

## Sport England, Survey into adult physical activity attitudes and behaviour, 20<sup>th</sup> January 2021

*Methodology: Savanta ComRes interviewed 2039 English adults (16+ online) on 15<sup>th</sup> to 18<sup>th</sup> January 2021. 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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To register for Pollwatch, featuring commentary and insight from the Savanta ComRes team, please email: [pollwatch@comresglobal.com](mailto:pollwatch@comresglobal.com)

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BASE: All respondents	
D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)? .....	914
BASE: All respondents	
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. ....	922
BASE: All respondents	
D6C. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now? .....	936
BASE: All respondents that are employed or self-employed during the coronavirus pandemic	
D6D. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now? .....	943
BASE: All respondents that are employed or self-employed during the coronavirus pandemic	
D8. Including yourself, how many people in total live in your household? .....	950
BASE: All respondents	
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. ....	957
BASE: All who live with at least one other person	
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? .....	964
BASE: All respondents	
D11. To which of the following ethnic groups do you consider you belong? .....	971
BASE: All respondents	
D12. Which of the following best describes where you live? .....	978
BASE: All respondents	
D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise? .....	985
BASE: All respondents	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### D1. Are you...?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Male

Female

Other

Prefer not to say

	Gender		Age			Region								
Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2039	979	1051	660	677	702	103	275	219	217	172	194	317	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	995	995	-	157	257	580	54	134	98	98	83	124	143	108
	49%	100%	-	26%	39%	77%	54%	50%	49%	46%	47%	55%	45%	52%
		b			a	ab					g			
Female	1035	-	1035	454	409	173	44	131	101	115	92	101	175	99
	51%	-	100%	74%	61%	23%	45%	49%	50%	54%	52%	45%	55%	47%
			a	bc	c							f	f	
Other	3	-	-	2	-	1	-	-	-	-	1	1	-	1
	*	-	-	*	-	*	-	-	-	-	*	*	-	*
Prefer not to say	6	-	-	3	2	1	1	1	1	-	2	-	1	-
	*	-	-	*	*	*	1%	*	1%	-	1%	-	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	995	74	216	184	117	69	334	474	520	887	15	50	24	5	4	99
	49%	49%	46%	38%	47%	34%	69%	43%	55%	51%	27%	45%	37%	59%	33%	39%
		ce	ce		ce		abcdegh	e	bcdeg	bdg		b				
Female	1035	74	255	293	131	133	149	622	414	864	38	60	41	4	9	151
	51%	49%	54%	61%	52%	66%	31%	56%	44%	49%	71%	54%	63%	41%	67%	60%
		f	fh	abdfh	fh	abdfgh		fh	f		ac		a			a
Other	3	-	-	-	1	1	1	-	3	3	-	-	-	-	-	-
	*	-	-	-	*	*	*	-	*	*	-	-	-	-	-	-
					g	g										
Prefer not to say	6	2	1	2	1	-	-	5	1	1	1	1	-	-	-	2
	*	1%	*	*	*	-	-	*	*	*	2%	1%	-	-	-	1%
		fh									a	a				a

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## D1. Are you...?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Male

Female

Other

Prefer not to say

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week		Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work		NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed								Student		Retired	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293	
2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
995	728	124	105	229	53	51	311	53	37	35	38	23	44	349	105	
49%	58%	35%	33%	34%	32%	41%	51%	26%	59%	51%	34%	20%	25%	86%	36%	
	bcd				h	dhi	abdghik		abdghik	adghik	h			abcdehghik	dhi	
1035	521	234	214	448	112	72	297	147	25	33	73	91	128	57	184	
51%	41%	65%	67%	66%	67%	58%	49%	73%	41%	49%	65%	77%	74%	14%	63%	
		a	a	a	cefi	ej	j	bcefi	j	j	cefi	bcefi	bcefi		cefi	
3	2	1	-	1	1	1	-	-	-	-	1	-	-	-	2	
*	*	*	-	*	1%	1%	-	-	-	-	1%	-	-	-	1%	
						c					c				c	
6	4	-	-	-	-	-	-	1	-	-	-	4	1	-	-	
*	*	-	-	-	-	-	-	*	-	-	-	3%	1%	-	-	
												abcdghik				

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
995	208	191	67	8	258	217	251	118	91	13	209	264	169	608	188	29	826
49%	47%	48%	43%	31%	47%	46%	46%	45%	51%	33%	47%	45%	63%	52%	37%	32%	47%
									d				bcd	cde			cd
1035	231	207	86	18	293	249	293	144	86	26	230	319	97	553	325	60	938
51%	53%	52%	56%	69%	53%	54%	54%	55%	49%	67%	52%	55%	36%	48%	63%	67%	53%
										c				a	abe	abe	ab
3	-	1	-	-	1	-	-	1	-	-	1	-	1	1	1	-	2
*	-	*	-	-	*	-	-	*	-	-	*	-	*	*	*	-	*
6	-	-	1	-	1	-	-	-	1	-	1	-	3	1	1	1	3
*	-	-	1%	-	*	-	-	-	1%	-	*	-	1%	*	*	1%	*
													be			b	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
	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	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	995	136	672	82	199	33	689	283	28	775	220	849	138
	49%	40%	49%	32%	55%	51%	50%	47%	38%	48%	51%	50%	46%
			a		aef	a	af	a					
Female	1035	201	701	174	162	31	675	320	45	829	206	851	162
	51%	59%	51%	67%	45%	49%	49%	53%	62%	51%	48%	50%	54%
			b	bcde				b	bd				
Other	3	1	1	2	-	-	1	2	-	3	-	2	1
	*	*	*	1%	-	-	*	*	-	*	-	*	*
				d									
Prefer not to say	6	-	3	-	1	-	3	1	-	4	2	2	1
	*	-	*	-	*	-	*	*	-	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### D1. Are you...?

BASE: All respondents

Significance Level: 95%

	Number of days active										Life satisfaction score				Covid-19 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
995	222	103	142	144	110	81	44	148	499	273	229	295	352	108	205	199	365	211
49%	55%	41%	47%	45%	43%	45%	64%	58%	44%	54%	40%	47%	59%	55%	54%	50%	48%	47%
	bcdefi						bcdefi	bcdefi		bcdefi		a	ab	a	cd			
1035	183	144	161	175	144	98	25	105	624	228	343	325	248	88	170	194	397	241
51%	45%	58%	53%	55%	57%	54%	36%	41%	55%	45%	59%	52%	41%	45%	45%	49%	52%	53%
		aghj	aghj	aghj	aghj	aghj			aghj		bcd	c			a		a	
3	-	-	-	-	1	1	-	1	1	2	2	1	-	-	-	1	-	2
*	-			-	*	1%	-	*	*	*	*	*	-	-	-	*	-	*
6	2	1	1	1	-	1	-	-	3	1	3	1	-	-	3	-	2	-
*	*	*	*	*	-	1%	-	-	*	*	1%	*	-	-	1%	-	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
Total	NET: More	About the same	NET: Less	Yes	No
	a	b	c	a	b
2039	651	623	731	1006	599
2039	647	628	734	988	596
100%	100%	100%	100%	100%	100%
995	288	357	344	408	298
49%	44%	57%	47%	41%	50%
		ac			a
1035	358	268	387	575	298
51%	55%	43%	53%	58%	50%
	b		b	b	
3	2	-	-	2	-
*	*	-	-	*	-
6	-	3	3	3	-
*	-	*	*	*	-

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	30	5	25	30	-	-	1	3	4	1	3	3	6	6	4
	1%	*	2%	5%	-	-	1%	1%	2%	*	2%	1%	2%	2%	2%
			a	bc											
18-24	243	59	181	243	-	-	10	25	17	28	23	15	60	38	27
	12%	6%	18%	40%	-	-	10%	9%	8%	13%	13%	7%	19%	12%	13%
			a	bc						f	f		abcfh		f
25-34	343	94	247	343	-	-	13	51	41	29	28	27	70	56	29
	17%	9%	24%	56%	-	-	13%	19%	20%	14%	16%	12%	22%	17%	14%
			a	bc				f	f				adfi		
35-44	320	88	230	-	320	-	13	39	25	39	28	30	61	57	29
	16%	9%	22%	-	48%	-	13%	15%	13%	18%	16%	13%	19%	17%	14%
			a		ac								c		
45-54	348	169	178	-	348	-	16	44	35	41	33	34	44	60	41
	17%	17%	17%	-	52%	-	16%	17%	18%	19%	19%	15%	14%	18%	20%
					ac										
55-64	297	177	120	-	-	297	19	42	31	27	26	44	39	44	27
	15%	18%	12%	-	-	39%	19%	16%	15%	13%	15%	19%	12%	13%	13%
		b				ab						g			
65+	458	403	54	-	-	458	28	62	48	47	35	75	40	71	52
	22%	41%	5%	-	-	61%	29%	23%	24%	22%	20%	33%	13%	21%	25%
		b				ab	g	g	g	g	g	bcdegh		g	g
NET: 16-34	616	157	454	616	-	-	23	79	61	58	54	44	136	100	60
	30%	16%	44%	100%	-	-	24%	30%	31%	27%	31%	19%	43%	30%	29%
			a	bc				f	f		f		abcdefhi	f	f
NET: 35-54	668	257	409	-	668	-	29	83	60	80	61	64	105	117	70
	33%	26%	39%	-	100%	-	29%	31%	30%	38%	34%	28%	33%	35%	33%
			a		ac					f					
NET: 55+	755	580	173	-	-	755	47	104	78	74	61	119	79	114	79
	37%	58%	17%	-	-	100%	47%	39%	39%	35%	35%	52%	25%	35%	38%
		b				ab	degh	g	g	g	g	bcdeghi		g	g
Base for stats	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
Mean Score	46.82	55.44	38.61	25.36	44.29	66.56	50.16	47.62	48.00	46.79	45.79	51.94	40.79	46.49	48.20
		b			a	ab	eg	g	g	g	g	bcdeghi		g	g
Standard Deviation	18.083	17.023	14.953	5.305	5.953	7.592	17.688	17.768	18.483	17.666	17.837	17.270	17.091	18.026	19.038
Standard Error	.400	.544	.461	.207	.229	.287	1.743	1.071	1.249	1.199	1.360	1.240	.960	.982	1.330
Error variance	.16	.30	.21	.04	.05	.08	3.04	1.15	1.56	1.44	1.85	1.54	.92	.96	1.77

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	30	2	5	14	3	3	2	21	8	21	1	4	2	-	2	8
	1%	1%	1%	3%	1%	2%	*	2%	1%	1%	2%	3%	3%	-	12%	3%
				bfg				f								a
18-24	243	31	52	74	32	31	23	157	86	170	17	24	19	1	2	64
	12%	20%	11%	15%	13%	15%	5%	14%	9%	10%	31%	22%	29%	17%	17%	25%
		bdfgh	f	bfg	f	fh		fh	f		a	a	a			a
25-34	343	31	89	88	53	52	30	209	134	280	18	25	13	1	3	59
	17%	21%	19%	18%	21%	26%	6%	19%	14%	16%	32%	22%	20%	10%	19%	23%
		fh	fh	fh	fh	bdfgh		fh	f		a					a
35-44	320	25	95	102	37	36	26	221	99	251	6	34	14	3	4	60
	16%	16%	20%	21%	15%	18%	5%	20%	11%	14%	11%	30%	21%	29%	30%	24%
		fh	fh	dth	f	fh		dth	f			ab				ab
45-54	348	20	101	104	41	38	45	224	124	304	7	17	10	2	3	39
	17%	13%	21%	22%	16%	19%	9%	20%	13%	17%	13%	15%	15%	19%	22%	15%
			afh	afh	f	fh		afh	f							
55-64	297	24	67	60	48	30	69	151	147	282	5	4	5	1	-	15
	15%	16%	14%	13%	19%	15%	14%	14%	16%	16%	9%	4%	8%	12%	-	6%
				cg						cg						
65+	458	17	63	38	37	12	291	118	339	447	1	3	2	1	-	8
	22%	12%	13%	8%	15%	6%	60%	11%	36%	25%	2%	3%	4%	13%	-	3%
			ce		ce		abcdegh	e	abcdeg	bcdg						
NET: 16-34	616	64	147	176	89	86	54	387	229	470	35	53	34	2	6	130
	30%	43%	31%	37%	35%	43%	11%	35%	24%	27%	65%	47%	52%	27%	48%	52%
		bfg	fh	fh	fh	bfg		fh	f		ac	a	a			a
NET: 35-54	668	45	195	205	77	75	71	445	223	555	13	51	23	4	7	99
	33%	30%	41%	43%	31%	37%	15%	40%	24%	32%	24%	46%	36%	48%	52%	39%
		f	adfh	adfh	fh	fh		adfh	f			ab				ab
NET: 55+	755	41	130	98	85	42	359	269	486	729	6	8	8	2	-	24
	37%	28%	28%	20%	34%	21%	74%	24%	52%	42%	11%	7%	12%	25%	-	9%
			c		ceg		abcdegh		abcdeg	bcdg						
Base for stats	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
Mean Score	46.82	40.98	44.33	40.87	44.34	40.41	60.90	42.37	52.04	48.70	33.80	35.34	35.26	43.95	33.08	35.16
			aceg		ce		abcdegh		abcdeg	bcdg						
Standard Deviation	18.083	17.304	16.548	15.391	17.058	15.452	16.263	16.236	18.740	17.993	13.682	13.328	14.053	16.265	11.348	13.615
Standard Error	.400	1.413	.772	.692	1.066	1.059	.753	.489	.613	.431	1.828	1.254	1.757	5.144	2.930	.848
Error variance	.16	2.00	.60	.48	1.14	1.12	.57	.24	.38	.19	3.34	1.57	3.09	26.46	8.59	.72

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## D2. How old are you?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work		NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	30	17	5	4	9	1	-	-	2	-	1	2	24	-	-	1
	1%	1%	1%	1%	1%	*	-	-	1%	-	2%	2%	21%	-	-	*
									c		cj	cj	abcde f g i j k			
18-24	243	139	46	30	77	32	15	48	30	6	8	18	76	10	-	47
	12%	11%	13%	10%	11%	19%	12%	8%	15%	10%	12%	16%	65%	6%	-	16%
						c i j	j	j	c i j	j	j	c i j	abcde f g i j k	j		c i j
25-34	343	135	101	93	194	43	29	155	37	12	10	26	5	25	2	72
	17%	11%	28%	29%	29%	26%	24%	25%	18%	19%	15%	23%	4%	14%	*	25%
			a	a	a	h i j	h i j	d h i j	h j	h j	h j	h j	j	h j		h i j
35-44	320	99	80	113	193	38	24	137	40	6	9	15	5	44	-	62
	16%	8%	22%	35%	28%	23%	20%	23%	20%	10%	13%	14%	4%	26%	-	22%
			a	a b d	a b	e g h j	h j	e g h j	h j	j	h j	h j	j	e f g h j		e h j
45-54	348	178	84	69	153	29	28	144	45	16	11	25	3	42	4	57
	17%	14%	23%	22%	23%	18%	23%	24%	22%	26%	16%	23%	2%	24%	1%	20%
			a	a	a	h j	h j	h j	h j	h j	h j	h j		h j		h j
55-64	297	252	31	6	37	18	17	97	30	15	13	25	-	39	44	34
	15%	20%	9%	2%	6%	11%	13%	16%	15%	24%	19%	22%	-	23%	11%	12%
		b c d	c		c	h	h	h j	h	a h i j k	h	a h i j k		a b c d h i j k	h	h
65+	458	436	12	3	15	6	11	27	18	6	16	1	5	12	357	16
	22%	35%	3%	1%	2%	3%	8%	4%	9%	10%	23%	1%	4%	7%	88%	6%
		b c d	c				g		a c g	g	a b c d e g h i k			g	a b c d e f g h i k	g
NET: 16-34	616	291	152	127	280	76	44	202	69	19	19	45	105	35	2	120
	30%	23%	42%	40%	41%	45%	36%	33%	34%	30%	29%	41%	89%	20%	*	41%
			a	a	a	c d e f i j	i j	i j	i j	j	j	i j	a b c d e f g i j k	j		c i j
NET: 35-54	668	277	163	182	346	67	53	282	85	23	20	40	8	86	4	120
	33%	22%	46%	57%	51%	40%	42%	46%	42%	36%	29%	36%	7%	50%	1%	41%
			a	a b	a	h j	h j	f g h j	h j	h j	h j	h j	j	f g h j		h j

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### D2. How old are you?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: 55+

Base for stats

Mean Score

Standard Deviation

Standard Error

Error variance

	Children aged 15 or under in the household				Current employment status										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 55+	755	687	43	9	52	23	27	124	48	21	29	26	5	51	51
	37%	55%	12%	3%	8%	14%	22%	20%	24%	34%	42%	23%	4%	30%	17%
	bcd	cd		c	h	h	h	ah	achk	abcdghk	ah			achk	h
Base for stats	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
Mean Score	46.82	52.46	38.55	37.02	37.83	37.49	41.78	42.16	42.69	45.61	48.61	40.07	23.35	45.92	39.32
	bcd				h	ah	ahk	ahk	acghk	abcdghk	h			abcdghk	h
Standard Deviation	18.083	18.707	13.304	10.490	12.077	13.593	14.456	13.090	16.040	15.277	18.462	14.196	13.741	13.359	14.104
Standard Error	.400	.513	.758	.630	.499	1.043	1.303	.527	1.134	1.925	2.239	1.301	1.170	1.010	.824
Error variance	.16	.26	.57	.40	.25	1.09	1.70	.28	1.29	3.70	5.01	1.69	1.37	1.02	.68

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	30 1%	- -	1 *	- -	1 4%	1 *	1 *	2 *	- -	1 1%	- -	1 *	2 *	- -	8 1%	16 3%	6 7%	30 2%
																ab	abe	ab
18-24	243 12%	40 9%	33 8%	19 12%	5 20%	52 9%	46 10%	43 8%	30 11%	13 8%	12 32%	44 10%	56 10%	14 5%	95 8%	106 21%	29 32%	229 13%
											abcef					abe	abce	ab
25-34	343 17%	99 22%	98 25%	32 21%	8 29%	130 23%	107 23%	119 22%	72 27%	37 21%	8 21%	109 25%	127 22%	24 9%	195 17%	106 21%	18 20%	319 18%
															a	a	a	a
35-44	320 16%	86 19%	85 21%	31 20%	4 13%	116 21%	89 19%	104 19%	65 25%	29 17%	9 22%	95 22%	113 19%	28 10%	151 13%	120 23%	21 23%	292 16%
									c							abe	ab	ab
45-54	348 17%	108 24%	93 23%	30 19%	5 20%	122 22%	113 24%	143 26%	51 19%	37 21%	3 8%	88 20%	146 25%	42 15%	186 16%	110 21%	11 12%	307 17%
								bde					d			abde		
55-64	297 15%	85 19%	60 15%	21 13%	4 14%	80 15%	88 19%	100 18%	34 13%	30 17%	5 13%	65 15%	105 18%	57 21%	192 16%	42 8%	6 7%	240 14%
		e												cde	cde			c
65+	458 22%	23 5%	29 7%	22 14%	- -	51 9%	23 5%	33 6%	11 4%	29 16%	1 3%	40 9%	34 6%	104 39%	337 29%	16 3%	- -	353 20%
				abf		af				abdef		b		bcde	cde			cd
NET: 16-34	616 30%	139 32%	132 33%	51 33%	14 53%	183 33%	153 33%	164 30%	102 39%	52 29%	21 54%	154 35%	185 32%	39 14%	298 26%	228 44%	52 58%	578 33%
									acf		acef				a	abe	abce	ab
NET: 35-54	668 33%	193 44%	177 45%	61 39%	9 33%	238 43%	202 43%	247 45%	116 44%	67 38%	12 31%	183 42%	259 44%	70 26%	337 29%	230 45%	31 35%	598 34%
																abe		ab
NET: 55+	755 37%	107 24%	89 22%	42 27%	4 14%	131 24%	111 24%	133 24%	45 17%	59 33%	6 16%	104 24%	139 24%	162 60%	529 45%	58 11%	6 7%	593 34%
								b		abdef		b	b	bcde	cde			cd
Base for stats	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### D2. How old are you?

BASE: All respondents

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 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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
46.82	43.36	42.73	43.70	36.28	43.00	42.95	43.77	40.34	45.89	35.23	42.58	43.20	55.96	50.16	37.03	32.21	45.42
							bd	d	bdef		bd	bd	bcde	cde	d		cd
18.083	14.008	14.295	15.780	13.484	14.717	14.061	13.900	13.817	15.771	14.216	14.870	14.070	16.552	17.930	13.941	12.938	17.904
.400	.663	.717	1.280	2.548	.628	.646	.592	.855	1.189	2.248	.711	.578	.989	.525	.622	1.349	.427
.16	.44	.51	1.64	6.49	.39	.42	.35	.73	1.41	5.05	.51	.33	.98	.28	.39	1.82	.18

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	30	5	22	4	4	2	20	9	1	23	6	24	5
	1%	1%	2%	2%	1%	2%	1%	1%	1%	1%	1%	1%	2%
18-24	243	43	167	50	22	6	158	68	8	192	51	194	38
	12%	13%	12%	19%	6%	9%	12%	11%	11%	12%	12%	11%	13%
				b c d e			b	b					
25-34	343	93	216	60	41	15	225	106	7	281	62	275	61
	17%	27%	16%	23%	11%	24%	16%	17%	10%	17%	15%	16%	20%
		b		b d e f		b f	b	b					
35-44	320	81	203	39	39	15	225	84	9	270	50	254	62
	16%	24%	15%	15%	11%	23%	16%	14%	12%	17%	12%	15%	21%
		b				b	b			b		a	
45-54	348	57	240	58	57	13	237	102	23	281	67	283	59
	17%	17%	17%	22%	16%	20%	17%	17%	32%	17%	16%	17%	20%
				b d				b d e					
55-64	297	32	205	36	70	4	201	91	18	235	62	266	32
	15%	9%	15%	14%	19%	6%	15%	15%	25%	15%	15%	16%	11%
			a		c d			a c d e				b	
65+	458	26	323	11	130	10	303	145	6	329	128	408	44
	22%	8%	23%	4%	36%	16%	22%	24%	8%	20%	30%	24%	15%
		a	a		a c d e f	a	a f	a f			a	b	
NET: 16-34	616	141	405	114	66	22	402	183	16	496	120	493	105
	30%	42%	29%	44%	18%	35%	29%	30%	23%	31%	28%	29%	35%
		b		b d e f		b	b	b				a	
NET: 35-54	668	139	444	97	96	27	462	186	32	551	117	537	121
	33%	41%	32%	38%	27%	42%	34%	31%	44%	34%	27%	32%	40%
		b		b e		b	b	b e		b		a	
NET: 55+	755	58	528	47	200	15	504	236	24	564	191	674	76
	37%	17%	38%	18%	55%	23%	37%	39%	33%	35%	45%	40%	25%
		a	a		a c d e f		a c	a c	a		a	b	
Base for stats	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### D2. How old are you?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Mean Score

Standard Deviation

Standard Error

Error variance

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
								NET: Longstanding physical and mental condition or illness				
Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
	a	b	a	b	c	d	e	f	a	b	a	b
2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
46.82	39.87	47.20	38.97	53.98	42.79	46.83	47.48	46.12	46.05	49.73	47.60	43.29
		a		acdef		a	ac	a		a	b	
18.083	15.197	18.159	14.738	17.562	17.072	17.774	18.431	13.644	17.683	19.263	18.162	16.673
.400	.832	.491	.894	.928	2.117	.482	.746	1.555	.440	.938	.443	.932
.16	.69	.24	.80	.86	4.48	.23	.56	2.42	.19	.88	.20	.87

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## D2. How old are you?

BASE: All respondents

	Number of days active											Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	30	6	2	6	1	8	4	2	2	16	8	7	14	2	3	10	6	9	2
	1%	1%	1%	2%	*	3%	2%	3%	1%	1%	2%	1%	2%	*	2%	3%	2%	1%	*
				d		d	d	d					c		c	d			
18-24	243	28	23	46	54	34	28	7	25	156	60	92	75	50	16	50	78	72	31
	12%	7%	9%	15%	17%	13%	15%	10%	10%	14%	12%	16%	12%	8%	8%	13%	20%	9%	7%
				ab	abhj	a	ab			ab	a	bcd	c			d	acd		
25-34	343	39	39	57	71	51	32	13	41	218	86	87	120	83	40	67	74	124	70
	17%	10%	16%	19%	22%	20%	18%	19%	16%	19%	17%	15%	19%	14%	20%	18%	19%	16%	15%
			a	a	a	a	a	a	a	a	a		c		c				
35-44	320	54	53	50	55	47	25	6	30	205	61	108	92	89	24	50	60	120	82
	16%	13%	21%	16%	17%	18%	14%	9%	12%	18%	12%	19%	15%	15%	12%	13%	15%	16%	18%
			afghj		j	hj			aghj			d							
45-54	348	75	43	61	49	43	31	14	33	195	78	110	105	95	31	69	63	132	76
	17%	18%	17%	20%	15%	17%	17%	21%	13%	17%	15%	19%	17%	16%	16%	18%	16%	17%	17%
				h															
55-64	297	61	42	48	36	34	24	10	43	160	77	90	84	97	25	41	40	129	85
	15%	15%	17%	16%	11%	13%	13%	15%	17%	14%	15%	16%	13%	16%	13%	11%	10%	17%	19%
			d					d										ab	ab
65+	458	145	46	37	54	40	38	17	80	178	135	83	133	184	57	91	73	179	109
	22%	36%	19%	12%	17%	16%	21%	25%	32%	16%	27%	14%	21%	31%	29%	24%	19%	23%	24%
		bcd	efij				c		bcdefi		bcdei		a	ab	ab				
NET: 16-34	616	73	64	108	126	92	64	22	68	390	154	186	209	135	59	126	158	205	103
	30%	18%	26%	36%	39%	36%	35%	31%	27%	35%	30%	32%	34%	23%	30%	33%	40%	27%	23%
			a	abh	abhj	abh	ab	a	a	abh	a	c	c		c	cd	acd		
NET: 35-54	668	128	96	111	105	89	56	20	63	401	139	218	197	184	55	120	123	251	158
	33%	32%	39%	36%	33%	35%	31%	29%	25%	36%	28%	38%	32%	31%	28%	32%	31%	33%	35%
			hj	hj	h	hj				hj		bcd							
NET: 55+	755	206	89	85	90	74	62	27	123	337	212	173	216	281	82	132	113	308	193
	37%	51%	36%	28%	28%	29%	34%	39%	48%	30%	42%	30%	35%	47%	42%	35%	29%	40%	43%
		bcd	efij	d					bcdefi		cdei			ab	a			b	ab
Base for stats	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
Mean Score	46.82	53.12	46.69	43.39	42.68	43.34	45.08	47.71	50.66	43.90	48.25	43.88	45.71	51.13	48.87	46.38	42.75	48.01	49.55
		bcd	efgij	cdei				d	bcdefi		cdei			ab	ab	b		b	ab
Standard Deviation	18.083	17.859	17.010	16.554	17.679	17.347	18.593	18.052	18.748	17.202	18.738	17.074	18.247	17.859	18.507	18.923	18.402	17.526	16.964
Standard Error	.400	.889	1.085	.939	.987	1.078	1.378	2.205	1.188	.510	.840	.700	.730	.740	1.343	.961	.917	.638	.806
Error variance	.16	.79	1.18	.88	.97	1.16	1.90	4.86	1.41	.26	.71	.49	.53	.55	1.80	.92	.84	.41	.65

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
16-17	30	16	4	9	18	7
	1%	2%	1%	1%	2%	1%
		b				
18-24	243	99	55	78	154	62
	12%	15%	9%	11%	16%	10%
		bc			b	
25-34	343	146	81	111	224	102
	17%	23%	13%	15%	23%	17%
		bc			b	
35-44	320	116	77	122	194	95
	16%	18%	12%	17%	20%	16%
		b		b		
45-54	348	98	111	135	192	110
	17%	15%	18%	18%	19%	18%
55-64	297	74	102	119	134	102
	15%	11%	16%	16%	14%	17%
			a	a		
65+	458	98	198	159	72	118
	22%	15%	31%	22%	7%	20%
			ac	a		a
NET: 16-34	616	261	141	198	396	170
	30%	40%	22%	27%	40%	29%
		bc			b	
NET: 35-54	668	214	188	257	386	205
	33%	33%	30%	35%	39%	34%
			b			
NET: 55+	755	172	299	279	206	221
	37%	27%	48%	38%	21%	37%
			ac	a		a
Base for stats	2039	647	628	734	988	596
Mean Score	46.82	42.07	51.36	47.56	40.40	47.13
			ac	a		a
Standard Deviation	18.083	17.483	18.004	17.570	15.109	17.739
Standard Error	.400	.685	.721	.650	.476	.725
Error variance	.16	.47	.52	.42	.23	.53

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98	54	44	23	29	47	98	-	-	-	-	-	-	-	-
	5%	5%	4%	4%	4%	6%	100%	-	-	-	-	-	-	-	-
						a	bcdefghi								
North West	266	134	131	79	83	104	-	266	-	-	-	-	-	-	-
	13%	13%	13%	13%	12%	14%	-	100%	-	-	-	-	-	-	-
								acdefghi							
Yorkshire and the Humber	200	98	101	61	60	78	-	-	200	-	-	-	-	-	-
	10%	10%	10%	10%	9%	10%	-	-	100%	-	-	-	-	-	-
									abdefghi						
West Midlands	213	98	115	58	80	74	-	-	-	213	-	-	-	-	-
	10%	10%	11%	9%	12%	10%	-	-	-	100%	-	-	-	-	-
										abcefghi					
East Midlands	177	83	92	54	61	61	-	-	-	-	177	-	-	-	-
	9%	8%	9%	9%	9%	8%	-	-	-	-	100%	-	-	-	-
											abcdfghi				
East of England	226	124	101	44	64	119	-	-	-	-	-	226	-	-	-
	11%	12%	10%	7%	10%	16%	-	-	-	-	-	100%	-	-	-
						ab						abcdeghi			
London	320	143	175	136	105	79	-	-	-	-	-	-	320	-	-
	16%	14%	17%	22%	16%	10%	-	-	-	-	-	-	100%	-	-
				bc	c								abcdefhi		
South East	331	153	178	100	117	114	-	-	-	-	-	-	-	331	-
	16%	15%	17%	16%	17%	15%	-	-	-	-	-	-	-	100%	-
														abcdefgi	
South West	208	108	99	60	70	79	-	-	-	-	-	-	-	-	208
	10%	11%	10%	10%	10%	10%	-	-	-	-	-	-	-	-	100%
															abcdefgh
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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								
Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
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: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98	7	26	15	13	10	28	48	50	95	2	-	1	-	-	3
	5%	5%	5%	3%	5%	5%	6%	4%	5%	5% cg	3% c	-	2%	-	-	1%
North West	266	19	49	61	32	28	77	129	137	242	3	14	3	3	-	24
	13%	13%	10%	13%	13%	14%	16% bg	12%	15% b	14% dg	6%	13%	5%	35%	-	9%
Yorkshire and the Humber	200	9	42	54	23	23	49	105	95	179	3	6	4	-	2	15
	10%	6%	9%	11%	9%	11%	10%	9%	10%	10% g	6%	6%	6%	-	17%	6%
West Midlands	213	16	49	53	26	24	45	119	95	185	7	19	2	-	-	28
	10%	11%	10%	11%	10%	12%	9%	11%	10%	11% ad	12%	17% ad	3%	-	-	11% d
East Midlands	177	9	33	44	28	19	43	87	90	162	4	2	4	-	-	10
	9%	6%	7%	9%	11%	9%	9%	8%	10%	9% cg	8% c	2%	6%	-	-	4%
East of England	226	12	53	51	28	15	67	117	110	210	4	4	7	-	-	15
	11%	8%	11%	11%	11%	8%	14% ae	11%	12%	12% cg	8%	3%	10%	-	-	6%
London	320	41	91	75	29	27	57	207	112	194	21	46	31	4	10	112
	16%	28% bcdefgh	19% dfh	16% h	12%	13%	12%	19% defh	12%	11% a	40% a	42% a	48% a	42%	72%	44% a
South East	331	23	85	73	46	36	68	181	150	296	7	12	10	2	1	31
	16%	15%	18%	15%	18%	18%	14%	16%	16%	17%	12%	11%	15%	23%	6%	12%
South West	208	13	45	51	27	20	52	109	99	192	3	8	3	-	1	15
	10%	9%	10%	11%	11%	10%	11%	10%	11%	11% g	5%	7%	5%	-	6%	6%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98	61	20	15	35	5	9	32	3	2	2	4	7	11	24	14
	5%	5%	5%	5%	5%	3%	7% d	5% d	1%	3%	4%	3%	6% d	6% d	6% d	5% d
North West	266	166	38	46	84	24	15	74	37	12	6	13	12	19	55	39
	13%	13%	11%	14%	12%	14%	12%	12%	18% ch	20%	8%	11%	10%	11%	14%	13%
Yorkshire and the Humber	200	127	29	32	62	10	9	68	23	5	5	11	10	16	41	19
	10%	10%	8%	10%	9%	6%	8%	11% ak	12%	8%	8%	10%	9%	9%	10%	7%
West Midlands	213	128	43	39	81	16	12	61	22	8	4	11	14	14	50	28
	10%	10%	12%	12%	12%	10%	10%	10%	11%	14%	5%	10%	12%	8%	12%	10%
East Midlands	177	113	27	25	53	16	6	51	18	5	7	11	11	15	38	21
	9%	9%	8%	8%	8%	9%	5%	8%	9%	8%	11%	10%	9%	9%	9%	7%
East of England	226	158	26	32	58	12	13	60	18	8	12	12	6	28	56	26
	11%	13% bd	7%	10%	9%	7%	11%	10%	9%	13% h	17% ahk	11%	5% acdhk	16% ahk	14% ahk	9%
London	320	175	72	40	112	35	27	95	33	10	20	18	28	19	35	62
	16%	14%	20% ac	12%	17%	21% ij	22% ij	16% j	16% j	16%	29% cdgij	16% j	24% cij	11%	9%	21% cij
South East	331	198	65	57	123	34	18	107	28	8	4	19	16	32	64	52
	16%	16%	18%	18%	18%	20% f	15% f	18% f	14%	13%	7% f	17% f	13%	18% f	16% f	18% f
South West	208	130	38	33	71	14	14	60	20	3	8	13	15	18	43	29
	10%	10%	11%	10%	10%	9%	11%	10%	10%	5%	12%	11%	12%	11%	11%	10%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Northern Ireland

Outside of the UK

	Children aged 15 or under in the household				Current employment status										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
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: 15th January - 18th January 2021

## 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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
98	29	10	6	1	16	30	29	11	6	1	17	30	18	60	17	4	80
5%	7% be	3%	4%	3%	3%	6% be	5%	4%	3%	3%	4%	5%	7% c	5%	3%	4%	5%
266	56	47	26	6	72	63	75	29	28	8	57	83	41	145	70	10	224
13%	13%	12%	17%	24%	13%	13%	14%	11%	16%	21%	13%	14%	15%	12%	14%	11%	13%
200	51	40	12	4	52	54	61	25	19	3	44	63	26	112	56	6	174
10%	12%	10%	8%	14%	9%	12%	11%	9%	11%	7%	10%	11%	9%	10%	11%	7%	10%
213	49	35	18	3	52	51	57	25	17	5	42	62	21	132	51	8	192
10%	11%	9%	11%	10%	9%	11%	11%	9%	10%	13%	10%	11%	8%	11%	10%	9%	11%
177	39	27	16	-	43	39	47	18	14	3	33	50	25	104	40	7	152
9%	9%	7%	10%	-	8%	8%	9%	7%	8%	7%	7%	9%	9%	9%	8%	8%	9%
226	43	50	13	3	63	46	59	18	25	2	43	61	34	126	58	8	192
11%	10%	13%	9%	12%	11%	10%	11%	7%	14% b	6%	10%	11%	13%	11%	11%	9%	11%
320	62	80	28	7	108	69	70	63	34	8	97	78	43	166	88	23	277
16%	14%	20% af	18%	26%	20% af	15%	13%	24% af	19% a	21%	22% af	13%	16%	14%	17% abe	26% abe	16%
331	66	68	22	3	90	69	85	47	24	6	71	91	41	184	92	14	290
16%	15%	17%	14%	11%	16%	15%	16%	18%	13%	16%	16%	16%	15%	16%	18%	16%	16%
208	45	42	13	-	56	45	61	26	11	3	37	64	21	135	43	9	187
10%	10%	11%	9%	-	10%	10%	11% c	10%	6%	7%	8%	11%	8%	12%	8%	10%	11%
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Outside of the UK

	Nature of working location						Nature of working hours						Number of people in household including self				
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98	18	60	14	23	4	61	35	5	79	20	86	12
	5%	5%	4%	5%	6%	6%	4%	6%	8%	5%	5%	5%	4%
North West	266	57	161	36	49	9	175	87	8	215	51	228	31
	13%	17%	12%	14%	14%	15%	13%	14%	11%	13%	12%	13%	10%
		b											
Yorkshire and the Humber	200	29	141	28	43	3	129	63	10	151	49	168	27
	10%	8%	10%	11%	12%	5%	9%	10%	14%	9%	11%	10%	9%
West Midlands	213	37	152	39	40	4	140	70	12	170	43	181	31
	10%	11%	11%	15%	11%	6%	10%	12%	16%	11%	10%	11%	10%
				cd					c				
East Midlands	177	31	119	24	41	6	113	59	11	123	53	151	23
	9%	9%	9%	9%	11%	9%	8%	10%	15%	8%	12%	9%	8%
									d		a		
East of England	226	28	159	24	45	11	152	70	9	148	78	200	26
	11%	8%	12%	9%	13%	17%	11%	12%	13%	9%	18%	12%	8%
											a		
London	320	68	191	27	40	13	220	74	4	300	19	247	65
	16%	20%	14%	11%	11%	21%	16%	12%	6%	19%	5%	15%	22%
		b				abf	abef			b			a
South East	331	52	229	40	49	4	238	84	8	263	67	274	52
	16%	15%	17%	15%	13%	7%	17%	14%	11%	16%	16%	16%	17%
							c						
South West	208	19	165	27	31	10	140	62	5	161	47	169	35
	10%	6%	12%	11%	8%	15%	10%	10%	7%	10%	11%	10%	11%
			a										
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Northern Ireland

Outside of the UK

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
								NET: Longstanding physical and mental condition or illness				
Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
	a	b	a	b	c	d	e	f	a	b	a	b
2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
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: 15th January - 18th January 2021

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

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98	21	16	11	19	10	8	2	12	56	22	24	31	33	8	24	13	48	12
	5%	5%	6%	4%	6%	4%	4%	3%	5%	5%	4%	4%	5%	5%	4%	6%	3%	6%	3%
																d		bd	
North West	266	49	32	48	41	36	14	8	37	157	59	75	85	67	32	49	34	111	67
	13%	12%	13%	16%	13%	14%	8%	11%	15%	14%	12%	13%	14%	11%	16%	13%	9%	14%	15%
				f					f	f								b	b
Yorkshire and the Humber	200	45	22	25	29	23	18	8	32	98	57	57	53	64	22	47	40	67	39
	10%	11%	9%	8%	9%	9%	10%	11%	12%	9%	11%	10%	8%	11%	11%	13%	10%	9%	9%
																c			
West Midlands	213	49	21	36	31	25	21	9	21	113	51	53	68	63	23	37	45	78	47
	10%	12%	9%	12%	10%	10%	11%	12%	8%	10%	10%	9%	11%	10%	12%	10%	11%	10%	10%
East Midlands	177	33	24	27	28	19	18	5	23	98	46	42	58	54	20	29	33	70	41
	9%	8%	10%	9%	9%	7%	10%	7%	9%	9%	9%	7%	9%	9%	10%	8%	8%	9%	9%
East of England	226	57	23	31	28	33	22	7	26	115	54	64	65	77	19	38	43	88	54
	11%	14%	9%	10%	9%	13%	12%	10%	10%	10%	11%	11%	10%	13%	9%	10%	11%	12%	12%
		di																	
London	320	64	43	45	67	37	27	11	26	192	64	110	95	76	27	58	76	101	71
	16%	16%	17%	15%	21%	15%	15%	15%	10%	17%	13%	19%	15%	13%	14%	15%	19%	13%	16%
		h	h		cehj					hj		c					c		
South East	331	58	43	49	43	51	37	12	39	186	88	88	104	110	22	57	68	129	73
	16%	14%	17%	16%	13%	20%	20%	17%	15%	16%	17%	15%	17%	18%	11%	15%	17%	17%	16%
					d	d	d							d					
South West	208	32	24	32	33	23	17	9	37	112	64	63	64	57	23	39	43	71	49
	10%	8%	10%	11%	10%	9%	10%	13%	15%	10%	13%	11%	10%	9%	12%	10%	11%	9%	11%
									aei		a								
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
North East	98	38	27	31	42	28
	5%	6%	4%	4%	4%	5%
North West	266	85	78	98	127	78
	13%	13%	12%	13%	13%	13%
Yorkshire and the Humber	200	55	69	71	81	73
	10%	9%	11%	10%	8%	12%
						a
West Midlands	213	68	64	78	91	75
	10%	10%	10%	11%	9%	13%
						a
East Midlands	177	56	64	54	82	64
	9%	9%	10%	7%	8%	11%
East of England	226	63	83	78	94	63
	11%	10%	13%	11%	9%	10%
London	320	112	78	120	200	75
	16%	17%	12%	16%	20%	13%
		b		b	b	
South East	331	100	102	127	169	92
	16%	15%	16%	17%	17%	15%
South West	208	69	63	75	102	50
	10%	11%	10%	10%	10%	8%
Scotland	-	-	-	-	-	-
	-	-	-	-	-	-
Wales	-	-	-	-	-	-
	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-
	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-
	-	-	-	-	-	-



