 4%	12 5%	29 4%	2 6%	2 3%	3 6%	- -	- -	7 4%	
I have never done this	202 22%	15 11%	54 19%	61 24%	32 27%	24 26%	16 32%	130 19%	72 28%	178 24%	6 19%	9 10%	2 4%	3 18%	1 17%	22 11%	
NET: More	188 20%	48 34%	51 18%	45 18%	20 17%	15 16%	8 16%	144 21%	43 17%	131 18%	9 27%	27 30%	13 31%	2 17%	3 44%	55 29%	
NET: Less	298 32%	44 31%	93 33%	78 31%	35 30%	33 36%	15 28%	215 32%	83 32%	231 31%	9 28%	35 38%	16 37%	3 24%	1 11%	64 34%	
Base for stats	697	120	216	185	78	65	33	521	176	528	25	79	39	12	6	161	
Mean Score	2.71	3.05	2.60	2.68	2.66	2.58	2.75	2.73	2.65	2.67	2.97	2.80	2.75	2.91	3.57	2.85	
Standard Deviation	1.268	1.411	1.230	1.207	1.179	1.305	1.304	1.276	1.245	1.267	1.300	1.298	1.256	1.197	1.431	1.280	
Standard Error	.048	.129	.086	.088	.128	.158	.217	.056	.091	.055	.250	.146	.196	.332	.584	.099	
Error variance	*	.02	.01	.01	.02	.03	.05	*	.01	*	.06	.02	.04	.11	.34	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	943	535	198	163	361	130	105	374	116	31	28	70	51	22	16	235
Total	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	70 7%	32 6%	16 7%	19 10%	34 9%	16 13%	8 8%	24 6%	7 6%	5 15%	1 3%	3 5%	2 5%	2 11%	1 4%	24 11%
A bit more (4.0)	118 13%	45 9%	29 13%	36 20%	64 16%	11 9%	21 21%	59 16%	7 6%	6 17%	3 10%	4 6%	6 12%	1 5%	- -	32 14%
About the same (3.0)	211 23%	114 23%	54 25%	37 20%	91 23%	30 23%	18 18%	95 25%	29 25%	8 26%	5 18%	11 16%	9 19%	5 27%	1 6%	48 21%
A bit less (2.0)	137 15%	70 14%	33 15%	28 16%	61 15%	19 15%	14 14%	55 14%	19 16%	4 12%	3 10%	10 15%	9 19%	2 9%	2 11%	33 15%
A lot less (1.0)	161 17%	84 17%	33 15%	37 21%	70 18%	24 19%	16 16%	58 15%	16 14%	4 14%	4 15%	17 24%	12 26%	4 22%	4 23%	41 18%
Don't know	38 4%	17 3%	12 5%	5 3%	17 4%	3 3%	3 3%	14 4%	2 2%	2 6%	1 3%	4 6%	5 11%	2 10%	1 5%	6 3%
I have never done this	202 22%	141 28%	39 18%	19 10%	57 14%	23 18%	20 20%	76 20%	33 29%	3 10%	12 40%	20 29%	3 6%	3 16%	9 50%	43 19%
NET: More	188 20%	77 15%	44 21%	55 30%	99 25%	27 21%	29 29%	84 22%	14 13%	10 32%	4 13%	8 11%	8 17%	3 16%	1 4%	56 25%
NET: Less	298 32%	154 31%	65 31%	66 36%	131 33%	43 34%	30 30%	113 30%	35 31%	8 26%	7 25%	27 39%	21 46%	6 30%	6 34%	74 32%
Base for stats	697	345	164	157	321	100	78	291	78	27	16	45	39	15	8	178
Mean Score	2.71	2.62	2.77	2.81	2.79	2.76	2.87	2.78	2.61	3.08	2.59	2.29	2.39	2.67	1.91	2.81
Standard Deviation	1.268	1.242	1.230	1.346	1.286	1.370	1.302	1.218	1.182	1.324	1.250	1.265	1.254	1.415	1.319	1.338
Standard Error	.048	.064	.100	.113	.075	.136	.144	.072	.133	.260	.312	.187	.194	.343	.498	.099
Error variance	*	*	.01	.01	.01	.02	.02	.01	.02	.07	.10	.03	.04	.12	.25	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	943	210	320	85	13	405	223	265	216	119	26	335	291	101	495	295	52	842	
Total	937	206	328	85	11	413	217	269	215	119	25	334	294	95	491	300	51	842	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	70 7%	18 9%	18 5%	7 9%	1 8%	25 6%	19 9%	13 5%	19 9%	10 8%	2 7%	29 9%	15 5%	5 5%	34 7%	24 8%	6 12%	64 8%	
A bit more (4.0)	118 13%	26 13%	47 14%	18 21%	3 30%	64 16%	30 14%	34 13%	35 16%	20 16%	5 18%	55 16%	39 13%	4 4%	55 11% a	47 16% a	12 23% ab	114 14% a	
About the same (3.0)	211 23%	49 24%	77 24%	21 25%	4 33%	98 24%	52 24%	69 26%	52 24%	26 22%	5 19%	77 23%	74 25%	26 28% d	111 22% d	70 23% d	5 10% d	185 22% d	
A bit less (2.0)	137 15%	30 14%	48 15%	14 16%	1 7%	62 15%	30 14%	34 13%	46 21% acf	11 9%	2 7%	57 17% c	36 12%	12 13%	67 14%	48 16%	9 18%	125 15%	
A lot less (1.0)	161 17%	25 12%	60 18% f	10 11%	1 7%	70 17%	26 12%	46 17% b	22 10%	18 15%	8 32%	40 12%	54 18% be	16 17%	82 17%	51 17%	12 23%	145 17%	
Don't know	38 4%	7 4%	10 3%	3 3%	- -	13 3%	7 3%	8 3%	8 4%	5 4%	- -	13 4%	8 3%	7 7%	17 3%	13 4%	2 3%	31 4%	
I have never done this	202 22%	51 25%	69 21%	13 15%	2 15%	81 20%	52 24%	64 24% b	33 15%	30 25% b	4 18%	63 19%	69 23% b	24 25% cd	126 26% cd	47 16%	5 10%	178 21% c	
NET: More	188 20%	44 21%	64 20%	25 29% b	4 38%	89 22%	48 22%	48 18%	54 25%	30 25%	6 25%	83 25% af	54 18%	9 10%	89 18% a	71 24% a	18 35% abe	178 21% a	
NET: Less	298 32%	55 27%	108 33%	23 28%	2 14%	131 32%	56 26%	80 30%	69 32%	29 24%	10 39%	97 29%	90 31%	29 30%	149 30%	99 33%	21 41%	270 32%	
Base for stats	697	147	249	69	10	319	157	197	174	84	21	258	218	64	349	240	44	633	
Mean Score	2.71	2.88	2.65	2.99 b	3.29	2.73	2.90 b	2.67	2.89	2.92	2.52	2.90 af	2.65	2.53	2.69	2.77	2.80	2.73	
Standard Deviation	1.268	1.243	1.229	1.207	1.092	1.230	1.235	1.205	1.185	1.308	1.428	1.224	1.225	1.176	1.260	1.268	1.456	1.276	
Standard Error	.048	.102	.079	.144	.329	.069	.097	.086	.090	.143	.305	.076	.083	.140	.067	.082	.219	.051	
Error variance	*	.01	.01	.02	.11	*	.01	.01	.01	.02	.09	.01	.01	.02	*	.01	.05	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	943	243	579	145	145	48	606	308	27	765	178	788	146
Total	937	239	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	70 7%	39 16% b	24 4%	11 8%	15 10%	7 15% d	35 6%	32 11% d	- -	61 8%	8 5%	62 8%	8 6%
A bit more (4.0)	118 13%	59 25% b	53 9%	25 18% d	26 18% d	9 19%	60 10%	55 18% d	4 16%	102 14%	16 9%	104 13%	12 9%
About the same (3.0)	211 23%	50 21%	128 22%	28 21%	27 18%	13 27%	144 24%	60 20%	7 26%	179 24%	33 18%	184 23%	24 17%
A bit less (2.0)	137 15%	36 15%	86 15%	18 13%	20 14%	4 8%	92 15%	40 13%	1 3%	108 14%	29 16%	112 14%	25 18%
A lot less (1.0)	161 17%	25 10%	119 20% a	22 16%	20 14%	5 10%	117 19% e	40 14%	6 22%	117 15%	44 25% a	129 16%	32 23%
Don't know	38 4%	9 4%	21 4%	6 5%	6 4%	3 7%	23 4%	13 4%	2 8%	33 4%	5 3%	30 4%	7 5%
I have never done this	202 22%	21 9%	153 26% a	27 20%	31 22%	6 14%	141 23%	57 19%	7 24%	157 21%	45 25%	171 22%	30 22%
NET: More	188 20%	98 41% b	77 13%	36 26% d	40 28% d	15 33% d	94 15%	87 29% d	4 16%	164 22% b	24 13%	166 21%	20 15%
NET: Less	298 32%	61 25%	205 35% a	40 29%	40 28%	8 18%	209 34% ce	81 27%	7 26%	225 30%	73 41% a	240 30%	57 41% a
Base for stats	697	209	410	103	107	36	447	227	18	567	130	590	101
Mean Score	2.71	3.24 b	2.46	2.86 d	2.95 d	3.25 d	2.56	2.99 d	2.54	2.79 b	2.34	2.76 b	2.41
Standard Deviation	1.268	1.276	1.201	1.290	1.319	1.249	1.226	1.305	1.208	1.260	1.241	1.265	1.266
Standard Error	.048	.087	.060	.123	.126	.205	.058	.085	.277	.053	.108	.052	.122
Error variance	*	.01	*	.02	.02	.04	*	.01	.08	*	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	943	135	120	162	197	94	101	35	99	573	235	271	264	296	102	55	495	376
Total	937	137	121	159	193	92	99	36	99	566	234	264	258	303	103	53	517	352
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	70 7%	4 3%	9 7%	10 6%	16 8%	7 8%	12 12%	3 9%	10 10%	41 7%	25 11%	19 7%	17 7%	19 6%	14 13%	6 11%	37 7%	25 7%
A bit more (4.0)	118 13%	8 5%	7 6%	23 14%	33 17%	18 20%	15 15%	6 15%	10 10%	81 14%	30 13%	24 9%	35 14%	32 11%	25 25%	12 22%	68 13%	36 10%
About the same (3.0)	211 23%	28 20%	32 26%	36 22%	42 22%	23 25%	19 19%	5 15%	27 27%	132 23%	51 22%	47 18%	67 26%	72 24%	26 26%	11 20%	122 24%	76 21%
A bit less (2.0)	137 15%	13 10%	16 13%	31 19%	31 16%	14 15%	15 15%	4 11%	14 14%	92 16%	32 14%	37 14%	41 16%	46 15%	10 9%	8 14%	78 15%	50 14%
A lot less (1.0)	161 17%	31 22%	24 20%	29 18%	31 16%	13 14%	14 14%	8 23%	12 12%	97 17%	34 14%	65 25%	31 12%	53 17%	11 11%	8 16%	91 18%	58 16%
Don't know	38 4%	3 2%	6 5%	7 4%	9 5%	3 3%	6 6%	3 9%	1 1%	25 4%	11 5%	8 3%	12 5%	9 3%	7 7%	1 2%	23 5%	13 4%
I have never done this	202 22%	52 38%	29 23%	25 16%	31 16%	14 15%	19 19%	6 17%	26 26%	98 17%	52 22%	63 24%	56 21%	72 24%	10 9%	8 15%	97 19%	94 27%
NET: More	188 20%	11 8%	16 13%	32 20%	49 25%	25 28%	26 26%	9 25%	20 20%	122 22%	55 23%	43 16%	52 20%	51 17%	39 38%	17 33%	105 20%	61 17%
NET: Less	298 32%	44 32%	40 33%	59 37%	62 32%	27 29%	28 29%	12 34%	25 26%	188 33%	66 28%	102 39%	72 28%	99 33%	21 20%	16 30%	169 33%	108 31%
Base for stats	697	83	87	127	153	76	74	26	72	443	172	192	191	222	86	44	397	245
Mean Score	2.71	2.28	2.55	2.64	2.81	2.91	2.94	2.67	2.90	2.73	2.88	2.46	2.82	2.63	3.24	2.98	2.70	2.67
Standard Deviation	1.268	1.183	1.257	1.224	1.274	1.224	1.338	1.450	1.240	1.251	1.311	1.338	1.177	1.235	1.235	1.326	1.256	1.266
Standard Error	.048	.131	.136	.108	.102	.140	.153	.284	.146	.059	.099	.095	.084	.083	.134	.196	.064	.078
Error variance	*	.02	.02	.01	.01	.02	.02	.08	.02	*	.01	.01	.01	.01	.02	.04	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

		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		943	346	247	340	943	-
Total		937	344	249	334	937	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	70	48	8	13	70	-
		7%	14%	3%	4%	7%	-
			bc				
A bit more	(4.0)	118	59	30	28	118	-
		13%	17%	12%	8%	13%	-
			c				
About the same	(3.0)	211	85	75	49	211	-
		23%	25%	30%	15%	23%	-
			c	c			
A bit less	(2.0)	137	42	35	57	137	-
		15%	12%	14%	17%	15%	-
A lot less	(1.0)	161	40	27	93	161	-
		17%	12%	11%	28%	17%	-
				ab			
Don't know		38	11	13	14	38	-
		4%	3%	5%	4%	4%	-
I have never done this		202	58	60	81	202	-
		22%	17%	24%	24%	22%	-
				a	a		
NET: More		188	107	39	40	188	-
		20%	31%	16%	12%	20%	-
			bc				
NET: Less		298	82	62	150	298	-
		32%	24%	25%	45%	32%	-
				ab			
Base for stats		697	274	176	240	697	-
Mean Score		2.71	3.12	2.76	2.21	2.71	-
			bc	c			
Standard Deviation		1.268	1.279	1.064	1.224	1.268	-
Standard Error		.048	.077	.081	.078	.048	-
Error variance		*	.01	.01	.01	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	943	404	530	387	373	183	51	122	94	105	77	63	199	139	93
Total	937	429	500	359	368	211	46	112	85	105	71	93	195	140	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	56 6%	23 5%	33 7%	38 11% bc	12 3%	6 3%	4 8%	10 9% hi	7 8% h	4 4%	3 5%	6 6%	18 9% hi	3 2%	2 2%
A bit more (4.0)	108 12%	52 12%	55 11%	57 16% c	46 13% c	5 3%	3 6%	13 12% i	6 6%	14 13% i	8 11%	10 11%	36 18% aci	15 11%	4 4%
About the same (3.0)	189 20%	100 23% b	88 18%	80 22%	75 20%	34 16%	13 29% c	18 16%	11 13%	21 20%	14 20%	25 27% c	35 18%	28 20%	23 25% c
A bit less (2.0)	97 10%	31 7%	64 13% a	53 15% bc	36 10% c	8 4%	4 8%	12 10%	12 15% hi	19 18% hi	6 9%	7 8%	23 12%	9 7%	5 5%
A lot less (1.0)	157 17%	63 15%	93 19%	57 16%	63 17%	36 17%	10 21%	16 14%	14 16%	18 17%	15 21%	11 12%	31 16%	26 18%	17 19%
Don't know	35 4%	13 3%	21 4%	15 4%	15 4%	5 2%	1 2%	4 4%	5 6%	4 4%	3 5%	1 2%	5 2%	7 5%	5 5%
I have never done this	295 31%	146 34%	145 29%	58 16%	120 33% a	117 55% ab	12 25%	39 35% g	31 36% g	25 24%	21 30%	32 35%	47 24%	52 37% dg	36 39% dg
NET: More	164 18%	75 18%	88 18%	95 26% bc	58 16% c	11 5%	6 14%	23 21% i	12 15%	18 17% i	11 16% i	16 17% i	54 28% acdehi	18 13%	6 6%
NET: Less	254 27%	94 22%	157 32% a	110 31% c	99 27%	45 21%	13 29%	28 25%	26 30%	37 35% f	21 29%	18 20%	54 28%	35 25%	22 24%
Base for stats	607	269	334	286	232	89	33	69	49	76	46	59	143	81	51
Mean Score	2.69	2.78	2.61	2.88 bc	2.61 c	2.28	2.61	2.84 i	2.59	2.57	2.54	2.87 i	2.91 hi	2.52	2.38
Standard Deviation	1.282	1.244	1.313	1.309	1.227	1.233	1.299	1.362	1.372	1.191	1.302	1.192	1.336	1.232	1.142
Standard Error	.052	.078	.069	.075	.081	.142	.213	.156	.185	.136	.184	.188	.110	.138	.160
Error variance	*	.01	*	.01	.01	.02	.05	.02	.03	.02	.03	.04	.01	.02	.03



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	137	271	260	123	97	55	668	275	734	36	91	46	16	7	196	
Total	937	140	283	255	117	92	52	677	260	735	34	91	44	14	7	190	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	56 6%	16 12%	11 4%	11 4%	5 4%	5 6%	6 12%	39 6%	17 6%	36 5%	3 8%	12 13%	3 6%	1 5%	2 27%	20 10%
			bcdg					bcd				a				a	
A bit more	(4.0)	108 12%	26 19%	31 11%	25 10%	17 14%	7 7%	3 5%	83 12%	26 10%	69 9%	7 20%	20 22%	9 21%	1 7%	1 17%	38 20%
			bcefg									a	a	a		a	
About the same	(3.0)	189 20%	26 19%	67 24%	52 20%	22 19%	15 16%	6 12%	146 22%	44 17%	149 20%	6 17%	15 16%	11 25%	4 29%	2 28%	38 20%
				h													
A bit less	(2.0)	97 10%	18 13%	34 12%	21 8%	11 9%	8 9%	6 12%	72 11%	25 10%	69 9%	7 21%	8 8%	10 23%	2 12%	-	27 14%
												ac	ac				
A lot less	(1.0)	157 17%	23 17%	44 16%	47 18%	15 13%	19 21%	9 17%	114 17%	43 16%	127 17%	4 13%	17 19%	6 15%	1 5%	1 11%	29 15%
Don't know		35 4%	4 3%	10 4%	10 4%	7 6%	3 3%	1 2%	24 4%	11 4%	28 4%	-	5 5%	1 2%	1 6%	-	7 4%
I have never done this		295 31%	26 19%	85 30%	89 35%	40 34%	35 38%	20 40%	200 29%	95 37%	258 35%	7 21%	15 17%	4 8%	5 36%	1 17%	32 17%
				a	a	a	a	a	a	ag	cdg						
NET: More	164 18%	42 30%	43 15%	37 14%	22 19%	12 13%	9 18%	122 18%	43 16%	105 14%	9 28%	31 34%	12 28%	2 12%	3 44%	58 30%	
			bcd	degh							a	a	a			a	
NET: Less	254 27%	41 29%	78 28%	67 26%	26 22%	27 29%	15 28%	186 27%	67 26%	195 27%	11 34%	25 27%	16 38%	2 17%	1 11%	56 29%	
Base for stats	607	109	188	156	70	54	30	453	154	450	26	71	39	8	6	151	
Mean Score	2.69	2.96	2.64	2.58	2.80	2.47	2.74	2.69	2.67	2.60	2.86	3.02	2.79	2.92	3.57	2.95	
		bce								a		a				a	
Standard Deviation	1.282	1.363	1.187	1.269	1.234	1.353	1.515	1.266	1.334	1.264	1.270	1.424	1.188	1.090	1.431	1.316	
Standard Error	.052	.131	.088	.100	.142	.181	.264	.060	.104	.059	.240	.170	.186	.363	.584	.106	
Error variance	*	.02	.01	.01	.02	.03	.07	*	.01	*	.06	.03	.03	.13	.34	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	535	198	163	361	130	105	374	116	31	28	70	51	22	16	235
Total	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	56 6%	27 5%	9 4%	17 9%	26 7%	13 10% cd	7 7%	16 4%	4 4%	3 8%	1 3%	5 7%	6 12% cd	2 11%	- -	20 9% c
A bit more (4.0)	108 12%	34 7%	32 15% a	37 21% a	69 18% a	12 9%	18 18% agh	53 14% gh	13 11%	2 5%	3 10%	3 4%	2 3%	3 14%	1 4%	30 13% gh
About the same (3.0)	189 20%	92 18%	51 24%	34 19%	85 21%	29 23%	16 16%	91 24% gh	18 15%	14 43% abcdghk	5 17%	9 12%	5 10%	3 13%	1 6%	45 20%
A bit less (2.0)	97 10%	51 10%	18 8%	21 12%	39 10%	15 12%	11 11%	36 10%	12 10%	2 5%	1 4%	5 7%	10 22% cdegk	3 13%	1 6%	27 12%
A lot less (1.0)	157 17%	76 15%	44 20%	31 17%	75 19%	24 19%	20 20%	59 15%	15 13%	5 16%	2 7%	15 22%	11 23%	3 14%	3 18%	44 19%
Don't know	35 4%	18 4%	5 2%	11 6%	16 4%	4 3%	3 3%	9 2%	9 8% c	1 3%	1 3%	2 3%	5 12% abck	1 5%	1 5%	7 3%
I have never done this	295 31%	205 41% bcd	54 25% c	30 17%	85 21%	31 24%	25 25%	118 31% h	44 39% abhk	6 20%	16 56%	30 43% abcehk	8 17%	6 29%	11 60%	56 25%
NET: More	164 18%	61 12%	42 19% a	54 30% ab	95 24% a	24 19%	25 25% g	69 18%	17 15%	4 13%	4 13%	8 12%	7 15%	5 26%	1 4%	49 22%
NET: Less	254 27%	127 25%	62 29%	52 29%	114 29%	39 31%	31 31%	95 25%	27 23%	7 21%	3 11%	20 30%	21 46% cdek	5 27%	4 24%	70 31%
Base for stats	607	279	155	140	295	92	73	255	61	25	12	37	33	13	6	165
Mean Score	2.69	2.59	2.65	2.91 a	2.77	2.72	2.73	2.73	2.66	2.80	2.97	2.39	2.41	2.95	1.91	2.73
Standard Deviation	1.282	1.272	1.260	1.336	1.301	1.345	1.359	1.204	1.248	1.182	1.196	1.452	1.439	1.447	1.194	1.347
Standard Error	.052	.073	.105	.119	.079	.139	.156	.076	.157	.241	.345	.236	.236	.374	.534	.103

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	535	198	163	361	130	105	374	116	31	28	70	51	22	16	235
Total	937	502	214	181	395	127	101	381	114	32	29	69	47	20	19	228
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	.01	.01	.01	.01	.02	.02	.01	.02	.06	.12	.06	.06	.14	.28	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	943	210	320	85	13	405	223	265	216	119	26	335	291	101	495	295	52	842	
Total	937	206	328	85	11	413	217	269	215	119	25	334	294	95	491	300	51	842	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	56 6%	13 6%	12 4%	3 4%	2 15%	16 4%	15 7%	15 5%	8 4%	6 5%	2 7%	14 4%	16 5%	5 5%	23 5%	19 6%	9 18%	51 6%	
A bit more (4.0)	108 12%	28 14%	44 13%	14 17%	1 8%	58 14%	29 13%	30 11%	38 17%	17 14%	4 15%	55 16%	34 12%	3 3%	53 11%	45 15%	7 13%	105 12%	
About the same (3.0)	189 20%	46 23%	64 20%	24 28%	4 32%	88 21%	50 23%	62 23%	51 24%	20 17%	5 19%	71 21%	67 23%	19 20%	98 20%	66 22%	6 12%	170 20%	
A bit less (2.0)	97 10%	18 9%	29 9%	11 13%	2 14%	40 10%	20 9%	19 7%	31 15%	7 6%	2 10%	38 11%	21 7%	7 7%	53 11%	36 12%	2 4%	90 11%	
A lot less (1.0)	157 17%	26 13%	59 18%	9 11%	2 16%	68 17%	28 13%	40 15%	36 17%	15 13%	6 24%	51 15%	46 16%	15 16%	79 16%	51 17%	12 23%	142 17%	
Don't know	35 4%	5 2%	8 2%	6 7%	- -	13 3%	5 2%	4 1%	10 4%	6 5%	1 5%	15 5%	5 2%	6 6%	11 2%	12 4%	7 13%	30 4%	
I have never done this	295 31%	69 34%	112 34%	18 21%	2 16%	130 31%	71 33%	99 37%	42 20%	48 41%	5 22%	91 27%	105 36%	41 43%	174 35%	71 24%	9 18%	254 30%	
NET: More	164 18%	41 20%	56 17%	18 21%	3 23%	74 18%	43 20%	45 17%	46 21%	23 19%	5 22%	69 21%	50 17%	8 9%	76 16%	64 21%	16 31%	156 19%	
NET: Less	254 27%	45 22%	88 27%	20 24%	3 30%	108 26%	48 22%	59 22%	67 31%	22 19%	8 33%	89 27%	68 23%	21 23%	132 27%	87 29%	14 26%	232 28%	
Base for stats	607	132	209	61	9	270	141	167	164	65	19	228	185	49	306	217	36	559	
Mean Score	2.69	2.87	2.62	2.86	2.91	2.68	2.87	2.76	2.71	2.86	2.61	2.75	2.74	2.52	2.64	2.75	3.00	2.70	
Standard Deviation	1.282	1.240	1.258	1.112	1.381	1.228	1.245	1.251	1.191	1.287	1.388	1.218	1.262	1.283	1.246	1.266	1.632	1.282	
Standard Error	.052	.107	.088	.141	.417	.075	.103	.098	.093	.158	.310	.080	.093	.176	.071	.086	.272	.054	
Error variance	*	.01	.01	.02	.17	.01	.01	.01	.01	.03	.10	.01	.01	.03	.01	.01	.07	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	943	243	579	145	145	48	606	308	27	765	178	788	146
Total	937	239	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	56 6%	30 13% b	20 4%	13 9% d	16 11% d	4 8%	26 4%	28 9% d	4 13%	48 6%	8 4%	52 7%	4 3%
A bit more (4.0)	108 12%	55 23% b	46 8%	18 13%	20 14%	7 15%	61 10%	41 14%	4 16%	97 13% b	11 6%	99 13% b	9 7%
About the same (3.0)	189 20%	58 24%	107 18%	22 16%	22 15%	14 31% ab	127 21%	56 19%	2 7%	158 21%	32 18%	161 20%	25 18%
A bit less (2.0)	97 10%	24 10%	64 11%	11 8%	11 7%	8 18% b	64 11%	30 10%	- -	78 10%	19 11%	82 10%	14 10%
A lot less (1.0)	157 17%	32 13%	108 18%	24 18%	26 18%	4 8%	104 17%	50 17%	4 14%	111 15%	45 25% a	122 15%	34 25% a
Don't know	35 4%	9 4%	20 3%	9 7%	6 4%	2 4%	20 3%	15 5%	2 8%	27 4%	8 5%	28 4%	5 4%
I have never done this	295 31%	31 13%	218 37% a	38 28%	44 31% c	7 16%	209 34% ce	78 26%	11 42%	239 32%	56 31%	247 31%	46 33%
NET: More	164 18%	85 36% b	67 11%	31 23% d	36 25% d	11 23%	87 14%	69 23% d	8 29%	145 19% b	19 11%	151 19% b	13 10%
NET: Less	254 27%	56 24%	172 29%	36 26%	36 25%	12 26%	169 28%	80 27%	4 14%	189 25%	65 36% a	204 26%	49 35% a
Base for stats	607	199	346	89	94	37	382	205	13	492	115	516	87
Mean Score	2.69	3.14 b	2.44	2.83	2.89 d	2.96	2.58	2.84 d	3.29	2.78 b	2.27	2.76 b	2.24
Standard Deviation	1.282	1.283	1.224	1.408	1.449	1.117	1.231	1.358	1.622	1.269	1.263	1.282	1.220
Standard Error	.052	.090	.066	.143	.148	.181	.063	.093	.433	.057	.118	.056	.127

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

Significance Level: 95%

Unweighted Total

Total

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	943	579	145	145	48	606	308	27	765	178	788	146
Total	937	584	137	144	46	611	298	27	758	180	791	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	*	.02	.02	.03	*	.01	.19	*	.01	*	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	943	135	120	162	197	94	101	35	99	573	235	271	264	296	102	55	495	376
Total	937	137	121	159	193	92	99	36	99	566	234	264	258	303	103	53	517	352
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	56 6%	3 2%	6 5%	8 5%	14 7%	6 7%	8 8%	1 3%	9 9%	35 6%	18 8%	16 6%	11 4%	16 5%	13 13%	5 10%	30 6%	20 6%
A bit more (4.0)	108 12%	5 4%	11 9%	19 12%	28 14%	10 11%	21 21%	2 6%	12 12%	68 12%	36 15%	23 9%	38 15%	26 9%	20 20%	10 20%	65 13%	32 9%
About the same (3.0)	189 20%	22 16%	22 18%	36 23%	43 22%	25 27%	9 9%	7 20%	25 26%	126 22%	41 17%	41 16%	54 21%	70 23%	23 23%	13 25%	107 21%	67 19%
A bit less (2.0)	97 10%	11 8%	13 10%	21 13%	24 12%	7 7%	14 14%	2 5%	7 7%	63 11%	23 10%	32 12%	23 9%	32 11%	9 9%	9 16%	47 9%	39 11%
A lot less (1.0)	157 17%	24 18%	19 15%	25 16%	29 15%	18 20%	20 20%	8 22%	13 13%	91 16%	41 18%	57 22%	42 16%	41 14%	15 15%	7 13%	86 17%	62 18%
Don't know	35 4%	2 1%	5 4%	7 4%	9 4%	5 5%	5 5%	2 5%	1 1%	25 4%	8 3%	9 3%	10 4%	12 4%	2 2%	-	21 4%	11 3%
I have never done this	295 31%	70 51%	46 38%	43 27%	47 24%	21 23%	22 23%	14 38%	31 32%	157 28%	68 29%	86 33%	80 31%	105 35%	20 19%	9 17%	161 31%	122 35%
NET: More	164 18%	8 6%	17 14%	27 17%	42 22%	17 18%	29 29%	3 9%	21 21%	103 18%	53 23%	39 15%	49 19%	43 14%	33 32%	16 30%	96 19%	51 15%
NET: Less	254 27%	35 25%	31 26%	46 29%	53 27%	25 27%	34 34%	10 28%	20 20%	155 27%	64 27%	89 34%	65 25%	73 24%	24 24%	15 29%	133 26%	101 29%
Base for stats	607	65	70	109	138	67	71	20	66	384	158	169	168	186	81	44	335	219
Mean Score	2.69	2.26	2.60	2.67	2.82	2.71	2.76	2.34	2.95	2.72	2.79	2.46	2.72	2.70	3.08	2.97	2.72	2.58
Standard Deviation	1.282	1.181	1.272	1.222	1.273	1.289	1.421	1.287	1.277	1.259	1.351	1.330	1.247	1.214	1.330	1.243	1.284	1.283
Standard Error	.052	.149	.151	.116	.107	.156	.166	.288	.157	.064	.107	.100	.095	.090	.149	.183	.071	.084
Error variance	*	.02	.02	.01	.01	.02	.03	.08	.02	*	.01	.01	.01	.01	.02	.03	.01	.01

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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		943	346	247	340	943	-
Total		937	344	249	334	937	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	56	32	8	15	56	-
		6%	9%	3%	5%	6%	-
			bc				
A bit more	(4.0)	108	62	25	22	108	-
		12%	18%	10%	7%	12%	-
			bc				
About the same	(3.0)	189	66	75	44	189	-
		20%	19%	30%	13%	20%	-
			c	ac			
A bit less	(2.0)	97	34	25	37	97	-
		10%	10%	10%	11%	10%	-
A lot less	(1.0)	157	47	30	79	157	-
		17%	14%	12%	24%	17%	-
				ab			
Don't know		35	11	10	12	35	-
		4%	3%	4%	4%	4%	-
I have never done this		295	92	76	124	295	-
		31%	27%	31%	37%	31%	-
				a			
NET: More		164	94	33	37	164	-
		18%	27%	13%	11%	18%	-
			bc				
NET: Less		254	81	55	116	254	-
		27%	23%	22%	35%	27%	-
				ab			
Base for stats		607	240	163	198	607	-
Mean Score		2.69	2.99	2.73	2.28	2.69	-
			bc	c			
Standard Deviation		1.282	1.313	1.082	1.305	1.282	-
Standard Error		.052	.084	.085	.092	.052	-
Error variance		*	.01	.01	.01	*	-



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002 100%	427 21%	924 46%	350 17%	178 9%	100 5%	23 1%	1351 67%	278 14%
It is important to me to exercise regularly	2002 100%	446 22%	859 43%	429 21%	168 8%	81 4%	18 1%	1305 65%	249 12%
I feel that I have the opportunity to be physically active	2002 100%	394 20%	907 45%	409 20%	189 9%	85 4%	19 1%	1300 65%	273 14%
I find exercise enjoyable and satisfying	2002 100%	364 18%	737 37%	497 25%	245 12%	145 7%	15 1%	1101 55%	390 19%
I feel guilty when I don't exercise	2002 100%	340 17%	737 37%	447 22%	301 15%	158 8%	20 1%	1077 54%	459 23%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	427 21%	210 22%	215 21%	136 23%	148 23%	142 19%	19 20%	73 28% fh	45 23% h	44 21%	38 22%	42 19%	69 22% h	52 16%	44 22%
Agree (4.0)	924 46%	449 46%	467 46%	266 44%	299 46%	359 48%	41 43%	105 40%	76 39%	88 42%	81 47%	113 51% bc	159 50% bc	172 52% bcd	90 44%
Neither agree nor disagree (3.0)	350 17%	178 18%	169 17%	109 18%	122 19%	119 16%	21 22%	42 16%	40 20%	40 19%	27 15%	37 17%	49 16%	50 15%	43 21%
Disagree (2.0)	178 9%	78 8%	99 10%	57 9%	54 8%	68 9%	8 8%	21 8%	24 12% g	23 11%	15 9%	22 10%	22 7%	26 8%	18 9%
Strongly disagree (1.0)	100 5%	44 4%	55 5%	24 4%	25 4%	51 7% ab	5 5%	16 6%	8 4%	8 4%	11 7%	7 3%	12 4%	24 7%	8 4%
Don't know	23 1%	15 2%	7 1%	11 2% c	9 1%	3 * *	1 2%	3 1%	2 1%	5 2%	1 1%	1 1%	4 1%	4 1%	2 1%
NET: Agree	1351 67%	659 68%	683 67%	402 67%	447 68%	502 68%	60 63%	178 68%	122 62%	132 63%	119 69%	155 70%	228 72% cd	223 68%	134 65%
NET: Disagree	278 14%	122 13%	154 15%	81 13%	79 12%	119 16% b	13 13%	38 14%	31 16%	32 15%	26 15%	29 13%	34 11%	50 15%	26 13%
Base for stats	1979	959	1006	593	647	739	94	258	193	204	172	220	311	324	203
Mean Score	3.71	3.73	3.68	3.73	3.76 c	3.64	3.65	3.77	3.66	3.67	3.70	3.73	3.81 h	3.62	3.71
Standard Deviation	1.059	1.035	1.083	1.046	1.020	1.101	1.060	1.140	1.091	1.060	1.110	.985	.988	1.079	1.031
Standard Error	.024	.034	.033	.042	.040	.042	.103	.068	.076	.075	.081	.080	.056	.060	.073
Error variance	*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315	
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	427 21%	64 34% bcdefgh	108 24% dfh	98 22% fh	44 17% fh	37 20% fh	76 16% fh	270 25% dfh	157 17% dfh	348 21% a	14 26% a	39 28% a	14 19% a	5 19% a	3 24% a	75 25% a	
Agree (4.0)	924 46%	75 40%	215 48%	220 49% af	134 53% aefh	79 43% af	200 42% af	511 47% af	413 45% af	779 47% af	21 39% af	65 47% af	30 41% af	11 41% af	7 55% af	134 44% af	
Neither agree nor disagree (3.0)	350 17%	26 14%	80 18%	74 16% af	41 16% af	42 23% af	87 18% af	180 17% af	170 19% af	289 17% af	10 18% af	22 16% af	17 24% af	5 18% af	1 7% af	55 18% af	
Disagree (2.0)	178 9%	16 8%	28 6%	33 7% af	24 9% af	16 9% af	62 13% af	77 7% af	101 11% af	154 9% af	3 5% af	9 6% af	10 14% af	3 12% af	- - af	25 8% af	
Strongly disagree (1.0)	100 5%	5 3%	13 3%	16 4% af	8 3% af	9 5% af	48 10% af	34 3% af	66 7% af	90 5% af	5 10% af	1 1% af	2 3% af	1 4% af	- - af	9 3% af	
Don't know	23 1%	1 *	4 1%	7 1% af	2 1% af	3 1% af	7 1% af	11 1% af	12 1% af	15 1% af	1 2% af	2 1% af	- - af	2 6% af	2 14% af	6 2% af	
NET: Agree	1351 67%	139 74% efh	324 72% efh	319 71% efh	178 70% efh	116 62% efh	277 58% efh	781 72% efh	570 62% efh	1126 67% efh	35 65% efh	104 76% efh	44 59% efh	16 60% efh	9 79% efh	209 69% efh	
NET: Disagree	278 14%	21 11%	41 9%	49 11% af	32 13% af	25 14% af	110 23% af	111 10% af	167 18% af	243 15% af	8 15% af	10 7% af	12 17% af	4 16% af	- - af	34 11% af	
Base for stats	1979	185	445	442	251	183	474	1072	907	1658	53	136	73	25	10	298	
Mean Score	3.71	3.95	3.85	3.80	3.72	3.64	3.41	3.84	3.54	3.69	3.67	3.98	3.59	3.64	4.20	3.81	
Standard Deviation	1.059	1.042	.956	.989	.968	1.057	1.200	.985	1.120	1.069	1.221	.878	1.035	1.081	.593	1.008	
Standard Error	.024	.077	.046	.047	.060	.076	.055	.030	.037	.026	.162	.074	.119	.208	.187	.057	
Error variance	*	.01	*	*	*	.01	*	*	*	*	.03	.01	.01	.04	.04	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	427 21%	271 22%	69 20%	69 22%	138 21%	43 27% gij	36 31% gij	153 25% gij	45 21% gi	10 19%	11 22%	19 13%	22 24%	19 12%	68 17%	80 29% gij
Agree (4.0)	924 46%	572 46%	177 51%	146 46%	323 48%	63 40%	51 43%	296 48% ik	107 50% aik	25 50%	22 46%	76 50% i	39 42%	55 36%	190 47% i	114 41%
Neither agree nor disagree (3.0)	350 17%	209 17%	58 17%	64 20%	123 18%	36 23%	18 15%	101 16%	34 16%	6 11%	7 14%	24 16%	18 20%	37 24% cde	70 17%	54 20%
Disagree (2.0)	178 9%	114 9%	24 7%	28 9%	52 8%	11 7%	10 8%	41 7%	18 9%	8 16% chk	5 10%	18 12% c	5 5%	23 15% achk	39 10%	21 8%
Strongly disagree (1.0)	100 5%	70 6%	17 5%	10 3%	27 4%	4 3%	4 3%	17 3%	6 3%	1 2%	1 2%	12 8% acdk	6 7% c	16 10% abcdk	34 8% abcdk	8 3%
Don't know	23 1%	12 1%	4 1%	1 *	5 1%	1 1%	- -	6 1%	3 1%	1 2%	3 6% abcjk	2 1%	2 2%	3 2%	4 1%	1 *
NET: Agree	1351 67%	843 68%	246 70%	215 68%	461 69%	107 67% i	87 74% ij	450 73% gij	152 71% i	35 69% i	33 68% i	95 63% i	61 66% i	73 48%	258 64% i	194 70% i
NET: Disagree	278 14%	183 15%	41 12%	38 12%	79 12%	15 10%	13 11%	58 9%	24 11%	9 18% c	6 12%	30 20% abcdk	11 12%	39 26% abcdhk	73 18% acdk	29 10%
Base for stats	1979	1235	345	317	662	158	119	608	210	50	45	149	91	148	400	277
Mean Score	3.71	3.70	3.74	3.74	3.74	3.83 gij	3.90 gij	3.87 gij	3.80 gij	3.70 i	3.81 i	3.48 i	3.73 i	3.25 i	3.55 i	3.86 gij
Standard Deviation	1.059	1.083	1.013	.996	1.004	1.000	1.025	.958	.967	1.032	.995	1.115	1.105	1.179	1.139	1.009
Standard Error	.024	.030	.057	.059	.041	.078	.092	.039	.067	.146	.148	.090	.111	.095	.059	.060
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726	
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	427 21%	112 25%	100 26%	28 20%	5 16%	128 25%	117 25%	126 25%	69 26%	44 25%	7 19%	113 25%	133 24%	50 19%	234 21%	115 22%	27 25%	376 22%
Agree	(4.0)	924 46%	215 49%	192 50%	62 44%	11 39%	253 49%	226 48%	254 50%	121 46%	84 47%	17 43%	205 46%	270 49%	128 48%	508 46%	245 47%	44 41%	797 46%
Neither agree nor disagree	(3.0)	350 17%	71 16%	51 13%	23 17%	6 22%	74 14%	77 16%	85 17%	38 14%	26 14%	4 10%	64 14%	89 16%	41 16%	201 18%	90 17%	18 17%	308 18%
Disagree	(2.0)	178 9%	27 6%	31 8%	17 13% af	5 16% af	48 9%	31 7%	24 5%	27 10%	20 11%	7 19%	46 10%	32 6%	30 11%	96 9%	40 8%	12 11%	148 9%
Strongly disagree	(1.0)	100 5%	15 3% b	3 1%	8 6% be	1 3%	10 2%	16 3% b	15 3%	5 2%	4 2%	4 9% abce	9 2%	19 3%	16 6%	57 5%	24 5%	3 3%	84 5%
Don't know		23 1%	4 1%	5 1%	1 1%	1 3%	6 1%	5 1%	4 1%	5 2%	2 1%	-	6 1%	4 1%	1 *	15 1%	3 1%	4 3% ac	22 1%
NET: Agree		1351 67%	327 74% cd	291 76% cd	90 65%	16 55%	381 73% cd	343 73% d	380 75%	190 72%	129 72%	24 62%	318 72%	403 74%	178 67%	742 67%	360 70%	71 66%	1173 68%
NET: Disagree		278 14%	42 9%	33 9%	25 18% abef	6 20% b	58 11%	47 10%	39 8%	32 12%	23 13% a	11 28% abcef	55 12% a	50 9%	46 17%	153 14%	64 12%	15 14%	232 13%
Base for stats	1979	440	376	138	28	514	467	504	260	178	39	437	543	265	1095	513	105	1714	
Mean Score	3.71	3.87	3.95	3.62	3.50	3.86	3.85	3.89	3.85	3.82	3.43	3.84	3.86	3.63	3.70	3.75	3.77	3.72	
		c	c			c	c	d	d	d		d	d						
Standard Deviation	1.059	.975	.889	1.113	1.083	.964	.984	.933	.994	.998	1.268	.995	.967	1.096	1.061	1.037	1.052	1.053	
Standard Error	.024	.046	.046	.095	.201	.043	.045	.042	.062	.074	.198	.047	.042	.066	.032	.046	.101	.026	
Error variance	*	*	*	.01	.04	*	*	*	*	.01	.04	*	*	*	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	427 21%	87 23%	285 22%	57 22% b	49 13%	12 13%	312 24% bcef	107 16%	8 12%	339 21%	87 21%	373 22% b	50 17%
Agree (4.0)	924 46%	155 40%	631 48% a	91 34%	123 33%	32 36%	677 52% abcef	223 34%	21 31%	731 46%	193 47%	792 47%	125 42%
Neither agree nor disagree (3.0)	350 17%	82 21% b	212 16%	54 20% d	77 21% d	17 19%	195 15%	137 21% d	10 15%	286 18%	64 15%	288 17%	57 19%
Disagree (2.0)	178 9%	43 11% b	102 8%	39 15% d	64 17% d	19 21% d	68 5% d	103 16% d	17 26% ade	141 9%	38 9%	139 8%	37 12% a
Strongly disagree (1.0)	100 5%	13 3%	70 5%	17 7% d	54 15% ad	10 11% d	28 2% d	69 11% d	11 16% ad	76 5%	24 6%	75 4%	23 8% a
Don't know	23 1%	4 1%	15 1%	7 3% bd	2 1%	1 1%	12 1%	10 2%	- -	16 1%	7 2%	13 1%	9 3% a
NET: Agree	1351 67%	241 63%	916 70% a	148 56% b	172 46%	44 49%	988 77% abcef	330 51%	29 43%	1071 67%	280 68%	1165 69% b	176 58%
NET: Disagree	278 14%	56 15%	171 13%	56 21% d	119 32% ad	28 31% d	96 7%	172 26% d	28 42% ade	216 14%	62 15%	214 13%	60 20% a
Base for stats	1979	378	1300	257	368	90	1280	638	67	1573	406	1667	293
Mean Score	3.71	3.69	3.74	3.51 bcef	3.13	3.20	3.92 abcef	3.31 bf	2.96	3.71	3.69	3.75 b	3.49
Standard Deviation	1.059	1.052	1.054	1.185	1.272	1.225	.895	1.233	1.308	1.051	1.092	1.035	1.152
Standard Error	.024	.054	.029	.072	.067	.127	.025	.048	.160	.026	.055	.025	.066
Error variance	*	*	*	.01	*	.02	*	*	.03	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	427 21%	39 9%	30 13%	65 21% ab	64 18% a	50 26% abdi	58 32% abcde	26 36% abcde	94 39% abcde	210 19% ab	177 36% abcde	92 18%	107 19%	136 20%	89 37% abc	23 28%	223 21%	174 22%
Agree (4.0)	924 46%	159 38%	115 50% a	141 45% a	182 52% a	95 50% a	96 53% a	31 43% a	105 44% a	533 49% a	232 47% a	212 41%	248 45%	354 53% abd	97 40%	37 44%	525 49% c	345 43%
Neither agree nor disagree (3.0)	350 17%	95 22% efhj	47 21% efhj	67 21% efhj	66 19% efhj	23 12% efhj	15 8% efhj	10 14% efhj	26 11% efhj	203 19% efhj	52 11% efhj	92 18%	111 20% c	100 15%	36 15%	15 18%	174 16%	149 18%
Disagree (2.0)	178 9%	64 15% cdefghij	22 10% hj	30 9% hj	28 8% j	12 7% j	9 5% j	3 4% j	10 4% j	92 8% hj	22 5% hj	61 12% cd	52 10% d	52 8% d	11 4% d	6 7%	90 8% d	80 10% d
Strongly disagree (1.0)	100 5%	57 14% bcdefghij	10 4% hj	9 3% j	7 2% j	9 5% hj	4 2% j	1 1% j	3 1% j	35 3% j	8 2% j	47 9% bcd	25 5% d	19 3% d	7 3% d	- -	51 5% a	49 6% a
Don't know	23 1%	8 2% j	3 2% j	3 1% j	5 1% j	2 1% j	- - j	1 1% j	1 * j	14 1% j	2 * j	7 1% j	5 1% j	5 1% j	1 * j	2 2% j	8 1% j	10 1% j
NET: Agree	1351 67%	199 47% a	145 64% a	206 65% a	246 70% a	145 76% abci	154 84% abcde	57 79% abc	199 83% abcde	742 68% a	410 83% abcde	304 59%	355 65%	490 74% ab	187 77% ab	60 72%	748 70% c	519 64%
NET: Disagree	278 14%	121 29% bcdefghij	32 14% fhj	39 12% hj	35 10% hj	21 11% hj	13 7% hj	4 6% j	12 5% j	127 12% hj	30 6% j	108 21% bcd	77 14% d	71 11% d	17 7% d	6 7%	140 13% d	129 16% a
Base for stats	1979	414	224	312	348	189	183	71	237	1073	491	505	543	661	240	80	1062	797
Mean Score	3.71	3.14	3.60	3.71	3.77	3.88	4.06	4.09	4.17	3.74	4.12	3.48	3.66	3.81	4.05	3.96	3.73	3.65
Standard Deviation	1.059	1.206	.985	.996	.916	1.025	.899	.898	.862	.977	.881	1.191	1.042	.946	.976	.880	1.035	1.113
Standard Error	.024	.060	.066	.056	.049	.074	.066	.108	.056	.030	.040	.052	.044	.037	.064	.097	.033	.038
Error variance	*	*	*	*	*	.01	*	.01	*	*	*	*	*	*	*	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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		2002	618	696	664	943	601
Total		2002	615	704	660	937	598
		100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	427	201	112	114	246	112
		21%	33%	16%	17%	26%	19%
			bc			b	
Agree	(4.0)	924	300	315	306	450	277
		46%	49%	45%	46%	48%	46%
Neither agree nor disagree	(3.0)	350	69	157	116	140	115
		17%	11%	22%	18%	15%	19%
				ac	a		a
Disagree	(2.0)	178	33	68	75	69	51
		9%	5%	10%	11%	7%	9%
				a	a		
Strongly disagree	(1.0)	100	9	46	39	25	33
		5%	1%	7%	6%	3%	6%
				a	a		a
Don't know		23	3	7	10	6	10
		1%	*	1%	2%	1%	2%
NET: Agree		1351	501	427	420	696	389
		67%	82%	61%	64%	74%	65%
			bc			b	
NET: Disagree		278	42	114	114	94	84
		14%	7%	16%	17%	10%	14%
				a	a		a
Base for stats		1979	612	698	650	931	588
Mean Score		3.71	4.07	3.54	3.59	3.88	3.65
			bc			b	
Standard Deviation		1.059	.883	1.079	1.088	.972	1.059
Standard Error		.024	.036	.041	.043	.032	.044
Error variance		*	*	*	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	394 20%	206 21%	185 18%	127 21%	131 20%	136 18%	15 16%	66 25% h	35 18%	39 19%	37 21% h	42 19%	73 23% h	46 14%	40 19%
Agree (4.0)	907 45%	442 45%	457 45%	256 42%	294 45%	357 48% a	52 54% bd	99 38%	90 46% d	74 35%	80 46% d	118 53% bd	138 44%	156 48% bd	100 49% bd
Neither agree nor disagree (3.0)	409 20%	196 20%	211 21%	117 19%	139 21%	153 21%	14 15%	57 22%	45 23%	51 24%	34 20%	36 16%	70 22%	65 20%	38 19%
Disagree (2.0)	189 9%	84 9%	103 10%	72 12% bc	56 8%	61 8%	8 8%	23 9%	13 6%	31 15% bceg	14 8%	21 9%	23 7%	38 12% c	18 9%
Strongly disagree (1.0)	85 4%	38 4%	45 4%	20 3%	28 4%	36 5%	4 4%	15 6% g	11 6%	7 3%	7 4%	4 2%	8 2%	22 7% fg	7 3%
Don't know	19 1%	8 1%	11 1%	12 2% c	8 1% c	- -	2 2% h	2 1%	2 1%	7 3% begh	1 *	1 1%	2 1%	1 *	2 1%
NET: Agree	1300 65%	648 67%	642 63%	383 63%	425 65%	492 66%	67 71% d	165 63% d	125 64% d	113 54%	117 68% d	160 72% dh	211 67% d	202 62%	139 68% d
NET: Disagree	273 14%	122 13%	148 15%	92 15%	84 13%	97 13%	11 12%	38 15%	23 12%	38 18% g	21 12%	25 11%	31 10%	60 18% g	25 12%
Base for stats	1983	966	1002	593	648	742	93	260	193	202	172	220	313	327	203
Mean Score	3.67	3.72	3.63	3.67	3.68	3.67	3.73	3.68	3.65	3.53	3.74 h	3.78 dh	3.78 dh	3.51	3.72 h
Standard Deviation	1.031	1.020	1.039	1.046	1.027	1.024	.968	1.120	1.031	1.078	1.019	.927	.968	1.082	.990
Standard Error	.023	.034	.032	.042	.040	.039	.095	.067	.072	.076	.074	.076	.054	.060	.070
Error variance	*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315	
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	394 20%	51 27% defh	105 23% defh	94 21% fh	40 16%	30 16%	74 15%	250 23% defh	144 16%	320 19%	11 20%	35 25%	15 20%	6 21%	3 24%	69 23%	
Agree (4.0)	907 45%	80 43%	192 43%	216 48% f	133 53% abfgh	86 46%	200 42%	488 45%	419 46%	765 46%	24 45%	59 43%	33 45%	10 36%	6 49%	132 43%	
Neither agree nor disagree (3.0)	409 20%	27 14%	93 21%	85 19%	52 21%	42 22% a	110 23% a	205 19%	204 22% a	343 20%	14 26%	21 15%	15 20%	8 30%	1 7%	59 19%	
Disagree (2.0)	189 9%	19 10%	42 9%	37 8%	18 7%	19 10%	53 11%	98 9%	90 10%	158 9%	2 4%	18 13%	7 10%	1 3%	2 15%	30 10%	
Strongly disagree (1.0)	85 4%	8 4%	15 3%	8 2%	10 4%	5 3%	39 8% bcddeg	31 3%	53 6% bcg	74 4%	1 2%	4 3%	3 4%	2 7%	- -	10 3%	
Don't know	19 1%	2 1%	2 *	7 2%	1 *	4 2%	4 1%	11 1%	9 1%	14 1%	2 3%	1 1%	1 1%	1 3%	1 6%	5 2%	
NET: Agree	1300 65%	131 70% fh	297 66% f	310 69% fh	173 68% fh	116 63%	274 57%	738 68% fh	563 61%	1085 65%	35 65%	94 68%	48 65%	15 57%	9 73%	201 66%	
NET: Disagree	273 14%	27 15%	57 13%	46 10%	27 11%	24 13%	92 19% bcdg	129 12%	144 16% cg	232 14%	3 6%	22 16%	10 14%	3 10%	2 15%	40 13%	
Base for stats	1983	185	447	441	253	182	476	1072	910	1660	53	137	72	26	11	299	
Mean Score	3.67	3.79 fh	3.74 fh	3.80 fh	3.69 f	3.65 f	3.45	3.77 fh	3.56	3.66	3.79	3.75	3.68	3.63	3.87	3.74	
Standard Deviation	1.031	1.093	1.024	.935	.949	.968	1.129	1.001	1.055	1.033	.892	1.070	1.034	1.101	1.011	1.027	
Standard Error	.023	.081	.050	.044	.058	.070	.052	.031	.035	.025	.119	.090	.120	.208	.305	.058	
Error variance	*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.04	.09	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	394 20%	248 20%	63 18%	66 21%	129 19%	33 21% i	35 30% dgij	145 24% gij	41 19%	10 20%	8 16%	23 15%	20 21% i	18 12%	61 15%	68 25% gij
Agree (4.0)	907 45%	570 46%	159 46%	144 45%	303 45%	66 42%	43 36%	268 44%	101 47% b	23 46%	28 58% abk	80 53% abck	39 42%	64 42%	194 48% bk	109 39%
Neither agree nor disagree (3.0)	409 20%	259 21%	69 20%	66 21%	135 20%	41 26% bdg	19 16%	137 22% d	33 16%	11 23%	7 15%	23 16%	15 17%	33 22%	89 22%	60 22%
Disagree (2.0)	189 9%	104 8%	41 12%	34 11%	74 11%	14 9%	17 14% c	42 7%	28 13% c	4 8%	3 6%	13 8%	13 14% c	23 15% cj	33 8%	31 11% c
Strongly disagree (1.0)	85 4%	56 4%	15 4%	8 3%	23 3%	3 2%	4 3%	19 3%	7 3%	2 3%	1 2%	7 5%	3 4% ack	11 7% ack	28 7% ack	7 2%
Don't know	19 1%	11 1%	2 1%	1 *	3 *	2 1%	2 1%	3 *	2 1%	- -	1 2% cj	4 3% cj	3 3% cj	2 2%	1 *	3 1%
NET: Agree	1300 65%	817 66%	222 64%	210 66%	432 65%	99 62%	78 66%	413 67% i	143 67% i	33 66%	36 75% i	103 68% i	58 63%	82 54%	254 63%	177 64%
NET: Disagree	273 14%	160 13%	55 16%	42 13%	97 15%	17 11%	20 17% c	61 10%	35 17% c	6 11%	4 8%	20 13%	16 17% c	34 22% acfgjk	61 15% c	37 13%
Base for stats	1983	1236	347	317	664	157	117	611	211	50	47	147	90	149	403	274
Mean Score	3.67	3.69	3.62	3.71	3.66	3.71 i	3.76 i	3.78 ij	3.67 i	3.72 i	3.82 i	3.68 i	3.66 i	3.37 i	3.56 i	3.74 ij
Standard Deviation	1.031	1.027	1.044	.996	1.021	.956	1.128	.985	1.043	.988	.864	1.002	1.085	1.111	1.060	1.031
Standard Error	.023	.029	.058	.059	.041	.075	.103	.040	.072	.138	.126	.082	.110	.090	.054	.061
Error variance	*	*	*	*	*	.01	.01	*	.01	.02	.02	.01	.01	.01	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726	
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	394 20%	107 24%	93 24%	28 20%	3 10%	121 23%	110 23%	115 23%	70 26%	41 23%	4 11%	111 25%	119 22%	52 20%	221 20%	99 19%	22 20%	342 20%	
Agree (4.0)	907 45%	198 45%	169 44%	61 44%	11 37%	230 44%	208 44%	241 47%	104 39%	81 45%	13 32%	184 42%	253 46%	126 47%	496 45%	238 46%	46 43%	780 45%	
Neither agree nor disagree (3.0)	409 20%	95 21%	70 18%	24 17%	8 27%	94 18%	102 22%	103 20%	54 20%	34 19%	4 10%	88 20%	107 20%	55 21%	239 22%	95 18%	20 18%	354 20%	
Disagree (2.0)	189 9%	30 7%	45 12%	12 8%	4 12%	56 11%	34 7%	35 7%	32 12%	14 8%	11 28%	46 10%	46 8%	19 7%	96 9%	58 11%	16 14%	169 10%	
Strongly disagree (1.0)	85 4%	10 2%	4 1%	13 9%	4 13%	17 3%	14 3%	11 2%	3 1%	9 5%	8 20%	12 3%	19 3%	13 5%	48 4%	19 4%	5 4%	72 4%	
Don't know	19 1%	4 1%	1 *	2 1%	- -	2 *	4 1%	4 1%	2 1%	1 1%	- -	2 1%	4 1%	1 *	11 1%	7 1%	1 1%	19 1%	
NET: Agree	1300 65%	305 69%	262 69%	89 64%	14 48%	351 67%	318 67%	355 70%	174 66%	122 68%	17 43%	295 67%	372 68%	178 67%	716 65%	337 65%	68 63%	1122 65%	
NET: Disagree	273 14%	40 9%	49 13%	24 18%	7 26%	73 14%	47 10%	46 9%	35 13%	23 13%	18 47%	58 13%	65 12%	32 12%	144 13%	77 15%	20 19%	241 14%	
Base for stats	1983	440	381	137	28	518	468	504	263	178	39	441	543	265	1099	510	108	1717	
Mean Score	3.67	3.82	3.79	3.58	3.19	3.74	3.78	3.82	3.78	3.73	2.87	3.76	3.75	3.70	3.68	3.67	3.60	3.67	
Standard Deviation	1.031	.953	.979	1.180	1.206	1.039	.980	.936	1.015	1.054	1.355	1.030	1.001	1.020	1.028	1.032	1.094	1.033	
Standard Error	.023	.045	.051	.101	.220	.046	.045	.042	.063	.078	.212	.049	.043	.062	.031	.046	.104	.025	
Error variance	*	*	*	.01	.05	*	*	*	*	.01	.04	*	*	*	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	394 20%	83 22%	252 19%	53 20% b	48 13%	13 14%	284 22% be	102 16%	9 13%	327 21%	67 16%	335 20%	54 18%
Agree (4.0)	907 45%	152 40%	616 47% a	103 39%	139 38%	26 29%	641 50% abcef	243 38%	23 34%	705 44%	202 49%	794 47% b	106 35%
Neither agree nor disagree (3.0)	409 20%	94 25% b	249 19%	53 20%	89 24% d	23 25%	237 18%	151 23% d	11 16%	331 21%	78 19%	331 20%	74 25% a
Disagree (2.0)	189 9%	36 9%	130 10%	32 12% d	49 13% d	16 17% d	97 8%	83 13% d	13 19% d	153 10%	36 9%	146 9%	41 14% a
Strongly disagree (1.0)	85 4%	12 3%	59 4%	18 7% d	42 11% d	12 13% d	25 2%	60 9% d	11 17% ade	58 4%	26 6% a	63 4%	20 7% a
Don't know	19 1%	6 2%	10 1%	6 2% d	3 1%	2 2%	8 1%	9 1%	1 1%	16 1%	3 1%	11 1%	7 2% a
NET: Agree	1300 65%	235 61%	868 66%	155 59% bc	187 51%	39 43%	925 72% abcef	345 53%	31 47%	1031 65%	269 65%	1129 67% b	159 53%
NET: Disagree	273 14%	48 12%	188 14%	50 19% d	92 25% d	28 30% ad	122 9%	143 22% d	24 36% ade	211 13%	62 15%	208 12%	61 20% a
Base for stats	1983	377	1305	259	368	89	1284	639	66	1573	409	1668	294
Mean Score	3.67	3.69	3.67	3.54	3.28	3.14	3.83	3.38	3.07	3.69	3.60	3.72	3.45
Standard Deviation	1.031	1.020	1.038	1.155	1.193	1.259	.924	1.173	1.325	1.022	1.064	1.003	1.142
Standard Error	.023	.052	.029	.070	.063	.131	.026	.046	.163	.026	.053	.025	.065
Error variance	*	*	*	*	*	.02	*	*	.03	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	394 20%	39 9%	32 14%	62 20%	58 16%	39 20%	50 27%	30 42%	83 35%	191 18%	163 33%	89 17%	85 16%	136 20%	83 34%	21 25%	209 20%	161 20%
			a	a	a	a	abdi	abcdefi	abcdei	a	abcdei			b	abc			
Agree (4.0)	907 45%	149 35%	106 47%	139 44%	192 54%	94 49%	87 48%	28 39%	112 47%	530 49%	227 46%	195 38%	250 46%	354 53%	94 39%	38 46%	498 47%	352 44%
			a	a	acgj	a	a		a	a	a		a	abd				
Neither agree nor disagree (3.0)	409 20%	111 26%	52 23%	65 21%	70 20%	39 21%	29 16%	11 15%	32 14%	226 21%	72 15%	103 20%	128 23%	116 17%	50 21%	14 16%	216 20%	168 21%
		dfghij	hj	hj						hj			c					
Disagree (2.0)	189 9%	72 17%	30 13%	31 10%	21 6%	14 7%	14 8%	1 1%	6 3%	96 9%	21 4%	71 14%	60 11%	45 7%	9 4%	8 10%	104 10%	73 9%
		cdefghij	deghij	ghj	h	h	gh			ghj		cd	cd					
Strongly disagree (1.0)	85 4%	42 10%	6 3%	16 5%	7 2%	5 3%	3 1%	3 4%	3 1%	34 3%	9 2%	47 9%	16 3%	12 2%	6 2%	2 2%	38 4%	41 5%
		bcddefhij		dfhj								bcd						
Don't know	19 1%	9 2%	1 *	3 1%	5 1%	1 *	- -	- -	1 *	10 1%	1 *	6 1%	8 2%	3 *	- -	1 1%	5 *	13 2%
		fij		j									c					b
NET: Agree	1300 65%	188 44%	138 61%	201 64%	250 71%	132 69%	137 75%	58 81%	196 82%	722 66%	391 79%	284 56%	335 61%	490 74%	177 73%	58 71%	706 66%	512 63%
		a	a	a	abc	a	abci	abci	abcdei	a	abcdei			ab	ab			
NET: Disagree	273 14%	114 27%	36 16%	47 15%	28 8%	19 10%	17 9%	3 5%	10 4%	130 12%	29 6%	118 23%	77 14%	57 9%	15 6%	10 12%	142 13%	114 14%
		bcddefghij	dfghj	dghj		h	h			dhj		bcd	cd					
Base for stats	1983	413	226	313	348	190	183	72	237	1077	493	506	540	663	241	82	1065	794
Mean Score	3.67	3.17	3.57	3.64	3.79	3.77	3.92	4.14	4.12	3.70	4.05	3.41	3.61	3.84	3.99	3.82	3.69	3.65
		a	a	a	ab	ab	abci	abcdei	abcdefi	a	abcdei		a	ab	abc			
Standard Deviation	1.031	1.138	.977	1.066	.863	.942	.929	.958	.842	.966	.897	1.199	.980	.889	.958	.998	1.009	1.060
Standard Error	.023	.057	.065	.060	.046	.068	.068	.114	.055	.029	.040	.053	.042	.035	.062	.109	.032	.037
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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		2002	618	696	664	943	601
Total		2002	615	704	660	937	598
		100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	394	186	113	93	224	102
		20%	30%	16%	14%	24%	17%
			bc			b	
Agree	(4.0)	907	304	310	285	431	259
		45%	49%	44%	43%	46%	43%
			bc				
Neither agree nor disagree	(3.0)	409	85	180	139	165	144
		20%	14%	26%	21%	18%	24%
				a	a		a
Disagree	(2.0)	189	31	64	93	85	61
		9%	5%	9%	14%	9%	10%
			a	a	ab		
Strongly disagree	(1.0)	85	7	32	40	25	24
		4%	1%	5%	6%	3%	4%
				a	a		
Don't know		19	3	5	9	7	8
		1%	*	1%	1%	1%	1%
NET: Agree		1300	490	423	378	655	361
		65%	80%	60%	57%	70%	60%
			bc			b	
NET: Disagree		273	38	96	133	111	85
		14%	6%	14%	20%	12%	14%
				a	ab		
Base for stats		1983	612	699	650	930	590
Mean Score		3.67	4.03	3.58	3.46	3.80	3.60
			bc	c		b	
Standard Deviation		1.031	.863	1.013	1.091	.995	1.017
Standard Error		.023	.035	.039	.043	.033	.042
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	364 18%	191 20%	173 17%	111 18%	128 20%	124 17%	14 14%	73 28% acdfhi	28 14%	37 17%	35 20%	26 12%	71 22% cfh	45 14%	37 18%
Agree (4.0)	737 37%	358 37%	371 37%	240 40% c	243 37%	254 34%	36 37%	90 34%	71 36%	79 38%	58 33%	100 45% beh	122 39%	109 33%	73 36%
Neither agree nor disagree (3.0)	497 25%	247 25%	245 24%	140 23%	159 24%	197 27%	27 29%	51 20%	51 26%	52 25%	45 26%	53 24%	73 23%	89 27% b	55 27%
Disagree (2.0)	245 12%	107 11%	137 14%	72 12%	81 12%	92 12%	14 15% b	20 8%	27 14% b	29 14% b	19 11%	28 13%	31 10%	46 14% b	31 15% b
Strongly disagree (1.0)	145 7%	61 6%	81 8%	31 5%	41 6%	73 10% ab	3 4%	24 9% di	15 8%	9 4%	15 9%	13 6%	17 5%	38 12% adfgi	9 4%
Don't know	15 1%	9 1%	6 1%	9 2% c	4 1%	2 *	1 1%	3 1%	3 1% h	3 1% h	2 1%	2 1%	2 1%	- -	1 *
NET: Agree	1101 55%	549 56%	544 54%	352 58% c	371 57% c	378 51%	49 52%	163 62% ch	99 51%	115 55%	92 53%	126 57% h	193 61% ch	154 47%	109 53%
NET: Disagree	390 19%	169 17%	219 22% a	103 17%	122 19%	165 22% a	18 19%	45 17%	42 22% g	38 18%	34 20%	41 19%	48 15%	85 26% bdg	40 19%
Base for stats	1987	965	1008	595	652	740	94	259	192	206	171	220	313	328	204
Mean Score	3.47	3.53	3.41	3.55	3.52	3.36	3.45	3.64	3.36	3.51	3.45	3.44	3.63	3.23	3.48
		b		c	c			ch		h	h		ch		h
Standard Deviation	1.140	1.118	1.158	1.088	1.127	1.186	1.035	1.233	1.136	1.079	1.187	1.046	1.099	1.201	1.088
Standard Error	.026	.037	.036	.043	.043	.046	.101	.074	.079	.076	.086	.085	.062	.066	.076
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	364 18%	59 31% bcdefgh	98 22% cfh	71 16%	45 18% f	34 18% f	57 12%	228 21% cfh	136 15%	300 18%	10 18%	34 25% ad	10 13%	1 3%	4 34%	59 19%
Agree (4.0)	737 37%	67 36%	172 38% f	189 42% fh	92 36%	64 34%	154 32%	428 40% fh	309 34%	613 37%	20 37%	56 41%	27 37%	6 24%	4 35%	114 37%
Neither agree nor disagree (3.0)	497 25%	36 20%	102 23%	93 21%	72 29% acg	53 29% acg	140 29% abcg	231 21% abcg	265 29% abcg	416 25%	14 25%	29 21%	23 32%	8 28%	2 17%	76 25%
Disagree (2.0)	245 12%	16 8%	49 11%	63 14%	28 11%	23 12%	67 14%	127 12%	117 13%	209 12%	5 9%	13 10%	9 12%	7 25%	2 14%	36 12%
Strongly disagree (1.0)	145 7%	8 4%	24 5%	30 7%	15 6%	10 6%	58 12% abcdeg	62 6%	84 9% abg	127 8% c	6 10% c	3 2%	3 4%	4 16%	-	15 5%
Don't know	15 1%	1 *	4 1%	2 1%	2 1%	1 1%	5 1%	7 1%	8 1%	8 1%	-	2 2%	2 2% a	1 3%	-	5 2% a
NET: Agree	1101 55%	126 67% cdefh	270 60% fh	261 58% fh	137 54% f	98 53% f	210 44%	656 61% efh	445 48%	913 55%	30 55%	91 66% ad	37 50%	7 27%	8 69%	173 57%
NET: Disagree	390 19%	23 13%	73 16%	93 21% a	43 17%	34 18%	125 26% abdeg	189 17%	201 22% abg	336 20% c	11 19%	16 11%	12 16%	11 41%	2 14%	51 17%
Base for stats	1987	186	445	446	252	184	475	1076	911	1665	54	136	72	26	12	300
Mean Score	3.47	3.82 bcdefgh	3.61 fh	3.47 fh	3.49 fh	3.47 f	3.18	3.59 fh	3.32 f	3.45	3.44	3.79 abdg	3.45	2.72	3.89	3.55
Standard Deviation	1.140	1.098	1.106	1.120	1.091	1.102	1.185	1.117	1.152	1.148	1.198	.993	1.007	1.133	1.083	1.089
Standard Error	.026	.081	.054	.053	.067	.079	.054	.034	.038	.028	.157	.084	.118	.214	.313	.062
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.05	.10	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	364 18%	211 17%	70 20%	67 21%	137 20%	33 20%	39 33%	141 23%	34 16%	11 21%	7 15%	18 12%	16 17%	14 10%	51 13%	71 26%
						gij	acdfghij	dgij		i						dgij
Agree (4.0)	737 37%	451 36%	131 38%	124 39%	255 38%	57 36%	42 35%	239 39%	78 37%	21 42%	20 42%	53 35%	37 40%	42 28%	148 37%	98 35%
								i				i		i		
Neither agree nor disagree (3.0)	497 25%	324 26%	72 21%	78 25%	151 23%	42 26%	23 20%	137 22%	49 23%	11 21%	13 26%	43 29%	21 23%	48 32%	110 27%	65 23%
		b												bc		
Disagree (2.0)	245 12%	150 12%	53 15%	33 10%	86 13%	18 11%	12 10%	62 10%	32 15%	7 14%	2 4%	20 13%	15 16%	22 15%	54 13%	30 11%
									cf			f	f			
Strongly disagree (1.0)	145 7%	103 8%	22 6%	14 4%	36 5%	10 7%	2 2%	32 5%	17 8%	1 2%	4 8%	15 10%	4 4%	22 14%	39 10%	12 4%
		cd				b			b		b	bck		abcdehk	bck	
Don't know	15 1%	8 1%	2 1%	2 *	4 1%	- -	1 1%	3 *	2 1%	- -	2 5%	2 1%	1 1%	2 2%	1 *	1 *
											acjk					
NET: Agree	1101 55%	662 53%	200 57%	191 60%	391 59%	89 56%	80 68%	381 62%	112 53%	32 63%	27 57%	70 47%	52 56%	57 37%	200 49%	170 61%
				a	a	i	adgij	dgij	i	gi	i		i		i	gij
NET: Disagree	390 19%	253 20%	74 21%	47 15%	122 18%	28 18%	14 12%	94 15%	49 23%	8 16%	6 12%	36 24%	18 20%	44 29%	93 23%	42 15%
		c	c						bck			bck		abck	bck	
Base for stats	1987	1238	347	317	664	159	118	611	211	50	46	149	92	149	403	277
Mean Score	3.47	3.42	3.50	3.62	3.56	3.52	3.87	3.65	3.38	3.67	3.55	3.25	3.50	3.04	3.29	3.67
				a	a	gij	acdghij	dgij	i	gij	i		i		i	dgij
Standard Deviation	1.140	1.152	1.155	1.067	1.115	1.133	1.042	1.099	1.163	1.024	1.079	1.151	1.075	1.189	1.146	1.107
Standard Error	.026	.032	.065	.063	.045	.088	.094	.045	.080	.143	.161	.093	.108	.096	.059	.065
Error variance	*	*	*	*	*	.01	.01	*	.01	.02	.03	.01	.01	.01	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726	
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	364 18%	101 23%	93 24%	24 18%	6 21%	117 22%	107 23%	110 22%	69 26%	35 20%	6 17%	105 24%	117 21%	40 15%	197 18%	109 21%	17 16%	323 19%	
Agree (4.0)	737 37%	169 38%	144 38%	51 37%	14 50%	195 37%	183 39%	203 40%	97 37%	61 34%	15 38%	158 36%	217 40%	98 37%	395 36%	205 40%	39 36%	639 37%	
Neither agree nor disagree (3.0)	497 25%	97 22%	80 21%	34 24%	7 25%	114 22%	104 22%	107 21%	60 23%	47 26%	6 15%	107 24%	113 21%	68 26%	280 25%	118 23%	29 27%	428 25%	
Disagree (2.0)	245 12%	44 10%	51 13%	16 11%	- -	67 13%	44 9%	59 12%	27 10%	17 10%	10 26%	45 10%	69 13%	30 11%	145 13%	55 11%	14 13%	215 12%	
Strongly disagree (1.0)	145 7%	31 7%	11 3%	11 8%	1 4%	22 4%	32 7%	28 6%	10 4%	14 8%	2 4%	24 5%	30 5%	26 10%	87 8%	25 5%	7 6%	119 7%	
Don't know	15 1%	1 *	3 1%	3 2%	- -	6 1%	1 *	2 *	1 *	4 2%	- -	5 1%	2 *	3 1%	6 1%	3 1%	2 2%	11 1%	
NET: Agree	1101 55%	271 61%	236 62%	75 54%	20 71%	312 60%	291 62%	313 62%	166 63%	97 54%	21 54%	263 59%	334 61%	138 52%	591 53%	315 61%	56 52%	963 55%	
NET: Disagree	390 19%	76 17%	62 16%	27 19%	1 4%	89 17%	77 16%	87 17%	37 14%	31 17%	12 31%	68 15%	99 18%	56 21%	232 21%	81 16%	21 20%	334 19%	
Base for stats	1987	443	379	136	28	514	471	507	263	175	39	438	545	263	1104	514	107	1725	
Mean Score	3.47	3.60	3.67	3.46	3.85	3.62	3.61	3.61	3.72	3.50	3.36	3.63	3.59	3.36	3.43	3.62	3.43	3.48	
Standard Deviation	1.140	1.152	1.076	1.154	.892	1.100	1.138	1.114	1.079	1.157	1.180	1.115	1.119	1.173	1.156	1.085	1.109	1.135	
Standard Error	.026	.055	.056	.099	.163	.049	.052	.050	.067	.087	.184	.053	.048	.071	.035	.048	.106	.027	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.03	*	*	.01	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	364 18%	69 18%	249 19%	44 17%	52 14%	8 9%	263 20% bce	93 14%	10 15%	293 18%	71 17%	317 19%	43 14%
Agree (4.0)	737 37%	153 40%	477 36%	80 30% f	99 27% f	37 41% bf	510 40% abef	203 31% f	10 15%	582 37%	155 38%	629 37%	100 33%
Neither agree nor disagree (3.0)	497 25%	79 21%	334 25%	71 27%	106 29%	23 25%	305 24%	177 27%	19 29%	397 25%	100 24%	413 25%	79 26%
Disagree (2.0)	245 12%	53 14%	158 12%	34 13%	66 18% d	12 14%	135 10%	102 16% d	11 17%	195 12%	50 12%	206 12%	37 12%
Strongly disagree (1.0)	145 7%	24 6%	91 7%	29 11% d	45 12% d	8 9%	72 6%	67 10% d	14 20% acde	111 7%	35 8%	106 6%	38 12% a
Don't know	15 1%	4 1%	5 *	6 2% d	3 1%	2 2%	7 1%	7 1%	3 4% bd	13 1%	2 *	9 1%	4 1%
NET: Agree	1101 55%	222 58%	726 55%	124 47% f	151 41%	45 50% f	773 60% abef	295 46% f	20 30%	874 55%	226 55%	946 56% b	143 47%
NET: Disagree	390 19%	77 20%	249 19%	64 24% d	111 30% d	21 23%	207 16%	168 26% d	25 37% ad	305 19%	85 21%	312 19%	75 25% a
Base for stats	1987	378	1310	258	368	89	1285	641	64	1576	411	1671	297
Mean Score	3.47	3.51	3.48	3.29 f	3.13	3.28 f	3.59 abcef	3.24 f	2.88	3.48	3.43	3.51 b	3.25
Standard Deviation	1.140	1.128	1.135	1.224	1.221	1.111	1.095	1.190	1.346	1.135	1.160	1.121	1.221
Standard Error	.026	.058	.032	.074	.064	.115	.031	.047	.168	.029	.058	.028	.069
Error variance	*	*	*	.01	*	.01	*	*	.03	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	364 18%	20 5%	27 12%	49 16%	62 18%	40 21%	52 28%	24 34%	89 38%	178 16%	166 34%	75 15%	81 15%	127 19%	82 34%	14 17%	194 18%	148 18%
			a	a	a	ab	abcdi	abcdei	abcdefi	a	abcdei			ab	abc			
Agree (4.0)	737 37%	85 20%	82 36%	128 41%	165 47%	80 42%	78 43%	31 43%	88 37%	455 42%	197 40%	163 32%	201 37%	276 41%	83 34%	32 39%	394 37%	294 36%
			a	a	abhj	a	a	a	a	a	a			a				
Neither agree nor disagree (3.0)	497 25%	132 31%	71 31%	85 27%	82 23%	45 23%	31 17%	11 15%	41 17%	282 26%	83 17%	132 26%	149 27%	157 24%	49 20%	22 27%	274 26%	188 23%
		defghij	dfghj	fghj	j	j			fghj					d				
Disagree (2.0)	245 12%	100 24%	28 12%	37 12%	34 10%	17 9%	16 9%	4 5%	9 4%	117 11%	29 6%	78 15%	74 14%	75 11%	14 6%	11 14%	122 11%	108 13%
		bcdefghij	hj	hj	hj	h	h		hj			cd	d	d				
Strongly disagree (1.0)	145 7%	80 19%	17 7%	16 5%	8 2%	9 4%	5 3%	1 1%	10 4%	50 5%	16 3%	59 12%	38 7%	30 5%	14 6%	2 2%	80 7%	61 8%
		bcdefghij	dfj									bcd						
Don't know	15 1%	7 2%	2 1%	-	1	1	2	1	1	4	4	5 1%	6 1%	1	-	1 1%	5	8 1%
		cdi		-	*	*	1%	1%	*	*	1%		c				*	
NET: Agree	1101 55%	104 25%	109 48%	177 56%	228 64%	120 63%	130 71%	55 77%	177 74%	634 58%	363 74%	237 46%	282 51%	403 60%	165 68%	46 56%	588 55%	442 55%
			a	a	abci	ab	abci	abcdei	abcdei	ab	abcdei			ab	abc			
NET: Disagree	390 19%	179 42%	45 20%	53 17%	43 12%	26 13%	20 11%	5 6%	20 8%	166 15%	45 9%	137 27%	112 20%	105 16%	28 11%	13 16%	202 19%	169 21%
		bcdefghij	dfghj	ghj					ghj			bcd	cd					
Base for stats	1987	415	225	315	352	190	181	71	237	1083	490	506	543	665	241	82	1065	799
Mean Score	3.47	2.67	3.34	3.50	3.68	3.66	3.87	4.04	4.00	3.55	3.96	3.23	3.39	3.59	3.85	3.56	3.47	3.45
			a	a	abci	ab	abci	abcdei	abcdei	ab	abcdei		a	ab	abc			
Standard Deviation	1.140	1.139	1.080	1.053	.954	1.047	1.013	.907	1.049	1.034	1.017	1.217	1.110	1.060	1.125	1.005	1.139	1.162
Standard Error	.026	.057	.072	.059	.051	.075	.075	.109	.068	.031	.046	.053	.047	.042	.073	.110	.036	.040
Error variance	*	*	.01	*	*	.01	.01	.01	*	*	*	*	*	*	.01	.01	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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		2002	618	696	664	943	601
Total		2002	615	704	660	937	598
		100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	364 18%	175 28% bc	97 14%	92 14%	213 23% b	98 16%
Agree	(4.0)	737 37%	262 43% bc	229 33%	244 37%	366 39%	222 37%
Neither agree nor disagree	(3.0)	497 25%	111 18%	204 29% a	171 26% a	204 22%	148 25%
Disagree	(2.0)	245 12%	49 8%	102 14% a	94 14% a	104 11%	76 13%
Strongly disagree	(1.0)	145 7%	15 2%	66 9% a	56 9% a	47 5%	48 8% a
Don't know		15 1%	3 1%	6 1%	2 *	4 *	6 1%
NET: Agree		1101 55%	437 71% bc	326 46%	336 51%	579 62% b	320 54%
NET: Disagree		390 19%	64 10%	167 24% a	151 23% a	151 16%	124 21% a
Base for stats		1987	612	698	657	934	592
Mean Score		3.47	3.87 bc	3.27	3.33	3.64 b	3.42
Standard Deviation		1.140	.997	1.155	1.143	1.100	1.149
Standard Error		.026	.040	.044	.044	.036	.047
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	446 22%	234 24%	207 20%	128 21%	152 23%	167 22%	21 22%	82 31%	41 21%	44 21%	38 22%	39 17%	79 25%	60 18%	44 21%
Agree (4.0)	859 43%	409 42%	446 44%	251 42%	274 42%	334 45%	39 41%	99 38%	82 42%	84 40%	78 45%	112 50%	136 43%	142 43%	87 42%
Neither agree nor disagree (3.0)	429 21%	210 22%	216 21%	132 22%	139 21%	158 21%	23 24%	47 18%	45 23%	37 18%	32 18%	48 22%	71 23%	79 24%	48 23%
Disagree (2.0)	168 8%	74 8%	92 9%	68 11%	56 9%	45 6%	9 10%	16 6%	16 8%	29 14%	15 9%	15 7%	19 6%	26 8%	23 11%
Strongly disagree (1.0)	81 4%	40 4%	41 4%	16 3%	27 4%	37 5%	2 2%	15 6%	7 4%	12 6%	10 6%	7 3%	5 2%	20 6%	3 1%
Don't know	18 1%	7 1%	12 1%	9 1%	7 1%	2 *	1 1%	2 1%	4 2%	4 2%	- -	1 1%	5 2%	1 *	1 *
NET: Agree	1305 65%	643 66%	653 64%	379 63%	426 65%	501 67%	61 64%	181 69%	123 63%	128 61%	116 67%	150 68%	214 68%	202 61%	131 64%
NET: Disagree	249 12%	115 12%	133 13%	84 14%	83 13%	82 11%	11 12%	31 12%	23 12%	40 19%	25 14%	22 10%	25 8%	47 14%	25 12%
Base for stats	1984	967	1002	595	648	740	95	259	191	205	173	220	310	327	204
Mean Score	3.72	3.75	3.68	3.68	3.72	3.74	3.73	3.84	3.70	3.58	3.70	3.73	3.85	3.60	3.72
Standard Deviation	1.034	1.038	1.028	1.020	1.047	1.033	.989	1.115	1.019	1.139	1.082	.941	.932	1.069	.966
Standard Error	.023	.034	.032	.040	.041	.040	.096	.067	.071	.080	.078	.077	.053	.059	.068
Error variance	*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	446 22%	68 37% bcdefgh	114 25% efh	96 22%	49 19%	29 16%	90 19%	279 26% defh	168 18%	361 22%	17 31%	41 30% a	15 21%	4 14%	3 24%	80 26%
Agree (4.0)	859 43%	74 40%	188 42%	191 43%	122 48%	82 44%	203 42%	453 42%	406 44%	727 43%	19 36%	60 43%	26 35%	11 40%	5 44%	121 40%
Neither agree nor disagree (3.0)	429 21%	24 13%	92 20% a	94 21% a	51 20% a	50 27% ag	118 25% ag	210 19% a	219 24% ag	361 22%	11 21%	23 16%	21 29% c	6 24%	4 33%	65 21%
Disagree (2.0)	168 8%	13 7%	42 9%	44 10%	22 9%	17 9%	31 6%	99 9%	70 8%	144 9%	4 7%	9 6%	7 10%	2 9%	- -	22 7%
Strongly disagree (1.0)	81 4%	6 3%	8 2%	18 4% b	10 4%	8 4%	32 7% bg	31 3%	50 5% bg	67 4%	1 2%	4 3%	4 5%	3 10%	- -	11 4%
Don't know	18 1%	1 * d	5 1%	6 1%	- -	- -	7 1%	11 1%	7 1%	13 1%	2 4% a	1 1%	- -	1 3%	- -	4 1%
NET: Agree	1305 65%	142 76% bcdefgh	303 67% f	287 64%	171 67%	111 60%	292 61%	731 68% efh	574 62%	1088 65%	36 66%	101 74% ad	41 56%	15 54%	8 67%	201 66%
NET: Disagree	249 12%	19 10%	49 11%	61 14%	32 13%	24 13%	63 13%	130 12%	119 13%	211 13%	5 8%	13 9%	11 15%	5 19%	- -	34 11%
Base for stats	1984	186	444	442	253	185	473	1072	912	1660	52	137	73	26	12	300
Mean Score	3.72	4.00 bcdefgh	3.81 efh	3.69	3.70	3.59	3.61	3.79 efh	3.63	3.70	3.91	3.92 ad	3.56	3.40	3.91	3.79
Standard Deviation	1.034	1.040	.981	1.045	1.005	.994	1.075	1.023	1.039	1.030	.990	.996	1.097	1.179	.778	1.041
Standard Error	.023	.077	.048	.050	.062	.071	.049	.032	.034	.025	.133	.084	.127	.223	.224	.059
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.05	.05	*