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1255	728	521	291	277	687	61	166	127	128	113	158	175	198	130
	62%	73%	50%	47%	41%	91%	62%	62%	64%	60%	64%	70%	55%	60%	63%
		b		b		ab			g		g	dgh			
Yes - children aged 0 to 12 months	102	23	78	72	27	3	3	14	7	11	10	5	19	24	9
	5%	2%	8%	12%	4%	*	3%	5%	3%	5%	6%	2%	6%	7%	4%
		a		bc	c									cf	
Yes - children aged 13 months to 4 years old	178	45	133	107	66	4	7	30	16	16	19	12	26	30	22
	9%	5%	13%	17%	10%	1%	7%	11%	8%	8%	11%	5%	8%	9%	10%
		a		bc	c			f			f				
Yes - children aged 5 to 10 years old	274	93	180	100	158	16	15	35	25	34	18	23	42	55	26
	13%	9%	17%	16%	24%	2%	15%	13%	13%	16%	10%	10%	13%	17%	13%
		a		c	ac									f	
Yes - children aged 11 to 15 years old	334	121	213	81	220	34	19	39	33	42	21	39	48	60	33
	16%	12%	21%	13%	33%	4%	20%	15%	17%	20%	12%	17%	15%	18%	16%
		a		c	ac				e						
Prefer not to answer	106	38	67	46	45	16	3	16	11	4	11	11	33	11	7
	5%	4%	6%	7%	7%	2%	3%	6%	6%	2%	6%	5%	10%	3%	3%
		a		c	c			d	d		d		adfhi		
NET: Yes	678	229	448	280	346	52	35	84	62	81	53	58	112	123	71
	33%	23%	43%	45%	52%	7%	35%	32%	31%	38%	30%	26%	35%	37%	34%
		a		c	ac				f				f	f	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1255 62%	81 54%	242 51%	277 58% b	142 57%	106 52%	407 84% abcdegh	600 54%	656 70% abcdeg	1138 65%	27 49%	38 34%	23 35%	8 92%	10 73%	105 41%
Yes - children aged 0 to 12 months	102 5%	13 9% fh	28 6% f	22 5% f	17 7% f	14 7% f	8 2% f	63 6% f	38 4% f	81 5%	5 9%	7 6%	6 9%	- -	- -	18 7%
Yes - children aged 13 months to 4 years old	178 9%	17 11% fh	51 11% fh	48 10% fh	24 10% f	24 12% fh	14 3% fh	116 11% fh	62 7% f	145 8%	6 10%	14 13%	9 13%	- -	2 18%	31 12% a
Yes - children aged 5 to 10 years old	274 13%	29 20% cfh	93 20% cfh	59 12% f	38 15% fh	32 16% fh	22 4% cfh	182 16% cfh	92 10% f	213 12%	11 20%	30 27% a	17 27% a	- -	1 9%	59 23% a
Yes - children aged 11 to 15 years old	334 16%	23 15% f	111 24% acfh	84 17% fh	51 21% fh	41 20% fh	24 5% fh	218 20% fh	117 12% f	273 16%	7 14%	31 28% ab	19 29% ab	- -	- -	57 23% a
Prefer not to answer	106 5%	8 5%	15 3%	37 8% bdh	8 3%	15 7% b	23 5%	60 5%	46 5%	68 4%	5 9%	15 13% a	5 7%	1 8%	- -	25 10% a
NET: Yes	678 33%	60 40% fh	215 46% cfgh	166 35% fh	100 40% fh	82 40% fh	54 11% cfh	441 40% cfh	236 25% f	549 31%	23 42%	59 53% a	38 58% a	- -	4 27%	123 49% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1255	1255	-	-	-	79	57	311	90	36	50	70	72	100	390	136
	62%	100%	-	-	-	48%	46%	51%	45%	57%	74%	63%	61%	58%	96%	47%
		bcd									abcdeik	abcdk	abcdk	bdk	abcdefghik	
Yes - children aged 0 to 12 months	102	-	45	57	102	17	12	38	10	4	1	9	-	9	1	29
	5%	-	12%	18%	15%	10%	9%	6%	5%	7%	2%	8%	-	5%	*	10%
			a	a	a	fhj	fhj	hj	hj	hj		hj		hj		cfhj
Yes - children aged 13 months to 4 years old	178	-	72	106	178	29	11	57	25	4	6	10	8	28	1	40
	9%	-	20%	33%	26%	17%	9%	9%	12%	6%	9%	9%	6%	16%	*	14%
			a	abd	ab	bceghj	j	j	j	j	j	j	j	cehj		chj
Yes - children aged 5 to 10 years old	274	-	78	196	274	22	25	119	39	8	6	13	12	27	4	47
	13%	-	22%	61%	40%	13%	20%	20%	19%	13%	9%	12%	10%	15%	1%	16%
			a	abd	ab	j	fhj	fghj	fhj	j	j	j	j	j		j
Yes - children aged 11 to 15 years old	334	-	163	171	334	30	32	135	54	13	3	15	16	30	6	61
	16%	-	46%	54%	49%	18%	25%	22%	27%	21%	5%	14%	14%	17%	2%	21%
			a	a	a	fj	fghj	fghj	afghij	fj		j	j	fj		fj
Prefer not to answer	106	-	-	-	-	10	8	27	15	4	5	6	18	9	7	17
	5%	-	-	-	-	6%	6%	4%	7%	6%	7%	6%	15%	5%	2%	6%
						j	j	j	j	j	j	j	abcdgijk	j		j
NET: Yes	678	-	359	319	678	78	59	270	97	23	13	35	29	64	10	137
	33%	-	100%	100%	100%	47%	48%	44%	48%	37%	19%	32%	24%	37%	3%	47%
			a	a	a	fghj	fghj	fghj	fghij	fj	j	j	j	fhj		fghij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1255	230	210	74	13	284	243	298	109	106	17	215	315	256	829	142	28	999
	62%	52%	53%	48%	49%	51%	52%	55%	42%	60%	44%	49%	54%	95%	71%	28%	31%	56%
								b		be		b		bcd	cde		cd	
Yes - children aged 0 to 12 months	102	26	28	8	1	36	27	28	26	7	2	33	30	-	39	58	4	102
	5%	6%	7%	5%	5%	7%	6%	5%	10%	4%	6%	7%	5%	-	3%	11%	5%	6%
								acf							a	abe	a	ab
Yes - children aged 13 months to 4 years old	178	42	46	9	4	56	46	47	31	17	7	48	54	1	76	87	14	177
	9%	10%	12%	6%	15%	10%	10%	9%	12%	9%	18%	11%	9%	*	7%	17%	15%	10%
			c							a					a	abe	ab	ab
Yes - children aged 5 to 10 years old	274	83	70	30	2	100	85	87	67	26	8	92	95	5	80	158	32	269
	13%	19%	18%	20%	8%	18%	18%	16%	25%	14%	20%	21%	16%	2%	7%	31%	35%	15%
								acf				a			a	abe	abe	ab
Yes - children aged 11 to 15 years old	334	113	75	35	5	110	117	128	60	29	9	89	137	-	110	191	33	334
	16%	26%	19%	23%	17%	20%	25%	24%	23%	16%	24%	20%	24%	-	9%	37%	37%	19%
		be				be		c				c			a	abe	abe	ab
Prefer not to answer	106	15	17	14	3	31	18	23	14	9	3	23	26	9	50	36	12	97
	5%	3%	4%	9%	10%	6%	4%	4%	5%	5%	7%	5%	4%	3%	4%	7%	13%	5%
				abf												ab	abce	
NET: Yes	678	194	172	66	11	238	205	222	140	63	19	203	241	5	285	338	50	673
	33%	44%	43%	43%	41%	43%	44%	41%	53%	35%	49%	46%	41%	2%	24%	66%	56%	38%
								acf				c			a	abe	abe	ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1255	141	843	140	272	36	833	395	49	976	279	1037	209
	62%	42%	61%	54%	75%	56%	61%	65%	68%	61%	65%	61%	69%
			a		acde		a	a	a				a
Yes - children aged 0 to 12 months	102	34	67	16	10	3	73	27	2	82	20	92	10
	5%	10%	5%	6%	3%	5%	5%	5%	3%	5%	5%	5%	3%
		b		b			b						
Yes - children aged 13 months to 4 years old	178	53	121	21	22	8	126	46	5	148	30	151	24
	9%	16%	9%	8%	6%	13%	9%	8%	7%	9%	7%	9%	8%
		b											
Yes - children aged 5 to 10 years old	274	73	190	45	35	11	188	78	12	221	53	245	28
	13%	22%	14%	18%	10%	16%	14%	13%	16%	14%	12%	14%	9%
		b		b			b					b	
Yes - children aged 11 to 15 years old	334	80	248	47	43	9	240	87	11	280	54	294	37
	16%	24%	18%	18%	12%	15%	18%	14%	15%	17%	13%	17%	12%
		b		b			b			b		b	
Prefer not to answer	106	16	56	17	10	7	54	30	3	78	29	68	20
	5%	5%	4%	6%	3%	11%	4%	5%	5%	5%	7%	4%	7%
				b		bde							a
NET: Yes	678	181	478	101	80	21	481	180	20	557	120	600	73
	33%	54%	35%	39%	22%	33%	35%	30%	27%	35%	28%	35%	24%
		b		be			be	b		b		b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Number of days active										Life satisfaction score				Covid-19 related worries				
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)	
Significance Level: 95%	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d	
	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
	1255	299	146	177	177	144	108	38	165	645	311	359	384	381	113	250	243	470	275
	62%	73%	59%	58%	55%	57%	59%	55%	65%	57%	62%	62%	62%	64%	58%	66%	62%	61%	61%
	bcdefghij								dei										
	102	15	11	22	15	11	12	1	15	58	28	30	33	33	6	17	20	44	19
	5%	4%	4%	7%	5%	4%	7%	2%	6%	5%	6%	5%	5%	6%	3%	5%	5%	6%	4%
				a															
178	24	29	27	41	20	17	7	13	116	38	47	57	52	20	20	36	65	51	
9%	6%	12%	9%	13%	8%	10%	10%	5%	10%	7%	8%	9%	9%	10%	5%	9%	8%	11%	
		ah		ahj					ah							a		a	
274	29	38	35	58	41	26	15	31	173	73	73	88	69	35	46	47	108	68	
13%	7%	15%	12%	18%	16%	14%	22%	12%	15%	14%	13%	14%	11%	18%	12%	12%	14%	15%	
		a	a	ac	a	a	ach	a	a	a				c					
334	45	43	55	48	47	29	23	44	193	96	88	102	102	37	58	63	119	87	
16%	11%	17%	18%	15%	18%	16%	33%	17%	17%	19%	15%	16%	17%	19%	15%	16%	16%	19%	
		a	a		a		abcdefhij	a	a	a									
106	20	12	18	14	21	10	2	9	65	21	38	28	18	10	23	18	31	20	
5%	5%	5%	6%	4%	8%	6%	3%	4%	6%	4%	7%	4%	3%	5%	6%	4%	4%	4%	
					hj						c								
678	89	90	109	129	90	63	29	79	417	171	180	211	201	73	106	133	264	160	
33%	22%	36%	36%	40%	35%	35%	42%	31%	37%	34%	31%	34%	33%	37%	28%	34%	35%	35%	
		a	a	ah	a	a	a	a	a	a							a	a	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
Total	NET: More	About the same	NET: Less	Yes	No
	a	b	c	a	b
2039	651	623	731	1006	599
2039	647	628	734	988	596
100%	100%	100%	100%	100%	100%
1255	343	436	460	526	353
62%	53%	69% ac	63% a	53%	59% a
102	50	9	42	70	24
5%	8% b	1% b	6% b	7% b	4% b
178	69	35	74	112	47
9%	11% b	6% b	10% b	11% b	8% b
274	114	65	95	166	82
13%	18% bc	10%	13%	17%	14%
334	120	85	126	191	109
16%	19% b	13%	17%	19%	18%
106	39	30	27	50	36
5%	6% c	5%	4%	5%	6%
678	265	163	247	412	207
33%	41% bc	26% b	34% b	42% b	35% b

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	150 7%	74 7%	74 7%	64 10% bc	45 7%	41 5%	7 7%	19 7%	9 5%	16 8%	9 5%	12 5%	41 13% bcefhi	23 7%	13 6%
Social Grade B	472 23%	216 22%	255 25%	147 24% c	195 29% ac	130 17%	26 26%	49 18%	42 21%	49 23%	33 19%	53 24%	91 28% bce	85 26% b	45 22%
Social Grade C1	480 24%	184 19%	293 28% a	176 29% c	205 31% c	98 13%	15 16%	61 23%	54 27% a	53 25%	44 25%	51 23%	75 24%	73 22%	51 25%
Social Grade C2	251 12%	117 12%	131 13%	89 14%	77 12%	85 11%	13 13%	32 12%	23 12%	26 12%	28 16% g	28 12%	29 9%	46 14%	27 13%
Social Grade D	203 10%	69 7%	133 13% a	86 14% c	75 11% c	42 6%	10 10%	28 11%	23 12%	24 11%	19 11%	15 7%	27 8%	36 11%	20 10%
Social Grade E	484 24%	334 34% b	149 14%	54 9%	71 11%	359 48% ab	28 28% g	77 29% dgh	49 25%	45 21%	43 24%	67 30% dgh	57 18%	68 21%	52 25% g
NET: ABC1	1101 54%	474 48%	622 60% a	387 63% c	445 67% c	269 36%	48 49%	129 49%	105 52%	119 56%	87 49%	117 51%	207 65% abcdefhi	181 55%	109 53%
NET: C2DE	938 46%	520 52% b	414 40%	229 37%	223 33%	486 64% ab	50 51% g	137 51% g	95 48% g	95 44% g	90 51% g	110 49% g	112 35%	150 45% g	99 47% g



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	150 7%	150 100%	-	-	-	-	-	150 14%	-	112 6%	7 14%	16 15%	9 14%	1 9%	1 9%	35 14%
		bcdefgh						bcdefh			a	a	a			a
Social Grade B	472 23%	-	472 100%	-	-	-	-	472 43%	-	400 23%	16 29%	28 25%	21 33%	2 23%	2 15%	70 28%
			acdefgh					acdefh								
Social Grade C1	480 24%	-	-	480 100%	-	-	-	480 44%	-	409 23%	11 21%	27 25%	15 23%	2 20%	5 40%	61 24%
				abdefgh				abdefh								
Social Grade C2	251 12%	-	-	-	251 100%	-	-	-	251 27%	221 13%	8 14%	11 9%	5 7%	1 8%	1 6%	24 10%
					abcefg			abcefg								
Social Grade D	203 10%	-	-	-	-	203 100%	-	-	203 22%	168 10%	2 4%	17 15%	9 13%	3 31%	3 19%	33 13%
					abcdfgh			abcdfg				ab				
Social Grade E	484 24%	-	-	-	-	-	484 100%	-	484 52%	446 25%	9 17%	12 10%	7 11%	1 8%	2 11%	30 12%
							abcdegh	abcdeg		cdg						
NET: ABC1	1101 54%	150 100%	472 100%	480 100%	-	-	-	1101 100%	-	920 52%	35 64%	72 65%	45 69%	5 53%	9 64%	165 65%
		defh	defh	defh				defh				a	a			a
NET: C2DE	938 46%	-	-	-	251 100%	203 100%	484 100%	-	938 100%	835 48%	19 36%	39 35%	20 31%	4 47%	5 36%	88 35%
					abcg	abcg	abcg	abcg		cdg						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	150	81	30	30	60	10	17	56	15	13	7	7	9	5	11	27
	7%	6%	8%	10%	9%	6%	13%	9%	7%	20%	11%	6%	8%	3%	3%	9%
							aij	ij	j	acdghijk	ij		j			ij
Social Grade B	472	242	107	108	215	46	40	204	63	13	18	16	21	18	32	86
	23%	19%	30%	34%	32%	28%	32%	34%	31%	21%	27%	14%	18%	11%	8%	30%
			a	a	a	gij	ghij	eghij	ghij	ij	gij	j	j			ghij
Social Grade C1	480	277	90	76	166	45	23	203	48	23	22	20	61	19	17	68
	24%	22%	25%	24%	25%	27%	18%	33%	24%	37%	33%	18%	52%	11%	4%	23%
						ij	j	bdgijk	ij	bdgijk	bgij	j	abcdefgijk	j		ij
Social Grade C2	251	142	53	47	100	34	21	87	22	6	8	9	11	30	22	55
	12%	11%	15%	15%	15%	20%	17%	14%	11%	10%	12%	8%	9%	18%	5%	19%
					a	dghj	gj	j	j					ghj		dghj
Social Grade D	203	106	50	32	82	23	19	53	50	4	6	14	11	10	12	42
	10%	8%	14%	10%	12%	14%	16%	9%	25%	7%	10%	12%	9%	6%	3%	15%
			a		a	ij	cij	j	abcefgghijk		j	j	j			cij
Social Grade E	484	407	28	26	54	9	5	4	4	3	5	47	5	89	314	14
	24%	32%	8%	8%	8%	5%	4%	1%	2%	5%	8%	42%	4%	52%	77%	5%
		bcd				c	c			c	cd	abcdefhkc	c	abcdefhkc	abcdeghijk	c
NET: ABC1	1101	600	227	214	441	101	79	464	125	48	48	42	91	43	60	180
	54%	48%	63%	67%	65%	60%	64%	76%	62%	78%	71%	38%	77%	25%	15%	62%
			a	a	a	gij	gij	abdgijk	gij	adgijk	gij	ij	abdgijk	j		gij
NET: C2DE	938	656	131	105	236	66	44	144	77	14	20	69	27	130	347	110
	46%	52%	37%	33%	35%	40%	36%	24%	38%	22%	29%	62%	23%	75%	85%	38%
		bcd				ceh	ch		ceh			abcdefhkc		abcdefghkc	abcdeghijk	ceh

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	150 7%	31 7%	48 12% af	19 12% a	5 21%	66 12% af	36 8%	36 7%	45 17% af	19 11%	5 12%	64 14% af	40 7%	15 5%	75 6%	52 10% ab	8 9%	135 8%
Social Grade B	472 23%	100 23%	177 44% acf	51 33% af	4 15%	228 41% af	105 22%	163 30%	93 35%	68 38% af	8 22%	161 36% af	172 30%	37 14%	259 22% a	162 31% abde	15 16%	435 25% a
Social Grade C1	480 24%	121 27%	126 32%	50 32%	11 40%	176 32%	131 28%	182 33% e	71 27%	46 26%	11 30%	117 27%	193 33% e	56 21%	258 22%	137 27% b	28 32% ab	423 24%
Social Grade C2	251 12%	95 22% bce	23 6%	18 11% b	3 11%	40 7%	98 21% bce	81 15%	29 11%	20 11%	5 12%	48 11%	86 15%	13 5%	144 12% a	81 16% a	13 15% a	238 13% a
Social Grade D	203 10%	88 20% bce	20 5%	15 10%	1 3%	35 6%	89 19% bce	81 15% be	22 8%	19 11%	6 15%	41 9%	87 15% be	24 9%	115 10%	47 9% abce	17 19%	179 10%
Social Grade E	484 24%	5 1%	5 1%	2 1%	3 10%	7 1%	7 2%	2 *	4 2% a	6 3% af	3 9% abef	10 2% a	5 1%	126 47% bcde	313 27% cde	37 7%	9 10%	358 20% cd
NET: ABC1	1101 54%	252 57%	351 88% acf	120 78% af	20 76%	471 85% acf	272 58%	381 70%	209 79% adf	133 75%	24 64%	342 77% af	405 70%	108 40%	592 51% a	351 68% abde	51 57% a	994 56% ab
NET: C2DE	938 46%	188 43% bce	48 12%	34 22% be	6 24%	82 15%	194 42% bce	163 30% be	55 21%	45 25%	14 36% b	100 23%	177 30% be	162 60% bcde	572 49% ce	165 32%	39 43% c	775 44% c

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	150	41	90	24	21	5	100	45	4	118	32	124	20
	7%	12%	7%	9%	6%	7%	7%	8%	5%	7%	8%	7%	7%
Social Grade B	472	90	338	52	52	15	351	107	10	386	85	411	53
	23%	27%	25%	20%	14%	24%	26% abef	18%	14%	24%	20%	24% b	18%
Social Grade C1	480	70	335	61	64	18	334	131	12	388	92	393	78
	24%	21%	24%	24%	18%	28% b	24% b	22%	16%	24%	21%	23%	26%
Social Grade C2	251	39	194	33	42	7	166	75	7	191	59	215	33
	12%	11%	14%	13%	12%	10%	12%	12%	9%	12%	14%	13%	11%
Social Grade D	203	36	141	29	36	4	130	64	4	167	36	161	41
	10%	11%	10%	11%	10%	6%	9%	11%	5%	10%	8%	9%	13% a
Social Grade E	484	61	279	59	148	16	287	182	36	361	124	401	77
	24%	18%	20%	23%	41% acde	25%	21%	30% ad	50% acde	22%	29% a	24%	26%
NET: ABC1	1101	202	763	137	136	38	785	283	26	892	209	928	152
	54%	60%	55%	53% bf	38% bf	59% bf	57% bef	47% b	36%	55% b	49%	54%	50%
NET: C2DE	938	136	614	122	226	26	583	322	47	719	219	776	151
	46%	40%	45%	47%	62% acde	41%	43%	53% d	64% acd	45%	51% a	46%	50%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents

	Total	Number of days active										Life satisfaction score				Covid-19 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	150	9	10	21	37	24	15	9	24	93	48	46	46	47	9	34	44	48	22
	7%	2%	4%	7%	12%	9%	8%	13%	10%	8%	10%	8%	7%	8%	5%	9%	11%	6%	5%
				a	abc	ab	a	ab	ab	ab	ab					d	cd		
Social Grade B	472	65	51	76	70	67	58	23	61	264	142	133	131	160	40	79	95	193	100
	23%	16%	21%	25%	22%	26%	32%	33%	24%	23%	28%	23%	21%	27%	20%	21%	24%	25%	22%
				a	a	a	abdi	ab	a	a	abdi			b					
Social Grade C1	480	89	72	71	79	71	38	15	45	293	98	143	158	133	36	89	88	183	106
	24%	22%	29%	23%	25%	28%	21%	21%	18%	26%	19%	25%	25%	22%	18%	23%	22%	24%	23%
			ahj		h	hj				hj			d						
Social Grade C2	251	44	31	46	40	28	21	7	35	144	63	70	81	67	30	43	47	101	54
	12%	11%	13%	15%	12%	11%	12%	9%	14%	13%	12%	12%	13%	11%	15%	11%	12%	13%	12%
Social Grade D	203	37	24	36	30	30	18	4	23	121	45	57	72	43	23	37	43	61	54
	10%	9%	10%	12%	9%	12%	10%	6%	9%	11%	9%	10%	12%	7%	12%	10%	11%	8%	12%
													c		c				c
Social Grade E	484	163	58	54	64	36	31	12	65	212	109	127	136	150	58	97	77	178	118
	24%	40%	23%	18%	20%	14%	17%	17%	26%	19%	22%	22%	22%	25%	29%	26%	20%	23%	26%
		bcd efghij	e						cefi		e				ab	b			b
NET: ABC1	1101	164	134	168	186	161	111	47	130	650	288	323	334	340	85	201	227	424	228
	54%	40%	54%	55%	58%	63%	61%	67%	51%	58%	57%	56%	54%	57%	43%	53%	58%	55%	50%
		a	a	a	a	abh	ah	ah	a	a	a	d	d	d		d	d		
NET: C2DE	938	244	114	136	134	94	70	23	124	477	217	254	288	260	111	177	167	340	226
	46%	60%	46%	45%	42%	37%	39%	33%	49%	42%	43%	44%	46%	43%	57%	47%	42%	45%	50%
		bcd efghij	e						efg						abc				b

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Social Grade A	150	59	44	46	91	44
	7%	9%	7%	6%	9%	7%
Social Grade B	472	181	119	168	316	116
	23%	28%	19%	23%	32%	19%
		bc			b	
Social Grade C1	480	160	115	195	291	142
	24%	25%	18%	27%	29%	24%
		b		b	b	
Social Grade C2	251	85	86	81	122	92
	12%	13%	14%	11%	12%	15%
Social Grade D	203	65	61	75	100	80
	10%	10%	10%	10%	10%	13%
						a
Social Grade E	484	98	204	169	69	123
	24%	15%	32%	23%	7%	21%
			ac	a		a
NET: ABC1	1101	400	278	408	697	301
	54%	62%	44%	56%	71%	51%
		bc		b	b	
NET: C2DE	938	247	351	325	291	295
	46%	38%	56%	44%	29%	49%
			ac	a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	407	222	183	73	128	206	21	49	45	49	33	57	64	58	32
	20%	22%	18%	12%	19%	27%	21%	19%	22%	23%	19%	25%	20%	17%	16%
		b			a	ab						hi			
1 day	248	103	144	64	96	89	16	32	22	21	24	23	43	43	24
	12%	10%	14%	10%	14%	12%	16%	12%	11%	10%	14%	10%	13%	13%	11%
		a			a										
2 days	304	142	161	108	111	85	11	48	25	36	27	31	45	49	32
	15%	14%	16%	18%	17%	11%	11%	18%	13%	17%	15%	14%	14%	15%	15%
				c	c										
3 days	320	144	175	126	105	90	19	41	29	31	28	28	67	43	33
	16%	15%	17%	20%	16%	12%	19%	16%	14%	15%	16%	13%	21%	13%	16%
				bc	c								fh		
4 days	255	110	144	92	89	74	10	36	23	25	19	33	37	51	23
	13%	11%	14%	15%	13%	10%	10%	13%	11%	12%	11%	15%	12%	15%	11%
				c	c										
5 days	181	81	98	64	56	62	8	14	18	21	18	22	27	37	17
	9%	8%	9%	10%	8%	8%	8%	5%	9%	10%	10%	10%	8%	11%	8%
														b	
6 days	69	44	25	22	20	27	2	8	8	9	5	7	11	12	9
	3%	4%	2%	4%	3%	4%	2%	3%	4%	4%	3%	3%	3%	4%	4%
		b													
7 days	254	148	105	68	63	123	12	37	32	21	23	26	26	39	37
	12%	15%	10%	11%	9%	16%	12%	14%	16%	10%	13%	11%	8%	12%	18%
		b				ab		g	g						dg
NET: None (0 days)	407	222	183	73	128	206	21	49	45	49	33	57	64	58	32
	20%	22%	18%	12%	19%	27%	21%	19%	22%	23%	19%	25%	20%	17%	16%
		b			a	ab						hi			
NET: Some (1-4 days)	1128	499	624	390	401	337	56	157	98	113	98	115	192	186	112
	55%	50%	60%	63%	60%	45%	57%	59%	49%	53%	55%	51%	60%	56%	54%
			a	c	c			c					cf		
NET: Most 5+ days	504	273	228	154	139	212	22	59	57	51	46	54	64	88	64
	25%	27%	22%	25%	21%	28%	22%	22%	28%	24%	26%	24%	20%	26%	31%
		b			b	b			g					g	bg
Base for stats	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
Median	3	3	3	3	2	2	3	3	3	3	3	3	3	3	3
Mean Score	2.91	2.98	2.84	3.17	2.74	2.85	2.73	2.91	3.02	2.78	2.93	2.79	2.71	3.02	3.28
				bc											dfg
Standard Deviation	2.281	2.406	2.154	2.067	2.158	2.526	2.271	2.280	2.437	2.255	2.297	2.326	2.141	2.250	2.380
Standard Error	.051	.077	.066	.080	.083	.095	.224	.137	.165	.153	.175	.167	.119	.121	.166

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

Error variance

	Gender		Age			Region								
Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
*	.01	*	.01	.01	.01	.05	.02	.03	.02	.03	.03	.01	.02	.03



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	407 20%	9 6%	65 14%	89 19%	44 17%	37 18%	163 34%	164 15%	244 26%	371 21%	7 13%	10 9%	6 9%	2 28%	3 25%	29 11%
			a	a	a	a	abcdegh	a	abcdegh	cdg						
1 day	248 12%	10 7%	51 11%	72 15%	31 12%	24 12%	58 12%	134 12%	114 12%	211 12%	7 12%	13 12%	8 12%	1 9%	4 30%	32 13%
				a												
2 days	304 15%	21 14%	76 16%	71 15%	46 18%	36 18%	54 11%	168 15%	136 14%	261 15%	8 15%	18 17%	7 11%	1 8%	3 21%	37 15%
			f		f	f		f								
3 days	320 16%	37 25%	70 15%	79 16%	40 16%	30 15%	64 13%	186 17%	134 14%	260 15%	7 13%	25 23%	18 27%	3 30%	2 12%	54 22%
		bcdelgh								a		a				a
4 days	255 13%	24 16%	67 14%	71 15%	28 11%	30 15%	36 7%	161 15%	94 10%	214 12%	10 18%	18 16%	9 14%	1 13%	1 6%	39 16%
		fh	fh	fh		fh		fh								
5 days	181 9%	15 10%	58 12%	38 8%	21 8%	18 9%	31 6%	111 10%	70 7%	151 9%	5 9%	12 11%	10 16%	- -	1 6%	28 11%
			cfh					fh					a			
6 days	69 3%	9 6%	23 5%	15 3%	7 3%	4 2%	12 2%	47 4%	23 2%	61 3%	2 4%	4 4%	2 3%	- -	- -	8 3%
		efh	h					h								
7 days	254 12%	24 16%	61 13%	45 9%	35 14%	23 11%	65 13%	130 12%	124 13%	226 13%	8 16%	10 9%	5 8%	1 12%	- -	24 10%
		c			c		c		c							
NET: None (0 days)	407 20%	9 6%	65 14%	89 19%	44 17%	37 18%	163 34%	164 15%	244 26%	371 21%	7 13%	10 9%	6 9%	2 28%	3 25%	29 11%
			a	a	a	a	abcdegh	a	abcdegh	cdg						
NET: Some (1-4 days)	1128 55%	93 62%	264 56%	293 61%	144 58%	121 60%	212 44%	650 59%	477 51%	946 54%	32 59%	75 67%	42 64%	5 60%	9 69%	163 65%
		fh	f	fh	f	fh		fh	f			a				a
NET: Most 5+ days	504 25%	48 32%	142 30%	98 20%	63 25%	45 22%	109 22%	288 26%	217 23%	439 25%	15 28%	26 24%	17 27%	1 12%	1 6%	61 24%
		cefh	cefh					c								
Base for stats	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
Median	3	3	3	3	3	3	2	3	2	3	3	3	3	3	1	3
Mean Score	2.91	3.73	3.25	2.77	2.97	2.88	2.46	3.11	2.68	2.89	3.31	3.18	3.24	2.49	1.61	3.12
		bcdelgh	cefh	f	f	f		cfh								
Standard Deviation	2.281	2.044	2.220	2.146	2.280	2.191	2.461	2.188	2.367	2.316	2.269	1.953	1.923	2.303	1.474	2.030
Standard Error	.051	.167	.104	.096	.143	.150	.114	.066	.077	.055	.303	.184	.240	.581	.181	.126
Error variance	*	.03	.01	.01	.02	.02	.01	*	.01	*	.09	.03	.06	.58	.14	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	407 20%	299 24% bcd	49 14%	40 12%	89 13%	25 15% b	8 6%	84 14% b	32 16% b	8 12%	14 21% bk	19 17% b	21 18% b	62 36% abcdeghk	133 33% abcdeghk	33 11%
1 day	248 12%	146 12%	52 15%	38 12%	90 13%	20 12%	20 17%	73 12%	19 9%	9 15%	7 10%	14 12%	15 13%	27 16%	43 11%	40 14%
2 days	304 15%	177 14%	55 15%	54 17%	109 16%	32 19% j	21 17% j	98 16% j	32 16% j	8 13%	12 17%	22 20% j	18 16%	22 13%	39 10%	53 18% j
3 days	320 16%	177 14%	75 21% a	54 17%	129 19% a	28 17%	12 10%	106 17% bj	42 21% bij	9 15%	9 14%	22 20% bj	20 17%	22 13%	50 12%	41 14%
4 days	255 13%	144 12%	40 11%	50 16%	90 13%	25 15% ij	24 19% fgij	90 15% ij	30 15% ij	7 11%	6 9%	10 9%	19 16% ij	13 7%	33 8%	49 17% gij
5 days	181 9%	108 9%	33 9%	31 10%	63 9%	17 10% i	13 11% i	51 8%	17 8%	10 15% i	10 15% i	11 10%	11 9%	8 5%	33 8%	31 11% i
6 days	69 3%	38 3%	9 3%	20 6% ab	29 4%	4 2%	4 3%	23 4% i	9 4% i	5 8% agik	3 5% i	2 2%	5 4% i	1 *	14 3% i	8 3%
7 days	254 12%	165 13%	45 13%	34 11%	79 12%	15 9%	21 17% ah	82 13%	21 11%	7 11%	7 11%	11 10%	9 8%	17 10%	62 15% ah	36 12%
NET: None (0 days)	407 20%	299 24% bcd	49 14%	40 12%	89 13%	25 15% b	8 6%	84 14% b	32 16% b	8 12%	14 21% bk	19 17% b	21 18% b	62 36% abcdeghk	133 33% abcdeghk	33 11%
NET: Some (1-4 days)	1128 55%	645 51%	222 62% a	195 61% a	417 62% a	105 63% ij	78 63% ij	367 60% ij	122 60% ij	33 54%	34 50%	68 61% ij	72 61% ij	84 49%	164 40%	183 63% fij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Children aged 15 or under in the household				Current employment status										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%															
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	504	311	87	84	171	36	38	157	47	21	20	24	25	26	74
	25%	25%	24%	26%	25%	22%	31%	26%	23%	34%	30%	21%	21%	15%	26%
						i	i	i	ahi	i	i	i	i	i	i
Base for stats	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
Median	3	3	3	3	3	3	4	3	3	3	3	3	3	1	3
Mean Score	2.91	2.82	3.02	3.18	3.10	2.90	3.50	3.15	3.04	3.32	2.94	2.76	2.83	2.06	3.15
				a	a	i	aghij	ij	i	i	i	i	i	i	ij
Standard Deviation	2.281	2.358	2.170	2.131	2.152	2.061	2.196	2.205	2.143	2.235	2.298	2.116	2.111	2.249	2.136
Standard Error	.051	.065	.124	.128	.089	.158	.198	.089	.152	.282	.279	.194	.180	.170	.125
Error variance	*	*	.02	.02	.01	.02	.04	.01	.02	.08	.08	.04	.03	.03	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	407 20%	69 16%	49 12%	22 14%	1 4%	71 13%	70 15%	82 15% b	23 9%	29 17% b	6 15%	52 12%	88 15% b	76 28% bcde	247 21% cd	75 15%	9 10%	331 19% cd
1 day	248 12%	54 12%	53 13%	15 10%	2 8%	68 12%	56 12%	77 14% be	21 8%	22 12%	5 14%	43 10%	82 14% be	38 14%	135 12%	61 12%	13 15%	210 12%
2 days	304 15%	79 18%	53 13%	27 17%	6 23%	80 14%	85 18%	93 17%	38 14%	27 15%	8 20%	65 15%	101 17%	44 16%	167 14%	79 15%	13 14%	260 15%
3 days	320 16%	65 15%	66 17%	32 21%	6 23%	98 18%	71 15%	77 14%	52 20% a	33 19%	6 17%	85 19% af	83 14%	32 12%	178 15%	91 18% a	18 20% a	288 16%
4 days	255 13%	66 15%	63 16%	15 10%	6 24%	79 14%	72 15%	73 13%	53 20% acf	20 11%	4 11%	72 16%	77 13%	18 7%	150 13% a	74 14% a	13 15% a	238 13% a
5 days	181 9%	43 10%	37 9%	11 7%	3 11%	48 9%	45 10%	47 9%	28 11%	21 12%	3 8%	49 11%	50 9%	23 8%	99 8%	49 10%	11 12%	159 9%
6 days	69 3%	14 3%	21 5%	6 4%	- -	27 5%	14 3%	19 4%	14 5%	5 3%	1 3%	19 4%	20 3%	6 2%	36 3%	22 4%	5 5%	63 4%
7 days	254 12%	51 12%	55 14%	27 17%	2 8%	81 15%	53 11%	76 14%	35 13%	21 12%	4 11%	57 13%	81 14%	33 12%	151 13%	63 12%	7 8%	221 12%
NET: None (0 days)	407 20%	69 16%	49 12%	22 14%	1 4%	71 13%	70 15%	82 15% b	23 9%	29 17% b	6 15%	52 12%	88 15% b	76 28% bcde	247 21% cd	75 15%	9 10%	331 19% cd
NET: Some (1-4 days)	1128 55%	263 60%	237 59%	89 58%	21 78%	325 59%	284 61%	320 59%	163 62%	101 57%	24 62%	265 60%	344 59%	133 49%	631 54%	306 59% a	58 64% a	995 56% a
NET: Most 5+ days	504 25%	107 24%	113 28%	43 28%	5 18%	156 28%	112 24%	142 26%	77 29%	47 26%	9 22%	125 28%	150 26%	61 23%	285 25%	134 26%	23 25%	443 25%
Base for stats	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
3	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3	3
2.91	3.00	3.29	3.24	3.27	3.28	3.02	3.06	3.55	3.01	2.88	3.33	3.05	2.50	2.90	3.13	3.12	2.97
								acf			f			a	a	a	a
2.281	2.185	2.217	2.301	1.669	2.238	2.159	2.267	2.050	2.218	2.189	2.133	2.260	2.359	2.310	2.190	2.023	2.263
.051	.103	.111	.187	.315	.096	.099	.096	.127	.167	.346	.102	.093	.141	.068	.098	.211	.054
*	.01	.01	.03	.10	.01	.01	.01	.02	.03	.12	.01	.01	.02	*	.01	.04	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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)

	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
Unweighted Total	2039	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	407	282	54	117	10	242	155	23	314	93	333	69
	20%	20%	21%	32%	15%	18%	26%	31%	19%	22%	20%	23%
		a		acde			d	cd				
1 day	248	154	41	53	7	146	88	11	201	47	216	28
	12%	11%	16%	15%	11%	11%	15%	16%	12%	11%	13%	9%
			d	d			d					
2 days	304	199	38	47	15	207	88	11	255	49	241	58
	15%	14%	15%	13%	24%	15%	15%	15%	16%	12%	14%	19%
					b				b		a	
3 days	320	218	35	41	11	231	79	7	254	66	267	50
	16%	16%	14%	11%	17%	17%	13%	10%	16%	15%	16%	16%
					be							
4 days	255	175	31	33	11	179	69	5	196	60	216	33
	13%	13%	12%	9%	17%	13%	11%	7%	12%	14%	13%	11%
					b							
5 days	181	127	22	21	6	126	49	-	145	36	157	18
	9%	9%	8%	6%	9%	9%	8%	-	9%	9%	9%	6%
			f	f	f	bf	f					
6 days	69	47	11	9	1	49	19	2	55	14	56	13
	3%	3%	4%	3%	2%	4%	3%	3%	3%	3%	3%	4%
7 days	254	175	27	40	4	187	58	14	191	63	217	32
	12%	13%	10%	11%	6%	14%	10%	19%	12%	15%	13%	11%
					e			ce				
NET: None (0 days)	407	282	54	117	10	242	155	23	314	93	333	69
	20%	20%	21%	32%	15%	18%	26%	31%	19%	22%	20%	23%
		a		acde			d	cd				
NET: Some (1-4 days)	1128	746	145	174	44	763	325	34	906	222	940	170
	55%	54%	56%	48%	68%	56%	54%	47%	56%	52%	55%	56%
		b			bdef	b						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: Most 5+ days

Base for stats

Median

Mean Score

Standard Deviation

Standard Error

Error variance

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
								NET: Longstanding physical and mental condition or illness				
Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
	a	b	a	b	c	d	e	f	a	b	a	b
2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
504	83	349	60	71	11	363	125	16	391	113	430	63
25%	25%	25%	23%	20%	17%	27% be	21%	22%	24%	26%	25%	21%
2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
3	3	3	2	2	2	3	2	2	3	3	3	2
2.91	3.16	2.94	2.73	2.33	2.71	3.08	2.54	2.51	2.89	3.01	2.94	2.72
			b			abef						
2.281	2.141	2.297	2.263	2.355	1.910	2.277	2.252	2.601	2.256	2.375	2.288	2.237
.051	.117	.062	.137	.124	.237	.062	.091	.296	.056	.116	.056	.125
*	.01	*	.02	.02	.06	*	.01	.09	*	.01	*	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
407	407	-	-	-	-	-	-	-	-	-	135	107	116	38	95	52	146	101
20%	100%	-	-	-	-	-	-	-	-	-	23%	17%	19%	20%	25%	13%	19%	22%
b c d e f g h i j											b				bc		b	b
248	-	248	-	-	-	-	-	-	248	-	83	74	61	23	36	46	109	49
12%	-	100%	-	-	-	-	-	-	22%	-	14%	12%	10%	12%	10%	12%	14%	11%
a c d e f g h i j									a c d e f g h i j		c				a			
304	-	-	304	-	-	-	-	-	304	-	79	102	89	26	57	60	125	58
15%	-	-	100%	-	-	-	-	-	27%	-	14%	16%	15%	13%	15%	15%	16%	13%
a b c d e f g h i j									a b c d e f g h i j									
320	-	-	-	320	-	-	-	-	320	-	89	103	93	25	64	72	112	69
16%	-	-	-	100%	-	-	-	-	28%	-	15%	17%	16%	13%	17%	18%	15%	15%
a b c d e f g h i j									a b c d e f g h i j									
255	-	-	-	-	255	-	-	-	255	-	62	90	81	17	38	64	91	58
13%	-	-	-	-	100%	-	-	-	23%	-	11%	14%	13%	9%	10%	16%	12%	13%
a b c d e f g h i j									a b c d e f g h i j									
181	-	-	-	-	-	181	-	-	-	181	50	54	61	16	36	37	66	38
9%	-	-	-	-	-	100%	-	-	-	36%	9%	9%	10%	8%	9%	9%	9%	8%
a b c d e f g h i j									a b c d e f g h i j									
69	-	-	-	-	-	-	69	-	-	69	17	22	20	9	14	11	25	18
3%	-	-	-	-	-	-	100%	-	-	14%	3%	4%	3%	5%	4%	3%	3%	4%
a b c d e f g h i j									a b c d e f g h i j									
254	-	-	-	-	-	-	-	254	-	254	62	71	78	41	39	51	91	64
12%	-	-	-	-	-	-	-	100%	-	50%	11%	11%	13%	21%	10%	13%	12%	14%
a b c d e f g h i j									a b c d e f g h i j					abc				
407	407	-	-	-	-	-	-	-	-	-	135	107	116	38	95	52	146	101
20%	100%	-	-	-	-	-	-	-	-	-	23%	17%	19%	20%	25%	13%	19%	22%
b c d e f g h i j											b				bc		b	b
1128	-	248	304	320	255	-	-	-	1128	-	313	369	325	92	195	243	437	233
55%	-	100%	100%	100%	100%	-	-	-	100%	-	54%	59%	54%	47%	51%	62%	57%	51%
a f g h j			a f g h j	a f g h j	a f g h j				a f g h j				d		ad		d	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
504	-	-	-	-	-	181	69	254	-	504	129	146	159	66	89	100	181	120
25%	-	-	-	-	-	100%	100%	100%	-	100%	22%	23%	27%	34%	23%	25%	24%	26%
						abcdei	abcdei	abcdei		abcdei				ab				
2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
3	0	1	2	3	4	5	6	7	3	7	2	3	3	3	3	3	3	3
2.91	-	1.00	2.00	3.00	4.00	5.00	6.00	7.00	2.52	6.14	2.68	2.96	3.03	3.27	2.71	3.18	2.84	2.97
										i		a	a	a		ac		
2.281	-	-	-	-	-	-	-	-	1.069	.918	2.275	2.194	2.287	2.547	2.277	2.158	2.256	2.375
.051	-	-	-	-	-	-	-	-	.032	.041	.093	.088	.095	.185	.116	.107	.082	.113
*	-	-	-	-	-	-	-	-	*	*	.01	.01	.01	.03	.01	.01	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents

	Total	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
0 days	407	31	151	215	136	127
	20%	5%	24%	29%	14%	21%
			a	ab		a
1 day	248	45	65	135	117	73
	12%	7%	10%	18%	12%	12%
			a	ab		
2 days	304	85	85	133	152	111
	15%	13%	14%	18%	15%	19%
				ab		
3 days	320	116	104	96	178	84
	16%	18%	17%	13%	18%	14%
		c			b	
4 days	255	107	76	68	142	67
	13%	17%	12%	9%	14%	11%
		bc				
5 days	181	96	45	38	100	49
	9%	15%	7%	5%	10%	8%
		bc				
6 days	69	39	20	10	38	18
	3%	6%	3%	1%	4%	3%
		bc	c			
7 days	254	128	82	40	126	66
	12%	20%	13%	5%	13%	11%
		bc	c			
NET: None (0 days)	407	31	151	215	136	127
	20%	5%	24%	29%	14%	21%
			a	ab		a
NET: Some (1-4 days)	1128	354	330	431	588	335
	55%	55%	53%	59%	60%	56%
			b			
NET: Most 5+ days	504	263	147	88	264	134
	25%	41%	23%	12%	27%	22%
		bc	c			
Base for stats	2039	647	628	734	988	596
Median	3	4	3	2	3	2
Mean Score	2.91	4.02	2.82	2.03	3.17	2.74
		bc	c		b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 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
2039	651	623	731	1006	599
2039	647	628	734	988	596
100%	100%	100%	100%	100%	100%
2.281	2.068	2.339	1.973	2.186	2.244
.051	.081	.094	.073	.069	.092
*	.01	.01	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	218	89	128	106	67	45	7	34	21	26	13	23	42	35	18
		11%	9%	12%	17%	10%	6%	7%	13%	11%	12%	7%	10%	13%	10%	9%
				a	bc	c								e		
A bit more	(4.0)	429	198	230	155	147	127	31	51	34	42	44	40	70	65	52
		21%	20%	22%	25%	22%	17%	32%	19%	17%	20%	25%	18%	22%	20%	25%
					c	c		bcdfgh								c
About the same	(3.0)	628	357	268	141	188	299	27	78	69	64	64	83	78	102	63
		31%	36%	26%	23%	28%	40%	28%	29%	35%	30%	36%	37%	24%	31%	30%
			b			a	ab			g		g	g			
A bit less	(2.0)	359	187	171	92	125	142	20	47	41	32	31	37	55	54	41
		18%	19%	16%	15%	19%	19%	20%	18%	20%	15%	18%	16%	17%	16%	20%
A lot less	(1.0)	375	157	216	106	132	137	11	52	31	46	23	42	65	73	34
		18%	16%	21%	17%	20%	18%	11%	19%	15%	22%	13%	18%	20%	22%	16%
				a							ae			ae	ace	
Don't know		30	6	23	15	9	5	2	4	4	3	2	2	10	2	1
		1%	1%	2%	2%	1%	1%	2%	2%	2%	2%	1%	1%	3%	*	1%
				a	c									hi		
NET: More		647	288	358	261	214	172	38	85	55	68	56	63	112	100	69
		32%	29%	35%	42%	32%	23%	39%	32%	28%	32%	32%	28%	35%	30%	33%
				a	bc	c		c								
NET: Less		734	344	387	198	257	279	31	98	71	78	54	78	120	127	75
		36%	35%	37%	32%	38%	37%	32%	37%	36%	37%	31%	35%	38%	38%	36%
						a										
Base for stats	2009	989	1012	601	658	750	97	262	196	210	175	224	310	329	207	
Mean Score	2.88	2.87	2.88	3.11	2.84	2.73	3.03	2.88	2.87	2.86	2.96	2.85	2.90	2.80	2.90	
				bc												
Standard Deviation	1.249	1.172	1.320	1.349	1.264	1.121	1.133	1.294	1.196	1.308	1.118	1.214	1.335	1.278	1.201	
Standard Error	.028	.038	.041	.053	.049	.042	.113	.079	.082	.090	.086	.088	.076	.070	.084	
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	.01	*	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	218	24	72	53	27	16	26	149	69	172	10	24	11	1	1	47
		11%	16% efh	15% cefh	11% fh	11% f	8% f	5% f	14% efh	7% f	10%	18% a	21% a	17% a	12% a	9% a	19% a
A bit more	(4.0)	429	34	109	107	57	50	71	250	178	356	12	29	17	2	5	65
		21%	23% f	23% f	22% f	23% f	25% f	15% f	23% fh	19% f	20%	22% a	26% a	26% a	18% a	36% a	26% a
About the same	(3.0)	628	44	119	115	86	61	204	278	351	565	12	28	14	1	2	56
		31%	29%	25%	24%	34% bcg	30%	42% abcdeg	25% bceg	37% bceg	32% g	22%	25%	21%	13%	11%	22%
A bit less	(2.0)	359	26	89	86	40	35	83	201	158	316	7	14	11	2	1	34
		18%	17%	19%	18%	16%	17%	17%	18%	17%	18%	13%	12%	17%	18%	6%	14%
A lot less	(1.0)	375	20	78	109	40	40	87	208	167	331	13	13	10	3	3	42
		18%	13%	17%	23% abdh	16%	20%	18%	19%	18%	19% c	24% c	11%	15%	38%	25%	17%
Don't know		30	2	4	10	-	1	14	15	14	15	1	3	2	-	2	8
		1%	1%	1%	2% d	-	*	3% bde	1%	2% d	1%	2%	3% a	3% a	-	12%	3% a
NET: More		647	59	181	160	85	65	98	400	247	528	22	53	28	3	6	112
		32%	39% fh	38% fh	33% fh	34% fh	32% f	20%	36% fh	26% f	30%	40%	48% a	43% a	30%	46%	44% a
NET: Less		734	46	168	195	81	75	169	408	325	647	20	26	21	5	4	76
		36%	31%	36%	41% adh	32%	37%	35%	37%	35%	37% cg	36%	24%	32%	57%	31%	30%
Base for stats		2009	148	468	470	251	202	471	1086	923	1740	53	108	63	9	12	245
Mean Score		2.88	3.11 cefh	3.02 cfh	2.81	2.96 f	2.83	2.72	2.94 fh	2.81	2.84	2.98	3.35 a	3.14	2.46	2.98	3.17 a
Standard Deviation		1.249	1.266	1.310	1.325	1.213	1.227	1.099	1.315	1.163	1.232	1.446	1.283	1.331	1.533	1.489	1.355
Standard Error		.028	.104	.061	.060	.076	.084	.052	.040	.038	.030	.195	.123	.169	.485	.413	.086
Error variance		*	.01	*	*	.01	.01	*	*	*	*	.04	.02	.03	.24	.17	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Children aged 15 or under in the household				Current employment status											
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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		None	1 child	2 or more children	NET: Yes	Currently furloughed											
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total		2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total		2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	218	109	39	60	100	17	23	77	26	11	5	9	17	8	26	40
		11%	9%	11%	19%	15%	10%	19%	13%	13%	18%	7%	8%	14%	5%	6%	14%
					ab	a	i	afgij	ij	ij	gij		ij			ij	
A bit more	(4.0)	429	234	95	70	165	49	37	138	39	11	19	23	32	21	60	87
		21%	19%	27%	22%	24%	30%	30%	23%	19%	18%	28%	20%	27%	12%	15%	30%
				a	a	a	dij	dij	ij	i		ij		ij			cdgij
About the same	(3.0)	628	436	105	58	163	37	24	179	71	16	22	33	23	59	163	62
		31%	35%	29%	18%	24%	22%	20%	29%	35%	26%	33%	30%	20%	34%	40%	21%
			cd	c	c	c			bhk	abhk		bhk		abhk	abceghk		
A bit less	(2.0)	359	221	63	58	120	26	21	109	38	13	12	16	15	29	79	47
		18%	18%	18%	18%	18%	16%	17%	18%	19%	21%	17%	15%	13%	17%	20%	16%
A lot less	(1.0)	375	239	55	72	126	34	17	102	25	8	10	29	24	47	78	52
		18%	19%	15%	22%	19%	21%	14%	17%	12%	13%	15%	26%	21%	27%	19%	18%
					b		d						bcde	d	bcdefjk	d	
Don't know		30	16	1	2	3	2	1	4	2	3	-	2	7	9	1	4
		1%	1%	*	1%	*	1%	1%	1%	1%	4%	-	2%	6%	5%	*	1%
											cj		j	abcdfjk	cdjk		
NET: More		647	343	135	130	265	66	60	214	65	22	24	31	49	29	86	127
		32%	27%	38%	41%	39%	40%	49%	35%	32%	36%	35%	28%	42%	17%	21%	44%
				a	a	a	gij	cdgij	ij	ij	ij	ij	i	gij			cdgij
NET: Less		734	460	117	129	247	60	38	212	63	21	22	45	39	76	157	98
		36%	37%	33%	40%	36%	36%	31%	35%	31%	34%	32%	41%	33%	44%	39%	34%
															bcdhk		
Base for stats		2009	1240	358	317	674	164	123	605	200	60	67	110	111	164	406	287
Mean Score		2.88	2.80	3.01	2.97	2.99	2.93	3.23	2.96	3.01	3.07	2.95	2.68	3.03	2.47	2.70	3.06
				a	a	a	ij	cgij	gij	gij	ij	i		gij		i	gij
Standard Deviation		1.249	1.206	1.223	1.440	1.329	1.310	1.323	1.262	1.189	1.306	1.162	1.283	1.386	1.173	1.131	1.322
Standard Error		.028	.033	.070	.087	.055	.101	.120	.051	.085	.169	.141	.119	.122	.091	.059	.078
Error variance		*	*	*	.01	*	.01	.01	*	.01	.03	.02	.01	.01	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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		2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total		2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	218 11%	54 12%	67 17% c	14 9%	5 19%	81 15%	59 13%	71 13%	45 17%	19 10%	6 15%	63 14%	77 13%	22 8%	96 8%	81 16% abe	20 22% abe	196 11% b
A bit more	(4.0)	429 21%	102 23%	88 22%	39 25%	7 28%	127 23%	109 23%	125 23%	64 24%	36 20%	8 21%	100 23%	133 23%	40 15%	259 22% a	116 23% a	14 16%	389 22% a
About the same	(3.0)	628 31%	139 32% b	101 25%	51 33%	5 19%	153 28%	144 31%	160 29%	72 27%	58 33%	9 22%	130 29%	168 29%	96 35% cd	383 33% cd	130 25%	19 21%	533 30% c
A bit less	(2.0)	359 18%	83 19%	65 16%	31 20%	6 22%	95 17%	89 19%	98 18%	47 18%	32 18%	9 24%	79 18%	107 18%	54 20%	207 18%	85 16%	13 14%	304 17%
A lot less	(1.0)	375 18%	61 14%	76 19% acf	18 11%	3 12%	94 17%	64 14%	89 16%	33 13%	31 17%	6 16%	64 14%	95 16%	53 19%	207 18%	96 19%	20 22%	322 18%
Don't know		30 1%	1 *	2 *	2 1%	- -	3 1%	1 *	1 *	2 1%	2 1% a	1 3% af	4 1%	2 *	5 2%	12 1%	8 2%	4 5% be	24 1%
NET: More		647 32%	156 35%	154 39%	53 34%	12 47%	208 38%	168 36%	196 36%	109 41% c	55 31%	14 36%	164 37%	210 36%	62 23%	354 30% a	197 38% abe	34 38% a	585 33% a
NET: Less		734 36%	144 33%	141 35%	48 31%	9 34%	189 34%	153 33%	187 34%	81 31%	63 35%	15 39%	143 32%	202 35%	107 40%	413 36%	180 35%	33 36%	627 35%
Base for stats		2009	439	397	153	27	549	465	543	262	175	37	437	580	265	1151	507	86	1744
Mean Score		2.88	3.01	3.01	3.01	3.19	3.01	3.02	2.98	3.15 c	2.89	2.96	3.05	2.98	2.71	2.85	3.00 ab	3.01	2.90 a
Standard Deviation		1.249	1.212	1.352	1.142	1.330	1.296	1.218	1.262	1.267	1.227	1.331	1.257	1.265	1.187	1.198	1.338	1.480	1.256
Standard Error		.028	.057	.068	.093	.251	.056	.056	.054	.079	.093	.213	.060	.052	.072	.035	.060	.159	.030
Error variance		*	*	*	.01	.06	*	*	*	.01	.01	.05	*	*	.01	*	*	.03	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
									NET: Longstanding physical and mental condition or illness					
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	218	56	140	27	31	4	152	58	4	174	45	194	24
		11%	17%	10%	10%	9%	6%	11%	10%	5%	11%	10%	11%	8%
			b											
A bit more	(4.0)	429	86	296	47	67	16	307	119	12	353	76	359	66
		21%	25%	22%	18%	19%	25%	22%	20%	16%	22%	18%	21%	22%
About the same	(3.0)	628	98	416	72	122	11	420	183	21	464	165	525	94
		31%	29%	30%	28%	34%	18%	31%	30%	29%	29%	38%	31%	31%
						c		c	c			a		
A bit less	(2.0)	359	53	241	47	55	13	237	104	10	291	67	307	43
		18%	16%	17%	18%	15%	20%	17%	17%	14%	18%	16%	18%	14%
A lot less	(1.0)	375	42	271	62	83	16	236	134	24	309	66	305	69
		18%	12%	20%	24%	23%	25%	17%	22%	33%	19%	15%	18%	23%
			a		d	d			d	de			a	
Don't know		30	3	13	4	4	4	15	8	2	21	9	15	7
		1%	1%	1%	1%	1%	6%	1%	1%	2%	1%	2%	1%	2%
							abde							a
NET: More		647	142	437	74	98	20	460	177	15	526	121	553	90
		32%	42%	32%	28%	27%	31%	34%	29%	21%	33%	28%	32%	30%
			b					bf						
NET: Less		734	95	512	109	138	29	473	238	35	600	133	612	111
		36%	28%	37%	42%	38%	45%	35%	39%	48%	37%	31%	36%	37%
				a	d				d	d	b			
Base for stats		2009	335	1364	255	358	60	1353	597	71	1590	419	1689	296
Mean Score		2.88	3.18	2.85	2.72	2.75	2.64	2.93	2.77	2.44	2.87	2.92	2.90	2.78
			b					abef	f					
Standard Deviation		1.249	1.248	1.256	1.298	1.249	1.301	1.243	1.267	1.267	1.266	1.182	1.251	1.254
Standard Error		.028	.069	.034	.079	.066	.168	.034	.052	.146	.032	.058	.031	.071
Error variance		*	*	*	.01	*	.03	*	*	.02	*	*	*	.01



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	218	10	14	19	19	32	36	21	67	84	124	67	54	66	30	34	49	66	64
		11%	2%	6%	6%	6%	13%	20%	30%	27%	7%	25%	12%	9%	11%	15%	9%	12%	9%	14%
				a	a	a	abcdi	abcdei	abcdei	abcdei	a	abcdei				b		c		ac
A bit more	(4.0)	429	21	32	66	97	75	60	18	60	269	138	104	138	152	31	72	89	165	97
		21%	5%	13%	22%	30%	29%	33%	26%	24%	24%	27%	18%	22%	25%	16%	19%	23%	22%	21%
				a	ab	abci	abc	abchi	ab	ab	ab	ab			ad					
About the same	(3.0)	628	151	65	85	104	76	45	20	82	330	147	148	183	200	84	141	129	229	109
		31%	37%	26%	28%	33%	30%	25%	28%	33%	29%	29%	26%	29%	33%	43%	37%	33%	30%	24%
			bcfij												a	abc	cd	d	d	
A bit less	(2.0)	359	58	62	81	59	41	25	7	25	243	58	100	131	105	18	69	67	157	65
		18%	14%	25%	27%	19%	16%	14%	11%	10%	22%	11%	17%	21%	17%	9%	18%	17%	20%	14%
				aefghj	defghj	hj	h				aefghj		d	d	d				d	
A lot less	(1.0)	375	157	73	52	37	27	13	2	14	189	30	147	112	75	32	56	54	145	112
		18%	38%	30%	17%	11%	11%	7%	3%	6%	17%	6%	25%	18%	12%	16%	15%	14%	19%	25%
			bcdefghij	cdefghij	defghj	ghj	hj				defghj		bcd	c					b	abc
Don't know		30	11	3	2	4	4	2	1	4	12	7	11	5	2	2	6	6	3	5
		1%	3%	1%	1%	1%	2%	1%	2%	2%	1%	1%	2%	1%	*	1%	2%	2%	*	1%
			ci										c				c	c		
NET: More		647	31	45	85	116	107	96	39	128	354	263	171	192	219	60	107	138	231	162
		32%	8%	18%	28%	36%	42%	53%	56%	50%	31%	52%	30%	31%	36%	31%	28%	35%	30%	36%
				a	ab	abc	abci	abcdei	abcdei	abcdi	ab	abcdei			ab			a		a
NET: Less		734	215	135	133	96	68	38	10	40	431	88	247	243	179	50	125	121	302	178
		36%	53%	54%	44%	30%	27%	21%	14%	16%	38%	17%	43%	39%	30%	26%	33%	31%	39%	39%
			cdefghij	cdefghij	defghj	fghj	ghj				defghj		cd	cd					ab	b
Base for stats		2009	396	245	303	316	251	179	68	250	1115	497	566	617	598	194	372	388	761	449
Mean Score		2.88	2.17	2.39	2.73	3.01	3.18	3.45	3.70	3.56	2.84	3.54	2.72	2.82	3.05	3.04	2.89	3.03	2.80	2.86
				a	ab	abci	abci	abcdei	abcdei	abcdei	ab	abcdei			ab	ab		c		
Standard Deviation		1.249	1.091	1.200	1.161	1.097	1.176	1.172	1.126	1.156	1.188	1.159	1.341	1.217	1.172	1.237	1.160	1.208	1.222	1.386
Standard Error		.028	.055	.077	.066	.062	.074	.087	.139	.074	.035	.052	.056	.049	.049	.090	.059	.061	.045	.066
Error variance		*	*	.01	*	*	.01	.01	.02	.01	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
A lot more		(5.0)	218	-	-	149	45
		11%	34%	-	-	15%	7%
			bc			b	
A bit more		(4.0)	429	-	-	251	114
		21%	66%	-	-	25%	19%
			bc			b	
About the same		(3.0)	628	628	-	208	254
		31%	-	100%	-	21%	43%
				ac		a	
A bit less		(2.0)	359	-	359	181	90
		18%	-	-	49%	18%	15%
				ab			
A lot less		(1.0)	375	-	375	187	86
		18%	-	-	51%	19%	14%
				ab		b	
Don't know		30	-	-	-	11	8
		1%	-	-	-	1%	1%
NET: More		647	647	-	-	400	159
		32%	100%	-	-	40%	27%
			bc			b	
NET: Less		734	-	-	734	369	175
		36%	-	-	100%	37%	29%
				ab		b	
Base for stats		2009	647	628	734	977	588
Mean Score		2.88	4.34	3.00	1.49	2.99	2.90
			bc	c			
Standard Deviation		1.249	.473	*	.500	1.350	1.107
Standard Error		.028	.019	*	.019	.043	.046
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1259 62%	632 64%	622 60%	331 54%	388 58%	541 72% ab	59 60%	168 63% g	123 61%	124 58%	112 63%	154 68% dg	174 54%	205 62%	140 67% dg
Running or jogging	394 19%	162 16%	231 22% a	192 31% bc	152 23% c	50 7%	18 18%	60 23% f	34 17%	38 18%	27 15%	27 12%	86 27% cdefh	64 19% f	40 19% f
Home activity, fitness or exercise class viewed online or on TV, DVD or video	349 17%	108 11%	239 23% a	160 26% bc	121 18% c	68 9%	14 14%	38 14%	35 18%	33 15%	33 19%	38 17%	63 20%	58 18%	38 18%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	313 15%	126 13%	186 18% a	136 22% bc	87 13%	90 12%	11 12%	45 17%	27 14%	31 14%	29 16%	30 13%	60 19%	51 16%	28 14%
Cycling (either for leisure or travel)	240 12%	142 14% b	97 9%	88 14% c	92 14% c	61 8%	15 15% cd	35 13% cd	13 7%	15 7%	18 10%	28 13% c	45 14% cd	42 13% cd	29 14% cd
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	178 9%	82 8%	95 9%	80 13% c	69 10% c	29 4%	9 9%	22 8%	18 9%	18 8%	17 10% f	10 4%	36 11% f	29 9%	21 10% f
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	139 7%	61 6%	77 7%	85 14% bc	42 6% c	11 1%	7 7%	20 8% f	7 4%	13 6%	13 8% f	6 3%	40 12% cdfhi	22 7%	9 5%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	116 6%	46 5%	70 7% a	68 11% bc	41 6% c	7 1%	4 4%	13 5%	17 9% f	9 4%	9 5%	3 2%	25 8% f	18 5% f	19 9% f
Swimming	71 3%	28 3%	42 4%	37 6% bc	24 4% c	9 1%	4 4%	10 4%	3 1%	7 3%	8 5% c	4 2%	19 6% cfi	12 4%	4 2%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	63 3%	34 3%	29 3%	37 6% bc	22 3% c	4 1%	3 3% c	9 3% c	1 * 	8 4% c	3 2%	6 2%	21 6% cefh	6 2%	8 4% c
Gymnastics, trampolining or cheerleading	55 3%	20 2%	35 3%	31 5% bc	19 3% c	5 1%	5 5%	4 2%	4 2%	7 3%	6 4%	5 2%	11 4%	8 2%	3 1%
Racket sports (such as tennis, badminton, squash etc.)	45 2%	22 2%	22 2%	31 5% bc	9 1%	4 1%	- -	6 2%	2 1%	5 2%	5 3%	3 1%	13 4% a	7 2%	4 2%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	40 2%	19 2%	20 2%	27 4% bc	13 2% c	1 * 	2 2%	8 3%	1 1%	5 2%	2 1%	4 2%	10 3%	4 1%	4 2%
Water sports (such as surfing, rowing, sailing etc.)	37 2%	19 2%	18 2%	17 3% c	19 3% c	1 * 	2 2%	7 3%	3 2%	4 2%	2 1%	2 1%	9 3%	5 2%	2 1%
Golf	35 2%	26 3% b	9 1%	14 2%	12 2%	9 1%	3 3%	5 2%	1 1%	4 2%	4 2%	4 2%	5 1%	6 2%	2 1%
Other sport, exercise or physical activity	66 3%	35 3%	32 3%	16 3%	19 3%	32 4%	2 2%	7 2%	6 3%	11 5%	4 2%	8 3%	8 3%	14 4%	8 4%
I have not done any physical activity in the past week	277 14%	140 14%	136 13%	46 8%	84 13% a	147 19% ab	15 15%	37 14%	39 19% eghi	39 18% ghi	21 12%	36 16% h	37 12%	32 10%	22 10%
NET: Home based activity	689 34%	267 27%	420 41% a	302 49% bc	226 34% c	161 21%	28 28%	91 34%	67 34%	70 33%	63 35%	63 28%	125 39% f	109 33%	73 35%
NET: Any physical activity in the past week	1762 86%	855 86%	899 87%	570 92% bc	584 87% c	608 81%	83 85%	229 86%	161 81%	175 82%	156 88% c	191 84%	282 88% cd	299 90% cdf	187 90% cd

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1259	83	306	306	156	117	291	695	565	1127	35	49	34	3	1	121
	62%	55%	65%	64%	62%	58%	60%	63%	60%	64%	64%	44%	53%	35%	6%	48%
		a								cg	cg					
Running or jogging	394	41	133	112	50	38	21	286	108	304	18	41	22	1	3	85
	19%	27%	28%	23%	20%	19%	4%	26%	12%	17%	33%	37%	34%	10%	20%	33%
		fh	defh	fh	fh	fh		defh	f		a	a	a			a
Home activity, fitness or exercise class viewed online or on TV, DVD or video	349	41	96	79	50	42	41	216	133	280	12	30	19	1	2	64
	17%	27%	20%	17%	20%	21%	8%	20%	14%	16%	23%	27%	29%	13%	18%	26%
		cdefh	fh	f	fh	fh		fh	f			a	a			a
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	313	34	91	72	36	23	57	196	116	262	12	22	11	1	2	48
	15%	23%	19%	15%	14%	12%	12%	18%	12%	15%	23%	19%	17%	10%	17%	19%
		cdefh	efh					efh								
Cycling (either for leisure or travel)	240	28	85	51	25	19	33	164	76	195	9	22	8	2	1	42
	12%	18%	18%	11%	10%	9%	7%	15%	8%	11%	17%	19%	13%	22%	9%	17%
		cdefh	cdefh	f				cdefh				a				a
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	178	24	55	35	20	19	25	114	64	148	9	13	6	2	1	30
	9%	16%	12%	7%	8%	10%	5%	10%	7%	8%	16%	12%	9%	23%	6%	12%
		cdfgh	cfh			f		fh								
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	139	20	36	42	15	12	13	98	41	103	9	10	11	2	2	33
	7%	13%	8%	9%	6%	6%	3%	9%	4%	6%	16%	9%	18%	18%	13%	13%
		bdefh	fh	fh	f	f		fh			a		a			a
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	116	22	43	25	11	8	6	90	26	87	9	11	4	1	-	25
	6%	15%	9%	5%	5%	4%	1%	8%	3%	5%	17%	10%	7%	8%	-	10%
		cdefgh	cdefh	fh	f	f		cdefh			a	a				a
Swimming	71	12	22	16	5	10	6	50	21	55	3	6	4	-	-	14
	3%	8%	5%	3%	2%	5%	1%	5%	2%	3%	6%	6%	7%	-	-	6%
		cdfh	fh	f		fh		fh								a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	63 3%	17 11% bcdefgh	21 4% fh	14 3% fh	6 2% f	4 2% f	1 * f	52 5% fh	11 1% f	44 2%	7 12% a	8 7% a	4 6%	- -	1 6%	20 8% a
Gymnastics, trampolining or cheerleading	55 3%	11 8% bcefg	13 3%	14 3%	9 3% f	2 1%	6 1%	38 3% fh	17 2%	42 2%	3 6%	6 6% a	4 6%	- -	- -	13 5% a
Racket sports (such as tennis, badminton, squash etc.)	45 2%	11 8% bcdefgh	16 3% cfh	5 1%	6 2% f	3 2%	3 1%	33 3% cfh	12 1%	29 2%	3 6% a	7 6% a	5 7% a	1 8%	- -	15 6% a
Combat sports, martial arts or target sports (such as shooting, archery etc.)	40 2%	8 6% cefg	11 2% f	9 2%	5 2%	3 2%	3 1%	29 3% fh	11 1%	26 1%	3 6% a	7 7% a	3 4%	- -	1 9%	15 6% a
Water sports (such as surfing, rowing, sailing etc.)	37 2%	13 9% bcdefgh	9 2% f	7 1% f	2 1%	5 3% fh	1 * fh	29 3% fh	8 1%	22 1%	2 5% a	7 6% a	3 5% a	1 8%	1 6%	14 6% a
Golf	35 2%	4 3% e	12 3% efh	8 2%	6 3% e	- -	4 1%	24 2% e	11 1%	28 2%	1 2%	4 4%	1 1%	- -	- -	6 2%
Other sport, exercise or physical activity	66 3%	9 6% e	14 3%	14 3%	11 4%	3 2%	15 3%	37 3%	29 3%	59 3%	2 4%	2 2%	1 1%	- -	1 6%	6 2%
I have not done any physical activity in the past week	277 14%	6 4%	38 8%	53 11% a	25 10% a	32 16% abg	123 25% abcdegh	97 9% abcdg	180 19%	244 14%	5 10%	9 8%	5 8%	3 37%	4 31%	27 11%
NET: Home based activity	689 34%	74 49% cdefgh	194 41% cfh	157 33% f	87 35% fh	74 36% fh	103 21%	425 39% cfh	264 28% f	570 33%	23 42%	54 48% a	27 42%	3 33%	5 35%	111 44% a
NET: Any physical activity in the past week	1762 86%	144 96% cdefh	434 92% efh	427 89% fh	225 90% fh	171 84% f	361 75%	1004 91% efh	757 81% f	1511 86%	49 90%	102 92%	60 92%	5 63%	9 69%	226 89%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1259	811	211	194	406	102	76	384	134	32	41	70	57	89	273	178
	62%	65%	59%	61%	60%	61%	62%	63%	67%	51%	61%	63%	48%	52%	67%	61%
		d				h	h	hi	ehi			h			ehi	hi
Running or jogging	394	162	104	102	206	40	34	165	47	15	14	15	38	14	12	74
	19%	13%	29%	32%	30%	24%	28%	27%	23%	24%	21%	13%	32%	8%	3%	26%
			a	a	a	gij	gij	gij	gij	ij	ij	j	gij	j		gij
Home activity, fitness or exercise class viewed online or on TV, DVD or video	349	167	75	88	163	34	37	118	40	8	9	25	29	25	26	70
	17%	13%	21%	27%	24%	20%	30%	19%	20%	12%	13%	22%	24%	14%	6%	24%
			a	a	a	j	cdefij	j	j			j	ij	j		efij
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	313	180	53	64	117	28	31	98	31	6	12	22	21	20	43	59
	15%	14%	15%	20%	17%	17%	25%	16%	15%	10%	18%	19%	18%	12%	11%	20%
				a		j	cdeij	j				j	j			eij
Cycling (either for leisure or travel)	240	115	54	55	109	17	24	100	22	10	9	14	13	5	26	41
	12%	9%	15%	17%	16%	10%	20%	16%	11%	16%	13%	13%	11%	3%	6%	14%
			a	a	a	i	adij	aij	i	ij	i	ij	i			ij
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	178	55	54	60	115	19	17	50	25	9	6	17	11	9	15	36
	9%	4%	15%	19%	17%	11%	14%	8%	12%	14%	9%	15%	9%	5%	4%	12%
			a	a	a	ij	ij	j	ij	ij	j	cij	j			ij
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	139	63	24	35	59	10	15	56	16	7	5	5	16	4	5	25
	7%	5%	7%	11%	9%	6%	12%	9%	8%	10%	7%	5%	14%	2%	1%	9%
				a	a	j	gij	ij	ij	ij	j	j	agij			ij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	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)	116 6%	26 2%	41 12% a	39 12% a	81 12% a	9 5% j	16 13% afghij	53 9% ij	13 6% j	7 11% ij	2 3% j	4 4% j	5 5% j	4 2% j	2 1% j	24 8% ij
Swimming	71 3%	24 2%	20 6% a	19 6% a	39 6% a	2 1% j	3 2% j	34 6% ajk	7 3% j	5 7% agjk	4 6% aj	2 1% ajk	6 5% ajk	8 4% j	1 * j	5 2% j
Team sports (such as football, cricket, rugby etc.)	63 3%	25 2%	13 4% a	21 7% a	34 5% a	1 * j	9 7% adgij	33 5% adgij	3 2% j	6 9% adgijk	2 2% j	1 1% j	8 6% adgij	1 1% j	- - j	10 3% aj
Gymnastics, trampolining or cheerleading	55 3%	19 2%	18 5% a	9 3% a	27 4% a	2 1% j	9 8% acj	17 3% j	7 3% j	2 4% j	3 5% j	2 2% j	4 4% j	8 4% j	- - j	11 4% j
Racket sports (such as tennis, badminton, squash etc.)	45 2%	17 1%	12 3% a	12 4% a	24 4% a	2 1% j	7 6% agij	23 4% gij	5 3% j	2 3% j	2 3% gj	- - j	2 2% j	1 1% j	- - j	8 3% j
Combat sports, martial arts or target sports (such as shooting, archery etc.)	40 2%	15 1%	12 3% a	10 3% a	22 3% a	2 1% j	6 5% j	17 3% j	7 4% j	2 3% j	1 2% j	1 1% j	2 1% j	2 1% j	1 * j	8 3% j
Water sports (such as surfing, rowing, sailing etc.)	37 2%	13 1%	8 2% a	11 4% a	20 3% a	1 * j	6 5% ahij	21 3% ahij	2 1% j	2 3% hj	2 2% j	2 2% j	- - j	1 * j	1 * j	6 2% j
Golf	35 2%	12 1%	10 3% a	8 2% a	18 3% a	2 1% j	1 1% j	18 3% jk	2 1% j	3 4% gijk	2 3% j	- - j	3 2% j	1 * j	4 1% j	3 1% j



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
Significance Level: 95%	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	66	48	5	9	14	5	7	16	5	4	2	2	3	5	17	12
	3%	4%	1%	3%	2%	3%	6%	3%	3%	6%	4%	1%	2%	3%	4%	4%
		b														
I have not done any physical activity in the past week	277	209	32	25	57	17	9	50	18	5	6	13	14	46	99	25
	14%	17%	9%	8%	8%	10%	7%	8%	9%	8%	9%	12%	12%	27%	24%	9%
		bcd											abcdeghk	abcdeghk		
NET: Home based activity	689	346	145	163	308	63	68	223	76	22	21	50	46	46	74	131
	34%	28%	41%	51%	46%	38%	55%	37%	38%	35%	31%	45%	39%	27%	18%	45%
		a	a	ab	a	ij	acdefhij	ij	ij	j	j	ij	ij	j		ctij
NET: Any physical activity in the past week	1762	1046	326	294	621	150	115	558	184	57	61	98	104	126	308	265
	86%	83%	91%	92%	92%	90%	93%	92%	91%	92%	91%	88%	88%	73%	76%	91%
		a	a	a		ij	ij	ij	ij	ij	ij	ij	ij			ij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1259 62%	279 63%	269 67%	86 56%	10 37%	355 64%	288 62%	361 66%	159 60%	110 62%	17 45%	269 61%	378 65%	170 63%	749 64%	292 57%	48 53%	1089 62%
			c					d		d		d	d		cd			
Running or jogging	394 19%	99 22%	111 28%	46 30%	10 37%	157 28%	109 23%	125 23%	85 32%	45 25%	9 23%	130 29%	134 23%	28 10%	187 16%	151 29%	29 32%	366 21%
						a			af			af			a	abe	abe	ab
Home activity, fitness or exercise class viewed online or on TV, DVD or video	349 17%	76 17%	88 22%	32 21%	6 24%	120 22%	82 18%	99 18%	66 25%	27 15%	11 29%	93 21%	110 19%	23 8%	180 15%	124 24%	22 24%	326 18%
									acf						a	abe	ab	ab
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	313 15%	70 16%	77 19%	22 15%	4 15%	99 18%	74 16%	91 17%	53 20%	26 15%	6 16%	79 18%	97 17%	34 13%	173 15%	89 17%	16 18%	278 16%
Cycling (either for leisure or travel)	240 12%	69 16%	71 18%	17 11%	5 20%	87 16%	74 16%	81 15%	49 19%	26 15%	6 16%	75 17%	88 15%	22 8%	129 11%	78 15%	11 12%	218 12%
			c												ab			
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	178 9%	46 11%	38 10%	16 10%	4 14%	54 10%	50 11%	43 8%	37 14%	19 10%	4 11%	56 13%	47 8%	9 3%	85 7%	73 14%	11 12%	169 10%
									af			af			a	abe	a	ab
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	139 7%	32 7%	38 10%	18 11%	4 16%	56 10%	37 8%	39 7%	32 12%	17 10%	5 12%	50 11%	44 7%	9 4%	61 5%	58 11%	11 12%	129 7%
									af			af				abe	ab	ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	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)	116 6%	33 7%	42 11%	9 6%	3 11%	52 9%	36 8%	38 7%	30 12% af	18 10%	3 8%	48 11% af	41 7%	5 2%	54 5% a	44 9% ab	12 14% abe	111 6% a
Swimming	71 3%	17 4%	18 5%	11 7%	4 14%	29 5%	20 4%	15 3%	23 9% af	8 4%	2 5%	31 7% af	17 3%	4 2%	36 3%	27 5% ab	4 4%	67 4%
Team sports (such as football, cricket, rugby etc.)	63 3%	20 5%	19 5%	9 6%	3 11%	28 5%	23 5%	18 3%	22 8% af	10 5%	- -	32 7% af	18 3%	6 2%	27 2%	28 5% abe	3 3%	58 3%
Gymnastics, trampolining or cheerleading	55 3%	13 3%	17 4%	8 5%	1 4%	25 4%	14 3%	11 2%	21 8% acf	5 3%	1 2%	26 6% af	12 2%	6 2%	28 2%	19 4%	2 2%	49 3%
Racket sports (such as tennis, badminton, squash etc.)	45 2%	12 3%	19 5%	4 3%	5 18%	23 4%	17 4%	12 2%	19 7% af	6 3%	3 7%	25 6% af	15 3%	4 2%	18 2%	19 4% b	4 4%	40 2%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	40 2%	13 3%	10 2%	7 4%	3 11%	16 3%	16 3%	11 2%	15 6% af	6 3%	- -	21 5% af	11 2%	5 2%	14 1%	17 3% b	4 5% b	35 2%
Water sports (such as surfing, rowing, sailing etc.)	37 2%	13 3%	11 3%	4 3%	3 11%	15 3%	16 3%	11 2%	13 5% af	6 4%	2 5%	20 4% af	13 2%	3 1%	18 2%	14 3%	2 2%	34 2%
Golf	35 2%	10 2%	9 2%	6 4%	1 4%	15 3%	11 2%	12 2%	7 2%	6 4%	1 2%	13 3%	12 2%	2 1%	18 2%	10 2%	5 5% abe	33 2%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	66 3%	14 3%	12 3%	5 3%	2 7%	17 3%	16 3%	14 3%	8 3%	11 6% af	1 2%	19 4%	15 3%	8 3%	41 4%	15 3%	2 2%	58 3%
I have not done any physical activity in the past week	277 14%	44 10%	29 7%	10 6%	- -	39 7%	44 10%	53 10% be	11 4%	16 9% b	4 10%	27 6%	57 10% be	54 20% bcde	167 14% c	49 9%	8 9%	223 13% c
NET: Home based activity	689 34%	158 36%	163 41%	61 39%	11 40%	224 41%	168 36%	199 37%	119 45% acf	61 34%	17 45%	180 41%	217 37%	61 22%	369 32% a	221 43% abe	39 43% ab	628 36% ab
NET: Any physical activity in the past week	1762 86%	395 90%	370 93%	144 94%	27 100%	514 93%	422 90%	491 90%	252 96% acf	162 91%	35 90%	414 94% af	525 90%	217 80%	997 86% a	467 91% abe	82 91% a	1545 87% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1259	168	898	144	201	24	899	327	39	994	265	1081	169
	62%	50%	65%	56%	56%	37%	66%	54%	54%	62%	62%	63%	56%
			a	c	c		abcef	c	c			b	
Running or jogging	394	100	256	54	34	11	288	92	6	334	60	334	50
	19%	29%	19%	21%	9%	17%	21%	15%	8%	21%	14%	20%	16%
			b	bef			bef	b		b			
Home activity, fitness or exercise class viewed online or on TV, DVD or video	349	60	258	45	43	7	254	84	11	278	70	302	40
	17%	18%	19%	17%	12%	12%	19%	14%	15%	17%	16%	18%	13%
							be					b	
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	313	56	216	40	45	7	219	85	8	245	68	270	42
	15%	16%	16%	16%	12%	10%	16%	14%	11%	15%	16%	16%	14%
Cycling (either for leisure or travel)	240	54	161	33	25	9	176	58	6	195	46	214	25
	12%	16%	12%	13%	7%	14%	13%	10%	9%	12%	11%	13%	8%
			b	b		b	be					b	
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	178	38	125	31	28	8	117	57	9	143	35	161	16
	9%	11%	9%	12%	8%	12%	9%	9%	13%	9%	8%	9%	5%
												b	
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	139	37	89	18	15	3	96	35	1	111	28	110	24
	7%	11%	6%	7%	4%	5%	7%	6%	1%	7%	7%	6%	8%
			b	f			bf						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	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)	116 6%	34 10% b	69 5%	24 9% bd	15 4%	7 10% bd	66 5%	42 7%	2 3%	88 5%	28 6%	103 6% b	6 2%
Swimming	71 3%	29 8% b	35 3%	12 5%	8 2%	3 4%	45 3%	21 3%	2 3%	62 4%	9 2%	58 3%	10 3%
Team sports (such as football, cricket, rugby etc.)	63 3%	26 8% b	31 2%	9 4%	9 2%	3 4%	40 3%	20 3%	1 1%	54 3%	9 2%	54 3%	8 3%
Gymnastics, trampolining or cheerleading	55 3%	25 7% b	21 2%	12 5% d	12 3%	3 5%	30 2%	23 4% d	4 5%	41 3%	14 3%	48 3%	3 1%
Racket sports (such as tennis, badminton, squash etc.)	45 2%	20 6% b	19 1%	12 5% bd	5 1%	4 6% bd	24 2%	20 3% d	1 1%	40 2%	5 1%	42 2%	2 1%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	40 2%	23 7% b	13 1%	9 3% bd	4 1%	4 7% bdf	22 2%	17 3%	- -	35 2%	5 1%	37 2%	3 1%
Water sports (such as surfing, rowing, sailing etc.)	37 2%	18 5% b	15 1%	10 4% d	6 2%	3 4%	17 1%	18 3% d	1 2%	30 2%	7 2%	30 2%	7 2%
Golf	35 2%	12 4% b	19 1%	4 2%	6 2%	2 3%	23 2%	11 2%	1 1%	25 2%	10 2%	26 2%	7 2%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
	Yes	No	Mental condition or illness	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	2039	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	66	47	10	17	3	40	25	4	49	17	57	7
	3%	3%	4%	5%	5%	3%	4%	5%	3%	4%	3%	2%
I have not done any physical activity in the past week	277	190	37	89	10	154	114	20	212	65	224	51
	14%	14%	14%	25%	15%	11%	19%	27%	13%	15%	13%	17%
		a		ade			d	ad				
NET: Home based activity	689	487	97	101	20	474	196	22	548	141	600	82
	34%	35%	37%	28%	31%	35%	32%	30%	34%	33%	35%	27%
		b	b			b					b	
NET: Any physical activity in the past week	1762	1187	221	273	55	1213	491	53	1399	363	1480	251
	86%	86%	86%	75%	85%	89%	81%	73%	87%	85%	87%	83%
		b	bf			bef	b					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1259	136	154	198	212	173	134	53	201	736	387	344	400	388	112	219	235	514	268
	62%	33%	62%	65%	66%	68%	74%	76%	79%	65%	77%	60%	64%	65%	57%	58%	60%	67%	59%
			a	a	a	a	abci	ab	abcdei	a	abcdei							abd	
Running or jogging	394	9	23	57	93	72	49	23	68	245	140	107	127	115	41	67	102	139	79
	19%	2%	9%	19%	29%	28%	27%	33%	27%	22%	28%	18%	20%	19%	21%	18%	26%	18%	17%
			a	ab	abci	abci	abc	abci	abc	ab	abci						acd		
Home activity, fitness or exercise class viewed online or on TV, DVD or video	349	12	28	46	86	67	39	20	52	227	110	93	111	112	31	55	83	113	96
	17%	3%	11%	15%	27%	26%	21%	29%	20%	20%	22%	16%	18%	19%	16%	14%	21%	15%	21%
			a	a	abci	abci	ab	abc	ab	abc	abc						ac		ac
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	313	8	27	47	54	55	49	12	61	184	121	87	104	92	27	44	70	125	70
	15%	2%	11%	15%	17%	22%	27%	17%	24%	16%	24%	15%	17%	15%	14%	12%	18%	16%	16%
			a	a	ab	abci	abcdi	a	abcdi	ab	abcdi						a	a	
Cycling (either for leisure or travel)	240	5	14	40	48	57	26	15	36	158	77	63	61	82	28	43	50	85	57
	12%	1%	5%	13%	15%	22%	14%	22%	14%	14%	15%	11%	10%	14%	14%	11%	13%	11%	13%
			a	ab	ab	abcdfhij	ab	ab	ab	ab	ab			b					
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	178	7	15	29	36	32	19	8	30	113	58	44	50	55	25	26	32	76	42
	9%	2%	6%	10%	11%	13%	10%	12%	12%	10%	11%	8%	8%	9%	13%	7%	8%	10%	9%
			a	a	ab	ab	a	a	ab	a	ab				ab				
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	139	7	6	19	29	32	17	14	15	86	46	49	40	30	15	35	36	34	28
	7%	2%	2%	6%	9%	13%	9%	20%	6%	8%	9%	8%	6%	5%	8%	9%	9%	5%	6%
				ab	ab	abchi	ab	abcdfhij	ab	ab	ab	c				c	c		
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	116	3	15	10	22	24	17	7	17	71	41	19	42	38	14	24	33	36	20
	6%	1%	6%	3%	7%	9%	9%	10%	7%	6%	8%	3%	7%	6%	7%	6%	8%	5%	4%
			a	a	ac	ac	ac	ac	a	ac	ac		a	a	a		cd		



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents

	Number of days active											Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Swimming	71	5	7	13	14	15	7	4	7	48	18	16	22	20	11	16	18	23	11
	3%	1%	3%	4%	4%	6%	4%	6%	3%	4%	4%	3%	3%	3%	6%	4%	5%	3%	2%
				a	a	a	a	a		a	a								
Team sports (such as football, cricket, rugby etc.)	63	1	5	8	10	16	13	5	6	39	24	18	18	16	12	14	19	20	10
	3%	*	2%	3%	3%	6%	7%	7%	2%	3%	5%	3%	3%	3%	6%	4%	5%	3%	2%
			a	a	a	abchi	abcdhi	abc	a	a	a				bc		cd		
Gymnastics, trampolining or cheerleading	55	2	6	7	14	10	4	2	10	37	16	16	17	13	6	18	15	12	8
	3%	1%	2%	2%	4%	4%	2%	3%	4%	3%	3%	3%	3%	2%	3%	5%	4%	2%	2%
				a	a	a			a	a	a					cd	c		
Racket sports (such as tennis, badminton, squash etc.)	45	1	2	8	11	10	4	2	7	31	13	10	12	13	9	8	12	14	11
	2%	*	1%	3%	3%	4%	2%	3%	3%	3%	3%	2%	2%	2%	4%	2%	3%	2%	2%
				a	ab	ab	a	a	a	a	a				ab				
Combat sports, martial arts or target sports (such as shooting, archery etc.)	40	1	2	5	12	6	6	1	7	25	14	8	12	13	6	10	10	12	8
	2%	*	1%	2%	4%	2%	3%	2%	3%	2%	3%	1%	2%	2%	3%	3%	3%	2%	2%
				a	ab	a	a		a	a	a								
Water sports (such as surfing, rowing, sailing etc.)	37	-	5	6	9	7	1	2	6	27	10	7	12	13	5	8	8	12	8
	2%	-	2%	2%	3%	3%	1%	3%	2%	2%	2%	1%	2%	2%	3%	2%	2%	2%	2%
			a	a	a	a		a	a	a	a								
Golf	35	1	3	8	10	5	3	-	6	25	8	8	10	10	7	9	8	11	6
	2%	*	1%	3%	3%	2%	2%	-	2%	2%	2%	1%	2%	2%	3%	2%	2%	1%	1%
				a	a	a	a		a	a	a								
Other sport, exercise or physical activity	66	5	9	7	14	8	4	1	18	38	23	17	19	24	4	8	23	25	8
	3%	1%	4%	2%	4%	3%	2%	2%	7%	3%	5%	3%	3%	4%	2%	2%	6%	3%	2%
			a		a				acefi	a	a						acd		
I have not done any physical activity in the past week	277	233	16	15	5	3	2	-	2	40	5	91	66	78	31	62	31	95	77
	14%	57%	7%	5%	1%	1%	1%	-	1%	4%	1%	16%	11%	13%	16%	16%	8%	12%	17%
		bdefghij	defghij	defhj						hj		b			b	b		b	bc
NET: Home based activity	689	24	64	106	145	125	87	26	112	440	225	181	223	215	63	104	144	268	165
	34%	6%	26%	35%	45%	49%	48%	37%	44%	39%	45%	31%	36%	36%	32%	27%	37%	35%	36%
			a	ab	abci	abci	abci	a	abc	ab	abci						a	a	a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