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	446 22%	272 22%	75 21%	80 25%	155 23%	33 21%	38 32%	163 27%	43 20%	15 31%	14 29%	18 12%	22 24%	24 16%	76 19%	71 26%
						g	adgij	gij	g	gij	g		g		g	gij
Agree (4.0)	859 43%	545 44%	152 44%	128 40%	280 42%	71 45%	50 42%	252 41%	93 43%	21 42%	23 48%	73 48%	35 38%	55 36%	186 46%	121 44%
												i			i	
Neither agree nor disagree (3.0)	429 21%	267 21%	72 21%	76 24%	148 22%	36 23%	22 18%	122 20%	44 20%	8 15%	3 6%	35 23%	16 17%	47 31%	97 24%	58 21%
						f		f	f			f		bcdefhk	f	f
Disagree (2.0)	168 8%	107 9%	33 10%	19 6%	53 8%	12 8%	8 7%	52 8%	25 12%	2 4%	6 13%	14 10%	13 14%	12 8%	24 6%	20 7%
									j				jk			
Strongly disagree (1.0)	81 4%	47 4%	13 4%	13 4%	27 4%	6 3%	1 1%	19 3%	8 4%	4 8%	1 2%	9 6%	5 5%	10 7%	20 5%	6 2%
										bck		b	b	bck	b	
Don't know	18 1%	10 1%	3 1%	1 *	4 1%	2 1%	- -	6 1%	1 *	- -	1 2%	3 2%	2 2%	4 2%	1 *	2 1%
											j	j	j	j		
NET: Agree	1305 65%	816 65%	227 65%	208 65%	435 65%	104 65%	88 74%	415 68%	135 64%	37 72%	37 77%	90 60%	57 62%	79 52%	262 65%	192 69%
						i	dghij	i	i	i	gi				i	gi
NET: Disagree	249 12%	154 12%	47 13%	33 10%	79 12%	18 11%	9 7%	71 11%	33 16%	6 13%	7 15%	23 15%	17 19%	21 14%	44 11%	26 9%
									bk			b	bcjk			
Base for stats	1984	1237	346	317	663	157	119	608	212	50	47	148	90	147	404	276
Mean Score	3.72	3.72	3.70	3.76	3.73	3.72	3.99	3.80	3.64	3.82	3.91	3.51	3.64	3.49	3.68	3.84
						i	adghij	gi			gi				i	dgij
Standard Deviation	1.034	1.021	1.033	1.032	1.032	.995	.912	1.025	1.051	1.174	1.031	1.020	1.152	1.069	1.005	.968
Standard Error	.023	.029	.058	.061	.042	.078	.082	.042	.072	.164	.150	.082	.116	.086	.052	.057
Error variance	*	*	*	*	*	.01	.01	*	.01	.03	.02	.01	.01	.01	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726	
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	446	125	108	26	6	134	131	134	79	42	5	121	139	56	244	127	20	390	
	22%	28%	28%	19%	20%	26%	28%	26%	30%	23%	13%	27%	25%	21%	22%	25%	18%	22%	
		c	c				c		d										
Agree (4.0)	859	180	159	59	12	219	192	206	116	75	16	191	223	119	480	219	41	740	
	43%	40%	42%	43%	44%	42%	41%	41%	44%	42%	42%	43%	41%	45%	43%	42%	37%	43%	
Neither agree nor disagree (3.0)	429	87	67	27	5	94	92	103	41	34	9	75	112	57	235	111	26	372	
	21%	20%	18%	19%	17%	18%	20%	20%	16%	19%	24%	17%	21%	21%	21%	21%	24%	21%	
Disagree (2.0)	168	40	35	15	3	50	42	49	20	17	6	37	55	22	96	39	11	147	
	8%	9%	9%	11%	10%	10%	9%	10%	7%	10%	16%	8%	10%	8%	9%	8%	10%	8%	
Strongly disagree (1.0)	81	9	11	11	2	21	11	13	6	11	1	17	14	11	45	16	8	70	
	4%	2%	3%	8%	7%	4%	2%	3%	2%	6%	2%	4%	3%	4%	4%	3%	8%	4%	
				abf						abf							c		
Don't know	18	3	2	1	1	3	4	3	3	-	1	3	4	2	10	4	2	17	
	1%	1%	1%	1%	3%	1%	1%	1%	1%	-	2%	1%	1%	1%	1%	1%	2%	1%	
											c								
NET: Agree	1305	305	267	85	18	352	323	340	195	117	22	312	362	175	723	346	61	1130	
	65%	69%	70%	61%	64%	68%	68%	67%	74%	65%	56%	70%	66%	66%	65%	67%	56%	65%	
									df						d	d		d	
NET: Disagree	249	48	45	26	5	71	53	62	25	28	7	54	69	32	142	55	20	217	
	12%	11%	12%	19%	16%	14%	11%	12%	10%	16%	18%	12%	13%	12%	13%	11%	18%	12%	
				abf						b							c		
Base for stats	1984	440	380	138	28	518	468	505	262	179	38	441	543	265	1100	512	107	1719	
Mean Score	3.72	3.85	3.84	3.54	3.63	3.76	3.83	3.79	3.93	3.66	3.50	3.82	3.77	3.71	3.71	3.78	3.49	3.72	
		c	c			c	c		cdf						d	d		d	
Standard Deviation	1.034	.999	1.027	1.148	1.144	1.068	1.008	1.022	.978	1.125	1.004	1.047	1.023	1.019	1.036	1.005	1.149	1.036	
Standard Error	.023	.048	.053	.098	.212	.047	.046	.046	.061	.083	.159	.050	.044	.062	.031	.045	.110	.025	
Error variance	*	*	*	.01	.05	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	446 22%	81 21%	303 23%	57 22%	63 17%	13 14%	325 25% bce	115 18%	14 21%	354 22%	92 22%	391 23% b	51 17%
Agree (4.0)	859 43%	160 42%	567 43%	104 39%	154 42%	37 41%	567 44%	267 41%	25 38%	690 43%	169 41%	739 44% b	113 38%
Neither agree nor disagree (3.0)	429 21%	84 22%	277 21%	68 26% d	91 25% d	15 17%	252 19%	156 24% d	17 26%	335 21%	94 23%	346 21%	78 26% a
Disagree (2.0)	168 8%	37 10%	105 8%	21 8%	33 9%	17 18% abde	98 8%	64 10%	6 9%	137 9%	31 7%	131 8%	33 11%
Strongly disagree (1.0)	81 4%	16 4%	53 4%	11 4%	26 7% d	7 8% d	38 3%	40 6% d	3 5%	58 4%	23 6%	60 4%	20 7% a
Don't know	18 1%	5 1%	9 1%	4 2%	2 *	2 2%	11 1%	6 1%	1 1%	15 1%	4 1%	11 1%	6 2% a
NET: Agree	1305 65%	242 63%	870 66%	160 61%	218 59%	50 55%	892 69% abce	382 59%	39 59%	1044 66%	261 63%	1131 67% b	164 55%
NET: Disagree	249 12%	53 14%	158 12%	32 12%	60 16% d	24 26% abde	136 11%	105 16% d	9 13%	195 12%	54 13%	191 11%	53 18% a
Base for stats	1984	378	1305	260	368	89	1280	642	66	1574	409	1668	295
Mean Score	3.72	3.67	3.74	3.67	3.53	3.36	3.81	3.55	3.63	3.73	3.68	3.76	3.48
Standard Deviation	1.034	1.048	1.031	c 1.039	1.099	1.179	.997	1.088	1.070	1.022	1.079	1.012	1.108
Standard Error	.023	.054	.029	.063	.058	.123	.028	.043	.132	.026	.054	.025	.063
Error variance	*	*	*	*	*	.02	*	*	.02	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	446 22%	35 8%	29 13%	59 19%	78 22%	53 27%	60 33%	29 41%	103 43%	219 20%	192 39%	94 18%	102 19%	161 24%	88 36%	23 28%	231 22%	185 23%
				a	ab	abci	abcdi	abcdei	abcdefi	ab	abcdei			ab	abc			
Agree (4.0)	859 43%	123 29%	103 45%	152 48%	185 53%	83 43%	79 43%	30 42%	104 44%	523 48%	213 43%	210 41%	237 43%	303 45%	93 38%	31 37%	481 45%	332 41%
			a	a	aefhj	a	a	a	a	a	a							
Neither agree nor disagree (3.0)	429 21%	138 33%	68 30%	65 21%	65 18%	34 18%	27 15%	10 13%	22 9%	232 21%	59 12%	123 24%	125 23%	138 21%	36 15%	15 18%	235 22%	165 20%
		cdefghij	cdefghij	hj	hj	hj				fhj		d	d					
Disagree (2.0)	168 8%	75 18%	21 9%	26 8%	15 4%	15 8%	9 5%	3 4%	5 2%	77 7%	16 3%	51 10%	48 9%	50 8%	15 6%	9 11%	83 8%	74 9%
		bcdefghij	dij	dij	hj					hj								
Strongly disagree (1.0)	81 4%	40 10%	4 2%	12 4%	7 2%	6 3%	8 4%	- -	4 2%	29 3%	12 2%	27 5%	29 5%	12 2%	9 4%	2 2%	34 3%	42 5%
		bcdefghij										c	c					b
Don't know	18 1%	10 2%	3 1%	1 *	3 1%	1 1%	1 *	- -	- -	7 1%	1 *	7 1%	6 1%	2 *	1 *	3 3%	5 *	9 1%
		chij										c				b		
NET: Agree	1305 65%	158 38%	132 58%	211 67%	264 75%	136 71%	139 76%	59 83%	207 87%	742 68%	405 82%	304 59%	339 62%	464 70%	180 75%	54 65%	712 67%	517 64%
		a	a	ab	abci	ab	abci	abci	abcdefi	ab	abcdei			ab	ab			
NET: Disagree	249 12%	115 27%	25 11%	38 12%	22 6%	20 11%	16 9%	3 4%	9 4%	106 10%	28 6%	78 15%	77 14%	63 9%	24 10%	11 13%	117 11%	116 14%
		bcdefghij	dij	dghj		hj	h			dij		cd	c					b
Base for stats	1984	412	224	315	350	190	182	72	238	1079	492	504	542	664	240	80	1064	799
Mean Score	3.72	3.09	3.59	3.70	3.89	3.85	3.96	4.20	4.24	3.77	4.13	3.58	3.62	3.83	3.98	3.81	3.74	3.68
		a	a	a	abci	ab	abci	abcdei	abcdefi	ab	abcdefi			ab	abc			
Standard Deviation	1.034	1.100	.899	.994	.863	1.007	1.023	.819	.844	.943	.918	1.067	1.056	.944	1.049	1.054	.987	1.089
Standard Error	.023	.055	.060	.056	.046	.072	.075	.098	.055	.029	.041	.047	.045	.037	.068	.116	.031	.037
Error variance	*	*	*	*	*	.01	.01	.01	*	*	*	*	*	*	*	.01	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	446 22%	217 35% bc	116 17%	112 17%	246 26% b	116 19%
Agree (4.0)	859 43%	270 44%	285 40%	301 46%	416 44%	250 42%
Neither agree nor disagree (3.0)	429 21%	83 14%	186 26% a	150 23% a	171 18%	129 22%
Disagree (2.0)	168 8%	36 6%	72 10% a	57 9%	71 8%	68 11% a
Strongly disagree (1.0)	81 4%	7 1%	39 6% a	32 5% a	28 3%	27 4%
Don't know	18 1%	3 *	5 1%	7 1%	4 *	8 1%
NET: Agree	1305 65%	486 79% bc	401 57%	413 63% b	663 71% b	366 61%
NET: Disagree	249 12%	43 7%	112 16% a	89 14% a	99 11%	94 16% a
Base for stats	1984	612	700	652	933	590
Mean Score	3.72	4.07 bc	3.52	3.62	3.84 b	3.61
Standard Deviation	1.034	.906	1.063	1.026	.997	1.066
Standard Error	.023	.037	.040	.040	.033	.044
Error variance	*	*	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	340 17%	157 16%	182 18%	113 19% c	124 19% c	102 14%	15 15%	60 23% cdh	28 15%	26 12%	27 16%	43 19%	63 20% dh	45 14%	33 16%
Agree (4.0)	737 37%	337 35%	393 39%	220 36%	243 37%	274 37%	30 31%	93 36%	74 38%	74 35%	72 42%	77 35%	118 38%	119 36%	80 39%
Neither agree nor disagree (3.0)	447 22%	226 23%	220 22%	146 24%	140 21%	161 22%	20 21%	41 16%	48 25% b	54 26% b	34 20%	48 22%	76 24% b	79 24% b	46 23%
Disagree (2.0)	301 15%	155 16%	141 14%	75 12%	97 15%	129 17% a	23 24% bcdg	35 14%	26 13%	28 13%	29 17%	33 15%	36 12%	55 17%	35 17%
Strongly disagree (1.0)	158 8%	90 9% b	67 7%	44 7%	45 7%	68 9%	8 8%	30 12% egi	14 7%	21 10% i	11 6%	21 9% i	19 6%	26 8%	8 4%
Don't know	20 1%	9 1%	10 1%	6 1%	6 1%	7 1%	- -	2 1%	4 2%	7 3% befg	- -	- -	2 1%	4 1%	2 1%
NET: Agree	1077 54%	494 51%	576 57% a	333 55%	367 56%	377 51%	44 47%	153 59% adh	102 53%	99 48%	99 57%	120 54%	182 58% ad	164 50%	113 55%
NET: Disagree	459 23%	245 25% b	208 20%	119 20%	142 22%	197 27% ab	31 32% cgi	66 25% g	40 21%	49 24%	40 23%	54 24%	55 18%	81 25% g	43 21%
Base for stats	1982	965	1003	598	649	735	95	260	191	202	173	222	313	324	203
Mean Score	3.40	3.33	3.48 a	3.47 c	3.47 c	3.29	3.21	3.45	3.40	3.27	3.43	3.40	3.55 adh	3.32	3.47
Standard Deviation	1.169	1.195	1.138	1.152	1.162	1.181	1.211	1.297	1.125	1.170	1.127	1.222	1.119	1.147	1.080
Standard Error	.026	.040	.035	.045	.045	.046	.117	.077	.078	.083	.082	.099	.063	.064	.076
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315	
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	340 17%	48 26% dfh	89 20% dfh	86 19% dfh	33 13%	36 19% fh	48 10%	223 21% dfh	117 13%	283 17%	8 15%	30 22%	11 15%	1 4%	2 16%	52 17%	
Agree (4.0)	737 37%	65 35%	180 40%	169 38%	99 39%	59 32%	165 34%	414 38%	323 35%	619 37%	21 38%	52 38%	19 26%	11 40%	7 55%	109 36%	
Neither agree nor disagree (3.0)	447 22%	37 20%	92 21%	90 20%	60 24%	51 27% cg	117 24%	220 20%	227 25% g	356 21%	13 23%	41 30% a	20 27%	8 28%	2 21%	84 28% a	
Disagree (2.0)	301 15%	23 13%	62 14%	67 15%	43 17%	21 11%	85 18% e	152 14%	149 16%	270 16% cg	8 15% c	7 5%	12 16% c	2 9%	- -	30 10%	
Strongly disagree (1.0)	158 8%	11 6%	21 5%	34 8%	18 7%	18 10% b	56 12% abcdg	66 6%	92 10% bg	131 8%	5 9%	5 4%	12 16% ac	3 13%	1 8%	26 8%	
Don't know	20 1%	1 1%	5 1%	2 1%	1 *	1 1%	9 2%	9 1%	11 1%	14 1%	- -	3 2%	- -	2 7%	- -	5 1%	
NET: Agree	1077 54%	113 61% fh	268 60% defh	255 57% fh	132 52% f	95 51%	213 44%	636 59% fh	440 48%	902 54% d	29 53%	82 59% d	30 41%	12 43%	8 71%	161 53%	
NET: Disagree	459 23%	35 19%	83 19%	101 22%	61 24%	38 21%	141 29% abceg	218 20%	240 26% abg	401 24% cg	13 24% c	12 9%	23 32% cg	6 22%	1 8%	55 18% c	
Base for stats	1982	185	443	446	252	184	471	1074	908	1660	54	135	73	25	12	300	
Mean Score	3.40	3.62 dfh	3.57 dfh	3.46 fh	3.35 f	3.41 f	3.14	3.53 dfh	3.25	3.39 d	3.35	3.70 abdg	3.09	3.14	3.70	3.44 d	
Standard Deviation	1.169	1.177	1.101	1.180	1.120	1.202	1.183	1.148	1.174	1.175	1.170	.992	1.291	1.118	1.065	1.142	
Standard Error	.026	.087	.054	.056	.069	.086	.055	.035	.039	.029	.154	.084	.149	.215	.307	.065	
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.05	.09	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	340 17%	199 16%	62 18%	65 21%	127 19%	33 21%	23 20%	133 22%	36 17%	13 27%	7 14%	20 13%	15 16%	19 13%	40 10%	56 20%
						j	j	gij	j	gij						ij
Agree (4.0)	737 37%	446 36%	139 40%	118 37%	258 39%	63 40%	52 44%	243 40%	80 38%	15 29%	15 31%	53 35%	24 26%	44 29%	147 36%	116 42%
						hi	hi	hi	h						h	hi
Neither agree nor disagree (3.0)	447 22%	285 23%	77 22%	66 21%	143 21%	38 24%	18 15%	121 20%	42 20%	12 24%	15 30%	34 23%	29 32%	40 26%	98 24%	56 20%
											b		bcdk	b	b	
Disagree (2.0)	301 15%	202 16%	45 13%	46 14%	91 14%	16 10%	17 14%	77 13%	30 14%	7 15%	7 15%	24 16%	16 17%	31 21%	74 18%	33 12%
														ack	ack	
Strongly disagree (1.0)	158 8%	104 8%	24 7%	21 6%	45 7%	8 5%	8 7%	35 6%	24 11%	3 5%	2 3%	18 12%	6 7%	14 9%	40 10%	16 6%
									ack			ack			c	
Don't know	20 1%	12 1%	2 1%	2 1%	4 1%	1 *	- -	3 1%	1 *	- -	3 6%	2 1%	3 3%	3 2%	4 1%	1 *
											abcdjk		bcdk	ck		
NET: Agree	1077 54%	644 52%	201 58%	184 58%	385 58%	96 61%	76 64%	377 61%	116 55%	28 56%	22 45%	73 48%	38 42%	63 42%	187 46%	172 62%
					a	ghij	fghij	fghij	hi							fghij
NET: Disagree	459 23%	306 25%	69 20%	67 21%	136 20%	24 15%	25 21%	113 18%	54 25%	10 20%	9 19%	42 28%	22 24%	45 30%	115 28%	49 18%
					d				ack			ack		ack	ack	ack
Base for stats	1982	1235	347	316	663	158	119	611	212	50	45	149	89	148	400	277
Mean Score	3.40	3.35	3.49	3.51	3.50	3.62	3.56	3.59	3.35	3.57	3.39	3.22	3.28	3.16	3.18	3.59
				a	a	dghij	gij	dghij	ij							dghij
Standard Deviation	1.169	1.176	1.133	1.162	1.146	1.080	1.165	1.131	1.240	1.189	1.050	1.220	1.143	1.178	1.152	1.115
Standard Error	.026	.033	.063	.068	.046	.085	.105	.046	.085	.167	.157	.098	.115	.095	.059	.066
Error variance	*	*	*	*	*	.01	.01	*	.01	.03	.02	.01	.01	.01	*	*



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726	
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	340 17%	91 20%	85 22%	21 15%	5 17%	107 21%	96 20%	103 20%	59 22%	29 16%	10 25%	88 20%	113 21%	40 15%	180 16%	97 19%	22 20%	300 17%	
Agree (4.0)	737 37%	160 36%	161 42%	53 38%	11 40%	214 41%	171 36%	193 38%	108 41%	70 39%	12 31%	178 40%	205 38%	91 34%	407 37%	199 39%	40 36%	646 37%	
Neither agree nor disagree (3.0)	447 22%	99 22%	66 17%	29 21%	5 17%	95 18%	104 22%	109 22%	47 18%	39 22%	6 15%	86 19%	115 21%	63 24%	254 23%	109 21%	20 19%	384 22%	
Disagree (2.0)	301 15%	58 13%	44 11%	27 20% bf	2 7%	71 14%	60 13%	66 13%	33 12%	32 18%	5 12%	64 15%	71 13%	46 17%	172 15%	68 13%	15 14%	255 15%	
Strongly disagree (1.0)	158 8%	35 8%	21 6%	8 6%	5 19% abce	29 6%	40 9%	33 6%	18 7%	9 5%	6 14% ce	27 6%	38 7%	24 9%	87 8%	38 7%	8 8%	134 8%	
Don't know	20 1%	1 *	3 1%	1 1%	- -	4 1%	1 *	3 1%	- -	1 *	1 3% be	1 *	4 1%	2 1%	10 1%	5 1%	3 3%	18 1%	
NET: Agree	1077 54%	250 56%	247 65% acf	74 53%	16 57%	321 62%	267 56%	297 58%	167 63%	99 55%	22 56%	266 60%	319 58%	131 49%	587 53%	297 57% a	62 57%	945 54%	
NET: Disagree	459 23%	93 21%	65 17%	35 25% b	7 26%	100 19%	101 21%	99 20%	51 19%	41 23%	10 26%	92 21%	109 20%	70 26%	259 23%	106 20%	24 22%	388 22%	
Base for stats	1982	443	378	138	28	516	471	505	264	178	38	443	543	265	1100	512	106	1718	
Mean Score	3.40	3.48	3.65 acf	3.38	3.28	3.58	3.47	3.53	3.59	3.44	3.42	3.53	3.52	3.29	3.38	3.49 a	3.49	3.42	
Standard Deviation	1.169	1.183	1.119	1.134	1.380	1.128	1.195	1.146	1.161	1.113	1.392	1.144	1.164	1.188	1.163	1.160 a	1.204	1.165	
Standard Error	.026	.056	.058	.097	.252	.050	.055	.051	.071	.083	.220	.054	.050	.072	.035	.052	.115	.028	
Error variance	*	*	*	.01	.06	*	*	*	.01	.01	.05	*	*	.01	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	340 17%	72 19%	224 17%	50 19%	52 14%	11 13%	234 18%	102 16%	10 15%	278 18%	62 15%	289 17%	46 15%
Agree (4.0)	737 37%	153 40%	479 36%	107 40%	119 32%	30 33%	491 38%	222 34%	31 46%	574 36%	163 39%	631 38%	99 33%
Neither agree nor disagree (3.0)	447 22%	78 20%	295 22%	44 17%	91 25%	20 22%	286 22%	144 22%	9 14%	356 22%	91 22%	365 22%	78 26%
Disagree (2.0)	301 15%	53 14%	197 15%	35 13%	65 18%	16 17%	184 14%	108 17%	8 12%	245 15%	56 14%	255 15%	45 15%
Strongly disagree (1.0)	158 8%	24 6%	106 8%	22 8%	40 11%	14 15%	86 7%	65 10%	8 12%	121 8%	36 9%	127 8%	27 9%
Don't know	20 1%	3 1%	14 1%	6 2%	3 1%	-	10 1%	8 1%	1 2%	15 1%	5 1%	13 1%	5 2%
NET: Agree	1077 54%	225 59%	703 53%	157 59%	171 46%	42 46%	724 56%	323 50%	40 61%	852 54%	225 54%	920 55%	145 48%
NET: Disagree	459 23%	78 20%	303 23%	58 22%	105 28%	29 32%	270 21%	173 27%	16 24%	366 23%	93 22%	382 23%	73 24%
Base for stats	1982	380	1301	259	367	91	1281	641	66	1574	408	1667	296
Mean Score	3.40	3.51	3.40	3.49	3.21	3.12	3.47	3.29	3.41	3.41	3.39	3.42	3.31
Standard Deviation	1.169	1.138	1.173	1.195	1.209	1.270	1.143	1.213	1.241	1.170	1.163	1.164	1.179
Standard Error	.026	.058	.033	.072	.064	.131	.032	.047	.153	.029	.058	.029	.067
Error variance	*	*	*	.01	*	.02	*	*	.02	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	340 17%	38 9%	30 13%	60 19%	54 15%	38 20%	38 21%	21 29%	60 25%	183 17%	119 24%	95 19%	80 15%	110 17%	52 22%	15 19%	189 18%	128 16%
				a	a	a	ab	abdi	abdi	a	abdi				b			
Agree (4.0)	737 37%	115 27%	81 36%	121 38%	156 44%	70 37%	79 43%	31 44%	83 35%	429 39%	193 39%	190 37%	210 38%	253 38%	78 32%	35 42%	389 36%	305 38%
			a	a	abh	a	a	a	a	a	a							
Neither agree nor disagree (3.0)	447 22%	91 21%	70 31%	65 21%	82 23%	48 25%	33 18%	12 16%	47 20%	264 24%	92 19%	100 20%	134 24%	145 22%	56 23%	16 20%	242 23%	168 21%
			acdfghij							j								
Disagree (2.0)	301 15%	94 22%	33 15%	47 15%	45 13%	31 16%	19 10%	4 6%	28 12%	155 14%	51 10%	76 15%	83 15%	110 17%	29 12%	11 14%	155 14%	131 16%
		bcdghij		g		gi				j								
Strongly disagree (1.0)	158 8%	77 18%	9 4%	20 6%	14 4%	4 2%	13 7%	4 5%	18 8%	46 4%	35 7%	48 9%	35 6%	42 6%	25 10%	4 5%	89 8%	64 8%
		bcdefghij		e		e			dei		dei	c			c			
Don't know	20 1%	7 2%	4 2%	2 1%	3 1%	1 1%	1 *	- -	2 1%	10 1%	3 1%	3 1%	7 1%	6 1%	1 *	1 1%	6 1%	11 1%
NET: Agree	1077 54%	153 36%	111 49%	182 58%	210 60%	108 57%	117 64%	52 73%	143 60%	611 56%	312 63%	285 56%	290 53%	363 55%	130 54%	50 61%	578 54%	433 54%
			a	ab	ab	a	ab	abcdehi	ab	ab	abi							
NET: Disagree	459 23%	171 41%	42 19%	66 21%	58 17%	34 18%	32 18%	8 11%	46 19%	201 19%	86 17%	124 24%	118 22%	152 23%	54 22%	15 18%	243 23%	195 24%
		bcdefghij																
Base for stats	1982	415	223	313	350	190	182	72	236	1077	490	509	541	660	240	82	1063	796
Mean Score	3.40	2.86	3.41	3.50	3.55	3.57	3.60	3.86	3.59	3.51	3.63	3.41	3.40	3.42	3.43	3.57	3.41	3.38
			a	a	a	a	a	abcdei	a	a	abi							
Standard Deviation	1.169	1.265	1.028	1.146	1.024	1.043	1.141	1.069	1.207	1.065	1.165	1.219	1.111	1.137	1.248	1.097	1.178	1.171
Standard Error	.026	.063	.069	.064	.055	.075	.084	.128	.078	.032	.053	.053	.047	.045	.081	.120	.037	.040
Error variance	*	*	*	*	*	.01	.01	.02	.01	*	*	*	*	*	.01	.01	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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		2002	618	696	664	943	601
Total		2002	615	704	660	937	598
		100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	340 17%	150 24% bc	76 11%	112 17% b	195 21%	104 17%
Agree	(4.0)	737 37%	237 39% b	223 32%	275 42% b	389 41% b	180 30%
Neither agree nor disagree	(3.0)	447 22%	117 19%	192 27% ac	128 19%	179 19%	156 26% a
Disagree	(2.0)	301 15%	82 13%	124 18% a	93 14%	120 13%	94 16%
Strongly disagree	(1.0)	158 8%	24 4%	83 12% ac	45 7% a	49 5%	56 9% a
Don't know		20 1%	5 1%	6 1%	6 1%	5 1%	9 1%
NET: Agree		1077 54%	387 63% b	300 43%	387 59% b	584 62% b	283 47%
NET: Disagree		459 23%	106 17%	207 29% ac	138 21%	170 18%	149 25% a
Base for stats		1982	610	698	653	932	589
Mean Score		3.40	3.67 bc	3.12 b	3.48 b	3.60 b	3.31
Standard Deviation		1.169	1.104	1.181	1.136	1.111	1.206
Standard Error		.026	.045	.045	.044	.036	.050
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q9. SUMMARY: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I exercise to help manage my physical health during the outbreak	2002 100%	433 22%	919 46%	360 18%	206 10%	84 4%	1352 68%	565 28%
I am worried about exercising close to other people	2002 100%	467 23%	822 41%	365 18%	250 12%	98 5%	1289 64%	615 31%
I feel safer exercising at home than in public places	2002 100%	526 26%	712 36%	406 20%	198 10%	160 8%	1238 62%	604 30%
I have more time now to be physically active	2002 100%	383 19%	848 42%	458 23%	232 12%	81 4%	1231 62%	690 34%
I exercise to help manage my mental health during the outbreak	2002 100%	397 20%	832 42%	430 21%	237 12%	105 5%	1229 61%	667 33%
I miss the types of physical activity I was able to do before the outbreak	2002 100%	440 22%	660 33%	471 24%	294 15%	136 7%	1101 55%	765 38%
Since the outbreak I have found new ways to be active	2002 100%	288 14%	726 36%	599 30%	284 14%	105 5%	1014 51%	884 44%
I have been encouraged to exercise by the Government's guidance	2002 100%	228 11%	656 33%	548 27%	394 20%	176 9%	884 44%	942 47%
I worry about leaving my home to exercise or be active	2002 100%	314 16%	567 28%	568 28%	475 24%	78 4%	881 44%	1043 52%
I feel guilty about wanting to exercise during the outbreak	2002 100%	171 9%	359 18%	647 32%	726 36%	99 5%	530 26%	1373 69%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	288 14%	129 13%	159 16%	121 20% c	109 17% c	57 8%	16 16%	35 13%	30 15%	25 12%	33 19% hi	33 15%	59 19% dhi	36 11%	21 10%
Tend to agree (3.0)	726 36%	342 35%	378 37%	239 40% c	240 37%	247 33%	32 34%	85 32%	67 34%	80 38%	56 32%	83 37%	126 40%	127 39%	72 35%
Tend to disagree (2.0)	599 30%	311 32%	286 28%	139 23%	196 30% a	264 36% ab	32 34%	84 32%	53 27%	55 26%	53 31%	64 29%	82 26%	102 31%	73 36% dg
Strongly disagree (1.0)	284 14%	136 14%	144 14%	72 12%	69 11%	143 19% ab	10 11%	47 18% g	37 19% g	30 14%	22 13%	32 14%	34 11%	45 14%	28 14%
Don't know	105 5%	55 6%	47 5%	32 5%	41 6%	31 4%	5 5%	11 4%	9 4%	19 9% bg	10 6%	10 4%	13 4%	18 5%	11 5%
NET: Agree	1014 51%	471 48%	537 53% a	361 60% bc	349 53% c	304 41%	48 50%	119 46%	96 49%	105 50%	88 51%	116 52%	185 59% bchi	163 50%	93 46%
NET: Disagree	884 44%	448 46%	430 42%	211 35%	266 41% a	407 55% ab	42 45%	131 50% dg	90 46% g	85 41%	75 43%	96 43%	116 37%	147 45% g	101 49% g
Base for stats	1897	919	967	572	615	711	90	250	186	190	163	212	301	310	194
Mean Score	2.54	2.50	2.57	2.72 c	2.63 c	2.31	2.59	2.43	2.48	2.53	2.61 b	2.55	2.70 bcdhi	2.50	2.45
Standard Deviation	.923	.910	.934	.939	.902	.882	.905	.948	.984	.914	.955	.931	.913	.881	.868
Standard Error	.021	.031	.029	.038	.036	.035	.090	.058	.070	.067	.071	.078	.052	.050	.062
Error variance	*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315	
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	288 14%	46 25% bcdefgh	76 17% fh	64 14% f	34 14% f	23 12% f	44 9% abcdegh	186 17% fh	101 11% bdg	221 13% cg	8 15% 13%	30 22% a	16 22% a	4 16% 16%	2 17% 17%	61 20% a	
Tend to agree (3.0)	726 36%	77 41% fh	177 39% fh	164 37% f	103 41% fh	70 38% f	136 28% ag	417 39% fh	309 34% f	583 35% bcdg	25 47% 17%	61 44% a	32 43% 18%	9 35% 33%	5 42% 27%	132 44% a	
Tend to disagree (2.0)	599 30%	34 18%	139 31% a	131 29% a	77 30% a	60 32% a	158 33% a	304 28% a	295 32% ag	530 32% bcdg	9 17% 13%	32 23% 6%	13 18% 11%	9 33% 9%	3 27% -	66 22% 26	
Strongly disagree (1.0)	284 14%	24 13%	39 9% a	65 14% b	25 10% b	24 13% b	109 23% abcdegh	127 12% bdg	158 17% bdg	256 15% cg	7 13% 13%	8 6% 6%	8 11% 11%	2 9% 9%	- - -	26 8% 20	
Don't know	105 5%	5 3%	19 4% a	25 6% a	15 6% a	8 4% a	33 7% ag	48 4% ag	56 6% ag	83 5% ag	5 9% 9%	7 5% 5%	4 6% 6%	2 6% 6%	2 14% 14%	20 6% 6%	
NET: Agree	1014 51%	123 66% bcdefgh	252 56% fh	228 51% fh	137 54% fh	93 50% f	180 37% f	604 56% fh	410 45% f	804 48% bcdg	34 62% a	91 66% a	48 66% a	14 51% 51%	7 58% 58%	193 64% a	
NET: Disagree	884 44%	58 31% a	177 40% a	195 44% a	102 40% a	84 45% a	267 56% abcdegh	431 40% a	453 49% abcdg	786 47% bcdg	16 30% 30%	40 29% 29%	21 29% 29%	11 42% 42%	3 27% 27%	91 30% 30%	
Base for stats	1897	181	430	423	239	177	447	1035	863	1590	50	131	69	25	10	285	
Mean Score	2.54	2.80 cdefgh	2.67 cefh	2.54 fh	2.61 fh	2.52 f	2.26 f	2.64 fh	2.41 f	2.48 a	2.70 a	2.86 a	2.82 a	2.62 a	2.88 a	2.80 a	
Standard Deviation	.923	.967	.868	.927	.857	.885	.937	.915	.918	.922	.919	.838	.932	.900	.742	.876	
Standard Error	.021	.072	.043	.045	.054	.065	.044	.029	.031	.023	.127	.072	.111	.173	.235	.051	
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.03	.06	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	288 14%	148 12%	59 17%	63 20%	123 18%	28 18%	36 30%	102 17%	27 13%	13 26%	5 11%	15 10%	15 16%	17 11%	29 7%	65 23%
			a	a	a	gj	acdfghij	gj	j	dgij			j			cdgij
Tend to agree (3.0)	726 36%	432 35%	137 39%	120 38%	257 38%	66 42%	40 34%	251 41%	81 38%	21 42%	20 41%	47 31%	36 38%	37 24%	127 31%	106 38%
						gij		gij	i	i	i		i			i
Tend to disagree (2.0)	599 30%	401 32%	91 26%	87 27%	178 27%	50 31%	26 22%	163 27%	68 32%	12 23%	13 26%	56 37%	22 24%	51 34%	139 34%	75 27%
			bd						b			bchk		b	bchk	
Strongly disagree (1.0)	284 14%	201 16%	45 13%	32 10%	77 12%	11 7%	14 12%	78 13%	28 13%	2 4%	5 9%	21 14%	7 8%	31 20%	89 22%	25 9%
			cd					a	a			a		acehk	abcdefghk	
Don't know	105 5%	65 5%	17 5%	16 5%	33 5%	4 2%	3 2%	20 3%	9 4%	3 6%	6 12%	12 8%	12 14%	15 10%	20 5%	6 2%
											abcdk	abck	abcdjk	abcdjk		
NET: Agree	1014 51%	580 47%	196 56%	183 58%	379 57%	95 60%	76 64%	353 57%	108 51%	34 67%	25 52%	62 41%	51 55%	54 36%	156 39%	171 62%
			a	a	a	gij	dgij	gij	ij	dgij	i		gij			dgij
NET: Disagree	884 44%	602 48%	136 39%	119 37%	255 38%	61 38%	40 34%	241 39%	96 45%	14 27%	17 36%	77 51%	29 32%	82 54%	228 56%	100 36%
			bcd						behk			abcehk		abcefhk	abcdefhk	
Base for stats	1897	1182	332	303	634	155	116	594	204	48	42	139	80	135	384	271
Mean Score	2.54	2.45	2.63	2.71	2.67	2.72	2.84	2.63	2.53	2.95	2.61	2.41	2.74	2.30	2.25	2.78
			a	a	a	dgij	cdgij	gij	ij	cdgij	j		gij			cdgij
Standard Deviation	.923	.916	.930	.915	.923	.841	1.006	.916	.888	.829	.850	.876	.874	.958	.895	.915
Standard Error	.021	.026	.053	.055	.038	.066	.092	.038	.062	.120	.130	.073	.093	.081	.047	.055
Error variance	*	*	*	*	*	*	.01	*	*	.01	.02	.01	.01	.01	*	*