	Number of days active										Life satisfaction score				Covid-19 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1762	174	231	289	316	252	179	69	251	1088	499	486	557	522	165	317	363	669	377
86%	43%	93%	95%	99%	99%	99%	100%	99%	96%	99%	84%	89%	87%	84%	84%	92%	88%	83%
		a	a	abc	abc	abc	ab	abci	ab	abci		ad				acd	d	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1259	428	381	443	634	344
	62%	66%	61%	60%	64%	58%
		bc			b	
Running or jogging	394	194	98	99	264	103
	19%	30%	16%	14%	27%	17%
		bc			b	
Home activity, fitness or exercise class viewed online or on TV, DVD or video	349	184	76	87	213	91
	17%	28%	12%	12%	22%	15%
		bc			b	
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	313	141	76	94	179	80
	15%	22%	12%	13%	18%	13%
		bc			b	
Cycling (either for leisure or travel)	240	120	58	61	153	61
	12%	19%	9%	8%	16%	10%
		bc			b	
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	178	73	42	63	119	34
	9%	11%	7%	9%	12%	6%
		b			b	
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	139	76	28	33	87	43
	7%	12%	4%	5%	9%	7%
		bc				
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	116	54	24	35	78	27
	6%	8%	4%	5%	8%	5%
		bc			b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Swimming	71	38	19	12	41	23
	3%	6%	3%	2%	4%	4%
		bc				
Team sports (such as football, cricket, rugby etc.)	63	30	17	15	39	22
	3%	5%	3%	2%	4%	4%
		c				
Gymnastics, trampolining or cheerleading	55	27	19	8	32	18
	3%	4%	3%	1%	3%	3%
		c	c			
Racket sports (such as tennis, badminton, squash etc.)	45	21	12	11	35	7
	2%	3%	2%	1%	4%	1%
		c			b	
Combat sports, martial arts or target sports (such as shooting, archery etc.)	40	20	12	8	32	7
	2%	3%	2%	1%	3%	1%
		c			b	
Water sports (such as surfing, rowing, sailing etc.)	37	21	8	8	24	11
	2%	3%	1%	1%	2%	2%
		bc				
Golf	35	16	7	9	20	10
	2%	3%	1%	1%	2%	2%
Other sport, exercise or physical activity	66	19	22	24	32	17
	3%	3%	4%	3%	3%	3%
I have not done any physical activity in the past week	277	14	102	153	88	82
	14%	2%	16%	21%	9%	14%
			a	ab		a
NET: Home based activity	689	310	162	213	412	171
	34%	48%	26%	29%	42%	29%
		bc			b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
2039	651	623	731	1006	599
2039	647	628	734	988	596
100%	100%	100%	100%	100%	100%
1762	633	527	581	900	514
86%	98%	84%	79%	91%	86%
	bc	c		b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	1241	610	626	347	392	502	62	175	133	124	106	131	167	206	137
Total	1259	632	622	331	388	541	59	168	123	124	112	154	174	205	140
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	895	472	420	223	256	416	46	124	83	88	82	118	103	145	106
	71%	75%	68%	67%	66%	77%	78%	74%	68%	71%	73%	76%	59%	71%	76%
		b				ab	g	g		g	g	g		g	g
To get to/from shops or supermarkets	570	299	270	147	167	256	31	79	48	50	58	61	92	78	74
	45%	47%	43%	45%	43%	47%	52%	47%	39%	40%	52%	40%	53%	38%	53%
										h			cdfh		cdfh
To get to/from my place of work	142	59	83	47	65	30	8	16	17	13	9	16	27	20	15
	11%	9%	13%	14%	17%	6%	14%	10%	14%	11%	8%	10%	16%	10%	11%
			a	c	c										
For personal business, e.g. running errands or visiting the doctor	140	71	66	46	42	52	7	17	17	11	15	11	32	16	14
	11%	11%	11%	14%	11%	10%	11%	10%	14%	9%	13%	7%	18%	8%	10%
				c									bdfhi		
To visit friends or family	111	41	69	56	37	18	7	19	16	10	7	10	15	19	6
	9%	6%	11%	17%	9%	3%	12%	12%	13%	8%	7%	6%	9%	9%	5%
			a	bc	c		i	i	i						
For journeys made as part of my work	71	34	38	29	24	19	5	11	7	8	3	6	17	8	5
	6%	5%	6%	9%	6%	4%	9%	7%	5%	7%	3%	4%	10%	4%	4%
				c									ehi		
To get to/from school or place of education (including escorting others)	65	23	41	26	30	8	3	6	8	2	3	9	15	8	10
	5%	4%	7%	8%	8%	2%	5%	4%	7%	2%	3%	6%	8%	4%	7%
			a	c	c								d		
To volunteer or provide support to others	45	19	26	15	17	13	3	6	2	1	3	6	12	8	3
	4%	3%	4%	5%	4%	2%	5%	4%	2%	1%	3%	4%	7%	4%	2%
													cd		
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	36	13	22	20	10	6	1	4	1	5	2	2	12	5	2
	3%	2%	4%	6%	3%	1%	2%	3%	1%	4%	2%	2%	7%	3%	2%
				bc									cfhi		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents who walked in the past week

Significance Level: 95%

Unweighted Total

Total

For another purpose

NET: Travel/utility

NET: Leisure, fitness & recreation and travel/utility

	Gender		Age			Region								
Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
1241	610	626	347	392	502	62	175	133	124	106	131	167	206	137
1259	632	622	331	388	541	59	168	123	124	112	154	174	205	140
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
84	36	48	15	24	45	3	12	12	10	11	11	3	15	8
7%	6%	8%	5%	6%	8%	4%	7%	10%	8%	9%	7%	2%	7%	6%
					a		g	g	g	g	g		g	
690	349	339	192	216	282	36	89	63	63	64	74	120	104	77
55%	55%	55%	58%	56%	52%	61%	53%	51%	51%	57%	48%	69%	51%	55%
												bcd	efhi	
407	215	190	111	112	183	23	54	38	39	42	45	57	60	49
32%	34%	31%	33%	29%	34%	39%	32%	31%	31%	38%	29%	33%	29%	35%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	1241	79	296	310	159	123	274	685	556	1110	35	48	32	3	1	119
Total	1259	83	306	306	156	117	291	695	565	1127	35	49	34	3	1	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	895	59	239	209	111	75	202	507	388	826	21	28	12	2	-	63
	71%	71%	78% cefh	68%	71%	64%	69%	73% e	69%	73% cdg	61% d	57%	36%	71%	-	52%
To get to/from shops or supermarkets	570	30	129	141	62	56	152	300	270	507	16	24	18	1	1	59
	45%	37%	42%	46%	40%	48%	52% abdg	43%	48%	45%	47%	49%	52%	29%	100%	49%
To get to/from my place of work	142	7	45	41	23	23	2	93	49	114	2	14	7	-	-	24
	11%	9% f	15% fh	13% fh	15% fh	20% afh	1% fh	13% fh	9% f	10%	6%	29% ab	21% a	-	-	19% a
For personal business, e.g. running errands or visiting the doctor	140	13	52	29	11	10	25	94	45	120	8	4	6	-	-	18
	11%	16% dh	17% cdefh	9%	7%	9%	8%	14% dfh	8%	11%	22% a	9%	16%	-	-	14%
To visit friends or family	111	7	29	27	13	14	22	63	48	92	4	9	5	-	-	18
	9%	9%	9%	9%	8%	12%	7%	9%	9%	8%	11%	19% a	15%	-	-	15% a
For journeys made as part of my work	71	3	21	21	8	15	4	45	26	62	-	7	2	-	-	9
	6%	4%	7% f	7% f	5% f	13% adefgh	1%	6% f	5% f	5%	-	15% ab	6%	-	-	8%
To get to/from school or place of education (including escorting others)	65	6	22	13	10	6	8	41	23	43	8	7	6	-	-	21
	5%	7%	7% fh	4%	6%	5%	3%	6% f	4%	4%	24% a	13% a	18% a	-	-	17% a
To volunteer or provide support to others	45	4	13	12	3	1	12	29	16	37	5	-	2	-	-	7
	4%	5%	4%	4%	2%	1%	4%	4%	3%	3%	14% ac	-	7%	-	-	6%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	36	8	11	7	4	2	4	26	11	19	7	6	3	-	-	16
	3%	10% bcdefgh	3%	2%	3%	2%	1%	4%	2%	2%	22% a	11% a	9% a	-	-	13% a
For another purpose	84	6	18	15	7	5	33	39	45	77	1	2	4	-	-	7
	7%	8%	6%	5%	4%	4%	11% bcdeg	6%	8%	7%	4%	5%	11%	-	-	6%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	1241	79	296	310	159	123	274	685	556	1110	35	48	32	3	1	119
Total	1259	83	306	306	156	117	291	695	565	1127	35	49	34	3	1	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	690	41	169	173	79	71	158	383	307	603	22	32	26	1	1	80
	55%	50%	55%	57%	50%	60%	54%	55%	54%	54%	62%	65%	75% a	29%	100%	66% a
NET: Leisure, fitness & recreation and travel/utility	407	27	118	90	47	36	89	235	172	363	13	16	11	-	-	40
	32%	32%	39% cfh	29%	30%	30%	30%	34%	30%	32%	38%	32%	33%	-	-	33%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	1241	847	180	167	347	104	75	386	130	32	42	72	65	89	246	179
Total	1259	811	211	194	406	102	76	384	134	32	41	70	57	89	273	178
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	895	599	153	120	273	77	50	269	86	26	32	49	35	54	219	126
	71%	74%	72%	62%	67%	75%	65%	70%	64%	81%	77%	69%	61%	61%	80%	71%
		cd	c			i				i					bcdhik	
To get to/from shops or supermarkets	570	370	92	88	181	46	41	169	61	14	20	39	20	34	128	86
	45%	46%	44%	45%	45%	45%	53%	44%	46%	43%	48%	55%	35%	38%	47%	49%
							hi					hi				
To get to/from my place of work	142	63	33	36	69	3	16	82	28	2	4	2	4	-	-	19
	11%	8%	16%	18%	17%	3%	21%	21%	21%	6%	10%	3%	8%	-	-	11%
			a	a	a	j	aghijk	aeghijk	aghijk	ij	ij	j	ij			aij
For personal business, e.g. running errands or visiting the doctor	140	82	33	23	56	6	15	54	16	3	3	7	7	9	19	21
	11%	10%	15%	12%	14%	6%	20%	14%	12%	10%	8%	10%	13%	11%	7%	12%
			a				aj	aj								
To visit friends or family	111	49	29	27	56	10	10	36	14	4	4	11	6	4	11	21
	9%	6%	14%	14%	14%	10%	14%	9%	10%	12%	9%	16%	11%	4%	4%	12%
			a	a	a	j	ij	j	j			ij	j			ij
For journeys made as part of my work	71	29	21	15	36	1	6	37	16	2	5	1	1	2	-	8
	6%	4%	10%	8%	9%	1%	8%	10%	12%	7%	12%	1%	1%	2%	-	4%
			a	a	a		agj	aghijk	aghijk	j	aghij			j		j
To get to/from school or place of education (including escorting others)	65	10	17	34	51	1	4	25	14	2	1	6	6	5	2	4
	5%	1%	8%	18%	12%	1%	5%	6%	10%	6%	3%	9%	10%	5%	1%	2%
			a	ab	a		j	ajk	ajk	j		ajk	ajk	j		
To volunteer or provide support to others	45	18	10	14	24	-	6	20	4	-	-	2	4	3	6	6
	4%	2%	5%	7%	6%	-	7%	5%	3%	-	-	3%	7%	3%	2%	3%
				a	a		aj	aj				a				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	1241	847	180	167	347	104	75	386	130	32	42	72	65	89	246	179
Total	1259	811	211	194	406	102	76	384	134	32	41	70	57	89	273	178
	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.	36 3%	6 1%	14 7%	15 8%	29 7%	- -	6 8%	19 5%	2 2%	- -	1 3%	3 4%	3 5%	1 1%	1 *	6 3%
			a	a	a		adj	aj				aj	aj			j
For another purpose	84 7%	62 8%	14 7%	7 3%	21 5%	6 6%	5 7%	19 5%	7 5%	1 3%	1 2%	3 4%	3 6%	12 14%	26 10%	11 6%
														cdfgk	c	
NET: Travel/utility	690 55%	427 53%	117 56%	119 61%	237 58%	48 47%	55 71%	227 59%	81 60%	16 48%	26 63%	40 57%	29 52%	38 43%	131 48%	102 57%
				a			acehijk	aij	aij		i					i
NET: Leisure, fitness & recreation and travel/utility	407 32%	260 32%	79 37%	58 30%	137 34%	26 25%	34 45%	135 35%	41 31%	9 29%	18 44%	23 33%	15 26%	17 19%	88 32%	60 34%
							adhij	i			ahi	i			i	i

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	1241	283	263	83	10	346	293	366	154	106	17	260	383	174	743	278	46	1067
Total	1259	279	269	86	10	355	288	361	159	110	17	269	378	170	749	292	48	1089
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	895 71%	177 64%	210 78% acf	57 67%	6 59%	267 75% af	183 63%	251 70%	111 70%	76 69%	12 69%	186 69%	263 70%	101 60%	568 76% ac	192 66%	34 72%	794 73% ac
To get to/from shops or supermarkets	570 45%	120 43%	122 45%	48 56% af	6 57%	170 48%	125 43%	148 41%	91 58% acf	49 44%	11 65%	140 52% af	159 42%	99 58% bce	330 44%	119 41%	22 47%	471 43%
To get to/from my place of work	142 11%	90 32% bce	25 9%	10 12%	2 22%	35 10%	92 32% bce	80 22%	29 18%	16 15%	3 18%	45 17%	83 22%	13 8%	77 10%	45 15% ab	6 13%	128 12%
For personal business, e.g. running errands or visiting the doctor	140 11%	34 12%	39 15%	14 16%	- -	53 15%	34 12%	40 11%	26 16%	18 17%	3 20%	44 16%	44 12%	23 14%	76 10%	37 13%	4 8%	116 11%
To visit friends or family	111 9%	28 10%	22 8%	11 13%	3 28%	34 9%	31 11%	23 6%	25 16% af	15 13% af	2 12%	40 15% af	25 7%	14 8%	55 7%	36 12% b	6 12%	97 9%
For journeys made as part of my work	71 6%	40 14% be	10 4%	10 12% be	4 42%	20 6%	44 15% be	38 10%	12 8%	11 10%	2 13%	23 9%	40 11%	5 3%	43 6%	21 7%	2 4%	66 6%
To get to/from school or place of education (including escorting others)	65 5%	17 6%	21 8%	5 6%	1 12%	25 7%	18 6%	20 6%	14 9%	5 5%	3 17%	20 7%	23 6%	2 1%	25 3%	34 12% abe	4 9% ab	63 6% ab
To volunteer or provide support to others	45 4%	12 4%	15 6%	2 2%	1 9%	17 5%	13 5%	9 2%	14 9% af	6 6%	1 6%	21 8% af	10 3%	10 6% b	19 3%	14 5%	1 2%	35 3%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	1241	283	263	83	10	346	293	366	154	106	17	260	383	174	743	278	46	1067
Total	1259	279	269	86	10	355	288	361	159	110	17	269	378	170	749	292	48	1089
	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.	36 3%	9 3%	13 5%	2 3%	2 20%	15 4%	11 4%	8 2%	15 9% af	4 3%	- - af	19 7% af	8 2%	4 3%	12 2%	18 6% be	2 4%	32 3%
For another purpose	84 7%	12 4%	13 5%	4 5%	- -	18 5%	12 4%	20 6%	6 4%	5 4%	2 13%	11 4%	22 6%	15 9%	48 6%	21 7%	1 2%	69 6%
NET: Travel/utility	690 55%	179 64% b	147 55%	55 65%	10 100%	203 57%	189 65% be	204 57%	110 69% af	68 62%	12 72%	178 66% af	216 57%	113 67% bce	390 52%	162 55%	25 53%	577 53%
NET: Leisure, fitness & recreation and travel/utility	407 32%	99 35%	99 37%	31 36%	6 59%	130 37%	104 36%	119 33%	66 42%	40 37%	8 48%	107 40%	128 34%	56 33%	251 34%	86 29%	14 29%	351 32%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	f	a	b	a	b
Unweighted Total	1241	165	878	150	193	22	884	323	40	983	258	1054	177
Total	1259	168	898	144	201	24	899	327	39	994	265	1081	169
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	895	98	683	91	134	17	668	211	30	689	206	783	107
	71%	59%	76%	63%	67%	74%	74%	64%	77%	69%	78%	72%	63%
			a				abe				a	b	
To get to/from shops or supermarkets	570	67	394	73	95	10	401	156	20	497	73	481	88
	45%	40%	44%	50%	47%	44%	45%	48%	50%	50%	27%	44%	52%
										b			
To get to/from my place of work	142	30	94	16	21	1	103	33	5	121	21	116	24
	11%	18%	10%	11%	11%	5%	11%	10%	13%	12%	8%	11%	14%
			b										
For personal business, e.g. running errands or visiting the doctor	140	23	90	26	33	5	82	53	9	122	18	116	24
	11%	14%	10%	18%	17%	21%	9%	16%	24%	12%	7%	11%	14%
				d	d			d	d	b			
To visit friends or family	111	36	56	19	23	4	68	39	6	91	19	94	16
	9%	22%	6%	13%	11%	17%	8%	12%	14%	9%	7%	9%	9%
			b	d				d					
For journeys made as part of my work	71	20	45	12	9	-	49	19	2	60	11	61	8
	6%	12%	5%	8%	5%	-	5%	6%	5%	6%	4%	6%	5%
			b										
To get to/from school or place of education (including escorting others)	65	13	47	6	6	3	49	12	3	57	7	56	7
	5%	8%	5%	4%	3%	14%	5%	4%	6%	6%	3%	5%	4%
To volunteer or provide support to others	45	13	22	9	8	2	28	17	1	37	8	38	6
	4%	8%	2%	6%	4%	11%	3%	5%	3%	4%	3%	4%	4%
			b										

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	1241	165	878	150	193	22	884	323	40	983	258	1054	177
Total	1259	168	898	144	201	24	899	327	39	994	265	1081	169
	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.	36 3%	19 12%	11 1%	8 6%	7 3%	- -	22 2%	13 4%	2 6%	34 3%	2 1%	29 3%	6 3%
		b		d						b			
For another purpose	84 7%	12 7%	52 6%	12 8%	19 9%	2 10%	50 6%	30 9%	3 7%	54 5%	30 11%	73 7%	9 5%
					d			d			a		
NET: Travel/utility	690 55%	100 59%	461 51%	88 61%	104 52%	11 48%	491 55%	182 55%	21 52%	595 60%	96 36%	580 54%	107 63%
										b		a	
NET: Leisure, fitness & recreation and travel/utility	407 32%	47 28%	296 33%	48 33%	52 26%	7 32%	307 34%	93 29%	13 34%	345 35%	61 23%	353 33%	53 31%
						b				b			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents who walked in the past week

	Number of days active										Life satisfaction score				Covid-19 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	1241	133	152	199	209	172	130	50	196	732	350	395	374	105	223	238	499	259
Total	1259	136	154	198	212	173	134	53	201	736	344	400	388	112	219	235	514	268
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	895	66	97	142	156	138	94	47	155	534	250	272	301	66	142	163	386	194
	71%	48%	63%	72%	74%	80%	70%	90%	77%	73%	73%	68%	78%	59%	65%	69%	75%	72%
		a	a	ab	ab	a	abcdfij	ab	ab	ab	d		bd				a	
To get to/from shops or supermarkets	570	67	63	94	92	86	61	23	84	334	162	186	159	54	108	110	223	115
	45%	49%	41%	47%	43%	50%	46%	44%	42%	45%	47%	46%	41%	49%	49%	47%	43%	43%
To get to/from my place of work	142	12	9	24	23	24	19	6	23	81	43	40	38	19	28	29	53	28
	11%	9%	6%	12%	11%	14%	14%	12%	11%	11%	12%	10%	10%	17%	13%	12%	10%	11%
				b		b	b			b				c				
For personal business, e.g. running errands or visiting the doctor	140	11	14	16	25	26	21	6	22	80	55	36	35	13	24	27	52	37
	11%	8%	9%	8%	12%	15%	16%	11%	11%	11%	16%	9%	9%	12%	11%	11%	10%	14%
					c	ac					bc							
To visit friends or family	111	4	10	18	17	23	17	5	17	68	41	30	22	14	25	23	33	27
	9%	3%	6%	9%	8%	14%	12%	10%	9%	9%	12%	7%	6%	13%	12%	10%	6%	10%
			a	a	ab	a	a	a	a	a	bc			c	c			
For journeys made as part of my work	71	3	7	10	12	9	12	6	12	38	16	29	15	10	21	16	22	11
	6%	2%	5%	5%	6%	5%	9%	11%	6%	5%	5%	7%	4%	9%	10%	7%	4%	4%
						a	a			a				c	cd			
To get to/from school or place of education (including escorting others)	65	6	6	7	9	13	10	3	11	35	22	15	18	9	16	6	25	15
	5%	5%	4%	4%	4%	7%	7%	6%	5%	5%	6%	4%	5%	8%	7%	3%	5%	6%
															b			
To volunteer or provide support to others	45	5	4	6	6	5	6	5	8	21	13	6	14	11	9	6	17	13
	4%	4%	2%	3%	3%	3%	4%	9%	4%	3%	4%	2%	4%	10%	4%	3%	3%	5%
							bdi							abc				
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	36	-	2	6	6	9	3	4	7	22	7	9	14	5	11	7	11	7
	3%	-	2%	3%	3%	5%	3%	7%	3%	3%	2%	2%	4%	4%	5%	3%	2%	3%
					a	a	a	a	a	a					c			
For another purpose	84	10	9	11	12	5	11	2	24	37	22	29	27	7	11	13	38	21
	7%	7%	6%	5%	6%	3%	8%	3%	12%	5%	6%	7%	7%	6%	5%	5%	7%	8%
					e		e	cdei		ei								



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents who walked in the past week

	Number of days active										Life satisfaction score				Covid-19 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	1241	133	152	199	209	172	130	196	732	376	350	395	374	105	223	238	499	259
Total	1259	136	154	198	212	173	134	201	736	387	344	400	388	112	219	235	514	268
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	690	79	71	113	117	102	76	30	101	403	193	223	196	68	133	140	266	138
	55%	58%	46%	57%	55%	59%	57%	57%	50%	55%	56%	56%	51%	61%	60%	59%	52%	51%
		b	b	b	b	b									cd			
NET: Leisure, fitness & recreation and travel/utility	407	20	27	69	73	72	51	28	68	240	123	119	133	28	71	80	173	79
	32%	15%	17%	35%	34%	42%	38%	53%	34%	33%	36%	30%	34%	25%	32%	34%	34%	29%
				ab	ab	abi	ab	abcdhij	ab	ab	d							

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents who walked in the past week

	Total	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
		a	b	c	a	b
Significance Level: 95%						
Unweighted Total	1241	425	373	436	638	339
Total	1259	428	381	443	634	344
	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	895	332	255	307	467	216
	71%	78%	67%	69%	74%	63%
		bc			b	
To get to/from shops or supermarkets	570	186	163	216	291	141
	45%	44%	43%	49%	46%	41%
To get to/from my place of work	142	60	43	39	82	58
	11%	14%	11%	9%	13%	17%
		c				
For personal business, e.g. running errands or visiting the doctor	140	54	29	55	87	31
	11%	13%	8%	12%	14%	9%
		b		b	b	
To visit friends or family	111	47	35	28	69	29
	9%	11%	9%	6%	11%	8%
		c				
For journeys made as part of my work	71	31	19	21	41	31
	6%	7%	5%	5%	6%	9%
To get to/from school or place of education (including escorting others)	65	29	12	24	35	19
	5%	7%	3%	5%	6%	6%
		b				
To volunteer or provide support to others	45	21	8	16	31	11
	4%	5%	2%	4%	5%	3%
		b				
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	36	23	6	7	25	11
	3%	5%	1%	2%	4%	3%
		bc				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents who walked in the past week

Significance Level: 95%

Unweighted Total

Total

For another purpose

NET: Travel/utility

NET: Leisure, fitness & recreation and travel/utility

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
	NET: More	About the same	NET: Less	Yes	No
Total	a	b	c	a	b
Unweighted Total	1241	425	373	436	638
Total	1259	428	381	443	634
	100%	100%	100%	100%	100%
For another purpose	84	23	34	27	29
	7%	5%	9%	6%	5%
					8% a
NET: Travel/utility	690	230	205	250	355
	55%	54%	54%	57%	56%
					55%
NET: Leisure, fitness & recreation and travel/utility	407	161	104	142	221
	32%	38%	27%	32%	35%
		b		b	27%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	238	143	94	91	90	57	16	35	15	15	18	24	44	42	29
Total	240	142	97	88	92	61	15	35	13	15	18	28	45	42	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	173 72%	105 74%	66 68%	54 61%	65 70%	54 89% ab	13 87%	22 62%	9 65%	11 73%	12 68%	21 76%	29 66%	35 82%	21 72%
To get to/from shops or supermarkets	42 18%	25 18%	17 18%	17 20%	19 20%	6 11%	2 12%	8 24%	3 23%	2 13%	1 5%	5 17%	11 24%	4 10%	7 24%
To get to/from my place of work	40 17%	25 18%	15 16%	21 24% c	17 18% c	2 3%	- -	6 17%	2 17%	1 8%	2 12%	7 24%	13 28% h	4 9%	5 18%
To visit friends or family	30 13%	18 13%	12 12%	17 19% c	11 12%	2 4%	2 15%	3 8%	3 25%	2 16%	2 10%	1 5%	6 14%	6 14%	4 15%
For personal business, e.g. running errands or visiting the doctor	25 11%	19 13%	7 7%	9 10%	13 15%	3 6%	2 12%	7 20%	2 13%	1 8%	- -	1 5%	8 17%	4 9%	1 4%
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 16% c	9 9%	1 2%	2 15%	4 12%	3 20%	- -	1 5%	2 9%	9 21% h	1 2%	2 5%
For journeys made as part of my work	24 10%	12 8%	12 13%	15 17% c	8 9%	1 1%	2 15%	3 9%	- -	2 16%	1 5%	4 13%	8 18%	2 6%	1 4%
To volunteer or provide support to others	22 9%	11 8%	10 10%	11 12% c	10 11% c	1 1%	1 7%	5 13%	2 13%	- -	1 5%	2 8%	8 18% h	1 2%	2 7%
To get to/from school or place of education (including escorting others)	14 6%	11 7%	4 4%	7 7%	7 7%	1 2%	1 7%	- -	- -	- -	- -	2 8%	8 17% bh	1 3%	2 7%
For another purpose	8 3%	3 2%	5 5%	4 4%	3 3%	2 4%	- -	1 3%	1 7%	2 11%	3 15%	- -	1 2%	1 3%	- -

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents who cycled in the past week

Significance Level: 95%

Unweighted Total

Total

NET: Travel/utility

NET: Leisure, fitness & recreation and travel/utility

	Gender		Age			Region								
Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	*a	b	*c	*d	*e	*f	g	h	*i
238	143	94	91	90	57	16	35	15	15	18	24	44	42	29
240	142	97	88	92	61	15	35	13	15	18	28	45	42	29
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
98	59	40	44	42	12	3	18	7	7	3	10	27	11	12
41%	41%	41%	51%	46%	19%	20%	52%	54%	45%	17%	36%	61%	26%	41%
			c	c			h					h		
44	28	16	17	19	7	1	6	3	4	-	5	14	5	6
18%	20%	16%	20%	21%	12%	7%	17%	25%	24%	-	16%	33%	12%	19%
												h		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		*a	b	c	*d	*e	f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	238	26	82	53	27	19	31	161	77	193	9	21	9	2	1	42
Total	240	28	85	51	25	19	33	164	76	195	9	22	8	2	1	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	173	22	65	37	18	7	24	124	49	143	6	14	5	1	1	28
	72%	81%	76%	73%	73%	39%	72%	76%	64%	73%	69%	66%	60%	62%	100%	66%
To get to/from shops or supermarkets	42	3	17	7	3	6	5	28	14	31	3	5	3	-	-	11
	18%	12%	20%	14%	13%	31%	17%	17%	19%	16%	36%	21%	37%	-	-	26%
To get to/from my place of work	40	4	13	7	9	6	1	24	16	30	2	6	2	-	-	10
	17%	13%	16%	14%	35%	31%	4%	15%	21% f	15%	22%	29%	22%	-	-	24%
To visit friends or family	30	3	11	6	4	5	2	20	11	23	-	3	3	1	-	7
	13%	10%	13%	12%	15%	26%	6%	12%	14%	12%	-	14%	41%	38%	-	17%
For personal business, e.g. running errands or visiting the doctor	25	5	13	2	4	-	2	20	6	15	3	3	4	1	-	10
	11%	16%	16% c	3%	16%	-	6%	12%	8%	8%	28%	15%	46%	38%	-	24% a
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	24	4	11	4	2	1	2	20	4	16	3	3	1	1	-	8
	10%	16%	13%	8%	7%	4%	6%	12%	6%	8%	28%	16%	10%	38%	-	18%
For journeys made as part of my work	24	2	9	7	2	3	1	18	6	14	1	5	3	-	-	10
	10%	9%	11%	13%	8%	14%	4%	11%	8%	7%	14%	25%	41%	-	-	24% a
To volunteer or provide support to others	22	5	8	2	3	4	-	15	6	13	3	4	1	1	-	8
	9%	19%	9%	4%	10%	20%	-	9%	8%	7%	28%	20%	9%	38%	-	20% a
To get to/from school or place of education (including escorting others)	14	3	8	1	1	2	-	11	3	10	3	-	2	-	-	4
	6%	9%	9%	2%	3%	11%	-	7%	4%	5%	28%	-	22%	-	-	11%
For another purpose	8	-	2	4	1	2	-	5	3	7	1	1	-	-	-	2
	3%	-	2%	7%	4%	11%	-	3%	4%	3%	9%	4%	-	-	-	4%
NET: Travel/utility	98	12	32	18	15	12	9	62	36	71	7	14	6	1	-	28
	41%	43%	38%	36%	61%	63%	26%	38%	47%	36%	73%	63%	76%	38%	-	65% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents who cycled in the past week

Significance Level: 95%

Unweighted Total

Total

NET: Leisure, fitness & recreation and travel/utility

	Social Grade								Ethnicity						
Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	*a	b	c	*d	*e	f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	238	26	82	53	27	19	31	161	77	193	9	21	9	2	42
Total	240	28	85	51	25	19	33	164	76	195	9	22	8	2	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Leisure, fitness & recreation and travel/utility	44	8	14	8	9	4	1	30	14	30	5	6	3	-	14
	18%	29%	16%	16%	34%	22%	3%	18%	18%	15%	51%	29%	36%	-	33%
							f	f							a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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											NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	238	127	46	47	93	17	24	97	21	10	9	15	15	6	24	41
Total	240	115	54	55	109	17	24	100	22	10	9	14	13	5	26	41
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	173	89	34	43	77	13	18	71	15	6	5	11	9	3	22	32
	72%	77%	63%	77%	70%	78%	75%	71%	67%	60%	54%	75%	73%	48%	85%	77%
To get to/from shops or supermarkets	42	16	13	10	23	2	6	15	4	2	3	4	2	1	3	8
	18%	14%	24%	19%	21%	10%	26%	15%	19%	17%	33%	27%	15%	23%	13%	20%
To get to/from my place of work	40	15	13	12	25	1	3	21	6	3	3	2	1	1	-	3
	17%	13%	24%	21%	22%	5%	10%	21%	27%	32%	36%	16%	6%	15%	-	8%
To visit friends or family	30	10	9	9	18	4	3	11	3	2	1	3	3	-	-	7
	13%	8%	17%	16%	17%	22%	14%	11%	14%	20%	12%	23%	20%	-	-	17%
For personal business, e.g. running errands or visiting the doctor	25	9	11	6	17	-	4	13	2	-	2	1	-	-	3	4
	11%	8%	20%	11%	15%	-	16%	13%	11%	-	29%	8%	-	-	12%	9%
			a													
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	24	5	8	8	17	2	4	14	2	1	-	-	-	1	-	6
	10%	4%	15%	15%	15%	10%	17%	14%	9%	12%	-	-	-	14%	-	14%
			a	a	a											
For journeys made as part of my work	24	5	8	8	16	-	3	14	2	2	1	2	-	-	-	3
	10%	4%	15%	15%	15%	-	12%	14%	9%	20%	12%	16%	-	-	-	7%
			a	a	a											
To volunteer or provide support to others	22	5	7	7	14	-	4	13	2	-	2	1	1	-	-	4
	9%	4%	13%	13%	13%	-	15%	13%	9%	-	21%	6%	6%	-	-	9%
			a		a											



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	238	127	46	47	93	17	24	97	21	10	9	15	15	6	24	41
Total	240	115	54	55	109	17	24	100	22	10	9	14	13	5	26	41
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To get to/from school or place of education (including escorting others)	14 6%	2 1%	6 12% a	5 8% a	11 10% a	- -	2 9%	9 9%	- -	1 9%	1 12%	1 7%	- -	- -	- -	2 5%
For another purpose	8 3%	4 4%	- -	1 2%	1 1%	1 7%	1 4%	3 3%	- -	- -	- -	- -	3 21%	- -	1 3%	2 5%
NET: Travel/utility	98 41%	36 32%	31 58% a	25 44%	56 51% a	3 15%	10 41%	47 47%	10 46%	5 48%	7 79%	7 50%	3 20%	2 38%	5 20%	13 30%
NET: Leisure, fitness & recreation and travel/utility	44 18%	17 15%	13 24%	13 23%	26 24%	1 5%	5 20%	24 24%	4 17%	1 8%	3 33%	3 24%	1 9%	- -	2 8%	6 14%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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					
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	Lives alone	2-3	4-5	6+	NET: Lives with others
238	68	68	17	5	85	73	81	46	26	6	72	87	25	129	73	11	213
240	69	71	17	5	87	74	81	49	26	6	75	88	22	129	78	11	218
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
173	50	49	10	2	59	52	63	30	16	4	45	67	18	95	56	4	155
72%	73%	69%	62%	40%	68%	70%	77% e	61%	61%	68%	61%	76% e	80%	74%	71%	41%	71%
42	16	12	1	1	13	17	13	9	7	1	16	14	3	22	14	3	39
18%	23%	17%	6%	21%	15%	23%	16%	18%	28%	17%	22%	16%	15%	17%	18%	26%	18%
40	15	15	3	1	18	16	11	14	7	2	21	14	4	17	16	2	36
17%	22%	22%	18%	24%	21%	22%	14%	28% a	28%	38%	28% a	16%	19%	13%	21%	21%	16%
30	10	7	3	-	10	10	9	6	4	2	10	10	1	15	14	-	30
13%	15%	10%	17%	-	12%	14%	11%	12%	16%	28%	14%	12%	4%	12%	18%	-	14%
25	8	9	3	1	12	9	10	7	4	1	11	10	1	16	8	-	25
11%	11%	13%	16%	21%	14%	12%	12%	14%	15%	11%	14%	12%	4%	13%	11%	-	11%
24	7	8	4	2	13	9	6	9	5	1	14	7	-	12	11	2	24
10%	10%	12%	26%	36%	15%	12%	8%	19%	21%	11%	19% af	8%	-	9%	14%	15%	11%
24	11	3	6	1	10	12	9	6	6	-	13	9	3	9	10	2	21
10%	16% b	5%	38%	21%	11%	16% b	11%	13%	25%	-	17%	10%	13%	7%	13%	21%	10%
22	9	7	4	-	11	9	6	9	4	1	13	7	3	8	9	1	19
9%	13%	10%	24%	-	13%	12%	8%	18%	17%	11%	17%	8%	12%	7%	12%	10%	9%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total	238	68	68	17	5	85	73	81	46	26	6	72	87	25	129	73	11	213
Total	240	69	71	17	5	87	74	81	49	26	6	75	88	22	129	78	11	218
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To get to/from school or place of education (including escorting others)	14 6%	6 9%	6 8%	1 6%	- -	7 8%	6 9%	3 4%	7 15% af	3 12%	- -	10 14% af	3 3%	1 6%	5 4%	7 9%	1 8%	13 6%
For another purpose	8 3%	3 4%	1 1%	- -	- -	1 1%	3 4%	3 3%	1 2%	- -	- -	1 1% af	3 3%	1 4%	3 2%	3 4%	2 16%	8 3%
NET: Travel/utility	98 41%	34 49%	33 47%	8 49%	2 45%	42 48%	36 49%	30 37%	28 58% af	15 59%	4 66%	44 59% af	34 39%	9 40%	48 38%	36 46%	5 47%	89 41%
NET: Leisure, fitness & recreation and travel/utility	44 18%	18 26%	15 22%	2 11%	- -	17 20%	18 24%	16 20%	11 23%	6 23%	2 34%	17 23%	18 21%	5 24%	19 15%	18 23%	1 11%	38 18%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
	Yes	No	Mental condition or illness	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	238	158	32	24	9	175	57	6	192	46	210	26
Total	240	161	33	25	9	176	58	6	195	46	214	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	72%	77% a	73%	63%	32%	75%	66%	63%	70%	81%	72%	73%
To get to/from shops or supermarkets	18%	17%	17%	27%	37%	16%	21%	20%	19%	11%	19%	11%
To get to/from my place of work	17%	15%	25%	14%	23%	14%	20%	38%	17%	17%	17%	19%
To visit friends or family	13%	13%	15%	7%	17%	12%	14%	-	13%	12%	13%	12%
For personal business, e.g. running errands or visiting the doctor	11%	9%	20%	13%	8%	9%	18%	- d	12%	6%	12%	3%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	10%	7%	6%	7%	8%	10%	8%	-	11%	4%	10%	6%
For journeys made as part of my work	10%	7%	13%	13%	11%	8%	11%	38%	11%	5%	9%	18%
To volunteer or provide support to others	9%	6%	21%	13%	17%	6%	18%	17%	9%	11%	9%	7%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	b	a	*b
Unweighted Total	238	51	158	32	24	9	175	57	6	192	46	210	26
Total	240	54	161	33	25	9	176	58	6	195	46	214	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To get to/from school or place of education (including escorting others)	14 6%	5 9%	8 5%	2 6%	- -	1 11%	10 6%	3 5%	- -	13 7%	1 2%	11 5%	3 14%
For another purpose	8 3%	- -	7 4%	- -	- -	- -	8 5%	- -	- -	8 4%	- -	8 4%	- -
NET: Travel/utility	98 41%	30 56%	57 36%	17 50%	13 54%	7 76%	62 35%	31 53%	4 58%	84 43%	15 32%	89 42%	9 38%
		b						d					
NET: Leisure, fitness & recreation and travel/utility	44 18%	10 18%	29 18%	7 23%	6 24%	1 9%	30 17%	13 22%	1 21%	37 19%	7 16%	39 18%	5 19%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	c	d	e	*f	*g	h	i	j	a	b	c	*d	a	b	c	d
Unweighted Total	238	6	12	40	48	56	26	15	35	156	76	64	61	81	26	44	51	82	55
Total	240	5	14	40	48	57	26	15	36	158	77	63	61	82	28	43	50	85	57
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	173	2	9	25	33	41	21	14	27	108	62	49	35	66	21	29	35	65	41
	72%	46%	68%	64%	69%	72%	82%	92%	74%	69%	80%	78% b	58%	80% b	73%	68%	70%	77%	72%
To get to/from shops or supermarkets	42	2	3	4	10	9	4	1	9	27	14	13	12	9	9	9	8	12	10
	18%	31%	25%	11%	20%	17%	15%	8%	24%	17%	18%	20%	20%	11%	30%	22%	16%	15%	17%
To get to/from my place of work	40	-	1	4	12	9	9	2	3	26	14	7	10	13	9	8	8	8	15
	17%	-	8%	10%	25%	16%	33%	14%	9%	17%	18%	10%	17%	16%	30%	18%	17%	10%	26% c
To visit friends or family	30	1	1	6	6	6	4	2	4	19	11	8	9	9	3	9	4	7	9
	13%	15%	8%	16%	13%	10%	17%	14%	11%	12%	14%	13%	15%	11%	11%	21% c	8%	9%	16%
For personal business, e.g. running errands or visiting the doctor	25	-	-	2	10	4	1	1	6	16	9	6	6	8	6	5	3	12	5
	11%	-	-	6%	20%	7%	5%	8%	18%	10%	12%	10%	10%	9%	19%	11%	6%	14%	10%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	24	-	-	4	6	7	-	1	6	17	7	8	3	3	9	5	3	5	10
	10%	-	-	10%	13%	13%	-	8%	15%	11%	9%	12% c	4%	3%	32%	13%	6%	6%	18% c
For journeys made as part of my work	24	-	-	8	5	4	1	2	4	16	8	8	4	5	6	8	1	6	7
	10%	-	-	20% e	10%	6%	4%	16%	12%	10%	10%	13%	7%	6%	20%	20% bc	2%	7%	13% b
To volunteer or provide support to others	22	-	1	3	5	4	1	2	4	14	8	4	4	10	3	5	2	7	7
	9%	-	8%	9%	11%	7%	5%	15%	12%	9%	10%	6%	7%	12%	12%	12%	4%	8%	13%
To get to/from school or place of education (including escorting others)	14	-	-	3	1	3	1	2	4	7	7	4	4	3	4	6	2	3	3
	6%	-	-	8%	2%	6%	4%	17%	10%	5%	9%	6%	7%	3%	13%	15% c	4%	3%	4%
For another purpose	8	1	1	3	1	-	-	-	3	5	3	1	5	3	-	-	2	4	1
	3%	23%	6%	7% e	2%	-	-	-	7% e	3%	3%	2%	8%	3%	-	-	3%	5%	2%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	c	d	e	*f	*g	h	i	j	a	b	c	*d	a	b	c	d
Unweighted Total	238	6	12	40	48	56	26	15	35	156	76	64	61	81	26	44	51	82	55
Total	240	5	14	40	48	57	26	15	36	158	77	63	61	82	28	43	50	85	57
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	98	2	4	15	25	23	9	5	14	68	29	21	27	32	15	24	19	28	24
	41%	31%	33%	39%	53%	40%	36%	31%	40%	43%	37%	33%	45%	39%	51%	57% c	39%	33%	42%
NET: Leisure, fitness & recreation and travel/utility	44	-	1	6	13	10	5	3	6	30	14	10	8	19	7	13	7	12	11
	18%	-	8%	15%	27%	17%	18%	23%	17%	19%	18%	16%	13%	23%	25%	30% c	14%	15%	18%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	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	238	120	57	60	153	61
Total	240	120	58	61	153	61
	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	173	87	46	40	111	42
	72%	72%	79%	65%	72%	69%
To get to/from shops or supermarkets	42	17	10	16	29	8
	18%	14%	17%	26% a	19%	13%
To get to/from my place of work	40	19	7	14	28	12
	17%	16%	12%	22%	19%	19%
To visit friends or family	30	22	4	4	19	10
	13%	19%	7%	6%	12%	17%
		c				
For personal business, e.g. running errands or visiting the doctor	25	11	6	9	16	7
	11%	9%	10%	14%	10%	11%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	24	15	4	4	19	5
	10%	13%	6%	7%	12%	8%
For journeys made as part of my work	24	16	4	4	15	9
	10%	13%	7%	6%	10%	14%
To volunteer or provide support to others	22	18	-	4	17	5
	9%	15%	-	6%	11%	8%
		b				
To get to/from school or place of education (including escorting others)	14	13	-	2	9	6
	6%	10%	-	3%	6%	10%
		b				
For another purpose	8	5	1	3	5	3
	3%	4%	1%	4%	3%	4%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
Total	NET: More	About the same	NET: Less	Yes	No
	a	b	c	a	b
238	120	57	60	153	61
240	120	58	61	153	61
100%	100%	100%	100%	100%	100%
98	48	21	29	66	26
41%	40%	36%	47%	43%	42%
44	23	10	10	30	11
18%	19%	18%	17%	20%	18%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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)	1259 100%	675 54%	500 40%	172 14%	584 46%
Cycling (either for leisure or travel)	240 100%	175 73%	51 21%	24 10%	66 27%
Running or jogging	394 100%	293 74%	80 20%	31 8%	101 26%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	349 100%	264 76%	61 17%	33 9%	85 24%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	313 100%	259 83%	44 14%	16 5%	53 17%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	178 100%	46 26%	58 33%	94 53%	132 74%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	116 100%	36 31%	47 41%	44 38%	80 69%
Team sports (such as football, cricket, rugby etc.)	63 100%	21 33%	35 55%	10 16%	43 67%
Racket sports (such as tennis, badminton, squash etc.)	45 100%	11 24%	28 62%	10 22%	34 76%
Golf	35 100%	8 22%	27 78%	1 3%	27 78%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	139 100%	97 70%	38 27%	4 3%	42 30%
Swimming	71 100%	37 52%	27 38%	9 13%	34 48%

## **Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021**

**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.)	40 100%	18 46%	17 43%	6 15%	22 54%
Water sports (such as surfing, rowing, sailing etc.)	37 100%	15 39%	17 47%	7 20%	23 61%
Gymnastics, trampolining or cheerleading	55 100%	31 56%	20 36%	6 11%	24 44%
Other sport, exercise or physical activity	66 100%	50 75%	15 22%	3 4%	16 25%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	1241	610	626	347	392	502	62	175	133	124	106	131	167	206	137
Total	1259	632	622	331	388	541	59	168	123	124	112	154	174	205	140
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	675	372	299	150	212	314	33	77	72	69	62	82	102	104	74
	54%	59%	48%	45%	55%	58%	55%	46%	58%	55%	56%	53%	59%	51%	53%
		b			a	a			b				b		
With another adult or adults	500	244	256	151	126	223	20	83	45	48	41	61	61	83	58
	40%	39%	41%	46%	33%	41%	34%	49%	37%	39%	37%	40%	35%	41%	41%
				b		b		aceg							
With a child or children	172	46	126	70	86	16	11	25	16	12	15	23	20	33	18
	14%	7%	20%	21%	22%	3%	18%	15%	13%	10%	13%	15%	12%	16%	13%
			a	c	c										
NET: With somebody else	584	260	323	181	176	227	27	91	51	55	50	72	72	100	66
	46%	41%	52%	55%	45%	42%	45%	54%	42%	45%	44%	47%	41%	49%	47%
			a	bc				cg							

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	1241	79	296	310	159	123	274	685	556	1110	35	48	32	3	1	119
Total	1259	83	306	306	156	117	291	695	565	1127	35	49	34	3	1	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	675	41	149	167	89	68	162	356	319	592	25	29	19	1	1	76
	54%	49%	48%	55%	57%	58%	56%	51%	57%	53%	74%	61%	56%	29%	100%	62%
								b			a					a
With another adult or adults	500	38	136	114	54	36	123	288	212	463	7	13	12	2	-	35
	40%	46%	44%	37%	34%	30%	42%	42%	38%	41%	22%	28%	34%	71%	-	29%
		e	de				e	e		bg						
With a child or children	172	14	50	44	21	25	17	109	63	150	5	8	6	-	-	20
	14%	17%	16%	14%	14%	21%	6%	16%	11%	13%	16%	17%	19%	-	-	17%
		f	fh	f	f	fh		fh	f							
NET: With somebody else	584	42	158	139	67	49	129	339	246	535	9	19	15	2	-	46
	46%	51%	52%	45%	43%	42%	44%	49%	43%	47%	26%	39%	44%	71%	-	38%
			h							bg						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	1241	847	180	167	347	104	75	386	130	32	42	72	65	89	246	179
Total	1259	811	211	194	406	102	76	384	134	32	41	70	57	89	273	178
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	675	468	93	89	182	54	49	209	69	19	25	29	28	48	146	102
	54%	58%	44%	46%	45%	53%	64%	54%	51%	60%	61%	41%	49%	54%	53%	57%
		bcd					g	g			g					g
With another adult or adults	500	333	88	65	153	42	20	143	54	13	14	33	27	28	126	62
	40%	41%	42%	33%	38%	41%	27%	37%	40%	40%	34%	47%	47%	32%	46%	35%
						b					b	b			bcik	
With a child or children	172	20	67	81	148	16	13	65	28	2	3	17	6	18	5	29
	14%	2%	32%	42%	37%	15%	17%	17%	21%	7%	8%	24%	10%	20%	2%	16%
			a	a	a	j	j	j	j		j	efhj	j	j		j
NET: With somebody else	584	343	118	105	223	48	28	175	65	13	16	41	29	41	127	76
	46%	42%	56%	54%	55%	47%	36%	46%	49%	40%	39%	59%	51%	46%	47%	43%
			a	a	a							bckf				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
1241	283	263	83	10	346	293	366	154	106	17	260	383	174	743	278	46	1067
1259	279	269	86	10	355	288	361	159	110	17	269	378	170	749	292	48	1089
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
675	160	141	53	6	194	166	201	87	65	9	152	210	151	358	146	20	524
54%	57%	53%	62%	61%	55%	58%	56%	55%	59%	51%	57%	55%	89%	48%	50%	43%	48%
													bcde				
500	100	104	27	3	131	104	133	55	40	6	95	139	19	351	106	24	481
40%	36%	39%	31%	31%	37%	36%	37%	34%	36%	36%	35%	37%	11%	47%	36%	51%	44%
														ac	a	a	ac
172	42	52	10	1	62	43	55	30	20	3	49	58	1	79	78	14	171
14%	15%	19%	12%	8%	18%	15%	15%	19%	18%	19%	18%	15%	*	11%	27%	30%	16%
														a	abe	abe	ab
584	119	128	33	4	161	123	160	71	45	8	117	168	19	391	146	27	565
46%	43%	47%	38%	39%	45%	42%	44%	45%	41%	49%	43%	45%	11%	52%	50%	57%	52%
														a	a	a	a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	1241	165	878	150	193	22	884	323	40	983	258	1054	177
Total	1259	168	898	144	201	24	899	327	39	994	265	1081	169
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	675	91	420	85	122	12	458	194	24	533	142	566	103
	54%	54%	47%	59%	61%	51%	51%	59%	61%	54%	54%	52%	61%
					d			d				a	
With another adult or adults	500	63	409	49	71	9	377	115	12	390	110	445	52
	40%	37%	46%	34%	35%	39%	42%	35%	30%	39%	42%	41%	31%
							e					b	
With a child or children	172	26	142	20	15	5	138	32	7	132	40	151	21
	14%	15%	16%	14%	8%	20%	15%	10%	17%	13%	15%	14%	13%
							be						
NET: With somebody else	584	77	478	59	79	12	441	133	15	461	123	514	66
	46%	46%	53%	41%	39%	49%	49%	41%	39%	46%	46%	48%	39%
							be					b	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	1241	133	152	199	209	172	130	50	196	732	376	350	395	374	105	223	238	499	259
Total	1259	136	154	198	212	173	134	53	201	736	387	344	400	388	112	219	235	514	268
	100%	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	675	80	84	109	100	75	75	31	122	367	228	189	219	199	56	114	124	264	157
	54%	59%	54%	55%	47%	44%	56%	59%	61%	50%	59%	55%	55%	51%	50%	52%	53%	51%	58%
		de		e			e		dei		dei								
With another adult or adults	500	43	57	76	98	86	47	21	73	316	141	125	155	169	49	93	97	206	99
	40%	32%	37%	38%	46%	50%	36%	39%	36%	43%	36%	36%	39%	44%	44%	42%	41%	40%	37%
					ahj	abcfhj				aj				a					
With a child or children	172	18	22	28	38	28	17	3	18	115	38	48	56	50	16	26	26	82	33
	14%	13%	14%	14%	18%	16%	13%	6%	9%	16%	10%	14%	14%	13%	14%	12%	11%	16%	12%
				ghj	hj					hj									
NET: With somebody else	584	56	70	89	112	97	59	21	79	369	159	155	182	189	56	105	111	250	111
	46%	41%	46%	45%	53%	56%	44%	41%	39%	50%	41%	45%	45%	49%	50%	48%	47%	49%	42%
				ahj	acfhj					hj									

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	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	1241	425	373	436	638	339
Total	1259	428	381	443	634	344
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	675	221	217	233	330	197
	54%	52%	57%	53%	52%	57%
With another adult or adults	500	182	146	169	252	125
	40%	43%	38%	38%	40%	36%
With a child or children	172	65	36	70	110	40
	14%	15%	9%	16%	17%	12%
		b		b	b	
NET: With somebody else	584	207	164	210	305	147
	46%	48%	43%	47%	48%	43%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	238	143	94	91	90	57	16	35	15	15	18	24	44	42	29
Total	240	142	97	88	92	61	15	35	13	15	18	28	45	42	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	175	112	62	57	66	51	12	23	8	11	15	19	30	35	21
	73%	79%	64%	65%	71%	85%	81%	67%	61%	76%	86%	68%	67%	82%	71%
		b				a									
With another adult or adults	51	22	29	24	20	8	3	7	5	4	1	9	11	6	6
	21%	16%	30%	27%	22%	13%	19%	21%	34%	24%	5%	32%	26%	14%	21%
			a												
With a child or children	24	12	13	11	11	2	-	4	3	1	2	4	5	2	4
	10%	8%	13%	12%	12%	4%	-	12%	21%	8%	9%	14%	11%	5%	12%
NET: With somebody else	66	30	35	30	26	9	3	11	5	4	3	9	15	8	8
	27%	21%	36%	35%	29%	15%	19%	33%	39%	24%	14%	32%	33%	18%	29%
			a			c									

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		*a	b	c	*d	*e	f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	238	26	82	53	27	19	31	161	77	193	9	21	9	2	1	42
Total	240	28	85	51	25	19	33	164	76	195	9	22	8	2	1	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	175	20	62	39	13	13	26	122	53	145	6	14	5	2	1	28
	73%	72%	73%	78%	53%	69%	81%	74%	69%	74%	63%	64%	56%	100%	100%	65%
With another adult or adults	51	5	21	6	9	6	5	32	20	38	3	7	4	-	-	13
	21%	18%	24%	12%	35%	31%	15%	19%	26%	19%	28%	30%	44%	-	-	30%
With a child or children	24	5	6	6	5	-	1	18	6	21	2	1	-	-	-	3
	10%	20%	7%	12%	21%	-	4%	11%	8%	11%	23%	5%	-	-	-	8%
NET: With somebody else	66	8	23	11	12	6	6	42	24	50	3	8	4	-	-	15
	27%	28%	27%	22%	47%	31%	19%	26%	31%	26%	37%	36%	44%	-	-	35%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	238	127	46	47	93	17	24	97	21	10	9	15	15	6	24	41
Total	240	115	54	55	109	17	24	100	22	10	9	14	13	5	26	41
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	175	98	31	35	67	10	15	73	18	7	5	9	12	3	22	25
	73%	85%	58%	64%	61%	59%	62%	74%	81%	74%	63%	63%	89%	54%	84%	61%
		bcd														
With another adult or adults	51	13	17	17	33	5	6	22	4	1	2	5	-	3	3	11
	21%	11%	31%	30%	30%	28%	25%	22%	19%	14%	22%	37%	-	46%	12%	26%
			a	a	a											
With a child or children	24	4	11	8	19	3	6	8	-	3	1	1	1	-	1	9
	10%	4%	20%	15%	18%	20%	23%	8%	-	26%	15%	8%	11%	-	4%	22%
			a	a	a											c
NET: With somebody else	66	17	23	20	43	7	9	26	4	3	3	5	1	3	4	16
	27%	15%	42%	36%	39%	41%	38%	26%	19%	26%	37%	37%	11%	46%	16%	39%
			a	a	a											

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
238	68	68	17	5	85	73	81	46	26	6	72	87	25	129	73	11	213
240	69	71	17	5	87	74	81	49	26	6	75	88	22	129	78	11	218
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
175	49	54	10	3	64	52	67	28	18	4	46	71	20	96	50	8	154
73%	71%	77%	58%	55%	73%	70%	82% be	57%	71%	63%	62%	81% be	91%	75%	64%	75%	71%
51	17	14	4	1	18	18	14	15	6	1	20	15	2	26	21	3	49
21%	24%	20%	24%	21%	20%	24%	18%	30%	22%	17%	27%	18%	9%	20%	26%	25%	23%
24	7	5	4	1	9	8	2	9	5	1	14	4	-	12	12	1	24
10%	10%	7%	24%	24%	10%	11%	3%	18% af	18%	20%	18% af	4%	-	9%	15%	11%	11%
66	20	16	7	2	23	22	14	21	8	2	29	17	2	32	28	3	64
27%	29%	23%	42%	45%	27%	30%	18%	43% af	29%	37%	38% af	19%	9%	25%	36%	25%	29%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
	Yes	No	Mental condition or illness	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	238	158	32	24	9	175	57	6	192	46	210	26
Total	240	161	33	25	9	176	58	6	195	46	214	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	175	126	17	17	7	136	35	4	138	37	156	17
	73%	78% a	53%	71%	77%	77% ae	61%	66%	71%	81%	73%	71%
With another adult or adults	51	30	10	6	-	36	14	2	44	7	44	6
	21%	19% b	30%	25%	-	20%	24%	34%	23%	16%	21%	26%
With a child or children	24	12	7	2	2	12	11	-	23	1	24	1
	10%	8% b	21% d	9%	23%	7%	19% d	-	12%	3%	11%	3%
NET: With somebody else	66	35	16	7	2	40	23	2	57	9	58	7
	27% b	22%	47% d	29%	23%	23%	39% d	34%	29%	19%	27%	29%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	c	d	e	*f	*g	h	i	j	a	b	c	*d	a	b	c	d
Unweighted Total	238	6	12	40	48	56	26	15	35	156	76	64	61	81	26	44	51	82	55
Total	240	5	14	40	48	57	26	15	36	158	77	63	61	82	28	43	50	85	57
	100%	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	175	5	11	33	39	32	18	14	21	115	54	47	42	66	14	29	41	64	37
	73%	100%	82%	84% eh	82% eh	56%	71%	92%	59%	73% e	70%	75%	69%	80%	50%	68%	81%	76%	65%
With another adult or adults	51	-	2	5	5	18	6	1	13	30	21	12	15	13	11	9	9	17	14
	21%	-	18%	13%	10%	32% cd	24%	8%	37% cdi	19%	27% d	19%	24%	16%	37%	21%	19%	20%	25%
With a child or children	24	-	-	1	6	8	2	-	6	16	8	5	6	7	6	6	-	9	9
	10%	-	-	3%	13%	15%	9%	-	17% c	10%	11%	8%	11%	8%	21%	14% b	-	11% b	17% b
NET: With somebody else	66	-	2	6	9	25	8	1	15	42	23	16	19	16	14	14	9	21	20
	27%	-	18%	16%	18%	44% cdi	29%	8%	41% cd	27%	30%	25%	31%	20%	50%	32%	19%	24%	35%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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

Significance Level: 95%

Unweighted Total

Total

Nobody, I did this on my own

With another adult or adults

With a child or children

NET: With somebody else

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
Total	NET: More	About the same	NET: Less	Yes	No
	a	b	c	a	b
238	120	57	60	153	61
240	120	58	61	153	61
100%	100%	100%	100%	100%	100%
175	83	45	46	112	43
73%	69%	77%	76%	73%	70%
51	29	11	10	29	18
21%	24%	20%	16%	19%	29%
24	13	4	6	18	6
10%	11%	8%	11%	11%	9%
66	37	13	15	41	18
27%	31%	23%	24%	27%	30%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	399	167	231	204	147	48	18	63	37	39	28	24	85	64	41
Total	394	162	231	192	152	50	18	60	34	38	27	27	86	64	40
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	293	123	169	134	114	44	15	42	29	32	22	17	61	42	32
	74%	76%	73%	70%	75%	88%	83%	71%	86%	85%	81%	63%	71%	66%	78%
						a			h	h					
With another adult or adults	80	33	46	50	24	5	2	14	3	5	5	7	22	18	4
	20%	21%	20%	26%	16%	10%	11%	23%	8%	12%	19%	27%	26%	29%	10%
				bc									ci	ci	
With a child or children	31	7	24	14	16	1	1	5	3	2	2	4	6	3	5
	8%	4%	11%	8%	10%	3%	6%	8%	9%	6%	8%	14%	7%	6%	12%
			a												
NET: With somebody else	101	40	62	57	38	6	3	17	5	6	5	10	25	22	9
	26%	24%	27%	30%	25%	12%	17%	29%	14%	15%	19%	37%	29%	34%	22%
				c										cd	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	*f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	399	40	127	118	52	41	21	285	114	309	18	40	22	1	3	84
Total	394	41	133	112	50	38	21	286	108	304	18	41	22	1	3	85
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	293	28	98	84	36	30	17	210	83	235	10	24	18	1	2	55
	74%	69%	74%	75%	72%	78%	83%	74%	76%	77% cg	58%	58%	80%	100%	73%	65%
With another adult or adults	80	9	24	24	14	7	2	57	23	51	7	13	4	-	1	26
	20%	22%	18%	21%	28%	17%	12%	20%	21%	17%	42%	33% a	20%	-	27%	31% a
With a child or children	31	5	12	7	2	4	1	24	8	22	2	7	-	-	-	9
	8%	12%	9%	6%	5%	11%	5%	8%	7%	7%	12%	17% a	-	-	-	11%
NET: With somebody else	101	12	35	28	14	8	3	76	26	69	7	17	4	-	1	30
	26%	31%	26%	25%	28%	22%	17%	26%	24%	23%	42%	42% a	20%	-	27%	35% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
Significance Level: 95%	a	b	c	d	a	b	c	d	*e	*f	*g	h	*i	*j	k	
Unweighted Total	399	190	89	89	178	40	33	165	46	15	15	16	44	14	11	73
Total	394	162	104	102	206	40	34	165	47	15	14	15	38	14	12	74
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	293	136	69	71	140	27	26	120	34	10	13	12	32	10	10	53
	74%	84%	67%	69%	68%	67%	75%	72%	72%	65%	92%	86%	85%	70%	81%	71%
		bcd														
With another adult or adults	80	22	27	22	49	10	5	37	10	5	1	2	4	3	2	15
	20%	14%	26%	22%	24%	24%	16%	22%	20%	35%	8%	14%	11%	22%	19%	20%
			a	a	a											
With a child or children	31	5	10	15	25	4	3	12	5	-	1	1	2	2	-	8
	8%	3%	9%	15%	12%	11%	10%	7%	10%	-	8%	9%	6%	16%	-	10%
			a	a	a											
NET: With somebody else	101	25	34	31	66	13	9	46	13	5	1	2	6	4	2	22
	26%	16%	33%	31%	32%	33%	25%	28%	28%	35%	8%	14%	15%	30%	19%	29%
			a	a	a											

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
399	99	108	47	10	155	109	127	82	45	9	127	136	32	191	147	29	367
394	99	111	46	10	157	109	125	85	45	9	130	134	28	187	151	29	366
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
293	74	86	29	6	115	79	100	61	27	6	88	105	26	139	109	19	267
74%	75%	78%	62%	59%	73%	73%	79%	71%	60%	64%	68%	78%	93%	75%	72%	65%	73%
		c					ce				ce	bce					
80	19	20	15	3	35	22	21	22	13	2	36	23	2	37	33	8	78
20%	20%	18%	32%	29%	22%	21%	16%	26%	30%	23%	27%	17%	7%	20%	22%	28%	21%
										af	af						
31	8	6	5	1	11	9	6	5	5	2	10	8	-	11	13	7	31
8%	8%	6%	10%	12%	7%	8%	5%	6%	11%	26%	8%	6%	-	6%	9%	23%	9%
101	25	25	18	4	43	29	26	24	18	3	42	29	2	47	42	10	99
26%	25%	22%	38%	41%	27%	27%	21%	29%	40%	36%	32%	22%	7%	25%	28%	35%	27%
		b						af			af		a	a		a	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	399	97	258	56	33	11	291	93	6	337	62	334	54
Total	394	100	256	54	34	11	288	92	6	334	60	334	50
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	293	66	193	40	25	9	215	70	4	246	47	245	40
	74%	67%	76%	75%	73%	80%	75%	77%	64%	74%	78%	74%	81%
With another adult or adults	80	27	47	11	5	1	58	15	2	72	8	67	9
	20%	27%	18%	20%	15%	10%	20%	16%	36%	21%	13%	20%	18%
With a child or children	31	9	22	5	5	1	23	9	1	23	9	30	2
	8%	9%	9%	9%	15%	10%	8%	10%	18%	7%	14% a	9%	3%
NET: With somebody else	101	33	62	14	9	2	73	22	2	88	14	88	10
	26%	33%	24%	25%	27%	20%	25%	23%	36%	26%	22%	26%	19%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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

	Number of days active										Life satisfaction score				Covid-19 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	*a	*b	c	d	e	f	*g	h	i	j	a	b	c	d	a	b	c	d
399	9	22	59	95	73	50	23	68	249	141	111	129	114	39	69	108	137	78
394	9	23	57	93	72	49	23	68	245	140	107	127	115	41	67	102	139	79
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
293	8	17	45	63	51	34	17	58	176	108	87	83	89	27	48	75	102	61
74%	91%	76%	80%	67%	71%	69%	73%	85% defi	72%	77%	82% b	66%	78% b	68%	72%	73%	74%	78%
80	1	4	9	24	15	14	5	9	51	28	14	38	19	10	18	23	27	12
20%	9%	16%	16%	25%	20%	28% h	21%	13%	21%	20%	13%	30% ac	16%	23%	27%	23%	19%	15%
31	-	3	2	12	9	2	1	2	26	6	5	12	10	4	5	5	15	6
8%	-	13%	4%	13% hj	12% j	5%	6%	3%	10% j	4%	5%	10%	8%	11%	7%	5%	11%	8%
101	1	5	12	31	21	15	6	10	69	32	19	43	26	13	19	28	37	18
26%	9%	24%	20%	33% h	29% h	31% h	27%	15%	28% h	23%	18%	34% ac	22%	32%	28%	27%	26%	22%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	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	399	196	99	101	268
Total	394	194	98	99	264
	100%	100%	100%	100%	100%
Nobody, I did this on my own	293	141	75	76	193
	74%	72%	76%	76%	73%
With another adult or adults	80	42	19	18	58
	20%	21%	19%	19%	22%
				b	13
With a child or children	31	20	5	6	21
	8%	10%	6%	6%	8%
NET: With somebody else	101	54	23	24	71
	26%	28%	24%	24%	27%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	350	106	242	168	119	63	14	39	40	35	32	32	61	60	37
Total	349	108	239	160	121	68	14	38	35	33	33	38	63	58	38
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	264	78	185	116	89	60	11	29	28	25	24	26	49	43	29
	76%	72%	77%	72%	73%	88%	80%	78%	78%	77%	72%	68%	78%	75%	78%
						ab									
With another adult or adults	61	23	37	36	18	7	2	4	5	5	7	10	11	11	6
	17%	21%	15%	23%	15%	10%	14%	10%	13%	17%	21%	25%	18%	20%	16%
				c											
With a child or children	33	9	23	15	17	1	1	4	4	2	3	7	3	4	4
	9%	8%	10%	9%	14%	2%	6%	11%	12%	7%	8%	20%	5%	7%	9%
					c							g			
NET: With somebody else	85	30	54	44	32	8	3	8	8	8	9	12	14	15	8
	24%	28%	23%	28%	27%	12%	20%	22%	22%	23%	28%	32%	22%	25%	22%
				c	c										

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	350	41	92	83	51	43	40	216	134	281	12	30	19	1	2	64
Total	349	41	96	79	50	42	41	216	133	280	12	30	19	1	2	64
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	264	27	67	66	36	32	36	160	104	216	7	21	12	1	2	44
	76%	66%	70%	83% ab	73%	76%	87% ab	74%	78%	77%	60%	71%	63%	100%	100%	68%
With another adult or adults	61	9	21	10	10	6	4	41	20	48	5	3	4	-	-	13
	17%	23%	22%	13%	21%	14%	10%	19%	15%	17%	40%	11%	24%	-	-	20%
With a child or children	33	6	10	5	7	4	1	21	12	23	-	5	4	-	-	10
	9%	14%	11%	6%	13%	10%	3%	10%	9%	8%	-	18%	23%	-	-	15%
NET: With somebody else	85	14	28	13	14	10	5	56	29	64	5	9	7	-	-	20
	24%	34% cf	30% cf	17%	27%	24%	13%	26%	22%	23%	40%	29%	37%	-	-	32%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	a	b	c	d	*e	*f	*g	h	*i	*j	k
Unweighted Total	350	187	65	76	141	33	35	117	40	8	9	27	33	25	23	68
Total	349	167	75	88	163	34	37	118	40	8	9	25	29	25	26	70
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	264 76%	143 86% bcd	55 74%	53 60%	108 66%	23 69%	24 67%	90 77%	31 78%	5 61%	8 90%	14 56%	25 88% bk	19 77%	24 92%	48 68%
With another adult or adults	61 17%	23 14%	15 20%	18 20%	33 20%	7 21%	8 22%	19 16%	6 14%	2 24%	1 10%	10 40%	3 12%	3 13%	2 8%	15 21%
With a child or children	33 9%	1 *	9 13% a	21 24% a	30 19% a	3 9%	5 14%	12 10%	3 8%	1 15%	- - 9%	2 9%	2 6%	4 15%	- -	8 12%
NET: With somebody else	85 24%	23 14%	20 26% a	35 40% a	55 34% a	10 31%	12 33% h	27 23%	9 22%	3 39%	1 10%	11 44%	3 12%	6 23%	2 8%	22 32% h

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
350	78	85	31	7	116	85	101	63	27	12	90	113	23	185	121	21	327
349	76	88	32	6	120	82	99	66	27	11	93	110	23	180	124	22	326
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
264	57	66	25	6	91	63	81	47	18	8	65	89	21	146	81	16	243
76%	76%	76%	77%	86%	76%	77%	81%	71%	65%	72%	70%	81%	92%	81% c	66%	73%	75%
61	12	17	3	1	19	13	11	14	7	2	22	13	2	31	27	2	59
17%	16%	19%	8%	14%	16%	16%	11%	22%	26%	18%	23% af	11%	8%	17%	22%	8%	18%
33	9	7	5	-	12	9	9	6	5	1	10	10	-	7	22	4	33
9%	12%	8%	14%	-	10%	11%	9%	8%	18%	9%	11%	9%	-	4%	17% be	19% b	10%
85	18	21	7	1	29	19	18	19	9	3	28	22	2	34	43	6	83
24%	24%	24%	23%	14%	24%	23%	19%	29%	35%	28%	30%	19%	8%	19%	34% b	27%	25%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
	Yes	No	Mental condition or illness	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	350	259	48	43	8	252	87	12	281	69	302	41
Total	349	258	45	43	7	254	84	11	278	70	302	40
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	264	202	31	32	5	198	60	9	209	55	229	30
	76%	78% a	69%	75%	73%	78%	71%	81%	75%	78%	76%	75%
With another adult or adults	61	42	12	8	1	39	19	2	50	10	52	8
	17%	16% b	26%	19%	11%	15%	23%	19%	18%	15%	17%	19%
With a child or children	33	22	3	2	1	25	6	-	26	6	30	2
	9%	9%	6%	6%	15%	10%	8%	-	9%	9%	10%	6%
NET: With somebody else	85	56	14	11	2	56	24	2	69	15	73	10
	24%	22% b	31%	25%	27%	22%	29%	19%	25%	22%	24%	25%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries				
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)	
Significance Level: 95%	*a	*b	c	d	e	f	*g	h	i	j	a	b	c	d	a	b	c	d	
	350	11	26	48	88	67	39	18	53	229	110	96	113	108	30	57	86	112	93
	349	12	28	46	86	67	39	20	52	227	110	93	111	112	31	55	83	113	96
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
	264	8	22	36	61	53	28	15	40	173	83	69	89	87	17	43	63	92	65
76%	69%	81%	78%	72%	79%	72%	76%	78%	76%	75%	74% d	80% d	78% d	54%	78%	76%	81% d	68%	
Unweighted Total	61	4	4	7	15	11	9	1	9	38	19	20	15	18	8	8	15	20	18
	17%	31%	15%	16%	18%	17%	23%	6%	18%	17%	17%	21%	13%	16%	27%	14%	19%	17%	19%
Total	33	-	2	3	10	5	5	4	4	20	13	6	7	12	7	4	7	5	17
	9%	-	9%	6%	12%	7%	13%	19%	7%	9%	11%	7%	6%	11%	23% ab	7%	8%	4%	17% c
NET: With somebody else	85	4	5	10	24	14	11	5	12	54	28	24	22	24	14	12	20	22	31
	24%	31%	19%	22%	28%	21%	28%	24%	22%	24%	25%	26%	20%	22%	46% abc	22%	24%	19%	32% c

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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

	Total	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	350	185	77	87	216	91
Total	349	184	76	87	213	91
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	264	138	58	67	162	66
	76%	75%	76%	77%	76%	72%
With another adult or adults	61	27	18	16	37	19
	17%	15%	23%	18%	17%	21%
With a child or children	33	25	1	6	20	9
	9%	14%	1%	7%	9%	10%
		b				
NET: With somebody else	85	46	19	20	51	25
	24%	25%	24%	23%	24%	28%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	316	125	190	146	86	84	12	47	31	33	28	26	58	54	27
Total	313	126	186	136	87	90	11	45	27	31	29	30	60	51	28
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	259	107	152	108	69	83	10	34	24	28	23	26	51	38	24
	83%	85%	82%	79%	79%	92% ab	91%	76%	90%	93% h	79%	86%	85%	75%	83%
With another adult or adults	44	15	28	25	12	7	1	8	3	2	4	4	8	10	3
	14%	12%	15%	18% c	14%	8%	9%	19%	10%	7%	15%	14%	13%	19%	12%
With a child or children	16	8	6	6	10	-	1	2	1	1	2	1	2	4	1
	5%	7%	3%	5% c	11% c	-	9%	5%	4%	4%	6%	3%	4%	8%	4%
NET: With somebody else	53	19	34	28	18	7	1	11	3	2	6	4	9	13	5
	17%	15%	18%	21% c	21% c	8%	9%	24%	10%	7%	21%	14%	15%	25% d	17%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	*e	f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	316	34	89	75	37	25	56	198	118	266	12	20	11	1	3	47
Total	313	34	91	72	36	23	57	196	116	262	12	22	11	1	2	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	259 83%	27 81%	71 78%	61 86%	28 78%	19 80%	53 93% bdg	160 81%	100 86%	224 86% g	8 69%	15 68%	8 68%	1 100%	2 67%	33 69%
With another adult or adults	44 14%	4 13%	18 19% f	8 11%	6 18%	4 16%	4 7%	30 15%	14 12%	32 12%	4 31%	3 16%	4 32%	- -	1 33%	12 24% a
With a child or children	16 5%	2 6%	4 5%	4 5%	4 10% f	2 10%	- -	10 5%	6 5%	9 4%	- -	4 21%	1 8%	- -	- -	5 11% a
NET: With somebody else	53 17%	6 19% f	20 22% f	10 14%	8 22% f	5 20%	4 7%	37 19% f	17 14%	38 14%	4 31%	7 32%	4 32%	- -	1 33%	15 31% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	b	c	d	*a	b	c	d	*e	*f	*g	*h	*i	j	k
Unweighted Total	316	196	46	55	101	29	30	100	30	6	12	23	26	21	39	59
Total	313	180	53	64	117	28	31	98	31	6	12	22	21	20	43	59
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	259	161	44	43	87	21	20	83	23	4	11	19	21	16	41	42
	83%	90%	82%	68%	74%	76%	65%	84%	74%	66%	94%	86%	97%	80%	95%	71%
		cd						bk							bdk	
With another adult or adults	44	19	7	16	23	6	8	13	7	2	1	3	-	2	2	14
	14%	10%	13%	25%	20%	21%	27%	13%	22%	34%	6%	14%	-	9%	5%	24%
				a	a		j	j	j							j
With a child or children	16	1	3	9	12	1	4	7	1	-	-	-	1	2	-	5
	5%	*	6%	14%	11%	3%	14%	7%	4%	-	-	-	3%	10%	-	9%
			a	a	a		j									
NET: With somebody else	53	19	9	21	30	7	11	15	8	2	1	3	1	4	2	17
	17%	10%	18%	32%	26%	24%	35%	16%	26%	34%	6%	14%	3%	20%	5%	29%
				a	a		cj		j							cj

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
316	71	75	22	4	97	75	93	50	26	6	76	99	36	177	87	16	280
313	70	77	22	4	99	74	91	53	26	6	79	97	34	173	89	16	278
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
259	60	57	19	1	76	61	77	38	19	4	58	81	33	151	64	12	227
83%	86%	74%	86%	22%	77%	82%	85%	73%	73%	67%	73%	84%	95% ce	87% c	72%	76%	81%
44	9	16	2	3	18	12	12	13	5	2	18	14	2	19	20	3	42
14%	13%	21%	9%	78%	19%	16%	13%	25%	18%	33%	22%	14%	5%	11%	22% ab	20%	15%
16	4	6	1	-	8	4	5	4	2	-	7	5	-	4	10	2	16
5%	6%	8%	5%	-	8%	6%	6%	8%	9%	-	8%	6%	-	2%	11% ab	11%	6%
53	10	20	3	3	23	13	14	14	7	2	21	16	2	23	25	4	52
17%	14%	26%	14%	78%	23%	18%	15%	27%	27%	33%	27%	16%	5%	13%	28% ab	24%	19% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
	Yes	No	Mental condition or illness	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	316	218	43	45	6	219	86	8	249	67	272	43
Total	313	216	40	45	7	219	85	8	245	68	270	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	259	185	31	39	5	183	68	6	200	59	223	36
	83%	85% a	77%	86%	69%	83%	81%	83%	82%	87%	82%	86%
With another adult or adults	44	27	8	3	2	32	12	1	39	5	38	6
	14%	13% b	21%	7%	31%	14%	15%	17%	16%	8%	14%	14%
With a child or children	16	7	2	3	-	10	5	-	11	4	16	-
	5%	3% b	5%	7%	-	4%	6%	-	5%	6%	6%	-
NET: With somebody else	53	32	9	7	2	36	16	1	45	9	48	6
	17%	15% b	23%	14%	31%	17%	19%	17%	18%	13%	18%	14%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	*d	a	b	c	d
Unweighted Total	316	8	28	48	56	54	50	11	61	186	122	91	107	89	25	46	71	127	68
Total	313	8	27	47	54	55	49	12	61	184	121	87	104	92	27	44	70	125	70
	100%	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	259	8	23	33	45	42	41	11	55	144	107	72	88	74	22	33	59	108	56
	83%	100%	86%	71%	84%	77%	85%	93%	90% ci	79%	88% cei	83%	85%	80%	82%	75%	84%	86%	79%
With another adult or adults	44	-	3	12	7	10	7	1	5	31	13	12	14	12	5	11	8	15	10
	14%	-	10%	25% hj	13%	17%	15%	7%	8%	17%	11%	14%	14%	14%	18%	25% c	12%	12%	15%
With a child or children	16	-	1	2	3	4	3	-	2	10	5	4	2	9	-	2	5	3	5
	5%	-	4%	4%	5%	8%	6%	-	4%	6%	4%	5%	2%	10% b	-	4%	8%	2%	8%
NET: With somebody else	53	-	4	14	9	13	7	1	6	39	14	15	16	18	5	11	11	17	15
	17%	-	14%	29% hj	16%	23% j	15%	7%	10%	21% hj	12%	17%	15%	20%	18%	25%	16%	14%	21%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	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	316	144	76	93	183	81
Total	313	141	76	94	179	80
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	259	114	66	77	140	70
	83%	81%	87%	82%	78%	88%
With another adult or adults	44	21	9	14	32	10
	14%	15%	12%	15%	18%	12%
With a child or children	16	12	1	2	12	2
	5%	9%	1%	3%	7%	2%
		b				
NET: With somebody else	53	27	9	17	40	10
	17%	19%	13%	18%	22%	12%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	170	79	90	80	64	26	9	22	18	17	16	8	33	28	19
Total	178	82	95	80	69	29	9	22	18	18	17	10	36	29	21
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	46	25	21	19	13	14	4	2	5	6	5	1	9	9	5
	26%	31%	22%	24%	19%	47%	41%	9%	28%	36%	28%	9%	24%	32%	26%
With another adult or adults	58	28	30	33	21	4	3	14	6	7	3	4	10	5	6
	33%	34%	31%	41%	30%	15%	37%	66%	36%	39%	17%	37%	29%	17%	29%
With a child or children	94	34	58	39	44	11	4	12	7	5	10	7	18	16	14
	53%	42%	61%	48%	64%	38%	47%	55%	42%	31%	55%	78%	51%	55%	67%
		a													
NET: With somebody else	132	57	74	61	56	15	5	20	13	11	12	9	27	19	15
	74%	69%	78%	76%	81%	53%	59%	91%	72%	64%	72%	91%	76%	68%	74%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	170	22	51	34	20	19	24	107	63	141	7	13	6	2	1	29
Total	178	24	55	35	20	19	25	114	64	148	9	13	6	2	1	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	46	4	14	7	6	5	10	25	21	38	-	4	3	-	1	8
	26%	17%	26%	21%	28%	28%	39%	22%	32%	26%	-	30%	51%	-	100%	25%
With another adult or adults	58	11	18	12	3	7	7	41	18	49	3	5	2	1	-	10
	33%	45%	32%	35%	16%	37%	29%	36%	28%	33%	30%	37%	32%	42%	-	33%
With a child or children	94	14	27	21	13	9	10	62	32	80	7	4	1	1	-	14
	53%	58%	49%	60%	64%	47%	41%	54%	50%	54%	85%	33%	18%	58%	-	46%
NET: With somebody else	132	20	41	28	14	14	15	88	43	110	9	9	3	2	-	22
	74%	83%	74%	79%	72%	72%	61%	78%	68%	74%	100%	70%	49%	100%	-	75%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	170	62	47	52	99	18	16	46	24	9	6	16	12	9	14	34
Total	178	55	54	60	115	19	17	50	25	9	6	17	11	9	15	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	46	26	8	7	14	6	2	12	5	2	1	4	2	5	7	8
	26%	47%	14%	11%	13%	33%	10%	25%	19%	22%	19%	25%	17%	53%	47%	22%
		bcd														
With another adult or adults	58	21	18	17	36	7	5	19	6	5	3	4	4	2	3	12
	33%	38%	33%	29%	31%	36%	31%	38%	26%	53%	44%	26%	36%	21%	22%	34%
With a child or children	94	9	37	47	84	9	11	28	16	3	2	9	6	3	5	21
	53%	16%	69%	77%	73%	50%	66%	56%	63%	38%	37%	56%	54%	38%	31%	57%
			a	a	a											
NET: With somebody else	132	29	47	54	100	13	15	38	20	7	5	13	9	4	8	28
	74%	53%	86%	89%	87%	67%	90%	75%	81%	78%	81%	75%	83%	47%	53%	78%
			a	a	a											