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726	
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	288 14%	74 17%	75 20%	18 13%	5 17%	93 18%	78 17%	77 15%	63 24%	21 12%	11 29%	84 19%	89 16%	33 12%	142 13%	89 17%	24 22%	255 15%
									acf		acf	c				b	abe		
Tend to agree	(3.0)	726 36%	172 39%	147 39%	59 43%	11 40%	206 40%	183 39%	197 39%	113 43%	73 41%	10 27%	186 42%	207 38%	87 33%	406 37%	201 39%	33 30%	639 37%
									d										
Tend to disagree	(2.0)	599 30%	130 29%	104 27%	31 22%	8 27%	134 26%	138 29%	157 31%	56 21%	47 26%	8 20%	103 23%	165 30%	85 32%	342 31%	139 27%	33 31%	514 30%
									be				be						
Strongly disagree	(1.0)	284 14%	56 13%	41 11%	23 17%	3 10%	64 12%	59 12%	64 13%	23 9%	26 14%	9 22%	48 11%	72 13%	49 18%	166 15%	59 12%	11 10%	236 14%
												be		cde					
Don't know		105 5%	12 3%	15 4%	7 5%	2 6%	22 4%	14 3%	13 3%	10 4%	13 7%	1 2%	22 5%	14 3%	13 5%	55 5%	28 6%	8 8%	92 5%
									af										
NET: Agree		1014 51%	245 55%	222 58%	78 56%	16 57%	300 58%	262 55%	274 54%	176 67%	93 52%	21 55%	270 61%	296 54%	120 45%	548 49%	290 56%	56 52%	894 52%
									acf	acf		acf				ab		a	
NET: Disagree		884 44%	186 42%	145 38%	54 39%	10 37%	198 38%	196 42%	221 43%	78 30%	73 41%	16 42%	152 34%	237 43%	134 50%	507 46%	199 38%	44 41%	750 43%
									be		b		be	ce	c				
Base for stats	1897	431	367	131	27	498	458	495	255	167	38	421	533	253	1055	488	100	1644	
Mean Score	2.54	2.61	2.70	2.56	2.68	2.66	2.61	2.58	2.85	2.53	2.64	2.72	2.59	2.41	2.50	2.65	2.69	2.56	
									acf			acf				abe	ab	a	
Standard Deviation	.923	.917	.919	.941	.904	.926	.916	.903	.896	.901	1.142	.911	.921	.942	.913	.915	.951	.919	
Standard Error	.021	.044	.048	.082	.171	.042	.043	.041	.056	.069	.181	.044	.040	.058	.028	.042	.094	.023	
Error variance	*	*	*	.01	.03	*	*	*	*	*	*	*	*	*	*	*	*	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	288 14%	86 23% b	164 13%	44 17%	43 12%	9 10%	186 14%	91 14%	5 8%	238 15%	50 12%	241 14%	43 14%
Tend to agree (3.0)	726 36%	146 38%	476 36%	77 29%	124 34%	32 36%	485 38% af	216 33%	16 23%	577 36%	149 36%	633 38% b	85 28%
Tend to disagree (2.0)	599 30%	91 24%	417 32% a	84 32%	110 30%	26 29%	395 31%	192 30%	23 34%	466 29%	133 32%	500 30%	98 33%
Strongly disagree (1.0)	284 14%	42 11%	191 15%	45 17%	74 20% d	17 19%	164 13%	114 18% d	19 28% ade	228 14%	56 14%	229 14%	51 17%
Don't know	105 5%	17 5%	66 5%	15 6%	19 5%	6 7%	62 5%	36 5%	5 7%	79 5%	26 6%	77 5%	24 8% a
NET: Agree	1014 51%	233 61% b	641 49%	120 46% f	167 45% f	42 46%	671 52% bf	307 47% f	21 31%	816 51%	198 48%	874 52% b	128 42%
NET: Disagree	884 44%	133 35%	608 46% a	129 49%	183 50% d	43 47%	558 43%	306 47%	41 62% de	695 44%	189 46%	729 43%	149 50% a
Base for stats	1897	365	1249	250	351	84	1229	613	62	1510	387	1603	277
Mean Score	2.54	2.76 b	2.49	2.48 f	2.39 f	2.41	2.56 bef	2.46 f	2.12	2.55	2.50	2.55 b	2.43
Standard Deviation	.923	.943 b	.905	.982 f	.953 f	.933	.903 bef	.959 f	.942	.931	.893	.913 b	.961
Standard Error	.021	.049 b	.026	.060 f	.051 f	.100	.026 bef	.038 f	.120	.024	.046	.023 b	.056
Error variance	*	* b	*	* f	* f	.01	* bef	* f	.01	*	*	* b	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855	
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	288 14%	16 4%	29 13%	39 12%	64 18%	29 15%	39 21%	17 23%	54 23%	162 15%	110 22%	58 11%	63 11%	95 14%	66 27%	16 19%	160 15%	106 13%
			a	a	ac	a	abci	abc	abci	a	abcei				abc				
Tend to agree	(3.0)	726 36%	65 15%	80 35%	136 43%	155 44%	90 47%	91 50%	24 33%	84 35%	462 43%	199 40%	141 28%	216 39%	277 42%	81 34%	37 44%	398 37%	274 34%
			a	a	abh	abgh	abghj	a	a	abh	a			a	ad				
Tend to disagree	(2.0)	599 30%	168 40%	69 30%	92 29%	98 28%	53 28%	33 18%	25 35%	62 26%	311 29%	120 24%	176 35%	169 31%	201 30%	48 20%	20 24%	319 30%	252 31%
			bcdefhij	f	f	f	f	f	f	f	f	f	d	d	d				
Strongly disagree	(1.0)	284 14%	136 32%	35 15%	35 11%	20 6%	12 6%	13 7%	3 4%	31 13%	102 9%	47 9%	115 23%	65 12%	65 10%	33 14%	7 8%	142 13%	131 16%
			bcdefghij	defgij	d				defg	d	d	bcd							
Don't know		105 5%	37 9%	14 6%	13 4%	16 5%	7 4%	7 4%	3 5%	7 3%	50 5%	17 4%	21 4%	36 7%	29 4%	12 5%	4 4%	51 5%	44 6%
			cdefhij																
NET: Agree		1014 51%	80 19%	110 48%	175 56%	219 62%	119 62%	130 71%	41 57%	139 58%	624 57%	310 63%	199 39%	279 51%	372 56%	148 61%	52 63%	558 52%	380 47%
			a	a	ab	ab	abcdghij	a	ab	ab	abci			a	a	ab	bc	c	
NET: Disagree		884 44%	305 72%	104 46%	126 40%	118 33%	65 34%	46 25%	28 39%	93 39%	413 38%	166 34%	292 57%	233 43%	265 40%	82 34%	27 32%	461 43%	383 47%
			bcdefghij	defij	f	f			f	f	f	f	bcd	d				a	
Base for stats		1897	385	213	302	337	184	176	69	231	1036	476	491	512	637	229	79	1019	763
Mean Score		2.54	1.90	2.49	2.60	2.78	2.74	2.89	2.80	2.70	2.66	2.78	2.29	2.54	2.63	2.79	2.77	2.56	2.47
			a	a	abci	ab	abchi	ab	ab	ab	abci		a	a	abc	c	c		
Standard Deviation		.923	.822	.926	.855	.821	.802	.830	.865	.975	.857	.911	.956	.865	.857	1.020	.870	.916	.933
Standard Error		.021	.042	.063	.049	.045	.059	.062	.106	.064	.027	.042	.043	.038	.034	.068	.097	.029	.033
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

		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		2002	618	696	664	943	601
Total		2002	615	704	660	937	598
		100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	288 14%	156 25% bc	70 10%	59 9%	189 20% b	62 10%
Tend to agree	(3.0)	726 36%	282 46% bc	238 34%	198 30%	361 39%	225 38%
Tend to disagree	(2.0)	599 30%	126 21%	243 35% a	227 34% a	245 26%	187 31% a
Strongly disagree	(1.0)	284 14%	25 4%	109 16% a	143 22% ab	102 11%	86 14% a
Don't know		105 5%	25 4%	44 6%	33 5%	40 4%	38 6%
NET: Agree		1014 51%	438 71% bc	308 44%	257 39%	550 59% b	287 48%
NET: Disagree		884 44%	151 25%	352 50% a	370 56% ab	347 37%	273 46% a
Base for stats		1897	589	661	627	898	560
Mean Score		2.54	2.97	2.41	2.27	2.71	2.47
Standard Deviation		.923	.804 bc	.887 c	.919	.925 b	.884
Standard Error		.021	.033	.035	.037	.031	.037
Error variance		*	*	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	383 19%	173 18%	207 20%	145 24% bc	127 19% c	111 15%	14 15%	57 22% h	44 22% h	47 22% h	37 22% h	32 14%	76 24% fh	39 12%	38 19% h
Tend to agree (3.0)	848 42%	423 43%	420 41%	234 39%	251 38%	363 49% ab	45 47% b	90 35%	80 41%	76 36%	65 37%	111 50% bde	141 45% b	148 45% bd	93 45% b
Tend to disagree (2.0)	458 23%	224 23%	230 23%	137 23%	165 25%	156 21%	23 25%	62 24%	42 22%	54 26% g	45 26% g	49 22%	58 18%	75 23%	49 24%
Strongly disagree (1.0)	232 12%	109 11%	121 12%	68 11%	81 12%	83 11%	10 10%	44 17% defgi	21 11%	21 10%	15 9%	21 9%	29 9%	51 16% eg	21 10%
Don't know	81 4%	44 5%	35 3%	21 3%	31 5%	29 4%	3 3%	8 3%	8 4%	12 6%	10 6%	9 4%	11 4%	16 5%	5 2%
NET: Agree	1231 62%	596 61%	627 62%	379 63%	378 58%	474 64% b	60 62%	147 56%	124 64%	122 59%	102 59%	143 64%	217 69% bdeh	186 57%	131 64%
NET: Disagree	690 34%	333 34%	351 35%	204 34%	247 38% c	239 32%	33 35%	106 41% g	63 32%	74 36%	61 35%	70 32%	87 28%	126 38% g	69 34%
Base for stats	1921	929	978	583	625	713	93	253	187	197	163	213	304	312	200
Mean Score	2.72	2.71	2.73	2.78	2.68	2.70	2.69	2.63	2.79 h	2.75 h	2.76 h	2.72	2.87 bh	2.56	2.74 h
Standard Deviation	.918	.902	.932	.949	.941	.869	.862	1.016	.931	.934	.913	.836	.899 bh	.908	.883 h
Standard Error	.021	.030	.029	.038	.037	.034	.085	.061	.066	.067	.068	.069	.051	.051	.063
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	383 19%	62 33% bcdefgh	75 17%	93 21% f	49 19%	35 19%	69 14%	230 21% fh	153 17%	296 18%	14 25%	37 27% a	21 29% a	4 13%	5 40%	81 26% a
Tend to agree (3.0)	848 42%	63 34%	190 42% a	192 43% a	106 42%	75 41%	222 46% a	445 41%	403 44% a	718 43%	17 32%	57 41%	31 42%	13 50%	6 47%	124 41%
Tend to disagree (2.0)	458 23%	43 23%	110 24%	93 21%	64 25%	45 25%	103 21%	246 23%	212 23%	393 24%	14 26%	26 19%	10 14%	6 24%	2 14%	59 19%
Strongly disagree (1.0)	232 12%	15 8%	52 12%	56 12%	27 11%	21 11%	62 13%	122 11%	110 12%	199 12%	6 11%	14 10%	9 12%	2 7%	-	30 10%
Don't know	81 4%	4 2%	21 5%	14 3%	8 3%	9 5%	24 5%	40 4%	41 4%	67 4%	3 6%	4 3%	2 3%	2 6%	-	11 4%
NET: Agree	1231 62%	125 67%	266 59%	285 64%	155 61%	110 60%	291 61%	675 62%	556 61%	1014 61%	31 57%	94 68%	52 71%	17 63%	10 86%	204 67% a
NET: Disagree	690 34%	58 31%	161 36%	149 33%	91 36%	66 36%	165 34%	368 34%	322 35%	592 35% g	20 37%	40 29%	19 26%	8 31%	2 14%	89 29%
Base for stats	1921	182	427	434	246	176	456	1043	878	1607	51	134	71	25	12	293
Mean Score	2.72	2.94 bcdefgh	2.68	2.74	2.72	2.71	2.65	2.75	2.68	2.69	2.76	2.88 a	2.91 a	2.74	3.26	2.87 a
Standard Deviation	.918	.947	.904	.937	.906	.918	.897	.929	.903	.911	.982	.936 a	.972 a	.804	.712	.934
Standard Error	.021	.071	.045	.045	.057	.067	.042	.029	.030	.023	.134	.080	.114	.152	.206	.054
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.02	.04	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	383 19%	220 18%	78 22%	61 19%	139 21%	40 25% cdij	41 34% cdeij	108 18%	32 15%	7 15%	10 21%	43 29% cdeij	23 24% dij	21 14%	57 14%	81 29% cdeij
Tend to agree (3.0)	848 42%	546 44%	151 43%	122 38%	273 41%	70 44%	43 36%	248 40%	104 49% bcghi	17 34%	20 42%	56 37%	34 37%	55 37%	201 50% bceghik	112 41%
Tend to disagree (2.0)	458 23%	291 23%	64 18%	82 26% b	146 22%	36 22%	24 20%	159 26% i	42 20%	17 33% di	13 27%	32 21%	20 22%	27 18%	88 22%	60 22%
Strongly disagree (1.0)	232 12%	138 11%	43 12%	44 14%	87 13%	9 5%	10 8%	81 13% ak	28 13% ak	6 12%	3 6%	13 8%	10 11%	31 21% abcfghijk	42 10%	18 7%
Don't know	81 4%	52 4%	13 4%	10 3%	23 3%	5 3%	1 1%	19 3%	6 3%	3 6%	2 4%	7 5%	6 6% b	16 11% abcdgjk	16 4%	6 2%
NET: Agree	1231 62%	766 61%	229 66% c	183 58%	412 62%	110 69% cei	84 71% cei	356 58%	137 64% ei	25 49%	30 63%	99 66% ei	56 61%	76 50%	258 64% ei	193 70% cei
NET: Disagree	690 34%	429 34%	108 31%	125 39% b	233 35%	44 28%	34 29%	239 39% abgjk	71 33%	23 45% abgk	16 33%	45 30%	30 33%	58 39% ak	130 32%	78 28%
Base for stats	1921	1195	337	308	645	154	118	595	207	48	46	144	87	135	388	272
Mean Score	2.72	2.71	2.78	2.65	2.72	2.92 cdeij	2.98 cdeij	2.65	2.68	2.55	2.82 i	2.90 cdeij	2.80 i	2.49	2.70 i	2.94 cdeij
Standard Deviation	.918	.898	.945	.954	.951	.844	.945	.930	.897	.912	.851	.935	.961	1.019	.849	.888
Standard Error	.021	.026	.054	.057	.039	.067	.086	.038	.062	.132	.126	.077	.099	.086	.044	.053
Error variance	*	*	*	*	*	*	.01	*	*	.02	.02	.01	.01	.01	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726	
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	383 19%	80 18%	78 21%	25 18%	4 16%	103 20%	84 18%	84 17%	71 27% acf	25 14%	6 15%	96 22% cf	90 16%	42 16%	210 19%	104 20%	27 24% a	341 20%	
Tend to agree (3.0)	848 42%	175 40%	172 45%	54 39%	12 42%	225 43%	187 40%	206 41%	108 41%	81 45%	17 43%	189 43%	223 41%	122 46% d	484 44% d	208 40%	34 31%	726 42% d	
Tend to disagree (2.0)	458 23%	113 25%	89 23%	37 26%	8 27%	125 24%	120 26%	134 26%	54 20%	50 28%	7 18%	103 23%	142 26%	64 24%	245 22%	120 23%	29 27%	394 23%	
Strongly disagree (1.0)	232 12%	61 14% b	35 9%	21 15%	4 15%	55 11%	65 14% b	72 14% be	21 8%	21 12%	8 21% be	42 10%	80 15% be	27 10%	130 12%	62 12%	13 12%	205 12%	
Don't know	81 4%	14 3%	8 2%	3 2%	- -	11 2%	14 3%	12 2%	10 4%	3 2%	1 2%	13 3%	12 2%	12 4%	41 4%	23 4%	6 5%	69 4%	
NET: Agree	1231 62%	255 58%	250 66% af	78 57%	16 57%	328 63%	272 58%	291 57%	179 68% af	106 59%	22 58%	285 64% af	313 57%	164 62%	694 63%	313 61%	61 56%	1067 61%	
NET: Disagree	690 34%	174 39% b	124 32%	57 41%	12 43%	181 35%	186 39% b	206 41% be	75 28%	71 39% b	15 40%	145 33%	222 40% be	90 34%	376 34%	181 35%	43 39%	599 35%	
Base for stats	1921	429	374	136	28	509	458	497	254	177	38	430	535	255	1069	494	103	1667	
Mean Score	2.72	2.64	2.79 af	2.61	2.57	2.74	2.64	2.61	2.90 acdf	2.62	2.52	2.79 acf	2.60	2.70	2.72	2.72	2.72	2.72	
Standard Deviation	.918	.943	.881 af	.957	.946	.904	.943	.931	.904 acdf	.871	1.007	.900 acf	.936	.868	.915	.936	.991	.926	
Standard Error	.021	.045	.046	.082	.173	.040	.044	.042	.057	.065	.159	.043	.041	.053	.028	.042	.096	.023	
Error variance	*	*	*	.01	.03	*	*	*	*	*	.03	*	*	*	*	*	.01	*	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	383	233	71	55	16	256	117	20	313	70	325	54
	19%	27%	18%	27%	15%	17%	20%	18%	30%	20%	17%	19%	18%
		b		bde			b		bcde				
Tend to agree	(3.0)	848	559	98	154	34	568	264	20	676	172	729	113
	42%	40%	42%	37%	42%	38%	44%	41%	30%	43%	42%	43%	38%
							af						
Tend to disagree	(2.0)	458	308	51	90	25	286	153	12	358	100	382	71
	23%	20%	23%	19%	24%	28%	22%	24%	19%	23%	24%	23%	24%
Strongly disagree	(1.0)	232	165	30	53	14	142	85	10	179	53	186	43
	12%	10%	13%	11%	14%	15%	11%	13%	15%	11%	13%	11%	14%
Don't know		81	50	14	18	2	40	29	4	64	17	58	20
	4%	3%	4%	5%	5%	2%	3%	4%	6%	4%	4%	3%	7%
													a
NET: Agree		1231	792	169	209	50	823	381	40	989	242	1054	167
	62%	67%	60%	64%	57%	55%	64%	59%	60%	62%	59%	63%	56%
		b					be					b	
NET: Disagree		690	473	81	143	39	428	239	22	536	154	568	114
	34%	30%	36%	31%	39%	43%	33%	37%	33%	34%	37%	34%	38%
			a		ad	a							
Base for stats		1921	1265	250	352	89	1251	619	62	1525	396	1622	282
Mean Score		2.72	2.68	2.84	2.60	2.58	2.75	2.67	2.81	2.74	2.65	2.74	2.63
		b		bce			b						
Standard Deviation		.918	.921	.974	.925	.955	.908	.936	1.063	.916	.924	.908	.962
Standard Error		.021	.026	.060	.050	.100	.026	.037	.135	.023	.047	.023	.056
Error variance		*	*	*	*	.01	*	*	.02	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	383 19%	39 9%	43 19%	61 19%	67 19%	37 19%	48 26%	19 26%	70 29%	208 19%	136 28%	100 19%	94 17%	116 17%	69 28%	20 24%	189 18%	164 20%
			a	a	a	a	ai	a	abcdei	a	abcdei				abc			
Tend to agree (3.0)	848 42%	135 32%	98 43%	138 44%	181 51%	84 44%	75 41%	34 47%	103 43%	501 46%	212 43%	188 37%	237 43%	318 48%	97 40%	38 46%	491 46%	307 38%
			a	a	acjf	a	a	a	a	a	a		a	ad			c	
Tend to disagree (2.0)	458 23%	119 28%	51 22%	80 25%	69 19%	50 26%	37 20%	11 16%	41 17%	249 23%	89 18%	127 25%	126 23%	157 24%	41 17%	17 21%	225 21%	204 25%
		dfghij		hj		hj				j		d		d				b
Strongly disagree (1.0)	232 12%	98 23%	26 12%	28 9%	22 6%	16 8%	16 9%	5 6%	22 9%	92 8%	42 9%	79 16%	62 11%	60 9%	25 10%	7 9%	122 11%	98 12%
		bcdefghij	d									bc						
Don't know	81 4%	30 7%	10 4%	9 3%	14 4%	5 3%	8 4%	3 4%	2 1%	37 3%	13 3%	18 4%	29 5%	15 2%	10 4%	1 1%	43 4%	34 4%
		cdehij	h		h		h			h			c					
NET: Agree	1231 62%	175 41%	140 62%	198 63%	249 70%	121 63%	123 67%	53 73%	173 73%	708 65%	348 71%	287 56%	331 60%	434 65%	166 69%	57 69%	680 64%	471 58%
			a	a	abc	a	a	a	abcei	a	abci			a	ab	c	c	
NET: Disagree	690 34%	217 51%	77 34%	108 34%	90 26%	65 34%	53 29%	16 22%	63 26%	341 31%	132 27%	206 40%	187 34%	217 33%	66 27%	24 30%	346 32%	302 37%
		bcdefghij	dj	dhj		dj				d		bcd						b
Base for stats	1921	392	217	307	339	186	175	69	236	1049	480	493	519	651	232	82	1026	773
Mean Score	2.72	2.30	2.72	2.75	2.87	2.76	2.88	2.97	2.94	2.79	2.92	2.62	2.70	2.75	2.91	2.85	2.73	2.69
		a	a	ab	a	a	a	ab	abcei	a	abcei			a	abc			
Standard Deviation	.918	.955	.915	.875	.802	.868	.915	.847	.914	.860	.904	.981	.901	.854	.948	.895	.897	.944
Standard Error	.021	.049	.062	.050	.044	.063	.069	.104	.059	.026	.041	.044	.039	.034	.063	.098	.029	.033
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	383 19%	196 32% bc	85 12%	98 15%	242 26% b	82 14%
Tend to agree (3.0)	848 42%	287 47% bc	291 41%	268 41%	397 42%	247 41%
Tend to disagree (2.0)	458 23%	89 14%	192 27% a	169 26% a	191 20%	156 26% a
Strongly disagree (1.0)	232 12%	32 5%	101 14% a	94 14% a	85 9%	82 14% a
Don't know	81 4%	11 2%	35 5% a	30 5% a	22 2%	30 5% a
NET: Agree	1231 62%	483 79% bc	376 53%	366 56%	639 68% b	330 55%
NET: Disagree	690 34%	120 20%	293 42% a	264 40% a	277 30%	238 40% a
Base for stats	1921	604	669	630	916	568
Mean Score	2.72	3.07 bc	2.54	2.59	2.87 b	2.58
Standard Deviation	.918	.823	.897	.925	.911	.908
Standard Error	.021	.033	.035	.037	.030	.038
Error variance	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	228 11%	115 12%	112 11%	99 16% c	83 13% c	47 6%	11 11%	33 13%	22 11%	29 14% h	25 14% h	17 8%	48 15% fhi	28 8%	17 8%
Tend to agree (3.0)	656 33%	295 30%	358 35% a	207 34%	218 33%	231 31%	29 30%	79 30%	57 29%	64 31%	53 31%	69 31%	107 34%	123 37% c	74 36%
Tend to disagree (2.0)	548 27%	273 28%	271 27%	154 26%	187 28%	207 28%	29 30%	65 25%	52 27%	59 28%	45 26%	70 31%	76 24%	88 27%	64 31%
Strongly disagree (1.0)	394 20%	212 22% b	176 17%	90 15%	112 17%	191 26% ab	19 20%	61 24% g	41 21%	40 19%	35 20%	48 21%	53 17%	63 19%	34 17%
Don't know	176 9%	79 8%	96 10%	54 9%	56 9%	66 9%	8 8%	23 9%	23 12%	17 8%	15 9%	18 8%	31 10%	26 8%	15 7%
NET: Agree	884 44%	410 42%	470 46%	305 51% c	301 46% c	278 37%	40 42%	112 43%	79 40%	93 45%	78 45%	86 39%	155 49% cf	151 46%	91 44%
NET: Disagree	942 47%	485 50% b	447 44%	244 40%	299 46%	399 54% ab	48 50%	126 48%	94 48%	98 47%	80 46%	117 53% g	129 41%	151 46%	98 48%
Base for stats	1826	895	917	550	600	676	87	238	172	192	158	203	284	302	189
Mean Score	2.39	2.35	2.44 a	2.57 bc	2.45 c	2.20	2.36	2.35	2.34	2.43	2.43	2.27	2.53 bcf	2.38	2.39
Standard Deviation	.959	.980	.937 a	.966 bc	.949 c	.929	.961	1.011	.980	.983	1.002	.915	.981	.916	.883
Standard Error	.022	.034	.030	.040	.038	.037	.097	.063	.072	.071	.076	.078	.058	.053	.064
Error variance	*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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		2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total		2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	228 11%	46 25% bcdefgh	57 13% fh	48 11% f	28 11% f	20 11% f	29 6% f	151 14% fh	77 8% fh	172 10%	5 9%	26 19% a	16 22% ab	3 10%	2 17%	52 17% a
Tend to agree	(3.0)	656 33%	58 31%	157 35% f	163 36% fh	86 34%	60 32%	131 27%	379 35% fh	277 30%	525 31%	19 36%	61 44% a	27 37%	11 42%	6 51%	124 41% a
Tend to disagree	(2.0)	548 27%	40 22%	115 26%	119 27%	78 31% a	55 30%	140 29%	275 25%	273 30% ag	473 28%	14 27%	29 21%	14 19%	10 38%	4 33%	71 23%
Strongly disagree	(1.0)	394 20%	25 13%	81 18%	77 17%	47 18%	31 17%	133 28% abcdegh	183 17%	211 23% abcg	354 21% cg	10 19%	14 10%	10 13%	3 10%	- -	36 12%
Don't know		176 9%	16 9%	38 8%	40 9%	15 6%	19 10%	48 10%	95 9%	81 9%	150 9%	6 10%	9 6%	6 9%	- -	- -	21 7%
NET: Agree		884 44%	105 56% cdefh	214 48% fh	211 47% fh	114 45% f	80 43% f	160 33% f	530 49% fh	354 38% fh	697 42%	24 44%	87 63% ab	43 59% a	14 52%	8 67%	176 58% a
NET: Disagree		942 47%	65 35%	196 44% a	197 44% a	125 49% ag	86 46% a	273 57% abceg	458 42%	484 53% abcg	827 49% cdg	25 45%	42 31%	24 32%	13 48%	4 33%	107 35%
Base for stats		1826	170	410	408	239	166	433	988	838	1524	49	129	67	27	12	283
Mean Score		2.39	2.74 bcdefgh	2.46 fh	2.45 fh	2.40 fh	2.42 fh	2.13 fh	2.50 fh	2.26 f	2.34	2.39	2.77 ab	2.75 ab	2.51	2.84	2.68 ab
Standard Deviation		.959	1.019	.961	.929	.930	.926	.931	.963	.939	.956	.931	.896	.995	.819	.714	.920
Standard Error		.022	.079	.048	.046	.059	.070	.045	.031	.032	.025	.130	.078	.120	.152	.206	.054
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.02	.04	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
Significance Level: 95%																	
Unweighted Total	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287	
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	228	115	49	50	98	30	29	91	17	9	7	12	5	9	18	59
		11%	9%	14%	16%	15%	19%	24%	15%	8%	19%	15%	8%	6%	6%	5%	21%
			a	a	a	dghij	cdghij	dghij		dghij	j						cdghij
Tend to agree	(3.0)	656	394	118	109	227	59	49	203	72	15	17	50	27	41	124	108
		33%	32%	34%	34%	34%	37%	41%	33%	34%	29%	36%	33%	29%	27%	31%	39%
								ij									ij
Tend to disagree	(2.0)	548	358	96	80	175	37	21	173	64	16	8	48	28	39	114	58
		27%	29%	27%	25%	26%	23%	18%	28%	30%	32%	16%	32%	30%	26%	28%	21%
								bk	bfk	b		bfk	b		bk		
Strongly disagree	(1.0)	394	265	60	54	114	21	11	117	40	6	10	21	15	37	115	32
		20%	21%	17%	17%	17%	13%	9%	19%	19%	12%	22%	14%	16%	25%	28%	11%
			d					bk	bk		b			abgk	abcdeghk		
Don't know		176	115	26	26	52	11	9	31	19	5	5	19	18	25	33	21
		9%	9%	7%	8%	8%	7%	8%	5%	9%	9%	11%	13%	19%	16%	8%	8%
									c			c	abcdjk	abcdjk	c		
NET: Agree		884	509	167	159	326	89	78	294	89	24	25	62	32	50	142	167
		44%	41%	48%	50%	49%	56%	65%	48%	42%	48%	51%	41%	35%	33%	35%	60%
				a	a	a	dghij	cdeghij	hij		ij						cdghij
NET: Disagree		942	623	156	133	290	59	32	290	105	22	18	69	43	76	229	90
		47%	50%	45%	42%	43%	37%	27%	47%	49%	43%	37%	46%	46%	50%	57%	33%
			cd					abk	abk	b		bk	bk	abk	abcfjk		
Base for stats		1826	1132	323	292	615	148	109	583	194	46	43	131	75	126	371	257
Mean Score		2.39	2.32	2.48	2.53	2.50	2.66	2.88	2.46	2.34	2.60	2.50	2.40	2.30	2.18	2.12	2.75
				a	a	a	cdghij	cdghij	ij	j	ij	j	ij				cdghij
Standard Deviation		.959	.942	.963	.980	.971	.964	.913	.980	.905	.963	1.053	.868	.870	.946	.909	.947
Standard Error		.022	.028	.056	.060	.041	.078	.086	.041	.065	.140	.161	.075	.096	.083	.049	.058
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.03	.01	.01	.01	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	228 11%	61 14%	62 16%	21 15%	4 16%	83 16%	65 14%	75 15%	47 18%	22 12%	5 13%	70 16%	80 15%	26 10%	121 11%	68 13%	14 13%	203 12%
Tend to agree (3.0)	656 33%	145 33%	137 36%	46 33%	10 36%	183 35%	155 33%	165 32%	101 38%	59 33%	15 37%	159 36%	179 33%	76 29%	351 32%	194 38%	34 31%	580 33%
Tend to disagree (2.0)	548 27%	120 27%	101 26%	40 29%	9 32%	141 27%	129 27%	144 28%	67 25%	50 28%	7 18%	117 26%	151 28%	69 26%	323 29%	123 24%	33 30%	479 28%
Strongly disagree (1.0)	394 20%	94 21%	54 14%	21 15%	3 11%	76 15%	97 20%	101 20%	28 11%	33 18%	9 23%	61 14%	110 20%	66 25%	222 20%	89 17%	16 15%	328 19%
Don't know	176 9%	24 5%	27 7%	10 7%	2 6%	37 7%	26 5%	24 5%	22 8%	15 9%	3 7%	37 8%	27 5%	30 11%	93 8%	42 8%	11 10%	146 8%
NET: Agree	884 44%	206 46%	199 52%	67 48%	15 51%	267 51%	220 47%	239 47%	148 56%	81 45%	20 51%	229 52%	259 47%	101 38%	472 43%	262 51%	48 44%	783 45%
NET: Disagree	942 47%	214 48%	155 41%	62 44%	12 43%	217 42%	226 48%	245 48%	95 36%	83 46%	16 42%	178 40%	261 48%	135 51%	545 49%	213 41%	49 45%	807 46%
Base for stats	1826	420	355	129	27	484	446	484	243	164	36	407	520	236	1017	475	98	1590
Mean Score	2.39	2.41	2.58	2.52	2.60	2.57	2.42	2.44	2.69	2.43	2.44	2.58	2.44	2.26	2.36	2.51	2.48	2.41
Standard Deviation	.959	.990	.951	.955	.914	.952	.986	.986	.915	.961	1.034	.941	.989	.984	.952	.956	.944	.954
Standard Error	.022	.048	.051	.084	.173	.043	.047	.045	.059	.075	.168	.047	.043	.063	.030	.044	.094	.024
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.03	*	*	*	*	*	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317	
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	228	68	131	33	31	7	154	68	3	187	41	189	34
		11%	18%	10%	12%	8%	8%	12%	10%	4%	12%	10%	11%	11%
			b	f	f	f	f	f	f	f	f	f	f	f
Tend to agree	(3.0)	656	147	418	92	119	34	418	217	24	525	131	562	87
		33%	39%	32%	35%	32%	37%	32%	33%	36%	33%	32%	33%	29%
			b	b	b	b	b	b	b	b	b	b	b	b
Tend to disagree	(2.0)	548	85	389	67	93	19	368	165	13	427	121	466	79
		27%	22%	30%	25%	25%	21%	28%	25%	19%	27%	29%	28%	26%
			a	a	a	a	a	a	a	a	a	a	a	a
Strongly disagree	(1.0)	394	54	267	47	89	22	246	137	18	303	91	325	65
		20%	14%	20%	18%	24%	24%	19%	21%	27%	19%	22%	19%	22%
			a	a	a	ad	a	a	a	a	a	a	a	a
Don't know		176	28	110	26	38	9	105	62	10	148	28	138	35
		9%	7%	8%	10%	10%	9%	8%	9%	14%	9%	7%	8%	12%
			a	a	a	a	a	a	a	a	a	a	a	a
NET: Agree		884	215	550	125	150	41	572	285	26	712	172	750	122
		44%	56%	42%	47%	41%	46%	44%	44%	40%	45%	42%	45%	40%
			b	b	b	b	b	b	b	b	b	b	b	b
NET: Disagree		942	139	655	114	182	41	614	302	31	729	212	791	144
		47%	36%	50%	43%	49%	45%	48%	47%	46%	46%	51%	47%	48%
			a	a	a	a	a	a	a	a	a	a	a	a
Base for stats		1826	355	1205	238	332	82	1186	587	57	1441	385	1542	266
Mean Score		2.39	2.65	2.34	2.47	2.28	2.32	2.40	2.37	2.20	2.41	2.32	2.40	2.34
			b	b	b	b	b	b	b	b	b	b	b	b
Standard Deviation		.959	.959	.942	.960	.963	.972	.957	.966	.943	.961	.952	.952	.989
Standard Error		.022	.051	.027	.060	.053	.105	.028	.040	.125	.025	.049	.024	.059
Error variance		*	*	*	*	*	.01	*	*	.02	*	*	*	*



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	228 11%	24 6%	25 11%	39 12%	45 13%	29 15%	23 13%	11 16%	33 14%	137 13%	68 14%	52 10%	49 9%	76 11%	49 20%	20 24%	118 11%	83 10%
			a	a	a	a	a	a	a	a	a				abc	bc		
Tend to agree (3.0)	656 33%	89 21%	78 34%	113 36%	143 41%	67 35%	64 35%	27 38%	75 31%	401 37%	165 34%	154 30%	175 32%	242 36%	76 31%	30 36%	381 36%	239 30%
			a	a	ahj	a	a	a	a	a	a			a			c	
Tend to disagree (2.0)	548 27%	128 30%	64 28%	81 26%	94 27%	53 28%	47 25%	17 24%	65 27%	292 27%	129 26%	137 27%	163 30%	192 29%	48 20%	20 24%	278 26%	238 29%
												d	d	d				d
Strongly disagree (1.0)	394 20%	131 31%	36 16%	51 16%	47 13%	34 18%	33 18%	11 15%	50 21%	168 15%	94 19%	131 26%	105 19%	103 15%	51 21%	10 12%	201 19%	175 22%
		bcdefghij							di		d	bc		c				a
Don't know	176 9%	50 12%	25 11%	32 10%	23 7%	9 5%	16 9%	5 7%	16 7%	89 8%	37 8%	38 7%	56 10%	53 8%	17 7%	3 4%	92 9%	72 9%
		dehij	e	e														
NET: Agree	884 44%	113 27%	103 45%	152 48%	188 53%	95 50%	87 47%	38 53%	108 45%	538 49%	233 47%	206 40%	224 41%	318 48%	125 52%	50 60%	498 47%	322 40%
			a	a	a	a	a	a	a	a	a			ab	ab	bc	c	
NET: Disagree	942 47%	259 61%	100 44%	132 42%	141 40%	87 46%	80 44%	28 40%	114 48%	460 42%	223 45%	268 52%	268 49%	295 44%	99 41%	30 36%	479 45%	413 51%
		bcdefghij										cd	d					ab
Base for stats	1826	372	202	284	329	182	167	67	222	998	456	474	492	613	224	79	978	735
Mean Score	2.39	2.01	2.45	2.49	2.56	2.50	2.46	2.58	2.41	2.51	2.45	2.27	2.34	2.47	2.55	2.75	2.42	2.31
		a	a	a	a	a	a	a	a	a	a			ab	ab	bc	c	
Standard Deviation	.959	.922	.923	.942	.897	.969	.966	.962	.997	.928	.980	.985	.923	.913	1.070	.970	.948	.959
Standard Error	.022	.048	.065	.055	.049	.071	.075	.119	.067	.029	.046	.045	.041	.037	.072	.107	.031	.034
Error variance	*	*	*	*	*	.01	.01	.01	*	*	*	*	*	*	.01	.01	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	228 11%	117 19% bc	60 8%	50 8%	151 16% b	55 9%
Tend to agree (3.0)	656 33%	225 37% b	211 30%	213 32%	328 35%	191 32%
Tend to disagree (2.0)	548 27%	152 25%	206 29%	185 28%	233 25%	187 31% a
Strongly disagree (1.0)	394 20%	79 13%	163 23% a	146 22% a	151 16%	120 20% a
Don't know	176 9%	42 7%	65 9%	65 10% a	75 8%	46 8%
NET: Agree	884 44%	342 56% bc	270 38%	263 40%	478 51% b	246 41%
NET: Disagree	942 47%	231 38%	369 52% a	332 50% a	383 41%	306 51% a
Base for stats	1826	573	639	594	862	552
Mean Score	2.39	2.66 bc	2.26	2.28	2.56 b	2.33
Standard Deviation	.959	.954	.944	.928	.974	.925
Standard Error	.022	.040	.038	.038	.033	.039
Error variance	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	440 22%	217 22%	221 22%	166 28% bc	144 22% c	130 18%	21 22%	69 27% d	38 20%	35 17%	39 23%	46 21%	87 27% cdhi	65 20%	40 20%
Tend to agree (3.0)	660 33%	300 31%	356 35% a	217 36% c	234 36% c	209 28%	31 33%	78 30%	61 31%	73 35%	49 28%	73 33%	115 36%	120 37%	60 29%
Tend to disagree (2.0)	471 24%	247 25%	220 22%	114 19%	149 23%	209 28% ab	27 28%	51 20%	40 21%	50 24%	46 27%	55 25%	68 22%	81 25%	53 26%
Strongly disagree (1.0)	294 15%	151 16%	140 14%	63 10%	79 12%	151 20% ab	13 14%	46 18% g	35 18% g	29 14% g	30 17% g	33 15% g	25 8%	47 14% g	35 17% g
Don't know	136 7%	58 6%	77 8%	43 7%	50 8%	43 6%	3 3%	16 6%	21 11% aeh	22 11% aeh	9 5%	14 6%	20 6%	15 5%	16 8%
NET: Agree	1101 55%	517 53%	577 57%	384 64% bc	378 58% c	339 46%	52 55%	147 56%	99 51%	107 51%	88 51%	120 54%	201 64% cdefi	185 56%	100 49%
NET: Disagree	765 38%	398 41% b	360 36%	177 29%	228 35% a	360 49% ab	40 42% g	98 37% g	75 38% g	79 38% g	76 44% g	88 40% g	94 30%	128 39% g	88 43% g
Base for stats	1866	915	937	561	606	699	92	245	173	187	164	207	295	313	189
Mean Score	2.67	2.64	2.70	2.87 bc	2.73 c	2.45	2.65	2.69	2.59	2.60	2.59	2.64	2.89 abcdefhi	2.65	2.56
Standard Deviation	1.005	1.018	.990	.967	.967	1.027	.991	1.077	1.043	.964	1.042	.999	.928	.973	1.025
Standard Error	.023	.035	.032	.039	.039	.041	.098	.066	.077	.071	.077	.084	.054	.055	.075
Error variance	*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	440 22%	63 34% cdefgh	117 26% efh	102 23% fh	53 21% f	35 19% f	70 15% abcdegh	282 26% efh	158 17% abcdeg	352 21%	16 30%	37 27%	22 30%	3 10%	3 27%	81 27% a
Tend to agree (3.0)	660 33%	66 36% f	163 36% fh	150 33% f	91 36% f	64 34% f	126 26% f	379 35% fh	281 31% a	535 32%	17 32%	54 39%	31 42%	10 36%	4 36%	116 38% a
Tend to disagree (2.0)	471 24%	30 16%	108 24% a	110 25% a	57 22% a	49 26% a	118 25% a	248 23% a	223 24% a	413 25%	10 18%	24 18%	11 15%	6 23%	4 31%	55 18%
Strongly disagree (1.0)	294 15%	20 11%	39 9%	55 12% b	36 14% b	20 11% b	125 26% abcdegh	114 11% abcdeg	180 20% abcdeg	263 16%	6 11%	12 8%	7 10%	4 15%	- -	29 9%
Don't know	136 7%	7 4%	22 5%	30 7%	16 6%	19 10% abg	41 9% abg	60 6% abg	76 8% abg	110 7%	5 9%	11 8%	2 3%	4 16%	1 6%	23 8%
NET: Agree	1101 55%	129 69% cdefgh	279 62% efh	252 56% fh	145 57% fh	98 53% f	196 41% f	661 61% efh	439 48% f	887 53%	34 62%	90 66% a	53 72% a	12 46%	8 63%	197 65% a
NET: Disagree	765 38%	50 27%	147 33%	165 37% a	92 37% a	68 37% a	243 50% abcdegh	362 33% abcdeg	403 44% abcdg	677 40%	15 28%	36 26%	19 25%	10 38%	4 31%	84 28%
Base for stats	1866	179	426	418	237	166	439	1023	843	1563	49	127	71	23	11	281
Mean Score	2.67	2.96 cdefh	2.84 dfh	2.72 fh	2.68 fh	2.68 fh	2.32 fh	2.81 fh	2.50 f	2.62	2.90 a	2.91 a	2.95 a	2.48	2.96	2.89 a
Standard Deviation	1.005	.984	.931	.979	.984	.936	1.054	.964	1.027	1.011	1.004	.921	.942	.941	.820	.941
Standard Error	.023	.074	.046	.048	.063	.071	.050	.030	.035	.026	.139	.081	.110	.188	.247	.055
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.04	.06	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d		a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																	
Unweighted Total	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287	
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	440	249	83	87	170	48	41	151	42	12	10	25	26	25	61	89
		22%	20%	24%	27%	26%	30%	34%	25%	20%	24%	20%	17%	28%	16%	15%	32%
				a	a		dgij	cdgij	gij				gij				cdgij
Tend to agree	(3.0)	660	379	134	120	254	56	46	233	68	21	17	42	33	36	110	102
		33%	30%	38%	38%	38%	35%	39%	38%	32%	41%	35%	28%	35%	24%	27%	37%
			a	a	a		i	ij	gij		ij		i				ij
Tend to disagree	(2.0)	471	319	74	60	134	28	19	131	64	11	16	35	16	42	110	46
		24%	26%	21%	19%	20%	17%	16%	21%	30%	21%	32%	23%	17%	28%	27%	17%
			cd						abchk			abhk		abhk	abchk		
Strongly disagree	(1.0)	294	217	36	31	67	14	10	68	27	5	3	27	10	30	99	24
		15%	17%	10%	10%	10%	9%	9%	11%	13%	10%	6%	18%	11%	20%	25%	9%
			bcd									abcfk		abcfk	abcdefhk		
Don't know		136	84	21	21	42	13	3	31	12	2	3	21	8	18	24	16
		7%	7%	6%	7%	6%	8%	3%	5%	6%	4%	7%	14%	9%	12%	6%	6%
							b					bcdjk	b	bcdjk			
NET: Agree		1101	628	217	207	424	104	87	384	110	32	26	67	58	60	171	191
		55%	50%	62%	65%	64%	66%	73%	63%	52%	64%	55%	45%	63%	40%	42%	69%
				a	a	a	dgij	cdgij	dgij	ij	gij		gij				dgij
NET: Disagree		765	536	110	90	201	42	29	199	91	16	18	63	26	73	210	71
		38%	43%	32%	28%	30%	26%	24%	32%	42%	32%	38%	42%	28%	48%	52%	25%
			bcd						k	abchk			abchk		abcehk	abcdeghk	
Base for stats		1866	1163	328	297	625	146	116	583	201	48	45	130	84	133	381	261
Mean Score		2.67	2.57	2.81	2.89	2.84	2.95	3.01	2.80	2.63	2.81	2.74	2.50	2.88	2.41	2.35	2.98
				a	a	a	dgij	cdgij	dgij	j	ij	j	dgij				cdgij
Standard Deviation		1.005	1.023	.943	.946	.944	.954	.936	.955	.961	.935	.869	1.034	.985	1.037	1.037	.945
Standard Error		.023	.030	.054	.057	.039	.078	.086	.040	.068	.134	.130	.090	.103	.089	.055	.058
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726	
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	440	100	102	35	6	137	107	118	69	43	12	112	129	43	235	136	27	398
		22%	23%	27%	25%	23%	26%	23%	23%	26%	24%	30%	25%	24%	16%	21%	26%	25%	23%
																ab	a	a	
Tend to agree	(3.0)	660	164	149	45	11	194	175	191	110	52	13	161	204	79	359	186	36	581
		33%	37%	39%	33%	40%	37%	37%	37%	42%	29%	34%	36%	37%	30%	32%	36%	33%	33%
									c	c			c						
Tend to disagree	(2.0)	471	103	75	42	5	118	108	117	54	51	7	106	124	72	272	112	16	400
		24%	23%	20%	31%	16%	23%	23%	23%	21%	29%	19%	24%	23%	27%	24%	22%	15%	23%
					b									d	d			d	
Strongly disagree	(1.0)	294	52	37	13	6	50	58	61	18	23	5	41	66	58	165	59	12	236
		15%	12%	10%	9%	21%	10%	12%	12%	7%	13%	14%	9%	12%	22%	15%	12%	11%	14%
					e				b		b		b	b	bcde				
Don't know		136	24	18	3	-	22	24	23	13	10	1	23	24	16	79	23	18	121
		7%	5%	5%	2%	-	4%	5%	4%	5%	6%	3%	5%	4%	6%	7%	5%	17%	7%
															c		abce	c	
NET: Agree		1101	264	251	80	18	331	282	308	179	95	25	274	333	121	595	322	63	979
		55%	60%	66%	58%	63%	64%	60%	61%	68%	53%	64%	62%	61%	46%	54%	62%	58%	56%
										c			c		a	abe	a	a	
NET: Disagree		765	155	113	56	10	168	166	177	72	74	13	147	190	129	436	172	28	636
		38%	35%	29%	40%	37%	32%	35%	35%	27%	41%	33%	33%	35%	49%	39%	33%	26%	37%
					b				b		be		b	bcde	cd			d	
Base for stats	1866	420	363	135	28	499	448	486	251	169	38	420	523	251	1031	493	91	1615	
Mean Score	2.67	2.75	2.87	2.75	2.65	2.84	2.74	2.75	2.92	2.68	2.83	2.82	2.76	2.42	2.65	2.81	2.86	2.71	
									acf						a	ab	a	a	
Standard Deviation	1.005	.958	.940	.949	1.069	.943	.965	.961	.880	1.003	1.034	.937	.966	1.024	1.003	.974	.993	.997	
Standard Error	.023	.047	.050	.081	.195	.043	.045	.044	.056	.077	.163	.046	.042	.064	.031	.044	.103	.025	
Error variance	*	*	*	.01	.04	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	440	286	67	70	11	300	132	14	365	75	373	65
	22%	28%	22%	25%	19%	12%	23%	20%	21%	23%	18%	22%	22%
		b		c			c			b			
Tend to agree	(3.0)	660	441	79	105	31	446	193	21	520	140	558	96
	33%	34%	34%	30%	28%	35%	35%	30%	31%	33%	34%	33%	32%
							be						
Tend to disagree	(2.0)	471	311	59	87	27	294	159	11	377	94	406	62
	24%	21%	24%	22%	24%	29%	23%	25%	17%	24%	23%	24%	21%
Strongly disagree	(1.0)	294	185	39	79	17	168	120	13	217	77	242	49
	15%	12%	14%	15%	21%	18%	13%	19%	19%	14%	19%	14%	16%
					ad			d			a		
Don't know		136	92	20	29	5	84	44	8	109	27	101	30
	7%	5%	7%	8%	8%	5%	6%	7%	12%	7%	7%	6%	10%
													a
NET: Agree		1101	727	146	175	43	746	325	35	886	215	931	161
	55%	62%	55%	55%	47%	47%	58%	50%	52%	56%	52%	55%	53%
		b		b			bce						
NET: Disagree		765	496	98	166	43	462	279	24	594	171	648	111
	38%	33%	38%	37%	45%	48%	36%	43%	36%	37%	41%	39%	37%
					ad	d		d					
Base for stats		1866	1223	244	341	86	1208	604	59	1480	386	1578	272
Mean Score		2.67	2.68	2.71	2.49	2.43	2.73	2.56	2.62	2.70	2.55	2.67	2.65
				bc			bce			b			
Standard Deviation		1.005	.995	1.038	1.060	.950	.987	1.041	1.082	.999	1.018	1.000	1.034
Standard Error		.023	.029	.065	.058	.101	.029	.042	.142	.026	.052	.025	.061
Error variance		*	*	*	*	.01	*	*	.02	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855	
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	440	60	45	72	86	53	51	15	57	257	126	123	127	62	20	239	175	
		22%	14%	20%	23%	25%	28%	28%	21%	24%	24%	25%	25%	22%	19%	26%	25%	22%	22%
				a	a	a	a	a	a	a	a	c	c	c	c	a	b	c	
Tend to agree	(3.0)	660	96	87	120	135	66	65	22	70	408	154	172	255	67	30	369	244	
		33%	23%	38%	38%	38%	34%	36%	30%	29%	38%	30%	31%	38%	28%	36%	35%	30%	
				ah	ah	ah	a	a		ahj	a	abd	abd	abd			c		
Tend to disagree	(2.0)	471	106	50	75	85	43	30	23	59	253	107	132	175	51	19	249	196	
		24%	25%	22%	24%	24%	23%	16%	32%	25%	23%	21%	24%	26%	21%	24%	23%	24%	
			f	f	f	f	f	f	f	f	f	a	a	a	a	a	a	a	
Strongly disagree	(1.0)	294	115	27	27	27	21	28	8	40	102	86	72	85	44	10	144	136	
		15%	27%	12%	9%	8%	11%	15%	11%	17%	9%	17%	13%	13%	18%	12%	14%	17%	
			bcdefghij	bcdefghij	bcdefghij	bcdefghij	cdi	cdi	cdi	cdi	cdi	c	c	c	c	b	b	b	
Don't know		136	45	18	21	20	8	9	4	13	66	37	49	24	17	3	69	56	
		7%	11%	8%	7%	6%	4%	5%	5%	5%	6%	7%	9%	4%	7%	3%	6%	7%	
			defhij	defhij	defhij	defhij	defhij	defhij	defhij	defhij	defhij	c	c	c	c	c	c	c	
NET: Agree		1101	156	132	192	221	119	116	37	127	665	280	295	381	129	50	608	419	
		55%	37%	58%	61%	63%	62%	63%	52%	53%	61%	55%	54%	57%	53%	61%	57%	52%	
				a	a	ah	a	ah	a	a	ah	a	a	a	a		c		
NET: Disagree		765	222	77	103	112	64	58	31	99	356	194	204	261	95	30	393	333	
		38%	53%	34%	33%	32%	34%	32%	43%	41%	38%	38%	37%	39%	39%	36%	37%	41%	
			bcdefhij	bcdefhij	bcdefhij	bcdefhij	bcdefhij	bcdefhij	cdfi	cdfi	i						b	b	
Base for stats		1866	378	209	295	333	183	175	68	225	1020	474	499	642	224	80	1001	751	
Mean Score		2.67	2.27	2.72	2.80	2.84	2.83	2.80	2.65	2.64	2.80	2.68	2.69	2.66	2.66	2.75	2.70	2.61	
			a	a	ahj	a	a	a	a	a	ah	a	a	a	a				
Standard Deviation		1.005	1.063	.945	.914	.903	.981	1.038	.964	1.045	.929	1.032	.997	.942	1.083	.980	.988	1.033	
Standard Error		.023	.055	.065	.053	.050	.072	.078	.119	.070	.029	.048	.044	.038	.073	.108	.032	.037	
Error variance		*	*	*	*	*	.01	.01	.01	*	*	*	*	*	.01	.01	*	*	



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	440 22%	149 24%	95 13%	193 29%	268 29%	118 20%
		b		ab	b	
Tend to agree (3.0)	660 33%	221 36%	200 28%	235 36%	332 35%	204 34%
		b		b		
Tend to disagree (2.0)	471 24%	153 25%	203 29%	111 17%	202 22%	142 24%
		c	c			
Strongly disagree (1.0)	294 15%	64 10%	152 22%	71 11%	88 9%	88 15%
			ac		a	a
Don't know	136 7%	28 4%	55 8%	49 7%	47 5%	45 8%
			a	a		a
NET: Agree	1101 55%	370 60%	295 42%	428 65%	600 64%	323 54%
		b		b	b	
NET: Disagree	765 38%	218 35%	355 50%	183 28%	291 31%	230 38%
		c	ac			a
Base for stats	1866	587	650	611	891	552
Mean Score	2.67	2.77	2.36	2.90	2.87	2.64
		b		ab	b	
Standard Deviation	1.005	.950	.997	.978	.954	.989
Standard Error	.023	.039	.039	.039	.032	.042
Error variance	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	314 16%	135 14%	176 17% a	125 21% bc	97 15%	92 12% c	13 14%	47 18%	33 17%	31 15%	23 13%	33 15%	54 17%	48 15%	33 16%
Tend to agree (3.0)	567 28%	253 26%	309 30% a	199 33% c	199 30% c	169 23%	24 25%	65 25%	53 27%	59 28%	44 25%	69 31%	114 36% abcdehi	89 27%	52 25%
Tend to disagree (2.0)	568 28%	294 30%	270 27%	144 24%	189 29% a	235 32% a	28 29%	78 30%	53 27%	69 33% g	53 31%	63 29%	75 24%	94 29%	54 26%
Strongly disagree (1.0)	475 24%	256 26% b	216 21%	111 18%	145 22%	219 30% ab	27 29% dg	59 23%	48 25%	39 19%	45 26% g	52 23%	58 18%	88 27% dg	59 29% dg
Don't know	78 4%	35 4%	42 4%	25 4%	26 4%	26 4%	4 4%	13 5%	9 5%	10 5%	8 4%	5 2%	14 5%	9 3%	7 3%
NET: Agree	881 44%	389 40%	485 48% a	323 54% bc	296 45% c	262 35%	37 39%	111 43%	85 44%	90 43%	67 39%	101 46%	168 53% abcdehi	137 42%	85 41%
NET: Disagree	1043 52%	550 56% b	486 48%	255 42%	333 51% a	454 61% ab	55 58% g	137 52% g	101 52% g	108 52% g	98 57% g	115 52% g	133 42%	182 55% g	113 55% g
Base for stats	1924	938	971	579	630	716	92	249	186	198	165	217	301	319	198
Mean Score	2.37	2.29	2.46 a	2.58 bc	2.40 c	2.19	2.25	2.40	2.38	2.41	2.27	2.38	2.55 aehi	2.30	2.30
Standard Deviation	1.027	1.019	1.028 a	1.030 bc	1.004 c	1.012	1.037	1.047	1.051	.977	1.015	1.011	.997 aehi	1.033	1.070
Standard Error	.023	.034	.032	.041	.039	.040	.102	.064	.074	.070	.075	.083	.057	.058	.076
Error variance	*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	314 16%	49 26% bcdefgh	65 15%	58 13%	40 16%	29 15%	73 15%	173 16%	142 15%	247 15%	14 27% a	33 24% a	11 15%	5 19%	1 9%	65 21% a
Tend to agree (3.0)	567 28%	42 23%	133 30% f	150 34% afh	74 29%	59 32% af	109 23%	325 30% af	242 26%	449 27%	21 38%	50 37% a	23 32%	12 45%	5 44%	112 37% a
Tend to disagree (2.0)	568 28%	51 27%	124 28%	127 28%	85 34%	48 26%	133 28%	302 28%	266 29%	490 29% bg	7 13%	35 25%	21 28% b	4 16%	4 32%	71 23%
Strongly disagree (1.0)	475 24%	41 22%	109 24%	91 20%	50 20%	41 22%	144 30% acdeg	241 22%	234 25% cd	432 26% cg	8 15%	14 10%	15 20% c	3 10%	2 14%	41 13%
Don't know	78 4%	4 2%	17 4%	22 5% d	5 2%	9 5%	22 5%	43 4%	35 4%	57 3%	4 8%	6 4%	4 6%	2 9%	-	17 5%
NET: Agree	881 44%	91 49% f	198 44%	208 46% f	114 45%	88 48% f	182 38%	498 46% f	384 42%	696 42%	35 64% ad	84 61% ad	34 46%	17 64%	6 53%	176 58% a
NET: Disagree	1043 52%	91 49%	233 52%	218 49%	135 53%	89 48%	277 58% aceg	543 50%	500 54% c	921 55% bcg	15 27%	49 35%	35 48% b	7 27%	6 47%	112 37%
Base for stats	1924	183	431	427	249	177	459	1040	884	1617	50	132	69	24	12	288
Mean Score	2.37	2.55 bfh	2.36	2.41 f	2.42 f	2.43 f	2.24	2.41 f	2.33	2.32	2.83 ad	2.78 ad	2.44	2.80	2.48	2.69 ad
Standard Deviation	1.027	1.113	1.020	.972	.985	1.019	1.063	1.019	1.036	1.028	1.029	.944	.998	.914	.886	.974
Standard Error	.023	.083	.050	.047	.061	.075	.050	.032	.034	.026	.141	.081	.118	.176	.256	.056
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.03	.07	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	314 16%	179 14%	62 18%	63 20%	124 19%	31 19%	29 24%	97 16%	20 9%	11 22%	6 12%	31 21%	9 10%	28 19%	52 13%	59 21%
			a	a		dh	cdhj	d		d		dhj		d		cdhj
Tend to agree (3.0)	567 28%	325 26%	118 34%	98 31%	217 32%	59 37%	36 31%	188 31%	54 25%	17 35%	15 32%	44 29%	28 30%	45 30%	81 20%	95 34%
			a	a		dj	j	j		j		j	j	j		dj
Tend to disagree (2.0)	568 28%	377 30%	77 22%	87 27%	164 25%	41 26%	27 23%	165 27%	71 34%	13 27%	18 37%	31 21%	29 31%	28 19%	143 35%	68 24%
		bd					i	bgjik			gi		i		abcgik	
Strongly disagree (1.0)	475 24%	321 26%	83 24%	55 17%	138 21%	26 16%	23 19%	142 23%	63 29%	7 15%	8 16%	38 25%	18 20%	36 24%	115 28%	48 17%
		cd							abek			ak			abek	
Don't know	78 4%	45 4%	9 3%	15 5%	24 4%	4 2%	3 3%	22 4%	5 3%	1 2%	2 4%	5 4%	8 9%	13 9%	13 3%	7 3%
												acdjk		abcdjk		
NET: Agree	881 44%	505 40%	180 52%	161 51%	341 51%	89 56%	65 55%	285 46%	74 35%	28 56%	21 44%	76 50%	37 40%	73 48%	133 33%	154 56%
			a	a	a	cdhj	dhj	dj		dj		dj		dj		cdhj
NET: Disagree	1043 52%	697 56%	160 46%	142 45%	302 45%	66 42%	50 42%	307 50%	134 63%	21 41%	25 52%	70 46%	47 51%	64 43%	258 64%	116 42%
		bcd						k	abceghik						abceghik	
Base for stats	1924	1202	340	303	643	155	115	592	208	49	46	145	84	137	391	271
Mean Score	2.37	2.30	2.47	2.56	2.51	2.61	2.61	2.41	2.15	2.64	2.42	2.47	2.33	2.48	2.18	2.61
			a	a	a	cdhj	cdhj	dj		dj		dj		dj		cdhj
Standard Deviation	1.027	1.022	1.049	1.013	1.033	.983	1.070	1.025	.962	.998	.913	1.103	.941	1.092	1.003	1.019
Standard Error	.023	.029	.059	.061	.043	.078	.098	.042	.067	.141	.135	.090	.098	.092	.052	.061
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726	
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	314 16%	60 13%	57 15%	34 24% abf	5 18%	91 17%	65 14%	69 14%	42 16%	31 17%	13 33% abcef	74 17%	82 15%	33 13%	177 16%	82 16%	22 20%	281 16%
Tend to agree	(3.0)	567 28%	133 30%	113 30%	42 30%	11 38%	155 30%	144 31%	138 27%	94 35% af	53 30%	10 25%	147 33% af	148 27%	67 25%	296 27%	172 33% ab	33 30%	500 29%
Tend to disagree	(2.0)	568 28%	133 30%	107 28%	33 24%	6 20%	140 27%	138 29%	160 32% e	66 25%	44 24%	12 31%	110 25%	172 31% e	81 30%	318 29%	136 26%	32 30%	487 28%
Strongly disagree	(1.0)	475 24%	102 23%	94 25%	29 21%	6 20%	123 24%	108 23%	126 25% d	54 20%	45 25%	4 11%	99 22%	130 24%	76 29% cde	279 25% cd	106 21%	14 13%	399 23% d
Don't know		78 4%	15 3%	11 3%	2 1%	1 4%	13 2%	17 4%	14 3%	8 3%	6 3%	- -	14 3%	14 3%	9 3%	40 4%	21 4%	8 7%	69 4%
NET: Agree		881 44%	193 44%	170 44%	76 54% abf	16 56%	245 47%	209 44%	208 41%	136 52% af	85 47%	23 58% af	221 50% af	231 42%	100 38%	472 43%	254 49% ab	55 51% a	781 45% a
NET: Disagree		1043 52%	235 53%	201 53%	62 44%	11 40%	262 50%	246 52%	286 56% be	120 45%	89 50%	16 42%	209 47% be	302 55% be	157 59% cde	598 54% cd	242 47%	46 42%	886 51%
Base for stats	1924	428	370	137	27	508	456	494	256	174	39	430	533	257	1070	496	101	1667	
Mean Score	2.37	2.35	2.36	2.59 abf	2.57	2.42	2.36	2.31	2.49 a	2.41	2.80 acef	2.46 a	2.34	2.23	2.35	2.46 ab	2.62 abe	2.40 a	
Standard Deviation	1.027	.994	1.023	1.078	1.038	1.042	.997	1.003	1.002	1.062	1.032	1.026	1.012	1.014	1.039	1.004	.976	1.028	
Standard Error	.023	.048	.054	.092	.193	.047	.047	.045	.063	.080	.161	.049	.044	.062	.032	.045	.096	.025	
Error variance	*	*	*	.01	.04	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	314 16%	101 26% b	172 13%	60 23% d	97 26% d	16 18%	155 12%	146 23% d	23 35% acde	262 16%	52 13%	262 16%	51 17%
Tend to agree (3.0)	567 28%	131 34% b	361 27%	89 34% d	111 30%	22 24%	350 27%	202 31%	19 29%	458 29%	109 26%	470 28%	93 31%
Tend to disagree (2.0)	568 28%	78 20%	399 30% a	52 20%	81 22%	33 36% abef	397 31% abef	153 24%	12 18%	443 28%	125 30%	491 29% b	71 24%
Strongly disagree (1.0)	475 24%	58 15%	336 26% a	52 20%	69 19%	19 20%	342 26% abef	125 19%	10 15%	359 23%	116 28% a	401 24%	71 24%
Don't know	78 4%	15 4%	47 4%	11 4%	12 3%	2 2%	47 4%	22 3%	3 4%	67 4%	11 3%	56 3%	15 5%
NET: Agree	881 44%	232 61% b	533 41%	149 56% cd	208 56% cd	38 42%	504 39%	348 54% cd	42 64% cd	720 45% b	161 39%	732 44%	144 48%
NET: Disagree	1043 52%	136 36%	735 56% a	105 40%	150 41%	51 56% abef	739 57% abef	278 43%	22 33%	802 50%	241 58% a	891 53%	143 47%
Base for stats	1924	368	1268	253	358	89	1244	626	64	1522	402	1623	287
Mean Score	2.37	2.75 b	2.29	2.62 d	2.66 cd	2.40	2.26	2.59 d	2.87 cde	2.41 b	2.24	2.37	2.43
Standard Deviation	1.027	1.027	1.004	1.062	1.077	1.015	.995	1.053	1.083	1.029	1.012	1.024	1.052
Standard Error	.023	.053	.028	.065	.057	.106	.028	.042	.135	.026	.051	.026	.061
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855	
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	314 16%	66 16%	40 18%	48 15%	50 14%	38 20%	30 16%	8 12%	34 14%	176 15%	72 15%	92 18% bc	72 13%	89 13%	57 24% bc	19 24% b	164 15%	125 15%
Tend to agree	(3.0)	567 28%	111 26%	83 37% afghj	99 31% ghj	107 30% hj	56 30%	43 23%	14 19%	54 23%	346 32% afghj	111 22%	164 32% d	165 30% d	184 28% d	49 20%	18 22%	322 30%	214 27%
Tend to disagree	(2.0)	568 28%	112 27%	48 21%	92 29% b	110 31% b	57 30% b	54 30% b	26 37% b	67 28% b	308 28% b	147 30% b	123 24%	159 29%	223 33% ad	55 23%	25 30%	283 26%	249 31% b
Strongly disagree	(1.0)	475 24%	107 25% i	47 21%	65 21%	74 21%	38 20%	47 25%	22 31% i	76 32% bcdei	223 21% bcdei	145 29% bcdei	115 23%	126 23%	160 24%	68 28%	17 21%	264 25%	186 23%
Don't know		78 4%	26 6% ei	8 4%	12 4%	11 3%	2 1%	10 5% e	1 2%	8 3%	33 3%	19 4%	17 3%	27 5% c	11 2%	12 5% c	3 3%	37 3%	32 4%
NET: Agree		881 44%	177 42%	124 54% adfgjhj	146 46% ghj	157 45% gi	94 49% ghj	73 40%	22 31%	87 37%	522 48% afghj	182 37%	256 50% bc	237 43%	273 41%	106 44%	38 46%	486 45%	340 42%
NET: Disagree		1043 52%	219 52% b	95 42%	158 50%	184 52% b	94 49%	101 55% b	48 67% abcdei	143 60% abcei	531 49% abcdei	292 59% abcdei	238 47%	284 52%	382 57% a	124 51%	42 51%	547 51%	436 54%
Base for stats		1924	396	219	304	342	189	174	71	230	1053	475	494	521	655	230	80	1033	775
Mean Score	2.37	2.34	2.54 afghj	2.42 ghj	2.39 ghj	2.50 ghj	2.32	2.12	2.19	2.45 ghj	2.23	2.47 c	2.35	2.31	2.41	2.50	2.37	2.36	
Standard Deviation	1.027	1.050	1.025	.994	.983	1.027	1.053	.990	1.055	1.004 ghj	1.045	1.044 c	.995	.988	1.156	1.087	1.031	1.017	
Standard Error	.023	.054	.069	.057	.053	.074	.080	.119	.070	.031	.048	.046	.043	.039	.077	.120	.033	.036	
Error variance	*	*	*	*	*	.01	.01	.01	*	*	*	*	*	*	.01	.01	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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		
		NET: More	About the same	NET: Less	Yes	No	
Significance Level: 95%		a	b	c	a	b	
Unweighted Total		2002	618	696	664	943	601
Total		2002	615	704	660	937	598
		100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	314	105	85	121	178	72
		16%	17%	12%	18%	19%	12%
			b		b		b
Tend to agree	(3.0)	567	184	178	201	290	162
		28%	30%	25%	30%	31%	27%
				b			
Tend to disagree	(2.0)	568	179	204	179	253	179
		28%	29%	29%	27%	27%	30%
Strongly disagree	(1.0)	475	131	199	140	192	157
		24%	21%	28%	21%	21%	26%
			ac				a
Don't know		78	15	39	18	23	28
		4%	3%	5%	3%	2%	5%
			ac				a
NET: Agree		881	289	263	322	468	234
		44%	47%	37%	49%	50%	39%
			b		b		b
NET: Disagree		1043	311	403	320	446	336
		52%	51%	57%	48%	48%	56%
			ac				a
Base for stats		1924	599	666	641	914	570
Mean Score		2.37	2.44	2.22	2.47	2.50	2.26
			b		b		b
Standard Deviation		1.027	1.018	1.014	1.032	1.031	.999
Standard Error		.023	.041	.040	.041	.034	.042
Error variance		*	*	*	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	171 9%	79 8%	93 9%	96 16% bc	57 9% c	18 2%	7 7%	23 9%	13 7%	16 8%	21 12% fh	9 4%	47 15% abcdfhi	18 6%	17 8%
Tend to agree (3.0)	359 18%	153 16%	204 20% a	162 27% bc	135 21% c	61 8%	16 16%	54 21% i	33 17%	32 15%	26 15%	39 18%	84 27% acdefhi	50 15%	25 12%
Tend to disagree (2.0)	647 32%	306 31%	337 33%	172 29%	203 31%	272 37% ab	35 36%	76 29%	57 29%	75 36%	56 32%	83 38%	92 29%	106 32%	66 32%
Strongly disagree (1.0)	726 36%	391 40% b	327 32%	144 24%	223 34% a	359 48% ab	36 38% g	99 38% g	76 39% g	71 34% g	61 35% g	85 38% g	75 24%	137 42% g	86 42% g
Don't know	99 5%	45 5%	53 5%	30 5%	38 6%	32 4%	2 2%	9 3%	16 8% abf	15 7% af	9 5%	5 2%	17 5%	16 5%	10 5%
NET: Agree	530 26%	231 24%	297 29% a	258 43% bc	193 29% c	79 11%	23 24%	77 29% hi	46 24%	47 23%	47 27%	48 22%	131 42% abcdefhi	69 21%	42 21%
NET: Disagree	1373 69%	697 72% b	663 65%	316 52%	426 65% a	631 85% ab	71 75% g	175 67% g	133 68% g	146 70% g	117 68% g	168 76% g	167 53%	243 74% g	152 74% g
Base for stats	1903	929	960	575	618	710	94	252	179	193	164	217	298	312	194
Mean Score	1.99	1.91	2.07 a	2.37 bc	2.04 c	1.63	1.93	2.00 h	1.91	1.96	2.04 h	1.87	2.35 abcdefhi	1.84	1.87
Standard Deviation	.965	.958	.967	1.034	.975	.746	.923	.985	.948	.927	1.023	.856	1.022	.902	.955
Standard Error	.022	.032	.030	.042	.039	.029	.090	.060	.068	.067	.076	.070	.059	.051	.069
Error variance	*	*	*	*	*	*	.01	*	*	*	.01	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315	
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	171 9%	31 17%	39 9%	34 8%	34 13%	22 12%	11 2%	104 10%	67 7%	114 7%	6 11%	26 19%	15 20%	3 9%	3 27%	52 17%
			bcfgh	f	f	cfh	fh		f	f			a	a		a	
Tend to agree	(3.0)	359 18%	48 26%	90 20%	103 23%	46 18%	30 16%	42 9%	241 22%	118 13%	266 16%	17 31%	46 33%	14 19%	11 39%	2 18%	89 29%
			efh	fh	fh	fh	f		fh	f		a	ad			a	
Tend to disagree	(2.0)	647 32%	40 21%	134 30%	147 33%	87 34%	69 37%	171 36%	321 30%	326 35%	558 33%	15 27%	37 27%	23 31%	3 12%	5 41%	83 27%
			a	a	a	ag	ag	a	abg		g						
Strongly disagree	(1.0)	726 36%	61 33%	161 36%	144 32%	77 30%	55 29%	229 48%	366 34%	360 39%	655 39%	13 25%	24 18%	20 27%	8 30%	2 14%	67 22%
							abcdegh		cdeg		bcdg						
Don't know		99 5%	7 4%	24 5%	21 5%	10 4%	10 5%	28 6%	51 5%	48 5%	81 5%	3 6%	5 4%	2 3%	3 10%	-	13 4%
NET: Agree		530 26%	79 42%	129 29%	136 30%	80 32%	52 28%	53 11%	345 32%	185 20%	380 23%	23 42%	72 52%	29 39%	13 49%	5 45%	142 47%
			bdefgh	fh	fh	fh	fh		fh	f		a	a	a		a	
NET: Disagree		1373 69%	101 54%	295 66%	291 65%	163 65%	123 67%	400 83%	687 63%	686 75%	1213 72%	28 52%	61 44%	42 58%	11 41%	7 55%	150 49%
				a	a	a	a	abcdegh	a	abcdeg	bcdg						
Base for stats	1903	180	425	427	243	175	453	1032	871	1593	51	133	71	24	12	291	
Mean Score	1.99	2.28	2.02	2.06	2.15	2.11	1.64	2.08	1.88	1.90	2.30	2.55	2.33	2.31	2.57	2.44	
			bcfgh	fh	fh	fh		fh	f		a	a	a		a		
Standard Deviation	.965	1.108	.982	.944	1.020	.988	.754	.993	.918	.924	.991	1.006	1.095	1.065	1.084	1.034	
Standard Error	.022	.083	.049	.046	.064	.073	.036	.031	.031	.023	.135	.086	.128	.205	.313	.059	
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.04	.10	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	171 9%	87 7%	29 8%	42 13% ab	71 11% a	22 14% dij	24 20% cdghij	63 10% j	16 8% j	9 18% dgij	6 12% j	12 8% j	9 10% j	9 6% j	1 * cdgij	46 17%
Tend to agree (3.0)	359 18%	167 13%	93 27% a	70 22% a	163 24% a	47 29% cdfgij	27 22% fj	130 21% fgj	42 20% fj	18 36% cdfghij	4 7% j	21 14% j	19 20% fj	25 17% j	27 7% fgij	73 26%
Tend to disagree (2.0)	647 32%	424 34% b	99 28%	107 34%	206 31%	45 29%	37 31%	194 32%	68 32%	13 25%	23 47% aceghik	46 30%	25 27%	47 31%	150 37% k	82 30%
Strongly disagree (1.0)	726 36%	515 41% bcd	112 32%	80 25%	193 29%	38 24%	29 24%	206 34% abek	78 37% abek	8 16%	14 29%	61 40% abek	29 31% e	55 37% abek	208 51% abcdefghik	67 24%
Don't know	99 5%	54 4%	16 5%	18 6%	35 5%	7 4%	3 2%	21 3%	9 4%	2 4%	2 5%	11 7% c	11 12% abcdjk	15 10% bcdjk	19 5%	9 3%
NET: Agree	530 26%	254 20%	122 35% a	112 35% a	234 35% a	69 43% cdfghij	50 42% cdfgij	193 31% gij	58 27% j	28 55% cdfghij	9 19% j	33 22% j	28 30% j	34 22% j	28 7% j	119 43% cdfghij
NET: Disagree	1373 69%	939 75% bcd	211 60%	187 59%	398 60%	83 52%	66 55%	400 65% abek	146 69% abek	21 41%	37 76% abehk	107 71% abehk	53 58%	102 68% abek	358 88% abcdefghik	149 54%
Base for stats	1903	1193	333	300	633	152	116	593	204	48	46	140	81	136	385	268
Mean Score	1.99	1.85	2.12	2.25	2.18	2.35	2.39	2.08	1.98	2.59	2.01	1.89	2.10	1.91	1.54	2.37
Standard Deviation	.965	.919	.976	1.004	.991	1.013	1.075	.993	.952	.986	.943	.964	1.021	.918	.637	1.038
Standard Error	.022	.026	.056	.061	.041	.081	.098	.041	.066	.141	.139	.080	.108	.077	.033	.062
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726	
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	171 9%	49 11%	39 10%	20 14%	4 15%	59 11%	54 11%	42 8%	39 15% af	23 13%	9 22% af	62 14% af	51 9%	18 7%	72 6%	65 12% abe	17 15% abe	153 9%	
Tend to agree (3.0)	359 18%	80 18%	81 21%	34 24%	8 30%	114 22%	88 19%	87 17%	74 28% acf	33 18%	8 22%	107 24% af	96 18%	24 9%	192 17% a	121 23% abe	22 21% a	335 19% a	
Tend to disagree (2.0)	647 32%	155 35%	124 32%	41 30%	10 34%	165 32%	165 35%	186 37% be	78 29%	51 29%	11 29%	129 29%	197 36% e	95 36%	354 32%	166 32%	32 30%	552 32%	
Strongly disagree (1.0)	726 36%	148 33%	128 34%	37 27%	6 21%	165 32%	154 33%	180 35% be	68 26%	60 34%	10 25%	129 29%	190 35% b	116 44% cde	443 40% cde	141 27%	26 24%	610 35% cd	
Don't know	99 5%	11 2%	11 3%	7 5%	- -	18 3%	11 2%	13 3%	5 2%	12 7% abf	1 2%	17 4%	14 2%	13 5%	49 4%	25 5%	11 10% abce	86 5%	
NET: Agree	530 26%	129 29%	120 31%	53 39% a	13 45%	173 33%	142 30%	130 26%	113 43% acf	56 31%	17 44% af	169 38% af	147 27%	42 16%	264 24% a	185 36% abe	39 36% ab	488 28% ab	
NET: Disagree	1373 69%	303 68% c	252 66% c	78 56%	16 55%	330 63%	319 68% c	366 72% bcde	146 55%	112 62%	21 54%	258 58%	387 71% bcde	211 79% bcde	797 72% cde	307 59%	59 54%	1162 67% cd	
Base for stats	1903	433	371	132	28	503	461	496	259	168	38	427	534	253	1061	492	97	1650	
Mean Score	1.99	2.07	2.08	2.27 a	2.39	2.13	2.09	1.98	2.32 acf	2.11	2.42 af	2.24 af	2.01	1.78	1.90	2.22 abe	2.30 abe	2.02 ab	
Standard Deviation	.965	.990	.989	1.034	.998	1.004	.993	.939	1.027	1.048	1.113	1.039	.958	.892	.927	1.005	1.049	.972	
Standard Error	.022	.048	.052	.090	.182	.045	.046	.043	.064	.080	.176	.050	.042	.055	.029	.046	.105	.024	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0) 171 9%	64 17% b	85 6%	35 13% bd	25 7%	10 12%	98 8%	65 10%	3 5%	142 9%	29 7%	143 9%	25 8%
Tend to agree	(3.0) 359 18%	117 30% b	208 16%	60 23% d	62 17%	21 23%	213 16%	132 20% d	9 14%	294 19%	65 16%	289 17%	64 21%
Tend to disagree	(2.0) 647 32%	103 27%	440 33% a	71 27%	119 32%	27 30%	433 34% a	195 30%	19 29%	514 32%	133 32%	565 34% b	80 26%
Strongly disagree	(1.0) 726 36%	78 20%	527 40% a	81 31%	144 39% a	28 30%	494 38% ae	218 34%	30 44% a	561 35%	165 40%	611 36%	111 37%
Don't know	99 5%	21 6%	55 4%	18 7% d	21 6%	4 5%	53 4%	38 6%	5 7%	78 5%	21 5%	72 4%	22 7% a
NET: Agree	530 26%	181 47% b	293 22%	95 36% bdf	86 23%	32 35% bdf	311 24%	197 30% bd	13 19%	436 27%	94 23%	432 26%	89 29%
NET: Disagree	1373 69%	181 47%	967 74% a	151 57%	263 71% ae	55 61%	928 72% ace	413 64%	49 73% a	1075 68%	298 72%	1176 70% b	190 63%
Base for stats	1903	361	1260	246	350	86	1239	610	62	1511	392	1607	279
Mean Score	1.99	2.46 b	1.88	2.20 bdf	1.91	2.17 bdf	1.93	2.07 bdf	1.79	2.01 b	1.89	1.98	2.01
Standard Deviation	.965	1.018	.917	1.051	.929	1.015	.940	.997	.906	.970	.937	.957	.993
Standard Error	.022	.053	.026	.065	.050	.107	.027	.040	.116	.025	.048	.024	.058
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	171 9%	10 2%	14 6%	33 10%	41 12%	27 14%	16 9%	8 11%	21 9%	116 11%	45 9%	45 9%	35 6%	45 7%	43 18%	13 16%	91 9%	60 7%
Tend to agree (3.0)	359 18%	46 11%	49 22%	71 22%	71 20%	39 20%	41 22%	9 12%	33 14%	230 21%	83 17%	89 17%	93 17%	129 19%	44 18%	23 28%	186 17%	138 17%
Tend to disagree (2.0)	647 32%	148 35%	71 31%	115 36%	129 36%	57 30%	43 23%	23 33%	61 26%	372 34%	127 26%	154 30%	197 36%	224 34%	60 25%	18 22%	359 34%	260 32%
Strongly disagree (1.0)	726 36%	183 43%	79 35%	84 27%	95 27%	63 33%	75 41%	30 41%	117 49%	321 30%	222 45%	198 39%	186 34%	248 37%	87 36%	26 31%	381 36%	313 39%
Don't know	99 5%	35 8%	14 6%	12 4%	17 5%	5 3%	8 4%	2 3%	7 3%	47 4%	16 3%	25 5%	38 7%	21 3%	8 3%	3 3%	52 5%	37 5%
NET: Agree	530 26%	57 13%	64 28%	104 33%	112 32%	66 35%	57 31%	17 24%	53 22%	346 32%	128 26%	134 26%	128 23%	174 26%	86 36%	36 44%	278 26%	197 24%
NET: Disagree	1373 69%	330 78%	150 66%	199 63%	224 63%	120 63%	118 64%	53 74%	178 75%	693 64%	349 71%	352 69%	382 70%	472 71%	147 61%	44 53%	740 69%	573 71%
Base for stats	1903	387	214	303	336	186	175	70	232	1039	477	487	510	646	234	80	1018	770
Mean Score	1.99	1.70	2.00	2.17	2.17	2.17	1.99	1.93	1.81	2.14	1.90	1.96	1.95	1.95	2.18	2.29	1.99	1.93
Standard Deviation	.965	.779	.934	.959	.980	1.053	1.021	1.010	.988	.979	1.005	.982	.906	.928	1.124	1.092	.958	.944
Standard Error	.022	.040	.064	.055	.053	.077	.077	.122	.065	.030	.046	.044	.040	.037	.074	.121	.031	.033
Error variance	*	*	*	*	*	.01	.01	.01	*	*	*	*	*	*	.01	.01	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	171 9%	81 13% bc	36 5%	53 8% b	117 13% b	50 8%
Tend to agree (3.0)	359 18%	131 21% c	127 18%	98 15%	209 22% b	108 18%
Tend to disagree (2.0)	647 32%	181 29%	245 35% a	217 33%	276 29%	199 33%
Strongly disagree (1.0)	726 36%	203 33%	258 37% a	256 39% a	302 32%	208 35%
Don't know	99 5%	19 3%	39 6% a	37 6% a	34 4%	33 5%
NET: Agree	530 26%	212 34% bc	162 23%	150 23%	326 35% b	157 26%
NET: Disagree	1373 69%	384 62%	503 71% a	472 72% a	577 62%	408 68% a
Base for stats	1903	596	665	623	903	565
Mean Score	1.99	2.15 bc	1.91	1.92	2.16 b	2.00
Standard Deviation	.965	1.041	.886	.949	1.030	.955
Standard Error	.022	.043	.035	.038	.034	.040
Error variance	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	433 22%	219 23%	210 21%	142 24%	142 22%	148 20%	22 23%	61 23%	39 20%	41 20%	44 26%	40 18%	79 25%	63 19%	44 21%
Tend to agree (3.0)	919 46%	431 44%	481 48%	264 44%	306 47%	349 47%	48 50%	108 41%	81 41%	88 42%	71 41%	119 54%	155 49%	149 45%	101 50%
Tend to disagree (2.0)	360 18%	179 18%	178 18%	110 18%	121 18%	129 17%	16 17%	45 17%	42 22%	45 22%	33 19%	36 16%	50 16%	58 18%	36 18%
Strongly disagree (1.0)	206 10%	107 11%	97 10%	59 10%	52 8%	94 13%	7 7%	35 13%	22 11%	21 10%	19 11%	21 10%	21 7%	42 13%	17 8%
Don't know	84 4%	37 4%	47 5%	29 5%	34 5%	22 3%	3 3%	13 5%	11 6%	14 7%	5 3%	5 2%	10 3%	16 5%	7 3%
NET: Agree	1352 68%	650 67%	691 68%	406 67%	449 68%	497 67%	69 73%	169 65%	119 61%	129 62%	115 67%	160 72%	234 74%	212 65%	145 71%
NET: Disagree	565 28%	286 29%	275 27%	169 28%	173 26%	223 30%	23 24%	79 30%	64 33%	66 32%	52 30%	57 26%	71 23%	100 31%	53 26%
Base for stats	1918	936	966	576	622	720	92	248	184	195	168	217	305	312	198
Mean Score	2.82	2.81	2.83	2.85	2.87	2.77	2.91	2.79	2.74	2.76	2.84	2.82	2.96	2.74	2.87
Standard Deviation	.901	.922	.881	.911	.862	.923	.843	.970	.928	.905	.947	.848	.836	.932	.855
Standard Error	.021	.031	.028	.037	.034	.036	.083	.059	.066	.065	.070	.070	.048	.053	.061
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315	
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	433 22%	66 35% bcdefgh	99 22%	103 23% fh	50 20%	32 17%	83 17%	268 25% efh	164 18%	354 21%	13 24%	37 27%	14 19%	5 19%	4 34%	74 24%	
Tend to agree (3.0)	919 46%	81 44%	210 47%	204 46%	129 51%	81 44%	214 45%	496 46%	424 46%	771 46%	23 42%	71 51%	32 43%	10 39%	4 34%	140 46%	
Tend to disagree (2.0)	360 18%	25 14%	78 17%	76 17%	43 17%	47 25% abcdg	90 19%	179 17%	181 20%	306 18%	9 17%	18 13%	15 20%	4 16%	3 23%	49 16%	
Strongly disagree (1.0)	206 10%	7 4%	39 9% a	46 10% a	25 10% a	14 7%	76 16% abcdeg	91 8% a	114 12% abeg	175 10%	5 10%	8 6%	10 14%	4 16%	1 8%	29 10%	
Don't know	84 4%	7 4%	23 5%	19 4%	6 3%	12 6% d	18 4%	48 4%	36 4%	68 4%	4 7%	4 3%	3 4%	3 10%	- -	13 4%	
NET: Agree	1352 68%	147 79% bcdefgh	310 69% ef	307 69% f	179 71% efh	113 61%	297 62%	764 71% efh	588 64%	1125 67%	36 66%	108 78% ad	46 63%	16 58%	8 68%	213 70%	
NET: Disagree	565 28%	32 17%	116 26% a	122 27% a	68 27% a	61 33% ag	166 34% abcdg	271 25% a	295 32% abg	480 29% c	15 27%	26 19%	25 34% c	9 33%	4 32%	78 26%	
Base for stats	1918	179	426	429	247	173	463	1035	883	1605	50	134	70	24	12	291	
Mean Score	2.82	3.15 bcdefgh	2.87 fh	2.85 fh	2.82 f	2.75	2.66	2.91 efh	2.72	2.81	2.87	3.02 ad	2.71	2.67	2.94	2.89	
Standard Deviation	.901	.801	.874	.908	.867	.843	.956	.882	.912	.901	.934	.813	.952	1.022	.996	.900	
Standard Error	.021	.061	.043	.044	.054	.062	.045	.028	.030	.023	.128	.069	.112	.197	.288	.052	
Error variance	*	*	*	*	*	*	*	*	*	*	.02	*	.01	.04	.08	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	433 22%	265 21%	78 22%	72 23%	149 22%	35 22%	41 34%	149 24%	40 19%	16 31%	14 30%	24 16%	15 16%	21 14%	78 19%	76 27%
							acdghij	gi		dghij	gi					dghij
Tend to agree (3.0)	919 46%	575 46%	158 45%	150 47%	308 46%	72 45%	52 44%	280 46%	108 51%	18 35%	24 50%	68 45%	36 39%	68 45%	192 48%	124 45%
Tend to disagree (2.0)	360 18%	226 18%	70 20%	51 16%	121 18%	33 21%	14 12%	114 19%	38 18%	10 20%	3 6%	35 23%	16 18%	26 17%	71 18%	47 17%
						bf	f	f	f	f		bf			f	
Strongly disagree (1.0)	206 10%	134 11%	30 9%	28 9%	58 9%	10 6%	7 6%	51 8%	24 11%	4 9%	4 9%	15 10%	17 18%	20 13%	53 13%	17 6%
								k	k			abcgk	abck	abck		
Don't know	84 4%	47 4%	13 4%	18 6%	31 5%	9 6%	5 4%	20 3%	3 1%	2 4%	2 5%	9 6%	7 8%	16 10%	10 3%	14 5%
						d						dj	cdj	cdjk		d
NET: Agree	1352 68%	839 67%	236 68%	222 70%	458 69%	107 67%	93 78%	429 70%	148 69%	34 67%	39 80%	92 61%	52 56%	89 59%	270 67%	200 72%
							aghij	ghi	hi		ghi				h	ghi
NET: Disagree	565 28%	360 29%	100 29%	79 25%	179 27%	43 27%	21 17%	164 27%	62 29%	15 29%	7 15%	50 33%	33 36%	46 31%	124 31%	64 23%
								b	bf			bfk	bfk	bf	bfk	
Base for stats	1918	1200	336	301	636	150	114	594	210	48	46	142	85	135	394	264
Mean Score	2.82	2.81	2.85	2.88	2.86	2.88	3.12	2.89	2.78	2.93	3.06	2.71	2.59	2.67	2.75	2.98
						hi	acdghij	ghij			ghij					dghij
Standard Deviation	.901	.906	.879	.877	.878	.841	.843	.880	.888	.959	.882	.865	1.007	.917	.925	.849
Standard Error	.021	.026	.050	.053	.036	.068	.078	.036	.061	.137	.130	.072	.104	.077	.048	.052
Error variance	*	*	*	*	*	*	.01	*	*	.02	.02	.01	.01	.01	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726	
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	433 22%	102 23%	103 27%	36 26%	7 23%	139 27%	109 23%	118 23%	72 27%	48 27%	10 26%	121 27%	128 23%	58 22%	238 21%	111 21%	26 24%	374 22%	
Tend to agree (3.0)	919 46%	219 49%	172 45%	53 38%	14 48%	225 43%	232 49%	246 48%	120 45%	81 45%	12 31%	201 45%	258 47%	118 44%	511 46%	249 48%	42 39%	801 46%	
Tend to disagree (2.0)	360 18%	74 17%	67 17%	26 19%	5 17%	93 18%	79 17%	88 17%	47 18%	23 13%	11 27%	70 16%	99 18%	45 17%	206 19%	87 17%	21 20%	315 18%	
Strongly disagree (1.0)	206 10%	36 8%	30 8%	18 13%	3 12%	48 9%	39 8%	43 9%	17 6%	20 11%	5 14%	38 8%	49 9%	33 12%	110 10%	50 10%	13 12%	173 10%	
Don't know	84 4%	13 3%	11 3%	5 4%	- -	16 3%	13 3%	14 3%	8 3%	6 4%	1 2%	14 3%	14 3%	12 4%	46 4%	20 4%	7 6%	73 4%	
NET: Agree	1352 68%	321 72%	275 72%	89 64%	20 71%	364 70%	341 72%	363 71%	192 73%	129 72%	22 57%	322 72%	385 70%	177 66%	749 67%	359 69%	68 62%	1176 68%	
NET: Disagree	565 28%	110 25%	96 25%	45 32%	8 29%	141 27%	118 25%	132 26%	64 24%	44 24%	16 41%	108 24%	147 27%	78 29%	316 28%	137 27%	34 31%	487 28%	
Base for stats	1918	431	371	134	28	505	459	495	257	173	38	429	533	255	1065	497	102	1663	
Mean Score	2.82	2.90	2.94	2.80	2.82	2.90	2.90	2.88	2.96	2.91	2.71	2.94	2.87	2.79	2.82	2.84	2.79	2.83	
Standard Deviation	.901	.856	.881	.989	.941	.912	.861	.869	.857	.940	1.021	.891	.880	.939	.895	.883	.962	.895	
Standard Error	.021	.041	.046	.085	.172	.041	.040	.039	.054	.071	.161	.043	.038	.058	.028	.040	.094	.022	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	433 22%	96 25%	274 21%	64 24% b	65 18%	16 18%	295 23% b	130 20%	13 19%	351 22%	81 20%	365 22%	65 21%
Tend to agree (3.0)	919 46%	166 43%	619 47%	101 38%	158 43%	43 48%	616 48% ae	274 42%	24 36%	719 45%	200 49%	795 47% b	118 39%
Tend to disagree (2.0)	360 18%	73 19%	238 18%	54 21%	75 20%	14 16%	222 17%	126 19%	15 22%	290 18%	70 17%	301 18%	57 19%
Strongly disagree (1.0)	206 10%	35 9%	129 10%	35 13% d	59 16% d	14 15% d	108 8%	93 14% d	14 21% d	158 10%	47 11%	152 9%	49 16% a
Don't know	84 4%	12 3%	55 4%	9 4%	13 4%	3 3%	50 4%	24 4%	1 1%	71 4%	13 3%	66 4%	12 4%
NET: Agree	1352 68%	262 69%	892 68%	165 62%	223 60%	60 66%	911 71% abef	404 62%	37 55%	1070 67%	282 68%	1160 69% b	183 61%
NET: Disagree	565 28%	108 28%	368 28%	90 34% d	134 36% d	28 31%	330 26%	219 34% d	29 44% d	448 28%	118 28%	454 27%	106 35% a
Base for stats	1918	370	1260	255	357	88	1241	624	66	1518	399	1614	289
Mean Score	2.82	2.87	2.82	2.76	2.64	2.71	2.88 abef	2.71	2.53	2.83	2.79	2.85 b	2.69
Standard Deviation	.901	.908	.887	.983	.965	.951	.867	.962	1.039	.901	.902	.877	1.004
Standard Error	.021	.047	.025	.060	.052	.100	.025	.038	.128	.023	.046	.022	.058
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	433 22%	27 6%	30 13%	66 21%	74 21%	51 26%	69 37%	27 37%	90 38%	221 20%	185 37%	91 18%	105 19%	155 23%	80 33%	21 26%	223 21%	181 22%
			a	ab	ab	ab	abcdei	abcdei	abcdei	ab	abcdei			a	abc			
Tend to agree (3.0)	919 46%	105 25%	121 53%	169 54%	205 58%	98 51%	86 47%	33 47%	102 43%	593 55%	221 45%	210 41%	247 45%	343 51%	106 44%	38 46%	532 50%	333 41%
			ahj	ahj	afhj	a	a	a	a	ahj	a			abd				c
Tend to disagree (2.0)	360 18%	135 32%	51 23%	51 16%	50 14%	25 13%	17 10%	7 9%	24 10%	178 16%	48 10%	110 21%	111 20%	108 16%	29 12%	14 17%	178 17%	161 20%
		bcdefghij	defghij	fthj	j					fthj		cd	d					
Strongly disagree (1.0)	206 10%	117 28%	15 7%	17 5%	15 4%	14 7%	6 3%	4 5%	17 7%	62 6%	27 6%	83 16%	53 10%	41 6%	19 8%	6 8%	99 9%	93 12%
		bcdefghij										bcd	c					
Don't know	84 4%	39 9%	10 4%	12 4%	8 2%	3 1%	5 3%	1 2%	6 2%	33 3%	12 2%	17 3%	32 6%	19 3%	7 3%	3 3%	38 4%	39 5%
		bcdefghij											c					
NET: Agree	1352 68%	132 31%	151 66%	235 75%	279 79%	149 78%	155 84%	60 84%	191 80%	814 75%	406 82%	301 59%	352 64%	498 75%	186 77%	59 72%	755 71%	514 64%
			a	ab	ab	ab	abci	ab	ab	ab	abci			ab	ab			c
NET: Disagree	565 28%	251 60%	66 29%	68 22%	65 19%	40 21%	24 13%	10 15%	41 17%	239 22%	75 15%	193 38%	164 30%	150 22%	49 20%	20 25%	277 26%	254 31%
		bcdefghij	cdefghij	fj		f				fj		bcd	cd					b
Base for stats	1918	383	217	303	344	189	178	71	232	1053	481	494	516	648	235	80	1031	768
Mean Score	2.82	2.11	2.77	2.94	2.98	2.98	3.22	3.18	3.13	2.92	3.17	2.63	2.78	2.95	3.05	2.93	2.85	2.78
			a	ab	ab	ab	abcdei	abcdei	abcdei	ab	abcdei		a	ab	ab			
Standard Deviation	.901	.923	.773	.781	.733	.841	.761	.816	.878	.779	.826	.969	.886	.812	.892	.879	.867	.941
Standard Error	.021	.048	.052	.045	.039	.061	.057	.098	.058	.024	.038	.043	.039	.032	.059	.097	.028	.033
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	433 22%	203 33% bc	121 17%	106 16%	254 27% b	107 18%
Tend to agree (3.0)	919 46%	310 50% b	306 43%	297 45%	428 46%	272 46%
Tend to disagree (2.0)	360 18%	69 11%	141 20% a	147 22% a	154 16%	118 20%
Strongly disagree (1.0)	206 10%	21 3%	100 14% a	77 12% a	68 7%	71 12% a
Don't know	84 4%	12 2%	36 5% a	33 5% a	33 4%	29 5%
NET: Agree	1352 68%	512 83% bc	428 61%	403 61%	682 73% b	379 63%
NET: Disagree	565 28%	90 15%	241 34% a	224 34% a	222 24%	189 32% a
Base for stats	1918	603	669	627	904	568
Mean Score	2.82	3.15 bc	2.67	2.69	2.96 b	2.73
Standard Deviation	.901	.756	.941	.894	.866	.909
Standard Error	.021	.031	.037	.036	.029	.038
Error variance	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	397 20%	170 17%	225 22%	140 23%	148 23%	109 15%	24 25%	45 17%	36 19%	47 23%	40 23%	33 15%	75 24%	54 16%	43 21%
Tend to agree (3.0)	832 42%	391 40%	435 43%	243 40%	276 42%	313 42%	47 49%	120 46%	79 41%	74 36%	70 40%	96 43%	134 42%	120 37%	92 45%
Tend to disagree (2.0)	430 21%	227 23%	200 20%	133 22%	138 21%	159 21%	14 14%	47 18%	37 19%	52 25%	38 22%	54 25%	65 21%	85 26%	38 19%
Strongly disagree (1.0)	237 12%	127 13%	108 11%	58 10%	58 9%	122 16%	6 6%	39 15%	29 15%	22 11%	17 10%	28 12%	24 8%	50 15%	23 11%
Don't know	105 5%	58 6%	45 4%	30 5%	36 6%	39 5%	5 6%	11 4%	13 7%	13 6%	8 5%	10 5%	18 6%	19 6%	8 4%
NET: Agree	1229 61%	561 58%	660 65%	383 63%	424 65%	422 57%	71 74%	165 63%	116 59%	121 58%	110 63%	129 58%	209 66%	174 53%	135 66%
NET: Disagree	667 33%	354 36%	308 30%	191 32%	196 30%	281 38%	19 20%	85 33%	66 34%	75 36%	55 32%	82 37%	89 28%	135 41%	62 30%
Base for stats	1897	916	968	574	619	703	90	251	181	196	165	211	297	309	197
Mean Score	2.73	2.66	2.80	2.81	2.83	2.58	2.98	2.69	2.68	2.75	2.80	2.64	2.87	2.58	2.79
Standard Deviation	.930	.935	.921	.920	.897	.950	.824	.942	.970	.950	.924	.900	.883	.958	.922
Standard Error	.021	.032	.029	.037	.036	.037	.082	.057	.069	.068	.068	.075	.051	.054	.066
Error variance	*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	397 20%	58 31% cdefgh	108 24% dfh	93 21% fh	45 18% afgh	33 18% afgh	61 13% abcdegh	258 24% abcdegh	139 15% abcegh	318 19% cg	9 17% cg	42 31% ad	13 18% c	5 18% c	5 40% c	74 24% a
Tend to agree (3.0)	832 42%	71 38%	193 43%	188 42%	123 49%	77 41%	181 38%	452 42%	380 41%	704 42%	29 53% dg	54 39%	25 34%	8 31%	2 20%	118 39%
Tend to disagree (2.0)	430 21%	37 20%	86 19%	99 22%	49 19%	48 26%	110 23%	223 21%	208 23%	359 21%	8 15%	28 20%	20 28%	8 29%	2 17%	67 22%
Strongly disagree (1.0)	237 12%	15 8%	40 9%	43 10%	28 11%	17 9%	94 20%	98 9%	140 15%	213 13% cg	3 5%	6 4%	10 13% c	3 13% c	1 6% c	22 7%
Don't know	105 5%	5 3%	22 5%	26 6%	8 3%	10 5%	34 7% ad	53 5%	52 6%	79 5%	5 9%	8 6%	5 7%	2 9%	2 17%	23 7% a
NET: Agree	1229 61%	129 69% efh	301 67% fh	280 63% fh	168 66% fh	110 59% f	242 50% f	710 66% fh	520 57% f	1022 61% d	38 70% d	96 70% ad	38 52% ad	13 49% ad	7 60% ad	193 63% ad
NET: Disagree	667 33%	52 28%	126 28%	142 32%	78 31%	65 35%	204 43% abcdg	320 30% abcdg	347 38% abcdg	572 34% bc	11 20%	34 24%	30 41% bc	11 42% bc	3 23% bc	89 29% bc
Base for stats	1897	181	426	422	245	175	446	1030	867	1594	49	130	68	24	10	282
Mean Score	2.73	2.94 cdefh	2.87 fh	2.78 fh	2.75 fh	2.72 f	2.47 f	2.85 fh	2.60 f	2.71 ad	2.91 ad	3.02 ad	2.61 ad	2.59 ad	3.13 ad	2.87 ad
Standard Deviation	.930	.929	.900	.902	.886	.882	.974	.907	.941	.935	.765	.848	.961	.975	1.030	.895
Standard Error	.021	.070	.045	.044	.055	.065	.046	.029	.032	.024	.106	.074	.115	.188	.326	.052
Error variance	*	*	*	*	*	*	*	*	*	*	.01	.01	.01	.04	.11	*



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
Significance Level: 95%																	
Unweighted Total	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287	
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	397	223	84	72	155	39	42	138	37	13	14	28	18	20	48	81
		20%	18%	24%	22%	23%	25%	35%	23%	17%	27%	28%	19%	19%	13%	12%	29%
			a	a	a	ij	cdghij	ij	ij	ij	ij	j				cdghij	
Tend to agree	(3.0)	832	525	144	131	275	69	40	265	97	21	17	59	36	63	166	109
		42%	42%	41%	41%	41%	43%	34%	43%	45%	42%	34%	39%	39%	42%	41%	39%
									b								
Tend to disagree	(2.0)	430	271	74	68	143	38	26	140	45	8	8	32	20	28	85	63
		21%	22%	21%	21%	21%	24%	22%	23%	21%	15%	17%	21%	22%	18%	21%	23%
Strongly disagree	(1.0)	237	168	27	28	56	9	6	50	28	6	7	23	6	28	75	15
		12%	13%	8%	9%	8%	6%	5%	8%	13%	12%	15%	15%	6%	18%	18%	5%
			bcd						abck		abk	abchk		abchk	abchk	abchk	
Don't know		105	60	20	19	39	4	5	21	6	2	2	9	13	13	30	9
		5%	5%	6%	6%	6%	3%	4%	3%	3%	4%	5%	6%	14%	8%	7%	3%
												abcdgk	acd	acd			
NET: Agree		1229	748	228	203	430	108	82	403	134	35	30	87	53	83	214	191
		61%	60%	65%	64%	64%	68%	69%	66%	63%	69%	63%	58%	58%	55%	53%	69%
							ij	gij	ij	j	j					ghij	
NET: Disagree		667	439	101	97	198	46	32	190	73	14	16	55	26	55	160	78
		33%	35%	29%	30%	30%	29%	27%	31%	34%	27%	33%	36%	29%	37%	40%	28%
			bd												abchk		
Base for stats		1897	1187	329	299	628	155	114	593	207	48	46	142	80	138	374	269
Mean Score		2.73	2.68	2.86	2.82	2.84	2.90	3.04	2.83	2.69	2.86	2.79	2.65	2.81	2.54	2.50	2.96
				a	a	a	dgij	cdgij	gij	j	ij		ij			cdgij	
Standard Deviation		.930	.937	.891	.904	.897	.849	.898	.883	.919	.974	1.050	.975	.867	.970	.953	.871
Standard Error		.021	.027	.051	.055	.037	.067	.083	.036	.064	.139	.155	.081	.092	.081	.051	.052
Error variance		*	*	*	*	*	*	.01	*	*	.02	.02	.01	.01	.01	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726	
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	397 20%	97 22%	102 27%	25 18%	6 20%	127 24%	103 22%	116 23%	69 26%	39 22%	8 20%	108 24%	124 23%	51 19%	201 18%	120 23%	27 24%	347 20%
				c												b			
Tend to agree	(3.0)	832 42%	200 45%	151 40%	55 40%	12 41%	207 40%	212 45%	211 42%	123 47%	72 40%	13 34%	195 44%	225 41%	111 42%	467 42%	224 43%	31 28%	721 42%
															d	d	d	d	
Tend to disagree	(2.0)	430 21%	92 21%	83 22%	37 26%	6 22%	119 23%	99 21%	122 24%	45 17%	38 21%	12 31%	83 19%	134 24%	56 21%	246 22%	96 19%	32 30%	374 22%
									be			b	be				ce		
Strongly disagree	(1.0)	237 12%	42 10%	32 8%	17 12%	4 14%	49 9%	46 10%	45 9%	18 7%	23 13%	5 13%	41 9%	50 9%	38 14%	139 13%	49 9%	11 10%	199 11%
											b			c					
Don't know		105 5%	12 3%	13 3%	6 4%	1 3%	19 4%	12 3%	14 3%	9 3%	7 4%	1 3%	16 4%	15 3%	11 4%	58 5%	28 5%	8 7%	94 5%
NET: Agree		1229 61%	297 67%	253 66%	80 58%	17 61%	333 64%	315 67%	328 64%	193 73%	111 62%	21 54%	303 68%	349 64%	161 61%	667 60%	343 66%	57 53%	1068 62%
			c							acdf						bde			
NET: Disagree		667 33%	135 30%	115 30%	53 38%	10 36%	168 32%	145 31%	167 33%	63 24%	61 34%	17 43%	124 28%	184 34%	94 35%	385 35%	145 28%	44 40%	573 33%
									b		b	be	b	c	c		c	c	
Base for stats	1897	432	368	133	28	502	460	494	255	172	38	427	532	255	1052	488	101	1641	
Mean Score	2.73	2.81	2.88	2.66	2.70	2.82	2.81	2.81	2.96	2.73	2.63	2.87	2.79	2.68	2.69	2.85	2.72	2.74	
			c						acdf							abe			
Standard Deviation	.930	.894	.916	.922	.973	.922	.898	.900	.852	.962	.963	.903	.905	.958	.927	.905	.981	.926	
Standard Error	.021	.043	.048	.080	.181	.041	.042	.041	.053	.073	.152	.044	.039	.059	.029	.041	.096	.023	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	397 20%	89 23%	255 19%	66 25% bc	65 18%	11 12%	262 20% c	125 19%	14 21%	317 20%	81 20%	342 20%	53 18%
Tend to agree (3.0)	832 42%	161 42%	542 41%	104 39%	137 37%	36 40%	556 43% b	250 39%	23 34%	663 42%	169 41%	700 42%	125 41%
Tend to disagree (2.0)	430 21%	76 20%	294 22%	47 18%	69 19%	21 23%	283 22%	129 20%	9 14%	332 21%	98 24%	362 22%	64 21%
Strongly disagree (1.0)	237 12%	42 11%	151 12%	35 13%	78 21% ad	21 23% ad	123 10%	113 17% d	18 27% ade	190 12%	47 11%	191 11%	41 14%
Don't know	105 5%	15 4%	72 5%	12 5%	20 6%	2 2%	68 5%	32 5%	3 4%	88 6%	18 4%	84 5%	19 6%
NET: Agree	1229 61%	250 65%	797 61%	170 64% bc	202 55%	47 52%	818 63% bce	375 58%	37 55%	980 62%	250 61%	1042 62%	178 59%
NET: Disagree	667 33%	118 31%	446 34%	82 31%	148 40% ad	42 46% ad	406 31%	242 37% d	27 41%	522 33%	145 35%	553 33%	104 35%
Base for stats	1897	368	1243	252	350	89	1224	616	64	1502	395	1595	283
Mean Score	2.73	2.81	2.72	2.80 bcef	2.54	2.42	2.78 bcef	2.63	2.50	2.74	2.72	2.75	2.67
Standard Deviation	.930	.933	.924	.982	1.036	.982	.894	1.004	1.127	.933	.923	.926	.943
Standard Error	.021	.048	.026	.060	.056	.102	.026	.040	.141	.024	.047	.023	.055
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	397 20%	29 7%	38 17%	52 17%	80 23%	44 23%	52 28%	19 27%	83 35%	154 31%	93 18%	107 20%	132 20%	63 26%	23 28%	207 19%	161 20%
			a	a	ac	a	abci	ac	abcdei	a	abcdei				abc			
Tend to agree	(3.0)	832 42%	87 21%	103 45%	162 51%	172 49%	90 47%	86 47%	32 45%	100 42%	218 44%	205 40%	214 39%	308 46%	94 39%	29 35%	463 43%	328 41%
			a	ahj	a	a	a	a	a	a	a			ab				
Tend to disagree	(2.0)	430 21%	137 32%	51 22%	67 21%	62 18%	39 20%	34 18%	15 21%	26 11%	75 15%	104 20%	137 25%	145 22%	38 16%	20 25%	232 22%	165 20%
			bcdefhij	hj	hj	h	h	h	h	h	hj		d	d				
Strongly disagree	(1.0)	237 12%	124 29%	23 10%	19 6%	26 7%	13 7%	8 4%	3 4%	20 9%	31 6%	78 15%	60 11%	58 9%	37 15%	8 10%	115 11%	110 14%
			bcdefghij	f								bc		c				
Don't know		105 5%	44 11%	12 5%	16 5%	13 4%	5 3%	3 2%	2 3%	10 4%	15 3%	32 6%	29 5%	23 3%	9 4%	2 2%	53 5%	44 5%
			bcdefghij	f								c						
NET: Agree		1229 61%	116 28%	141 62%	214 68%	252 71%	134 70%	138 75%	52 72%	182 77%	372 75%	298 58%	321 59%	440 66%	157 65%	52 63%	670 63%	489 61%
			a	a	ab	a	abi	a	abci	a	abci			ab				
NET: Disagree		667 33%	262 62%	74 33%	85 27%	89 25%	52 27%	42 23%	18 25%	46 19%	106 21%	182 36%	198 36%	204 31%	75 31%	29 35%	347 32%	275 34%
			bcdefghij	fhj	h					hj			c					
Base for stats	1897	378	215	300	340	186	180	70	228	1041	478	480	519	643	232	80	1017	764
Mean Score	2.73	2.06	2.72	2.83	2.90	2.88	3.01	2.98	3.07	2.84	3.03	2.65	2.71	2.80	2.79	2.83	2.75	2.71
			a	a	ab	a	abci	ab	abcdei	a	abcdei			a				
Standard Deviation	.930	.933	.879	.786	.848	.848	.813	.819	.911	.839	.861	.970	.924	.868	1.018	.964	.906	.957
Standard Error	.021	.049	.060	.045	.046	.062	.060	.099	.060	.026	.039	.044	.040	.035	.068	.106	.029	.034
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	397 20%	182 30% bc	109 16%	105 16%	254 27% b	93 15%
Tend to agree (3.0)	832 42%	289 47% bc	267 38%	271 41%	383 41%	251 42%
Tend to disagree (2.0)	430 21%	100 16%	170 24% a	154 23% a	187 20%	147 25% a
Strongly disagree (1.0)	237 12%	29 5%	111 16% a	91 14% a	82 9%	75 12% a
Don't know	105 5%	15 2%	47 7% a	38 6% a	31 3%	32 5%
NET: Agree	1229 61%	471 77% bc	376 53%	376 57%	637 68% b	344 57%
NET: Disagree	667 33%	129 21%	281 40% a	246 37% a	269 29%	222 37% a
Base for stats	1897	600	658	621	906	566
Mean Score	2.73	3.04	2.57	2.63	2.89	2.64
Standard Deviation	.930	.813	.957	.931	.915	.907
Standard Error	.021	.033	.037	.037	.030	.038
Error variance	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	467 23%	229 23%	237 23%	125 21%	170 26% a	172 23%	23 24%	64 25%	46 23%	52 25%	43 25%	49 22%	79 25%	65 20%	47 23%
Tend to agree (3.0)	822 41%	383 39%	428 42%	250 41%	254 39%	318 43%	40 42%	99 38%	77 40%	82 39%	74 43%	94 42%	142 45%	130 40%	84 41%
Tend to disagree (2.0)	365 18%	188 19%	176 17%	124 21% c	124 19%	117 16%	22 23% g	52 20%	32 16%	39 19%	30 17%	43 19%	45 14%	66 20%	36 18%
Strongly disagree (1.0)	250 12%	131 13%	118 12%	72 12%	82 12%	96 13%	6 6%	38 14% a	22 12%	20 9%	21 12%	29 13%	33 11%	51 16% ad	30 15% a
Don't know	98 5%	43 4%	55 5%	33 5%	26 4%	39 5%	5 6%	9 3%	18 9% befhi	16 7% b	6 3%	6 3%	16 5%	15 5%	7 3%
NET: Agree	1289 64%	612 63%	665 66%	375 62%	424 65%	490 66%	62 65%	163 62%	123 63%	134 64%	116 67%	143 65%	221 70% bh	196 60%	131 64%
NET: Disagree	615 31%	319 33%	294 29%	196 32%	205 31%	213 29%	28 29%	90 34% g	54 28%	59 28%	51 29%	72 33%	78 25%	117 36% g	66 32%
Base for stats	1904	931	958	571	630	704	90	253	177	193	167	215	299	312	198
Mean Score	2.79	2.76	2.82	2.75	2.81	2.80	2.88	2.75	2.82	2.86 h	2.83	2.76	2.89 h	2.67	2.75
Standard Deviation	.959	.977	.943	.938	.976	.960	.866	.999	.959	.930	.954	.956	.922 h	.983	.987
Standard Error	.022	.033	.030	.038	.038	.038	.086	.060	.070	.067	.070	.079	.053	.055	.070
Error variance	*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315	
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	467 23%	61 33% bcdefgh	110 24% c	84 19%	57 22%	40 22%	116 24% c	255 24% c	213 23%	381 23%	14 25%	44 32% ad	13 17%	8 29%	2 17%	80 26%	
Tend to agree (3.0)	822 41%	70 37%	182 40%	201 45%	103 41%	78 42%	189 39%	452 42%	370 40%	684 41%	25 47%	51 37%	35 47%	9 35%	8 71%	128 42%	
Tend to disagree (2.0)	365 18%	34 18%	91 20%	81 18%	52 20% f	39 21% f	68 14%	206 19% f	159 17%	316 19%	5 10%	24 18%	13 17%	3 13%	2 13%	47 16%	
Strongly disagree (1.0)	250 12%	20 11%	43 10%	58 13%	36 14%	21 11%	73 15% bg	121 11% b	129 14%	216 13%	4 8%	14 10%	12 17%	3 11%	- -	33 11%	
Don't know	98 5%	2 1%	23 5% a	24 5% a	6 3%	7 4%	35 7% adg	49 5% a	48 5% a	78 5%	6 11% ad	6 4%	1 2%	3 12%	- -	16 5%	
NET: Agree	1289 64%	130 70%	291 65%	285 64%	159 63%	118 64%	305 63%	707 65%	583 63%	1064 64%	39 72%	94 68%	47 65%	17 64%	10 87%	208 68%	
NET: Disagree	615 31%	54 29%	134 30%	139 31%	87 34%	60 32%	141 29%	327 30%	288 31%	532 32% b	10 18%	38 28%	25 34% b	6 24%	2 13%	81 26%	
Base for stats	1904	185	425	424	247	178	446	1034	871	1596	49	132	72	24	12	289	
Mean Score	2.79	2.93 cdh	2.84	2.73	2.73	2.77	2.78	2.81	2.77	2.77	2.99	2.94 ad	2.66	2.94	3.04	2.88	
Standard Deviation	.959	.973	.924	.932	.974	.930	1.009	.938	.983	.962	.876	.963	.964	1.003	.565	.943	
Standard Error	.022	.072	.046	.045	.061	.068	.048	.029	.033	.024	.123	.083	.112	.197	.163	.055	
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.04	.03	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	467 23%	293 23%	70 20%	88 28% b	158 24%	43 27% dh	37 32% cdh	139 23%	40 19%	14 29% h	15 31% h	34 23%	13 15%	39 26% h	93 23%	81 29% cdh
Tend to agree (3.0)	822 41%	507 41%	151 43%	131 41%	282 42%	63 40%	45 38%	254 41%	90 42%	19 38%	15 31%	68 45%	35 38%	64 42%	169 42%	108 39%
Tend to disagree (2.0)	365 18%	229 18%	60 17%	56 18%	116 17%	27 17%	16 13%	132 22% bijk	43 20%	9 17%	9 20%	23 15%	22 24% bij	20 13%	63 16%	43 15%
Strongly disagree (1.0)	250 12%	162 13%	44 13%	33 10%	77 12%	19 12%	14 12%	73 12%	34 16%	6 12%	5 11%	18 12%	10 11%	21 14%	51 13%	33 12%
Don't know	98 5%	56 4%	24 7% c	10 3%	33 5%	7 5%	6 5%	16 3%	6 3%	2 5%	4 7%	8 5%	12 13% acdgi	8 5%	28 7% cd	14 5%
NET: Agree	1289 64%	800 64%	221 63%	219 69%	441 66%	106 67% h	82 69% h	393 64% h	130 61%	34 67%	30 62%	102 68% h	49 53%	102 68% h	261 65% h	189 68% h
NET: Disagree	615 31%	391 31%	104 30%	89 28%	193 29%	45 29%	30 25%	205 33%	77 36% bjk	15 29%	15 31%	41 27%	32 35%	41 27%	115 28%	75 27%
Base for stats	1904	1191	326	308	634	152	112	598	207	48	45	143	81	143	376	264
Mean Score	2.79	2.78	2.76	2.89	2.82	2.86 d	2.94 dh	2.77	2.66	2.87	2.87	2.83	2.65	2.84	2.81	2.90 dh
Standard Deviation	.959	.967	.943	.941	.944	.970	.990	.942	.971	.988	1.018	.932	.903	.985	.961	.977
Standard Error	.022	.028	.054	.056	.039	.078	.092	.039	.068	.141	.152	.077	.096	.081	.051	.059
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726	
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	467 23%	113 25%	85 22%	32 23%	7 23%	116 22%	119 25%	120 24%	64 24%	35 20%	14 37%	99 22%	135 25%	53 20%	267 24%	129 25%	18 16%	414 24%	
Tend to agree (3.0)	822 41%	160 36%	172 45%	60 43%	9 31%	233 45%	169 36%	203 40%	114 43%	71 40%	12 32%	185 42%	216 39%	109 41%	457 41%	211 41%	45 41%	713 41%	
Tend to disagree (2.0)	365 18%	94 21%	72 19%	28 20%	6 22%	100 19%	100 21%	108 21%	55 21%	38 21%	4 10%	92 21%	112 20%	48 18%	189 17%	100 19%	27 25%	316 18%	
Strongly disagree (1.0)	250 12%	63 14%	45 12%	12 9%	7 24%	57 11%	70 15%	65 13%	26 10%	25 14%	8 19%	51 12%	73 13%	42 16%	144 13%	52 10%	13 12%	209 12%	
Don't know	98 5%	14 3%	8 2%	7 5%	- -	15 3%	14 3%	12 2%	6 2%	11 6%	1 2%	17 4%	13 2%	14 5%	53 5%	24 5%	7 6%	84 5%	
NET: Agree	1289 64%	273 62%	257 67%	92 66%	15 54%	349 67%	288 61%	324 64%	177 67%	106 59%	27 69%	284 64%	350 64%	162 61%	724 65%	340 66%	62 57%	1127 65%	
NET: Disagree	615 31%	157 35%	117 31%	40 29%	13 46%	157 30%	170 36%	173 34%	81 31%	62 35%	11 29%	143 32%	184 34%	90 34%	333 30%	152 29%	40 37%	525 30%	
Base for stats	1904	430	374	132	28	506	458	497	258	169	38	427	535	252	1057	492	102	1652	
Mean Score	2.79	2.75	2.79	2.84	2.54	2.81	2.74	2.76	2.83	2.69	2.88	2.78	2.77	2.69	2.80	2.85	2.65	2.81	
Standard Deviation	.959	1.003	.926	.897	1.112	.918	1.010	.964	.917	.964	1.136	.937	.976	.984	.968	.932	.910	.954	
Standard Error	.022	.048	.048	.078	.203	.041	.047	.044	.057	.074	.180	.045	.042	.061	.030	.042	.089	.024	
Error variance	*	*	*	.01	.04	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0) 467 23%	111 29%	296 22%	77 29%	122 33%	17 19%	268 21%	186 29%	28 42%	384 24%	83 20%	386 23%	76 25%
		b		d	cd			cd	acde				
Tend to agree	(3.0) 822 41%	160 42%	540 41%	103 39%	150 41%	37 41%	535 41%	265 41%	23 35%	659 41%	163 39%	715 43%	101 33%
												b	
Tend to disagree	(2.0) 365 18%	54 14%	258 20%	46 17%	41 11%	15 17%	260 20%	94 15%	6 10%	281 18%	84 20%	306 18%	57 19%
			a	b			bef						
Strongly disagree	(1.0) 250 12%	43 11%	161 12%	27 10%	38 10%	16 18%	172 13%	71 11%	6 9%	189 12%	61 15%	197 12%	51 17%
						abe						a	
Don't know	98 5%	15 4%	61 5%	11 4%	19 5%	5 6%	56 4%	32 5%	3 4%	76 5%	22 5%	76 5%	17 6%
NET: Agree	1289 64%	271 71%	835 64%	180 68%	272 74%	54 59%	803 62%	451 70%	51 77%	1043 66%	246 60%	1101 66%	176 59%
		b			cd			cd	cd	b		b	
NET: Disagree	615 31%	97 25%	419 32%	73 28%	78 21%	32 35%	432 33%	166 26%	13 19%	470 30%	145 35%	503 30%	108 36%
			a			bf	bef			a		a	
Base for stats	1904	368	1254	253	351	85	1236	616	64	1514	391	1604	284
Mean Score	2.79	2.92	2.77	2.91	3.02	2.63	2.73	2.92	3.15	2.82	2.69	2.80	2.71
		b		cd	cd			cd	cd	b			
Standard Deviation	.959	.956	.951	.954	.947	1.013	.955	.955	.955	.952	.978	.941	1.048
Standard Error	.022	.050	.027	.058	.051	.108	.027	.038	.119	.024	.050	.024	.061
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855	
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	467	100	50	68	75	47	48	15	64	240	127	141	123	135	62	20	251	190
		23%	24%	22%	21%	21%	25%	26%	21%	27%	22%	26%	28%	22%	20%	25%	24%	23%	24%
													bc						
Tend to agree	(3.0)	822	131	95	156	152	88	77	28	95	492	200	177	238	306	92	29	439	340
		41%	31%	42%	49%	43%	46%	42%	38%	40%	45%	41%	35%	43%	46%	38%	35%	41%	42%
				a	ahj	a	a	a	a	a	a	a		a	ad				
Tend to disagree	(2.0)	365	69	42	47	77	39	32	17	42	205	90	88	91	135	47	19	200	139
		18%	16%	19%	15%	22%	20%	17%	23%	18%	19%	18%	17%	17%	20%	19%	23%	19%	17%
						c													
Strongly disagree	(1.0)	250	82	30	32	34	16	19	10	28	111	57	77	71	66	32	11	140	93
		12%	19%	13%	10%	10%	9%	10%	14%	12%	10%	12%	15%	13%	10%	13%	14%	13%	12%
			bcdefhij										c						
Don't know		98	41	10	13	15	1	7	2	9	39	19	28	26	25	9	3	40	45
		5%	10%	4%	4%	4%	1%	4%	3%	4%	4%	4%	6%	5%	4%	4%	4%	4%	6%
			bcdefhij	e	e	e		e		e	e	e							
NET: Agree		1289	231	145	224	227	135	126	43	159	731	327	318	360	441	153	49	690	530
		64%	55%	64%	71%	64%	71%	69%	59%	67%	67%	66%	62%	66%	66%	64%	59%	65%	66%
				a	a	a	a	a		a	a	a							
NET: Disagree		615	151	72	79	110	55	50	27	70	317	147	165	162	201	79	31	340	233
		31%	36%	32%	25%	31%	29%	27%	38%	29%	29%	30%	32%	30%	30%	33%	37%	32%	29%
			cfi					c											
Base for stats		1904	382	217	303	338	190	176	70	229	1048	475	483	522	641	232	79	1029	763
Mean Score		2.79	2.65	2.76	2.86	2.79	2.87	2.88	2.68	2.85	2.82	2.84	2.79	2.79	2.79	2.79	2.73	2.78	2.82
					a		a	a		a	a	a							
Standard Deviation		.959	1.088	.958	.884	.899	.885	.932	.980	.967	.905	.956	1.034	.953	.890	.991	1.000	.966	.944
Standard Error		.022	.056	.065	.050	.049	.064	.070	.119	.064	.028	.044	.046	.041	.036	.066	.110	.031	.033
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	.01	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	467 23%	154 25%	125 18%	185 28%	247 26%	111 19%
		b	b	b	b	
Tend to agree (3.0)	822 41%	272 44%	272 39%	274 42%	397 42%	230 39%
		b				
Tend to disagree (2.0)	365 18%	110 18%	158 22%	92 14%	164 18%	136 23%
		c	ac			a
Strongly disagree (1.0)	250 12%	56 9%	101 14%	88 13%	98 10%	91 15%
		a	a	a	a	a
Don't know	98 5%	23 4%	48 7%	21 3%	31 3%	30 5%
			ac			
NET: Agree	1289 64%	426 69%	397 56%	459 70%	644 69%	341 57%
		b	b	b	b	
NET: Disagree	615 31%	166 27%	259 37%	179 27%	262 28%	227 38%
			ac			a
Base for stats	1904	592	656	638	906	568
Mean Score	2.79	2.89	2.64	2.87	2.87	2.63
		b	b	b	b	
Standard Deviation	.959	.901	.959	.984	.934	.972
Standard Error	.022	.037	.038	.039	.031	.041
Error variance	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	526 26%	241 25%	282 28%	178 29% c	193 29% c	156 21%	28 29%	70 27%	46 24%	55 26%	47 27%	55 25%	100 32%	73 22%	51 25%
Tend to agree (3.0)	712 36%	321 33%	381 38% a	214 35%	229 35%	269 36%	32 34%	100 38%	66 34%	70 34%	60 35%	90 40%	100 32%	123 37%	71 35%
Tend to disagree (2.0)	406 20%	212 22%	193 19%	122 20%	123 19%	161 22%	20 21%	45 17%	49 25% b	38 18%	33 19%	42 19%	62 20%	68 21%	49 24%
Strongly disagree (1.0)	198 10%	116 12% b	80 8%	53 9%	60 9%	85 11%	7 8%	31 12%	16 8%	25 12%	17 10%	19 8%	30 10%	33 10%	20 10%
Don't know	160 8%	82 8%	77 8%	37 6%	52 8%	72 10% a	8 9%	16 6%	18 9%	20 10%	15 9%	16 7%	22 7%	31 9%	13 7%
NET: Agree	1238 62%	562 58% a	663 65% a	392 65% c	422 64% c	425 57%	60 62%	170 65%	112 58%	126 60%	107 62%	145 65%	200 64%	196 60%	123 60%
NET: Disagree	604 30%	329 34% b	274 27%	176 29%	182 28%	246 33% b	28 29%	76 29%	65 33%	63 30%	50 29%	60 27%	92 29%	101 31%	69 34%
Base for stats	1842	891	936	567	604	670	87	246	177	188	157	205	293	297	191
Mean Score	2.85	2.77	2.92	2.91	2.92	2.74	2.92	2.85	2.81	2.82	2.87	2.88	2.92	2.80	2.80
Standard Deviation	.956	.990	.920	.948	.955	.955	.940	.975	.928	1.002	.968	.909	.983	.937	.953
Standard Error	.022	.034	.029	.038	.038	.039	.095	.060	.067	.073	.073	.077	.057	.054	.069
Error variance	*	*	*	*	*	*	.01	*	*	.01	.01	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315	
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	526 26%	128 29%	121 27%	63 25%	53 29%	90 19%	320 30%	207 22%	418 25%	18 32%	48 35%	21 29%	8 28%	5 44%	99 33%	
			bcd fgh	f	f	f	f	fh	a			a				a	
Tend to agree	(3.0)	712 36%	142 31%	174 39%	102 40%	66 36%	170 35%	374 34%	338 37%	597 36%	19 35%	53 38%	25 34%	6 22%	3 27%	105 35%	
				ab	ab												
Tend to disagree	(2.0)	406 20%	100 22%	85 19%	52 20%	33 18%	108 22%	213 20%	193 21%	343 20%	11 20%	23 17%	18 25%	6 22%	3 23%	60 20%	
			a				a										
Strongly disagree	(1.0)	198 10%	42 9%	38 8%	23 9%	16 9%	59 12%	100 9%	98 11%	175 10%	5 10%	7 5%	5 7%	3 11%	1 7%	21 7%	
Don't know		160 8%	8 4%	37 8%	31 7%	14 5%	17 9%	54 11%	76 7%	84 9%	2 3%	7 5%	4 6%	4 16%	-	18 6%	
							acd g	a									
NET: Agree	1238 62%	129 69%	269 60%	295 66%	165 65%	120 65%	260 54%	693 64%	545 59%	1015 61%	36 67%	100 73%	46 63%	14 51%	8 70%	205 67%	
			b f h	f h	f	f	f h	fh	a			a				a	
NET: Disagree	604 30%	49 26%	142 32%	122 27%	75 29%	49 26%	167 35%	313 29%	290 32%	518 31%	16 30%	30 22%	23 31%	9 33%	4 30%	82 27%	
							ace g			c							
Base for stats	1842	178	412	417	240	169	427	1007	835	1533	53	131	69	23	12	287	
Mean Score	2.85	3.01	2.86	2.91	2.86	2.93	2.68	2.91	2.78	2.82	2.92	3.08	2.91	2.81	3.07	2.99	
		fh	f	fh	f	f		fh	a			a				a	
Standard Deviation	.956	1.015	.972	.920	.918	.947	.957	.959	.949	.960	.980	.877	.926	1.065	1.014	.927	
Standard Error	.022	.077	.049	.045	.058	.071	.046	.031	.032	.025	.131	.076	.110	.213	.293	.054	
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.05	.09	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287	
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	526	293	110	102	212	47	40	172	51	21	13	43	23	43	73	87
	26%	23%	31%	32%	32%	30%	33%	28%	24%	42%	27%	28%	25%	29%	18%	31%	
			a	a	a	j	j	j		cdhj	j		j		j		
Tend to agree	(3.0)	712	451	122	112	234	58	44	226	69	12	20	55	31	48	150	102
	36%	36%	35%	35%	35%	37%	37%	37%	32%	23%	41%	36%	33%	32%	37%	37%	
								e							e		
Tend to disagree	(2.0)	406	261	61	67	128	30	20	122	55	9	6	26	20	24	93	50
	20%	21%	17%	21%	19%	19%	17%	20%	26%	17%	13%	17%	22%	16%	23%	18%	
									ik								
Strongly disagree	(1.0)	198	140	30	15	45	16	9	59	23	4	5	11	8	18	45	25
	10%	11%	9%	5%	7%	10%	7%	10%	11%	8%	10%	7%	9%	12%	11%	9%	
		cd	c														
Don't know		160	103	27	22	49	7	7	35	15	5	4	16	10	18	43	14
	8%	8%	8%	7%	7%	5%	6%	6%	7%	10%	8%	11%	11%	12%	11%	5%	
												ack	k	ack	ack		
NET: Agree		1238	743	232	214	446	105	83	398	120	33	33	98	54	91	223	189
	62%	60%	66%	67%	67%	66%	70%	65%	56%	65%	69%	65%	58%	60%	55%	68%	
			a	a	a	j	dj	dj			j				dj		
NET: Disagree		604	401	91	82	172	46	29	181	78	13	11	37	28	42	138	75
	30%	32%	26%	26%	26%	29%	24%	30%	37%	25%	23%	25%	31%	28%	34%	27%	
		bcd							bgk						bgk		
Base for stats		1842	1144	322	296	618	152	112	579	198	45	44	135	82	133	361	264
Mean Score		2.85	2.78	2.97	3.02	2.99	2.90	3.02	2.88	2.75	3.10	2.94	2.96	2.84	2.88	2.69	2.95
			a	a	a	j	dj	j		dj		dj			dj		
Standard Deviation		.956	.963	.950	.877	.916	.965	.921	.951	.970	1.009	.939	.918	.958	1.019	.931	.947
Standard Error		.022	.028	.055	.053	.038	.077	.085	.040	.069	.149	.142	.078	.100	.087	.050	.057
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	526 26%	132 30%	109 29%	39 28%	6 22%	148 28%	138 29%	154 30%	75 28%	42 23%	11 28%	117 26%	165 30%	50 19%	294 26%	152 29%	30 28%	476 27%
Tend to agree (3.0)	712 36%	161 36%	134 35%	46 33%	10 35%	180 35%	171 36%	184 36%	95 36%	63 35%	10 27%	158 36%	195 36%	101 38%	391 35%	186 36%	33 31%	611 35%
Tend to disagree (2.0)	406 20%	86 19%	81 21%	26 19%	8 29%	107 21%	94 20%	97 19%	65 24%	35 20%	10 25%	100 23%	107 19%	59 22%	223 20%	102 20%	22 20%	347 20%
Strongly disagree (1.0)	198 10%	43 10%	30 8%	19 13%	3 11%	49 9%	46 10%	48 9%	16 6%	22 12%	5 14%	38 9%	53 10%	34 13%	111 10%	45 9%	8 7%	164 9%
Don't know	160 8%	23 5%	27 7%	9 7%	1 3%	36 7%	24 5%	26 5%	13 5%	18 10%	2 5%	30 7%	28 5%	22 8%	91 8%	32 6%	16 14%	139 8%
NET: Agree	1238 62%	292 66%	243 64%	85 61%	16 58%	328 63%	309 65%	338 66%	170 64%	105 58%	21 55%	275 62%	359 66%	151 57%	685 62%	338 65%	64 59%	1087 63%
NET: Disagree	604 30%	128 29%	111 29%	44 32%	11 40%	156 30%	139 30%	145 28%	81 31%	57 32%	15 40%	138 31%	160 29%	93 35%	334 30%	147 28%	30 27%	510 29%
Base for stats	1842	421	355	129	28	484	448	483	251	162	37	413	519	244	1019	485	93	1597
Mean Score	2.85	2.91	2.91	2.81	2.71	2.88	2.90	2.92	2.91	2.77	2.73	2.86	2.91	2.68	2.85	2.92	2.92	2.88
Standard Deviation	.956	.956	.934	1.025	.956	.959	.957	.955	.902	.982	1.058	.935	.963	.953	.960	.943	.949	.954
Standard Error	.022	.047	.050	.090	.178	.044	.045	.044	.057	.076	.169	.046	.042	.060	.030	.043	.097	.024
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.03	*	*	*	*	*	.01	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317	
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	526	125	342	77	100	24	332	179	18	425	101	450	69
		26%	33%	26%	29%	27%	27%	26%	28%	28%	27%	24%	27%	23%
			b											
Tend to agree	(3.0)	712	122	477	91	142	22	453	232	23	572	140	630	76
		36%	32%	36%	35%	38%	25%	35%	36%	35%	36%	34%	38%	25%
						c		c	c				b	
Tend to disagree	(2.0)	406	79	261	47	62	20	281	116	12	305	101	327	77
		20%	21%	20%	18%	17%	22%	22%	18%	17%	19%	25%	19%	26%
								be				a		a
Strongly disagree	(1.0)	198	28	131	28	33	13	128	64	5	157	40	158	39
		10%	7%	10%	10%	9%	15%	10%	10%	8%	10%	10%	9%	13%
													a	a
Don't know		160	29	103	22	34	11	97	58	8	130	30	115	40
		8%	7%	8%	8%	9%	12%	8%	9%	13%	8%	7%	7%	13%
														a
NET: Agree		1238	247	819	168	242	47	785	411	42	997	241	1080	145
		62%	65%	62%	64%	65%	52%	61%	63%	62%	63%	58%	64%	48%
					c	c			c				b	
NET: Disagree		604	107	393	74	94	33	409	179	17	462	142	484	117
		30%	28%	30%	28%	25%	37%	32%	28%	25%	29%	34%	29%	39%
							b	b			a			a
Base for stats		1842	354	1211	243	336	80	1194	591	58	1459	382	1565	262
Mean Score		2.85	2.97	2.85	2.90	2.92	2.72	2.83	2.89	2.94	2.87	2.79	2.88	2.67
			b										b	
Standard Deviation		.956	.947	.954	.979	.929	1.074	.956	.959	.936	.956	.953	.941	1.026
Standard Error		.022	.050	.028	.061	.051	.117	.028	.039	.123	.025	.049	.024	.062
Error variance		*	*	*	*	*	.01	*	*	.02	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	526 26%	81 19%	56 24%	86 27%	107 30%	51 27%	56 31%	24 33%	67 28%	147 30%	130 25%	128 23%	171 26%	92 38%	26 31%	277 26%	214 27%
				a	a	a	a	a	a	a	a				abc			
Tend to agree	(3.0)	712 36%	137 32%	92 40%	118 37%	132 37%	72 37%	68 37%	22 31%	71 30%	161 33%	171 34%	199 36%	253 38%	77 32%	25 31%	395 37%	281 35%
				ahj						ahj								
Tend to disagree	(2.0)	406 20%	72 17%	41 18%	63 20%	83 23%	49 25%	31 17%	13 18%	53 22%	97 20%	102 20%	121 22%	146 22%	35 14%	21 25%	212 20%	161 20%
					a	af				a			d	d				
Strongly disagree	(1.0)	198 10%	66 16%	19 8%	26 8%	16 5%	11 6%	15 8%	11 15%	33 14%	59 12%	59 12%	54 10%	51 8%	29 12%	5 6%	102 10%	83 10%
			bcdefi		d				dei	cdei	dei	c		c				
Don't know		160 8%	67 16%	19 8%	22 7%	15 4%	9 5%	12 7%	2 3%	14 6%	29 6%	49 10%	47 8%	44 7%	9 4%	5 7%	84 8%	68 8%
			bcdefghij	d								d	d					
NET: Agree		1238 62%	218 52%	147 65%	204 65%	239 68%	122 64%	124 68%	46 64%	138 58%	308 62%	301 59%	326 60%	424 64%	169 70%	51 62%	672 63%	496 61%
				a	a	ah	a	ah		ah	a			ab				
NET: Disagree		604 30%	138 33%	61 27%	90 29%	99 28%	60 31%	46 25%	24 33%	86 36%	156 32%	161 31%	175 32%	197 30%	64 26%	26 31%	314 29%	244 30%
										bdfi								
Base for stats	1842	356	208	294	338	182	171	70	224	1022	464	462	502	622	233	77	986	739
Mean Score	2.85	2.65	2.88	2.90	2.98	2.89	2.97	2.84	2.77	2.92	2.85	2.80	2.80	2.88	3.00	2.94	2.86	2.85
			a	a	ah	a	ah			ah	a			ab				
Standard Deviation	.956	1.026	.910	.927	.868	.885	.936	1.063	1.038	.896	1.008	.989	.941	.908	1.024	.935	.944	.966
Standard Error	.022	.055	.063	.054	.047	.065	.071	.129	.069	.028	.047	.045	.042	.037	.068	.105	.031	.035
Error variance	*	*	*	*	*	*	.01	.02	*	*	*	*	*	*	*	.01	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	526 26%	198 32% bc	152 22%	174 26% b	300 32% b	133 22%
Tend to agree (3.0)	712 36%	207 34%	245 35%	253 38%	332 35%	205 34%
Tend to disagree (2.0)	406 20%	133 22%	154 22% c	115 17%	165 18%	146 24% a
Strongly disagree (1.0)	198 10%	49 8%	90 13% ac	56 8%	76 8%	68 11% a
Don't know	160 8%	29 5%	64 9% a	62 9% a	64 7%	45 8%
NET: Agree	1238 62%	405 66% b	396 56%	427 65% b	632 67% b	338 57%
NET: Disagree	604 30%	181 29%	244 35% ac	170 26%	241 26%	214 36% a
Base for stats	1842	586	641	598	873	552
Mean Score	2.85	2.95 b	2.72	2.91 b	2.98 b	2.73
Standard Deviation	.956	.946	.980	.922	.938	.963
Standard Error	.022	.039	.039	.038	.032	.041
Error variance	*	*	*	*	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q9AA. SUMMARY: Thinking about your experience of the various Covid-19 restrictions that have been in place since March 2020, to what extent do you agree or disagree with the following statements**