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	170	45	34	15	4	49	42	33	18	4	51	46	10	82	68	10	160
Total	178	46	38	16	4	54	43	37	19	4	56	47	9	85	73	11	169
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	46	11	6	3	-	10	14	5	3	-	8	14	4	27	14	1	42
	26%	24%	17%	20%	-	18%	32%	13%	16%	-	14%	29%	40%	32%	19%	10%	25%
							e										
With another adult or adults	58	15	13	6	4	19	14	14	8	1	23	15	5	29	20	4	53
	33%	33%	35%	36%	100%	35%	34%	39%	45%	19%	41%	32%	60%	34%	28%	38%	31%
With a child or children	94	26	24	8	-	32	22	23	7	3	31	26	-	36	51	7	94
	53%	57%	64%	51%	-	60%	52%	64%	38%	81%	55%	55%	-	42%	70%	62%	55%
															be		
NET: With somebody else	132	35	31	13	4	44	29	32	16	4	48	33	5	58	59	10	126
	74%	76%	83%	80%	100%	82%	68%	87%	84%	100%	86%	71%	60%	68%	81%	90%	75%
											a						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
									NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%		a	b	*a	*b	*c	d	e	*f	a	b	a	*b
Unweighted Total	170	37	117	29	27	8	111	55	8	136	34	153	16
Total	178	38	125	31	28	8	117	57	9	143	35	161	16
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	46	9	32	6	9	2	28	15	2	35	11	43	2
	26%	22%	26%	19%	32%	23%	24%	26%	23%	25%	31%	27%	12%
With another adult or adults	58	18	33	11	6	4	38	20	1	48	10	48	11
	33%	47%	27%	36%	22%	47%	32%	35%	11%	34%	30%	30%	69%
		b											
With a child or children	94	15	75	18	14	2	67	27	6	77	17	88	5
	53%	40%	60%	57%	50%	30%	57%	47%	66%	54%	49%	55%	34%
		a											
NET: With somebody else	132	30	92	25	19	6	89	42	7	108	24	118	14
	74%	78%	74%	81%	68%	77%	76%	74%	77%	75%	69%	73%	88%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Total	Number of days active										Life satisfaction score				Covid-19 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	d	e	*f	*g	*h	i	j	a	b	c	*d	*a	b	c	d
Unweighted Total	170	7	14	29	35	32	18	7	28	110	53	43	48	52	24	26	31	72	39
Total	178	7	15	29	36	32	19	8	30	113	58	44	50	55	25	26	32	76	42
	100%	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	46	4	3	6	8	9	5	-	11	26	16	8	13	15	7	6	8	21	11
	26%	59%	18%	19%	23%	29%	26%	-	35%	23%	27%	19%	26%	28%	27%	23%	24%	28%	26%
With another adult or adults	58	1	2	13	12	8	9	4	10	35	23	9	21	16	11	13	8	26	11
	33%	10%	12%	44%	32%	26%	50%	43%	32%	31%	40%	21%	43%	30%	44%	51%	24%	34%	25%
													a						
With a child or children	94	2	12	14	21	16	8	6	14	63	28	30	24	29	11	12	20	36	24
	53%	31%	77%	49%	57%	51%	41%	71%	48%	56%	49%	67%	47%	53%	43%	47%	63%	48%	57%
NET: With somebody else	132	3	13	24	28	23	14	8	20	87	42	36	37	40	19	20	24	55	31
	74%	41%	82%	81%	77%	71%	74%	100%	65%	77%	73%	81%	74%	72%	73%	77%	76%	72%	74%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	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	170	70	42	58	112	34
Total	178	73	42	63	119	34
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	46	17	16	13	26	13
	26%	24%	37%	21%	22%	38%
With another adult or adults	58	25	14	20	40	11
	33%	34%	33%	31%	34%	33%
With a child or children	94	41	16	37	70	11
	53%	56%	38%	59%	59%	32%
			b		b	
NET: With somebody else	132	55	27	50	93	21
	74%	76%	63%	79%	78%	62%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	111	46	65	68	37	6	4	13	17	9	8	3	23	18	16
Total	116	46	70	68	41	7	4	13	17	9	9	3	25	18	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	36	15	20	23	7	5	-	3	1	5	3	-	9	6	7
	31%	33%	29%	35%	18%	70%	-	24%	9%	58%	35%	-	38%	36%	38%
With another adult or adults	47	18	29	32	14	1	3	7	9	3	1	2	11	8	3
	41%	40%	41%	47%	34%	13%	72%	52%	52%	30%	14%	64%	47%	45%	16%
With a child or children	44	17	27	17	26	1	1	6	9	2	5	3	4	7	8
	38%	37%	40%	25%	64%	17%	28%	49%	52%	25%	51%	75%	16%	38%	45%
				a											
NET: With somebody else	80	31	49	45	34	2	4	10	16	4	6	3	15	11	12
	69%	67%	71%	65%	82%	30%	100%	76%	91%	42%	65%	100%	62%	64%	62%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	111	23	39	23	12	8	6	85	26	83	8	10	5	1	-	24
Total	116	22	43	25	11	8	6	90	26	87	9	11	4	1	-	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	36	11	9	6	5	3	2	26	10	24	1	4	4	-	-	8
	31%	49%	21%	24%	40%	35%	36%	29%	37%	28%	13%	33%	82%	-	-	34%
With another adult or adults	47	7	23	9	4	3	2	39	8	34	5	7	1	1	-	13
	41%	30%	53%	38%	34%	34%	25%	43%	32%	39%	50%	59%	18%	100%	-	50%
With a child or children	44	5	16	14	3	4	2	35	9	39	3	2	-	-	-	5
	38%	24%	37%	56%	26%	45%	39%	39%	35%	45%	37%	15%	-	-	-	20%
NET: With somebody else	80	11	34	19	7	5	4	64	16	63	8	7	1	1	-	17
	69%	51%	79%	76%	60%	65%	64%	71%	63%	72%	87%	67%	18%	100%	-	66%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
Significance Level: 95%																
Unweighted Total	111	31	35	34	69	8	14	50	13	7	2	4	7	4	2	22
Total	116	26	41	39	81	9	16	53	13	7	2	4	5	4	2	24
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	36	10	8	11	19	6	7	10	4	2	1	-	2	2	2	13
	31%	40%	20%	27%	24%	72%	43%	19%	27%	26%	59%	-	28%	46%	100%	53%
With another adult or adults	47	14	17	13	30	1	5	27	5	2	1	2	3	-	-	7
	41%	57%	42%	32%	37%	14%	34%	52%	37%	31%	41%	44%	57%	-	-	27%
With a child or children	44	2	20	22	42	2	5	22	5	3	1	4	1	2	-	7
	38%	6%	49%	55%	52%	28%	31%	42%	35%	43%	41%	82%	15%	54%	-	30%
		a	a	a												
NET: With somebody else	80	15	33	29	62	2	9	43	9	5	1	4	4	2	-	11
	69%	60%	80%	73%	76%	28%	57%	81%	73%	74%	41%	100%	72%	54%	-	47%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
111	31	39	9	3	48	34	35	29	17	3	46	38	6	53	40	12	105
116	33	42	9	3	52	36	38	30	18	3	48	41	5	54	44	12	111
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
36	9	10	3	2	12	10	10	8	5	-	13	10	2	16	14	4	34
31%	26%	23%	31%	59%	24%	29%	27%	27%	25%	-	26%	25%	34%	29%	31%	35%	31%
47	15	21	3	1	23	16	18	14	8	1	22	18	3	23	17	4	44
41%	46%	49%	31%	41%	45%	46%	46%	45%	48%	25%	46%	45%	66%	42%	38%	32%	39%
44	13	16	4	-	21	13	14	12	7	2	19	16	1	19	19	5	44
38%	38%	39%	48%	-	41%	35%	36%	39%	39%	75%	39%	38%	17%	36%	43%	42%	39%
80	24	33	6	1	39	25	28	22	13	3	35	31	3	38	31	8	77
69%	74%	77%	69%	41%	76%	71%	73%	73%	75%	100%	74%	75%	66%	71%	69%	65%	69%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
									NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%		a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total	111	31	66	22	14	7	63	40	2	83	28	96	7
Total	116	34	69	24	15	7	66	42	2	88	28	103	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	36	11	17	5	5	1	19	11	-	27	8	31	1
	31%	33%	25%	21%	34%	13%	28%	26%	-	31%	29%	30%	13%
With another adult or adults	47	17	25	9	3	3	30	16	-	39	8	40	5
	41%	50%	36%	39%	18%	52%	45%	37%	-	44%	30%	39%	87%
With a child or children	44	7	36	11	7	2	28	17	2	31	13	43	-
	38%	21%	52% a	45%	48%	35%	42%	39%	100%	35%	48%	41%	-
NET: With somebody else	80	23	52	19	10	6	48	31	2	61	20	72	5
	69%	67%	75%	79%	66%	87%	72%	74%	100%	69%	71%	70%	87%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	b	c	*d	*a	b	c	*d
Unweighted Total	111	4	14	10	21	24	16	6	16	69	38	18	41	36	13	24	32	33	17
Total	116	3	15	10	22	24	17	7	17	71	41	19	42	38	14	24	33	36	20
	100%	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	36	-	8	4	4	8	3	3	5	24	11	3	18	10	4	5	12	11	6
	31%	-	52%	40%	18%	35%	19%	46%	28%	34%	27%	15%	43%	26%	28%	19%	37%	32%	30%
With another adult or adults	47	2	1	4	12	10	10	1	8	26	18	7	14	19	6	12	13	14	7
	41%	66%	5%	36%	54%	42%	56%	17%	45%	37%	45%	36%	34%	49%	39%	52%	38%	39%	35%
With a child or children	44	1	7	4	9	5	9	3	7	25	18	9	13	16	6	10	8	15	10
	38%	34%	43%	36%	41%	23%	50%	37%	42%	35%	44%	49%	32%	41%	43%	43%	24%	42%	52%
NET: With somebody else	80	3	7	6	18	15	14	4	12	47	30	16	24	28	10	19	20	24	14
	69%	100%	48%	60%	82%	65%	81%	54%	72%	66%	73%	85%	57%	74%	72%	81%	63%	68%	70%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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	111	50	25	33	73	27
Total	116	54	24	35	78	27
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	36	14	9	13	21	11
	31%	25%	35%	39%	27%	40%
With another adult or adults	47	25	10	11	35	9
	41%	46%	42%	31%	45%	35%
With a child or children	44	24	7	11	32	8
	38%	45%	28%	33%	41%	30%
NET: With somebody else	80	41	16	21	57	16
	69%	75%	65%	61%	73%	60%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	64	34	30	39	21	4	3	9	1	8	3	5	20	7	8
Total	63	34	29	37	22	4	3	9	1	8	3	6	21	6	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	21	9	11	16	4	1	2	3	1	2	1	1	5	4	2
	33%	27%	39%	43%	16%	26%	67%	36%	100%	20%	38%	23%	26%	59%	23%
With another adult or adults	35	22	13	18	13	3	1	4	-	3	2	4	13	2	5
	55%	63%	45%	49%	61%	74%	33%	45%	-	34%	62%	77%	65%	41%	67%
With a child or children	10	3	7	3	7	-	-	2	-	4	-	-	3	-	2
	16%	9%	24%	8%	34%	-	-	20%	-	46%	-	-	15%	-	26%
NET: With somebody else	43	25	18	21	18	3	1	5	-	6	2	4	15	2	6
	67%	73%	61%	57%	84%	74%	33%	64%	-	80%	62%	77%	74%	41%	77%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	64	17	20	14	7	5	1	51	13	45	6	8	4	-	1	19
Total	63	17	21	14	6	4	1	52	11	44	7	8	4	-	1	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	21	6	7	3	2	2	1	16	5	15	1	3	1	-	-	6
	33%	35%	32%	23%	30%	53%	100%	30%	44%	35%	15%	40%	33%	-	-	28%
With another adult or adults	35	9	12	7	4	2	-	29	6	24	3	5	2	-	1	11
	55%	55%	59%	48%	70%	47%	-	55%	56%	55%	50%	60%	46%	-	100%	56%
With a child or children	10	3	3	4	-	-	-	10	-	6	4	-	1	-	-	4
	16%	18%	15%	29%	-	-	-	20%	-	13%	54%	-	21%	-	-	23%
NET: With somebody else	43	11	14	11	4	2	-	36	6	29	6	5	3	-	1	14
	67%	65%	68%	77%	70%	47%	-	70%	56%	65%	85%	60%	67%	-	100%	72%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		*a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	64	29	11	19	30	1	8	32	4	6	2	1	9	1	-	9
Total	63	25	13	21	34	1	9	33	3	6	2	1	8	1	-	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	21	7	5	8	13	-	5	10	1	-	1	-	2	1	-	5
	33%	30%	36%	37%	37%	-	51%	31%	47%	-	48%	-	31%	100%	-	47%
With another adult or adults	35	15	8	10	18	1	4	20	2	3	1	1	4	-	-	5
	55%	60%	64%	47%	53%	100%	49%	59%	53%	51%	52%	100%	47%	-	-	53%
With a child or children	10	3	1	5	6	-	-	4	-	4	-	-	2	-	-	-
	16%	10%	10%	23%	18%	-	-	13%	-	71%	-	-	22%	-	-	-
NET: With somebody else	43	18	8	13	22	1	4	23	2	6	1	1	5	-	-	5
	67%	70%	64%	63%	63%	100%	49%	69%	53%	100%	52%	100%	69%	-	-	53%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
64	19	18	10	3	28	22	18	21	10	-	31	18	6	28	27	3	58
63	20	19	9	3	28	23	18	22	10	-	32	18	6	27	28	3	58
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%
21	9	3	4	1	7	10	4	7	4	-	11	4	4	8	9	-	17
33%	44%	15%	44%	28%	24%	42%	23%	31%	44%	-	35%	23%	66%	31%	31%	-	29%
35	10	15	2	1	17	11	12	13	4	-	17	12	2	16	14	3	33
55%	50%	79%	26%	41%	62%	49%	67%	58%	38%	-	52%	67%	34%	60%	50%	100%	57%
10	1	4	3	1	7	2	3	4	2	-	5	3	-	2	8	-	10
16%	6%	20%	30%	31%	23%	9%	18%	16%	18%	-	17%	18%	-	9%	28%	-	18%
43	11	16	5	2	21	13	14	15	5	-	21	14	2	19	19	3	41
67%	56%	85%	56%	72%	76%	58%	77%	69%	56%	-	65%	77%	34%	69%	69%	100%	71%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%	*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total	64	32	9	9	3	40	20	1	54	10	54	9
Total	63	31	9	9	3	40	20	1	54	9	54	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	21	8	5	2	1	12	8	-	18	3	18	3
	33%	25%	56%	25%	34%	30%	41%	-	33%	32%	33%	34%
With another adult or adults	35	22	2	6	-	25	7	1	31	4	31	3
	55%	70%	18%	66%	-	63%	34%	100%	58%	40%	56%	42%
With a child or children	10	4	2	1	2	5	5	-	8	3	8	2
	16%	14%	26%	9%	66%	13%	25%	-	14%	28%	15%	24%
NET: With somebody else	43	24	4	7	2	28	12	1	36	6	36	5
	67%	75%	44%	75%	66%	70%	59%	100%	67%	68%	67%	66%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	*a	*b	*c	*d	*e	*f	*g	*h	i	*j	*a	*b	*c	*d	*a	*b	*c	*d
64	1	5	9	9	16	13	5	6	39	24	19	18	16	11	13	21	20	9
63	1	5	8	10	16	13	5	6	39	24	18	18	16	12	14	19	20	10
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
21	1	3	3	4	4	1	2	3	14	6	4	8	5	3	4	8	6	4
33%	100%	66%	32%	40%	27%	8%	36%	49%	36%	25%	25%	46%	30%	29%	29%	39%	29%	35%
35	-	2	4	6	10	8	2	3	22	13	10	7	9	8	6	11	10	6
55%	-	34%	57%	60%	60%	63%	42%	51%	56%	55%	55%	42%	58%	71%	47%	56%	52%	65%
10	-	-	1	-	3	5	1	-	4	6	5	2	3	-	5	1	5	-
16%	-	-	11%	-	21%	40%	22%	-	11%	26%	28%	12%	20%	-	33%	5%	25%	-
43	-	2	5	6	12	12	3	3	25	18	13	9	11	8	10	12	14	6
67%	-	34%	68%	60%	73%	92%	64%	51%	64%	75%	75%	54%	70%	71%	71%	61%	71%	65%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	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	64	29	19	38	23
Total	63	30	17	39	22
	100%	100%	100%	100%	100%
Nobody, I did this on my own	21	10	6	13	7
	33%	32%	33%	33%	30%
With another adult or adults	35	18	10	21	12
	55%	61%	55%	55%	55%
With a child or children	10	5	2	7	3
	16%	15%	12%	18%	14%
NET: With somebody else	43	20	12	26	15
	67%	68%	67%	67%	70%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	46	22	23	33	9	4	-	7	3	5	5	3	12	7	4
Total	45	22	22	31	9	4	-	6	2	5	5	3	13	7	4
	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	11	4	6	8	1	1	-	2	-	-	2	1	4	1	1
	24%	19%	29%	27%	13%	26%	-	30%	-	-	41%	27%	31%	17%	24%
With another adult or adults	28	16	11	20	6	2	-	3	2	4	3	1	6	6	3
	62%	71%	51%	63%	66%	42%	-	43%	100%	78%	59%	32%	50%	83%	76%
With a child or children	10	3	6	5	3	1	-	2	-	1	-	2	4	-	1
	22%	15%	26%	18%	33%	32%	-	26%	-	22%	-	73%	29%	-	32%
NET: With somebody else	34	18	15	23	8	3	-	4	2	5	3	2	9	6	3
	76%	81%	71%	73%	87%	74%	-	70%	100%	100%	59%	73%	69%	83%	76%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	46	11	16	6	6	4	3	33	13	30	3	7	5	1	-	16
Total	45	11	16	5	6	3	3	33	12	29	3	7	5	1	-	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	11	3	2	2	1	2	1	7	4	7	-	3	1	-	-	4
	24%	30%	11%	35%	18%	51%	30%	22%	30%	23%	-	46%	18%	-	-	26%
With another adult or adults	28	8	11	3	3	2	1	22	6	17	2	4	4	1	-	11
	62%	70%	69%	51%	57%	49%	32%	66%	49%	58%	74%	54%	82%	100%	-	69%
With a child or children	10	2	3	1	2	-	1	7	3	8	1	-	1	-	-	2
	22%	21%	20%	14%	42%	-	39%	20%	29%	27%	26%	-	28%	-	-	14%
NET: With somebody else	34	8	14	4	5	2	2	26	8	23	3	4	4	1	-	11
	76%	70%	89%	65%	82%	49%	70%	78%	70%	77%	100%	54%	82%	100%	-	74%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	46	20	11	10	21	2	7	24	5	2	2	-	3	1	-	9
Total	45	17	12	12	24	2	7	23	5	2	2	-	2	1	-	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	-	100%
Nobody, I did this on my own	11	4	3	1	4	2	2	4	-	-	1	-	1	1	-	4
	24%	22%	27%	10%	19%	100%	29%	17%	-	-	47%	-	34%	100%	-	43%
With another adult or adults	28	13	5	9	15	-	3	18	3	1	1	-	2	-	-	3
	62%	78%	43%	80%	61%	-	47%	77%	52%	45%	53%	-	66%	-	-	38%
With a child or children	10	-	5	4	8	-	3	4	3	1	-	-	-	-	-	3
	22%	-	38%	31%	35%	-	38%	16%	48%	55%	-	-	-	-	-	31%
NET: With somebody else	34	13	9	10	20	-	5	19	5	2	1	-	2	-	-	5
	76%	78%	73%	90%	81%	-	71%	83%	100%	100%	53%	-	66%	-	-	57%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
46	12	18	5	5	23	17	13	18	6	3	24	16	5	19	18	4	41
45	12	19	4	5	23	17	12	19	6	3	25	15	4	18	19	4	40
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
11	2	4	-	1	4	3	2	3	2	-	5	2	3	6	1	1	8
24%	19%	20%	-	21%	17%	20%	17%	16%	34%	-	20%	14%	62%	34%	5%	25%	20%
28	8	12	3	3	16	10	9	13	2	2	15	11	2	10	14	3	26
62%	64%	66%	79%	57%	69%	62%	77%	66%	43%	59%	61%	74%	38%	54%	72%	75%	64%
10	3	5	1	1	6	4	2	6	1	1	7	3	-	2	8	-	10
22%	28%	25%	21%	21%	24%	26%	17%	29%	23%	41%	28%	21%	-	12%	41%	-	25%
34	10	15	4	4	19	14	10	16	4	3	20	13	2	12	18	3	32
76%	81%	80%	100%	79%	83%	80%	83%	84%	66%	100%	80%	86%	38%	66%	95%	75%	80%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	46	20	20	12	5	5	25	20	1	40	6	42	3
Total	45	20	19	12	5	4	24	20	1	40	5	42	2
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	11	6	2	5	2	2	3	8	-	9	2	11	-
	24%	31%	9%	41%	43%	41%	11%	41%	-	23%	32%	26%	-
With another adult or adults	28	11	15	6	3	2	18	10	1	25	3	25	2
	62%	56%	77%	52%	57%	38%	73%	50%	100%	63%	52%	61%	100%
With a child or children	10	5	4	2	1	1	5	4	-	8	2	9	-
	22%	25%	20%	15%	22%	21%	21%	19%	-	20%	40%	22%	-
NET: With somebody else	34	14	17	7	3	2	22	11	1	31	3	31	2
	76%	69%	91%	59%	57%	59%	89%	59%	100%	77%	68%	74%	100%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Total	Number of days active										Life satisfaction score				Covid-19 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	46	1	2	10	10	10	4	2	7	32	13	12	12	13	8	8	13	15	10
Total	45	1	2	8	11	10	4	2	7	31	13	10	12	13	9	8	12	14	11
	100%	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	11	1	1	3	2	3	-	1	-	9	1	1	3	4	2	2	3	4	2
	24%	100%	59%	32%	20%	30%	-	47%	-	29%	8%	8%	26%	31%	22%	24%	24%	28%	18%
With another adult or adults	28	-	-	6	7	5	4	1	5	18	10	9	7	7	5	6	8	8	5
	62%	-	-	68%	70%	50%	100%	53%	62%	59%	72%	83%	56%	52%	63%	76%	67%	58%	49%
With a child or children	10	-	1	-	3	2	1	-	3	6	4	2	2	5	1	1	2	2	5
	22%	-	41%	-	33%	20%	25%	-	38%	20%	27%	18%	19%	35%	15%	15%	19%	14%	43%
NET: With somebody else	34	-	1	6	8	7	4	1	7	22	12	10	9	9	7	6	9	10	9
	76%	-	41%	68%	80%	70%	100%	53%	100%	71%	92%	92%	74%	69%	78%	76%	76%	72%	82%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	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	46	22	12	11	35	8
Total	45	21	12	11	35	7
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	11	5	3	2	10	1
	24%	24%	26%	17%	28%	13%
With another adult or adults	28	12	8	8	22	4
	62%	57%	63%	74%	63%	56%
With a child or children	10	6	1	2	7	2
	22%	30%	11%	20%	19%	31%
NET: With somebody else	34	16	9	9	25	6
	76%	76%	74%	83%	72%	87%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	34	25	9	14	12	8	3	5	1	4	4	4	5	6	2
Total	35	26	9	14	12	9	3	5	1	4	4	4	5	6	2
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	8	3	4	2	4	1	-	1	1	1	-	1	1	-	2
	22%	13%	48%	15%	35%	15%	-	25%	100%	29%	-	30%	17%	-	100%
With another adult or adults	27	22	5	12	8	7	3	4	-	3	4	3	4	6	-
	78%	87%	52%	85%	65%	85%	100%	75%	-	71%	100%	70%	83%	100%	-
With a child or children	1	1	-	-	1	-	1	-	-	-	-	-	-	-	-
	3%	4%	-	-	9%	-	37%	-	-	-	-	-	-	-	-
NET: With somebody else	27	22	5	12	8	7	3	4	-	3	4	3	4	6	-
	78%	87%	52%	85%	65%	85%	100%	75%	-	71%	100%	70%	83%	100%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	34	4	11	8	7	-	4	23	11	27	1	4	1	-	-	6
Total	35	4	12	8	6	-	4	24	11	28	1	4	1	-	-	6
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Nobody, I did this on my own	8	1	3	2	1	-	1	6	2	7	-	1	-	-	-	1
	22%	27%	21%	26%	18%	-	19%	24%	19%	24%	-	25%	-	-	-	18%
With another adult or adults	27	3	10	6	5	-	4	18	9	21	1	3	1	-	-	5
	78%	73%	79%	74%	82%	-	81%	76%	81%	76%	100%	75%	100%	-	-	82%
With a child or children	1	-	1	-	-	-	-	1	-	1	-	-	-	-	-	-
	3%	-	9%	-	-	-	-	4%	-	4%	-	-	-	-	-	-
NET: With somebody else	27	3	10	6	5	-	4	18	9	21	1	3	1	-	-	5
	78%	73%	79%	74%	82%	-	81%	76%	81%	76%	100%	75%	100%	-	-	82%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	34	13	9	7	16	2	1	17	2	3	2	-	3	1	3	3
Total	35	12	10	8	18	2	1	18	2	3	2	-	3	1	4	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
Nobody, I did this on my own	8	1	4	2	6	-	-	5	1	1	-	-	-	1	-	-
	22%	7%	36%	30%	33%	-	-	25%	52%	41%	-	-	-	100%	-	-
With another adult or adults	27	11	7	5	12	2	1	14	1	2	2	-	3	-	4	3
	78%	93%	64%	70%	67%	100%	100%	75%	48%	59%	100%	-	100%	-	100%	100%
With a child or children	1	-	-	1	1	-	-	1	-	-	-	-	-	-	-	-
	3%	-	-	14%	6%	-	-	6%	-	-	-	-	-	-	-	-
NET: With somebody else	27	11	7	5	12	2	1	14	1	2	2	-	3	-	4	3
	78%	93%	64%	70%	67%	100%	100%	75%	48%	59%	100%	-	100%	-	100%	100%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
34	9	8	6	1	14	10	11	6	6	1	12	12	2	17	10	5	32
35	10	9	6	1	15	11	12	7	6	1	13	12	2	18	10	5	33
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
8	5	1	1	-	2	5	2	1	2	1	4	3	-	4	3	-	8
22%	48%	14%	18%	-	15%	43%	21%	18%	38%	100%	28%	26%	-	24%	33%	-	23%
27	5	7	5	1	12	6	9	5	4	-	9	9	2	13	7	5	25
78%	52%	86%	82%	100%	85%	57%	79%	82%	62%	-	72%	74%	100%	76%	67%	100%	77%
1	1	-	-	-	-	1	1	-	-	-	-	1	-	-	1	-	1
3%	11%	-	-	-	-	10%	9%	-	-	-	-	8%	-	-	10%	-	3%
27	5	7	5	1	12	6	9	5	4	-	9	9	2	13	7	5	25
78%	52%	86%	82%	100%	85%	57%	79%	82%	62%	-	72%	74%	100%	76%	67%	100%	77%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
			Mental condition or illness	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%	Total	*a Yes *b No	*a	*b	*c	*d	*e	*f	*a	*b	*a	*b
Unweighted Total	34	12 19	4	6	2	22	11	1	24	10	25	7
Total	35	12 100%	4 100%	6 100%	2 100%	23 100%	11 100%	1 100%	25 100%	10 100%	26 100%	7 100%
Nobody, I did this on my own	8 22%	- 39%	-	1 19%	-	6 29%	1 10%	-	5 18%	3 31%	6 22%	2 28%
With another adult or adults	27 78%	12 100%	12 61%	4 100%	5 81%	2 100%	16 71%	10 90%	1 100%	20 82%	7 69%	5 72%
With a child or children	1 3%	1 8%	-	-	-	1 5%	-	-	-	1 11%	1 4%	-
NET: With somebody else	27 78%	12 100%	12 61%	4 100%	5 81%	2 100%	16 71%	10 90%	1 100%	20 82%	7 69%	5 72%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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

	Number of days active										Life satisfaction score				Covid-19 related worries				
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)	
Significance Level: 95%	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*d	*a	*b	*c	*d	
Unweighted Total	34	1	3	8	9	5	3	-	5	25	8	9	9	10	6	9	7	11	5
Total	35	1	3	8	10	5	3	-	6	25	8	8	10	10	7	9	8	11	6
	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	8	-	2	2	1	1	-	-	1	6	1	-	4	2	2	1	1	2	1
	22%	-	70%	26%	12%	22%	-	-	24%	25%	16%	-	36%	21%	31%	13%	15%	20%	24%
With another adult or adults	27	1	1	6	9	4	3	-	4	19	7	8	6	8	5	8	6	9	4
	78%	100%	30%	74%	88%	78%	100%	-	76%	75%	84%	100%	64%	79%	69%	87%	85%	80%	76%
With a child or children	1	-	-	-	-	-	-	-	1	-	1	1	-	-	-	1	-	-	-
	3%	-	-	-	-	-	-	-	19%	-	12%	13%	-	-	-	12%	-	-	-
NET: With somebody else	27	1	1	6	9	4	3	-	4	19	7	8	6	8	5	8	6	9	4
	78%	100%	30%	74%	88%	78%	100%	-	76%	75%	84%	100%	64%	79%	69%	87%	85%	80%	76%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	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%					
Unweighted Total	34	16	7	9	20
Total	35	16	7	9	20
	100%	100%	100%	100%	100%
Nobody, I did this on my own	8	1	2	4	1
	22%	8%	28%	46%	6%
With another adult or adults	27	15	5	5	19
	78%	92%	72%	54%	94%
With a child or children	1	1	-	-	1
	3%	6%	-	-	5%
NET: With somebody else	27	15	5	5	19
	78%	92%	72%	54%	94%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	147	65	81	94	42	11	8	22	9	14	14	6	40	24	10
Total	139	61	77	85	42	11	7	20	7	13	13	6	40	22	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	97	46	51	58	30	9	5	12	7	11	6	5	29	15	7
	70%	75%	66%	68%	70%	82%	62%	58%	100%	81%	47%	73%	74%	67%	79%
With another adult or adults	38	14	24	26	10	2	2	6	-	3	6	2	10	7	2
	27%	23%	31%	31%	23%	18%	24%	32%	-	19%	45%	27%	26%	33%	21%
With a child or children	4	1	2	1	3	-	1	2	-	-	1	-	-	-	-
	3%	2%	2%	1%	7%	-	14%	10%	-	-	8%	-	-	-	-
NET: With somebody else	42	15	26	27	13	2	3	8	-	3	7	2	10	7	2
	30%	25%	34%	32%	30%	18%	38%	42%	-	19%	53%	27%	26%	33%	21%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	147	21	34	46	18	14	14	101	46	109	8	10	13	2	2	35
Total	139	20	36	42	15	12	13	98	41	103	9	10	11	2	2	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	97	13	30	27	12	8	6	70	26	70	6	7	8	1	2	25
	70%	67%	83%	65%	76%	65%	50%	72%	65%	69%	75%	75%	71%	54%	100%	74%
With another adult or adults	38	6	6	14	3	3	6	26	12	30	1	2	3	1	-	8
	27%	29%	17%	32%	17%	27%	50%	26%	30%	29%	15%	25%	29%	46%	-	24%
With a child or children	4	1	-	1	1	1	-	2	2	2	1	-	-	-	-	1
	3%	4%	-	3%	6%	9%	-	2%	5%	2%	10%	-	-	-	-	2%
NET: With somebody else	42	6	6	15	4	4	6	28	14	32	2	2	3	1	-	9
	30%	33%	17%	35%	24%	35%	50%	28%	35%	31%	25%	25%	29%	46%	-	26%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
Significance Level: 95%		a	*b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	147	75	22	30	52	11	14	58	17	7	5	6	20	4	5	25
Total	139	63	24	35	59	10	15	56	16	7	5	5	16	4	5	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	97	46	15	24	39	5	11	42	9	5	1	3	14	4	3	16
	70%	74%	60%	70%	66%	53%	72%	75%	60%	70%	19%	52%	84%	100%	61%	64%
With another adult or adults	38	17	9	9	18	4	4	14	5	-	4	2	3	-	2	8
	27%	26%	35%	27%	30%	37%	28%	25%	34%	-	81%	48%	16%	-	39%	32%
With a child or children	4	-	1	1	2	1	-	-	1	2	-	-	-	-	-	1
	3%	-	5%	3%	4%	10%	-	-	6%	30%	-	-	-	-	-	4%
NET: With somebody else	42	17	10	10	20	5	4	14	6	2	4	2	3	-	2	9
	30%	26%	40%	30%	34%	47%	28%	25%	40%	30%	81%	48%	16%	-	39%	36%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
147	34	38	18	5	56	39	41	31	18	6	49	47	11	65	58	13	136
139	32	38	18	4	56	37	39	32	17	5	50	44	9	61	58	11	129
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
97	23	31	10	2	41	24	29	23	10	3	33	32	6	42	43	6	91
70%	70%	82%	55%	35%	73%	66%	75%	70%	58%	69%	66%	74%	62%	69%	74%	56%	70%
38	10	7	7	3	14	13	10	10	6	1	16	11	4	16	14	4	34
27%	30%	18%	39%	65%	25%	34%	25%	30%	36%	31%	32%	26%	38%	27%	24%	37%	27%
4	-	-	1	-	1	-	-	-	1	-	1	-	-	2	1	1	4
3%	-	-	6%	-	2%	-	-	-	6%	-	2%	-	-	4%	2%	8%	3%
42	10	7	8	3	15	13	10	10	7	1	17	11	4	19	15	5	38
30%	30%	18%	45%	65%	27%	34%	25%	30%	42%	31%	34%	26%	38%	31%	26%	44%	30%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	147	37	96	20	16	4	100	39	1	116	31	114	28
Total	139	37	89	18	15	3	96	35	1	111	28	110	24
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	97	23	66	13	9	1	68	23	-	81	15	78	16
	70%	61%	74%	70%	64%	25%	70%	65%	-	74%	55%	71%	67%
										b			
With another adult or adults	38	14	21	5	5	3	25	13	1	27	11	30	8
	27%	36%	23%	30%	36%	75%	26%	35%	100%	24%	39%	27%	33%
With a child or children	4	1	3	-	-	-	3	-	-	2	2	2	-
	3%	3%	3%	-	-	-	3%	-	-	2%	7%	2%	-
NET: With somebody else	42	15	24	5	5	3	28	13	1	29	13	32	8
	30%	39%	26%	30%	36%	75%	30%	35%	100%	26%	45%	29%	33%
										a			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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