BASE: All respondents

	Total	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
Restrictions on social mixing have reduced the amount of physical activity I do	2002 100%	383 19%	848 42%	458 23%	232 12%	81 4%	1231 62%	690 34%
The closure of sports facilities has reduced the amount of physical activity I do	2002 100%	288 14%	726 36%	599 30%	284 14%	105 5%	1014 51%	884 44%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q9AA.1. The closure of sports facilities has reduced the amount of physical activity I do: Thinking about your experience of the various Covid-19 restrictions that have been in place since March 2020, to what extent do you agree or disagree with the following statements**

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	360 18%	179 18%	179 18%	160 27% bc	116 18% c	83 11%	16 17%	63 24% fhi	34 17%	39 19%	33 19%	33 15%	70 22% hi	46 14%	26 13%
Tend to agree (3.0)	478 24%	219 22%	256 25%	213 35% bc	168 26% c	96 13%	22 23%	60 23%	41 21%	46 22%	48 28%	48 22%	94 30% cdi	78 24%	41 20%
Tend to disagree (2.0)	465 23%	230 24%	233 23%	129 21%	166 25%	170 23%	25 26% b	44 17%	46 24%	50 24%	40 23%	61 27% b	72 23%	80 24% b	47 23%
Strongly disagree (1.0)	616 31%	314 32%	296 29%	78 13%	171 26% a	368 50% ab	31 32% g	84 32% g	65 34% g	60 29% g	47 27% g	76 34% g	60 19%	115 35% g	78 38% deg
Don't know	83 4%	32 3%	49 5%	24 4%	34 5%	25 3%	2 2%	11 4%	9 4%	14 7% fh	5 3%	4 2%	19 6% h	8 2%	12 6% h
NET: Agree	837 42%	398 41%	435 43%	373 62% bc	284 43% c	179 24%	38 40%	123 47% fhi	75 38%	85 41%	81 47% hi	81 36%	164 52% acdfhi	124 38%	67 33%
NET: Disagree	1082 54%	544 56%	529 52%	207 34%	337 51% a	538 72% ab	56 58% g	128 49%	111 57% g	110 53% g	87 50%	136 62% beg	133 42%	196 60% beg	125 61% beg
Base for stats	1919	941	964	580	622	717	94	251	186	195	168	217	296	320	193
Mean Score	2.30	2.28	2.33	2.79 bc	2.37 c	1.85	2.24	2.41 fhi	2.23	2.33 i	2.40 hi	2.17	2.58 acdfhi	2.17	2.08
Standard Deviation	1.109	1.118	1.099	.996	1.076	1.044	1.095	1.192	1.119	1.115	1.096	1.070	1.060	1.074	1.079
Standard Error	.025	.037	.035	.040	.043	.041	.107	.072	.079	.080	.081	.088	.061	.060	.078
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q9AA.1. The closure of sports facilities has reduced the amount of physical activity I do: Thinking about your experience of the various Covid-19 restrictions that have been in place since March 2020, to what extent do you agree or disagree with the following statements**

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315	
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	360 18%	72 39%	85 19%	81 18%	40 16%	30 16%	52 11%	237 22%	122 13%	286 17%	11 20%	39 28%	11 15%	4 16%	4 34%	70 23%
			bcdefgh	fh	fh	f	f	dfh				ad				a	
Tend to agree	(3.0)	478 24%	47 25%	123 27%	129 29%	75 30%	45 25%	57 12%	300 28%	178 19%	362 22%	19 34%	46 33%	34 46%	7 26%	2 16%	107 35%
			f	fh	fh	fh	f	fh	fh	f		a	a	a		a	
Tend to disagree	(2.0)	465 23%	33 17%	112 25%	101 23%	75 30%	36 20%	108 23%	246 23%	219 24%	383 23%	11 20%	31 23%	20 27%	9 34%	5 41%	76 25%
				a	acefg												
Strongly disagree	(1.0)	616 31%	32 17%	109 24%	121 27%	57 22%	61 33%	238 49%	262 24%	355 39%	574 34%	11 19%	17 12%	6 8%	6 21%	1 8%	40 13%
				a	a		abdg	abcdegh	a	abcdg	bcdg						
Don't know		83 4%	3 1%	20 4%	16 4%	6 2%	13 7%	26 5%	39 4%	44 5%	68 4%	3 6%	5 3%	2 3%	1 3%	-	11 4%
							adg	a		a							
NET: Agree		837 42%	119 64%	208 46%	210 47%	116 46%	76 41%	109 23%	537 50%	300 33%	649 39%	29 54%	85 62%	45 62%	11 42%	6 50%	177 58%
			bcdefgh	fh	fh	fh	fh		efh	f		a	a	a		a	
NET: Disagree		1082 54%	64 35%	221 49%	222 50%	131 52%	97 52%	346 72%	507 47%	574 62%	957 57%	21 40%	48 35%	26 36%	15 55%	6 50%	116 38%
				a	a	a	a	abcdegh	a	abcdeg	bcdg						
Base for stats		1919	184	429	432	247	173	455	1044	875	1606	51	133	71	26	12	293
Mean Score		2.30	2.87	2.43	2.39	2.40	2.26	1.83	2.49	2.08	2.22	2.59	2.80	2.71	2.38	2.76	2.70
			bcdefgh	fh	fh	fh	fh		efh	f		a	a	a		a	
Standard Deviation		1.109	1.118	1.073	1.084	1.015	1.119	1.038	1.098	1.079	1.117	1.052	1.004	.838	1.018	1.060	.980
Standard Error		.025	.083	.053	.052	.063	.083	.049	.034	.036	.028	.143	.086	.098	.192	.306	.056
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.04	.09	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q9AA.1. The closure of sports facilities has reduced the amount of physical activity I do: Thinking about your experience of the various Covid-19 restrictions that have been in place since March 2020, to what extent do you agree or disagree with the following statements**

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
Significance Level: 95%																	
Unweighted Total	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287	
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	360 18%	197 16%	72 21%	73 23%	145 22%	41 26%	32 27%	128 21%	40 19%	16 33%	10 21%	16 11%	20 22%	17 11%	37 9%	73 26%
				a	a	a	gij	gij	gij	gj	dgij	j	gij				dgij
Tend to agree	(3.0)	478 24%	230 18%	109 31%	109 34%	218 33%	51 32%	36 31%	189 31%	47 22%	16 31%	8 16%	35 23%	29 31%	24 16%	43 11%	88 32%
				a	a	a	dfij	fij	dfij	j	ij	j	fij				dfij
Tend to disagree	(2.0)	465 23%	295 24%	79 23%	70 22%	149 22%	30 19%	25 21%	137 22%	64 30%	12 24%	14 29%	37 25%	21 23%	35 23%	90 22%	55 20%
									acjk								
Strongly disagree	(1.0)	616 31%	471 38%	76 22%	54 17%	131 20%	26 16%	24 20%	146 24%	54 25%	3 6%	15 32%	52 34%	17 18%	59 39%	221 55%	50 18%
			bcd					e	ae	ae		aek	abcehk		abcdehk	abcdehghik	e
Don't know		83 4%	54 4%	13 4%	12 4%	25 4%	11 7%	1 1%	15 2%	8 4%	3 6%	1 3%	10 7%	5 6%	16 11%	12 3%	11 4%
							bc				b		bc	b	bcdjk		
NET: Agree		837 42%	427 34%	182 52%	181 57%	363 54%	93 58%	68 58%	317 52%	87 41%	32 64%	18 36%	51 34%	49 53%	41 27%	81 20%	161 58%
				a	a	a	dfgij	dfgij	dfgij	ij	dfgij	j	j	dgij			dfgij
NET: Disagree		1082 54%	766 61%	155 44%	125 39%	280 42%	56 35%	49 42%	283 46%	117 55%	15 30%	29 61%	89 59%	38 41%	94 62%	311 77%	105 38%
			bcd						aek	abcehk		abcehk	abcehk		abcehk	abcdehghik	
Base for stats		1919	1193	336	306	643	149	118	600	205	47	47	141	87	135	392	266
Mean Score		2.30	2.13	2.53	2.65	2.59	2.73	2.65	2.50	2.36	2.96	2.26	2.11	2.60	2.00	1.74	2.69
			a	a	a	a	cdfgij	dfgij	gij	gij	cdfgij	j	j	gij	j	cdfgij	cdfgij
Standard Deviation		1.109	1.110	1.065	1.030	1.050	1.051	1.094	1.080	1.074	.943	1.139	1.038	1.049	1.064	.995	1.069
Standard Error		.025	.032	.061	.062	.043	.085	.099	.044	.075	.136	.166	.086	.108	.090	.052	.065
Error variance		*	*	*	*	*	.01	.01	*	.01	.02	.03	.01	.01	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q9AA.1. The closure of sports facilities has reduced the amount of physical activity I do: Thinking about your experience of the various Covid-19 restrictions that have been in place since March 2020, to what extent do you agree or disagree with the following statements**

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Significance Level: 95%																		
Unweighted Total	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	360 18%	84 19%	87 23%	39 28% af	7 26%	126 24%	92 19%	101 20%	62 23%	42 23%	11 27%	104 23%	112 20%	32 12%	187 17% a	119 23% abe	22 20% a	328 19% a
Tend to agree (3.0)	478 24%	113 25%	126 33% af	34 25%	10 34%	160 31%	123 26%	132 26%	98 37% acf	39 22%	15 38% c	137 31% c	147 27%	48 18%	227 20%	169 33% abe	34 31% ab	430 25% ab
Tend to disagree (2.0)	465 23%	116 26% b	71 19%	42 31% be	9 30%	114 22%	124 26% b	126 25%	52 20%	51 29% b	8 22%	103 23%	135 25%	58 22%	268 24%	115 22%	24 22%	407 23%
Strongly disagree (1.0)	616 31%	118 27% cde	90 24% cd	19 14%	2 6%	110 21%	120 25% cd	136 27% bde	46 17%	41 23%	5 12%	88 20%	141 26% be	115 43% bcde	387 35% cde	96 18%	19 17%	501 29% cd
Don't know	83 4%	13 3%	7 2%	4 3%	1 3%	11 2%	14 3%	13 2%	6 2%	6 3%	- -	12 3%	13 2%	13 5%	41 4%	18 4%	11 10% bce	70 4%
NET: Agree	837 42%	198 45%	213 56% af	73 53%	17 60%	286 55% af	215 45%	233 46%	160 61% acf	81 45%	26 66% acf	241 54% acf	259 47%	80 30%	414 37% a	288 56% abe	55 51% ab	757 44% ab
NET: Disagree	1082 54%	233 53% be	162 42%	62 45%	10 37%	224 43% be	244 52% be	262 52% bde	98 37%	93 52% bde	13 34%	191 43%	276 50% bde	173 65% cde	655 59% cde	211 41%	43 39%	908 52% cd
Base for stats	1919	431	375	135	27	510	458	496	258	173	39	432	535	253	1069	499	98	1666
Mean Score	2.30	2.38	2.56	2.68	2.82	2.59	2.41	2.40	2.68	2.47	2.81	2.60	2.43	1.99	2.20	2.63	2.59	2.35
Standard Deviation	1.109	1.085	1.094	1.043	.918	1.081	1.080	1.095	1.029	1.103	.986	1.063	1.091	1.073	1.111	1.048	1.038	1.106
Standard Error	.025	.052	.057	.090	.171	.048	.050	.050	.064	.083	.154	.051	.047	.066	.034	.047	.104	.027
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.02	*	*	*	*	*	.01	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q9AA.1. The closure of sports facilities has reduced the amount of physical activity I do: Thinking about your experience of the various Covid-19 restrictions that have been in place since March 2020, to what extent do you agree or disagree with the following statements**

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	360 18%	99 26% b	226 17%	61 23% d	64 17%	13 14%	228 18%	125 19%	11 16%	297 19%	63 15%	303 18%	54 18%
Tend to agree (3.0)	478 24%	128 33% b	290 22%	62 24% f	65 18%	29 32% bef	317 25% bf	146 23%	8 13%	385 24%	92 22%	385 23%	87 29% a
Tend to disagree (2.0)	465 23%	74 19%	325 25% a	55 21%	78 21%	23 25%	309 24%	140 22%	15 23%	356 22%	109 27%	393 23%	66 22%
Strongly disagree (1.0)	616 31%	68 18%	424 32% a	70 26%	150 41% acde	24 27%	391 30%	209 32%	29 43% acd	478 30%	139 34%	536 32% b	79 26%
Don't know	83 4%	14 4%	49 4%	17 6% d	14 4%	2 2%	46 4%	29 4%	4 5%	74 5% b	9 2%	63 4%	16 5%
NET: Agree	837 42%	227 59% b	516 39%	123 46% bf	128 35%	42 46% bf	545 42% bf	271 42% bf	19 29%	682 43%	155 38%	688 41%	141 47% a
NET: Disagree	1082 54%	142 37%	750 57% a	125 47%	228 62% ade	47 52%	700 54% a	348 54%	44 66% a	833 52%	248 60% a	929 55% b	144 48%
Base for stats	1919	369	1265	247	357	89	1245	619	63	1515	403	1616	286
Mean Score	2.30	2.70 b	2.25	2.46 bdf	2.12	2.34	2.31 bf	2.30 b	2.02	2.33 b	2.20	2.28	2.41
Standard Deviation	1.109	1.058	1.103	1.143	1.143	1.033	1.100	1.136	1.142	1.116	1.077	1.114	1.085
Standard Error	.025	.055	.031	.071	.061	.108	.031	.045	.143	.029	.054	.028	.063
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q9AA.1. The closure of sports facilities has reduced the amount of physical activity I do: Thinking about your experience of the various Covid-19 restrictions that have been in place since March 2020, to what extent do you agree or disagree with the following statements**

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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	360 18%	54 13%	41 18%	63 20%	71 20%	42 22%	42 23%	8 11%	38 16%	216 20%	89 18%	100 20%	91 17%	106 16%	57 24%	20 24%	190 18%	140 17%
Tend to agree (3.0)	478 24%	63 15%	49 22%	94 30%	113 32%	57 30%	48 26%	11 15%	43 18%	313 29%	102 21%	107 21%	142 26%	174 26%	49 20%	28 34%	260 24%	180 22%
Tend to disagree (2.0)	465 23%	85 20%	60 26%	69 22%	90 25%	37 19%	36 20%	29 40%	60 25%	255 24%	125 25%	111 22%	139 25%	159 24%	52 22%	15 18%	256 24%	184 23%
Strongly disagree (1.0)	616 31%	192 45%	64 28%	80 25%	70 20%	51 27%	49 27%	21 29%	90 38%	264 24%	160 33%	169 33%	153 28%	211 32%	74 31%	15 18%	320 30%	272 34%
Don't know	83 4%	28 7%	14 6%	10 3%	10 3%	4 2%	8 4%	3 4%	7 3%	37 3%	18 4%	24 5%	24 4%	17 2%	9 4%	4 5%	43 4%	32 4%
NET: Agree	837 42%	117 28%	90 40%	156 50%	184 52%	99 52%	90 49%	19 27%	81 34%	529 49%	190 39%	207 41%	233 43%	279 42%	106 44%	48 58%	450 42%	320 40%
NET: Disagree	1082 54%	277 66%	123 54%	149 47%	159 45%	88 46%	85 47%	50 69%	150 63%	520 48%	285 58%	280 55%	291 53%	370 56%	126 52%	30 36%	576 54%	455 56%
Base for stats	1919	394	213	305	343	187	175	69	231	1049	476	487	524	650	232	78	1026	775
Mean Score	2.30	1.95	2.31	2.46	2.54	2.48	2.47	2.09	2.13	2.46	2.25	2.28	2.33	2.27	2.38	2.68	2.31	2.24
Standard Deviation	1.109	1.095	1.094	1.088	1.035	1.122	1.141	.972	1.107	1.080	1.112	1.145	1.073	1.084	1.170	1.066	1.100	1.117
Standard Error	.025	.056	.075	.062	.056	.081	.086	.119	.073	.033	.051	.051	.047	.043	.078	.118	.035	.039
Error variance	*	*	.01	*	*	.01	.01	.01	.01	*	*	*	*	*	.01	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q9AA.1. The closure of sports facilities has reduced the amount of physical activity I do: Thinking about your experience of the various Covid-19 restrictions that have been in place since March 2020, to what extent do you agree or disagree with the following statements**

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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	360 18%	124 20% b	77 11% b	158 24% b	238 25% b	77 13%
Tend to agree (3.0)	478 24%	157 26% b	146 21% b	168 25% b	263 28%	158 26%
Tend to disagree (2.0)	465 23%	139 23%	192 27% c	129 19%	198 21%	168 28% a
Strongly disagree (1.0)	616 31%	174 28%	257 36% ac	178 27%	213 23%	160 27%
Don't know	83 4%	20 3%	33 5%	28 4%	25 3%	34 6% a
NET: Agree	837 42%	282 46% b	223 32% b	325 49% b	501 53% b	235 39%
NET: Disagree	1082 54%	313 51%	448 64% ac	307 46%	411 44%	329 55% a
Base for stats	1919	595	671	632	912	564
Mean Score	2.30	2.39 b	2.06 b	2.48 b	2.58 b	2.27
Standard Deviation	1.109	1.115	1.028	1.147	1.111	1.020
Standard Error	.025	.046	.040	.046	.037	.043
Error variance	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q9AA.2. Restrictions on social mixing have reduced the amount of physical activity I do: Thinking about your experience of the various Covid-19 restrictions that have been in place since March 2020, to what extent do you agree or disagree with the following statements

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	374	172	200	144	119	111	16	57	30	37	38	64	58	35
		19%	18%	20%	24%	18%	15%	17%	22%	16%	18%	22%	17%	20%	18%
					bc										
Tend to agree	(3.0)	602	275	322	215	210	177	32	84	46	59	52	58	93	64
		30%	28%	32%	36%	32%	24%	34%	32%	23%	28%	30%	26%	28%	31%
					c	c			c				cfh		
Tend to disagree	(2.0)	472	251	217	141	156	175	21	50	53	52	38	61	84	41
		24%	26%	21%	23%	24%	24%	22%	19%	27%	25%	22%	27%	23%	26%
			b							b		b			
Strongly disagree	(1.0)	491	254	233	83	145	263	25	63	57	48	41	60	87	54
		25%	26%	23%	14%	22%	35%	27%	24%	29%	23%	24%	27%	17%	27%
					a	ab		g	g	g	23%	24%	g	g	g
Don't know		63	22	41	22	26	15	1	6	9	12	3	4	6	10
		3%	2%	4%	4%	4%	2%	1%	2%	5%	6%	2%	2%	4%	5%
			a		c					h	ae				eh
NET: Agree		976	446	522	358	329	289	48	142	76	96	91	96	177	99
		49%	46%	52%	59%	50%	39%	50%	54%	39%	46%	52%	43%	56%	48%
			a		bc	c			cfh			c		cdfh	
NET: Disagree		963	506	450	224	301	438	46	113	110	101	80	121	171	95
		48%	52%	44%	37%	46%	59%	49%	43%	56%	48%	46%	55%	40%	52%
			b			a	ab			begi		46%	bg		bg
Base for stats	1939	952	973	582	630	727	95	255	186	197	170	217	303	322	194
Mean Score	2.44	2.38	2.50	2.72	2.48	2.19	2.41	2.53	2.27	2.43	2.51	2.34	2.61	2.38	2.41
			a	bc	c			c			c		cfhi		
Standard Deviation	1.068	1.064	1.069	.991	1.044	1.089	1.062	1.095	1.069	1.058	1.091	1.063	1.014	1.067	1.081
Standard Error	.024	.035	.033	.040	.041	.042	.103	.066	.076	.076	.080	.087	.058	.059	.078
Error variance	*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q9AA.2. Restrictions on social mixing have reduced the amount of physical activity I do: Thinking about your experience of the various Covid-19 restrictions that have been in place since March 2020, to what extent do you agree or disagree with the following statements

BASE: All respondents

	Total	Social Grade							Ethnicity								
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315	
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	374 19%	55 30%	92 21%	84 19%	36 14%	32 17%	75 16%	231 21%	143 16%	302 18%	15 27%	36 26%	12 16%	4 15%	2 17%	69 23%
			bcdefgh	dfh				dfh					a				
Tend to agree	(3.0)	602 30%	59 32%	142 32%	137 31%	93 37%	55 30%	116 24%	338 31%	264 29%	494 30%	11 21%	51 37%	27 37%	6 21%	5 45%	101 33%
				f	f	fh		f					b	b			
Tend to disagree	(2.0)	472 24%	39 21%	115 26%	112 25%	70 28%	41 22%	96 20%	266 25%	206 22%	392 23%	13 25%	29 21%	15 21%	12 44%	3 24%	73 24%
				f	f	f		f									
Strongly disagree	(1.0)	491 25%	30 16%	87 19%	100 22%	48 19%	46 25%	179 37%	218 20%	274 30%	445 27%	10 18%	14 10%	14 20%	4 16%	2 14%	44 14%
						a	abcdegh		abcdg		cg			c			
Don't know		63 3%	3 2%	11 3%	16 4%	6 2%	11 6%	15 3%	31 3%	33 4%	41 2%	5 9%	8 6%	4 6%	1 3%	- -	18 6%
						abdg					a	a	a			a	
NET: Agree		976 49%	114 61%	235 52%	220 49%	129 51%	87 47%	191 40%	569 53%	407 44%	796 48%	26 48%	87 63%	39 53%	10 36%	7 62%	169 56%
			bcdefgh	fh	f	f		fh					a			a	
NET: Disagree		963 48%	69 37%	202 45%	212 47%	118 47%	87 47%	274 57%	483 45%	480 52%	837 50%	23 43%	43 31%	30 41%	16 61%	5 38%	117 38%
					a	a	abcdeg		abg		cg						
Base for stats	1939	183	437	432	247	174	465	1052	886	1633	49	130	69	26	12	286	
Mean Score	2.44	2.76	2.55	2.47	2.47	2.42	2.19	2.55	2.31	2.40	2.63	2.84	2.53	2.36	2.64	2.68	
		bcdefgh	fh	fh	fh	f		fh	f			ad				a	
Standard Deviation	1.068	1.059	1.036	1.049	.968	1.073	1.115	1.049	1.075	1.075	1.118	.953	1.012	.958	.964	1.005	
Standard Error	.024	.079	.051	.050	.060	.079	.052	.033	.036	.027	.155	.083	.120	.181	.278	.059	
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.03	.08	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q9AA.2. Restrictions on social mixing have reduced the amount of physical activity I do: Thinking about your experience of the various Covid-19 restrictions that have been in place since March 2020, to what extent do you agree or disagree with the following statements

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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287	
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	374	226	72	62	134	34	32	110	38	13	13	24	22	25	63	66
		19%	18%	21%	19%	20%	21%	27%	18%	18%	26%	26%	16%	23%	17%	16%	24%
								cgij									cj
Tend to agree	(3.0)	602	335	118	121	239	61	42	213	64	16	13	42	19	36	97	102
		30%	27%	34%	38%	36%	38%	35%	35%	30%	32%	26%	28%	21%	24%	24%	37%
				a	a	a	ghij	hij	hij								hij
Tend to disagree	(2.0)	472	281	96	75	171	33	26	155	53	14	12	35	29	28	86	59
		24%	23%	28%	24%	26%	21%	22%	25%	25%	29%	25%	23%	32%	19%	21%	21%
													aijk				
Strongly disagree	(1.0)	491	364	56	52	108	23	17	127	52	4	10	41	14	51	153	40
		25%	29%	16%	16%	16%	14%	15%	21%	25%	8%	21%	27%	15%	34%	38%	14%
			bcd					ek	abek			abehk		abcehk	abcdehkh		
Don't know		63	41	6	8	14	9	2	10	6	3	1	9	9	11	5	10
		3%	3%	2%	3%	2%	5%	1%	2%	3%	6%	2%	6%	9%	7%	1%	4%
							cj				cj		bcj	bcdjk	bcdj		cj
NET: Agree		976	561	191	183	374	95	74	323	102	29	25	66	41	61	160	168
		49%	45%	55%	58%	56%	60%	62%	53%	48%	58%	53%	44%	44%	41%	40%	61%
				a	a	a	dghij	dghij	gij		ij						cdghij
NET: Disagree		963	645	153	127	279	56	43	282	105	18	22	76	43	79	238	99
		48%	52%	44%	40%	42%	35%	37%	46%	49%	36%	46%	50%	47%	52%	59%	36%
			bcd					ak	abk			abk		abek	abcdehk		
Base for stats	1939	1206	343	310	653	150	117	605	207	48	47	142	84	140	399	267	
Mean Score	2.44	2.35	2.60	2.62	2.61	2.70	2.75	2.51	2.43	2.81	2.59	2.34	2.58	2.25	2.18	2.73	
			a	a	a	cdgij	cdgij	ij	j	cdgij	j		ij			cdgij	
Standard Deviation	1.068	1.098	.997	.986	.991	.983	1.018	1.018	1.060	.942	1.108	1.074	1.049	1.130	1.110	.997	
Standard Error	.024	.031	.056	.059	.041	.079	.093	.042	.074	.136	.162	.089	.110	.094	.057	.060	
Error variance	*	*	*	*	*	.01	.01	*	.01	.02	.03	.01	.01	.01	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q9AA.2. Restrictions on social mixing have reduced the amount of physical activity I do: Thinking about your experience of the various Covid-19 restrictions that have been in place since March 2020, to what extent do you agree or disagree with the following statements**

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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	374 19%	77 17%	80 21%	34 24%	6 20%	114 22%	82 17%	86 17%	63 24% a	32 18%	14 35% acef	95 21%	100 18%	44 16%	205 19%	98 19%	27 24%	330 19%
Tend to agree (3.0)	602 30%	152 34%	124 33%	40 29%	10 34%	164 32%	162 34%	172 34%	92 35%	54 30%	11 29%	145 33%	184 34%	72 27%	308 28%	187 36% abe	35 32%	530 31%
Tend to disagree (2.0)	472 24%	110 25%	99 26%	36 26%	8 29%	135 26%	119 25%	131 26%	67 25%	49 27%	5 14%	116 26%	137 25%	53 20%	274 25% d	127 25%	18 16%	419 24%
Strongly disagree (1.0)	491 25%	99 22%	74 19%	25 18%	4 14%	99 19%	103 22%	113 22% b	39 15%	40 22% b	8 20%	78 18%	121 22% b	89 34% bcde	294 26% ce	86 17%	22 20%	402 23% c
Don't know	63 3%	6 1%	4 1%	4 3%	1 3%	8 2%	7 1%	6 1%	4 1%	5 3%	1 2%	9 2%	7 1%	8 3%	29 3%	18 3%	8 7% be	55 3%
NET: Agree	976 49%	229 52%	205 54%	74 53%	15 53%	278 53%	244 52%	259 51%	155 59% ac	86 48%	25 64%	240 54%	283 52%	115 43%	513 46%	286 55% abe	61 56% ab	860 50%
NET: Disagree	963 48%	209 47%	173 45%	61 44%	12 44%	234 45%	222 47%	244 48% b	106 40%	88 49%	13 34%	194 44%	257 47%	142 54% cd	568 51% cde	213 41%	39 36%	821 47% cd
Base for stats	1939	438	377	135	27	512	465	503	260	174	38	434	541	258	1081	499	101	1681
Mean Score	2.44	2.47	2.56	2.61	2.60	2.57	2.48	2.46	2.69 acf	2.45	2.80 a	2.59	2.49	2.27	2.39	2.60 abe	2.66 ab	2.47 a
Standard Deviation	1.068	1.026	1.032	1.059	.988	1.039	1.024	1.021	1.000	1.039	1.151	1.021	1.033	1.111	1.079	.991	1.093	1.059
Standard Error	.024	.049	.054	.091	.184	.046	.047	.046	.062	.078	.182	.049	.045	.068	.033	.045	.108	.026
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.03	*	*	*	*	*	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**Q9AA.2. Restrictions on social mixing have reduced the amount of physical activity I do: Thinking about your experience of the various Covid-19 restrictions that have been in place since March 2020, to what extent do you agree or disagree with the following statements**

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	374 19%	105 28% b	222 17%	55 21%	73 20%	12 13%	240 19%	125 19%	14 20%	303 19%	71 17%	321 19%	51 17%
Tend to agree (3.0)	602 30%	139 36% b	384 29%	88 33%	109 29%	25 28%	392 30%	197 30%	23 34%	488 31%	113 27%	513 31%	85 28%
Tend to disagree (2.0)	472 24%	76 20%	330 25% a	52 20%	66 18%	27 30% abe	323 25% be	132 20%	11 17%	363 23%	109 27%	391 23%	76 25%
Strongly disagree (1.0)	491 25%	51 13%	345 26% a	57 22%	117 32% ad	23 25%	302 23%	173 27%	18 27%	384 24%	107 26%	412 25%	74 25%
Don't know	63 3%	11 3%	35 3%	12 5% b	5 1%	4 4%	35 3%	21 3%	1 1%	51 3%	12 3%	42 3%	14 5% a
NET: Agree	976 49%	245 64% b	606 46%	143 54% c	181 49%	37 41%	632 49%	322 50%	36 54%	791 50%	184 45%	834 50%	137 45%
NET: Disagree	963 48%	127 33%	674 51% a	109 41%	183 50% a	50 55% a	625 48% a	306 47%	30 44%	747 47%	216 52%	803 48%	150 50%
Base for stats	1939	372	1280	252	365	87	1257	628	66	1538	400	1637	287
Mean Score	2.44	2.80 b	2.38	2.56 b	2.37	2.31	2.45	2.44	2.48	2.46	2.37	2.45	2.40
Standard Deviation	1.068	1.002	1.059	1.068	1.131	1.012	1.054	1.095	1.109	1.069	1.061	1.070	1.057
Standard Error	.024	.052	.030	.065	.060	.107	.030	.043	.136	.027	.054	.027	.061
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### Q9AA.2. Restrictions on social mixing have reduced the amount of physical activity I do: Thinking about your experience of the various Covid-19 restrictions that have been in place since March 2020, to what extent do you agree or disagree with the following statements

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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	374 19%	72 17%	47 21%	68 22%	58 16%	35 18%	40 22%	17 23%	38 16%	208 19%	94 19%	112 22%	98 18%	103 15%	59 24%	22 26%	200 19%	145 18%
Tend to agree (3.0)	602 30%	91 21%	60 26%	120 38%	131 37%	72 38%	52 29%	23 31%	54 23%	382 35%	129 26%	138 27%	166 30%	228 34%	62 26%	28 34%	329 31%	233 29%
Tend to disagree (2.0)	472 24%	81 19%	61 27%	69 22%	87 25%	51 26%	43 23%	20 28%	60 25%	268 25%	123 25%	120 24%	132 24%	164 25%	51 21%	20 24%	251 23%	192 24%
Strongly disagree (1.0)	491 25%	160 38%	47 21%	49 16%	69 19%	32 17%	42 23%	11 16%	80 34%	197 18%	134 27%	127 25%	132 24%	159 24%	65 27%	12 14%	256 24%	215 27%
Don't know	63 3%	18 4%	12 5%	9 3%	9 3%	2 1%	5 3%	1 2%	6 2%	32 3%	12 2%	14 3%	20 4%	12 2%	6 2%	1 1%	32 3%	23 3%
NET: Agree	976 49%	162 38%	107 47%	188 60%	189 53%	107 56%	93 51%	39 54%	92 39%	590 54%	223 45%	250 49%	264 48%	331 50%	120 50%	50 61%	530 50%	378 47%
NET: Disagree	963 48%	241 57%	108 48%	118 37%	155 44%	83 43%	85 47%	32 44%	141 59%	464 43%	258 52%	247 48%	264 48%	323 49%	115 48%	32 38%	507 47%	407 50%
Base for stats	1939	404	215	306	344	189	178	71	232	1054	481	497	528	654	236	82	1037	784
Mean Score	2.44	2.18	2.50	2.68	2.52	2.58	2.51	2.63	2.21	2.57	2.38	2.47	2.43	2.42	2.49	2.73	2.46	2.39
Standard Deviation	1.068	1.142	1.063	.994	.995	.975	1.089	1.019	1.089	1.007	1.090	1.101	1.058	1.023	1.142	1.017	1.063	1.076
Standard Error	.024	.058	.073	.056	.054	.070	.081	.123	.071	.031	.050	.049	.046	.041	.075	.111	.034	.037
Error variance	*	*	.01	*	*	*	.01	.02	.01	*	*	*	*	*	.01	.01	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q9AA.2. Restrictions on social mixing have reduced the amount of physical activity I do: Thinking about your experience of the various Covid-19 restrictions that have been in place since March 2020, to what extent do you agree or disagree with the following statements**

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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	374 19%	116 19%	70 10%	185 28%	222 24%	87 15%
		b		ab	b	
Tend to agree (3.0)	602 30%	196 32%	193 27%	206 31%	312 33%	182 30%
Tend to disagree (2.0)	472 24%	152 25%	202 29%	115 18%	205 22%	166 28%
		c	c			a
Strongly disagree (1.0)	491 25%	135 22%	216 31%	134 20%	175 19%	142 24%
			ac			a
Don't know	63 3%	16 3%	23 3%	20 3%	23 2%	20 3%
NET: Agree	976 49%	312 51%	263 37%	391 59%	534 57%	269 45%
		b		ab	b	
NET: Disagree	963 48%	287 47%	418 59%	249 38%	380 41%	308 52%
		c	ac			a
Base for stats	1939	599	681	640	915	577
Mean Score	2.44	2.49	2.17	2.69	2.63	2.37
		b		ab	b	
Standard Deviation	1.068	1.044	.992	1.100	1.050	1.015
Standard Error	.024	.043	.038	.043	.035	.042
Error variance	*	*	*	*	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**Q10AA. SUMMARY: On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.**

BASE: All respondents who have children under 16

	Total	Nothing	Some, but less than half an hour	Between half an hour and an hour	An hour or more	NET: Some
A typical weekday (outside of school hours)	667 100%	132 20%	270 40%	191 29%	75 11%	536 80%
A typical weekend day	667 100%	106 16%	206 31%	219 33%	136 20%	561 84%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	612	213	394	270	306	36	30	97	55	69	54	39	115	101	52
Total	667	250	412	283	337	48	29	97	55	77	54	60	128	111	56
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	132	55	76	55	64	13	5	18	10	17	8	20	33	11	10
	20%	22%	19%	20%	19%	27%	17%	19%	18%	22%	14%	33%	26%	10%	18%
										h		eh	h		
Some, but less than half an hour	270	99	168	123	131	16	12	41	16	32	25	20	50	53	22
	40%	40%	41%	43%	39%	33%	40%	42%	28%	41%	46%	33%	39%	48%	39%
														c	
Between half an hour and an hour	191	67	123	77	105	10	8	28	17	22	17	15	31	36	17
	29%	27%	30%	27%	31%	20%	29%	29%	31%	28%	32%	25%	24%	32%	30%
An hour or more	75	29	45	28	37	10	4	10	13	7	4	5	14	12	7
	11%	11%	11%	10%	11%	21%	13%	10%	23%	9%	7%	8%	11%	11%	12%
									bdegh						
NET: Some	536	195	336	227	273	35	24	79	45	60	46	40	95	100	46
	80%	78%	81%	80%	81%	73%	83%	81%	82%	78%	86%	67%	74%	90%	82%
										f				dfg	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	612	71	178	132	91	83	57	381	231	479	18	67	27	9	6	127
Total	667	79	199	147	95	86	60	426	241	523	19	72	30	10	7	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	132	13	30	37	15	22	14	80	51	95	3	17	6	3	4	33
	20%	17%	15%	25% b	16%	26% b	23%	19%	21%	18%	18%	24%	20%	27%	52%	24%
Some, but less than half an hour	270	34	77	55	45	34	24	166	104	208	6	39	12	2	-	59
	40%	43%	39%	37%	48%	39%	40%	39%	43%	40%	29%	54% a	41%	21%	-	43%
Between half an hour and an hour	191	19	63	46	23	25	15	128	63	159	8	8	9	5	1	32
	29%	25%	32%	31%	24%	29%	25%	30%	26%	30% c	42%	11%	31%	52%	19%	23% c
An hour or more	75	13	29	10	11	5	7	51	23	61	2	7	2	-	2	14
	11%	16% c	15% c	7%	12%	6%	11%	12%	10%	12%	11%	10%	8%	-	29%	10%
NET: Some	536	66	169	110	80	64	46	345	190	428	16	55	24	7	3	105
	80%	83%	85% ce	75%	84%	74%	77%	81%	79%	82%	82%	76%	80%	73%	48%	76%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	612	-	322	290	612	66	50	234	77	21	11	52	31	62	8	116
Total	667	-	349	318	667	72	54	262	83	22	12	56	32	65	11	125
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	132	-	66	66	132	16	10	49	11	6	1	21	1	14	4	26
	20%	-	19%	21%	20%	23%	18%	19%	13%	25%	8%	38%	4%	22%	33%	21%
						h		h				bcdhk		h		h
Some, but less than half an hour	270	-	142	128	270	37	21	96	37	11	6	17	16	26	3	58
	40%	-	41%	40%	40%	52%	39%	37%	45%	47%	56%	31%	50%	39%	27%	46%
						cg										
Between half an hour and an hour	191	-	108	83	191	15	12	91	27	3	3	13	9	19	-	27
	29%	-	31%	26%	29%	21%	23%	35%	33%	14%	28%	23%	27%	28%	-	22%
								ak								
An hour or more	75	-	34	41	75	3	11	26	8	3	1	4	6	7	4	14
	11%	-	10%	13%	11%	5%	21%	10%	10%	14%	8%	8%	19%	11%	41%	12%
							ac						a			
NET: Some	536	-	283	252	536	55	44	213	72	17	11	35	31	51	7	99
	80%	-	81%	79%	80%	77%	82%	81%	87%	75%	92%	62%	96%	78%	67%	79%
							g	g	g				acgik			g

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	612	161	154	47	14	201	175	191	114	49	18	163	209	2	239	311	60	610
Total	667	175	173	50	15	224	190	212	126	53	19	179	231	2	261	340	64	665
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	132	34	29	8	1	38	34	39	24	10	1	34	40	1	49	68	14	131
	20%	19%	17%	16%	6%	17%	18%	18%	19%	18%	5%	19%	17%	52%	19%	20%	21%	20%
Some, but less than half an hour	270	63	68	26	7	94	70	85	47	19	11	66	95	1	98	143	28	269
	40%	36%	39%	52%	45%	42%	37%	40%	37%	36%	57%	37%	41%	48%	38%	42%	44%	40%
Between half an hour and an hour	191	59	53	15	5	68	64	67	36	19	5	56	72	-	89	88	14	191
	29%	34%	31%	29%	34%	30%	34%	31%	29%	36%	27%	31%	31%	-	34%	26%	22%	29%
An hour or more	75	20	23	1	2	24	22	21	18	5	2	24	23	-	25	41	8	75
	11%	11%	13%	2%	14%	11%	12%	10%	15%	10%	11%	13%	10%	-	10%	12%	13%	11%
NET: Some	536	142	144	42	14	186	156	173	102	44	18	145	191	1	212	272	50	535
	80%	81%	83%	84%	94%	83%	82%	82%	81%	82%	95%	81%	83%	48%	81%	80%	79%	80%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	612	424	92	83	28	405	188	15	496	116	523	84
Total	667	465	97	92	29	446	200	17	539	128	573	89
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	132	88	17	23	7	80	44	4	111	21	116	15
	20%	19%	18%	25%	24%	18%	22%	21%	21%	16%	20%	17%
Some, but less than half an hour	270	175	41	38	13	179	83	8	220	49	228	39
	40%	38%	42%	41%	43%	40%	41%	50%	41%	39%	40%	43%
Between half an hour and an hour	191	145	28	24	7	134	54	4	151	40	162	29
	29%	31%	29%	26%	23%	30%	27%	24%	28%	31%	28%	33%
An hour or more	75	57	10	7	3	52	20	1	57	18	67	6
	11%	12%	11%	8%	10%	12%	10%	6%	11%	14%	12%	7%
NET: Some	536	377	79	69	22	366	157	13	428	107	457	74
	80%	81%	82%	75%	76%	82%	78%	79%	79%	84%	80%	83%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	612	101	67	106	133	66	67	19	53	372	139	151	190	192	70	31	317	251
Total	667	113	75	112	146	71	73	20	57	404	150	164	206	212	76	33	362	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	132	42	14	17	27	8	13	2	8	66	24	39	40	32	16	8	66	55
	20%	37%	18%	16%	18%	12%	18%	11%	15%	16%	16%	24%	19%	15%	22%	23%	18%	21%
		bcdefhij										c						
Some, but less than half an hour	270	38	40	43	64	31	25	3	25	178	53	71	87	78	31	18	142	105
	40%	33%	54%	38%	44%	44%	35%	15%	44%	44%	36%	44%	42%	37%	40%	55%	39%	41%
		afj										a						
Between half an hour and an hour	191	24	18	39	41	24	24	8	13	122	45	38	68	65	18	6	107	73
	29%	22%	24%	35%	28%	33%	34%	41%	22%	30%	30%	23%	33%	31%	24%	17%	30%	28%
		a										a						
An hour or more	75	9	3	13	14	8	10	6	11	38	27	16	11	37	10	2	46	25
	11%	8%	4%	11%	10%	11%	14%	32%	19%	9%	18%	10%	6%	18%	14%	6%	13%	10%
		abi										abdi						
NET: Some	536	71	61	95	119	63	60	18	49	338	126	125	166	180	59	26	296	203
	80%	63%	82%	84%	82%	88%	82%	89%	85%	84%	84%	76%	81%	85%	78%	77%	82%	79%
		a										a						

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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%

	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	612	211	201	198	361	182
Total	667	229	223	212	395	197
	100%	100%	100%	100%	100%	100%
Nothing	132	35	54	40	76	37
	20%	15%	24%	19%	19%	19%
		a				
Some, but less than half an hour	270	97	82	91	160	81
	40%	42%	37%	43%	41%	41%
Between half an hour and an hour	191	67	66	58	115	58
	29%	29%	30%	27%	29%	30%
An hour or more	75	31	21	23	44	21
	11%	13%	9%	11%	11%	11%
NET: Some	536	195	169	172	319	161
	80%	85%	76%	81%	81%	81%
		b				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	612	213	394	270	306	36	30	97	55	69	54	39	115	101	52
Total	667	250	412	283	337	48	29	97	55	77	54	60	128	111	56
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	106 16%	29 12%	76 18% a	44 16%	48 14%	14 29% ab	4 14%	16 17%	13 23% h	14 18%	7 14%	8 13%	26 20%	12 11%	6 11%
Some, but less than half an hour	206 31%	91 36% b	115 28%	102 36% c	97 29%	7 14%	11 39%	26 26%	11 20%	24 32%	25 47% bci	18 31%	41 32%	35 31%	14 25%
Between half an hour and an hour	219 33%	66 27%	149 36% a	88 31%	121 36%	11 22%	7 26%	34 34%	14 25%	21 27%	14 26%	26 43%	42 33%	37 33%	24 43%
An hour or more	136 20%	64 26% b	73 18%	48 17%	71 21%	17 35% a	6 21%	22 22%	18 32% efg	18 23%	7 13%	8 13%	20 15%	28 25%	11 20%
NET: Some	561 84%	221 88% b	336 82%	238 84% c	289 86% c	34 71%	25 86%	81 83%	42 77%	63 82%	46 86%	52 87%	103 80%	99 89% c	50 89%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	612	71	178	132	91	83	57	381	231	479	18	67	27	9	6	127
Total	667	79	199	147	95	86	60	426	241	523	19	72	30	10	7	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	106 16%	5 7%	20 10%	29 20% ab	17 17% a	18 21% ab	16 26% abg	55 13%	51 21% abg	83 16%	3 15%	13 17%	3 11%	2 16%	-	20 15%
Some, but less than half an hour	206 31%	25 32%	56 28%	44 30% f	37 39%	30 35%	13 22%	126 30%	80 33%	140 27%	10 51%	33 46% a	16 56%	3 30%	2 34%	65 47% a
Between half an hour and an hour	219 33%	28 35%	73 37% d	50 34%	21 22%	28 32%	19 31%	151 36% d	68 28%	181 35%	3 16%	18 25%	7 22%	5 53%	3 51%	36 26%
An hour or more	136 20%	20 26% e	49 25% e	24 16%	21 22%	10 11%	12 21%	94 22% e	43 18%	120 23% cg	4 19%	8 12%	3 12%	-	1 16%	17 12%
NET: Some	561 84%	74 93% cdefh	179 90% cefh	118 80%	78 83%	68 79%	45 74%	371 87% fh	191 79%	441 84%	16 85%	60 83%	26 89%	8 84%	7 100%	118 85%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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											
	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	612	-	322	290	612	66	50	234	77	21	11	52	31	62	8	116
Total	667	-	349	318	667	72	54	262	83	22	12	56	32	65	11	125
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	106	-	59	47	106	8	7	38	6	-	2	18	7	15	5	15
	16%	-	17%	15%	16%	11%	13%	15%	7%	-	18%	32%	22%	23%	44%	12%
											abcdk	d	d			
Some, but less than half an hour	206	-	104	102	206	29	16	82	23	13	3	15	9	15	-	44
	31%	-	30%	32%	31%	40%	29%	31%	28%	57%	28%	28%	29%	23%	-	35%
						i										
Between half an hour and an hour	219	-	116	103	219	26	19	81	39	6	5	17	6	19	-	45
	33%	-	33%	32%	33%	36%	36%	31%	47%	28%	46%	31%	20%	29%	-	36%
									chi							
An hour or more	136	-	70	66	136	9	12	60	15	3	1	5	9	16	6	21
	20%	-	20%	21%	20%	13%	22%	23%	18%	14%	8%	9%	28%	25%	56%	17%
								g				g	g			
NET: Some	561	-	290	272	561	64	47	223	77	22	10	38	25	51	6	110
	84%	-	83%	85%	84%	89%	87%	85%	93%	100%	82%	68%	78%	77%	56%	88%
						g	g	g	ghi							g

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	612	161	154	47	14	201	175	191	114	49	18	163	209	2	239	311	60	610
Total	667	175	173	50	15	224	190	212	126	53	19	179	231	2	261	340	64	665
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	106	29	17	6	1	23	30	36	10	6	1	16	38	1	42	49	14	105
	16%	16%	10%	12%	6%	10%	16%	17%	8%	11%	5%	9%	16%	52%	16%	14%	22%	16%
							be					be						
Some, but less than half an hour	206	47	56	23	3	79	50	60	44	16	8	60	68	1	76	110	19	205
	31%	27%	32%	45%	21%	35%	26%	28%	35%	30%	43%	34%	29%	48%	29%	32%	29%	31%
				af														
Between half an hour and an hour	219	60	58	18	7	76	67	69	45	22	5	66	75	-	93	106	20	219
	33%	34%	33%	36%	45%	34%	35%	33%	36%	40%	29%	37%	32%	-	36%	31%	31%	33%
An hour or more	136	39	42	3	4	45	44	46	27	10	4	37	51	-	51	74	11	136
	20%	23%	24%	6%	27%	20%	23%	22%	22%	18%	23%	21%	22%	-	19%	22%	18%	21%
		c	c			c	c											
NET: Some	561	147	156	44	14	201	160	175	116	47	18	163	193	1	219	291	50	560
	84%	84%	90%	88%	94%	90%	84%	83%	92%	89%	95%	91%	84%	48%	84%	86%	78%	84%
									af			af						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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		
	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	612	173	424	92	83	28	405	188	15	496	116	523	84
Total	667	186	465	97	92	29	446	200	17	539	128	573	89
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	106	27	75	9	20	4	71	29	4	89	17	88	15
	16%	14%	16%	9%	21%	14%	16%	14%	21%	17%	13%	15%	17%
					a								
Some, but less than half an hour	206	71	131	30	29	10	136	65	5	173	33	168	38
	31%	38%	28%	31%	32%	35%	30%	32%	27%	32%	25%	29%	42%
		b											a
Between half an hour and an hour	219	60	153	36	26	9	146	65	6	175	44	191	26
	33%	32%	33%	37%	28%	31%	33%	33%	33%	32%	34%	33%	29%
An hour or more	136	28	106	22	17	6	93	42	3	102	35	125	10
	20%	15%	23%	23%	19%	20%	21%	21%	18%	19%	27%	22%	12%
			a								a	b	
NET: Some	561	159	390	88	72	25	375	172	13	450	111	484	74
	84%	86%	84%	91%	79%	86%	84%	86%	79%	83%	87%	85%	83%
				b									

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	612	101	67	106	133	66	67	19	53	372	139	151	190	192	70	31	317	251
Total	667	113	75	112	146	71	73	20	57	404	150	164	206	212	76	33	362	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	106	44	11	10	14	11	6	2	7	47	15	35	31	23	13	5	43	53
	16%	39%	15%	9%	9%	16%	8%	11%	12%	12%	10%	21%	15%	11%	17%	16%	12%	21%
		bcdefhij										c			b			
Some, but less than half an hour	206	25	28	41	53	20	22	3	13	143	38	50	62	67	24	11	116	75
	31%	23%	37%	37%	36%	29%	30%	14%	22%	35%	25%	30%	30%	32%	32%	32%	32%	29%
			a	aj	aj					aj								
Between half an hour and an hour	219	30	23	40	52	23	23	5	22	138	50	50	77	67	24	14	124	78
	33%	27%	31%	35%	36%	32%	32%	26%	38%	34%	34%	31%	38%	31%	32%	43%	34%	30%
An hour or more	136	13	13	21	27	16	22	10	15	77	47	30	35	56	15	3	79	53
	20%	11%	17%	19%	18%	23%	30%	49%	27%	19%	31%	18%	17%	26%	20%	9%	22%	20%
					a	ai		a		abcdi				b				
NET: Some	561	69	64	102	132	60	67	18	50	358	135	129	175	189	63	28	319	205
	84%	61%	85%	91%	91%	84%	92%	89%	88%	88%	90%	79%	85%	89%	83%	84%	88%	79%
			a	a	a	a	a		a	a	a			a			c	



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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%

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	612	211	201	198	361	182
Total	667	229	223	212	395	197
	100%	100%	100%	100%	100%	100%
Nothing	106	21	45	37	55	30
	16%	9%	20%	17%	14%	15%
		a	a			
Some, but less than half an hour	206	61	72	72	126	67
	31%	27%	32%	34%	32%	34%
Between half an hour and an hour	219	92	66	61	128	70
	33%	40%	30%	29%	32%	36%
		bc				
An hour or more	136	55	39	42	86	30
	20%	24%	18%	20%	22%	15%
NET: Some	561	208	178	175	340	168
	84%	91%	80%	83%	86%	85%
		bc				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	612	213	394	270	306	36	30	97	55	69	54	39	115	101	52
Total	667	250	412	283	337	48	29	97	55	77	54	60	128	111	56
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	56 8%	21 8%	35 8%	30 11% b	20 6%	6 12%	1 3%	8 8%	1 2%	8 10%	7 13% c	6 10%	11 9%	7 6%	7 13% c
A bit more (4.0)	153 23%	59 23%	93 23%	72 25%	70 21%	12 25%	6 20%	20 21%	16 29%	13 17%	13 25%	16 28%	29 22%	29 26%	11 19%
Neither more nor less (3.0)	213 32%	82 33%	130 31%	89 32%	109 32%	14 30%	15 53% bdefgi	30 31%	21 37%	24 31%	12 23%	16 26%	39 31%	39 35%	16 29%
A bit less (2.0)	137 21%	52 21%	84 20%	56 20%	73 22%	7 15%	2 8%	22 23%	9 16%	21 27% a	13 23%	12 21%	24 19%	20 18%	14 25%
A lot less (1.0)	100 15%	33 13%	65 16%	31 11%	61 18% a	8 17%	5 16%	16 16%	7 12%	10 13%	9 16%	9 15%	22 17%	15 13%	7 13%
Don't know	8 1%	3 1%	5 1%	4 1%	3 1%	1 3%	- -	1 1%	2 4%	1 1%	- -	- -	2 2%	1 1%	1 2%
NET: More	209 31%	80 32%	128 31%	101 36% b	90 27%	17 36%	7 23%	28 29%	17 30%	21 27%	20 37%	23 38%	40 31%	36 33%	18 31%
NET: Less	237 36%	85 34%	149 36%	88 31%	134 40% a	15 31%	7 24%	38 39%	16 29%	31 40%	21 40%	21 36%	46 36%	35 31%	21 38%
Base for stats	659	247	407	279	334	47	29	96	53	76	54	60	126	110	55
Mean Score	2.89	2.93	2.87	3.04 b	2.75	3.00	2.86	2.81	2.91	2.84	2.94	2.97	2.86	2.94	2.93
Standard Deviation	1.173	1.149	1.186	1.157 b	1.158	1.263	1.033	1.181	1.031	1.180	1.292	1.239	1.215	1.119	1.228
Standard Error	.048	.079	.060	.071	.067	.214	.189	.121	.142	.143	.176	.198	.114	.112	.172
Error variance	*	.01	*	.01	*	.05	.04	.01	.02	.02	.03	.04	.01	.01	.03

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	612	71	178	132	91	83	57	381	231	479	18	67	27	9	6	127	
Total	667	79	199	147	95	86	60	426	241	523	19	72	30	10	7	138	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	56 8%	12 15% bdh	13 7%	15 10% d	3 3%	7 9%	5 9%	40 9% d	16 6%	43 8%	2 8%	5 8%	1 4%	2 20%	2 34%	12 9%	
A bit more (4.0)	153 23%	20 25%	46 23%	36 24%	23 24%	18 21%	11 18%	102 24%	51 21%	116 22%	6 31%	18 25%	9 30%	1 9%	1 13%	35 25%	
Neither more nor less (3.0)	213 32%	20 26%	61 31%	44 30%	36 38%	30 35%	22 36%	126 30%	87 36%	165 31%	7 35%	22 31%	10 34%	6 59%	1 19%	46 34%	
A bit less (2.0)	137 21%	15 18%	43 21% f	36 24% f	19 20%	19 22% f	5 9%	93 22% f	44 18%	107 20%	4 21%	15 21%	9 29%	1 12%	-	29 21%	
A lot less (1.0)	100 15%	12 15%	34 17%	14 10%	11 12%	12 14%	16 27% cdg	61 14%	40 16%	86 16%	1 6%	9 12%	1 4%	-	2 34%	13 10%	
Don't know	8 1%	-	2 1%	2 1%	3 3%	-	1 2%	4 1%	4 2%	7 1%	-	2 3%	-	-	-	2 1%	
NET: More	209 31%	32 41% h	59 30%	51 34%	26 27%	25 29%	16 27%	142 33%	67 28%	159 30%	7 39%	24 33%	10 34%	3 29%	3 48%	47 34%	
NET: Less	237 36%	27 34%	77 39%	50 34%	30 32%	31 36%	21 35%	154 36%	83 34%	193 37%	5 27%	24 34%	10 32%	1 12%	2 34%	42 31%	
Base for stats	659	79	197	145	92	86	59	422	237	517	19	70	30	10	7	136	
Mean Score	2.89	3.08	2.80	3.00	2.86	2.87	2.73	2.92	2.83	2.85	3.14	2.94	3.02	3.37	3.15	3.03	
Standard Deviation	1.173	1.294	1.175	1.142	1.031	1.157	1.288	1.190	1.142	1.188	1.046	1.145	.958	.976	1.823	1.112	
Standard Error	.048	.154	.089	.100	.110	.127	.172	.061	.076	.055	.247	.142	.184	.325	.744	.099	
Error variance	*	.02	.01	.01	.01	.02	.03	*	.01	*	.06	.02	.03	.11	.55	.01	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	612	-	322	290	612	66	50	234	77	21	11	52	31	62	8	116
Total	667	-	349	318	667	72	54	262	83	22	12	56	32	65	11	125
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	56 8%	-	29 8%	26 8%	56 8%	9 13% h	4 8%	23 9%	9 11%	3 14%	-	4 6%	-	4 6%	-	13 11%
A bit more (4.0)	153 23%	-	80 23%	73 23%	153 23%	19 26%	13 24%	68 26% i	21 25%	3 15%	3 29%	9 16%	7 21%	8 12%	2 22%	32 25% i
Neither more nor less (3.0)	213 32%	-	115 33%	99 31%	213 32%	22 30%	14 27%	91 35%	26 31%	6 27%	4 34%	14 26%	13 41%	20 30%	3 27%	36 29%
A bit less (2.0)	137 21%	-	68 19%	69 22%	137 21%	12 17%	16 30%	48 18%	16 19%	7 30%	2 18%	13 23%	5 15%	17 26%	2 17%	28 22%
A lot less (1.0)	100 15%	-	53 15%	47 15%	100 15%	10 14%	6 11%	31 12%	12 14%	2 10%	2 18%	14 25% ck	4 13%	16 24% c	4 34%	16 13%
Don't know	8 1%	-	4 1%	4 1%	8 1%	-	-	1 *	-	1 4%	-	2 4% ck	3 10% abcdk	1 2%	-	-
NET: More	209 31%	-	110 31%	99 31%	209 31%	28 39% i	17 32%	91 35% i	30 36% i	6 29%	3 29%	12 22%	7 21%	12 18%	2 22%	45 36% i
NET: Less	237 36%	-	121 35%	116 37%	237 36%	22 31%	22 41%	78 30%	28 33%	9 40%	4 37%	27 48% c	9 28%	33 50% acdh	5 51%	44 35%
Base for stats	659	-	345	314	659	72	54	261	83	21	12	53	29	64	11	125
Mean Score	2.89	-	2.90	2.88	2.89	3.06 gi	2.89	3.02 gi	2.99 gi	2.93	2.74	2.53	2.79	2.50	2.37	2.99 gi
Standard Deviation	1.173	-	1.174	1.174	1.173	1.237	1.141	1.126	1.201	1.238	1.121	1.235	.977	1.181	1.226	1.195
Standard Error	.048	-	.066	.069	.048	.152	.161	.074	.137	.277	.338	.175	.185	.151	.434	.111
Error variance	*	-	*	*	*	.02	.03	.01	.02	.08	.11	.03	.03	.02	.19	.01

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	612	161	154	47	14	201	175	191	114	49	18	163	209	2	239	311	60	610
Total	667	175	173	50	15	224	190	212	126	53	19	179	231	2	261	340	64	665
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	56 8%	20 11%	13 7%	4 8%	1 7%	17 8%	21 11%	18 8%	14 11%	3 6%	3 16%	17 9%	21 9%	1 52%	25 10%	22 6%	8 12%	55 8%
A bit more (4.0)	153 23%	45 26%	48 28%	11 21%	1 6%	58 26%	46 24%	52 24%	32 26%	16 31%	2 11%	49 27%	54 23%	-	55 21%	88 26%	10 16%	153 23%
Neither more nor less (3.0)	213 32%	62 36%	57 33%	14 27%	4 28%	71 32%	67 35%	75 36%	44 35%	14 27%	1 6%	59 33%	77 33%	-	96 37%	98 29%	19 30%	213 32%
A bit less (2.0)	137 21%	26 15%	33 19%	14 28% a	8 52%	47 21%	34 18%	41 19%	23 18%	10 19%	8 43%	33 19%	49 21%	-	50 19%	72 21%	15 23%	137 21%
A lot less (1.0)	100 15%	22 13%	20 12%	8 16%	1 7%	28 13%	23 12%	26 12%	10 8%	9 17%	4 24%	19 11%	31 13%	1 48%	35 14%	55 16%	9 14%	99 15%
Don't know	8 1%	-	2 1%	-	-	2 1%	-	-	2 2%	-	-	2 1%	-	-	-	5 2%	3 5% be	8 1%
NET: More	209 31%	65 37%	61 35%	15 29%	2 14%	75 34%	67 35%	69 33%	46 37%	20 37%	5 27%	66 37%	75 32%	1 52%	79 30%	110 32%	18 28%	208 31%
NET: Less	237 36%	48 28%	53 31%	22 44% a	9 59%	76 34%	57 30%	67 32%	33 27%	19 36%	13 67%	53 29%	80 34%	1 48%	86 33%	126 37%	24 37%	236 35%
Base for stats	659	175	172	50	15	222	190	212	124	53	19	177	231	2	261	335	61	657
Mean Score	2.89	3.08	3.00	2.78	2.56	2.95	3.04	2.97	3.13	2.90	2.52	3.06	2.93	3.08	2.93	2.85	2.89	2.89
Standard Deviation	1.173	1.166	1.121	1.192	1.006	1.138	1.161	1.130	1.102	1.198	1.416	1.134	1.159	2.812	1.152	1.173	1.233	1.170
Standard Error	.048	.092	.091	.174	.269	.081	.088	.082	.104	.171	.334	.089	.080	1.988	.075	.067	.163	.048
Error variance	*	.01	.01	.03	.07	.01	.01	.01	.01	.03	.11	.01	.01	3.95	.01	*	.03	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	612	173	424	92	83	28	405	188	15	496	116	523	84
Total	667	186	465	97	92	29	446	200	17	539	128	573	89
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	56 8%	26 14%	29 6%	14 15%	10 11%	1 3%	30 7%	24 12%	1 6%	51 10%	4 3%	52 9%	4 5%
A bit more (4.0)	153 23%	37 20%	113 24%	18 19%	14 15%	5 16%	115 26%	35 17%	3 15%	126 23%	27 21%	140 24%	14 15%
Neither more nor less (3.0)	213 32%	66 35%	140 30%	31 32%	30 32%	13 45%	134 30%	69 34%	4 26%	173 32%	40 31%	173 30%	37 41%
A bit less (2.0)	137 21%	33 18%	100 22%	19 20%	26 29%	5 17%	91 20%	44 22%	7 39%	101 19%	35 28%	120 21%	16 18%
A lot less (1.0)	100 15%	23 12%	75 16%	12 13%	11 12%	4 15%	70 16%	26 13%	1 6%	80 15%	20 16%	82 14%	17 20%
Don't know	8 1%	1 1%	7 2%	1 1%	1 1%	1 3%	6 1%	2 1%	1 7%	7 1%	1 1%	7 1%	1 1%
NET: More	209 31%	63 34%	142 31%	33 34%	24 26%	6 19%	145 33%	59 29%	4 21%	178 33%	31 24%	191 33%	18 20%
NET: Less	237 36%	56 30%	176 38%	31 33%	37 41%	9 32%	160 36%	70 35%	8 45%	181 34%	56 44%	201 35%	33 37%
Base for stats	659	185	458	95	90	28	439	198	16	532	127	566	88
Mean Score	2.89	3.05	2.83	3.04	2.84	2.74	2.87	2.93	2.73	2.94	2.68	2.93	2.67
Standard Deviation	1.173	1.198	1.162	1.235	1.160	1.043	1.168	1.191	1.050	1.188	1.085	1.183	1.104
Standard Error	.048	.091	.057	.129	.128	.201	.058	.087	.281	.054	.101	.052	.121
Error variance	*	.01	*	.02	.02	.04	*	.01	.08	*	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	612	101	67	106	133	66	67	19	53	372	139	151	190	192	70	31	317	251
Total	667	113	75	112	146	71	73	20	57	404	150	164	206	212	76	33	362	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	56 8%	5 4%	6 8%	9 8%	9 6%	7 9%	8 11%	3 15%	10 18% adi	30 8%	21 14% adi	11 7%	16 8%	10 5%	19 25% abc	5 16% c	36 10%	15 6%
A bit more (4.0)	153 23%	16 15%	14 19%	29 26% a	40 27% a	15 22%	19 26%	3 17%	16 28%	99 24% a	38 25% a	29 18%	38 19%	69 33% ab	17 22%	8 23%	79 22%	63 24%
Neither more nor less (3.0)	213 32%	37 33%	29 39% h	36 32%	51 35%	19 27%	22 30%	7 36%	12 20%	136 34%	41 27%	41 25%	72 35% a	62 29%	32 43% ac	13 39%	112 31%	82 32%
A bit less (2.0)	137 21%	23 20%	11 15%	21 19%	34 23%	20 29%	13 18%	4 21%	10 18%	87 21%	27 18%	41 25% d	47 23% d	44 21% d	3 4%	6 19%	71 20%	57 22%
A lot less (1.0)	100 15%	29 26% deij	13 17% d	17 15% d	11 7%	9 12%	11 15%	2 11%	8 14%	49 12%	21 14%	40 24% bcd	30 15%	24 11%	5 6%	1 3%	62 17% a	36 14%
Don't know	8 1%	3 3%	1 2%	- -	1 1%	1 1%	1 1%	- -	1 2%	3 1%	2 1%	2 1%	3 1%	2 1%	- -	- -	2 1%	5 2%
NET: More	209 31%	21 19%	20 27%	38 34% a	49 34% a	22 31%	26 36% a	6 31%	26 45% ab	129 32% a	58 39% a	40 24%	54 26%	80 38% ab	35 47% ab	13 39%	115 32%	78 30%
NET: Less	237 36%	52 46% dij	24 32%	38 34%	45 31%	29 41%	24 33%	6 32%	19 33%	136 34%	49 33%	81 49% bcd	77 37% d	68 32% d	8 11%	7 22%	133 37%	94 36%
Base for stats	659	110	74	112	145	70	72	20	56	401	148	162	203	210	76	33	359	253
Mean Score	2.89	2.50	2.84	2.92 a	3.02 a	2.87 a	2.99 a	3.03	3.16 a	2.94 a	3.06 a	2.57	2.82	2.99 a	3.55 abc	3.30 c	2.88	2.85
Standard Deviation	1.173	1.161	1.160	1.173	1.036	1.176	1.224	1.224	1.332	1.121	1.260	1.224	1.138	1.095 a	1.110 abc	1.071	1.221	1.123
Standard Error	.048	.117	.143	.114	.090	.146	.151	.281	.185	.058	.108	.100	.083	.079	.133	.192	.069	.072
Error variance	*	.01	.02	.01	.01	.02	.02	.08	.03	*	.01	.01	.01	.01	.02	.04	*	.01

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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		612	211	201	198	361	182
Total		667	229	223	212	395	197
		100%	100%	100%	100%	100%	100%
A lot more	(5.0)	56 8%	34 15% bc	6 3%	14 7%	44 11% b	11 5%
A bit more	(4.0)	153 23%	86 37% bc	41 18%	26 12%	96 24%	48 24%
Neither more nor less	(3.0)	213 32%	54 24%	107 48% ac	51 24%	114 29%	72 36%
A bit less	(2.0)	137 21%	34 15%	48 21%	55 26% a	83 21%	36 18%
A lot less	(1.0)	100 15%	21 9%	17 8%	62 29% ab	55 14%	27 14%
Don't know		8 1%	- -	4 2% a	3 1%	2 1%	4 2%
NET: More		209 31%	120 52% bc	47 21%	41 19%	140 36%	59 30%
NET: Less		237 36%	55 24%	65 29%	117 55% ab	138 35%	63 32%
Base for stats		659	229	219	209	393	193
Mean Score		2.89	3.34 bc	2.87 c	2.40	2.98	2.89
Standard Deviation		1.173	1.170	.904	1.226	1.214	1.099
Standard Error		.048	.081	.064	.088	.064	.082
Error variance		*	.01	*	.01	*	.01



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002 100%	354 18%	757 38%	719 36%	78 4%	51 3%	42 2%	1111 56%	129 6%
Walking, running or cycling for everyday journeys such as to work or to local shops and services	2002 100%	316 16%	659 33%	787 39%	113 6%	74 4%	53 3%	975 49%	187 9%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	354	207	155	114	86	18	48	35	40	36	36	64	44	34
	18%	15%	20%	26%	17%	12%	19%	18%	18%	19%	21%	16%	20%	14%	16%
			a	bc	c						h		h		
A bit more	(4.0)	757	395	240	273	244	39	102	75	73	60	73	122	131	82
	38%	37%	39%	40%	42%	33%	41%	39%	39%	35%	35%	33%	39%	40%	40%
			c	c	c										
Neither more nor less	(3.0)	719	325	141	211	367	30	85	72	76	62	101	100	121	73
	36%	40%	32%	23%	32%	49%	31%	32%	37%	36%	36%	46%	32%	37%	36%
		b			a	ab						abg			
A bit less	(2.0)	78	38	41	30	7	4	11	4	8	9	4	15	14	9
	4%	4%	4%	7%	5%	1%	4%	4%	2%	4%	5%	2%	5%	4%	4%
				c	c										
A lot less	(1.0)	51	27	19	10	21	1	10	4	6	2	6	6	10	5
	3%	2%	3%	3%	2%	3%	1%	4%	2%	3%	1%	3%	2%	3%	2%
Don't know		42	21	9	17	16	4	4	4	5	4	2	9	8	2
	2%	2%	2%	1%	3%	2%	4%	2%	2%	2%	2%	1%	3%	2%	1%
NET: More		1111	602	395	387	330	57	150	110	113	96	109	185	175	115
	56%	52%	59%	65%	59%	44%	60%	58%	57%	54%	56%	49%	59%	53%	56%
			a	bc	c								f		
NET: Less		129	66	60	41	28	5	22	8	15	11	10	21	24	14
	6%	6%	6%	10%	6%	4%	5%	8%	4%	7%	6%	5%	7%	7%	7%
				bc	c										
Base for stats	1960	952	992	595	639	726	92	257	190	204	169	220	306	320	203
Mean Score	3.66	3.59	3.72	3.79	3.70	3.50	3.75	3.65	3.70	3.64	3.71	3.59	3.73	3.58	3.64
			a	c	c								h		
Standard Deviation	.907	.881	.929	1.009	.870	.825	.860	.970	.869	.945	.895	.876	.910	.895	.895
Standard Error	.020	.029	.029	.040	.034	.032	.085	.058	.061	.067	.066	.072	.052	.050	.063
Error variance	*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315	
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	354 18%	56 30%	87 19%	79 18%	43 17%	32 17%	56 12%	222 20%	132 14%	284 17%	16 29%	28 20%	18 25%	3 10%	3 23%	67 22%
			bcdefgh	fh	f	f	f	fh	fh	fh		a					a
A bit more	(4.0)	757 38%	61 33%	185 41%	199 44%	99 39%	70 38%	142 30%	446 41%	312 34%	628 38%	17 32%	54 39%	28 39%	13 48%	8 69%	121 40%
				afh	afh	f	f	afh	afh	afh							
Neither more nor less	(3.0)	719 36%	49 26%	145 32%	133 30%	90 36%	61 33%	240 50%	327 30%	392 43%	636 38%	15 28%	38 28%	15 20%	8 29%	-	76 25%
					a		abcdegh		abcdeg	cdg							
A bit less	(2.0)	78 4%	10 6%	18 4%	16 4%	14 6%	10 6%	9 2%	45 4%	34 4%	49 3%	3 5%	14 10%	9 12%	2 6%	-	27 9%
			f		f	f	f	f	f	f			a	a			a
A lot less	(1.0)	51 3%	7 4%	5 1%	12 3%	3 1%	7 4%	17 4%	24 2%	27 3%	41 2%	2 5%	2 1%	2 3%	1 3%	-	7 2%
			b		b		b	bd	b	b							
Don't know		42 2%	3 2%	8 2%	9 2%	4 1%	4 2%	15 3%	20 2%	23 2%	35 2%	1 1%	2 1%	1 1%	1 3%	1 8%	5 2%
NET: More	1111 56%	117 63%	272 61%	278 62%	142 56%	103 55%	199 41%	668 62%	444 48%		913 55%	33 61%	82 59%	47 64%	16 58%	11 92%	188 62%
			fh	fh	fh	fh	f	fh	f	fh							a
NET: Less	129 6%	17 9%	23 5%	28 6%	17 7%	17 9%	27 6%	68 6%	61 7%		90 5%	5 9%	16 12%	11 15%	2 9%	-	35 11%
												a	a				a
Base for stats	1960	183	440	439	250	181	466	1063	896	1639	54	136	72	26	11	299	
Mean Score	3.66	3.81	3.75	3.72	3.66	3.62	3.45	3.75	3.54	3.65	3.78	3.67	3.72	3.59	4.25	3.72	
		fh	fh	fh	f	f	fh	fh	fh								
Standard Deviation	.907	1.051	.857	.893	.868	.967	.868	.907	.893	.885	1.075	.966	1.070	.885	.454	.994	
Standard Error	.020	.078	.042	.042	.054	.070	.040	.028	.030	.022	.142	.082	.124	.167	.137	.057	
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.03	.02	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	354 18%	199 16%	68 20%	69 22%	137 21%	35 22%	37 31%	121 20%	31 15%	14 28%	7 15%	18 12%	23 25%	27 18%	39 10%	72 26%
			a	a	a	gj	cdgij	gj		dgj		dgj	j		cdgj	
A bit more (4.0)	757 38%	435 35%	157 45%	132 41%	289 43%	69 44%	46 39%	253 41%	80 37%	17 34%	20 42%	57 38%	40 44%	53 35%	121 30%	115 41%
			a	a	a	j		j				j			j	
Neither more nor less (3.0)	719 36%	512 41%	100 29%	86 27%	185 28%	39 24%	25 21%	199 32%	81 38%	15 29%	12 25%	56 37%	19 21%	56 37%	218 54%	63 23%
		bcd						abhk	abhk			abhk		abhk	abcdeghik	
A bit less (2.0)	78 4%	37 3%	10 3%	24 7%	34 5%	7 4%	8 6%	23 4%	13 6%	3 5%	5 11%	8 6%	5 6%	4 3%	2 *	14 5%
				ab	a	j	j	j	j	j	cij	j	j	j		j
A lot less (1.0)	51 3%	39 3%	5 1%	4 1%	9 1%	8 5%	3 3%	7 1%	6 3%	1 2%	2 4%	4 2%	2 3%	4 3%	13 3%	11 4%
		d				c									c	c
Don't know	42 2%	26 2%	9 3%	4 1%	13 2%	1 1%	- -	11 2%	3 1%	1 2%	1 2%	7 5%	2 2%	6 4%	11 3%	1 *
												abcck		abk	k	
NET: More	1111 56%	634 51%	225 65%	201 63%	426 64%	105 66%	83 70%	373 61%	111 52%	31 62%	28 58%	76 50%	63 69%	81 53%	161 40%	188 68%
			a	a	a	dgij	dgij	dgj	j	j	j	j	dgij	j	j	dgij
NET: Less	129 6%	76 6%	15 4%	27 9%	42 6%	15 9%	11 9%	31 5%	18 9%	3 7%	7 15%	12 8%	8 8%	8 6%	15 4%	26 9%
				b		cj	j		j		cij	j			cj	
Base for stats	1960	1221	340	314	654	158	119	603	210	50	47	144	90	145	394	277
Mean Score	3.66	3.59	3.81	3.76	3.78	3.74	3.90	3.76	3.56	3.83	3.55	3.54	3.84	3.66	3.44	3.81
			a	a	a	j	dfgij	dgj		j		dgj	j	j		dgj
Standard Deviation	.907	.905	.840	.920	.879	1.018	1.010	.858	.912	.968	1.023	.884	.963	.915	.811	1.016
Standard Error	.020	.025	.047	.054	.036	.080	.091	.035	.063	.137	.149	.073	.097	.075	.042	.060
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	354 18%	86 19%	88 23%	21 15%	4 15%	110 21%	90 19%	97 19%	54 20%	38 21%	10 26%	91 21%	107 20%	43 16%	167 15%	118 23% abe	26 24% b	311 18% b
A bit more (4.0)	757 38%	168 38%	169 44%	50 36%	13 46%	219 42%	181 38%	198 39%	121 46% c	60 33%	18 47%	181 41%	216 40%	88 33%	427 38%	202 39%	40 37%	669 39%
Neither more nor less (3.0)	719 36%	163 37% be	95 25%	48 35% b	8 27%	143 27%	170 36% be	188 37% bde	62 24%	59 33% b	7 19%	121 27%	195 36% bde	122 46% bcde	427 38% cde	144 28%	26 24%	597 34% cd
A bit less (2.0)	78 4%	12 3%	18 5%	13 9% af	4 12% af	30 6% af	15 3%	12 2%	19 7% af	12 7% af	3 7%	31 7% af	15 3%	3 1%	32 3%	32 6% ab	12 11% abe	76 4% ab
A lot less (1.0)	51 3%	9 2%	4 1%	6 4% b	- -	10 2%	9 2%	9 2%	4 1%	7 4%	- -	11 2%	9 2%	7 2%	33 3%	11 2%	- -	44 3%
Don't know	42 2%	7 1%	7 2%	1 1%	- -	8 2%	7 1%	5 1%	4 1%	4 2%	- -	8 2%	5 1%	3 1%	24 2%	10 2%	5 4%	39 2%
NET: More	1111 56%	254 57%	258 68% acf	72 52%	17 61%	329 63% c	271 57%	295 58%	175 66% ac	98 54%	29 74% ac	273 61%	324 59%	131 49%	594 53%	320 62% abe	67 61% a	980 56% a
NET: Less	129 6%	20 5%	22 6%	18 13% abef	4 12%	40 8% a	24 5%	21 4%	23 9% af	19 10% af	3 7%	42 9% af	23 4%	9 3%	65 6% a	43 8% ab	12 11% ab	120 7% a
Base for stats	1960	437	374	138	28	512	465	503	260	175	39	435	542	263	1086	507	104	1697
Mean Score	3.66	3.71 c	3.86 acf	3.50	3.64	3.76 c	3.71 c	3.72	3.78	3.63	3.93	3.72	3.74	3.60	3.61	3.76 ab	3.78	3.66
Standard Deviation	.907	.878	.870	.999	.902	.919	.879	.859	.909	1.018	.874	.956	.861	.861	.886	.955	.952	.913
Standard Error	.020	.042	.045	.085	.165	.041	.041	.039	.056	.076	.136	.046	.037	.052	.027	.043	.092	.022
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.02	*	*	*	*	*	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	354 18%	90 24% b	217 16%	63 24% bd	64 17%	14 15%	223 17%	125 19%	13 19%	281 18%	73 18%	298 18%	55 18%
A bit more (4.0)	757 38%	145 38%	513 39%	96 36%	133 36%	33 36%	504 39%	230 35%	27 41%	602 38%	155 38%	660 39% b	92 30%
Neither more nor less (3.0)	719 36%	114 30%	468 36% a	78 30%	143 39% a	36 39%	459 36%	235 36%	19 29%	569 36%	150 36%	603 36%	108 36%
A bit less (2.0)	78 4%	16 4%	56 4%	14 5%	13 3%	3 3%	50 4%	26 4%	4 5%	58 4%	20 5%	54 3%	22 7% a
A lot less (1.0)	51 3%	10 3%	31 2%	5 2%	11 3%	5 6% d	30 2%	19 3%	1 2%	41 3%	9 2%	31 2%	16 5% a
Don't know	42 2%	7 2%	30 2%	8 3%	8 2%	1 1%	25 2%	14 2%	3 4%	38 2%	5 1%	33 2%	8 3%
NET: More	1111 56%	235 62% b	730 56%	159 60%	196 53%	46 51%	727 56%	355 55%	40 60%	883 56%	228 55%	958 57% b	147 49%
NET: Less	129 6%	26 7%	87 7%	19 7%	23 6%	8 9%	80 6%	45 7%	5 7%	99 6%	29 7%	86 5%	38 13% a
Base for stats	1960	376	1285	256	362	90	1266	634	64	1552	408	1646	293
Mean Score	3.66	3.77 b	3.65	3.77 c	3.62	3.52	3.66	3.65	3.74	3.66	3.64	3.69 b	3.50
Standard Deviation	.907	.951	.893	.951	.912	.988	.892	.939	.900	.906	.908	.869	1.053
Standard Error	.020	.049	.025	.058	.048	.102	.025	.037	.112	.023	.046	.022	.060
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855	
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	354 18%	59 14%	38 17%	56 18%	61 17%	37 19%	45 24% adi	13 18%	46 19%	191 18%	104 21% a	115 22% bc	82 15%	91 14%	62 26% bc	19 23%	179 17%	152 19%
A bit more	(4.0)	757 38%	112 27%	96 42%	134 43%	155 44%	77 40%	76 42%	21 29%	86 36%	463 43%	183 37%	191 37% d	220 40% d	279 42% d	58 24%	34 41%	411 38%	302 37%
Neither more nor less	(3.0)	719 36%	191 45% bcdefij	73 32%	101 32%	114 32%	59 31%	54 29%	35 48% bcdefi	93 39%	347 32%	182 37%	152 30%	192 35%	255 38% a	110 45% ab	22 27%	391 37%	289 36%
A bit less	(2.0)	78 4%	13 3%	7 3%	12 4%	17 5%	13 7%	5 3%	2 2%	10 4%	48 4%	17 3%	24 5%	26 5%	22 3%	6 2%	7 9% bc	41 4%	26 3%
A lot less	(1.0)	51 3%	26 6% cdefghij	7 3% j	6 2%	4 1%	3 2%	2 1%	- -	2 1%	20 2%	4 1%	20 4% cd	14 3%	11 2%	2 1%	- -	27 3%	20 2%
Don't know		42 2%	21 5% cdefhij	5 2%	6 2%	3 1%	3 1%	1 1%	2 3%	1 *	17 2%	4 1%	9 2%	14 2%	8 1%	4 2%	- -	21 2%	20 2%
NET: More		1111 56%	171 40%	134 59% a	190 60% ag	215 61% ag	114 60% a	121 66% agh	34 47%	132 55% a	654 60% ag	287 58% a	306 60% d	302 55%	370 56%	120 50%	53 64%	590 55%	453 56%
NET: Less		129 6%	40 9% fghij	14 6%	18 6%	21 6%	16 8% j	7 4%	2 2%	12 5%	69 6%	21 4%	44 9% cd	40 7% d	33 5%	8 3%	7 9%	68 6%	46 6%
Base for stats	1960	401	222	309	350	188	182	70	237	1070	489	502	534	658	237	82	1049	788	
Mean Score	3.66	3.41	3.68	3.72	3.72	3.70	3.86	3.64	3.69	3.71	3.75	3.71	3.62	3.63	3.73	3.79	3.64	3.69	
Standard Deviation	.907	.998	.904	.870	.850	.911	.857	.806	.863	.877	.856	1.002	.897	.823	.909	.902	.898	.904	
Standard Error	.020	.051	.061	.049	.045	.066	.063	.098	.056	.027	.039	.044	.038	.033	.060	.098	.028	.031	
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	.01	*	*	

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
A lot more (5.0)	354 18%	134 22% b	57 8%	162 25% b	214 23% b	88 15%
A bit more (4.0)	757 38%	275 45% b	208 30%	269 41% b	397 42% b	214 36%
Neither more nor less (3.0)	719 36%	167 27%	394 56% ac	150 23%	246 26%	236 40% a
A bit less (2.0)	78 4%	23 4%	17 2%	34 5% b	41 4%	29 5%
A lot less (1.0)	51 3%	7 1%	12 2%	28 4% ab	25 3%	15 2%
Don't know	42 2%	8 1%	15 2%	17 3%	13 1%	15 3%
NET: More	1111 56%	409 67% b	265 38%	432 65% b	612 65% b	302 51%
NET: Less	129 6%	30 5%	29 4%	62 9% ab	66 7%	44 7%
Base for stats	1960	607	689	643	924	582
Mean Score	3.66	3.84 b	3.41	3.78 b	3.79 b	3.57
Standard Deviation	.907	.851	.751	1.020	.938	.895
Standard Error	.020	.034	.029	.040	.031	.037
Error variance	*	*	*	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	316 16%	135 14%	177 17% a	126 21% c	116 18% c	74 10%	16 17%	39 15%	29 15%	44 21% fh	25 14%	29 13%	66 21% fh	37 11%	32 16%
A bit more (4.0)	659 33%	314 32%	341 34%	206 34% c	243 37% c	209 28%	34 35%	91 35% d	67 34%	55 26%	59 34%	67 30%	110 35% d	117 36% d	60 29%
Neither more nor less (3.0)	787 39%	417 43% b	365 36%	167 28%	220 33% a	400 54% ab	35 37%	94 36%	81 42% g	84 40% g	70 41% g	101 46% bg	92 29%	140 43% g	89 44% g
A bit less (2.0)	113 6%	48 5%	64 6%	65 11% bc	34 5% c	13 2%	6 6%	14 5%	6 3%	8 4%	11 7%	16 7%	28 9% cdhi	15 5%	8 4%
A lot less (1.0)	74 4%	35 4%	39 4%	26 4%	23 4%	25 3%	2 2%	17 6% eg	6 3%	9 4%	4 2%	7 3%	9 3%	12 4%	9 4%
Don't know	53 3%	25 3%	28 3%	12 2%	20 3%	21 3%	3 3%	6 2%	6 3%	8 4%	4 3%	2 1%	10 3%	8 2%	6 3%
NET: More	975 49%	449 46% a	517 51% a	333 55% c	359 55% c	283 38%	50 52%	130 50%	96 49%	99 48%	83 48%	95 43%	176 56% fhi	154 47%	92 45%
NET: Less	187 9%	83 9%	103 10%	91 15% bc	57 9% c	38 5%	7 8%	31 12% c	12 6%	17 8%	15 9%	23 11%	37 12% c	27 8%	17 8%
Base for stats	1949	949	985	592	636	721	93	255	188	201	169	220	305	320	199
Mean Score	3.53	3.49	3.56	3.58 c	3.62 c	3.41	3.62	3.48	3.57	3.59	3.53	3.42	3.64 bfh	3.47	3.49
Standard Deviation	.958	.925	.987	1.076	.963	.832	.911	1.033	.897	1.018	.901	.923	1.010	.896	.966
Standard Error	.022	.031	.031	.043	.038	.032	.089	.062	.063	.072	.066	.075	.057	.050	.069
Error variance	*	*	*	*	*	*	.01	*	*	.01	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

		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		2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total		2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	316 16%	42 22% dfh	87 19% fh	75 17% fh	36 14%	28 15%	48 10%	204 19% fh	112 12%	247 15%	16 30% a	25 18%	17 23%	3 12%	3 26%	64 21% a
A bit more	(4.0)	659 33%	60 32%	147 33%	164 37% fh	84 33%	72 39% fh	131 27%	372 34% f	287 31%	544 33%	19 34%	52 38%	22 29%	13 49%	5 38%	110 36%
Neither more nor less	(3.0)	787 39%	53 29%	156 35%	157 35% aeg	105 41%	58 31%	258 54% abcdegh	366 34% abcegh	421 46% abcegh	701 42% bcdg	10 19%	43 31%	19 26%	5 17%	4 36%	80 26%
A bit less	(2.0)	113 6%	20 11% cdfh	29 6% f	26 6% f	12 5% f	17 9% fh	9 2% fh	75 7% fh	38 4% f	81 5%	6 12% a	11 8%	10 14% a	3 10%	-	31 10% a
A lot less	(1.0)	74 4%	8 4%	21 5%	14 3%	6 3%	9 5%	16 3%	43 4%	31 3%	56 3%	3 6%	5 4%	5 6%	2 9%	-	16 5%
Don't know		53 3%	3 2%	8 2%	12 3%	9 4%	2 1%	18 4%	23 2%	29 3%	45 3%	-	2 1%	1 1%	1 4%	-	4 1%
NET: More		975 49%	102 55% fh	234 52% fh	240 53% fh	120 48% f	100 54% fh	179 37%	576 53% fh	399 43% f	791 47%	35 64% a	77 56% a	38 52%	16 61%	8 64%	174 57% a
NET: Less		187 9%	28 15% cdfh	50 11% fh	40 9% f	19 7% dfh	26 14% dfh	25 5%	118 11% fh	69 8%	137 8%	10 18% a	16 12%	15 21% a	5 19%	-	46 15% a
Base for stats		1949	183	440	436	244	183	462	1060	890	1629	54	136	72	26	12	301
Mean Score		3.53	3.59	3.57	3.60	3.54	3.51	3.40	3.58	3.46	3.52	3.69	3.59	3.49	3.47	3.89	3.59
Standard Deviation		.958	f	f	fh	f			fh								
Standard Error		.022	.081	.050	.045	.056	.073	.039	.031	.030	.023	.157	.085	.138	.217	.235	.062
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.05	.05	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	316 16%	179 14%	54 16%	65 20%	119 18%	27 17%	35 30%	105 17%	30 14%	13 25%	9 19%	26 17%	17 19%	24 16%	31 8%	62 22%
				a		j	acdgiij	j	j	j	j	j	j	j		dj
A bit more (4.0)	659 33%	370 30%	145 42%	119 37%	264 40%	54 34%	42 35%	226 37%	70 33%	11 21%	19 40%	48 32%	30 33%	46 30%	114 28%	95 34%
			a	a	a			ej			e					
Neither more nor less (3.0)	787 39%	560 45%	106 30%	92 29%	198 30%	55 35%	29 25%	211 34%	80 38%	19 38%	10 21%	58 39%	29 31%	65 43%	231 57%	84 30%
		bcd						b	bf			bf		bckf	abcdeghik	
A bit less (2.0)	113 6%	55 4%	24 7%	27 8%	51 8%	10 6%	11 9%	34 6%	22 10%	4 8%	7 14%	8 5%	9 10%	6 4%	2 1%	21 8%
				a	a	j	j	j	cij	j	cgij	j	j	j	j	j
A lot less (1.0)	74 4%	50 4%	12 3%	9 3%	21 3%	12 8%	1 1%	23 4%	8 4%	4 8%	2 4%	5 3%	2 2%	4 3%	14 3%	13 5%
						bchij				bh						b
Don't know	53 3%	32 3%	8 2%	7 2%	15 2%	2 1%	1 1%	14 2%	4 2%	- -	1 2%	7 4%	6 6%	7 4%	12 3%	3 1%
											k		abcdk	k		
NET: More	975 49%	550 44%	200 57%	184 58%	383 57%	80 50%	77 65%	331 54%	100 47%	23 46%	29 60%	74 49%	47 51%	69 46%	145 36%	157 57%
			a	a	a	j	acdeghij	j	j		j	j	j	j		dij
NET: Less	187 9%	105 8%	36 10%	36 11%	71 11%	22 14%	12 10%	57 9%	30 14%	8 16%	8 18%	12 8%	11 12%	10 7%	16 4%	34 12%
						ij	j	j	ij	ij	ij	j	j			j
Base for stats	1949	1215	341	311	652	157	118	600	210	50	47	144	87	144	392	275
Mean Score	3.53	3.47	3.61	3.65	3.63	3.46	3.85	3.59	3.44	3.47	3.59	3.57	3.61	3.55	3.37	3.63
			a	a	a		acdegij	j			j	j	j	j		dj
Standard Deviation	.958	.940	.951	.995	.972	1.090	.982	.969	.987	1.199	1.082	.950	.982	.912	.786	1.061
Standard Error	.022	.027	.054	.059	.040	.086	.089	.040	.068	.168	.158	.078	.101	.075	.041	.063
Error variance	*	*	*	*	*	.01	.01	*	*	.03	.02	.01	.01	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	316 16%	82 18%	81 21%	19 14%	2 6%	100 19%	83 18%	85 17%	58 22%	28 16%	10 25%	86 19%	95 17%	37 14%	163 15%	94 18%	23 21%	280 16%
A bit more (4.0)	659 33%	153 35%	140 37%	48 35%	10 37%	188 36%	164 35%	189 37%	91 34%	63 35%	9 23%	154 35%	198 36%	70 26%	356 32%	194 37%	39 36%	589 34%
Neither more nor less (3.0)	787 39%	167 38%	111 29%	42 30%	8 28%	153 29%	175 37%	192 38%	72 27%	58 33%	9 23%	130 29%	201 37%	134 50%	460 41%	163 32%	30 28%	654 38%
A bit less (2.0)	113 6%	21 5%	33 9%	16 12%	6 20%	50 10%	27 6%	20 4%	30 11%	17 10%	8 20%	47 11%	27 5%	8 3%	60 5%	37 7%	7 7%	104 6%
A lot less (1.0)	74 4%	13 3%	8 2%	12 8%	3 9%	20 4%	15 3%	14 3%	7 3%	10 6%	3 9%	17 4%	17 3%	9 3%	44 4%	15 3%	6 6%	65 4%
Don't know	53 3%	8 2%	9 2%	1 1%	- -	10 2%	8 2%	9 2%	7 3%	3 1%	- -	9 2%	9 2%	8 3%	28 2%	14 3%	3 3%	45 3%
NET: More	975 49%	235 53%	220 58%	68 49%	12 43%	288 55%	247 52%	274 54%	149 56%	91 51%	19 48%	240 54%	293 54%	107 40%	519 47%	288 56%	62 57%	868 50%
NET: Less	187 9%	34 8%	42 11%	28 20%	8 29%	70 13%	42 9%	34 7%	37 14%	27 15%	11 29%	64 14%	45 8%	17 7%	104 9%	52 10%	13 12%	169 10%
Base for stats	1949	436	373	138	28	510	465	500	257	177	39	434	539	258	1082	503	106	1691
Mean Score	3.53	3.62	3.67	3.34	3.11	3.58	3.59	3.62	3.63	3.46	3.36	3.56	3.60	3.45	3.49	3.63	3.62	3.54
Standard Deviation	.958	.939	.984	1.124	1.103	1.033	.957	.907	1.038	1.054	1.303	1.047	.942	.903	.951	.967	1.082	.966
Standard Error	.022	.045	.051	.096	.201	.046	.044	.041	.065	.079	.203	.050	.041	.055	.029	.043	.104	.024
Error variance	*	*	*	.01	.04	*	*	*	*	.01	.04	*	*	*	*	*	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	316 16%	73 19%	202 15%	48 18%	49 13%	11 12%	212 16%	96 15%	11 16%	258 16%	58 14%	268 16%	46 15%
A bit more (4.0)	659 33%	130 34%	451 34%	98 37%	120 32%	21 23%	432 33%	211 33%	24 37%	536 34%	123 30%	570 34%	84 28%
Neither more nor less (3.0)	787 39%	121 32%	516 39%	89 34%	150 40%	35 39%	514 40%	245 38%	25 37%	602 38%	186 45%	667 40%	113 38%
A bit less (2.0)	113 6%	35 9%	67 5%	15 6%	20 5%	13 14%	66 5%	45 7%	2 3%	89 6%	24 6%	81 5%	30 10%
A lot less (1.0)	74 4%	20 5%	41 3%	7 3%	21 6%	9 10%	34 3%	35 5%	1 2%	61 4%	13 3%	52 3%	20 7%
Don't know	53 3%	4 1%	37 3%	7 2%	11 3%	2 3%	32 3%	16 3%	4 6%	44 3%	9 2%	41 2%	8 3%
NET: More	975 49%	203 53%	653 50%	146 55%	169 46%	31 35%	644 50%	307 47%	35 53%	794 50%	181 44%	838 50%	131 43%
NET: Less	187 9%	55 14%	108 8%	23 9%	41 11%	22 24%	100 8%	80 12%	3 4%	150 9%	37 9%	133 8%	49 16%
Base for stats	1949	379	1277	258	359	88	1259	632	63	1545	404	1639	293
Mean Score	3.53	3.53	3.55	3.64	3.43	3.13	3.57	3.46	3.67	3.54	3.47	3.56	3.37
Standard Deviation	.958	1.066	.929	.948	.988	1.124	.922	1.013	.860	.967	.921	.930	1.076
Standard Error	.022	.055	.026	.057	.053	.118	.026	.040	.108	.025	.046	.023	.061
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	316 16%	43 10%	34 15%	55 17%	57 16%	38 20%	35 19%	15 21%	39 16%	185 17%	89 18%	86 17%	88 16%	90 14%	49 20%	15 18%	161 15%	135 17%
				a	a	a	a	a	a	a	a				c			
A bit more (4.0)	659 33%	123 29%	66 29%	116 37%	135 38%	60 31%	66 36%	20 27%	72 30%	378 35%	158 32%	174 34%	166 30%	237 36%	73 30%	33 40%	365 34%	254 31%
				a	abh					a								
Neither more nor less (3.0)	787 39%	197 47%	91 40%	107 34%	117 33%	65 34%	67 37%	30 42%	114 48%	379 35%	211 43%	176 34%	216 39%	283 42%	96 40%	21 25%	415 39%	332 41%
		cdefi						cdefi		cdei				a		a		a
A bit less (2.0)	113 6%	17 4%	17 7%	18 6%	24 7%	18 10%	10 5%	4 6%	5 2%	77 7%	19 4%	36 7%	38 7%	29 4%	10 4%	9 11%	64 6%	36 5%
			h	h	h	ahj				ahj		c				c		
A lot less (1.0)	74 4%	23 5%	10 5%	15 5%	11 3%	6 3%	2 1%	1 1%	5 2%	43 4%	8 2%	27 5%	23 4%	14 2%	8 3%	5 6%	38 4%	29 4%
		fhj	fj	fj						fj		c	c					
Don't know	53 3%	19 5%	9 4%	4 1%	8 2%	4 2%	4 2%	2 3%	3 1%	25 2%	9 2%	12 2%	17 3%	13 2%	4 2%	-	25 2%	21 3%
		chij	c															
NET: More	975 49%	166 39%	101 44%	172 54%	193 55%	98 51%	101 55%	34 48%	111 47%	563 52%	246 50%	260 51%	254 46%	327 49%	123 51%	48 58%	527 49%	389 48%
				ab	ab	a	ab			ab	a							
NET: Less	187 9%	40 9%	27 12%	33 11%	35 10%	25 13%	11 6%	5 7%	11 4%	120 11%	27 5%	63 12%	61 11%	43 6%	19 8%	14 17%	103 10%	66 8%
		hj	fhj	hj	hj	fhj				fhj		c	c			bc		
Base for stats	1949	403	218	311	345	187	179	70	235	1062	484	499	531	653	237	82	1044	786
Mean Score	3.53	3.36	3.45	3.57	3.59	3.56	3.69	3.62	3.57	3.55	3.62	3.52	3.49	3.55	3.61	3.54	3.52	3.54
				a	a	a	ab	a	a	a	ab							
Standard Deviation	.958	.934	1.001	1.007	.955	1.028	.880	.937	.869	.993	.883	1.031	.993	.863	.975	1.088	.950	.954
Standard Error	.022	.047	.068	.057	.051	.075	.065	.114	.057	.030	.040	.046	.043	.034	.064	.118	.030	.033
Error variance	*	*	*	*	*	.01	*	.01	*	*	*	*	*	*	*	.01	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
A lot more (5.0)	316 16%	135 22% b	53 8%	127 19% b	188 20% b	89 15%
A bit more (4.0)	659 33%	245 40% b	177 25%	232 35% b	350 37% b	177 30%
Neither more nor less (3.0)	787 39%	181 30%	390 55% ac	207 31%	272 29%	257 43% a
A bit less (2.0)	113 6%	25 4%	42 6%	45 7% a	70 7%	35 6%
A lot less (1.0)	74 4%	15 2%	19 3%	36 5% ab	39 4%	22 4%
Don't know	53 3%	14 2%	23 3%	12 2%	18 2%	18 3%
NET: More	975 49%	380 62% bc	231 33%	360 55% b	538 57% b	266 44%
NET: Less	187 9%	40 7%	61 9%	81 12% ab	109 12%	57 10%
Base for stats	1949	601	682	648	920	580
Mean Score	3.53	3.76 bc	3.30	3.57 b	3.63 b	3.47
Standard Deviation	.958	.930	.812	1.056	1.026	.951
Standard Error	.022	.038	.031	.041	.034	.039
Error variance	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204	
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
0 - Not at all satisfied	(0.0)	76	28	47	20	28	29	3	14	9	4	8	7	6	15	11
		4%	3%	5%	3%	4%	4%	3%	5%	5%	2%	5%	3%	2%	5%	5%
				a					dg	g					g	g
1	(1.0)	31	13	18	10	11	10	2	3	7	7	1	1	4	4	2
		2%	1%	2%	2%	2%	1%	2%	1%	3%	3%	*	1%	1%	1%	1%
										e	e					
2	(2.0)	88	34	51	31	28	29	2	15	12	6	6	7	17	14	9
		4%	4%	5%	5%	4%	4%	2%	6%	6%	3%	3%	3%	5%	4%	5%
3	(3.0)	143	66	77	42	58	43	7	20	11	16	13	18	25	27	7
		7%	7%	8%	7%	9%	6%	7%	8%	6%	8%	7%	8%	8%	8%	3%
						c								i	i	
4	(4.0)	173	74	99	69	56	48	9	11	23	18	23	19	25	28	18
		9%	8%	10%	11%	9%	6%	10%	4%	12%	9%	13%	8%	8%	9%	9%
					c			b		b	b	bg			b	b
5	(5.0)	298	127	169	99	97	102	15	36	21	42	29	25	56	53	22
		15%	13%	17%	16%	15%	14%	16%	14%	11%	20%	17%	11%	18%	16%	11%
				a							cfi			ci		
6	(6.0)	250	111	139	90	86	74	11	35	21	24	21	22	41	47	27
		12%	11%	14%	15%	13%	10%	12%	13%	11%	11%	12%	10%	13%	14%	13%
					c											
7	(7.0)	363	205	154	96	108	159	20	45	32	41	26	41	56	56	47
		18%	21%	15%	16%	16%	21%	21%	17%	17%	19%	15%	19%	18%	17%	23%
			b			ab									e	
8	(8.0)	303	168	134	74	93	136	14	49	28	26	26	45	42	45	29
		15%	17%	13%	12%	14%	18%	14%	19%	14%	12%	15%	20%	13%	14%	14%
			b			ab							d			
9	(9.0)	111	65	47	22	26	63	9	11	13	7	8	14	17	17	16
		6%	7%	5%	4%	4%	9%	9%	4%	6%	3%	5%	6%	5%	5%	8%
						ab		d								
10 - Completely satisfied	(10.0)	130	68	61	33	53	45	2	19	14	18	12	17	20	14	14
		6%	7%	6%	5%	8%	6%	2%	7%	7%	8%	7%	8%	6%	4%	7%
									a		ah		a			
Don't know		23	12	10	11	8	4	2	3	3	1	1	4	5	3	1
		1%	1%	1%	2%	1%	1%	2%	1%	2%	*	*	2%	2%	1%	*
					c											



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Prefer not to say	13	4	8	8	4	1	1	1	2	-	1	1	3	4	1
	1%	*	1%	1%	1%	*	1%	*	1%	-	1%	1%	1%	1%	*
				c											
NET: 0-3	338	141	192	103	125	110	13	52	39	33	27	34	51	60	29
	17%	14%	19%	17%	19%	15%	14%	20%	20%	16%	16%	15%	16%	18%	14%
			a		c										
NET: 4-6	721	311	407	258	239	224	35	82	65	83	73	66	121	129	68
	36%	32%	40%	43%	36%	30%	37%	31%	33%	40%	42%	30%	38%	39%	33%
			a	bc	c					bf	bf			bf	
NET: 7-10	908	506	396	225	280	403	44	124	86	92	71	116	135	133	106
	45%	52%	39%	37%	43%	54%	46%	47%	44%	44%	41%	53%	43%	41%	52%
		b			a	ab						eh			egh
Base for stats	1967	958	995	586	644	738	93	258	190	208	171	216	307	321	203
Mean Score	5.89	6.17	5.63	5.63	5.79	6.18	5.93	5.90	5.71	5.89	5.76	6.20	5.91	5.69	6.09
		b				ab						h			
Standard Deviation	2.453	2.379	2.489	2.355	2.527	2.438	2.254	2.598	2.683	2.360	2.442	2.447	2.315	2.406	2.512
Standard Error	.055	.079	.077	.094	.098	.094	.221	.156	.188	.165	.178	.202	.131	.134	.177
Error variance	*	.01	.01	.01	.01	.01	.05	.02	.04	.03	.03	.04	.02	.02	.03

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

		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		2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total		2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all satisfied	(0.0)	76 4%	10 5% b	9 2%	19 4%	8 3%	11 6% b	20 4%	37 3%	39 4% b	67 4%	2 3%	5 4%	2 3%	-	-	10 3%
1	(1.0)	31 2%	1 1%	6 1%	9 2%	3 1%	2 1%	10 2%	16 1%	15 2%	26 2%	2 3%	2 1%	-	1 3%	-	4 1%
2	(2.0)	88 4%	6 3%	21 5%	19 4%	10 4%	11 6%	21 4%	46 4%	42 5%	79 5%	2 3%	5 3%	2 2%	1 3%	-	9 3%
3	(3.0)	143 7%	12 7%	34 8%	28 6%	18 7%	16 8%	36 7%	74 7%	69 7%	120 7%	5 10%	8 5%	5 7%	2 6%	-	20 6%
4	(4.0)	173 9%	7 4%	37 8% a	43 10% a	29 11% a	23 12% af	35 7%	87 8% a	86 9% a	145 9%	2 3%	14 10%	8 12%	2 7%	1 10%	28 9%
5	(5.0)	298 15%	26 14%	57 13%	73 16%	42 17%	25 14%	75 16%	156 14%	142 15%	238 14%	11 21%	21 15%	14 19%	8 31%	1 8%	56 18%
6	(6.0)	250 12%	16 8%	63 14%	60 13%	30 12%	26 14%	55 11%	139 13%	111 12%	208 12%	5 10%	14 10%	10 14%	5 17%	4 29%	38 13%
7	(7.0)	363 18%	35 19%	91 20% e	84 19%	40 16%	25 14%	88 18%	210 19%	153 17%	314 19% c	9 17%	17 12%	15 20%	4 14%	3 25%	47 15%
8	(8.0)	303 15%	37 20%	70 16%	62 14%	42 16%	24 13%	68 14%	170 16%	133 15%	258 15%	7 13%	27 19%	7 10%	4 13%	-	44 14%
9	(9.0)	111 6%	8 4%	28 6%	24 5%	8 3%	6 4%	37 8% de	60 6%	52 6%	92 6%	5 8%	9 6%	5 7%	-	-	18 6%
10 - Completely satisfied	(10.0)	130 6%	27 14% bcefgh	26 6%	16 4%	22 9% c	13 7% c	25 5%	69 6% c	61 7% c	106 6%	3 5%	13 10%	4 5%	-	2 20%	22 7%
Don't know		23 1%	1 *	4 1%	6 1%	1 *	3 2%	8 2%	11 1%	11 1%	13 1%	2 3%	3 2%	-	2 6%	1 8%	8 2% a
Prefer not to say		13 1%	2 1%	2 1%	4 1%	2 1%	1 1%	2 *	8 1%	4 *	7 *	-	-	1 1%	-	-	1 *
NET: 0-3		338 17%	29 16%	70 16%	74 17%	39 15%	39 21%	88 18%	173 16%	165 18%	292 17%	11 20%	19 14%	9 13%	3 12%	-	42 14%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 4-6	721	48	157	177	101	74	165	382	339	590	18	50	33	15	6	122
	36%	26%	35%	39%	40%	40%	34%	35%	37%	35%	34%	36%	45%	55%	48%	40%
			a	a	a	a	a	a	a							
NET: 7-10	908	107	215	187	112	69	219	509	399	771	23	66	30	7	5	132
	45%	57%	48%	42%	44%	37%	45%	47%	43%	46%	43%	48%	41%	27%	44%	43%
		bcd efgh	e				e	e								
Base for stats	1967	184	442	438	251	181	471	1063	903	1653	53	135	72	25	11	296
Mean Score	5.89	6.41	6.04	5.71	5.92	5.52	5.84	5.97	5.80	5.88	5.80	6.14	5.85	5.49	6.81	5.98
		cde fgh	ce				e									
Standard Deviation	2.453	2.646	2.311	2.377	2.414	2.588	2.511	2.410	2.502	2.469	2.521	2.546	2.215	1.744	1.981	2.385
Standard Error	.055	.197	.113	.113	.149	.187	.116	.075	.082	.061	.337	.217	.257	.330	.597	.136
Error variance	*	.04	.01	.01	.02	.03	.01	.01	.01	*	.11	.05	.07	.11	.36	.02

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

		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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287	
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
0 - Not at all satisfied	(0.0)	76 4%	49 4%	15 4%	12 4%	27 4%	6 4%	4 3%	22 4%	6 3%	- -	16 11% abcdefhijk	3 4%	11 8% cdej	8 2%	10 4%	
1	(1.0)	31 2%	17 1%	4 1%	4 1%	8 1%	2 1%	5 4% cd	5 1%	1 *	- -	2 4% d	6 4% cdj	2 2%	2 1%	6 1%	7 2%
2	(2.0)	88 4%	59 5%	14 4%	15 5%	29 4%	11 7% j	5 4%	22 4%	10 5%	- -	1 2%	10 7%	5 5%	11 8% cej	12 3%	16 6%
3	(3.0)	143 7%	96 8%	25 7%	17 5%	42 6%	10 6%	8 7%	41 7%	18 9%	3 5%	2 4%	14 9%	10 11%	14 9%	24 6%	18 6%
4	(4.0)	173 9%	109 9%	32 9%	26 8%	58 9%	10 6%	11 9% j	52 9% j	24 11% j	7 14% j	5 11% j	17 11% j	13 14% ajk	17 11% j	16 4%	21 8% j
5	(5.0)	298 15%	172 14%	58 17%	50 16%	109 16%	21 13%	24 20%	83 13%	28 13%	5 9%	10 20%	27 18%	14 15%	29 19%	59 15%	44 16%
6	(6.0)	250 12%	139 11%	50 14%	47 15%	97 15% a	27 17% hij	18 15% j	77 13% j	33 16% hj	5 10%	7 15%	27 18% hij	7 7%	14 9%	34 8%	45 16% hij
7	(7.0)	363 18%	245 20%	60 17%	48 15%	108 16%	32 20% i	19 16%	121 20% gi	36 17%	7 15%	9 19%	19 12%	16 17%	17 11%	87 22% gi	51 18% i
8	(8.0)	303 15%	190 15%	51 15%	52 16%	104 16%	25 16% g	15 13%	96 16% g	27 13%	13 25% bdghi	6 13%	10 7%	9 10%	17 11%	85 21% bcdghik	40 15% g
9	(9.0)	111 6%	83 7% cd	14 4%	11 3%	25 4%	3 2%	4 4% g	32 5% g	13 6% g	2 4% g	1 2%	- -	5 5%	6 4%	45 11% abcdgik	8 3% g