	Total	Number of days active										Life satisfaction score				Covid-19 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	d	e	*f	*g	*h	i	j	a	b	c	*d	a	b	c	*d
Unweighted Total	147	8	6	22	30	33	19	14	15	91	48	54	44	30	14	39	38	37	28
Total	139	7	6	19	29	32	17	14	15	86	46	49	40	30	15	35	36	34	28
	100%	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	97	7	5	11	20	20	12	11	10	56	34	33	29	19	11	23	30	23	18
	70%	100%	86%	56%	71%	63%	74%	80%	66%	66%	73%	69%	72%	65%	70%	66%	82%	65%	63%
With another adult or adults	38	-	1	8	8	10	4	2	5	27	11	13	11	11	3	10	7	10	10
	27%	-	14%	39%	29%	31%	26%	12%	34%	31%	24%	27%	26%	35%	23%	28%	18%	29%	37%
With a child or children	4	-	-	1	-	2	-	1	-	3	1	2	1	-	1	2	-	2	-
	3%	-	-	5%	-	6%	-	8%	-	3%	3%	4%	2%	-	8%	6%	-	5%	-
NET: With somebody else	42	-	1	9	8	12	4	3	5	29	12	15	11	11	5	12	7	12	10
	30%	-	14%	44%	29%	37%	26%	20%	34%	34%	27%	31%	28%	35%	30%	34%	18%	35%	37%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
Total	NET: More	About the same	NET: Less	Yes	No
	a	b	c	a	b
147	80	31	34	90	47
139	76	28	33	87	43
100%	100%	100%	100%	100%	100%
97	52	18	26	64	28
70%	69%	63%	79%	73%	65%
38	22	9	7	21	14
27%	29%	33%	21%	25%	32%
4	2	1	-	2	1
3%	3%	4%	-	2%	3%
42	24	10	7	23	15
30%	31%	37%	21%	27%	35%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	70	27	42	39	22	9	4	10	3	7	8	4	19	11	4
Total	71	28	42	37	24	9	4	10	3	7	8	4	19	12	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	37	15	22	14	14	8	3	6	3	2	2	1	8	8	4
	52%	52%	53%	38%	59%	88%	79%	61%	100%	27%	28%	27%	42%	65%	100%
With another adult or adults	27	10	17	18	7	1	1	4	-	5	6	2	7	2	-
	38%	37%	40%	49%	31%	12%	21%	39%	-	73%	72%	50%	37%	16%	-
With a child or children	9	4	5	7	2	-	-	-	-	-	-	2	5	2	-
	13%	14%	11%	19%	10%	-	-	-	-	-	-	53%	25%	19%	-
NET: With somebody else	34	13	20	23	10	1	1	4	-	5	6	3	11	4	-
	48%	48%	47%	62%	41%	12%	21%	39%	-	73%	72%	73%	58%	35%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	70	11	20	16	5	11	7	47	23	54	3	7	4	-	-	14
Total	71	12	22	16	5	10	6	50	21	55	3	6	4	-	-	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Nobody, I did this on my own	37	4	12	11	3	5	2	27	10	31	1	2	3	-	-	5
	52%	38%	54%	66%	55%	47%	38%	54%	46%	56%	24%	26%	59%	-	-	36%
With another adult or adults	27	5	8	4	1	5	3	17	10	21	1	2	2	-	-	5
	38%	43%	36%	27%	24%	53%	50%	35%	45%	38%	37%	31%	41%	-	-	36%
With a child or children	9	2	3	2	1	-	1	8	2	5	1	3	-	-	-	4
	13%	19%	16%	12%	22%	-	12%	15%	8%	8%	38%	43%	-	-	-	29%
NET: With somebody else	34	7	10	6	2	5	4	23	11	24	3	5	2	-	-	9
	48%	62%	46%	34%	45%	53%	62%	46%	54%	44%	76%	74%	41%	-	-	64%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		*a	*b	*c	d	*a	*b	c	d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	70	27	18	16	34	2	3	31	7	5	4	2	7	8	1	5
Total	71	24	20	19	39	2	3	34	7	5	4	2	6	8	1	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	37	14	10	8	18	-	1	21	3	2	1	1	4	5	-	1
	52%	60%	50%	44%	47%	-	27%	61%	40%	42%	30%	48%	62%	59%	-	17%
With another adult or adults	27	8	8	7	15	2	1	10	2	3	2	1	2	3	1	3
	38%	33%	40%	37%	38%	100%	40%	28%	30%	58%	50%	52%	38%	41%	100%	63%
With a child or children	9	2	3	4	7	-	1	5	2	-	1	-	1	-	-	1
	13%	7%	17%	19%	18%	-	33%	14%	30%	-	20%	-	12%	-	-	20%
NET: With somebody else	34	9	10	10	21	2	2	13	4	3	3	1	2	3	1	4
	48%	40%	50%	56%	53%	100%	73%	39%	60%	58%	70%	52%	38%	41%	100%	83%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
70	15	17	11	4	28	19	14	22	8	2	30	16	4	36	26	4	66
71	17	18	11	4	29	20	15	23	8	2	31	17	4	36	27	4	67
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
37	12	9	5	1	13	13	12	8	3	2	11	14	2	20	14	1	35
52%	72%	47%	45%	23%	46%	63%	80%	36%	34%	100%	36%	82%	51%	55%	52%	21%	52%
27	5	5	4	3	9	7	3	8	5	-	14	3	2	15	8	2	25
38%	28%	29%	35%	77%	31%	37%	20%	36%	66%	-	44%	18%	49%	43%	28%	51%	37%
9	1	4	2	-	7	1	-	7	1	-	8	-	-	2	6	1	9
13%	8%	24%	20%	-	22%	7%	-	28%	17%	-	25%	-	-	6%	23%	29%	14%
34	5	10	6	3	16	7	3	15	5	-	20	3	2	16	13	3	32
48%	28%	53%	55%	77%	54%	37%	20%	64%	66%	-	64%	18%	49%	45%	48%	79%	48%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
			Mental condition or illness	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%	Total	*a b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total	70	29 33	12	8	3	44	21	2	60	10	57	10
Total	71	29 35	12	8	3	45	21	2	62	9	58	10
	100%	100% 100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	37	10 24	2	5	1	26	8	-	32	5	31	5
	52%	36% 67%	18%	63%	30%	56%	39%	-	52%	53%	52%	53%
With another adult or adults	27	13 10	7	-	2	17	9	-	23	4	21	4
	38%	46% 29%	56%	-	70%	36%	42%	-	38%	39%	36%	40%
With a child or children	9	5 3	3	3	-	5	4	2	9	1	8	1
	13%	18% 8%	26%	37%	-	10%	19%	100%	14%	8%	13%	8%
NET: With somebody else	34	18 11	10	3	2	20	13	2	30	4	28	5
	48%	64% 33%	82%	37%	70%	44%	61%	100%	48%	47%	48%	47%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Total	Number of days active										Life satisfaction score				Covid-19 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	70	5	6	13	14	15	7	4	6	48	17	16	22	19	10	15	18	22	11
Total	71	5	7	13	14	15	7	4	7	48	18	16	22	20	11	16	18	23	11
	100%	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	37	4	6	6	6	6	4	2	3	24	9	7	13	9	6	11	8	13	3
	52%	83%	82%	45%	46%	40%	59%	51%	45%	49%	52%	46%	58%	47%	49%	68%	44%	58%	26%
With another adult or adults	27	1	1	7	5	5	1	2	4	19	7	7	8	7	5	3	8	9	6
	38%	17%	18%	55%	38%	37%	16%	49%	55%	40%	38%	42%	37%	34%	44%	18%	43%	38%	57%
With a child or children	9	-	-	-	3	3	2	-	1	6	3	2	2	4	2	3	2	1	3
	13%	-	-	-	22%	23%	25%	-	20%	13%	17%	12%	9%	18%	19%	19%	13%	5%	29%
NET: With somebody else	34	1	1	7	7	9	3	2	4	25	9	8	9	10	6	5	10	10	8
	48%	17%	18%	55%	54%	60%	41%	49%	55%	51%	48%	54%	42%	53%	51%	32%	56%	42%	74%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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	70	37	19	12	40	23
Total	71	38	19	12	41	23
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	37	18	11	6	22	10
	52%	48%	59%	51%	53%	43%
With another adult or adults	27	13	7	6	15	11
	38%	35%	35%	49%	36%	45%
With a child or children	9	8	1	-	5	4
	13%	20%	6%	-	11%	18%
NET: With somebody else	34	19	8	6	19	13
	48%	52%	41%	49%	47%	57%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	41	20	20	28	12	1	2	8	2	5	2	4	10	4	4
Total	40	19	20	27	13	1	2	8	1	5	2	4	10	4	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	18	10	9	10	7	1	1	4	-	2	2	-	5	2	2
	46%	50%	44%	38%	57%	100%	48%	54%	-	47%	100%	-	49%	59%	46%
With another adult or adults	17	9	9	13	4	-	1	3	1	2	-	2	4	2	2
	43%	44%	44%	49%	33%	-	52%	36%	100%	37%	-	56%	39%	41%	54%
With a child or children	6	1	4	5	1	-	-	1	-	1	-	3	1	-	-
	15%	6%	19%	18%	10%	-	-	10%	-	16%	-	76%	12%	-	-
NET: With somebody else	22	10	11	17	5	-	1	4	1	3	-	4	5	2	2
	54%	50%	56%	62%	43%	-	52%	46%	100%	53%	-	100%	51%	41%	54%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	41	9	10	9	6	4	3	28	13	26	3	8	3	-	1	15
Total	40	8	11	9	5	3	3	29	11	26	3	7	3	-	1	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	18	4	5	5	-	2	2	14	4	10	2	3	2	-	1	8
	46%	47%	49%	49%	-	74%	70%	48%	38%	40%	62%	40%	70%	-	100%	55%
With another adult or adults	17	4	6	4	3	-	-	14	3	11	1	4	1	-	-	7
	43%	53%	51%	38%	66%	-	-	47%	31%	42%	38%	60%	30%	-	-	45%
With a child or children	6	-	1	1	2	1	1	3	3	6	-	-	-	-	-	-
	15%	-	12%	13%	34%	26%	30%	9%	31%	23%	-	-	-	-	-	-
NET: With somebody else	22	4	6	5	5	1	1	15	7	15	1	4	1	-	-	7
	54%	53%	51%	51%	100%	26%	30%	52%	62%	60%	38%	60%	30%	-	-	45%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	41	18	10	9	19	2	5	16	9	2	1	1	2	2	1	7
Total	40	15	12	10	22	2	6	17	7	2	1	1	2	2	1	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	18	5	5	7	11	1	2	7	2	1	-	-	1	2	1	4
	46%	35%	40%	67%	53%	60%	42%	44%	32%	51%	-	-	58%	100%	100%	46%
With another adult or adults	17	7	5	3	8	1	1	8	4	1	1	-	1	-	-	2
	43%	48%	41%	33%	37%	40%	20%	51%	57%	49%	100%	-	42%	-	-	25%
With a child or children	6	2	4	-	4	-	2	2	1	-	-	1	-	-	-	2
	15%	16%	30%	-	16%	-	38%	13%	11%	-	-	100%	-	-	-	28%
NET: With somebody else	22	10	7	3	10	1	3	9	5	1	1	1	1	-	-	4
	54%	65%	60%	33%	47%	40%	58%	56%	68%	49%	100%	100%	42%	-	-	54%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
41	13	10	7	3	17	16	11	16	6	-	22	11	5	14	18	4	36
40	13	10	7	3	16	16	11	15	6	-	21	11	5	14	17	4	35
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%
18	6	4	2	1	6	7	5	5	2	-	8	5	2	6	7	3	16
46%	46%	41%	30%	31%	37%	43%	48%	36%	34%	-	36%	48%	42%	43%	42%	74%	46%
17	5	5	5	1	9	6	5	7	4	-	11	5	3	5	8	1	14
43%	38%	49%	70%	40%	57%	39%	44%	44%	66%	-	50%	44%	58%	37%	47%	26%	41%
6	3	1	-	1	1	4	1	3	1	-	4	1	-	4	2	-	6
15%	25%	10%	-	29%	6%	26%	7%	20%	21%	-	20%	7%	-	29%	11%	-	17%
22	7	6	5	2	10	9	6	10	4	-	14	6	3	8	10	1	19
54%	54%	59%	70%	69%	63%	57%	52%	64%	66%	-	64%	52%	58%	57%	58%	26%	54%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
									NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%		*a	*b	*a	*b	*c	*d	*e	*f	a	*b	a	*b
Unweighted Total	41	23	13	9	4	5	22	18	-	35	6	37	3
Total	40	23	13	9	4	4	22	17	-	35	5	37	3
	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
Nobody, I did this on my own	18	12	5	4	1	1	12	6	-	16	3	18	1
	46%	51%	37%	49%	30%	20%	54%	37%	-	45%	51%	48%	31%
With another adult or adults	17	6	8	3	2	3	9	7	-	14	3	14	2
	43%	28%	63%	31%	47%	61%	41%	42%	-	42%	49%	39%	69%
With a child or children	6	5	1	2	1	1	3	3	-	6	-	6	-
	15%	20%	11%	20%	23%	19%	11%	20%	-	17%	-	16%	-
NET: With somebody else	22	11	8	5	3	4	10	11	-	19	3	19	2
	54%	49%	63%	51%	70%	80%	46%	63%	-	55%	49%	52%	69%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Total	Number of days active										Life satisfaction score				Covid-19 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	41	1	2	6	13	6	6	1	6	27	13	9	12	14	5	10	11	12	7
Total	40	1	2	5	12	6	6	1	7	25	14	8	12	13	6	10	10	12	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	18	1	2	2	4	1	4	1	3	9	8	4	7	5	1	4	8	1	4
	46%	100%	100%	33%	33%	13%	68%	100%	49%	35%	61%	55%	57%	37%	20%	45%	74%	10%	55%
With another adult or adults	17	-	-	3	8	3	-	-	4	14	4	3	4	6	4	4	2	8	3
	43%	-	-	51%	67%	52%	-	-	51%	54%	26%	33%	36%	42%	80%	46%	18%	73%	32%
With a child or children	6	-	-	1	-	2	2	-	1	3	3	1	1	3	1	1	1	2	2
	15%	-	-	16%	-	35%	32%	-	19%	11%	23%	12%	7%	21%	23%	9%	8%	17%	29%
NET: With somebody else	22	-	-	3	8	5	2	-	4	17	5	4	5	8	4	5	3	10	4
	54%	-	-	67%	67%	87%	32%	-	51%	65%	39%	45%	43%	63%	80%	55%	26%	90%	45%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	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	41	20	13	8	32	8
Total	40	20	12	8	32	7
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	18	10	6	3	17	2
	46%	47%	48%	39%	52%	23%
With another adult or adults	17	6	6	5	11	5
	43%	30%	52%	61%	34%	77%
With a child or children	6	6	-	-	5	1
	15%	30%	-	-	14%	19%
NET: With somebody else	22	11	6	5	16	5
	54%	53%	52%	61%	48%	77%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	38	20	18	18	19	1	2	8	4	4	2	2	9	5	2
Total	37	19	18	17	19	1	2	7	3	4	2	2	9	5	2
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	15	8	6	7	6	1	-	3	2	4	-	1	2	2	1
	39%	44%	34%	43%	32%	100%	-	36%	45%	100%	-	56%	23%	46%	42%
With another adult or adults	17	8	10	7	10	-	1	3	2	-	2	1	7	2	-
	47%	41%	54%	44%	52%	-	49%	41%	55%	-	100%	44%	77%	31%	-
With a child or children	7	3	4	2	5	-	1	2	1	-	-	-	1	1	1
	20%	16%	25%	12%	28%	-	51%	23%	33%	-	-	-	14%	23%	58%
NET: With somebody else	23	11	12	9	13	-	2	4	2	-	2	1	7	3	1
	61%	56%	66%	57%	68%	-	100%	64%	55%	-	100%	44%	77%	54%	58%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	38	13	9	7	2	6	1	29	9	23	2	7	3	1	1	14
Total	37	13	9	7	2	5	1	29	8	22	2	7	3	1	1	14
	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	5	2	1	3	1	10	4	9	1	2	1	1	1	6
	39%	24%	56%	29%	45%	48%	100%	35%	54%	39%	48%	28%	39%	100%	100%	42%
With another adult or adults	17	8	3	4	1	2	-	15	3	9	1	5	2	-	-	8
	47%	59%	35%	60%	55%	31%	-	52%	31%	39%	52%	72%	61%	-	-	58%
With a child or children	7	4	1	2	-	1	-	6	1	6	1	-	-	-	-	1
	20%	27%	9%	27%	-	22%	-	22%	14%	28%	52%	-	-	-	-	9%
NET: With somebody else	23	10	4	5	1	3	-	19	4	14	1	5	2	-	-	8
	61%	76%	44%	71%	55%	52%	-	65%	46%	61%	52%	72%	61%	-	-	58%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
Significance Level: 95%		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	38	16	7	10	17	1	6	20	3	2	2	2	-	1	1	7
Total	37	13	8	11	20	1	6	21	2	2	2	2	-	1	1	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%
Nobody, I did this on my own	15	7	3	5	7	-	2	8	2	-	-	1	-	1	1	2
	39%	56%	30%	41%	36%	-	36%	39%	63%	-	-	43%	-	100%	100%	31%
With another adult or adults	17	5	5	4	9	1	3	10	1	1	2	-	-	-	-	4
	47%	38%	56%	39%	46%	100%	50%	50%	37%	55%	100%	-	-	-	-	56%
With a child or children	7	1	1	5	6	-	2	4	-	1	-	1	-	-	-	2
	20%	6%	14%	42%	30%	-	34%	17%	-	45%	-	57%	-	-	-	30%
NET: With somebody else	23	6	6	7	12	1	4	13	1	2	2	1	-	-	-	4
	61%	44%	70%	59%	64%	100%	64%	61%	37%	100%	100%	57%	-	-	-	69%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
38	12	11	5	3	16	15	11	13	7	2	20	13	4	19	13	2	34
37	13	11	4	3	15	16	11	13	6	2	20	13	3	18	14	2	34
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
15	5	5	1	1	5	6	5	4	2	1	6	5	2	6	6	-	12
39%	38%	42%	19%	26%	36%	35%	42%	32%	33%	41%	32%	42%	74%	35%	43%	-	36%
17	6	5	2	2	8	8	5	7	3	1	10	6	1	10	5	2	17
47%	48%	47%	61%	74%	51%	53%	50%	51%	54%	59%	52%	52%	26%	54%	35%	100%	49%
7	2	4	1	-	4	2	1	5	1	-	6	1	-	2	4	1	7
20%	15%	34%	21%	-	30%	12%	7%	35%	13%	-	28%	6%	-	11%	32%	55%	22%
23	8	6	3	2	10	10	6	9	4	1	13	7	1	12	8	2	22
61%	62%	58%	81%	74%	64%	65%	58%	68%	67%	59%	68%	58%	26%	65%	57%	100%	64%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
			Mental condition or illness	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%	Total	*a Yes	*b No	*a	*b	*c	*d	*e	*f	a	*b	*a	*b
Unweighted Total	38	18	15	11	6	3	17	19	1	30	8	29	8
Total	37	18	15	10	6	3	17	18	1	30	7	30	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	15	4	8	3	2	1	9	5	-	12	3	11	3
	39%	24%	53%	26%	33%	28%	52%	30%	-	39%	38%	38%	47%
With another adult or adults	17	11	5	6	2	1	7	9	-	14	3	14	3
	47%	61%	32%	55%	31%	39%	41%	48%	-	47%	46%	47%	40%
With a child or children	7	4	4	3	2	1	2	5	1	6	1	7	1
	20%	21%	24%	29%	36%	33%	14%	28%	100%	21%	15%	22%	13%
NET: With somebody else	23	14	7	8	4	2	8	13	1	18	5	18	3
	61%	76%	47%	74%	67%	72%	48%	70%	100%	61%	62%	62%	53%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries				
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)	
Significance Level: 95%	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*d	*a	*b	*c	*d	
Unweighted Total	38	-	6	7	9	7	1	2	6	29	9	7	13	13	5	8	9	13	8
Total	37	-	5	6	9	7	1	2	6	27	10	7	12	13	5	8	8	12	8
	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	1	3	2	-	1	4	9	5	3	5	2	4	2	4	5	4
	39%	-	51%	24%	35%	28%	-	53%	64%	34%	54%	46%	45%	15%	78%	24%	42%	37%	53%
With another adult or adults	17	-	2	3	4	5	1	1	2	13	4	4	5	8	1	5	5	5	3
	47%	-	34%	42%	40%	72%	100%	47%	36%	48%	46%	54%	39%	62%	22%	61%	58%	40%	34%
With a child or children	7	-	1	2	2	1	1	-	-	6	1	-	2	5	-	2	-	3	2
	20%	-	15%	33%	25%	19%	100%	-	-	23%	12%	-	17%	42%	-	31%	-	23%	26%
NET: With somebody else	23	-	3	5	6	5	1	1	2	18	4	4	7	11	1	6	5	8	4
	61%	-	49%	76%	65%	72%	100%	47%	36%	66%	46%	54%	55%	85%	22%	76%	58%	63%	47%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	About the same	NET: Less	Yes	No
Significance Level: 95%						
		*a	*b	*c	*a	*b
Unweighted Total	38	21	9	8	24	11
Total	37	21	8	8	24	11
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	15	8	3	3	9	5
	39%	40%	39%	38%	36%	45%
With another adult or adults	17	10	4	4	11	5
	47%	46%	51%	47%	47%	44%
With a child or children	7	5	1	1	6	1
	20%	26%	10%	15%	27%	11%
NET: With somebody else	23	13	5	5	15	6
	61%	60%	61%	62%	64%	55%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	56	20	36	33	19	4	5	5	5	8	6	5	11	8	3
Total	55	20	35	31	19	5	5	4	4	7	6	5	11	8	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	31	11	20	19	10	2	2	2	2	3	4	4	6	5	3
	56%	56%	56%	60%	51%	48%	40%	37%	56%	36%	67%	79%	52%	62%	100%
With another adult or adults	20	7	13	11	7	1	3	2	2	4	2	1	3	3	-
	36%	37%	36%	37%	39%	24%	60%	44%	44%	49%	33%	21%	28%	38%	-
With a child or children	6	2	4	1	4	1	1	2	-	1	-	-	2	-	-
	11%	12%	10%	3%	20%	28%	22%	38%	-	15%	-	-	20%	-	-
NET: With somebody else	24	9	15	12	9	3	3	3	2	5	2	1	5	3	-
	44%	44%	44%	40%	49%	52%	60%	63%	44%	64%	33%	21%	48%	38%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	56	11	12	15	9	2	7	38	18	43	3	6	4	-	-	13
Total	55	11	13	14	9	2	6	38	17	42	3	6	4	-	-	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Nobody, I did this on my own	31	7	7	6	5	1	4	20	10	23	2	3	3	-	-	8
	56%	62%	59%	42%	62%	45%	67%	53%	62%	55%	64%	47%	76%	-	-	60%
With another adult or adults	20	4	5	7	2	-	1	17	3	16	1	2	1	-	-	4
	36%	38%	41%	53%	22%	-	19%	44%	18%	38%	36%	35%	24%	-	-	32%
With a child or children	6	-	1	2	1	1	1	3	3	5	-	1	-	-	-	1
	11%	-	8%	12%	16%	55%	14%	7%	20%	12%	-	18%	-	-	-	8%
NET: With somebody else	24	4	5	8	3	1	2	18	6	19	1	3	1	-	-	5
	44%	38%	41%	58%	38%	55%	33%	47%	38%	45%	36%	53%	24%	-	-	40%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	56	22	16	8	24	2	9	16	7	3	3	3	5	8	-	11
Total	55	19	18	9	27	2	9	17	7	2	3	2	4	8	-	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	31	13	10	4	13	1	6	4	4	2	3	2	3	5	-	7
	56%	68%	54%	39%	49%	60%	67%	25%	66%	66%	100%	100%	62%	63%	-	65%
With another adult or adults	20	6	7	5	11	1	3	11	1	1	-	-	2	2	-	4
	36%	32%	38%	49%	42%	40%	33%	64%	13%	34%	-	-	38%	25%	-	35%
With a child or children	6	-	1	2	4	-	-	4	1	-	-	-	-	1	-	-
	11%	-	8%	23%	13%	-	-	22%	21%	-	-	-	-	11%	-	-
NET: With somebody else	24	6	8	6	14	1	3	13	2	1	-	-	2	3	-	4
	44%	32%	46%	61%	51%	40%	33%	75%	34%	34%	-	-	38%	37%	-	35%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
56	12	17	8	1	25	13	12	20	5	1	25	13	6	30	18	2	50
55	13	17	8	1	25	14	11	21	5	1	26	12	6	28	19	2	49
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
31	7	7	4	1	12	8	6	9	3	1	12	7	5	15	11	-	26
56%	56%	44%	51%	100%	46%	59%	56%	43%	63%	100%	47%	59%	82%	52%	59%	-	53%
20	5	8	3	-	11	5	3	10	2	-	12	3	1	12	6	1	19
36%	36%	48%	38%	-	45%	33%	28%	51%	37%	-	48%	26%	18%	42%	34%	41%	39%
6	2	2	1	-	3	2	4	1	-	-	1	4	-	2	3	1	6
11%	17%	13%	10%	-	12%	16%	33%	7%	-	-	5%	31%	-	6%	18%	59%	13%
24	6	9	4	-	13	6	5	12	2	-	14	5	1	14	8	2	23
44%	44%	56%	49%	-	54%	41%	44%	57%	37%	-	53%	41%	18%	48%	41%	100%	47%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
									NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%		*a	*b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total	56	25	22	12	13	3	30	24	4	41	15	48	4
Total	55	25	21	12	12	3	30	23	4	41	14	48	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	31	11	14	6	5	3	17	14	-	23	8	27	2
	56%	44%	65%	49%	41%	100%	57%	59%	-	56%	57%	57%	50%
With another adult or adults	20	13	5	6	6	-	10	9	4	16	4	18	2
	36%	53%	23%	51%	52%	-	35%	37%	100%	38%	30%	36%	50%
With a child or children	6	3	2	1	2	-	4	2	1	3	3	5	-
	11%	11%	12%	7%	14%	-	12%	7%	23%	8%	20%	11%	-
NET: With somebody else	24	14	7	6	7	-	13	10	4	18	6	21	2
	44%	56%	35%	51%	59%	-	43%	41%	100%	44%	43%	43%	50%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	56	3	6	8	14	10	4	2	9	38	15	17	17	13	6	19	15	12	7
Total	55	2	6	7	14	10	4	2	10	37	16	16	17	13	6	18	15	12	8
	100%	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	31	1	4	5	8	5	1	2	5	22	8	10	10	5	5	8	10	6	6
	56%	31%	72%	72%	55%	48%	24%	100%	55%	59%	53%	61%	58%	38%	82%	44%	64%	51%	82%
With another adult or adults	20	1	2	2	6	4	2	-	3	14	5	6	7	4	1	10	5	4	-
	36%	34%	28%	28%	45%	44%	49%	-	31%	39%	31%	39%	42%	35%	18%	56%	36%	33%	-
With a child or children	6	1	1	-	-	1	1	-	2	2	4	1	-	4	-	2	-	2	1
	11%	35%	14%	-	-	8%	27%	-	26%	5%	23%	6%	-	33%	-	11%	-	16%	18%
NET: With somebody else	24	2	2	2	6	5	3	-	4	15	7	6	7	8	1	10	5	6	1
	44%	69%	28%	28%	45%	52%	76%	-	45%	41%	47%	39%	42%	62%	18%	56%	36%	49%	18%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	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	56	28	18	9	32	19
Total	55	27	19	8	32	18
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	31	17	9	5	19	10
	56%	63%	47%	61%	60%	58%
With another adult or adults	20	9	9	2	10	7
	36%	33%	46%	29%	32%	38%
With a child or children	6	3	1	1	4	1
	11%	11%	7%	10%	14%	5%
NET: With somebody else	24	10	10	3	13	8
	44%	37%	53%	39%	40%	42%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	67	34	33	17	20	30	2	7	6	11	4	7	8	14	8
Total	66	35	32	16	19	32	2	7	6	11	4	8	8	14	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	50	28	22	10	14	27	1	4	6	9	4	7	6	9	4
	75%	81%	69%	61%	73%	83%	47%	59%	100%	85%	100%	84%	78%	67%	53%
With another adult or adults	15	6	9	5	5	4	1	3	-	1	-	1	2	4	4
	22%	17%	28%	33%	27%	14%	53%	41%	-	7%	-	16%	22%	26%	47%
With a child or children	3	1	2	1	1	1	-	-	-	1	-	-	1	1	-
	4%	3%	6%	6%	5%	3%	-	-	-	8%	-	-	11%	7%	-
NET: With somebody else	16	7	10	6	5	5	1	3	-	2	-	1	2	5	4
	25%	19%	31%	39%	27%	17%	53%	41%	-	15%	-	16%	22%	33%	47%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	67	9	15	15	11	3	14	39	28	59	2	2	1	-	1	6
Total	66	9	14	14	11	3	15	37	29	59	2	2	1	-	1	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	50	5	11	12	8	3	11	28	22	45	1	1	1	-	1	4
	75%	57%	76%	83%	75%	100%	73%	74%	77%	76%	59%	58%	100%	-	100%	71%
With another adult or adults	15	4	3	3	1	-	4	10	5	12	1	1	-	-	-	2
	22%	43%	24%	17%	8%	-	27%	26%	17%	21%	41%	42%	-	-	-	29%
With a child or children	3	-	1	-	2	-	-	1	2	2	-	-	-	-	-	-
	4%	-	6%	-	17%	-	-	2%	6%	3%	-	-	-	-	-	-
NET: With somebody else	16	4	3	3	3	-	4	10	7	14	1	1	-	-	-	2
	25%	43%	24%	17%	25%	-	27%	26%	23%	24%	41%	42%	-	-	-	29%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	67	50	5	8	13	6	7	17	5	4	3	2	3	5	15	13
Total	66	48	5	9	14	5	7	16	5	4	2	2	3	5	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	4	8	12	5	5	11	4	2	2	-	2	4	14	10
	75%	72%	81%	90%	86%	100%	65%	68%	81%	48%	100%	-	65%	84%	86%	80%
With another adult or adults	15	13	1	-	1	-	2	5	1	2	-	2	-	1	2	2
	22%	26%	19%	-	7%	-	23%	32%	19%	52%	-	100%	-	16%	14%	13%
With a child or children	3	1	-	1	1	-	1	1	-	-	-	1	-	-	-	1
	4%	2%	-	10%	7%	-	12%	5%	-	-	-	35%	-	-	-	7%
NET: With somebody else	16	14	1	1	2	-	3	5	1	2	-	2	1	1	2	3
	25%	28%	19%	10%	14%	-	35%	32%	19%	52%	-	100%	35%	16%	14%	20%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
67	15	12	5	2	17	17	15	8	11	1	19	16	8	42	15	2	59
66	14	12	5	2	17	16	14	8	11	1	19	15	8	41	15	2	58
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
50	9	9	3	1	12	10	8	6	9	-	15	8	4	32	13	1	46
75%	63%	79%	61%	52%	73%	61%	55%	80%	84%	-	82%	52%	51%	76%	88%	57%	79%
15	4	2	2	1	5	5	6	2	2	1	3	7	4	9	2	-	11
22%	31%	21%	39%	48%	27%	33%	39%	20%	16%	100%	18%	42%	49%	21%	12%	-	18%
3	1	-	1	-	1	1	1	-	-	1	-	2	-	2	-	1	3
4%	6%	-	16%	-	5%	5%	6%	-	-	100%	-	11%	-	4%	-	43%	5%
16	5	2	2	1	5	6	6	2	2	1	3	7	4	10	2	1	12
25%	37%	21%	39%	48%	27%	39%	45%	20%	16%	100%	18%	48%	49%	24%	12%	43%	21%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
									NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%		*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total	67	10	46	11	16	3	41	25	4	50	17	58	7
Total	66	9	47	10	17	3	40	25	4	49	17	57	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	50	6	37	7	11	2	30	19	2	35	15	44	4
	75%	64%	80%	74%	68%	71%	75%	75%	57%	72%	84%	76%	61%
With another adult or adults	15	3	7	2	4	1	10	4	2	13	2	12	3
	22%	36%	16%	16%	27%	29%	25%	18%	43%	26%	10%	20%	39%
With a child or children	3	1	2	1	1	-	1	2	-	2	1	3	-
	4%	10%	4%	10%	5%	-	2%	7%	-	4%	5%	5%	-
NET: With somebody else	16	3	9	3	5	1	10	6	2	14	3	14	3
	25%	36%	20%	26%	32%	29%	25%	25%	43%	28%	16%	24%	39%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	67	5	8	8	14	9	4	1	18	39	23	18	19	24	4	8	23	26	8
Total	66	5	9	7	14	8	4	1	18	38	23	17	19	24	4	8	23	25	8
	100%	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	3	9	6	12	6	3	1	11	32	15	10	14	20	4	5	15	22	6
	75%	66%	100%	77%	88%	68%	79%	100%	57%	84%	63%	62%	72%	81%	100%	66%	64%	87%	77%
With another adult or adults	15	2	-	1	2	2	1	-	8	4	9	6	4	5	-	3	8	2	2
	22%	34%	-	11%	12%	21%	21%	-	43%	11%	37%	33%	23%	19%	-	34%	36%	6%	23%
With a child or children	3	-	-	1	-	1	-	-	1	2	1	2	1	-	-	-	1	2	-
	4%	-	-	12%	-	11%	-	-	5%	5%	4%	11%	5%	-	-	-	4%	7%	-
NET: With somebody else	16	2	-	2	2	3	1	-	8	6	9	6	5	5	-	3	8	3	2
	25%	34%	-	23%	12%	32%	21%	-	43%	16%	37%	38%	28%	19%	-	34%	36%	13%	23%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	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	67	19	23	23	33	17
Total	66	19	22	24	32	17
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	50	11	17	21	21	12
	75%	59%	76%	89%	66%	73%
With another adult or adults	15	7	5	2	10	4
	22%	36%	24%	7%	31%	22%
With a child or children	3	1	-	2	2	1
	4%	5%	-	7%	6%	5%
NET: With somebody else	16	8	5	3	11	5
	25%	41%	24%	11%	34%	27%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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)	584 100%	488 84%	66 11%	30 5%
Cycling (either for leisure or travel)	66 100%	44 67%	21 32%	1 1%
Running or jogging	101 100%	75 74%	22 21%	5 5%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	85 100%	66 78%	15 18%	4 4%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	53 100%	42 78%	10 18%	2 4%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	132 100%	112 85%	12 9%	8 6%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	80 100%	61 76%	15 18%	5 6%
Team sports (such as football, cricket, rugby etc.)	43 100%	20 47%	19 44%	4 9%
Racket sports (such as tennis, badminton, squash etc.)	34 100%	22 63%	12 35%	1 2%
Golf	27 100%	11 42%	12 43%	4 15%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	42 100%	20 49%	15 36%	7 16%
Swimming	34 100%	19 56%	11 33%	4 11%

## **Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021**

### **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)

		With member(s) of my own household	With member(s) of other household(s)	Both of the above
	Total			
Combat sports, martial arts or target sports (such as shooting, archery etc.)	22	9	10	3
	100%	42%	46%	12%
Water sports (such as surfing, rowing, sailing etc.)	23	9	9	4
	100%	39%	42%	19%
Gymnastics, trampolining or cheerleading	24	15	7	3
	100%	61%	29%	11%
Other sport, exercise or physical activity	16	9	7	1
	100%	53%	41%	5%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	569	245	323	189	170	210	27	93	56	54	46	61	67	101	64
Total	584	260	323	181	176	227	27	91	51	55	50	72	72	100	66
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	488	235	252	137	144	207	22	76	47	44	42	60	60	81	56
	84%	90%	78%	76%	82%	91%	83%	84%	92%	80%	85%	83%	83%	81%	85%
		b				ab									
With member(s) of other household(s)	66	17	49	35	15	16	2	9	4	8	6	9	6	14	7
	11%	6%	15%	19%	8%	7%	9%	10%	8%	14%	12%	12%	9%	14%	11%
			a	bc											
Both of the above	30	8	22	9	17	5	2	6	-	3	2	4	6	5	3
	5%	3%	7%	5%	10%	2%	8%	6%	-	6%	3%	5%	8%	5%	5%
					c								c		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	569	40	151	139	68	50	121	330	239	521	9	18	15	2	-	44
Total	584	42	158	139	67	49	129	339	246	535	9	19	15	2	-	46
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
With member(s) of my own household	488	31	134	115	62	41	106	280	209	449	7	15	11	2	-	35
	84%	73%	85%	83%	92%	84%	82%	83%	85%	84%	77%	79%	73%	100%	-	78%
		a														
With member(s) of other household(s)	66	7	14	17	5	5	17	38	28	60	-	3	3	-	-	6
	11%	17%	9%	12%	8%	11%	13%	11%	11%	11%	-	17%	19%	-	-	13%
Both of the above	30	4	10	6	-	3	7	21	9	26	2	1	1	-	-	4
	5%	10%	6%	5%	-	5%	5%	6%	4%	5%	23%	4%	8%	-	-	9%
		d	d					d								

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	b	c	d	a	*b	c	d	*e	*f	g	h	i	j	k
Unweighted Total	569	359	101	89	190	48	27	173	63	13	16	41	34	40	114	75
Total	584	343	118	105	223	48	28	175	65	13	16	41	29	41	127	76
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	488	292	103	85	188	42	23	144	53	11	15	33	21	32	114	65
	84%	85%	87%	81%	84%	87%	81%	82%	82%	84%	90%	81%	72%	79%	90% h	85%
With member(s) of other household(s)	66	41	9	10	19	3	3	21	8	1	2	5	6	6	11	6
	11%	12%	8%	9%	9%	6%	10%	12%	12%	9%	10%	12%	22% ajk	16%	8%	8%
Both of the above	30	10	6	10	16	3	3	11	4	1	-	3	2	2	2	6
	5%	3%	5%	10% a	7% a	6%	9%	6%	6%	6%	-	7%	6%	5%	2%	7%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	569	120	123	31	4	154	124	161	68	43	8	111	169	20	385	138	26	549
Total	584	119	128	33	4	161	123	160	71	45	8	117	168	19	391	146	27	565
	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	488	96	109	26	3	134	99	126	62	41	7	103	133	7	338	119	23	481
	84%	81%	85%	78%	80%	84%	81%	79%	87%	89%	84%	88%	79%	37%	86%	81%	86%	85%
With member(s) of other household(s)	66	18	10	5	-	16	18	24	6	3	1	9	25	10	38	16	2	56
	11%	15%	8%	16%	-	10%	15%	15%	8%	6%	16%	7%	15%	53%	10%	11%	7%	10%
Both of the above	30	4	9	2	1	11	5	10	4	2	-	6	10	2	15	11	2	28
	5%	4%	7%	6%	20%	7%	4%	6%	5%	4%	-	5%	6%	10%	4%	8%	7%	5%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	569	77	461	60	75	10	429	129	15	449	120	496	69
Total	584	77	478	59	79	12	441	133	15	461	123	514	66
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	488	57	416	45	68	10	372	109	13	385	103	442	44
	84%	74%	87%	75%	86%	88%	84%	82%	82%	83%	84%	86%	67%
			a									b	
With member(s) of other household(s)	66	14	40	14	9	1	41	21	3	53	13	48	16
	11%	18%	8%	23%	11%	12%	9%	16%	18%	12%	10%	9%	25%
		b		d				d				a	
Both of the above	30	6	22	1	2	-	27	3	-	23	7	25	5
	5%	8%	5%	1%	2%	-	6%	2%	-	5%	6%	5%	8%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%	a	b	c	d	e	f	*g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	569	53	67	88	110	97	56	21	77	362	155	179	180	52	107	111	239	106
Total	584	56	70	89	112	97	59	21	79	369	155	182	189	56	105	111	250	111
	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	488	47	61	75	88	79	50	18	70	303	121	158	161	48	86	89	212	96
	84%	83%	87%	84%	79%	81%	86%	85%	88%	82%	78%	87%	85%	85%	81%	81%	85%	86%
With member(s) of other household(s)	66	8	8	9	15	13	6	2	5	44	24	18	18	6	11	17	28	9
	11%	14%	11%	10%	14%	13%	11%	9%	7%	12%	15%	10%	10%	11%	11%	16%	11%	9%
Both of the above	30	2	1	5	9	6	2	1	4	21	11	6	10	2	8	4	11	6
	5%	3%	2%	6%	8%	6%	3%	6%	5%	6%	7%	3%	5%	4%	8%	4%	4%	5%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Total	a	b	c	a	b
Unweighted Total	569	205	159	202	303
Total	584	207	164	210	305
	100%	100%	100%	100%	100%
With member(s) of my own household	488	168	136	184	254
	84%	81%	83%	88%	83%
With member(s) of other household(s)	66	29	19	17	33
	11%	14%	12%	8%	11%
Both of the above	30	11	9	8	18
	5%	5%	5%	4%	6%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	63	30	33	30	24	9	3	11	6	3	3	7	14	8	8
Total	66	30	35	30	26	9	3	11	5	4	3	9	15	8	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	44	18	27	17	19	8	1	10	3	4	1	8	6	4	7
	67%	58%	75%	55%	74%	91%	32%	90%	52%	100%	34%	86%	43%	57%	86%
With member(s) of other household(s)	21	13	8	13	7	1	2	1	3	-	2	1	8	3	1
	32%	42%	23%	43%	26%	9%	68%	10%	48%	-	66%	14%	57%	33%	14%
Both of the above	1	-	1	1	-	-	-	-	-	-	-	-	-	1	-
	1%	-	2%	3%	-	-	-	-	-	-	-	-	-	10%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	63	7	21	11	12	6	6	39	24	48	3	7	4	-	-	14
Total	66	8	23	11	12	6	6	42	24	50	3	8	4	-	-	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
With member(s) of my own household	44	6	18	5	8	2	5	29	15	34	1	7	2	-	-	10
	67%	74%	79%	47%	66%	32%	88%	70%	63%	68%	39%	85%	55%	-	-	67%
With member(s) of other household(s)	21	2	5	6	4	4	-	13	8	16	2	1	2	-	-	5
	32%	26%	21%	53%	34%	68%	-	30%	34%	32%	61%	15%	45%	-	-	33%
Both of the above	1	-	-	-	-	-	1	-	1	-	-	-	-	-	-	-
	1%	-	-	-	-	-	12%	-	3%	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		*a	*b	*c	d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	63	20	19	17	36	7	9	24	4	2	3	5	2	3	4	16
Total	66	17	23	20	43	7	9	26	4	3	3	5	1	3	4	16
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	44	12	14	17	30	6	4	17	3	3	1	4	1	1	4	10
	67%	67%	60%	83%	71%	85%	48%	66%	78%	100%	33%	75%	51%	35%	100%	64%
With member(s) of other household(s)	21	6	9	3	13	1	5	9	1	-	2	1	1	1	-	6
	32%	33%	40%	17%	29%	15%	52%	34%	22%	-	67%	25%	49%	35%	-	36%
Both of the above	1	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-
	1%	-	-	-	-	-	-	-	-	-	-	-	-	30%	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
63	18	15	7	2	22	20	14	19	7	2	26	16	2	31	27	3	61
66	20	16	7	2	23	22	14	21	8	2	29	17	2	32	28	3	64
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
44	14	11	2	1	14	15	8	16	4	1	20	9	-	22	20	2	44
67%	70%	69%	34%	48%	59%	67%	53%	76%	51%	45%	69%	52%	-	67%	72%	72%	69%
21	6	5	5	1	10	7	7	5	4	1	9	8	2	11	8	-	19
32%	30%	31%	66%	52%	41%	33%	47%	24%	49%	55%	31%	48%	100%	33%	28%	-	29%
1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	1
1%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	28%	1%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	63	25	34	15	7	2	38	22	2	55	8	55	7
Total	66	27	35	16	7	2	40	23	2	57	9	58	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	44	17	26	9	2	-	31	11	-	38	6	43	1
	67%	64%	75%	58%	28%	-	77%	49%	-	66%	74%	75%	11%
With member(s) of other household(s)	21	10	9	7	5	2	9	12	2	19	2	14	6
	32%	36%	25%	42%	72%	100%	23%	51%	100%	32%	26%	25%	89%
Both of the above	1	-	-	-	-	-	-	-	-	1	-	-	-
	1%	-	-	-	-	-	-	-	-	1%	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	63	-	2	6	9	25	7	1	13	42	21	16	18	16	12	14	10	19	18
Total	66	-	2	6	9	25	8	1	15	42	23	16	19	16	14	14	9	21	20
	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	44	-	2	1	6	16	6	1	12	26	18	9	13	10	12	8	7	13	15
	67%	-	100%	13%	72%	65%	73%	100%	80%	61%	79%	57%	69%	64%	83%	58%	70%	65%	75%
With member(s) of other household(s)	21	-	-	5	2	8	2	-	3	16	5	7	6	6	2	6	3	7	5
	32%	-	-	87%	28%	32%	27%	-	20%	38%	21%	43%	31%	36%	17%	42%	30%	35%	25%
Both of the above	1	-	-	-	-	1	-	-	-	1	-	-	-	-	-	-	-	-	-
	1%	-	-	-	-	3%	-	-	-	2%	-	-	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Total	a	*b	*c	a	*b
Unweighted Total	63	35	13	40	17
Total	66	37	13	41	18
	100%	100%	100%	100%	100%
With member(s) of my own household	44	24	10	30	8
	67%	65%	78%	72%	46%
With member(s) of other household(s)	21	13	3	12	9
	32%	35%	22%	28%	50%
Both of the above	1	-	-	-	1
	1%	-	-	-	4%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	99	40	59	58	36	5	3	18	5	6	5	8	23	22	9
Total	101	40	62	57	38	6	3	17	5	6	5	10	25	22	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	75	28	47	45	25	5	-	15	4	5	4	8	17	16	6
	74%	71%	76%	79%	65%	81%	-	86%	83%	87%	82%	77%	70%	73%	67%
With member(s) of other household(s)	22	10	12	10	10	1	2	1	1	-	1	2	7	5	3
	21%	24%	20%	18%	28%	19%	66%	4%	17%	-	18%	23%	30%	22%	33%
Both of the above	5	2	3	2	3	-	1	2	-	1	-	-	-	1	-
	5%	5%	4%	3%	7%	-	34%	9%	-	13%	-	-	-	5%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		*a	b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	99	11	33	29	14	9	3	73	26	68	7	16	5	-	1	29
Total	101	12	35	28	14	8	3	76	26	69	7	17	4	-	1	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
With member(s) of my own household	75	11	25	18	12	7	2	54	21	48	6	15	4	-	1	25
	74%	87%	71%	65%	87%	80%	70%	71%	83%	69%	83%	86%	81%	-	100%	85%
With member(s) of other household(s)	22	2	10	7	2	1	-	19	3	17	1	2	1	-	-	5
	21%	13%	29%	26%	13%	11%	-	25%	10%	25%	17%	14%	19%	-	-	15%
Both of the above	5	-	-	3	-	1	1	3	2	5	-	-	-	-	-	-
	5%	-	-	10%	-	9%	30%	4%	7%	7%	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	99	31	29	27	56	13	8	44	13	5	1	2	7	4	2	21
Total	101	25	34	31	66	13	9	46	13	5	1	2	6	4	2	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	75	18	26	27	53	12	6	32	11	4	1	2	5	1	1	18
	74%	70%	76%	87%	81%	90%	67%	70%	81%	84%	100%	100%	86%	30%	48%	81%
With member(s) of other household(s)	22	7	8	2	10	1	2	12	2	1	-	-	1	2	1	3
	21%	27%	24%	6%	16%	10%	24%	26%	13%	16%	-	-	14%	46%	52%	15%
Both of the above	5	1	-	2	2	-	1	2	1	-	-	-	-	1	-	1
	5%	3%	-	7%	3%	-	9%	4%	6%	-	-	-	-	25%	-	4%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
99	25	22	18	4	40	29	26	22	18	3	40	29	2	46	41	10	97
101	25	25	18	4	43	29	26	24	18	3	42	29	2	47	42	10	99
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
75	19	18	11	3	30	22	20	14	14	3	28	24	1	32	33	9	74
74%	74%	73%	65%	80%	70%	75%	79%	56%	78%	100%	65%	81%	43%	67%	79%	92%	75%
22	6	5	5	1	10	6	4	9	3	-	13	4	1	13	7	1	21
21%	23%	22%	26%	20%	24%	22%	15%	39%	18%	-	30%	13%	57%	27%	16%	8%	21%
5	1	1	2	-	3	1	2	1	1	-	2	2	-	3	2	-	5
5%	3%	5%	9%	-	6%	3%	6%	5%	4%	-	5%	6%	-	6%	5%	-	5%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
	Yes	No	Mental condition or illness	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	99	61	14	9	2	70	22	2	86	13	85	11
Total	101	62	14	9	2	73	22	2	88	14	88	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	75	48	8	6	2	55	15	1	63	12	67	6
	74%	77%	61%	70%	100%	75%	68%	49%	72%	86%	76%	67%
With member(s) of other household(s)	22	13	4	2	-	15	5	1	22	-	17	2
	21%	20%	33%	21%	-	21%	24%	51%	25%	-	20%	25%
Both of the above	5	2	1	1	-	3	2	-	3	2	4	1
	5%	3%	6%	9%	-	4%	7%	-	3%	14%	4%	8%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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)

	Total	Number of days active										Life satisfaction score				Covid-19 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	d	*e	*f	*g	*h	i	j	*a	b	*c	*d	*a	b	c	*d
Unweighted Total	99	1	5	12	30	20	15	6	10	67	31	19	43	25	12	18	30	34	17
Total	101	1	5	12	31	21	15	6	10	69	32	19	43	26	13	19	28	37	18
	100%	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	75	1	3	7	26	14	9	5	10	50	24	13	31	19	12	16	19	27	13
	74%	100%	63%	59%	83%	67%	61%	73%	100%	73%	76%	69%	72%	72%	92%	83%	69%	73%	75%
With member(s) of other household(s)	22	-	1	4	4	5	6	2	-	14	8	6	10	4	1	3	7	7	4
	21%	-	23%	35%	13%	23%	39%	27%	-	21%	24%	31%	24%	17%	8%	17%	24%	20%	25%
Both of the above	5	-	1	1	1	2	-	-	-	5	-	-	2	3	-	-	2	3	-
	5%	-	14%	6%	3%	9%	-	-	-	7%	-	-	4%	11%	-	-	7%	7%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	99	52	23	69	20
Total	101	54	23	71	21
	100%	100%	100%	100%	100%
With member(s) of my own household	75	42	16	54	15
	74%	79%	70%	76%	73%
With member(s) of other household(s)	22	8	6	15	4
	21%	16%	25%	21%	20%
Both of the above	5	3	1	2	2
	5%	5%	5%	3%	8%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	82	29	52	44	30	8	3	8	8	8	8	10	14	15	8
Total	85	30	54	44	32	8	3	8	8	8	9	12	14	15	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	66	20	45	35	25	6	2	5	6	6	7	10	9	13	8
	78%	69%	83%	79%	77%	77%	71%	66%	74%	84%	76%	81%	63%	86%	100%
With member(s) of other household(s)	15	8	7	7	6	1	1	1	1	1	2	1	5	2	-
	18%	25%	14%	17%	20%	12%	29%	14%	15%	16%	24%	10%	37%	14%	-
Both of the above	4	2	2	2	1	1	-	2	1	-	-	1	-	-	-
	4%	6%	3%	4%	3%	11%	-	20%	12%	-	-	8%	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	82	14	27	13	13	10	5	54	28	62	5	8	7	-	-	20
Total	85	14	28	13	14	10	5	56	29	64	5	9	7	-	-	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
With member(s) of my own household	66	12	23	8	11	9	3	43	23	49	4	7	7	-	-	17
	78%	86%	80%	62%	78%	92%	62%	77%	80%	76%	75%	77%	100%	-	-	84%
With member(s) of other household(s)	15	2	4	3	3	1	2	9	6	12	1	1	-	-	-	2
	18%	14%	13%	26%	22%	8%	38%	16%	20%	19%	25%	14%	-	-	-	12%
Both of the above	4	-	2	2	-	-	-	4	-	3	-	1	-	-	-	1
	4%	-	7%	12%	-	-	-	6%	-	4%	-	10%	-	-	-	4%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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										
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		*a	*b	c	d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	82	27	17	30	47	10	12	25	9	3	1	11	4	5	2	22
Total	85	23	20	35	55	10	12	27	9	3	1	11	3	6	2	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	66	18	17	27	44	10	9	18	8	3	-	8	3	5	2	19
	78%	77%	88%	76%	80%	100%	75%	66%	88%	100%	-	74%	100%	80%	100%	87%
With member(s) of other household(s)	15	3	2	8	11	-	2	9	1	-	-	2	-	1	-	2
	18%	11%	12%	24%	20%	-	16%	31%	12%	-	-	19%	-	20%	-	9%
Both of the above	4	3	-	-	-	-	1	1	-	-	1	1	-	-	-	1
	4%	12%	-	-	-	-	8%	3%	-	-	100%	8%	-	-	-	5%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
82	18	20	7	1	27	19	18	18	9	3	27	21	2	35	39	6	80
85	18	21	7	1	29	19	18	19	9	3	28	22	2	34	43	6	83
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
66	12	16	5	1	22	13	13	14	6	3	21	16	1	27	34	4	65
78%	66%	76%	75%	100%	76%	68%	71%	75%	67%	100%	73%	75%	55%	80%	79%	70%	79%
15	5	4	1	-	5	5	4	4	2	-	6	4	1	4	9	1	14
18%	28%	20%	13%	-	19%	27%	24%	21%	23%	-	22%	20%	45%	12%	21%	16%	17%
4	1	1	1	-	2	1	1	1	1	-	2	1	-	3	-	1	4
4%	6%	4%	12%	-	6%	5%	6%	4%	9%	-	6%	5%	-	8%	-	14%	4%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total	82	25	54	14	10	2	54	24	2	68	14	70	10
Total	85	26	56	14	11	2	56	24	2	69	15	73	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	66	16	48	8	10	2	46	17	2	54	12	56	8
	78%	63%	86%	57%	89%	100%	81%	71%	100%	78%	79%	77%	81%
With member(s) of other household(s)	15	8	6	5	1	-	9	6	-	12	3	14	1
	18%	33%	10%	37%	11%	-	15%	25%	-	17%	21%	19%	8%
Both of the above	4	1	2	1	-	-	2	1	-	4	-	2	1
	4%	4%	4%	6%	-	-	3%	3%	-	5%	-	3%	10%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	82	3	5	10	24	14	11	4	11	53	26	24	21	24	13	12	20	21	29
Total	85	4	5	10	24	14	11	5	12	54	28	24	22	24	14	12	20	22	31
	100%	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	66	1	4	7	18	10	10	4	11	40	25	21	18	17	11	9	13	18	27
	78%	33%	83%	71%	76%	75%	93%	76%	92%	75%	90%	89%	80%	68%	77%	76%	64%	82%	85%
With member(s) of other household(s)	15	2	-	2	6	2	-	1	1	10	2	2	4	5	3	1	7	2	5
	18%	67%	-	21%	24%	18%	-	24%	8%	19%	8%	8%	20%	21%	23%	10%	36%	9%	15%
Both of the above	4	-	1	1	-	1	1	-	-	3	1	1	-	3	-	2	-	2	-
	4%	-	17%	8%	-	7%	7%	-	-	5%	3%	3%	-	11%	-	13%	-	9%	-