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
10 - Completely satisfied	130	72	21	30	51	10	5	54	16	6	2	4	1	8	23	15
	6%	6%	6%	9%	8%	6%	5%	9%	7%	13%	5%	3%	1%	5%	6%	6%
				a		h		gh	gh	gh					h	
Don't know	23	13	3	4	7	-	1	6	1	2	1	1	4	4	3	1
	1%	1%	1%	1%	1%	-	1%	1%	*	4%	2%	1%	4%	3%	1%	*
										adjk			acdijk	ak		
Prefer not to say	13	4	1	2	3	1	-	2	-	1	1	1	4	1	2	1
	1%	*	*	1%	*	1%	-	*	-	2%	3%	1%	4%	1%	*	*
											cdk		abcdijk			
NET: 0-3	338	221	58	48	106	29	21	90	35	3	5	46	20	38	50	50
	17%	18%	17%	15%	16%	18%	18%	15%	16%	5%	10%	30%	22%	25%	12%	18%
						e	e		e			abcdefjk	ej	cdefj		ej
NET: 4-6	721	420	141	123	264	58	53	212	86	17	22	71	33	60	109	111
	36%	34%	40%	39%	40%	37%	44%	35%	40%	33%	45%	47%	36%	40%	27%	40%
			a		a	j	cj	j	j		j	cj		j		j
NET: 7-10	908	590	147	141	288	71	44	303	91	28	19	32	31	48	240	115
	45%	47%	42%	44%	43%	45%	37%	49%	43%	56%	40%	21%	33%	32%	59%	41%
						gi	g	bghik	gi	bghi	g		g	g	abcdfghik	gi
Base for stats	1967	1231	346	312	657	158	118	606	212	48	46	149	85	146	400	276
Mean Score	5.89	5.90	5.79	6.00	5.89	5.82	5.56	6.11	5.91	6.77	5.89	4.56	5.19	5.14	6.48	5.71
						ghi	g	bghik	ghi	abdfghik	g		g	g	abcdghik	gi
Standard Deviation	2.453	2.466	2.401	2.479	2.439	2.412	2.362	2.433	2.374	2.093	2.089	2.492	2.347	2.654	2.286	2.390
Standard Error	.055	.069	.134	.147	.099	.189	.214	.100	.163	.302	.308	.201	.243	.215	.118	.142
Error variance	*	*	.02	.02	.01	.04	.05	.01	.03	.09	.09	.04	.06	.05	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726	
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736	
	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)	76 4%	19 4%	12 3%	- -	12 2%	19 4%	18 4%	8 3%	3 2%	2 4%	11 2%	20 4%	12 5%	39 4%	20 4%	5 5%	64 4%	
		c	c			c	c												
1	(1.0)	31 2%	2 1%	4 1%	3 2%	- -	7 1%	2 1%	5 1%	3 1%	3 2%	- -	6 1%	5 2%	17 2%	8 1%	1 1%	25 1%	
2	(2.0)	88 4%	23 5%	10 3%	2 1%	2 8%	25 5%	23 5%	12 5%	1 *	- -	13 3%	23 4%	15 6%	47 4%	21 4%	5 5%	73 4%	
		e	e		ce	ce	ce	c	c	*		c	c						
3	(3.0)	143 7%	32 7%	23 6%	10 7%	3 11%	33 6%	35 7%	36 7%	16 6%	13 7%	3 7%	28 6%	39 7%	25 9%	80 7%	32 6%	6 6%	118 7%
4	(4.0)	173 9%	37 8%	36 9%	17 12%	4 14%	53 10%	41 9%	39 8%	24 9%	23 13%	8 19%	46 10%	47 9%	24 9%	85 8%	52 10%	13 12%	149 9%
											abf								
5	(5.0)	298 15%	72 16%	45 12%	26 19%	2 6%	71 14%	74 16%	65 13%	41 16%	29 16%	9 23%	71 16%	74 14%	41 15%	163 15%	73 14%	21 19%	257 15%
					b														
6	(6.0)	250 12%	58 13%	61 16%	12 8%	5 17%	72 14%	63 13%	67 13%	37 14%	25 14%	5 13%	62 14%	72 13%	30 11%	135 12%	68 13%	16 15%	219 13%
					c														
7	(7.0)	363 18%	64 14%	87 23%	28 20%	5 17%	115 22%	69 15%	85 17%	58 22%	35 20%	6 16%	93 21%	91 17%	45 17%	213 19%	91 18%	14 13%	318 18%
					af		af												
8	(8.0)	303 15%	62 14%	63 16%	20 14%	4 14%	83 16%	66 14%	82 16%	38 14%	26 14%	3 7%	64 14%	85 16%	35 13%	179 16%	79 15%	10 9%	268 15%
9	(9.0)	111 6%	23 5%	16 4%	11 8%	- -	27 5%	23 5%	29 6%	9 3%	11 6%	1 3%	20 5%	30 5%	13 5%	70 6%	22 4%	7 6%	98 6%
10 - Completely satisfied	(10.0)	130 6%	46 10%	24 6%	8 6%	3 10%	32 6%	49 10%	52 10%	16 6%	9 5%	2 6%	25 6%	54 10%	14 5%	68 6%	42 8%	6 5%	116 7%
			be				be		ce				ce						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	23	5	2	1	1	3	6	5	3	1	1	4	5	3	10	6	3	19
	1%	1%	*	1%	3%	1%	1%	1%	1%	*	2%	1%	1%	1%	1%	1%	3%	1%
																		b
Prefer not to say	13	2	-	1	-	1	2	2	-	1	-	1	2	3	3	5	1	10
	1%	*	-	1%	-	*	*	*	-	1%	-	*	*	1%	*	1%	1%	1%
NET: 0-3	338	76	49	15	6	64	82	82	39	19	4	58	87	58	183	80	18	280
	17%	17%	13%	11%	20%	12%	17%	16%	15%	11%	11%	13%	16%	22%	16%	15%	16%	16%
		e				e								bce				
NET: 4-6	721	167	142	54	10	196	177	172	102	77	21	179	193	95	383	192	50	626
	36%	38%	37%	39%	36%	38%	37%	34%	39%	43%	55%	40%	35%	36%	35%	37%	46%	36%
										a	abf	a						be
NET: 7-10	908	194	189	67	12	257	206	248	121	81	12	201	260	107	530	233	37	801
	45%	44%	50%	49%	41%	49%	44%	49%	46%	45%	32%	45%	48%	40%	48%	45%	34%	46%
								d					d		ad	d		d
Base for stats	1967	437	380	137	28	516	465	502	261	177	38	438	540	260	1097	505	105	1707
Mean Score	5.89	5.95	6.10	6.17	5.85	6.12	5.95	6.13	5.92	6.04	5.52	5.97	6.09	5.56	5.98	5.95	5.56	5.94
															a	a		a
Standard Deviation	2.453	2.564	2.261	2.156	2.385	2.232	2.552	2.524	2.298	2.130	2.193	2.230	2.505	2.529	2.425	2.465	2.442	2.439
Standard Error	.055	.122	.117	.184	.443	.099	.118	.113	.142	.159	.347	.106	.108	.154	.074	.110	.235	.059
Error variance	*	.01	.01	.03	.20	.01	.01	.01	.02	.03	.12	.01	.01	.02	.01	.01	.06	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all satisfied	(0.0)	76	51	26	20	3	36	38	10	60	17	63	13
		4%	4%	10%	5%	3%	3%	6%	16%	4%	4%	4%	4%
				bcde	d			d	bcde				
1	(1.0)	31	16	10	12	3	12	18	6	27	4	22	9
		2%	1%	4%	3%	3%	1%	3%	9%	2%	1%	1%	3%
				d	d			d	bde			a	
2	(2.0)	88	54	26	22	4	45	41	9	69	19	69	19
		4%	4%	10%	6%	4%	3%	6%	14%	4%	5%	4%	6%
				d	d			d	bcde				
3	(3.0)	143	93	28	35	9	76	63	9	118	26	109	33
		7%	7%	11%	10%	10%	6%	10%	13%	7%	6%	6%	11%
				d	d			d	d			a	
4	(4.0)	173	110	32	38	7	97	70	8	144	29	129	43
		9%	8%	12%	10%	7%	7%	11%	12%	9%	7%	8%	14%
				d				d				a	
5	(5.0)	298	178	46	62	16	174	110	12	232	66	245	49
		15%	14%	17%	17%	18%	13%	17%	18%	15%	16%	15%	16%
			b					d					
6	(6.0)	250	172	20	35	13	177	65	1	198	51	214	34
		12%	13%	7%	9%	15%	14%	10%	2%	12%	12%	13%	11%
					f	af	abef	f					
7	(7.0)	363	254	33	57	14	258	99	5	285	78	327	34
		18%	19%	13%	15%	16%	20%	15%	8%	18%	19%	19%	11%
							aef					b	
8	(8.0)	303	223	19	51	12	222	76	5	240	63	267	35
		15%	17%	7%	14%	13%	17%	12%	7%	15%	15%	16%	12%
			a		a		aef	a					
9	(9.0)	111	77	5	15	5	86	24	-	84	28	100	10
		6%	6%	2%	4%	6%	7%	4%	-	5%	7%	6%	3%
							aef						



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
10 - Completely satisfied	130	40	74	15	21	4	91	36	2	107	23	113	14
(10.0)	6%	10%	6%	6%	6%	4%	7%	6%	3%	7%	5%	7%	5%
Don't know	23	6	8	2	1	1	13	4	-	18	5	12	9
	1%	1%	1%	1%	*	1%	1%	1%	-	1%	1%	1%	3%
Prefer not to say	13	-	5	2	-	-	4	2	-	9	4	9	-
	1%	-	*	1%	-	-	*	*	-	1%	1%	1%	-
NET: 0-3	338	63	214	90	90	18	169	162	34	273	65	263	74
	17%	17%	16%	34%	24%	20%	13%	25%	52%	17%	16%	16%	24%
				bcde	d			d	abcde				a
NET: 4-6	721	148	460	98	135	36	448	245	21	574	147	589	125
	36%	39%	35%	37%	36%	40%	35%	38%	31%	36%	36%	35%	42%
													a
NET: 7-10	908	166	628	73	144	35	657	236	12	716	192	807	94
	45%	43%	48%	27%	39%	39%	51%	36%	17%	45%	46%	48%	31%
					af	af	abcef	af				b	
Base for stats	1967	377	1302	260	369	90	1274	642	67	1563	404	1659	292
Mean Score	5.89	5.90	5.96	4.62	5.38	5.62	6.21	5.29	3.58	5.88	5.95	6.01	5.18
				f	af	af	abcef	af				b	
Standard Deviation	2.453	2.547	2.412	2.738	2.617	2.390	2.327	2.603	2.625	2.464	2.415	2.427	2.492
Standard Error	.055	.130	.067	.165	.137	.248	.066	.102	.321	.062	.122	.060	.142
Error variance	*	.02	*	.03	.02	.06	*	.01	.10	*	.01	*	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	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)	76 4%	33 8%	8 3%	9 3%	8 2%	3 1%	5 3%	2 2%	8 4%	28 3%	15 3%	76 15%	-	-	-	4 5%	38 4%	33 4%
		bcdefhij										bcd						
1 (1.0)	31 2%	12 3%	4 2%	5 1%	2 1%	1 1%	5 3%	-	3 1%	11 1%	8 2%	31 6%	-	-	-	2 2%	12 1%	16 2%
		di										bcd						
2 (2.0)	88 4%	23 5%	17 8%	14 5%	9 3%	5 3%	6 3%	1 1%	13 5%	45 4%	20 4%	88 17%	-	-	-	5 6%	50 5%	34 4%
		d defij										bcd						
3 (3.0)	143 7%	45 11%	16 7%	23 7%	28 8%	5 3%	12 6%	2 3%	11 5%	73 7%	26 5%	143 28%	-	-	-	5 6%	80 8%	55 7%
		ehij e e e										bcd						
4 (4.0)	173 9%	42 10%	26 12%	28 9%	22 6%	19 10%	14 8%	4 6%	18 7%	95 9%	36 7%	173 34%	-	-	-	4 5%	90 8%	73 9%
		d										bcd						
5 (5.0)	298 15%	67 16%	30 13%	43 14%	54 15%	33 17%	34 19%	9 13%	27 11%	161 15%	71 14%	-	298 54%	-	-	13 16%	146 14%	134 17%
		h										acd						
6 (6.0)	250 12%	45 11%	24 11%	46 14%	51 14%	32 17%	21 11%	11 15%	21 9%	152 14%	53 11%	-	250 46%	-	-	10 13%	135 13%	101 12%
		h ahj										acd						
7 (7.0)	363 18%	66 16%	33 15%	57 18%	72 20%	44 23%	25 14%	13 18%	54 23%	205 19%	92 19%	-	-	363 55%	-	14 17%	201 19%	141 17%
		abf										abd						
8 (8.0)	303 15%	42 10%	38 17%	45 14%	54 15%	36 19%	29 16%	18 25%	40 17%	174 16%	88 18%	-	-	303 45%	-	7 9%	175 16%	113 14%
		a aci										abd						
9 (9.0)	111 6%	18 4%	12 5%	17 6%	23 6%	4 2%	13 7%	7 9%	17 7%	56 5%	37 7%	-	-	-	111 46%	8 10%	60 6%	43 5%
		e e e e										abc						
10 - Completely satisfied (10.0)	130 6%	19 4%	15 6%	19 6%	24 7%	10 5%	15 8%	5 7%	24 10%	68 6%	43 9%	-	-	-	130 54%	9 11%	62 6%	55 7%
		ai										abc						
Don't know	23 1%	7 2%	3 1%	6 2%	3 1%	-	2 1%	-	1 *	12 1%	3 1%	-	-	-	-	1 1%	13 1%	8 1%
		e																

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Prefer not to say	13	4	-	3	2	-	2	-	2	6	3	-	-	-	-	-	8	2
	1%	1%	-	1%	1%	-	1%	-	1%	1%	1%	-	-	-	-	-	1%	*
NET: 0-3	338	112	45	51	48	14	28	5	35	158	68	338	-	-	-	15	180	138
	17%	27%	20%	16%	13%	7%	15%	7%	15%	15%	14%	66%	-	-	-	18%	17%	17%
		cdefghij	degij	e	e		e		e	e	e	bcd						
NET: 4-6	721	154	81	117	127	84	69	24	66	408	159	173	548	-	-	28	371	308
	36%	37%	35%	37%	36%	44%	38%	33%	28%	38%	32%	34%	100%	-	-	34%	35%	38%
		h		h	h	hj	h		hj			cd	acd					
NET: 7-10	908	145	99	138	173	93	82	43	134	503	259	-	-	666	241	39	498	351
	45%	34%	43%	44%	49%	49%	45%	59%	56%	46%	53%	-	-	100%	100%	47%	47%	43%
			a	a	a	a	a	abcfi	abcfi	a	abci			ab	ab			
Base for stats	1967	412	224	306	347	191	179	72	236	1069	487	511	548	666	241	82	1049	798
Mean Score	5.89	5.14	5.73	5.91	6.19	6.20	6.03	6.70	6.29	6.02	6.25	2.60	5.46	7.45	9.54	6.04	5.93	5.81
			a	a	ab	ab	a	abcfi	ab	a	abc		a	ab	abc			
Standard Deviation	2.453	2.644	2.541	2.386	2.256	1.961	2.480	2.126	2.528	2.313	2.460	1.392	.498	.498	.500	2.696	2.417	2.478
Standard Error	.055	.132	.169	.135	.121	.141	.184	.254	.165	.070	.111	.061	.021	.020	.033	.294	.077	.085
Error variance	*	.02	.03	.02	.01	.02	.03	.06	.03	*	.01	*	*	*	*	.09	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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		2002	618	696	664	943	601
Total		2002	615	704	660	937	598
		100%	100%	100%	100%	100%	100%
0 - Not at all satisfied	(0.0)	76	13	24	36	42	20
		4%	2%	3%	5%	4%	3%
				a			
1	(1.0)	31	8	7	13	15	8
		2%	1%	1%	2%	2%	1%
2	(2.0)	88	15	27	44	45	17
		4%	2%	4%	7%	5%	3%
				ab			
3	(3.0)	143	34	50	57	77	36
		7%	6%	7%	9%	8%	6%
				a			
4	(4.0)	173	50	52	68	85	52
		9%	8%	7%	10%	9%	9%
5	(5.0)	298	89	112	93	132	91
		15%	14%	16%	14%	14%	15%
6	(6.0)	250	85	78	85	127	80
		12%	14%	11%	13%	14%	13%
7	(7.0)	363	114	121	128	171	121
		18%	19%	17%	19%	18%	20%
8	(8.0)	303	106	122	74	132	89
		15%	17%	17%	11%	14%	15%
			c	c			
9	(9.0)	111	33	54	24	36	33
		6%	5%	8%	4%	4%	5%
				c			
10 - Completely satisfied	(10.0)	130	57	47	26	67	38
		6%	9%	7%	4%	7%	6%
			c	c			
Don't know		23	5	10	7	6	10
		1%	1%	1%	1%	1%	2%
							a
Prefer not to say		13	4	2	3	3	3
		1%	1%	*	*	*	*

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
NET: 0-3	338	71	108	150	179	81
	17%	11%	15%	23%	19%	14%
		a	ab	b		
NET: 4-6	721	224	242	247	343	223
	36%	36%	34%	37%	37%	37%
NET: 7-10	908	310	343	252	406	281
	45%	50%	49%	38%	43%	47%
		c	c			
Base for stats	1967	606	693	649	928	584
Mean Score	5.89	6.30	6.09	5.37	5.75	6.03
		c	c		a	
Standard Deviation	2.453	2.306	2.426	2.488	2.503	2.343
Standard Error	.055	.094	.093	.097	.082	.097
Error variance	*	.01	.01	.01	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	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	757 38%	413 42%	339 33%	239 40%	353 54%	165 22%	39 41%	109 42%	67 35%	83 40%	62 36%	77 35%	136 43%	120 37%	64 31%
		b		c	ac				i				ci		
Working part time- working between 8 and 29 hours per week	302 15%	94 10%	205 20%	125 21%	97 15%	80 11%	16 16%	35 13%	32 17%	30 14%	12 7%	29 13%	54 17%	59 18%	36 18%
		a		bc	c		e	e	e	e		e	e	e	e
Self-employed- working 30 hours per week or more	75 4%	44 5%	31 3%	28 5%	31 5%	16 2%	2 2%	4 2%	6 3%	5 2%	12 7%	6 3%	22 7%	14 4%	5 2%
				c	c						bdi		abcdi		
Self-employed- working between 8 and 29 hours per week	89 4%	35 4%	52 5%	34 6%	33 5%	22 3%	4 4%	8 3%	4 2%	12 6%	9 5%	11 5%	19 6%	10 3%	12 6%
				c	c					c			c		c
Not working but seeking work or temporarily unemployed or sick	130 6%	48 5%	80 8%	47 8%	54 8%	29 4%	4 5%	19 7%	11 6%	19 9%	11 6%	19 8%	18 6%	19 6%	10 5%
			a	c	c										
Student	104 5%	45 5%	58 6%	97 16%	4 1%	3 *	4 4%	14 5%	14 7%	11 5%	10 6%	8 4%	20 6%	16 5%	7 4%
				bc											
Not working and not seeking work	142 7%	32 3%	110 11%	31 5%	77 12%	34 5%	4 4%	25 10%	19 10%	18 9%	13 7%	13 6%	8 3%	26 8%	15 7%
			a		ac				g	g	g			g	g
Retired	403 20%	263 27%	138 14%	2 *	7 1%	394 53%	23 24%	48 18%	42 22%	31 15%	45 26%	59 27%	37 12%	64 20%	55 27%
		b				ab	g	g	g		bdg	bdg		g	bdg

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	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	757 38%	112 60% cdefh	249 55% defh	222 49% efh	109 43% efh	58 31% fh	8 2% f	582 54% defh	175 19% f	625 37%	25 46%	57 41%	24 33%	12 45%	6 52%	125 41%
Working part time- working between 8 and 29 hours per week	302 15%	35 19% f	69 15% f	68 15% f	50 20% fh	64 35% abcdfgh	16 3% f	171 16% f	131 14% f	241 14%	7 13%	33 24% a	12 16%	4 15%	2 19%	58 19% a
Self-employed- working 30 hours per week or more	75 4%	14 7% cfh	21 5% f	14 3% f	18 7% cfh	6 3% f	3 1% f	49 5% f	26 3% f	53 3%	2 5%	10 7% a	7 9% a	3 9%	- -	22 7% a
Self-employed- working between 8 and 29 hours per week	89 4%	9 5% f	21 5% f	23 5% f	18 7% fh	10 5% f	8 2% f	53 5% f	36 4% f	62 4%	2 3%	7 5%	9 13% abc	5 20%	2 14%	25 8% a
Not working but seeking work or temporarily unemployed or sick	130 6%	3 2% a	23 5% a	17 4% a	11 4% a	18 10% abcdg	58 12% abcdg	43 4% abcdg	87 9% abcdg	106 6%	4 7%	13 9%	5 7%	1 3%	- -	23 7%
Student	104 5%	6 3% f	18 4% f	55 12% abdefgh	11 4% f	11 6% fh	2 * f	80 7% abfh	24 3% f	67 4%	8 15% a	11 8% a	13 18% ac	1 3%	1 9%	34 11% a
Not working and not seeking work	142 7%	- - a	15 3% a	19 4% a	21 8% abcg	14 8% abg	73 15% abcdeg	34 3% a	108 12% abcg	128 8% dg	4 8% d	5 4%	- -	1 4%	1 6%	11 4%
Retired	403 20%	8 4% e	33 7% e	31 7% e	16 6% e	3 2% e	313 65% abcdegh	72 7% e	332 36% abcdeg	393 23% bcdg	2 3%	2 2%	3 4%	- -	- -	7 2%

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	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	757 38%	412 33%	167 48%	155 49%	321 48%	96 60%	59 50%	557 91%	11 5%	8 16%	5 10%	17 11%	- -	3 2%	1 *	155 56%
			a	a	a	defghij	defghij	abdefghijk	hj	dhij	hij	dhij		j		defghij
Working part time- working between 8 and 29 hours per week	302 15%	166 13%	64 18%	56 18%	120 18%	48 30%	36 31%	17 3%	160 75%	5 10%	6 13%	16 11%	5 5%	5 3%	3 1%	84 30%
			a	a	a	cefg hij	cefg hij	j	abcefg hijk	cij	cij	cij	j	j		cefg hij
Self-employed- working 30 hours per week or more	75 4%	29 2%	16 5%	23 7%	39 6%	6 3%	6 5%	19 3%	8 4%	25 50%	4 9%	3 2%	2 3%	- -	1 *	12 4%
			a	a	a	ij	ij	ij	ij	abcdefghijk	cgij	j	ij			ij
Self-employed- working between 8 and 29 hours per week	89 4%	47 4%	18 5%	11 4%	29 4%	4 3%	9 7%	11 2%	14 6%	8 16%	29 60%	8 5%	- -	5 3%	1 *	13 5%
						j	chj	j	chj	acdghijk	abcdeghijk	chj		j		chj
Not working but seeking work or temporarily unemployed or sick	130 6%	77 6%	28 8%	19 6%	47 7%	2 2%	7 6%	6 1%	12 5%	2 4%	1 2%	93 62%	- -	6 4%	1 *	10 3%
							achj		achj	j		abcdefghijk		chj		cj
Student	104 5%	52 4%	24 7%	15 5%	39 6%	3 2%	1 1%	3 *	7 3%	1 2%	2 3%	4 3%	82 89%	2 1%	- -	3 1%
						j		*	cj	j	cj	cj	abcde f g i j k	j		j
Not working and not seeking work	142 7%	75 6%	25 7%	37 12%	62 9%	1 *	- -	1 *	1 *	1 2%	- -	10 7%	2 3%	123 82%	2 *	1 *
				a	a					c		abcdjk	cjk	abcde f g h i j k		



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Retired	403	389	8	2	10	-	-	-	-	-	1	-	-	7	395	-
	20%	31%	2%	1%	1%	-	-	-	-	-	2%	-	-	5%	98%	-
		bcd									cdk			abcdghk	abcdefghik	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	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	757 38%	301 68% cde	275 72% cde	41 30%	9 32%	316 61% cd	310 66% cd	386 76% bcde	161 61% ce	61 34%	18 46%	222 50% c	404 74% bcde	83 31%	408 37%	233 45% abde	33 30%	674 39% a
Working part time- working between 8 and 29 hours per week	302 15%	107 24% be	70 18%	27 19%	5 18%	97 19% e	112 24% e	97 19%	59 22%	49 27% adf	4 11%	108 24% af	101 19%	23 9%	162 15% a	94 18% a	23 21% a	279 16% a
Self-employed- working 30 hours per week or more	75 4%	17 4%	13 3%	28 20% abef	3 12% ab	42 8% abf	20 4%	15 3%	20 8% af	22 12% af	3 8%	41 9% af	18 3%	5 2%	38 3%	25 5% a	7 7% a	70 4% 4%
Self-employed- working between 8 and 29 hours per week	89 4%	13 3%	13 3%	28 20% abef	6 22% abef	41 8% abf	19 4%	5 1%	16 6% af	35 19% abef	7 17% abf	51 11% abf	11 2%	7 3%	46 4%	30 6% 6%	6 6% 6%	81 5% 5%
Not working but seeking work or temporarily unemployed or sick	130 6%	2 *	7 2%	11 8% abef	3 10% abf	18 3% af	5 1%	1 *	6 2% a	12 6% abf	3 9% abf	17 4% af	4 1%	27 10% bce	60 5% 5%	29 6% 6%	14 13% bce	103 6% 6%
Student	104 5%	4 1%	3 1%	4 3%	1 3%	6 1% 1%	5 1%	4 1%	3 1% 1%	2 1% 1%	4 9% abcef	4 1% 1%	8 1%	4 2%	32 3% 3%	49 10% abe	18 17% abce	100 6% ab
Not working and not seeking work	142 7%	-	-	-	1 4% abcef	-	1 *	-	-	-	-	-	-	17 6%	75 7% 7%	43 8% 8%	7 7% 7%	125 7% 7%
Retired	403 20%	-	1 *	-	-	1 *	-	-	-	-	-	-	-	100 38% bcde	289 26% cde	13 3% 3%	-	303 17% cd

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	757 38%	155 40%	509 39%	84 32% bc	90 24%	16 17%	561 43% abcef	173 27%	16 24%	632 40% b	125 30%	643 38%	111 37%
Working part time- working between 8 and 29 hours per week	302 15%	73 19%	204 16%	42 16%	42 11%	16 18%	204 16% b	92 14%	6 8%	236 15%	66 16%	253 15%	46 15%
Self-employed- working 30 hours per week or more	75 4%	33 9% b	33 3%	19 7% bd	13 3%	7 8% d	35 3%	37 6% d	2 3%	60 4%	15 4%	62 4%	10 3%
Self-employed- working between 8 and 29 hours per week	89 4%	22 6%	59 4%	13 5%	18 5%	11 13% abdef	45 4%	40 6% d	2 4%	62 4%	26 6% a	70 4%	18 6%
Not working but seeking work or temporarily unemployed or sick	130 6%	19 5%	78 6%	28 11% d	32 9% d	13 14% d	63 5%	63 10% d	7 11% d	108 7%	22 5%	92 5%	35 12% a
Student	104 5%	14 4%	77 6%	17 6% b	5 1%	6 6% b	69 5% b	27 4% b	1 1%	80 5%	24 6%	81 5%	19 6%
Not working and not seeking work	142 7%	29 8%	94 7%	38 14% d	47 13% d	7 7%	59 5%	74 11% d	16 24% bcde	118 7%	24 6%	118 7%	23 8%
Retired	403 20%	38 10%	261 20% a	25 9%	123 33% acde	15 17%	254 20% a	143 22% a	17 25% a	293 18%	110 27% a	361 21% b	39 13%

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	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	757 38%	122 29%	78 34%	123 39%	145 41%	78 41%	81 44%	29 40%	102 43%	424 39%	211 43%	184 36%	199 36%	270 41%	96 40%	37 45%	410 38%	302 37%
				a	a	a	ab		a	a	ab							
Working part time- working between 8 and 29 hours per week	302 15%	55 13%	32 14%	44 14%	68 19%	32 17%	32 18%	11 16%	27 11%	176 16%	70 14%	75 15%	93 17%	97 15%	32 13%	14 17%	164 15%	118 15%
					ah					h								
Self-employed- working 30 hours per week or more	75 4%	8 2%	9 4%	14 5%	21 6%	6 3%	6 3%	2 3%	8 3%	51 5%	16 3%	15 3%	20 4%	27 4%	11 5%	5 7%	39 4%	27 3%
				a	a					a								
Self-employed- working between 8 and 29 hours per week	89 4%	9 2%	11 5%	20 6%	20 6%	13 7%	6 3%	4 6%	6 3%	64 6%	16 3%	26 5%	29 5%	24 4%	6 3%	9 11%	49 5%	26 3%
				ahj	a	ahj		a		ahj						bc		
Not working but seeking work or temporarily unemployed or sick	130 6%	32 7%	24 11%	14 4%	23 7%	9 5%	11 6%	5 6%	13 5%	70 6%	28 6%	52 10%	50 9%	20 3%	7 3%	3 3%	68 6%	55 7%
			cehij									cd	cd					
Student	104 5%	18 4%	20 9%	21 7%	14 4%	10 5%	9 5%	1 2%	11 4%	65 6%	20 4%	38 7%	25 4%	25 4%	7 3%	3 4%	58 5%	36 4%
			adghj									bcd						
Not working and not seeking work	142 7%	43 10%	16 7%	22 7%	25 7%	12 6%	8 4%	2 2%	14 6%	76 7%	23 5%	52 10%	40 7%	33 5%	14 6%	3 4%	64 6%	72 9%
		fg hij										c						b
Retired	403 20%	135 32%	36 16%	56 18%	37 11%	31 16%	31 17%	18 25%	58 24%	160 15%	108 22%	69 13%	92 17%	170 25%	67 28%	9 10%	217 20%	173 21%
		b c d e f g h i j		d		d	d i	b d e i	d	d i			ab	ab		a	a	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	757	285	234	232	515	228
	38%	46%	33%	35%	55%	38%
		bc			b	
Working part time- working between 8 and 29 hours per week	302	103	99	99	194	104
	15%	17%	14%	15%	21%	17%
Self-employed- working 30 hours per week or more	75	25	27	23	52	20
	4%	4%	4%	3%	6%	3%
					b	
Self-employed- working between 8 and 29 hours per week	89	25	30	31	46	36
	4%	4%	4%	5%	5%	6%
Not working but seeking work or temporarily unemployed or sick	130	35	41	51	47	40
	6%	6%	6%	8%	5%	7%
Student	104	36	29	36	52	36
	5%	6%	4%	5%	6%	6%
Not working and not seeking work	142	25	72	43	16	42
	7%	4%	10%	6%	2%	7%
			ac			a
Retired	403	80	171	146	17	92
	20%	13%	24%	22%	2%	15%
			a	a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.**

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	159 8%	64 7%	94 9%	86 14%	53 8%	20 3%	5 5%	18 7%	10 5%	18 9%	13 8%	16 7%	30 10%	27 8%	22 11%
			a	bc	c										c
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	119 6%	46 5%	72 7%	59 10%	40 6%	19 3%	6 6%	12 4%	8 4%	16 8%	6 4%	6 3%	29 9%	21 6%	15 7%
			a	bc	c					f			bcef		f
Working full time- working 30 hours per week or more	614 31%	338 35%	272 27%	182 30%	292 45%	140 19%	31 33%	87 33%	57 29%	69 33%	49 28%	64 29%	112 36%	97 30%	48 23%
		b		c	ac			i		i			i		
Working part time- working between 8 and 29 hours per week	213 11%	79 8%	131 13%	80 13%	69 11%	64 9%	11 11%	30 12%	23 12%	16 8%	7 4%	24 11%	34 11%	43 13%	25 12%
			a	c			e	e	e			e	e	e	e
Self-employed- working 30 hours per week or more	50 3%	27 3%	24 2%	20 3%	22 3%	8 1%	3 3%	7 3%	3 1%	6 3%	7 4%	6 3%	9 3%	7 2%	4 2%
				c	c										
Self-employed- working between 8 and 29 hours per week	48 2%	24 2%	23 2%	14 2%	15 2%	19 3%	1 1%	4 1%	3 1%	5 2%	8 4%	6 2%	12 4%	7 2%	4 2%
											b				
Not working but seeking work or temporarily unemployed or sick	151 8%	55 6%	95 9%	41 7%	71 11%	39 5%	8 8%	20 8%	17 9%	15 7%	15 9%	19 8%	21 7%	21 7%	14 7%
			a		ac										
Student	92 5%	41 4%	51 5%	87 14%	3 *	3 *	5 5%	12 5%	12 6%	10 5%	6 3%	8 4%	19 6%	14 4%	6 3%
				bc											
Not working and not seeking work	151 8%	39 4%	112 11%	34 6%	80 12%	37 5%	4 5%	25 10%	19 10%	21 10%	16 9%	14 6%	13 4%	26 8%	12 6%
			a		ac			g	g	g	g			g	
Retired	404 20%	262 27%	140 14%	2 *	9 1%	393 53%	22 23%	47 18%	42 21%	34 16%	45 26%	59 27%	36 11%	65 20%	55 27%
		b			a	ab	g	g	g		bdg	bdg		g	bdg

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
Unweighted Total	2002	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	1013	604	656	742	95	261	195	209	173	222	315	328	205
	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	278	166	145	94	39	11	29	18	34	20	22	59	48	37
	14%	16%	24%	14%	5%	12%	11%	9%	16%	11%	10%	19%	15%	18%
		a	bc	c					c			bcef		bcf

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	159 8%	23 12% fh	35 8% f	41 9% f	28 11% fh	27 15% bcfgh	4 1% f	99 9% fh	60 7% f	133 8%	3 5%	11 8%	4 6%	1 4%	3 21%	21 7%
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	119 6%	31 16% bcdefgh	36 8% cfh	19 4% f	16 6% f	13 7% fh	4 1% f	86 8% cfh	33 4% f	93 6%	5 10%	9 7%	9 13% a	1 3%	-	25 8%
Working full time- working 30 hours per week or more	614 31%	85 45% defh	211 47% cdefh	179 40% efh	87 35% efh	48 26% fh	3 1% f	475 44% defh	139 15% f	499 30%	19 35%	49 36%	27 37%	10 38%	4 34%	110 36% a
Working part time- working between 8 and 29 hours per week	213 11%	23 12% f	52 12% f	58 13% fh	34 13% fh	39 21% abcdfgh	7 1% f	133 12% fh	80 9% f	166 10%	5 9%	24 17% a	12 16%	5 19%	1 8%	47 15% a
Self-employed- working 30 hours per week or more	50 3%	8 4% f	11 3% f	9 2% f	16 6% bcefgh	3 1% f	4 1% f	28 3% f	22 2% f	38 2%	2 3%	4 3%	1 1%	3 12%	1 9%	11 4%
Self-employed- working between 8 and 29 hours per week	48 2%	3 2% f	15 3% f	11 2% f	9 3% f	7 4% f	4 1% f	29 3% f	20 2% f	36 2%	-	5 3%	3 4%	3 10%	1 8%	11 4%
Not working but seeking work or temporarily unemployed or sick	151 8%	3 1% a	20 4% a	24 5% a	18 7% ag	24 13% abcg	62 13% abcdg	47 4% abcfgh	104 11% abcfgh	122 7%	4 7%	15 11%	3 3%	3 10%	2 14%	26 9%
Student	92 5%	3 2% f	15 3% f	55 12% abdefgh	10 4% f	7 4% f	3 1% f	73 7% abfh	20 2% f	59 4%	7 13% a	11 8% a	12 16% a	1 4%	1 6%	32 10% a
Not working and not seeking work	151 8%	1 * a	17 4% a	21 5% a	17 7% ag	13 7% ag	81 17% abcdegh	39 4% a	112 12% abcdegh	133 8% dg	7 13% dg	7 5% d	-	-	-	14 5%
Retired	404 20%	7 4% e	35 8% e	31 7% e	18 7% e	4 2% e	309 64% abcdegh	74 7% e	330 36% abcdegh	394 24% bcdg	3 5%	2 2%	3 4%	-	-	7 2%



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
278	54	71	60	44	41	8	185	92	226	8	20	14	2	3	46
14%	29%	16%	13%	17%	22%	2%	17%	10%	14%	15%	15%	19%	7%	21%	15%
	bcdlgh	fh	f	fh	ch		fh	f							

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	159	83	42	30	72	159	-	-	-	-	-	-	-	-	-	159
	8%	7%	12%	9%	11%	100%	-	-	-	-	-	-	-	-	-	57%
			a		a	bcdefghijk										bcdefghij
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	119	59	23	30	54	-	119	-	-	-	-	-	-	-	-	119
	6%	5%	7%	10%	8%	-	100%	-	-	-	-	-	-	-	-	43%
			a		a	acdefghijk										acdefghij
Working full time- working 30 hours per week or more	614	326	134	128	262	-	-	614	-	-	-	-	-	-	-	-
	31%	26%	38%	40%	39%	-	-	100%	-	-	-	-	-	-	-	-
			a	a	a			abdefghijk								
Working part time- working between 8 and 29 hours per week	213	115	45	38	83	-	-	-	213	-	-	-	-	-	-	-
	11%	9%	13%	12%	12%	-	-	-	100%	-	-	-	-	-	-	-
			a		a				abcefgghijk							
Self-employed- working 30 hours per week or more	50	20	11	12	22	-	-	-	-	50	-	-	-	-	-	-
	3%	2%	3%	4%	3%	-	-	-	-	100%	-	-	-	-	-	-
				a	a					abcdefghijk						
Self-employed- working between 8 and 29 hours per week	48	33	9	3	12	-	-	-	-	-	48	-	-	-	-	-
	2%	3%	2%	1%	2%	-	-	-	-	-	100%	-	-	-	-	-
											abcdefghijk					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	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	151	92	31	24	56	-	-	-	-	-	-	151	-	-	-	-
	8%	7%	9%	8%	8%	-	-	-	-	-	-	100%	-	-	-	-
												abcdehijk				
Student	92	46	17	14	32	-	-	-	-	-	-	-	92	-	-	-
	5%	4%	5%	5%	5%	-	-	-	-	-	-	-	100%	-	-	-
													abcdehijk			
Not working and not seeking work	151	80	28	37	65	-	-	-	-	-	-	-	-	151	-	-
	8%	6%	8%	12%	10%	-	-	-	-	-	-	-	-	100%	-	-
				a	a									abcdehijk		
Retired	404	391	9	2	11	-	-	-	-	-	-	-	-	-	404	-
	20%	31%	3%	1%	2%	-	-	-	-	-	-	-	-	-	100%	-
		bcd													abcdehijk	
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	278	142	65	60	125	159	119	-	-	-	-	-	-	-	-	278
	14%	11%	19%	19%	19%	100%	100%	-	-	-	-	-	-	-	-	100%
			a	a	a	cdefghij	cdefghij									cdefghij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	159 8%	-	-	-	-	-	-	-	-	-	-	-	-	13 5%	83 7%	54 10%	9 9%	146 8%
																ab		a
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	119 6%	37 8%	57 15%	13 9%	3 10%	70 13%	40 8%	20 4%	62 23%	21 12%	7 17%	83 19%	26 5%	17 7%	48 4%	43 8%	10 9%	101 6%
			af			af			acf	af	af	acf				be	b	
Working full time- working 30 hours per week or more	614 31%	287 65%	249 65%	54 39%	10 34%	303 58%	296 63%	380 75%	140 53%	63 35%	14 37%	203 46%	394 72%	59 22%	335 30%	197 38%	22 21%	555 32%
		cde	cde			cd	cd	bode	c			c	bcde		ad	abde		ad
Working part time- working between 8 and 29 hours per week	213 11%	96 22%	48 13%	40 29%	11 37%	88 17%	107 23%	92 18%	44 17%	49 27%	11 28%	93 21%	103 19%	18 7%	114 10%	62 12%	19 17%	196 11%
		b		be	abe		be			abf						a	ab	a
Self-employed- working 30 hours per week or more	50 3%	11 2%	15 4%	17 12%	3 12%	31 6%	14 3%	11 2%	11 4%	20 11%	5 12%	31 7%	16 3%	4 1%	25 2%	15 3%	7 6%	47 3%
				abef	abf	af				abf	abf	af					abe	
Self-employed- working between 8 and 29 hours per week	48 2%	13 3%	13 3%	16 11%	2 6%	28 5%	14 3%	6 1%	8 3%	26 14%	2 5%	34 8%	8 1%	5 2%	30 3%	14 3%	-	43 2%
				abef		a				abef		abf					-	2%
Not working but seeking work or temporarily unemployed or sick	151 8%	-	-	-	-	-	-	-	-	-	-	-	-	26 10%	75 7%	35 7%	15 14%	124 7%
																	bce	
Student	92 5%	-	-	-	-	-	-	-	-	-	-	-	-	5 2%	30 3%	42 8%	15 14%	88 5%
																abe	abe	ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Not working and not seeking work	151	-	-	-	-	-	-	-	-	-	-	-	-	18	82	40	10	133
	8%	-	-	-	-	-	-	-	-	-	-	-	-	7%	7%	8%	9%	8%
Retired	404	-	-	-	-	-	-	-	-	-	-	-	-	100	289	14	1	304
	20%	-	-	-	-	-	-	-	-	-	-	-	-	38%	26%	3%	1%	18%
														bcde	cde			cd
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	278	37	57	13	3	70	40	20	62	21	7	83	26	30	131	97	19	247
	14%	8%	15%	9%	10%	13%	8%	4%	23%	12%	17%	19%	5%	11%	12%	19%	18%	14%
			af			af			acf	af	af	acf			abe			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	159	41	103	25	20	4	108	47	3	124	35	130	28
	8%	11%	8%	10%	6%	5%	8%	7%	5%	8%	8%	8%	9%
				b									
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	119	40	60	26	26	4	65	51	4	95	23	101	17
	6%	10%	5%	10%	7%	4%	5%	8%	6%	6%	6%	6%	6%
		b		d				d					
Working full time- working 30 hours per week or more	614	117	427	56	67	18	462	130	10	514	100	525	84
	31%	31%	32%	21%	18%	19%	36%	20%	15%	32%	24%	31%	28%
							abcef			b			
Working part time- working between 8 and 29 hours per week	213	53	140	28	32	20	138	75	6	153	60	171	38
	11%	14%	11%	10%	9%	22%	11%	12%	8%	10%	15%	10%	13%
						abdef					a		
Self-employed- working 30 hours per week or more	50	20	24	11	10	6	23	25	1	39	11	42	7
	3%	5%	2%	4%	3%	7%	2%	4%	2%	2%	3%	3%	2%
		b		d		bd		d					
Self-employed- working between 8 and 29 hours per week	48	11	32	4	11	4	29	18	2	41	7	41	7
	2%	3%	2%	2%	3%	4%	2%	3%	3%	3%	2%	2%	2%
Not working but seeking work or temporarily unemployed or sick	151	15	105	34	32	7	83	61	10	130	21	119	32
	8%	4%	8%	13%	9%	8%	6%	9%	16%	8%	5%	7%	11%
			a	d				d	d	b			a
Student	92	12	67	13	3	6	64	21	-	73	20	69	17
	5%	3%	5%	5%	1%	6%	5%	3%	-	5%	5%	4%	6%
				b		bf	b	b					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Not working and not seeking work	151	34	94	42	47	7	61	80	14	126	25	116	34
	8%	9%	7%	16%	13%	7%	5%	12%	21%	8%	6%	7%	11%
				cd	d			d	cde			a	a
Retired	404	40	263	25	121	15	259	140	17	292	112	365	36
	20%	10%	20%	9%	33%	17%	20%	22%	25%	18%	27%	22%	12%
			a		acde	a	a	a	a		a	b	
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	278	81	162	51	47	8	173	98	7	220	58	231	45
	14%	21%	12%	19%	13%	9%	13%	15%	11%	14%	14%	14%	15%
		b		bcd									

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	159 8%	20 5%	27 12%	35 11%	34 10%	16 8%	8 4%	2 3%	17 7%	112 10%	27 6%	39 8%	48 9%	58 9%	13 5%	11 13%	85 8%	60 7%
			afgj	afj	afj					afj								
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	119 6%	15 4%	7 3%	21 7%	28 8%	16 8%	21 12%	1 1%	10 4%	71 7%	32 7%	33 6%	41 8%	34 5%	10 4%	9 11%	63 6%	45 6%
					ab	abg	abghij			a	a							
Working full time- working 30 hours per week or more	614 31%	102 24%	58 26%	98 31%	117 33%	61 32%	70 38%	27 38%	81 34%	334 31%	178 36%	142 28%	160 29%	217 33%	86 36%	28 34%	337 32%	239 30%
				a	a		abi	a	a	a	abi				a			
Working part time- working between 8 and 29 hours per week	213 11%	34 8%	25 11%	30 10%	51 15%	26 14%	14 8%	10 15%	22 9%	133 12%	47 9%	59 12%	62 11%	62 9%	29 12%	8 9%	119 11%	80 10%
				afj	a					a								
Self-employed- working 30 hours per week or more	50 3%	1 *	9 4%	11 4%	14 4%	6 3%	4 2%	2 3%	4 2%	40 4%	10 2%	10 2%	10 2%	20 3%	8 3%	6 7%	25 2%	17 2%
			a	a	a	a	a	a	a	a	a					bc		
Self-employed- working between 8 and 29 hours per week	48 2%	9 2%	4 2%	10 3%	7 2%	6 3%	2 1%	5 6%	6 2%	28 3%	12 2%	10 2%	17 3%	16 2%	4 1%	2 2%	24 2%	21 3%
							abdf											
Not working but seeking work or temporarily unemployed or sick	151 8%	46 11%	26 12%	15 5%	28 8%	9 5%	11 6%	3 4%	12 5%	79 7%	26 5%	63 12%	54 10%	29 4%	4 2%	4 4%	79 7%	63 8%
		cefhij	cefhij									cd	cd					
Student	92 5%	15 4%	16 7%	19 6%	9 3%	10 5%	9 5%	1 2%	11 5%	55 5%	22 4%	34 7%	20 4%	25 4%	6 2%	3 4%	48 5%	34 4%
			d	d						d		bcd						
Not working and not seeking work	151 8%	43 10%	18 8%	22 7%	25 7%	11 6%	15 8%	2 3%	14 6%	75 7%	32 7%	55 11%	43 8%	33 5%	14 6%	2 3%	72 7%	75 9%
		ij										cd	c					ab
Retired	404 20%	137 32%	36 16%	54 17%	40 11%	31 16%	29 16%	18 25%	60 25%	160 15%	107 22%	67 13%	93 17%	172 26%	68 28%	10 13%	217 20%	174 22%
		bcdefij		d				di	bcdefi	di				ab	ab			



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.**

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic

Total	Number of days active										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
2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
278	35	34	55	62	31	29	3	27	183	60	72	90	92	23	20	148	105
14%	8%	15%	18%	18%	16%	16%	5%	11%	17%	12%	14%	16%	14%	10%	24%	14%	13%
			ag	aghj	aghj	ag	ag		aghj			d			bc		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Currently furloughed	159	60	41	56	127	27
	8%	10%	6%	8%	14%	5%
		b			b	
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	119	58	30	30	101	16
	6%	10%	4%	5%	11%	3%
		bc			b	
Working full time- working 30 hours per week or more	614	214	206	190	381	225
	31%	35%	29%	29%	41%	38%
		bc				
Working part time- working between 8 and 29 hours per week	213	62	82	68	114	96
	11%	10%	12%	10%	12%	16%
						a
Self-employed- working 30 hours per week or more	50	16	19	14	32	16
	3%	3%	3%	2%	3%	3%
Self-employed- working between 8 and 29 hours per week	48	18	14	15	29	17
	2%	3%	2%	2%	3%	3%
Not working but seeking work or temporarily unemployed or sick	151	40	49	60	69	36
	8%	6%	7%	9%	7%	6%
Student	92	31	25	34	47	30
	5%	5%	4%	5%	5%	5%
Not working and not seeking work	151	32	68	48	20	43
	8%	5%	10%	7%	2%	7%
			a			a
Retired	404	83	170	144	19	92
	20%	14%	24%	22%	2%	15%
			a	a		a

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	278	118	70	86	228	43
	14%	19%	10%	13%	24%	7%
		bc		b		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1043	485	549	378	444	221	58	149	102	110	83	72	199	174	96
Total	1044	513	522	355	439	251	51	140	94	111	77	105	196	174	95
	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	444 42%	216 42%	226 43%	133 38%	191 43%	120 48% a	23 45%	68 49%	38 41%	42 38%	36 47%	43 41%	79 40%	72 42%	41 43%
I mostly travelled to work pre-Covid-19, but now I work more from home	382 37%	195 38%	182 35%	124 35%	171 39%	87 35%	21 41%	44 32%	37 39%	46 41%	22 28%	38 36%	80 41% e	61 35%	34 36%
I mostly worked from home pre-Covid-19, and this is mostly still the case	139 13%	71 14%	66 13%	59 17% b	47 11%	32 13%	5 9%	12 9%	12 13%	13 12%	13 17% b	16 15%	25 13%	29 17% b	13 13%
I mostly worked from home pre-Covid-19, but now I travel to work more	28 3%	10 2%	18 3%	16 5% bc	9 2%	3 1%	1 2%	8 6% gi	3 3%	3 3%	4 5%	2 1%	3 2%	4 2%	1 1%
None of the above	52 5%	21 4%	30 6%	22 6%	22 5%	9 4%	2 3%	7 5%	4 4%	7 6%	3 3%	7 6%	9 4%	8 4%	7 7%
NET: Working from home more during COVID-19	520 50%	266 52%	248 47%	183 52%	218 50%	119 47%	26 50%	56 40%	49 52%	59 53% b	35 45%	54 51%	104 53% b	90 52% b	47 49%
NET: Mostly travelling to work during COVID-19	472 45%	226 44%	244 47%	149 42%	200 45%	123 49%	24 46%	77 55% dgh	41 44%	45 41%	40 51%	45 43%	83 42%	76 44%	42 44%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1043	146	311	275	170	118	23	732	311	824	33	93	53	24	7	210
Total	1044	149	326	276	162	111	21	751	293	833	31	91	52	22	7	204
	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	444 42%	44 29%	111 34%	119 43% abg	94 58% abcg	73 66% abcg	3 13%	273 36%	170 58% abcg	367 44% d	11 36%	35 38%	15 30%	8 37%	5 71%	75 37%
I mostly travelled to work pre-Covid-19, but now I work more from home	382 37%	73 49% deh	144 44% deh	113 41% deh	35 22% e	11 10%	7 31%	329 44% deh	53 18% e	308 37%	12 39%	33 36%	20 39%	5 22%	1 11%	71 35%
I mostly worked from home pre-Covid-19, and this is mostly still the case	139 13%	22 15%	52 16%	30 11%	17 11%	12 10%	6 29%	104 14%	35 12%	100 12%	4 12%	12 13%	13 25% a	7 30%	1 18%	36 18% a
I mostly worked from home pre-Covid-19, but now I travel to work more	28 3%	8 5% c	7 2%	5 2% c	2 2%	5 4%	2 9%	19 3%	9 3%	18 2%	4 14% ac	2 2%	3 5%	2 7%	- -	10 5% a
None of the above	52 5%	3 2%	13 4%	9 3% acg	12 8% acg	10 9% abcg	4 18%	26 3%	26 9% abcg	40 5%	- -	9 10% ad	1 2%	1 4%	- -	11 5%
NET: Working from home more during COVID-19	520 50%	94 63% cdeh	196 60% cdeh	143 52% deh	53 33% e	22 20%	13 60%	433 58% deh	87 30% e	408 49%	16 51%	45 49%	33 64% a	12 52%	2 29%	108 53%
NET: Mostly travelling to work during COVID-19	472 45%	51 34%	117 36%	124 45% ab	97 60% abcg	78 70% abcg	5 22%	293 39%	179 61% abcg	385 46%	15 49%	37 40%	18 35%	10 45%	5 71%	85 42%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1043	582	203	190	393	-	123	607	214	51	48	-	-	-	-	123
Total	1044	554	221	211	432	-	119	614	213	50	48	-	-	-	-	119
	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	444	249	84	91	175	-	37	287	96	11	13	-	-	-	-	37
	42%	45%	38%	43%	41%	-	31%	47%	45%	22%	26%	-	-	-	-	31%
								befk	befk							
I mostly travelled to work pre-Covid-19, but now I work more from home	382	197	96	78	173	-	57	249	48	15	13	-	-	-	-	57
	37%	35%	43%	37%	40%	-	48%	40%	23%	29%	26%	-	-	-	-	48%
							def	d								def
I mostly worked from home pre-Covid-19, and this is mostly still the case	139	73	30	21	50	-	13	54	40	17	16	-	-	-	-	13
	13%	13%	13%	10%	12%	-	11%	9%	19%	33%	32%	-	-	-	-	11%
									c	bcdk	bcdk					
I mostly worked from home pre-Covid-19, but now I travel to work more	28	10	2	13	15	-	3	10	11	3	2	-	-	-	-	3
	3%	2%	1%	6%	3%	-	2%	2%	5%	7%	4%	-	-	-	-	2%
				ab					c	c						
None of the above	52	25	10	8	18	-	9	15	18	5	6	-	-	-	-	9
	5%	5%	5%	4%	4%	-	7%	2%	8%	10%	12%	-	-	-	-	7%
							c		c	c	c					c
NET: Working from home more during COVID-19	520	270	125	99	224	-	70	303	88	31	28	-	-	-	-	70
	50%	49%	57%	47%	52%	-	59%	49%	41%	62%	59%	-	-	-	-	59%
							d	d	d	d	d					d
NET: Mostly travelling to work during COVID-19	472	259	86	104	190	-	40	296	107	14	14	-	-	-	-	40
	45%	47%	39%	49%	44%	-	34%	48%	50%	28%	30%	-	-	-	-	34%
				b				befk	befk							

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	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	1043	445	375	139	30	514	475	501	264	182	41	446	542	110	547	326	60	933
Total	1044	444	382	139	28	520	472	508	264	179	39	443	547	103	552	331	58	941
	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	444 42%	444 100%	- -	- -	- -	- -	444 94%	344 68%	55 21%	33 19%	5 12%	89 20%	348 64%	40 39%	245 44%	138 42%	20 35%	404 43%
		bcdef					bcde	bcde					bcde					
I mostly travelled to work pre-Covid-19, but now I work more from home	382 37%	- -	382 100%	- -	- -	382 73%	- -	132 26%	178 68%	54 30%	12 31%	232 52%	143 26%	43 42%	195 35%	124 38%	19 32%	338 36%
			acdef			acdf			acdef			acdf						
I mostly worked from home pre-Covid-19, and this is mostly still the case	139 13%	- -	- -	139 100%	- -	139 27%	- -	22 4%	29 11%	74 41%	9 24%	103 23%	31 6%	12 11%	78 14%	36 11%	13 23%	127 14%
				abdef		abdf			af	abdef		abf					ace	
I mostly worked from home pre-Covid-19, but now I travel to work more	28 3%	- -	- -	- -	28 100%	- -	28 6%	5 1%	1 *	11 6%	8 22%	12 3%	13 2%	3 3%	9 2%	15 4%	2 4%	26 3%
					abcef		abce			abef	abcef	b	b			b		
None of the above	52 5%	- -	- -	- -	- -	- -	- -	6 1%	1 *	7 4%	5 12%	8 2%	11 2%	6 6%	25 5%	17 5%	4 7%	46 5%
										ab	abcef							
NET: Working from home more during COVID-19	520 50%	- -	382 100%	139 100%	- -	520 100%	- -	153 30%	208 79%	128 71%	21 54%	335 76%	174 32%	55 53%	273 49%	161 49%	32 55%	466 49%
			adf	adf		adf			adf	adf	af	adf						
NET: Mostly travelling to work during COVID-19	472 45%	444 100%	- -	- -	28 100%	- -	472 100%	349 69%	56 21%	44 25%	13 33%	100 23%	362 66%	43 41%	254 46%	153 46%	22 39%	429 46%
		bce			bce		bce	bcde				bcde						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1043	243	673	133	148	54	704	308	23	848	195	872	161
Total	1044	241	682	125	147	52	716	298	22	843	201	881	153
	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	444 42%	82 34%	318 47% a	50 40% c	50 34%	10 20%	330 46% bce	103 35% c	7 32%	368 44%	76 38%	383 44%	59 39%
I mostly travelled to work pre-Covid-19, but now I work more from home	382 37%	95 39%	239 35%	44 35%	61 41% c	13 26%	267 37%	105 35%	10 46%	315 37%	66 33%	330 37%	52 34%
I mostly worked from home pre-Covid-19, and this is mostly still the case	139 13%	48 20% b	76 11%	20 16% d	25 17% d	22 42% abde	71 10%	65 22% d	2 9%	101 12%	38 19% a	110 13%	24 16%
I mostly worked from home pre-Covid-19, but now I travel to work more	28 3%	8 3%	18 3%	5 4%	6 4%	4 9% d	14 2%	14 5% d	1 4%	18 2%	10 5% a	18 2%	8 5% a
None of the above	52 5%	9 4%	32 5%	6 4%	5 4%	2 3%	34 5%	11 4%	2 8%	41 5%	11 6%	39 4%	10 7%
NET: Working from home more during COVID-19	520 50%	143 59% b	315 46%	64 51%	86 59% d	35 68% ad	337 47%	170 57% d	12 55%	416 49%	104 52%	440 50%	76 49%
NET: Mostly travelling to work during COVID-19	472 45%	89 37%	336 49% a	55 44%	56 38%	15 29%	344 48% bce	118 39%	8 37%	386 46%	86 43%	402 46%	67 44%



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1043	157	103	174	216	116	111	44	122	609	277	259	293	341	134	55	543	423
Total	1044	160	104	170	217	114	111	45	123	605	279	254	290	349	137	52	569	402
	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	444 42%	86 54%	39 38%	62 36%	87 40%	42 36%	48 44%	21 47%	59 48%	229 38%	129 46%	113 45%	130 45%	126 36%	69 50%	14 26%	240 42%	182 45%
		bcdei							ci		ci	c	c	c		a	a	
I mostly travelled to work pre-Covid-19, but now I work more from home	382 37%	55 34%	41 39%	54 32%	85 39%	47 42%	45 41%	14 31%	40 32%	227 38%	100 36%	85 33%	106 37%	150 43%	40 29%	24 46%	209 37%	147 36%
														ad				
I mostly worked from home pre-Covid-19, and this is mostly still the case	139 13%	15 9%	15 14%	38 22%	26 12%	16 14%	11 10%	7 16%	12 10%	94 16%	30 11%	32 12%	38 13%	48 14%	20 14%	10 18%	79 14%	44 11%
				adfhij						a								
I mostly worked from home pre-Covid-19, but now I travel to work more	28 3%	2 1%	2 2%	8 5%	4 2%	4 3%	3 3%	2 4%	5 4%	17 3%	9 3%	10 4%	6 2%	9 2%	3 2%	2 3%	15 3%	12 3%
None of the above	52 5%	3 2%	7 7%	8 5%	16 7%	6 5%	3 3%	1 2%	7 6%	37 6%	11 4%	15 6%	10 3%	17 5%	6 4%	4 7%	26 5%	17 4%
			a		a					a								
NET: Working from home more during COVID-19	520 50%	69 43%	56 54%	92 54%	111 51%	63 55%	56 51%	21 47%	52 42%	322 53%	129 46%	116 46%	143 50%	197 57%	59 43%	34 64%	288 51%	191 48%
				h		ah				ah				ad		c		
NET: Mostly travelling to work during COVID-19	472 45%	88 55%	41 39%	70 41%	90 42%	45 40%	51 46%	23 51%	64 52%	246 41%	138 50%	123 48%	136 47%	134 39%	71 52%	15 29%	255 45%	194 48%
		bcdei							i		i	c	c	c		a	a	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
Significance Level: 95%		a	b	c	a	b
Unweighted Total	1043	368	345	322	654	370
Total	1044	369	351	317	656	369
	100%	100%	100%	100%	100%	100%
I mostly travelled to work pre-Covid-19, and this is mostly still the case	444 42%	161 44%	165 47%	115 36%	206 31%	230 62%
		c	c			a
I mostly travelled to work pre-Covid-19, but now I work more from home	382 37%	139 38%	109 31%	132 42%	328 50%	48 13%
			b	b		
I mostly worked from home pre-Covid-19, and this is mostly still the case	139 13%	40 11%	51 14%	48 15%	85 13%	51 14%
I mostly worked from home pre-Covid-19, but now I travel to work more	28 3%	9 3%	6 2%	13 4%	11 2%	16 4%
						a
None of the above	52 5%	20 5%	19 6%	10 3%	26 4%	24 7%
NET: Working from home more during COVID-19	520 50%	179 48%	160 46%	179 57%	413 63%	99 27%
			ab	b		
NET: Mostly travelling to work during COVID-19	472 45%	171 46%	171 49%	128 40%	217 33%	246 67%
			c			a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1043	485	549	378	444	221	58	149	102	110	83	72	199	174	96
Total	1044	513	522	355	439	251	51	140	94	111	77	105	196	174	95
	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	508 49%	252 49%	253 49%	138 39%	243 55% a	128 51% a	26 51%	75 54%	39 42%	54 48%	34 44%	63 60% cgi	85 44%	91 52%	40 42%
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	264 25%	131 26%	129 25%	106 30% c	107 24%	51 20%	15 30%	29 21%	27 29%	23 21%	18 24%	19 18%	62 31% bfh	39 22%	31 32% bf
I mostly worked flexible hours pre-Covid-19, and this is still the case	179 17%	90 18%	88 17%	67 19% b	58 13%	55 22% b	8 16%	21 15%	24 26% bgh	19 17%	16 21%	19 18%	30 15%	28 16%	14 15%
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	39 4%	16 3%	23 4%	23 7% bc	10 2%	6 2%	1 1%	7 5%	1 1%	6 6% cf	5 6% cf	- -	9 5%	6 4%	4 5%
None of the above	54 5%	24 5%	29 6%	21 6%	22 5%	11 5%	1 2%	8 6%	3 3%	8 7%	4 5%	4 4%	10 5%	10 6%	6 6%
NET: Working more flexible hours during COVID-19	443 42%	222 43%	217 42%	173 49% b	165 38%	106 42%	23 46%	50 36%	52 55% bdfh	43 38%	35 45%	38 36%	92 47% b	66 38%	45 47%
NET: Mostly working standard hours during COVID 19	547 52%	268 52%	276 53%	161 45%	253 58% a	134 53%	27 52%	82 58% c	40 42%	60 54%	39 50%	63 60% c	94 48%	98 56% c	45 47%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	1043	146	311	275	170	118	23	732	311	824	33	93	53	24	7	210
Total	1044	149	326	276	162	111	21	751	293	833	31	91	52	22	7	204
	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	508 49%	52 35%	142 44%	164 59%	91 56%	59 53%	1 5%	358 48%	151 51%	430 52%	13 43%	37 40%	14 27%	7 33%	3 44%	74 37%
			abg	abg	a		a	a		cdg						
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	264 25%	55 37%	113 35%	50 18%	27 17%	16 14%	4 18%	217 29%	47 16%	204 24%	9 29%	23 25%	20 39%	5 22%	2 26%	59 29%
		cdeh	cdeh					cdeh					a			
I mostly worked flexible hours pre-Covid-19, and this is still the case	179 17%	26 17%	49 15%	43 16%	30 18%	21 19%	11 50%	119 16%	61 21%	132 16%	6 20%	20 22%	11 21%	7 30%	2 31%	46 23%
																a
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	39 4%	8 5%	9 3%	12 4%	7 4%	2 2%	2 7%	28 4%	10 4%	23 3%	3 8%	7 7%	4 7%	2 11%	-	16 8%
												a				a
None of the above	54 5%	9 6%	13 4%	7 3%	7 4%	13 12%	4 19%	29 4%	24 8%	44 5%	-	5 6%	3 6%	1 4%	-	9 4%
						bc dg			bc g							
NET: Working more flexible hours during COVID-19	443 42%	80 54%	162 50%	93 34%	57 35%	37 33%	14 68%	336 45%	108 37%	335 40%	15 49%	43 47%	32 61%	12 52%	4 56%	105 51%
		cdegh	cdeh					cdeh					a			a
NET: Mostly working standard hours during COVID 19	547 52%	60 40%	151 46%	176 64%	98 60%	61 55%	3 12%	386 51%	161 55%	453 54%	16 51%	44 48%	18 34%	10 44%	3 44%	90 44%
				abgh	abg	a		a	ab	dg						

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1043	582	203	190	393	-	123	607	214	51	48	-	-	-	-	123
Total	1044	554	221	211	432	-	119	614	213	50	48	-	-	-	-	119
	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	508	278	100	112	212	-	20	380	92	11	6	-	-	-	-	20
	49%	50%	45%	53%	49%	-	17%	62%	43%	22%	12%	-	-	-	-	17%
								bdefk	befk							
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	264	127	75	51	126	-	62	140	44	11	8	-	-	-	-	62
	25%	23%	34%	24%	29%	-	52%	23%	21%	21%	16%	-	-	-	-	52%
			ac	a			cdef									cdef
I mostly worked flexible hours pre-Covid-19, and this is still the case	179	114	25	28	53	-	21	63	49	20	26	-	-	-	-	21
	17%	21%	11%	13%	12%	-	18%	10%	23%	40%	53%	-	-	-	-	18%
		bcd					c		c	bcdk	bcdk					c
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	39	12	9	10	19	-	7	14	11	5	2	-	-	-	-	7
	4%	2%	4%	5%	4%	-	6%	2%	5%	9%	4%	-	-	-	-	6%
				a			c		c	c						c
None of the above	54	24	11	11	22	-	10	16	17	4	7	-	-	-	-	10
	5%	4%	5%	5%	5%	-	8%	3%	8%	8%	14%	-	-	-	-	8%
							c		c	c	c					c
NET: Working more flexible hours during COVID-19	443	241	100	79	179	-	83	203	93	31	34	-	-	-	-	83
	42%	43%	45%	37%	41%	-	70%	33%	44%	61%	70%	-	-	-	-	70%
							cd		c	cd	cd					cd
NET: Mostly working standard hours during COVID 19	547	290	109	121	231	-	26	394	103	16	8	-	-	-	-	26
	52%	52%	49%	58%	53%	-	22%	64%	48%	31%	16%	-	-	-	-	22%
								bdefk	befk							

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	1043	445	375	139	30	514	475	501	264	182	41	446	542	110	547	326	60	933
Total	1044	444	382	139	28	520	472	508	264	179	39	443	547	103	552	331	58	941
	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	508 49%	344 77%	132 34%	22 16%	5 18%	153 29%	349 74%	508 100%	-	-	-	-	508 93%	51 50%	270 49%	164 50%	23 40%	457 49%
		bcd	c			c	bcd	bcd					bcd					
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	264 25%	55 12%	178 47%	29 21%	1 3%	208 40%	56 12%	-	264 100%	-	-	-	264 60%	24 23%	141 25%	86 26%	14 24%	241 26%
			acdef	adf		acdf			acdef				acdf					
I mostly worked flexible hours pre-Covid-19, and this is still the case	179 17%	33 8%	54 14%	74 53%	11 39%	128 25%	44 9%	-	-	179 100%	-	179 40%	-	21 20%	102 19%	44 13%	12 21%	159 17%
			af	abef	abf	abf				abdef		abdf			c			
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	39 4%	5 1%	12 3%	9 7%	8 29%	21 4%	13 3%	-	-	-	39 100%	-	39 7%	4 3%	12 2%	20 6%	4 6%	35 4%
			a	af	abcef	a					abcef		abce			b	b	
None of the above	54 5%	7 2%	6 2%	5 4%	3 11%	11 2%	10 2%	-	-	-	-	-	-	4 4%	28 5%	17 5%	5 8%	49 5%
					abef													
NET: Working more flexible hours during COVID-19	443 42%	89 20%	232 61%	103 74%	12 41%	335 64%	100 21%	-	264 100%	179 100%	-	443 100%	-	44 43%	243 44%	130 39%	26 45%	399 42%
			adf	abdef	af	adf			adf	adf		adf						
NET: Mostly working standard hours during COVID 19	547 52%	348 79%	143 38%	31 22%	13 47%	174 33%	362 77%	508 100%	-	-	39 100%	-	547 100%	55 53%	281 51%	184 56%	27 47%	492 52%
		bcd	c		c	c	bcd	bce			bce		bce					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	1043	243	673	133	148	54	704	308	23	848	195	872	161
Total	1044	241	682	125	147	52	716	298	22	843	201	881	153
	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	508 49%	88 36%	363 53% a	53 42% c	54 37%	12 24%	391 55% abce	109 37%	10 43%	414 49%	95 47%	442 50%	64 42%
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	264 25%	80 33% b	157 23%	35 28%	43 29%	14 26%	169 24%	85 29%	6 27%	220 26%	44 22%	225 25%	40 26%
I mostly worked flexible hours pre-Covid-19, and this is still the case	179 17%	57 24% b	101 15%	26 20%	31 21%	18 35% abd	104 14%	71 24% d	2 9%	139 16%	40 20%	147 17%	29 19%
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	39 4%	10 4%	24 4%	6 5%	12 8% d	5 10% d	18 3%	20 7% d	3 13%	31 4%	8 4%	30 3%	9 6%
None of the above	54 5%	7 3%	36 5%	5 4%	8 5%	2 4%	34 5%	14 5%	2 8%	40 5%	14 7%	37 4%	12 8%
NET: Working more flexible hours during COVID-19	443 42%	136 57% b	258 38%	61 49% d	73 50% d	32 62% d	273 38%	156 52% d	8 37%	359 43%	84 42%	372 42%	69 45%
NET: Mostly working standard hours during COVID 19	547 52%	98 41%	388 57% a	59 47%	66 45%	18 34%	410 57% abce	129 43%	12 56%	445 53%	103 51%	472 54%	73 48%

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	1043	157	103	174	216	116	111	44	122	609	277	259	293	341	134	55	543	423
Total	1044	160	104	170	217	114	111	45	123	605	279	254	290	349	137	52	569	402
	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	508 49%	101 63% bcdej	51 49% e	74 44%	97 45%	40 35%	58 53% e	22 49%	64 52% e	262 43%	145 52% ei	122 48%	132 46%	167 48%	81 59% abc	15 29%	288 51% a	199 49% a
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	264 25%	18 11%	21 20% a	45 26% a	66 30% ag	41 36% abg	33 30% a	7 15%	33 27% a	173 29% a	73 26% a	62 25%	78 27%	95 27% d	25 18%	17 33%	145 26%	99 25%
I mostly worked flexible hours pre-Covid-19, and this is still the case	179 17%	30 18%	18 17%	34 20% f	35 16% fj	26 23% fj	11 10%	10 22% f	16 13%	112 19% f	37 13%	42 17%	54 19%	61 18%	20 14%	14 27% b	92 16%	69 17%
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	39 4%	4 2%	4 4%	9 5%	6 3%	5 4%	4 3%	4 9% a	3 2%	24 4%	11 4%	12 5%	14 5%	9 3%	3 2%	3 6%	19 3%	14 3%
None of the above	54 5%	7 5%	9 9% e	8 5%	13 6%	3 2%	4 4%	2 5%	7 5%	33 5%	13 5%	16 6%	11 4%	16 5%	7 5%	3 5%	25 4%	22 5%
NET: Working more flexible hours during COVID-19	443 42%	48 30%	39 38%	79 46% a	101 46% a	67 59% abcd	44 40% fghij	17 37%	49 40%	285 47% aj	110 40% a	104 41%	133 46% d	157 45% d	45 33%	31 60% bc	237 42%	168 42%
NET: Mostly working standard hours during COVID 19	547 52%	105 66% bcdej	55 53% e	83 49%	103 48%	44 39%	62 56% e	26 58% e	67 54% e	286 47%	155 56% ei	134 53%	146 50%	176 50%	84 62% bc	18 35%	307 54% a	213 53% a



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	1043	368	345	322	654	370
Total	1044	369	351	317	656	369
	100%	100%	100%	100%	100%	100%
I mostly worked standard hours pre-Covid-19 and this is still the case	508 49%	169 46%	192 55%	146 46%	269 41%	233 63%
			ac			a
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	264 25%	109 30%	79 22%	75 24%	215 33%	44 12%
		b		b		
I mostly worked flexible hours pre-Covid-19, and this is still the case	179 17%	61 16%	55 16%	63 20%	119 18%	55 15%
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	39 4%	10 3%	7 2%	21 7%	25 4%	13 3%
			ab			
None of the above	54 5%	20 6%	19 5%	12 4%	28 4%	25 7%
NET: Working more flexible hours during COVID-19	443 42%	170 46%	134 38%	138 43%	334 51%	98 27%
		b		b		
NET: Mostly working standard hours during COVID 19	547 52%	179 48%	199 57%	167 53%	294 45%	246 67%
			a			a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	266	155	111	35	73	157	18	37	23	23	25	28	34	49	29
	13%	16%	11%	6%	11%	21%	19%	14%	12%	11%	15%	13%	11%	15%	14%
		b			a	ab	g								
2-3	1110	567	534	280	318	512	46	145	113	117	97	135	160	176	121
	55%	58%	53%	46%	49%	69%	49%	55%	58%	56%	56%	61%	51%	54%	59%
		b			ab						g				
4-5	517	209	303	230	223	64	26	69	50	51	45	51	100	76	48
	26%	21%	30%	38%	34%	9%	28%	26%	26%	24%	26%	23%	32%	23%	23%
			a	c	c								hi		
6+	109	42	66	59	41	9	5	11	9	17	6	7	21	26	7
	5%	4%	7%	10%	6%	1%	5%	4%	4%	8%	3%	3%	7%	8%	3%
		a		bc	c					bei				bei	
NET: Lives with others	1736	818	902	569	582	585	78	225	172	185	147	194	281	279	176
	87%	84%	89%	94%	89%	79%	81%	86%	88%	89%	85%	87%	89%	85%	86%
			a	bc	c								a		
Base for stats	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
Mean Score	3.10	2.99	3.19	3.69	3.50	2.26	3.41	2.96	3.05	3.47	2.99	2.69	3.53	3.07	2.69
				c	c					fi			bfi		
Standard Deviation	3.163	3.862	2.322	2.701	3.792	2.690	5.220	2.088	2.431	4.313	3.559	1.254	4.139	2.973	1.285
Standard Error	.071	.127	.071	.106	.146	.103	.505	.124	.168	.301	.258	.102	.231	.164	.090
Error variance	*	.02	.01	.01	.02	.01	.25	.02	.03	.09	.07	.01	.05	.03	.01

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315	
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Lives alone	266	17	36	43	26	13	131	96	170	239	8	6	7	2	1	23	
	13%	9%	8%	10%	10%	7%	27%	9%	18%	14%	14%	5%	9%	6%	8%	8%	
							abcdegh		abcdegh	cg	c						
2-3	1110	99	253	246	127	86	299	598	513	973	24	48	35	13	7	127	
	55%	53%	56%	55%	50%	47%	62%	55%	56%	58%	44%	35%	48%	48%	57%	42%	
			e				acdegh	e	e	bcg							
4-5	517	59	136	129	87	69	36	325	192	398	18	54	27	8	3	110	
	26%	32%	30%	29%	34%	37%	8%	30%	21%	24%	34%	39%	36%	30%	27%	36%	
		fh	fh	fh	fh	cfh		fh	f			a	a			a	
6+	109	11	24	30	13	17	14	64	45	64	5	30	4	4	1	44	
	5%	6%	5%	7%	5%	9%	3%	6%	5%	4%	8%	22%	6%	16%	9%	14%	
				f		fh		f				abd				ad	
NET: Lives with others	1736	169	413	405	228	172	349	987	749	1435	47	132	66	25	11	281	
	87%	91%	92%	90%	90%	93%	73%	91%	82%	86%	86%	95%	91%	94%	92%	92%	
		fh	fh	fh	fh	fh		fh	f			ab				a	
Base for stats	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304	
Mean Score	3.10	4.02	3.15	3.23	3.28	3.51	2.30	3.33	2.82	2.84	3.67	4.92	3.79	6.71	3.07	4.51	
		bcfgh	fh	fh	fh	fh		fh	f		a	a	a			a	
Standard Deviation	3.163	5.818	2.505	2.879	2.353	1.610	3.179	3.452	2.759	2.131	2.935	6.179	5.132	12.053	1.488	6.193	
Standard Error	.071	.430	.121	.136	.145	.115	.145	.106	.090	.052	.385	.520	.593	2.238	.430	.349	
Error variance	*	.18	.01	.02	.02	.01	.02	.01	.01	*	.15	.27	.35	5.01	.18	.12	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	266	258	1	1	2	13	17	59	18	4	5	26	5	18	100	30
	13%	21%	*	*	*	8%	15%	10%	8%	7%	11%	18%	5%	12%	25%	11%
		bcd					h				acd				abc	defhik
2-3	1110	811	227	34	261	83	48	335	114	25	30	75	30	82	289	131
	55%	65%	65%	11%	39%	52%	41%	55%	54%	49%	61%	50%	32%	54%	72%	47%
		cd	cd		c	h		bhk	bh	h	bh	h		bh	abcde	ghik
4-5	517	147	107	233	340	54	43	197	62	15	14	35	42	40	14	97
	26%	12%	31%	73%	51%	34%	36%	32%	29%	30%	28%	23%	46%	27%	3%	35%
			a	abd	ab	gj	gj	gj	j	j	j	j	cd	fgij	j	g
6+	109	32	14	51	64	9	10	22	19	7	-	15	15	10	1	19
	5%	3%	4%	16%	10%	6%	8%	4%	9%	14%	-	10%	17%	7%	*	7%
				abd	ab	j	cfj	j	cfj	cfj		cfj	acdf	ijk	j	cj
NET: Lives with others	1736	989	348	317	665	146	101	555	196	47	43	124	88	133	304	247
	87%	79%	100%	100%	100%	92%	85%	90%	92%	93%	89%	82%	95%	88%	75%	89%
			a	a	a	gi	j	gi	gj	j	j		bgj	j		j
Base for stats	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
Mean Score	3.10	2.49	3.50	4.48	3.97	3.37	3.48	3.15	3.71	4.32	2.70	3.53	4.48	3.06	1.91	3.42
			a	abd	ab	j	fj	j	cj	cij	j	j	abc	fijk	j	fj
Standard Deviation	3.163	2.991	1.650	1.101	1.498	2.311	2.426	2.589	4.853	6.344	1.079	4.841	4.954	1.577	.755	2.357
Standard Error	.071	.083	.092	.065	.061	.180	.219	.105	.332	.888	.156	.388	.493	.126	.039	.139
Error variance	*	.01	.01	*	*	.03	.05	.01	.11	.79	.02	.15	.24	.02	*	.02

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Significance Level: 95%																		
Unweighted Total	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	266 13%	40 9%	43 11%	12 8%	3 9%	55 11%	43 9%	51 10%	24 9%	21 12%	4 9%	44 10%	55 10%	266 100%	-	-	-	-
														bcde				
2-3	1110 55%	245 55%	195 51%	78 56%	9 30%	273 52%	254 54%	270 53%	141 53%	102 57%	12 30%	243 55%	281 51%	-	1110 100%	-	-	1110 64%
		d	d	d		d	d	d	d	d		d	d		acde			acd
4-5	517 26%	138 31%	124 33%	36 26%	15 52%	161 31%	153 32%	164 32%	86 33%	44 25%	20 51%	130 29%	184 34%	-	-	517 100%	-	517 30%
					abcef						abcef		c		abde			abd
6+	109 5%	20 5%	19 5%	13 10%	2 9%	32 6%	22 5%	23 5%	14 5%	12 7%	4 10%	26 6%	27 5%	-	-	-	109 100%	109 6%
				af													abce	abc
NET: Lives with others	1736 87%	404 91%	338 89%	127 92%	26 91%	466 89%	429 91%	457 90%	241 91%	159 88%	35 91%	399 90%	492 90%	-	1110 100%	517 100%	109 100%	1736 100%
															a	a	a	a
Base for stats	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
Mean Score	3.10	3.12	3.21	4.21	4.24	3.48	3.19	3.16	3.45	3.60	3.58	3.51	3.19	1.00	2.38	4.31	9.82	3.42
				abf	af											be	bce	b
Standard Deviation	3.163	2.149	2.712	6.868	3.604	4.254	2.273	2.537	3.766	5.157	1.423	4.377	2.476	-	.484	.462	10.643	3.280
Standard Error	.071	.102	.140	.583	.658	.188	.104	.113	.232	.382	.222	.207	.106	-	.015	.020	1.006	.079
Error variance	*	.01	.02	.34	.43	.04	.01	.01	.05	.15	.05	.04	.01	-	*	*	1.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	266	-	-	34	69	9	162	97	13	218	49	197	67
	13%	-	-	13%	19%	10%	13%	15%	20%	14%	12%	12%	22%
					d								a
2-3	1110	206	882	124	224	42	732	349	35	869	241	941	158
	55%	54%	67%	47%	60%	47%	57%	54%	53%	55%	58%	56%	53%
			a		ace		a	a					
4-5	517	140	362	82	63	29	338	157	14	413	104	450	61
	26%	37%	27%	31%	17%	32%	26%	24%	22%	26%	25%	27%	20%
		b		be		b	b	b				b	
6+	109	37	71	25	15	10	59	46	4	90	19	92	15
	5%	10%	5%	9%	4%	11%	5%	7%	6%	6%	5%	6%	5%
		b		bd		bd		bd					
NET: Lives with others	1736	383	1315	230	301	81	1130	552	54	1372	364	1483	234
	87%	100%	100%	87%	81%	90%	87%	85%	80%	86%	88%	88%	78%
							b					b	
Base for stats	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
Mean Score	3.10	4.08	3.23	3.93	2.96	3.54	2.97	3.34	3.98	3.08	3.17	3.09	3.11
		b		bd		d		d	d				
Standard Deviation	3.163	4.741	2.733	5.728	4.441	2.285	2.408	4.357	7.994	2.823	4.227	2.771	4.854
Standard Error	.071	.241	.076	.342	.233	.236	.067	.170	.977	.071	.210	.068	.273
Error variance	*	.06	.01	.12	.05	.06	*	.03	.95	*	.04	*	.07

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	266	71	31	36	32	18	24	12	42	117	78	81	72	80	27	7	133	120
	13%	17%	14%	11%	9%	10%	13%	16%	18%	11%	16%	16%	13%	12%	11%	9%	12%	15%
		cdei						cdei		dei		c						
2-3	1110	241	121	185	185	104	93	46	135	595	274	268	299	393	138	49	599	445
	55%	57%	53%	59%	52%	54%	51%	64%	57%	55%	56%	52%	54%	59%	57%	60%	56%	55%
				a														
4-5	517	90	63	83	116	49	57	9	50	311	116	131	141	170	64	20	278	205
	26%	21%	28%	26%	33%	26%	31%	12%	21%	29%	24%	26%	26%	25%	26%	24%	26%	25%
			g	g	aghj	g	aghj			aghj	g							
6+	109	20	12	11	20	20	9	5	10	64	25	31	37	24	13	6	59	37
	5%	5%	6%	3%	6%	11%	5%	7%	4%	6%	5%	6%	7%	4%	5%	8%	6%	5%
					acdfhj								c					
NET: Lives with others	1736	352	196	279	321	173	159	60	196	969	415	430	476	586	214	75	937	687
	87%	83%	86%	89%	91%	90%	87%	84%	82%	89%	84%	84%	87%	88%	89%	91%	88%	85%
				ah	ahj	ahj				ahj				a				
Base for stats	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
Mean Score	3.10	2.84	3.35	2.96	3.23	3.90	3.01	3.17	2.67	3.30	2.87	3.02	3.35	2.96	3.03	3.03	3.09	2.99
			hj	h	ahj	acfhj	h			ahj								
Standard Deviation	3.163	2.767	3.986	1.887	2.393	6.018	1.385	5.530	1.359	3.555	2.458	2.025	4.570	2.636	2.672	1.353	2.918	2.862
Standard Error	.071	.136	.264	.105	.127	.432	.102	.661	.088	.107	.111	.088	.194	.104	.174	.147	.092	.098
Error variance	*	.02	.07	.01	.02	.19	.01	.44	.01	.01	.01	.01	.04	.01	.03	.02	.01	.01

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	
Total	a	b	c	a	b	
Unweighted Total	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Lives alone	266	77	106	81	95	64
	13%	12%	15%	12%	10%	11%
2-3	1110	324	399	374	491	322
	55%	53%	57%	57%	52%	54%
4-5	517	177	173	162	300	165
	26%	29%	25%	25%	32%	28%
6+	109	38	26	43	51	46
	5%	6%	4%	6%	5%	8%
		b	b			
NET: Lives with others	1736	538	599	578	842	533
	87%	88%	85%	88%	90%	89%
Base for stats	2002	615	704	660	937	598
Mean Score	3.10	3.23	2.97	3.11	3.38	3.22
Standard Deviation	3.163	3.091	3.295	3.124	3.601	2.810
Standard Error	.071	.124	.125	.121	.117	.115
Error variance	*	.02	.02	.01	.01	.01



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1726	769	942	606	589	531	86	242	185	183	162	132	282	279	175
Total	1736	818	902	569	582	585	78	225	172	185	147	194	281	279	176
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	383	157	223	174	136	73	14	48	42	51	34	38	83	46	27
	22%	19%	25%	31%	23%	12%	18%	21%	24%	28%	23%	19%	30%	16%	15%
			a	bc	c				hi	hi			abfhi		
No	1315	648	655	371	436	507	63	175	125	130	112	150	186	228	146
	76%	79%	73%	65%	75%	87%	81%	78%	73%	70%	76%	78%	66%	82%	83%
		b			a	ab	g	g		g	g	g		cdg	cdg
Prefer not to say	38	13	24	24	10	5	1	2	5	4	1	6	12	5	4
	2%	2%	3%	4%	2%	1%	1%	1%	3%	2%	1%	3%	4%	2%	2%
				bc									be		

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	1726	164	391	406	237	181	347	961	765	1415	50	134	67	27	11	289
Total	1736	169	413	405	228	172	349	987	749	1435	47	132	66	25	11	281
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	383 22%	66 39%	93 23%	84 21%	43 19%	39 23%	58 17%	243 25%	140 19%	276 19%	14 30%	54 41%	24 36%	7 26%	5 46%	104 37%
		bcddefgh	f				fh					a	a			a
No	1315 76%	99 59%	313 76%	308 76%	181 80%	129 75%	285 82%	720 73%	595 79%	1138 79%	31 66%	76 58%	37 56%	19 74%	6 54%	169 60%
		a	a	ag	a	ag	a	ag	ag	bcdg						
Prefer not to say	38 2%	4 2%	7 2%	13 3%	3 2%	4 2%	6 2%	24 2%	14 2%	21 1%	2 4%	1 1%	5 8%	-	-	8 3%
													ac			

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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%

	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	1726	1020	321	289	610	149	104	543	196	47	43	127	96	136	285	253
Total	1736	989	348	317	665	146	101	555	196	47	43	124	88	133	304	247
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	383	172	98	88	186	41	40	117	53	20	11	15	12	34	40	81
	22%	17%	28%	28%	28%	28%	39%	21%	27%	44%	26%	12%	13%	25%	13%	33%
		a	a	a	ghj	cdghij	gj	ghj	acdghij	gj				ghj		cghj
No	1315	804	245	220	465	103	60	427	140	24	32	105	67	94	263	162
	76%	81%	70%	69%	70%	70%	59%	77%	72%	52%	74%	85%	77%	71%	86%	66%
		bcd			e			bek	be		e	abdeik	bek	be	abcdefhik	
Prefer not to say	38	13	5	9	14	2	2	11	3	2	-	4	8	4	2	4
	2%	1%	2%	3%	2%	1%	2%	2%	1%	4%	-	3%	10%	3%	1%	2%
										j		j	abcdfjk	j		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1726	401	330	127	27	457	428	447	238	161	37	399	484	-	1103	511	112	1726
Total	1736	404	338	127	26	466	429	457	241	159	35	399	492	-	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
Yes	383	82	95	48	8	143	89	88	80	57	10	136	98	-	206	140	37	383
	22%	20%	28%	37%	29%	31%	21%	19%	33%	36%	28%	34%	20%	-	19%	27%	34%	22%
			af	af		af			af	af		af		-	be	be	be	b
No	1315	318	239	76	18	315	336	363	157	101	24	258	388	-	882	362	71	1315
	76%	79%	71%	59%	71%	68%	78%	79%	65%	64%	69%	65%	79%	-	79%	70%	65%	76%
		bce	c			bce		bce				bce		-	cde		cd	
Prefer not to say	38	5	4	4	-	8	5	6	4	1	1	5	7	-	22	15	1	38
	2%	1%	1%	3%	-	2%	1%	1%	2%	*	3%	1%	1%	-	2%	3%	1%	2%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 15 or under in your household, please note this should exclude them.**

BASE: All who live with at least one other person

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	1726	1301	242	294	84	1111	559	53	1370	356	1463	244
Total	1736	1315	230	301	81	1130	552	54	1372	364	1483	234
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	383	-	98	112	42	147	226	22	326	57	335	45
	22%	-	43%	37%	51%	13%	41%	41%	24%	16%	23%	19%
		b	d	d	bd		d	d	b			
No	1315	1315	128	190	39	968	320	32	1021	293	1127	183
	76%	100%	55%	63%	47%	86%	58%	59%	74%	81%	76%	78%
		a		c		abcef			a			
Prefer not to say	38	-	4	-	1	15	5	-	24	14	21	6
	2%	-	2%	-	1%	1%	1%	-	2%	4%	1%	3%
		-	b		b	b			a			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Unweighted Total	1726	340	195	284	321	173	160	58	195	973	413	437	480	570	208	77	884	725
Total	1736	352	196	279	321	173	159	60	196	969	415	430	476	586	214	75	937	687
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	383 22%	52 15%	41 21%	65 23% ah	98 31% abchj	46 27% ah	37 23% a	13 22%	31 16%	250 26% ahj	81 20%	101 23% c	111 23% c	106 18%	60 28% c	34 46% bc	201 21%	144 21%
No	1315 76%	293 83% bcdefi	148 76% d	210 75% d	213 66%	124 72%	118 74%	46 76%	162 83%	696 72% cdei	326 79% di	323 75%	350 73%	477 81% abd	151 70%	38 50%	716 76% a	531 77% a
Prefer not to say	38 2%	7 2%	7 3%	4 1%	10 3%	3 2%	4 2%	1 2%	3 1%	23 2%	8 2%	5 1%	16 3% ac	3 1%	4 2%	3 4%	19 2%	12 2%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	1726	537	588	580	842	532
Total	1736	538	599	578	842	533
	100%	100%	100%	100%	100%	100%
Yes	383	142	125	113	239	93
	22%	26%	21%	19%	28%	17%
		bc			b	
No	1315	383	462	454	584	433
	76%	71%	77%	79%	69%	81%
		a	a			a
Prefer not to say	38	13	12	11	19	7
	2%	2%	2%	2%	2%	1%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	264 13%	91 9%	170 17% a	116 19% c	101 15% c	47 6%	9 9%	39 15%	30 15%	29 14%	31 18% ag	26 12%	32 10%	46 14%	23 11%
Yes - physical condition or illness	370 18%	191 20%	177 17%	71 12%	101 15%	199 27% ab	20 21%	46 18%	33 17%	44 21%	35 20%	45 20%	47 15%	59 18%	40 20%
Yes - other	91 5%	42 4%	49 5%	43 7% bc	21 3%	27 4%	2 2%	13 5%	14 7% ae	14 7%	5 3%	7 3%	17 5%	12 4%	7 4%
No	1291 65%	661 68% b	621 61%	361 60%	436 66% a	494 67% a	64 67%	169 65%	121 62%	126 60%	98 57%	144 65%	218 69% de	215 66% e	137 67% e
Prefer not to say	62 3%	24 2%	37 4%	34 6% c	24 4% c	5 1%	3 3%	5 2%	7 3%	7 3%	8 5%	10 4%	13 4%	7 2%	3 2%
NET: Longstanding condition or illness	648 32%	289 30%	356 35% a	209 35%	196 30%	243 33%	28 29%	87 33%	67 34%	75 36% g	67 39% g	68 31%	85 27%	106 32%	65 32%
NET: Longstanding physical and mental condition or illness	67 3%	28 3%	38 4%	17 3%	24 4%	26 3%	3 3%	8 3%	6 3%	10 5%	4 2%	10 5%	9 3%	11 3%	5 2%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	264 13%	27 15%	50 11%	55 12%	30 12%	28 15%	75 16%	132 12%	132 14%	227 14%	10 19%	17 12%	7 10%	2 9%	1 8%	38 12%
Yes - physical condition or illness	370 18%	41 22%	60 13%	53 12%	37 15%	28 15%	151 32%	154 14%	216 24%	334 20%	5 9%	15 11%	12 16%	3 12%	1 9%	36 12%
Yes - other	91 5%	7 4%	20 5%	16 4%	15 6%	11 6%	21 4%	44 4%	47 5%	69 4%	5 9%	5 3%	5 7%	2 6%	2 18%	19 6%
No	1291 65%	113 61%	316 70%	313 70%	170 67%	118 64%	262 54%	742 68%	550 60%	1072 64%	35 64%	99 72%	47 64%	20 73%	8 65%	208 68%
Prefer not to say	62 3%	3 2%	16 4%	19 4%	8 3%	6 3%	9 2%	39 4%	24 3%	43 3%	2 3%	6 4%	2 3%	-	-	10 3%
NET: Longstanding condition or illness	648 32%	70 38%	116 26%	116 26%	75 30%	61 33%	210 44%	302 28%	346 38%	559 33%	18 34%	33 24%	24 33%	7 27%	4 35%	87 29%
NET: Longstanding physical and mental condition or illness	67 3%	5 3%	12 3%	8 2%	6 2%	5 3%	30 6%	25 2%	42 5%	62 4%	1 2%	4 3%	-	-	-	5 2%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	264 13%	149 12%	52 15%	44 14%	97 14%	25 16%	26 22%	56 9%	28 13%	11 22%	4 9%	34 23%	13 14%	42 28%	25 6%	51 19%
						cj	cdj		j	cj		cdfj	j	acdfhjk		cj
Yes - physical condition or illness	370 18%	266 21%	62 18%	30 9%	92 14%	20 13%	26 22%	67 11%	32 15%	10 19%	11 24%	32 21%	3 3%	47 31%	121 30%	47 17%
		cd	c			h	ach	h	h	h	ch	ch		acdghk	acdghk	ch
Yes - other	91 5%	52 4%	14 4%	15 5%	29 4%	4 3%	4 3%	18 3%	20 9%	6 12%	4 8%	7 5%	6 6%	7 4%	15 4%	8 3%
									abcjk							
No	1291 65%	803 64%	225 64%	221 69%	446 67%	108 68%	65 55%	462 75%	138 65%	23 45%	29 59%	83 55%	64 69%	61 41%	259 64%	173 62%
						begi	i	bdefgijk	ei		i	i	begi		ei	ei
Prefer not to say	62 3%	31 2%	8 2%	13 4%	21 3%	4 3%	2 2%	23 4%	1 *	3 5%	2 4%	6 4%	7 8%	10 6%	5 1%	6 2%
						d		dj		dj	d	dj	bdjk	djk		
NET: Longstanding condition or illness	648 32%	413 33%	116 33%	84 26%	200 30%	47 30%	51 43%	130 21%	75 35%	25 50%	18 37%	61 41%	21 23%	80 53%	140 35%	98 35%
		c				c	ach		ch	achj	c	ach		acdghjk	ch	ch
NET: Longstanding physical and mental condition or illness	67 3%	46 4%	12 3%	5 2%	17 3%	3 2%	4 3%	10 2%	6 3%	1 2%	2 4%	10 7%	- -	14 9%	17 4%	7 3%
											h	acdhk		acdjhk	ch	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

	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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	264	50	44	20	5	64	55	53	35	26	6	61	59	34	124	82	25	230
	13%	11%	12%	15%	18%	12%	12%	10%	13%	14%	16%	14%	11%	13%	11%	16%	23%	13%
																b	abe	
Yes - physical condition or illness	370	50	61	25	6	86	56	54	43	31	12	73	66	69	224	63	15	301
	18%	11%	16%	18%	21%	17%	12%	11%	16%	17%	30%	17%	12%	26%	20%	12%	14%	17%
			a	af		af			a	a	abef	af		bcd	c			c
Yes - other	91	10	13	22	4	35	15	12	14	18	5	32	18	9	42	29	10	81
	5%	2%	4%	16%	16%	7%	3%	2%	5%	10%	14%	7%	3%	3%	4%	6%	9%	5%
				abef	abf	abf			a	abf	abf	af					abe	
No	1291	330	267	71	14	337	344	391	169	104	18	273	410	162	732	338	59	1130
	65%	74%	70%	51%	49%	65%	73%	77%	64%	58%	47%	61%	75%	61%	66%	65%	54%	65%
		cde	cd			c	cde	bcd	d			bcde			d	d		d
Prefer not to say	62	10	10	3	-	13	10	8	10	5	1	15	9	8	29	22	4	55
	3%	2%	3%	2%	-	2%	2%	2%	4%	3%	2%	3%	2%	3%	3%	4%	3%	3%
NET: Longstanding condition or illness	648	103	105	65	14	170	118	109	85	71	20	156	129	97	349	157	46	552
	32%	23%	27%	47%	51%	33%	25%	21%	32%	39%	51%	35%	23%	36%	31%	30%	42%	32%
				abef	abef	af			af	af	abf	af					bce	
NET: Longstanding physical and mental condition or illness	67	7	10	2	1	12	8	10	6	2	3	8	12	13	35	14	4	54
	3%	2%	3%	1%	3%	2%	2%	2%	2%	1%	7%	2%	2%	5%	3%	3%	4%	3%
											ace							

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

**D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?**

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b	a	b	c	d	e	f	a	b	a	b	
Significance Level: 95%													
Unweighted Total	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	264	98	128	264	67	8	-	264	67	223	41	216	49
	13%	26%	10%	100%	18%	9%	-	41%	100%	14%	10%	13%	16%
		b		bcde	cd	d		bcd	bcde	b			
Yes - physical condition or illness	370	112	190	67	370	6	-	370	67	289	81	313	56
	18%	29%	14%	25%	100%	6%	-	57%	100%	18%	20%	19%	19%
		b		cd	acde	d		acd	acde				
Yes - other	91	42	39	8	6	91	-	91	4	68	23	64	23
	5%	11%	3%	3%	2%	100%	-	14%	5%	4%	6%	4%	7%
		b		d	d	abdef		abdf	bd				a
No	1291	147	968	-	-	-	1291	-	-	1021	270	1107	178
	65%	38%	74%	-	-	-	100%	-	-	64%	65%	66%	59%
			a				abcef					b	
Prefer not to say	62	10	27	-	-	-	-	-	-	52	11	41	12
	3%	3%	2%	-	-	-	-	-	-	3%	3%	2%	4%
NET: Longstanding condition or illness	648	226	320	264	370	91	-	648	67	516	132	532	111
	32%	59%	24%	100%	100%	100%	-	100%	100%	32%	32%	32%	37%
		b		d	d	d		d	d				
NET: Longstanding physical and mental condition or illness	67	22	32	67	67	4	-	67	67	55	12	54	13
	3%	6%	2%	25%	18%	4%	-	10%	100%	3%	3%	3%	4%
		b		bcde	cde	d		cd	abcde				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Total	Number of days active										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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	264 13%	48 11%	41 18%	41 13%	54 15%	22 12%	25 14%	6 8%	27 11%	158 15%	58 12%	122 24%	65 12%	53 8%	20 8%	10 12%	128 12%	123 15%
			agj									bcd	c					b
Yes - physical condition or illness	370 18%	115 27%	37 16%	49 16%	63 18%	31 16%	24 13%	13 18%	38 16%	180 17%	75 15%	129 25%	96 18%	108 16%	36 15%	16 20%	187 17%	164 20%
		bcd	efghij									bcd						
Yes - other	91 5%	11 3%	13 6%	19 6%	14 4%	10 5%	9 5%	2 3%	14 6%	55 5%	25 5%	25 5%	29 5%	26 4%	9 4%	6 8%	46 4%	36 4%
				a					a	a								
No	1291 65%	260 62%	135 59%	209 66%	221 63%	126 66%	123 67%	50 70%	167 70%	691 64%	341 69%	266 52%	351 64%	480 72%	177 73%	49 60%	719 67%	493 61%
									ab	abdi			a	ab	ab		c	
Prefer not to say	62 3%	10 2%	10 4%	11 3%	12 3%	6 3%	7 4%	2 3%	6 2%	38 4%	15 3%	14 3%	22 4%	11 2%	4 1%	2 2%	31 3%	24 3%
													c					
NET: Longstanding condition or illness	648 32%	153 36%	83 36%	96 30%	120 34%	59 31%	53 29%	20 27%	65 27%	358 33%	138 28%	231 45%	175 32%	175 26%	61 25%	31 38%	319 30%	290 36%
		hj	hj							j		bcd	c					b
NET: Longstanding physical and mental condition or illness	67 3%	20 5%	7 3%	11 3%	9 3%	5 2%	4 2%	1 1%	10 4%	31 3%	15 3%	42 8%	13 2%	10 1%	2 1%	1 1%	40 4%	26 3%
												bcd						

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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

Significance Level: 95%

Unweighted Total

Total

Yes - mental condition or illness

Yes - physical condition or illness

Yes - other

No

Prefer not to say

NET: Longstanding condition or illness

NET: Longstanding physical and mental condition or illness

	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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	264	78	90	93	137	73
	13%	13%	13%	14%	15%	12%
Yes - physical condition or illness	370	82	146	136	144	74
	18%	13%	21%	21%	15%	12%
		a	a			
Yes - other	91	25	34	29	46	27
	5%	4%	5%	4%	5%	4%
No	1291	427	446	408	611	424
	65%	69%	63%	62%	65%	71%
		bc			a	
Prefer not to say	62	21	16	22	29	16
	3%	3%	2%	3%	3%	3%
NET: Longstanding condition or illness	648	166	242	229	298	158
	32%	27%	34%	35%	32%	26%
		a	a		b	
NET: Longstanding physical and mental condition or illness	67	16	25	25	27	13
	3%	3%	3%	4%	3%	2%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1674	820	842	432	529	713	88	225	168	165	159	196	195	288	189
	84%	84%	83%	71%	81%	96%	92%	86%	86%	79%	92%	89%	62%	88%	92%
					a	ab	dg	dg	dg	g	dg	dg		dg	bdg
Mixed	54	15	38	30	15	9	2	6	6	9	3	5	17	6	2
	3%	2%	4%	5%	2%	1%	2%	2%	3%	4%	2%	2%	5%	2%	1%
			a	bc						i			ehi		
Asian	138	68	70	70	58	9	1	19	15	26	4	10	41	16	6
	7%	7%	7%	12%	9%	1%	1%	7%	8%	12%	2%	5%	13%	5%	3%
				c	c			aei	aei	aei			abcefh		
Black	73	44	30	46	22	6	2	5	1	5	3	9	34	9	5
	4%	4%	3%	8%	3%	1%	2%	2%	*	2%	2%	4%	11%	3%	3%
				bc	c							c	abcdefhi	c	
Chinese	27	13	14	11	15	1	1	2	3	2	3	2	9	3	3
	1%	1%	1%	2%	2%	*	1%	1%	1%	1%	2%	1%	3%	1%	2%
				c	c								b		
Other ethnic group	12	6	6	3	7	2	1	-	-	-	2	-	8	2	-
	1%	1%	1%	1%	1%	*	1%	-	-	-	1%	-	2%	1%	-
													bcdhi		
Prefer not to answer	24	8	13	12	9	2	1	3	2	3	-	-	10	4	-
	1%	1%	1%	2%	1%	*	1%	1%	1%	1%	-	-	3%	1%	-
				c	c								efi		
NET: Non-white	304	145	158	160	118	27	6	33	24	41	14	25	109	36	16
	15%	15%	16%	27%	18%	4%	7%	12%	12%	20%	8%	11%	35%	11%	8%
				bc	c					abcefh			abcdefhi		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1674	139	372	361	207	145	450	871	803	1674	-	-	-	-	-	-
	84%	75%	83%	80%	82%	78%	94%	80%	87%	100%	-	-	-	-	-	-
			a				abcdegh		abcdegh	bcdg						
Mixed	54	8	10	18	7	6	4	36	18	-	54	-	-	-	-	54
	3%	4%	2%	4%	3%	3%	1%	3%	2%	-	100%	-	-	-	-	18%
		fh		fh	f	f		f			acd					acd
Asian	138	19	33	37	21	14	14	89	49	-	-	138	-	-	-	138
	7%	10%	7%	8%	8%	8%	3%	8%	5%	-	-	100%	-	-	-	45%
		fh	f	fh	f	f		fh	f			abd				abd
Black	73	11	20	14	14	12	1	45	28	-	-	-	73	-	-	73
	4%	6%	4%	3%	6%	7%	*	4%	3%	-	-	-	100%	-	-	24%
		fh	f	f	fh	cfh		f	f			abcg				abc
Chinese	27	5	7	9	-	2	4	20	7	-	-	-	-	27	-	27
	1%	2%	2%	2%	-	1%	1%	2%	1%	-	-	-	-	100%	-	9%
		dh	d	dh				dh								abcd
Other ethnic group	12	1	3	3	1	1	3	8	4	-	-	-	-	-	12	12
	1%	1%	1%	1%	*	1%	1%	1%	*	-	-	-	-	-	100%	4%
																ac
Prefer not to answer	24	3	4	6	3	3	4	13	10	-	-	-	-	-	-	-
	1%	2%	1%	1%	1%	2%	1%	1%	1%	-	-	-	-	-	-	-
NET: Non-white	304	44	73	81	43	37	26	199	106	-	54	138	73	27	12	304
	15%	24%	16%	18%	17%	20%	5%	18%	12%	-	100%	100%	100%	100%	100%	100%
		bfh	fh	fh	fh	fh		fh	f		a	a	a			a



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## 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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1674	1103	278	245	523	133	93	499	166	38	36	122	59	133	394	226
	84%	88%	80%	77%	78%	84%	78%	81%	78%	76%	76%	81%	64%	88%	97%	81%
		bcd				h	h	h	h			h		bcdefh	abcdefghik	h
Mixed	54	29	8	12	19	3	5	19	5	2	-	4	7	7	3	8
	3%	2%	2%	4%	3%	2%	4%	3%	2%	3%	-	3%	8%	5%	1%	3%
							j	j				acdfgjk	j		j	
Asian	138	53	34	39	72	11	9	49	24	4	5	15	11	7	2	20
	7%	4%	10%	12%	11%	7%	8%	8%	11%	9%	9%	10%	12%	5%	1%	7%
			a	a	a	j	j	j	ij	j	j	j	ij	j		j
Black	73	37	16	14	30	4	9	27	12	1	3	3	12	-	3	14
	4%	3%	5%	4%	4%	3%	8%	4%	6%	2%	5%	2%	13%	-	1%	5%
						ij	gij	ij	ij		ij		acdegijk			ij
Chinese	27	9	8	2	10	1	1	10	5	3	3	3	1	-	-	2
	1%	1%	2%	1%	2%	1%	1%	2%	2%	7%	6%	2%	1%	-	-	1%
			a					j	j	abcijk	abcijk	j	j			
Other ethnic group	12	4	4	3	7	3	-	4	1	1	1	2	1	-	-	3
	1%	*	1%	1%	1%	2%	-	1%	*	2%	2%	1%	1%	-	-	1%
						j				j	j	j				
Prefer not to answer	24	12	3	3	6	5	1	5	-	1	1	3	2	4	3	5
	1%	1%	1%	1%	1%	3%	1%	1%	-	2%	2%	2%	2%	3%	1%	2%
						cdj							d	d		d
NET: Non-white	304	132	68	70	138	21	25	110	47	11	11	26	32	14	7	46
	15%	11%	20%	22%	21%	13%	21%	18%	22%	23%	23%	17%	34%	9%	2%	17%
			a	a	a	j	ij	ij	aij	ij	ij	ij	abcdgijk	j		ij

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

## D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1674 84%	367 83% cd	308 81% cd	100 72%	18 63%	408 78%	385 82% cd	430 85% bcde	204 77% d	132 73%	23 60%	335 76% d	453 83% cde	239 90% cde	973 88% cde	398 77% d	64 59%	1435 83% cd
Mixed	54 3%	11 2%	12 3%	4 3%	4 15% abcef	16 3%	15 3%	13 3%	9 3%	6 3%	3 7%	15 3%	16 3%	8 3%	24 2%	18 4%	5 4%	47 3%
Asian	138 7%	35 8%	33 9%	12 9%	2 7%	45 9%	37 8%	37 7%	23 9%	20 11%	7 17% af	43 10%	44 8%	6 2%	48 4%	54 10% abe	30 27% abce	132 8% ab
Black	73 4%	15 3%	20 5%	13 9% af	3 9%	33 6% a	18 4%	14 3%	20 8% af	11 6% a	4 10% af	32 7% af	18 3%	7 3%	35 3%	27 5%	4 4%	66 4%
Chinese	27 1%	8 2%	5 1%	7 5% b	2 6%	12 2%	10 2%	7 1%	5 2%	7 4%	2 6% af	12 3%	10 2%	2 1%	13 1%	8 2% abe	4 4% abe	25 1%
Other ethnic group	12 1%	5 1%	1 *	1 1%	- -	2 *	5 1%	3 1%	2 1%	2 1%	- -	4 1%	3 1%	1 *	7 1%	3 1%	1 1%	11 1%
Prefer not to answer	24 1%	2 *	3 1%	3 2%	- -	5 1%	2 *	4 1%	2 1%	2 1%	- -	3 1%	4 1%	4 2%	11 1%	8 2%	1 1%	20 1%
NET: Non-white	304 15%	75 17%	71 19%	36 26% af	10 37% abef	108 21%	85 18%	74 15%	59 22% af	46 26% af	16 40% abef	105 24% af	90 16%	23 9%	127 11%	110 21% abe	44 40% abce	281 16% ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1674	276	1138	227	334	69	1072	559	62	1311	363	1448	221
	84%	72%	87%	86%	90%	77%	83%	86%	93%	82%	88%	86%	73%
			a	c	cd			c	cd		a	b	
Mixed	54	14	31	10	5	5	35	18	1	50	4	42	13
	3%	4%	2%	4%	1%	6%	3%	3%	1%	3%	1%	2%	4%
			b	b		b				b			
Asian	138	54	76	17	15	5	99	33	4	123	15	105	31
	7%	14%	6%	6%	4%	5%	8%	5%	6%	8%	4%	6%	10%
		b					be			b		a	
Black	73	24	37	7	12	5	47	24	-	58	16	49	20
	4%	6%	3%	3%	3%	6%	4%	4%	-	4%	4%	3%	7%
		b				f						a	
Chinese	27	7	19	2	3	2	20	7	-	19	8	17	9
	1%	2%	1%	1%	1%	2%	2%	1%	-	1%	2%	1%	3%
			a									a	
Other ethnic group	12	5	6	1	1	2	8	4	-	11	1	7	5
	1%	1%	*	*	*	2%	1%	1%	-	1%	*	*	2%
						bd						a	
Prefer not to answer	24	3	8	-	-	2	12	2	-	17	7	12	4
	1%	1%	1%	-	-	3%	1%	*	-	1%	2%	1%	1%
						abe							
NET: Non-white	304	104	169	38	36	19	208	87	5	261	43	220	77
	15%	27%	13%	14%	10%	21%	16%	13%	7%	16%	10%	13%	25%
		b				bf	bf			b		a	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1674 84%	370 88% bdei	184 81%	268 85% d	276 78%	155 81%	155 85%	60 84%	205 86% d	883 81%	420 85% d	437 85%	446 81%	572 86% b	198 82%	58 70%	899 84% a	697 86% a
Mixed	54 3%	10 2%	8 4%	9 3%	13 4%	3 2%	5 3%	- -	7 3%	33 3%	12 2%	13 2%	17 3%	16 2%	7 3%	4 4%	27 3%	22 3%
Asian	138 7%	22 5%	17 7%	23 7%	30 9%	18 9%	9 5%	6 8%	13 5%	88 8%	28 6%	33 7%	36 7%	43 6%	22 9%	12 14%	66 6%	54 7%
Black	73 4%	8 2%	7 3%	9 3%	23 6% acj	9 5%	6 3%	3 4%	9 4%	48 4% a	17 3%	18 3%	25 4%	22 3%	8 3%	6 8% c	44 4% c	17 2%
Chinese	27 1%	6 1%	4 2%	2 1%	3 1%	6 3% c	2 1%	2 3%	2 1%	15 1%	6 1%	5 1%	13 2% d	7 1%	- -	2 3%	13 1%	10 1%
Other ethnic group	12 1%	1 *	1 *	3 1%	3 1%	- -	3 2%	- -	2 1%	6 1%	5 1%	1 *	4 1%	3 *	2 1%	- -	9 1%	3 *
Prefer not to answer	24 1%	5 1%	7 3% cehi	1 *	5 1%	- -	4 2% ce	1 1%	1 *	13 1%	6 1%	4 1%	8 1%	3 *	3 1%	1 1%	13 1%	5 1%
NET: Non-white	304 15%	48 11%	36 16%	46 15%	72 20% afhj	36 19% a	24 13%	11 15%	32 14%	190 17% a	67 14%	70 14%	94 17%	91 14%	40 17%	24 29% bc	158 15%	105 13%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
White	1674	492	613	556	735	503
	84%	80%	87%	84%	78%	84%
		a	a		a	
Mixed	54	21	12	19	34	12
	3%	3%	2%	3%	4%	2%
Asian	138	58	36	42	91	37
	7%	9%	5%	6%	10%	6%
		bc		b		
Black	73	28	22	21	44	25
	4%	5%	3%	3%	5%	4%
Chinese	27	4	11	10	14	12
	1%	1%	2%	1%	2%	2%
Other ethnic group	12	6	2	4	7	4
	1%	1%	*	1%	1%	1%
Prefer not to answer	24	6	9	7	12	5
	1%	1%	1%	1%	1%	1%
NET: Non-white	304	118	83	96	190	89
	15%	19%	12%	15%	20%	15%
		bc		b		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	760	388	369	259	260	241	37	93	72	81	45	61	228	93	51
	38%	40%	36%	43%	40%	32%	39%	36%	37%	39%	26%	27%	72%	28%	25%
				c	c		efhi	ei	ehi	efhi			abcdefhi		
Urban - Town and Fringe	829	384	436	233	277	319	42	124	82	98	74	93	70	154	93
	41%	39%	43%	39%	42%	43%	44%	47%	42%	47%	43%	42%	22%	47%	45%
							g	g	g	g	g	g		g	g
Rural - Village	355	168	185	101	103	151	15	36	36	26	51	58	14	74	45
	18%	17%	18%	17%	16%	20%	15%	14%	19%	12%	30%	26%	4%	22%	22%
						b	g	g	g	g	abcdg	abdg		bdg	bdg
Rural - Hamlet and Isolated Dwelling	58	34	24	10	16	32	1	8	4	5	3	10	3	7	16
	3%	4%	2%	2%	2%	4%	1%	3%	2%	2%	2%	5%	1%	2%	8%
						ab					g				abcdegh
NET: Urban	1589	771	805	492	537	560	80	217	154	178	119	153	298	247	143
	79%	79%	79%	81%	82%	75%	84%	83%	79%	85%	69%	69%	94%	75%	70%
				c	c		efi	efhi	efi	efhi			abcdefhi		
NET: Rural	413	202	208	112	118	183	16	44	40	30	54	68	17	81	62
	21%	21%	21%	19%	18%	25%	16%	17%	21%	15%	31%	31%	6%	25%	30%
						ab	g	g	g	g	abcdg	abcdg		bdg	abcdg

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	760	105	163	178	85	76	153	446	314	594	32	71	38	10	7	158
	38%	56%	36%	40%	34%	41%	32%	41%	34%	35%	59%	51%	51%	37%	60%	52%
		bcddefgh		fh		f		dfh			a	a	a		a	a
Urban - Town and Fringe	829	46	188	192	116	75	212	426	403	717	18	52	20	9	4	103
	41%	25%	42%	43%	46%	40%	44%	39%	44%	43%	33%	38%	27%	33%	34%	34%
		a	a	ag	a	a	a	a	ag	dg						
Rural - Village	355	25	86	65	44	33	103	176	179	316	3	13	12	5	1	34
	18%	13%	19%	15%	17%	18%	21%	16%	19%	19%	5%	9%	17%	20%	6%	11%
							acg		ac	bcg			b			
Rural - Hamlet and Isolated Dwelling	58	11	12	12	8	2	13	35	22	47	2	2	3	3	-	9
	3%	6%	3%	3%	3%	1%	3%	3%	2%	3%	3%	1%	4%	10%	-	3%
		eh														
NET: Urban	1589	151	351	371	202	151	365	872	717	1311	50	123	58	19	11	261
	79%	81%	78%	83%	80%	81%	76%	80%	78%	78%	92%	89%	79%	70%	94%	86%
				fh			f		a		ad	ad			a	a
NET: Rural	413	36	98	78	51	34	116	211	202	363	4	15	16	8	1	43
	21%	19%	22%	17%	20%	19%	24%	20%	22%	22%	8%	11%	21%	30%	6%	14%
							cg		c	bcg			bc			

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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											
	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	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	760	452	143	128	271	69	56	251	75	21	15	61	39	50	123	125
	38%	36%	41%	40%	41%	43%	47%	41%	35%	41%	31%	40%	42%	33%	30%	45%
						j	dij	j			j	j				dij
Urban - Town and Fringe	829	532	138	130	268	55	40	263	78	19	26	70	34	75	169	95
	41%	43%	40%	41%	40%	35%	33%	43%	37%	37%	54%	46%	37%	50%	42%	34%
								k			abdhk	abk		abdhk	k	
Rural - Village	355	224	61	55	116	31	20	79	54	9	7	20	15	25	95	51
	18%	18%	18%	17%	17%	19%	17%	13%	25%	18%	14%	13%	16%	17%	24%	18%
						c			cgj						cg	c
Rural - Hamlet and Isolated Dwelling	58	39	7	5	12	4	3	21	6	2	-	1	4	-	16	7
	3%	3%	2%	1%	2%	3%	3%	3%	3%	4%	-	1%	5%	-	4%	3%
						i	i	i	i	i		gi			gi	i
NET: Urban	1589	984	281	258	539	124	95	514	153	39	41	130	73	126	292	220
	79%	79%	80%	81%	81%	78%	80%	84%	72%	78%	86%	86%	79%	83%	72%	79%
								dj				dj		dj		j
NET: Rural	413	263	68	60	128	35	23	100	60	11	7	21	20	25	112	58
	21%	21%	20%	19%	19%	22%	20%	16%	28%	22%	14%	14%	21%	17%	28%	21%
									cgj						cgik	



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	760 38%	182 41%	161 42%	43 31%	13 46%	204 39%	195 41%	203 40%	121 46%	55 31%	19 50%	176 40%	222 41%	113 43%	406 37%	194 38%	47 43%	647 37%
		c	c			c	c	c	c		c	c	c					
Urban - Town and Fringe	829 41%	186 42%	154 40%	58 42%	5 18%	212 41%	191 41%	211 41%	99 38%	84 47%	11 29%	183 41%	222 41%	104 39%	463 42%	219 42%	43 40%	725 42%
		d	d	d		d	d			d								
Rural - Village	355 18%	63 14%	57 15%	30 21%	9 33%	87 17%	72 15%	82 16%	38 14%	27 15%	8 21%	65 15%	90 17%	37 14%	209 19%	90 17%	18 17%	318 18%
				a	abef													
Rural - Hamlet and Isolated Dwelling	58 3%	12 3%	9 2%	8 6%	1 3%	17 3%	13 3%	12 2%	6 2%	13 7%	- -	20 4%	12 2%	11 4%	32 3%	13 3%	1 1%	47 3%
										abf								
NET: Urban	1589 79%	368 83%	315 83%	101 73%	18 64%	416 80%	386 82%	414 81%	220 83%	139 78%	31 79%	359 81%	445 81%	218 82%	869 78%	413 80%	90 82%	1372 79%
		cd	cd			d	cd											
NET: Rural	413 21%	76 17%	66 17%	38 27%	10 36%	104 20%	86 18%	95 19%	44 17%	40 22%	8 21%	84 19%	103 19%	49 18%	241 22%	104 20%	19 18%	364 21%
				abf	abef													

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	760	179	456	104	155	34	477	259	28	760	-	614	141
	38%	47%	35%	39%	42%	37%	37%	40%	42%	48%	-	37%	47%
		b								b			a
Urban - Town and Fringe	829	147	566	119	134	34	545	257	27	829	-	705	117
	41%	38%	43%	45%	36%	37%	42%	40%	40%	52%	-	42%	39%
		b		b			b			b			
Rural - Village	355	48	258	38	62	18	241	105	12	-	355	314	37
	18%	13%	20%	14%	17%	20%	19%	16%	18%	-	86%	19%	12%
			a								a	b	
Rural - Hamlet and Isolated Dwelling	58	9	36	3	20	5	29	27	-	-	58	46	7
	3%	2%	3%	1%	5%	5%	2%	4%	-	-	14%	3%	2%
					ad	a		ad			a		
NET: Urban	1589	326	1021	223	289	68	1021	516	55	1589	-	1319	258
	79%	85%	78%	84%	78%	75%	79%	80%	82%	100%	-	79%	86%
		b		bcd						b			a
NET: Rural	413	57	293	41	81	23	270	132	12	-	413	360	43
	21%	15%	22%	16%	22%	25%	21%	20%	18%	-	100%	21%	14%
			a		a	a	a				a	b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	760 38%	156 37%	83 36%	139 44% fhj	135 38%	78 41%	60 33%	26 36%	85 36%	433 40% j	171 35%	199 39%	210 38%	239 36%	98 40%	29 35%	429 40% c	285 35%
Urban - Town and Fringe	829 41%	175 41%	96 42%	126 40% fhj	151 43%	78 41%	86 47% h	29 40%	88 37%	452 42%	202 41%	218 43%	220 40%	285 43%	94 39%	29 35%	429 40%	357 44%
Rural - Village	355 18%	81 19%	42 18%	46 14%	59 17%	30 16%	32 17%	12 17%	53 22% ci	177 16%	97 20%	84 16%	104 19%	116 17%	43 18%	18 22%	178 17%	153 19%
Rural - Hamlet and Isolated Dwelling	58 3%	10 2%	7 3%	5 1%	7 2%	6 3%	6 3%	5 7% cdi	12 5% cdi	24 2% cdi	23 5% cdi	10 2%	13 2%	26 4%	7 3%	6 8% bc	34 3% c	12 1%
NET: Urban	1589 79%	331 78%	178 79%	265 84% hj	286 81% h	156 81% h	146 80%	55 76%	173 72%	885 81% hj	373 76%	417 81%	431 79%	524 79%	191 79%	58 70%	858 80% a	643 80% a
NET: Rural	413 21%	91 22%	49 21%	50 16%	67 19%	36 19%	38 20%	17 24%	66 28% cdei	201 19%	120 24% ci	95 19%	118 21%	142 21%	50 21%	25 30% bc	211 20%	165 20%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	760	247	257	248	398	201
	38%	40%	37%	38%	42%	34%
				b		
Urban - Town and Fringe	829	255	298	265	360	272
	41%	41%	42%	40%	38%	46%
					a	
Rural - Village	355	104	125	123	151	108
	18%	17%	18%	19%	16%	18%
Rural - Hamlet and Isolated Dwelling	58	9	24	23	29	17
	3%	2%	3%	4%	3%	3%
			a	a		
NET: Urban	1589	502	555	514	758	473
	79%	82%	79%	78%	81%	79%
NET: Rural	413	113	149	146	180	124
	21%	18%	21%	22%	19%	21%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?**

BASE: All respondents

Significance Level: 95%

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Unweighted Total	2002	923	1064	648	675	679	107	283	210	206	191	151	320	330	204
Total	2002	974	1013	604	656	742	95	261	195	209	173	222	315	328	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1680	816	851	474	541	665	79	218	163	185	152	198	230	276	180
	84%	84%	84%	79%	82%	90%	82%	83%	84%	89%	88%	89%	73%	84%	88%
						ab	g	g	g	g	g	g		g	g
No	301	144	156	116	110	75	17	38	31	21	21	22	77	50	24
	15%	15%	15%	19%	17%	10%	18%	15%	16%	10%	12%	10%	24%	15%	12%
				c	c								bcd efhi		
Prefer not to say	21	14	6	13	5	2	-	5	1	3	-	1	8	2	1
	1%	1%	1%	2%	1%	*	-	2%	*	1%	-	1%	3%	1%	1%
				bc									eh		

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020**

**D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?**

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2002	183	428	450	265	196	480	1061	941	1660	58	141	75	29	12	315
Total	2002	186	448	448	253	185	480	1083	919	1674	54	138	73	27	12	304
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1680	162	383	372	218	148	395	918	762	1448	42	105	49	17	7	220
	84%	87%	86%	83%	86%	80%	82%	85%	83%	86%	77%	76%	67%	64%	57%	72%
										bcdg						
No	301	19	62	68	33	36	83	149	152	221	13	31	20	9	5	77
	15%	10%	14%	15%	13%	19%	17%	14%	17%	13%	23%	22%	27%	33%	43%	25%
						ag	a		a		a	a	a		a	
Prefer not to say	21	5	3	8	2	2	2	16	5	5	-	2	4	1	-	7
	1%	3%	1%	2%	1%	1%	*	1%	1%	*	-	1%	6%	3%	-	2%
		fh		fh								a	a		a	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 2020

### D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

Significance Level: 95%

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total	2002	1287	322	290	612	164	123	607	214	51	48	156	101	157	381	287
Total	2002	1247	349	318	667	159	119	614	213	50	48	151	92	151	404	278
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1680	1054	294	279	573	130	101	525	171	42	41	119	69	116	365	231
	84%	85%	84%	88%	86%	82%	85%	86%	80%	84%	84%	79%	75%	77%	90%	83%
								ghi							acdghik	
No	301	185	52	37	89	28	17	84	38	7	7	32	17	34	36	45
	15%	15%	15%	12%	13%	17%	15%	14%	18%	14%	14%	21%	19%	23%	9%	16%
						j		j	j			cj	j	cj		j
Prefer not to say	21	8	3	2	5	2	-	5	4	1	1	-	6	1	3	2
	1%	1%	1%	1%	1%	1%	-	1%	2%	2%	2%	-	6%	1%	1%	1%
													abcdgijk			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	445	375	139	30	514	475	501	264	182	41	446	542	276	1103	511	112	1726
Total	2002	444	382	139	28	520	472	508	264	179	39	443	547	266	1110	517	109	1736
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1680	383	330	110	18	440	402	442	225	147	30	372	472	197	941	450	92	1483
	84%	86%	86%	80%	65%	85%	85%	87%	85%	82%	78%	84%	86%	74%	85%	87%	85%	85%
		d	d			d	d							a	a	a	a	a
No	301	59	52	24	8	76	67	64	40	29	9	69	73	67	158	61	15	234
	15%	13%	14%	17%	28%	15%	14%	13%	15%	16%	22%	16%	13%	25%	14%	12%	13%	13%
					abef									bcd				
Prefer not to say	21	1	-	4	2	4	3	2	-	3	-	3	2	2	11	5	2	18
	1%	*	-	3%	7%	1%	1%	*	-	2%	-	1%	*	1%	1%	1%	2%	1%
				abef	abef					bf								



**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	386	1301	280	364	94	1277	660	67	1598	404	1663	317
Total	2002	383	1315	264	370	91	1291	648	67	1589	413	1680	301
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1680	335	1127	216	313	64	1107	532	54	1319	360	1680	-
	84%	87%	86%	82%	85%	71%	86%	82%	80%	83%	87%	100%	-
				c	c		ce	c			a	b	
No	301	45	183	49	56	23	178	111	13	258	43	-	301
	15%	12%	14%	18%	15%	25%	14%	17%	20%	16%	10%	-	100%
				d		bd		d		b			a
Prefer not to say	21	3	5	-	1	4	7	5	-	12	9	-	-
	1%	1%	*	-	*	4%	1%	1%	-	1%	2%	-	-
						abde					a		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	411	228	321	354	194	185	70	239	1097	494	525	557	647	236	85	1016	855
Total	2002	422	227	315	353	191	183	72	238	1087	493	511	548	666	241	82	1070	807
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1680	341	181	268	307	161	148	61	211	917	421	392	460	595	213	71	886	697
	84%	81%	80%	85%	87% ab	84%	81%	85%	89% abf	84%	85%	77%	84% a	89% ab	88% a	86%	83%	86% b
No	301	75	44	45	43	29	32	9	23	161	65	117	82	69	25	10	176	102
	15%	18% dh	19% dhj	14%	12%	15%	18% h	13%	10%	15% h	13%	23% bcd	15% c	10%	10%	12%	17% c	13%
Prefer not to say	21	6	3	2	3	1	3	1	3	8	7	3	6	3	4	2	7	8
	1%	1%	1%	1%	1%	*	2%	2%	1%	1%	1%	1%	1%	*	2% c	2%	1%	1%

**Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 27th November - 30th November 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	2002	618	696	664	943	601
Total	2002	615	704	660	937	598
	100%	100%	100%	100%	100%	100%
Yes	1680	533	598	536	791	489
	84%	87%	85%	81%	84%	82%
		c				
No	301	77	99	117	138	101
	15%	13%	14%	18%	15%	17%
			a			
Prefer not to say	21	5	6	7	9	8
	1%	1%	1%	1%	1%	1%