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
Total	NET: More	About the same	NET: Less	Yes	No
	a	*b	*c	a	*b
82	44	18	20	50	24
85	46	19	20	51	25
100%	100%	100%	100%	100%	100%
66	38	12	17	40	19
78%	82%	62%	84%	77%	76%
15	7	5	2	10	4
18%	15%	29%	12%	19%	17%
4	1	2	1	2	2
4%	2%	9%	4%	4%	7%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	53	19	33	29	17	7	1	11	3	2	6	4	8	14	4
Total	53	19	34	28	18	7	1	11	3	2	6	4	9	13	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	42	14	27	18	17	7	1	8	3	2	4	3	7	10	4
	78%	74%	79%	62%	93%	100%	100%	73%	100%	100%	70%	71%	76%	78%	79%
With member(s) of other household(s)	10	4	6	9	1	-	-	3	-	-	1	1	2	2	1
	18%	20%	18%	30%	7%	-	-	27%	-	-	15%	29%	24%	13%	21%
Both of the above	2	1	1	2	-	-	-	-	-	-	1	-	-	1	-
	4%	6%	3%	7%	-	-	-	-	-	-	15%	-	-	9%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	53	6	19	11	8	5	4	36	17	38	3	6	4	-	1	14
Total	53	6	20	10	8	5	4	37	17	38	4	7	4	-	1	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
With member(s) of my own household	42	5	17	8	5	3	4	30	12	28	3	7	3	-	1	13
	78%	81%	85%	73%	60%	63%	100%	81%	70%	74%	68%	100%	76%	-	100%	86%
With member(s) of other household(s)	10	1	3	2	3	1	-	6	4	8	1	-	1	-	-	2
	18%	19%	15%	16%	40%	19%	-	16%	24%	21%	32%	-	24%	-	-	14%
Both of the above	2	-	-	1	-	1	-	1	1	2	-	-	-	-	-	-
	4%	-	-	11%	-	19%	-	3%	5%	5%	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	53	21	8	18	26	7	10	15	8	2	1	3	1	4	2	17
Total	53	19	9	21	30	7	11	15	8	2	1	3	1	4	2	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	42	15	9	14	23	6	9	11	7	-	1	2	1	4	2	15
	78%	82%	100%	67%	77%	87%	82%	68%	89%	-	100%	58%	100%	100%	100%	84%
With member(s) of other household(s)	10	3	-	6	6	-	2	4	1	2	-	1	-	-	-	2
	18%	18%	-	27%	19%	-	18%	24%	11%	100%	-	42%	-	-	-	11%
Both of the above	2	-	-	1	1	1	-	1	-	-	-	-	-	-	-	1
	4%	-	-	6%	4%	13%	-	8%	-	-	-	-	-	-	-	5%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
53	10	19	3	3	22	13	14	13	7	2	20	16	2	23	24	4	51
53	10	20	3	3	23	13	14	14	7	2	21	16	2	23	25	4	52
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
42	7	15	2	2	17	9	11	9	6	1	16	12	1	18	19	3	41
78%	73%	75%	73%	61%	75%	70%	79%	67%	87%	43%	73%	74%	56%	81%	77%	75%	79%
10	3	4	1	1	5	4	3	4	1	1	4	4	1	3	5	1	9
18%	27%	19%	27%	39%	20%	30%	21%	25%	13%	57%	21%	26%	44%	15%	18%	25%	17%
2	-	1	-	-	1	-	-	1	-	-	1	-	-	1	1	-	2
4%	-	6%	-	-	5%	-	-	8%	-	-	5%	-	-	4%	5%	-	4%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total	53	18	32	9	6	2	36	16	1	45	8	47	6
Total	53	19	32	9	7	2	36	16	1	45	9	48	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	42	13	27	6	5	-	30	11	-	34	8	39	3
	78%	69%	84%	67%	80%	-	81%	69%	-	76%	88%	82%	43%
With member(s) of other household(s)	10	4	5	2	1	2	6	4	1	9	1	6	3
	18%	20%	16%	24%	20%	100%	15%	26%	100%	20%	12%	14%	57%
Both of the above	2	2	-	1	-	-	1	1	-	2	-	2	-
	4%	11%	-	10%	-	-	3%	5%	-	5%	-	4%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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)

	Total	Number of days active										Life satisfaction score				Covid-19 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	53	-	4	14	9	12	7	1	6	39	14	15	16	17	5	11	11	17	14
Total	53	-	4	14	9	13	7	1	6	39	14	15	16	18	5	11	11	17	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	42	-	4	9	5	10	6	1	6	28	13	12	12	15	2	8	9	13	12
	78%	-	100%	68%	57%	77%	89%	100%	100%	72%	94%	85%	75%	84%	44%	73%	81%	77%	80%
With member(s) of other household(s)	10	-	-	4	4	1	1	-	-	9	1	2	4	1	3	3	1	3	3
	18%	-	-	32%	43%	7%	11%	-	-	23%	6%	15%	25%	5%	56%	27%	9%	17%	20%
Both of the above	2	-	-	-	-	2	-	-	-	2	-	-	-	2	-	-	1	1	-
	4%	-	-	-	-	16%	-	-	-	5%	-	-	-	11%	-	-	10%	5%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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)

	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	53	27	10	39	10
Total	53	27	9	40	10
	100%	100%	100%	100%	100%
With member(s) of my own household	42	23	6	33	5
	78%	83%	60%	83%	49%
With member(s) of other household(s)	10	3	4	5	5
	18%	9%	40%	12%	51%
Both of the above	2	2	-	2	-
	4%	7%	-	5%	-



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	122	53	68	59	50	13	5	20	13	10	11	7	24	18	14
Total	132	57	74	61	56	15	5	20	13	11	12	9	27	19	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	112	45	66	49	50	13	4	14	9	10	12	9	22	16	15
	85%	80%	89%	80%	90%	87%	78%	72%	74%	90%	100%	100%	80%	83%	100%
With member(s) of other household(s)	12	8	4	8	3	1	-	2	3	1	-	-	3	2	-
	9%	14%	5%	13%	5%	6%	-	12%	20%	10%	-	-	12%	12%	-
Both of the above	8	4	4	4	3	1	1	3	1	-	-	-	2	1	-
	6%	7%	6%	7%	5%	7%	22%	16%	6%	-	-	-	8%	5%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	122	18	37	26	14	13	14	81	41	101	7	9	3	2	-	21
Total	132	20	41	28	14	14	15	88	43	110	9	9	3	2	-	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
With member(s) of my own household	112	17	37	22	13	11	13	76	36	95	7	7	2	1	-	17
	85%	86%	90%	79%	88%	76%	87%	86%	84%	87%	86%	77%	64%	58%	-	77%
With member(s) of other household(s)	12	3	3	1	1	3	1	7	5	8	1	1	-	1	-	3
	9%	14%	7%	3%	5%	24%	6%	7%	11%	8%	14%	11%	-	42%	-	14%
Both of the above	8	-	1	5	1	-	1	6	2	6	-	1	1	-	-	2
	6%	-	3%	18%	7%	-	7%	7%	5%	6%	-	12%	36%	-	-	9%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	122	33	40	46	86	11	14	34	19	7	5	11	10	4	7	25
Total	132	29	47	54	100	13	15	38	20	7	5	13	9	4	8	28
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	112	22	40	48	88	13	13	30	18	5	3	11	9	4	6	26
	85%	74%	85%	90%	88%	100%	85%	78%	89%	72%	63%	91%	100%	100%	75%	92%
With member(s) of other household(s)	12	5	3	3	7	-	1	5	1	2	1	1	-	-	1	1
	9%	17%	7%	6%	7%	-	7%	13%	4%	28%	16%	9%	-	-	11%	4%
Both of the above	8	3	4	2	6	-	1	3	2	-	1	-	-	-	1	1
	6%	9%	8%	4%	6%	-	8%	9%	8%	-	21%	-	-	-	14%	4%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
122	34	27	12	4	39	38	28	28	15	4	43	32	6	54	53	9	116
132	35	31	13	4	44	39	29	32	16	4	48	33	5	58	59	10	126
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
112	27	28	10	2	38	29	22	27	14	2	41	24	2	48	53	9	110
85%	75%	90%	76%	53%	86%	73%	74%	84%	88%	56%	85%	72%	38%	84%	90%	89%	87%
12	4	2	3	1	5	4	6	1	2	1	3	6	2	5	4	1	10
9%	10%	6%	24%	21%	11%	11%	19%	3%	12%	19%	6%	19%	28%	9%	7%	11%	8%
8	5	1	-	1	1	6	2	4	-	1	4	3	2	4	2	-	6
6%	14%	4%	-	26%	3%	15%	7%	13%	-	25%	9%	9%	34%	8%	3%	-	5%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
									NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%		*a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total	122	28	84	23	18	6	81	40	6	99	23	108	14
Total	132	30	92	25	19	6	89	42	7	108	24	118	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	112	23	83	23	15	4	77	35	7	93	19	102	10
	85%	75%	90%	93%	80%	72%	86%	83%	100%	87%	78%	87%	70%
With member(s) of other household(s)	12	3	7	2	1	2	7	5	-	9	3	9	3
	9%	11%	7%	7%	5%	28%	8%	11%	-	8%	11%	7%	21%
Both of the above	8	4	2	-	3	-	6	3	-	6	3	7	1
	6%	14%	2%	-	14%	-	6%	6%	-	5%	11%	6%	9%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%	*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	b	c	*d	*a	*b	c	*d
Unweighted Total	122	3	11	23	26	22	13	7	17	82	34	35	36	17	20	23	50	28
Total	132	3	13	24	28	23	14	8	20	87	36	37	40	19	20	24	55	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	112	2	11	20	21	18	13	8	19	70	30	32	37	13	13	23	51	25
	85%	75%	86%	84%	78%	78%	92%	100%	94%	81%	83%	86%	93%	69%	63%	93%	92%	80%
									i									
With member(s) of other household(s)	12	-	1	3	4	3	1	-	-	10	5	3	1	3	5	1	2	4
	9%	-	6%	11%	15%	13%	8%	-	-	12%	13%	8%	2%	15%	24%	3%	4%	13%
Both of the above	8	1	1	1	2	2	-	-	1	6	1	2	2	3	3	1	2	2
	6%	25%	8%	5%	8%	9%	-	-	6%	7%	3%	6%	5%	16%	13%	4%	4%	7%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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%

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	
Total	NET: More	About the same	NET: Less	Yes	No
	a	*b	c	a	*b
122	51	26	45	85	21
132	55	27	50	93	21
100%	100%	100%	100%	100%	100%
112	49	22	42	82	14
85%	88%	80%	85%	88%	66%
12	2	3	7	6	6
9%	4%	10%	13%	6%	26%
8	5	3	1	6	2
6%	8%	10%	2%	6%	7%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	76	30	46	44	30	2	4	10	15	4	5	3	14	11	10
Total	80	31	49	45	34	2	4	10	16	4	6	3	15	11	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	61	21	40	34	26	1	3	8	11	4	6	3	9	7	12
	76%	67%	81%	76%	77%	58%	70%	80%	69%	100%	100%	75%	57%	65%	100%
With member(s) of other household(s)	15	6	8	9	4	1	1	1	3	-	-	1	5	3	-
	18%	20%	17%	21%	13%	42%	30%	11%	21%	-	-	25%	35%	25%	-
Both of the above	5	4	1	1	3	-	-	1	1	-	-	-	1	1	-
	6%	12%	2%	3%	10%	-	-	9%	9%	-	-	-	8%	10%	-



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	76	11	31	17	8	5	4	59	17	59	7	7	1	1	-	16
Total	80	11	34	19	7	5	4	64	16	63	8	7	1	1	-	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
With member(s) of my own household	61	7	25	15	7	2	4	47	13	52	4	4	1	1	-	9
	76%	65%	73%	81%	100%	47%	100%	74%	83%	82%	47%	55%	100%	100%	-	55%
With member(s) of other household(s)	15	3	7	2	-	2	-	13	2	9	3	2	-	-	-	5
	18%	27%	21%	13%	-	38%	-	20%	12%	15%	42%	29%	-	-	-	33%
Both of the above	5	1	2	1	-	1	-	4	1	2	1	1	-	-	-	2
	6%	7%	6%	6%	-	14%	-	6%	5%	3%	10%	16%	-	-	-	12%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	*a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Significance Level: 95%															
Unweighted Total	76	19	28	25	53	2	8	40	9	5	1	4	5	2	- 10
Total	80	15	33	29	62	2	9	43	9	5	1	4	4	2	- 11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	- 100%
With member(s) of my own household	61	11	25	24	49	2	7	29	6	4	1	4	4	2	- 10
	76%	72%	75%	84%	79%	100%	79%	68%	67%	83%	100%	100%	100%	100%	- 84%
With member(s) of other household(s)	15	3	6	5	10	-	2	10	2	-	-	-	-	-	- 2
	18%	23%	18%	16%	17%	-	21%	24%	25%	-	-	-	-	-	- 16%
Both of the above	5	1	2	-	2	-	-	3	1	1	-	-	-	-	-
	6%	5%	7%	-	4%	-	-	7%	8%	17%	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
76	23	30	6	1	36	24	26	21	12	3	33	29	4	37	27	8	72
80	24	33	6	1	39	25	28	22	13	3	35	31	3	38	31	8	77
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
61	15	24	6	1	30	16	20	15	10	3	25	23	2	27	25	6	58
76%	62%	74%	88%	100%	76%	63%	70%	68%	76%	100%	71%	73%	73%	71%	81%	78%	76%
15	7	7	-	-	7	7	5	7	2	-	9	5	1	7	6	1	14
18%	30%	22%	-	-	19%	29%	19%	32%	18%	-	27%	17%	27%	18%	19%	11%	18%
5	2	1	1	-	2	2	3	-	1	-	1	3	-	4	-	1	5
6%	8%	4%	12%	-	5%	8%	11%	-	6%	-	2%	10%	-	10%	-	10%	6%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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%												
Unweighted Total	76	49	17	9	6	45	29	2	56	20	66	6
Total	80	52	19	10	6	48	31	2	61	20	72	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	61	43	14	9	5	36	24	2	43	18	55	4
	76%	83%	72%	88%	85%	76%	77%	100%	71%	92%	77%	77%
With member(s) of other household(s)	15	6	5	1	1	8	7	-	15	-	14	1
	18%	12%	24%	12%	15%	17%	21%	-	24%	-	19%	23%
Both of the above	5	3	1	-	-	3	1	-	3	2	3	-
	6%	5%	4%	-	-	7%	2%	-	5%	8%	4%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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)

	Total	Number of days active										Life satisfaction score				Covid-19 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	76	4	7	6	16	16	13	3	11	45	27	15	23	27	9	19	20	22	12
Total	80	3	7	6	18	15	14	4	12	47	30	16	24	28	10	19	20	24	14
	100%	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	61	3	7	4	13	11	10	3	10	35	23	15	16	22	8	13	15	19	13
	76%	79%	100%	65%	74%	70%	69%	69%	85%	76%	76%	89%	66%	78%	77%	70%	71%	77%	91%
With member(s) of other household(s)	15	-	-	1	5	3	4	1	1	8	6	2	5	5	2	5	6	2	1
	18%	-	-	15%	26%	17%	31%	31%	9%	18%	22%	11%	22%	18%	23%	27%	29%	10%	9%
Both of the above	5	1	-	1	-	2	-	-	1	3	1	-	3	1	-	1	-	3	-
	6%	21%	-	20%	-	13%	-	-	6%	7%	3%	-	12%	4%	-	4%	-	13%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Total	a	*b	*c	a	*b
Unweighted Total	76	37	16	20	53
Total	80	41	16	21	57
	100%	100%	100%	100%	100%
With member(s) of my own household	61	33	11	16	43
	76%	81%	70%	75%	80%
With member(s) of other household(s)	15	5	5	5	12
	18%	12%	30%	25%	20%
Both of the above	5	3	-	-	3
	6%	8%	-	-	5%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	43	24	19	22	18	3	1	6	-	6	2	4	15	3	6
Total	43	25	18	21	18	3	1	5	-	6	2	4	15	2	6
	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%
With member(s) of my own household	20	12	8	10	10	-	-	2	-	4	1	1	7	1	5
	47%	47%	47%	47%	56%	-	-	36%	-	58%	49%	28%	48%	30%	73%
With member(s) of other household(s)	19	12	7	11	6	2	1	2	-	3	1	2	8	2	1
	44%	48%	39%	53%	31%	64%	100%	34%	-	42%	51%	45%	52%	70%	14%
Both of the above	4	1	2	-	2	1	-	2	-	-	-	1	-	-	1
	9%	5%	14%	-	14%	36%	-	30%	-	-	-	27%	-	-	14%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	*a	*b	*c	*d	*e	*f	*g
Unweighted Total	43	11	14	11	5	2	-	36	7	29	5	5	3	-	1	14
Total	43	11	14	11	4	2	-	36	6	29	6	5	3	-	1	14
	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	-	100%	100%
With member(s) of my own household	20	6	9	3	1	1	-	18	2	15	4	-	1	-	1	5
	47%	56%	61%	30%	20%	49%	-	50%	29%	52%	64%	-	31%	-	100%	38%
With member(s) of other household(s)	19	3	6	6	3	1	-	14	4	11	1	5	2	-	-	8
	44%	26%	39%	54%	80%	51%	-	40%	71%	38%	22%	100%	69%	-	-	56%
Both of the above	4	2	-	2	-	-	-	4	-	3	1	-	-	-	-	1
	9%	18%	-	16%	-	-	-	10%	-	10%	14%	-	-	-	-	6%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	43	20	7	12	19	1	4	22	2	6	1	1	6	-	-	5
Total	43	18	8	13	22	1	4	23	2	6	1	1	5	-	-	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
With member(s) of my own household	20	6	6	8	14	-	2	10	-	5	1	-	2	-	-	2
	47%	34%	72%	61%	65%	-	49%	45%	-	86%	100%	-	35%	-	-	41%
With member(s) of other household(s)	19	10	2	5	8	1	2	11	2	-	-	1	3	-	-	3
	44%	59%	28%	39%	35%	100%	51%	46%	100%	-	-	100%	49%	-	-	59%
Both of the above	4	1	-	-	-	-	-	2	-	1	-	-	1	-	-	-
	9%	7%	-	-	-	-	-	9%	-	14%	-	-	16%	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
43	11	15	6	2	21	13	14	14	6	-	20	14	2	20	18	3	41
43	11	16	5	2	21	13	14	15	5	-	21	14	2	19	19	3	41
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%
20	4	9	4	2	13	6	4	11	3	-	14	4	-	9	11	1	20
47%	32%	57%	68%	100%	59%	42%	32%	69%	62%	-	67%	32%	-	46%	55%	34%	50%
19	8	6	1	-	7	8	8	5	2	-	7	8	2	8	8	1	17
44%	68%	36%	17%	-	31%	58%	54%	31%	38%	-	33%	54%	100%	43%	40%	37%	41%
4	-	1	1	-	2	-	2	-	-	-	-	2	-	2	1	1	4
9%	-	7%	16%	-	9%	-	14%	-	-	-	-	14%	-	11%	4%	29%	9%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
									NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%													
Unweighted Total	43	17	24	4	7	2	28	12	1	36	7	36	6
Total	43	17	24	4	7	2	28	12	1	36	6	36	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	20	9	11	2	2	2	14	6	-	18	2	18	2
	47%	55%	46%	59%	30%	100%	50%	52%	-	50%	33%	50%	37%
With member(s) of other household(s)	19	7	10	2	4	-	11	5	1	17	2	15	3
	44%	40%	42%	41%	58%	-	40%	41%	100%	47%	27%	42%	63%
Both of the above	4	1	3	-	1	-	3	1	-	1	2	3	-
	9%	5%	12%	-	12%	-	10%	7%	-	3%	40%	8%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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)

	Total	Number of days active										Life satisfaction score				Covid-19 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	43	-	2	6	5	12	12	3	3	25	18	14	10	11	8	9	13	14	6
Total	43	-	2	5	6	12	12	3	3	25	18	13	9	11	8	10	12	14	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	20	-	-	3	2	4	5	3	2	9	11	5	5	6	4	5	7	6	2
	47%	-	-	48%	40%	38%	44%	100%	75%	38%	60%	38%	49%	53%	53%	50%	58%	46%	33%
With member(s) of other household(s)	19	-	2	3	2	6	6	-	1	12	6	6	4	4	4	4	5	6	3
	44%	-	100%	52%	41%	48%	49%	-	25%	50%	36%	47%	42%	40%	47%	41%	42%	42%	49%
Both of the above	4	-	-	-	1	2	1	-	-	3	1	2	1	1	-	1	-	2	1
	9%	-	-	-	20%	14%	7%	-	-	11%	5%	15%	9%	7%	-	9%	-	12%	18%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Total	*a	*b	*c	*a	*b
Unweighted Total	43	19	13	10	25
Total	43	20	12	10	26
	100%	100%	100%	100%	100%
With member(s) of my own household	20	9	6	5	14
	47%	45%	50%	52%	55%
With member(s) of other household(s)	19	9	6	4	9
	44%	45%	50%	40%	34%
Both of the above	4	2	-	1	3
	9%	10%	-	8%	11%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	35	18	16	24	8	3	-	5	3	5	3	2	8	6	3
Total	34	18	15	23	8	3	-	4	2	5	3	2	9	6	3
	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	22	13	8	14	5	2	-	2	1	2	2	2	8	2	3
	63%	72%	50%	61%	66%	73%	-	46%	33%	46%	56%	100%	88%	35%	100%
With member(s) of other household(s)	12	4	8	9	2	1	-	2	2	3	1	-	1	4	-
	35%	23%	50%	39%	25%	27%	-	36%	67%	54%	44%	-	12%	65%	-
Both of the above	1	1	-	-	1	-	-	1	-	-	-	-	-	-	-
	2%	4%	-	-	10%	-	-	18%	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	35	8	14	4	5	2	2	26	9	23	3	4	4	1	-	12
Total	34	8	14	4	5	2	2	26	8	23	3	4	4	1	-	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
With member(s) of my own household	22	6	9	3	3	1	-	18	4	13	2	2	4	-	-	8
	63%	78%	60%	78%	68%	48%	-	68%	48%	59%	74%	54%	100%	-	-	71%
With member(s) of other household(s)	12	2	6	-	1	1	2	8	4	9	1	2	-	1	-	3
	35%	22%	40%	-	32%	52%	100%	29%	52%	38%	26%	46%	-	100%	-	29%
Both of the above	1	-	-	1	-	-	-	1	-	1	-	-	-	-	-	-
	2%	-	-	22%	-	-	-	3%	-	3%	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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										
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
Significance Level: 95%		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	35	16	8	9	17	-	5	20	5	2	1	-	2	-	-	5
Total	34	13	9	10	20	-	5	19	5	2	1	-	2	-	-	5
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	-	100%	-	-	100%
With member(s) of my own household	22	8	6	7	13	-	3	12	3	1	1	-	2	-	-	3
	63%	64%	67%	69%	68%	-	67%	63%	48%	45%	100%	-	100%	-	-	67%
With member(s) of other household(s)	12	5	3	3	6	-	1	7	3	1	-	-	-	-	-	1
	35%	36%	33%	31%	32%	-	17%	37%	52%	55%	-	-	-	-	-	17%
Both of the above	1	-	-	-	-	-	1	-	-	-	-	-	-	-	-	1
	2%	-	-	-	-	-	16%	-	-	-	-	-	-	-	-	16%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
35	10	14	5	4	19	14	11	15	4	3	19	14	2	13	17	3	33
34	10	15	4	4	19	14	10	16	4	3	20	13	2	12	18	3	32
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
22	7	9	2	1	11	9	7	9	3	1	12	8	1	7	11	3	21
63%	76%	60%	61%	30%	60%	63%	67%	58%	80%	31%	62%	60%	48%	58%	62%	100%	64%
12	2	6	2	3	8	4	3	7	1	2	7	4	1	5	6	-	11
35%	16%	40%	39%	70%	40%	31%	25%	42%	20%	69%	38%	34%	52%	42%	33%	-	34%
1	1	-	-	-	-	1	1	-	-	-	-	1	-	-	1	-	1
2%	8%	-	-	-	-	6%	8%	-	-	-	-	6%	-	-	4%	-	2%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
									NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%		*a	*b	*a	*b	*c	*d	*e	*f	a	*b	a	*b
Unweighted Total	35	14	18	7	3	3	22	12	1	31	4	31	3
Total	34	14	17	7	3	2	22	11	1	31	3	31	2
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	22	7	13	6	3	1	12	9	1	20	1	20	2
	63%	53%	77%	89%	100%	35%	57%	80%	100%	66%	34%	64%	69%
With member(s) of other household(s)	12	6	4	-	-	2	9	2	-	10	2	10	1
	35%	42%	23%	-	-	65%	43%	14%	-	31%	66%	33%	31%
Both of the above	1	1	-	1	-	-	-	1	-	1	-	1	-
	2%	6%	-	11%	-	-	-	7%	-	3%	-	3%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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)

	Total	Number of days active										Life satisfaction score				Covid-19 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	35	-	1	7	8	7	4	1	7	23	12	11	9	9	6	6	10	11	8
Total	34	-	1	6	8	7	4	1	7	22	12	10	9	9	7	6	9	10	9
	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	-	-	2	6	1	3	1	7	10	11	7	3	6	6	5	4	6	7
	63%	-	-	44%	76%	17%	76%	100%	100%	46%	92%	73%	33%	62%	89%	83%	42%	56%	81%
With member(s) of other household(s)	12	-	-	3	2	6	1	-	-	11	1	3	6	3	1	1	5	4	2
	35%	-	-	56%	24%	83%	24%	-	-	50%	8%	27%	67%	29%	11%	17%	58%	36%	19%
Both of the above	1	-	1	-	-	-	-	-	-	1	-	-	-	1	-	-	-	1	-
	2%	-	100%	-	-	-	-	-	-	4%	-	-	-	9%	-	-	-	8%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	35	17	9	25	7
Total	34	16	9	25	6
	100%	100%	100%	100%	100%
With member(s) of my own household	22	10	6	18	3
	63%	60%	62%	70%	48%
With member(s) of other household(s)	12	6	3	7	3
	35%	35%	38%	27%	52%
Both of the above	1	1	-	1	-
	2%	5%	-	3%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	27	22	5	12	8	7	3	4	-	3	4	3	4	6	-
Total	27	22	5	12	8	7	3	4	-	3	4	3	4	6	-
	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	-
With member(s) of my own household	11	10	1	5	2	4	2	2	-	1	2	1	2	1	-
	42%	46%	24%	42%	26%	59%	73%	54%	-	39%	49%	38%	47%	17%	-
With member(s) of other household(s)	12	10	2	5	4	3	1	1	-	2	2	1	2	3	-
	43%	44%	39%	40%	49%	41%	27%	24%	-	61%	51%	33%	53%	47%	-
Both of the above	4	2	2	2	2	-	-	1	-	-	-	1	-	2	-
	15%	10%	37%	17%	25%	-	-	22%	-	-	-	28%	-	36%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*a	*b	*c	*d	*e	*f	*g
Unweighted Total	27	3	9	6	6	-	3	18	9	21	1	3	1	-	-	5
Total	27	3	10	6	5	-	4	18	9	21	1	3	1	-	-	5
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	-	-	100%
With member(s) of my own household	11	2	3	2	2	-	2	7	4	8	-	2	-	-	-	2
	42%	74%	34%	30%	35%	-	66%	40%	47%	39%	-	70%	-	-	-	46%
With member(s) of other household(s)	12	-	5	2	3	-	1	7	5	10	-	1	1	-	-	2
	43%	-	54%	34%	65%	-	34%	38%	53%	46%	-	30%	100%	-	-	37%
Both of the above	4	1	1	2	-	-	-	4	-	3	1	-	-	-	-	1
	15%	26%	12%	36%	-	-	-	22%	-	15%	100%	-	-	-	-	17%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	27	12	6	5	11	2	1	13	1	2	2	-	3	-	3	3
Total	27	11	7	5	12	2	1	14	1	2	2	-	3	-	4	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	-	100%	100%
With member(s) of my own household	11	5	2	3	5	1	-	5	1	-	1	-	1	-	2	1
	42%	45%	33%	60%	45%	46%	-	39%	100%	-	53%	-	31%	-	66%	30%
With member(s) of other household(s)	12	5	3	1	4	1	1	6	-	1	1	-	1	-	1	2
	43%	48%	50%	18%	36%	54%	100%	44%	-	48%	47%	-	36%	-	34%	70%
Both of the above	4	1	1	1	2	-	-	2	-	1	-	-	1	-	-	-
	15%	8%	17%	22%	19%	-	-	17%	-	52%	-	-	33%	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
27	5	7	5	1	12	6	9	5	4	-	9	9	2	13	7	5	25
27	5	7	5	1	12	6	9	5	4	-	9	9	2	13	7	5	25
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%
11	4	1	1	1	2	5	5	2	-	-	2	5	2	4	3	3	9
42%	83%	16%	22%	100%	18%	86%	58%	41%	-	-	24%	58%	100%	26%	41%	65%	38%
12	1	4	4	-	8	1	3	2	4	-	6	3	-	8	3	1	12
43%	17%	53%	78%	-	63%	14%	29%	37%	100%	-	63%	29%	-	59%	42%	17%	46%
4	-	2	-	-	2	-	1	1	-	-	1	1	-	2	1	1	4
15%	-	31%	-	-	19%	-	13%	22%	-	-	13%	13%	-	15%	17%	18%	16%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
									NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%													
Unweighted Total	27	12	12	4	5	2	16	10	1	20	7	20	5
Total	27	12	12	4	5	2	16	10	1	20	7	20	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	11	5	3	2	1	1	7	3	1	9	2	9	1
	42%	44%	27%	57%	21%	50%	45%	33%	100%	45%	33%	47%	22%
With member(s) of other household(s)	12	5	7	1	4	1	6	6	-	9	3	8	4
	43%	40%	57%	21%	79%	50%	35%	59%	-	43%	42%	38%	78%
Both of the above	4	2	2	1	-	-	3	1	-	2	2	3	-
	15%	16%	17%	22%	-	-	19%	9%	-	11%	26%	16%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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)

	Total	Number of days active										Life satisfaction score				Covid-19 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	27	1	1	6	8	4	3	-	4	19	7	9	6	8	4	8	6	9	4
Total	27	1	1	6	9	4	3	-	4	19	7	8	6	8	5	8	6	9	4
	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	11	-	-	-	5	2	1	-	3	7	4	2	3	3	3	3	1	4	3
	42%	-	-	-	62%	49%	39%	-	71%	38%	58%	26%	48%	35%	74%	40%	18%	45%	79%
With member(s) of other household(s)	12	1	1	5	2	-	2	-	1	8	3	5	2	3	1	5	3	3	1
	43%	100%	100%	79%	28%	-	61%	-	29%	41%	42%	63%	38%	35%	26%	60%	51%	32%	21%
Both of the above	4	-	-	1	1	2	-	-	-	4	-	1	1	2	-	-	2	2	-
	15%	-	-	21%	10%	51%	-	-	-	21%	-	10%	13%	30%	-	-	32%	23%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Total	*a	*b	*c	*a	*b
Unweighted Total	27	15	5	19	4
Total	27	15	5	19	4
	100%	100%	100%	100%	100%
With member(s) of my own household	11	5	2	7	1
	42%	33%	46%	39%	23%
With member(s) of other household(s)	12	7	3	7	3
	43%	46%	54%	40%	77%
Both of the above	4	3	-	4	-
	15%	21%	-	21%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	44	16	27	29	13	2	3	9	-	3	7	2	10	8	2
Total	42	15	26	27	13	2	3	8	-	3	7	2	10	7	2
	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%
With member(s) of my own household	20	9	11	12	7	2	3	5	-	-	2	2	5	3	1
	49%	59%	44%	43%	51%	100%	100%	60%	-	-	24%	100%	50%	38%	59%
With member(s) of other household(s)	15	6	9	10	5	-	-	3	-	1	3	-	5	2	1
	36%	41%	34%	35%	42%	-	-	30%	-	39%	43%	-	50%	34%	41%
Both of the above	7	-	6	6	1	-	-	1	-	2	2	-	-	2	-
	16%	-	22%	21%	6%	-	-	10%	-	61%	32%	-	-	28%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	44	7	6	15	4	5	7	28	16	33	2	3	4	1	-	10
Total	42	6	6	15	4	4	6	28	14	32	2	2	3	1	-	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
With member(s) of my own household	20	2	3	5	3	2	6	10	10	17	1	1	1	1	-	4
	49%	38%	49%	32%	72%	44%	87%	37%	70%	52%	61%	34%	25%	100%	-	43%
With member(s) of other household(s)	15	2	2	9	-	2	-	13	2	11	-	2	3	-	-	4
	36%	37%	31%	60%	-	38%	-	48%	12%	33%	-	66%	75%	-	-	48%
Both of the above	7	2	1	1	1	1	1	4	3	5	1	-	-	-	-	1
	16%	25%	20%	8%	28%	18%	13%	15%	18%	15%	39%	-	-	-	-	10%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	44	20	9	9	18	5	4	14	7	2	4	3	3	-	2	9
Total	42	17	10	10	20	5	4	14	6	2	4	2	3	-	2	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
With member(s) of my own household	20	9	6	5	10	4	2	8	-	1	1	2	1	-	2	6
	49%	51%	58%	43%	50%	80%	49%	58%	-	58%	23%	66%	30%	-	100%	66%
With member(s) of other household(s)	15	6	4	3	8	1	2	3	5	-	3	-	2	-	-	3
	36%	34%	42%	33%	37%	20%	51%	18%	73%	-	77%	-	70%	-	-	34%
Both of the above	7	2	-	2	2	-	-	3	2	1	-	1	-	-	-	-
	16%	14%	-	24%	12%	-	-	23%	27%	42%	-	34%	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
44	10	7	8	3	15	13	10	9	8	2	17	12	4	20	14	6	40
42	10	7	8	3	15	13	10	10	7	1	17	11	4	19	15	5	38
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
20	3	4	3	1	7	4	5	4	1	1	5	6	2	10	6	2	18
49%	28%	57%	40%	41%	48%	31%	51%	45%	12%	49%	31%	51%	56%	56%	42%	35%	48%
15	6	2	3	1	5	7	5	2	5	1	7	6	2	6	5	2	13
36%	60%	24%	38%	31%	31%	53%	49%	21%	64%	51%	39%	49%	44%	30%	36%	48%	35%
7	1	1	2	1	3	2	-	3	2	-	5	-	-	3	3	1	7
16%	12%	18%	22%	28%	20%	16%	-	34%	24%	-	30%	-	-	14%	22%	17%	17%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
				Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No							Urban	Rural	Yes	No
Significance Level: 95%		*a	*b	*a	*b	*c	*d	*e	*f	a	*b	a	*b
Unweighted Total	44	15	25	6	6	3	29	14	1	31	13	33	9
Total	42	15	24	5	5	3	28	13	1	29	13	32	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	20	8	10	1	4	3	14	6	1	14	7	17	3
	49%	54%	44%	14%	69%	100%	50%	49%	100%	47%	53%	52%	44%
With member(s) of other household(s)	15	5	9	5	2	-	9	6	-	11	4	13	2
	36%	32%	37%	86%	31%	-	30%	51%	-	37%	33%	41%	20%
Both of the above	7	2	5	-	-	-	6	-	-	5	2	2	3
	16%	14%	20%	-	-	-	20%	-	-	17%	14%	6%	35%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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)

	Total	Number of days active										Life satisfaction score				Covid-19 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	44	-	1	10	8	12	5	3	5	31	13	16	13	10	5	12	7	13	11
Total	42	-	1	9	8	12	4	3	5	29	12	15	11	11	5	12	7	12	10
	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	20	-	1	4	3	5	1	2	4	13	7	8	4	5	4	8	2	5	6
	49%	-	100%	51%	37%	42%	19%	71%	80%	45%	57%	49%	32%	50%	83%	67%	26%	39%	57%
With member(s) of other household(s)	15	-	-	2	5	3	3	1	1	10	5	6	4	4	1	3	2	4	4
	36%	-	-	28%	63%	24%	61%	29%	20%	35%	36%	39%	36%	38%	17%	25%	32%	37%	43%
Both of the above	7	-	-	2	-	4	1	-	-	6	1	2	4	1	-	1	3	3	-
	16%	-	-	21%	-	34%	19%	-	-	20%	7%	12%	32%	11%	-	8%	42%	24%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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%

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	
Total	NET: More	About the same	NET: Less	Yes	No
	*a	*b	*c	*a	*b
44	25	11	7	24	16
42	24	10	7	23	15
100%	100%	100%	100%	100%	100%
20	13	2	6	12	5
49%	52%	17%	89%	52%	35%
15	9	6	1	7	8
36%	36%	54%	11%	32%	51%
7	3	3	-	4	2
16%	12%	29%	-	16%	13%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	34	13	20	24	9	1	1	4	-	5	6	3	11	4	-
Total	34	13	20	23	10	1	1	4	-	5	6	3	11	4	-
	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	-
With member(s) of my own household	19	8	10	10	8	1	-	2	-	5	2	3	5	1	-
	56%	60%	51%	43%	80%	100%	-	57%	-	100%	35%	100%	48%	27%	-
With member(s) of other household(s)	11	2	9	9	2	-	1	2	-	-	3	-	4	2	-
	33%	18%	45%	40%	20%	-	100%	43%	-	-	50%	-	36%	46%	-
Both of the above	4	3	1	4	-	-	-	-	-	-	1	-	2	1	-
	11%	22%	4%	17%	-	-	-	-	-	-	15%	-	16%	28%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*a	*b	*c	*d	*e	*f	*g
Unweighted Total	34	7	9	6	2	6	4	22	12	24	2	5	2	-	-	9
Total	34	7	10	6	2	5	4	23	11	24	3	5	2	-	-	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
With member(s) of my own household	19	4	7	3	1	3	1	14	5	17	1	1	-	-	-	2
	56%	58%	71%	51%	48%	52%	28%	62%	43%	68%	51%	24%	-	-	-	27%
With member(s) of other household(s)	11	3	2	2	1	2	2	6	5	6	1	3	1	-	-	5
	33%	42%	19%	28%	52%	31%	52%	28%	42%	23%	49%	59%	43%	-	-	53%
Both of the above	4	-	1	1	-	1	1	2	2	2	-	1	1	-	-	2
	11%	-	10%	21%	-	17%	20%	10%	15%	8%	-	16%	57%	-	-	20%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	34	11	9	9	18	2	2	12	4	3	3	1	3	3	1	4
Total	34	9	10	10	21	2	2	13	4	3	3	1	2	3	1	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	19	5	8	6	14	1	2	9	1	2	1	1	1	-	1	3
	56%	56%	77%	57%	67%	54%	100%	68%	28%	68%	42%	100%	36%	-	100%	79%
With member(s) of other household(s)	11	3	2	2	5	-	-	2	3	1	1	-	2	3	-	-
	33%	35%	23%	22%	23%	-	-	16%	72%	32%	30%	-	64%	100%	-	-
Both of the above	4	1	-	2	2	1	-	2	-	-	1	-	-	-	-	1
	11%	8%	-	21%	11%	46%	-	17%	-	-	28%	-	-	-	-	21%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
34	4	9	6	3	15	7	3	14	5	-	19	3	2	16	13	3	32
34	5	10	6	3	16	7	3	15	5	-	20	3	2	16	13	3	32
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%
19	4	6	2	3	8	7	2	9	3	-	12	2	-	10	8	1	19
56%	81%	58%	37%	100%	50%	88%	70%	59%	67%	-	61%	70%	-	64%	58%	39%	59%
11	1	3	3	-	6	1	1	4	2	-	6	1	2	4	3	2	9
33%	19%	31%	46%	-	36%	12%	30%	27%	33%	-	28%	30%	100%	25%	25%	61%	29%
4	-	1	1	-	2	-	-	2	-	-	2	-	-	2	2	-	4
11%	-	12%	17%	-	14%	-	-	15%	-	-	11%	-	-	10%	17%	-	12%

Significance Level: 95%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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%													
Unweighted Total	34	18	11	10	3	2	19	13	2	29	5	27	5
Total	34	18	11	10	3	2	20	13	2	30	4	28	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	19	9	10	5	1	1	13	6	1	18	1	19	-
	56%	51%	85%	49%	36%	56%	66%	47%	51%	61%	20%	68%	-
With member(s) of other household(s)	11	6	2	4	2	1	4	6	1	9	3	6	4
	33%	32%	15%	42%	64%	44%	19%	47%	49%	29%	62%	21%	84%
Both of the above	4	3	-	1	-	-	3	1	-	3	1	3	1
	11%	17%	-	9%	-	-	15%	7%	-	10%	18%	11%	16%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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)

	Total	Number of days active										Life satisfaction score				Covid-19 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	34	1	1	7	8	9	3	2	3	25	8	9	9	10	5	5	10	9	8
Total	34	1	1	7	7	9	3	2	4	25	9	8	9	10	6	5	10	10	8
	100%	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	19	-	-	4	3	4	2	2	4	11	8	5	3	7	5	3	8	5	4
	56%	-	-	56%	39%	47%	74%	100%	100%	45%	91%	57%	30%	65%	86%	66%	76%	48%	45%
With member(s) of other household(s)	11	1	1	3	3	3	-	-	-	10	-	4	5	2	-	2	1	3	4
	33%	100%	100%	44%	47%	30%	-	-	-	42%	-	43%	58%	16%	-	34%	12%	33%	45%
Both of the above	4	-	-	-	1	2	1	-	-	3	1	-	1	2	1	-	1	2	1
	11%	-	-	-	14%	23%	26%	-	-	12%	9%	-	12%	20%	14%	-	12%	20%	10%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
Total	NET: More	About the same	NET: Less	Yes	No
	*a	*b	*c	*a	*b
34	19	8	6	19	13
34	19	8	6	19	13
100%	100%	100%	100%	100%	100%
19	12	3	4	14	5
56%	60%	40%	70%	71%	40%
11	5	5	1	4	6
33%	26%	60%	13%	18%	46%
4	3	-	1	2	2
11%	15%	-	17%	11%	14%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	23	10	12	18	5	-	1	4	2	3	-	4	5	2	2
Total	22	10	11	17	5	-	1	4	1	3	-	4	5	2	2
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	-	100%	100%	100%	100%
With member(s) of my own household	9	3	5	7	2	-	1	2	1	-	-	4	-	-	1
	42%	30%	47%	42%	42%	-	100%	53%	50%	-	-	100%	-	-	59%
With member(s) of other household(s)	10	7	3	7	3	-	-	2	1	2	-	-	4	1	1
	46%	70%	30%	42%	58%	-	-	47%	50%	70%	-	-	82%	49%	41%
Both of the above	3	-	3	3	-	-	-	-	-	1	-	-	1	1	-
	12%	-	23%	16%	-	-	-	-	-	30%	-	-	18%	51%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	23	5	5	5	6	1	1	15	8	16	1	5	1	-	-	7
Total	22	4	6	5	5	1	1	15	7	15	1	4	1	-	-	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
With member(s) of my own household	9	1	4	1	3	-	1	6	3	9	-	-	-	-	-	-
	42%	26%	64%	21%	48%	-	100%	39%	48%	60%	-	-	-	-	-	-
With member(s) of other household(s)	10	2	2	3	2	1	-	7	3	4	1	4	1	-	-	6
	46%	54%	36%	61%	37%	100%	-	49%	40%	29%	100%	80%	100%	-	-	86%
Both of the above	3	1	-	1	1	-	-	2	1	2	-	1	-	-	-	1
	12%	20%	-	18%	16%	-	-	12%	12%	11%	-	20%	-	-	-	14%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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										
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%	Total	*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	23	12	6	3	9	1	3	9	6	1	1	1	1	-	-	4
Total	22	10	7	3	10	1	3	9	5	1	1	1	1	-	-	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
With member(s) of my own household	9	2	5	1	6	-	2	4	1	-	1	1	-	-	-	2
	42%	24%	67%	35%	57%	-	64%	48%	15%	-	100%	100%	-	-	-	51%
With member(s) of other household(s)	10	5	2	2	4	1	1	4	3	-	-	-	1	-	-	2
	46%	50%	33%	65%	43%	100%	36%	43%	67%	-	-	-	100%	-	-	49%
Both of the above	3	3	-	-	-	-	-	1	1	1	-	-	-	-	-	-
	12%	26%	-	-	-	-	-	9%	18%	100%	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
23	7	6	5	2	11	9	6	10	4	-	14	6	3	8	11	1	20
22	7	6	5	2	10	9	6	10	4	-	14	6	3	8	10	1	19
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%
9	4	1	2	1	3	5	3	3	2	-	6	3	1	5	4	-	8
42%	57%	18%	46%	58%	31%	57%	46%	35%	58%	-	42%	46%	41%	55%	36%	-	42%
10	2	4	2	1	5	3	2	5	2	-	6	2	2	3	4	1	8
46%	32%	66%	36%	42%	53%	34%	40%	47%	42%	-	46%	40%	59%	35%	46%	100%	44%
3	1	1	1	-	2	1	1	2	-	-	2	1	-	1	2	-	3
12%	12%	16%	18%	-	17%	9%	14%	18%	-	-	13%	14%	-	10%	18%	-	14%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	23	12	8	5	3	4	10	12	-	20	3	20	2
Total	22	11	8	5	3	4	10	11	-	19	3	19	2
	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
With member(s) of my own household	9	4	4	2	1	1	5	4	-	7	2	8	1
	42%	34%	54%	47%	33%	29%	50%	38%	-	38%	70%	43%	55%
With member(s) of other household(s)	10	5	4	2	1	2	5	4	-	9	1	9	-
	46%	43%	46%	35%	32%	47%	50%	38%	-	48%	30%	48%	-
Both of the above	3	3	-	1	1	1	-	3	-	3	-	2	1
	12%	23%	-	18%	35%	24%	-	24%	-	13%	-	9%	45%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	23	-	-	4	9	5	2	-	3	18	5	4	6	9	4	6	3	11	3
Total	22	-	-	3	8	5	2	-	4	17	5	4	5	8	4	5	3	10	4
	100%	-	-	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	9	-	-	3	2	1	1	-	2	6	3	3	1	2	3	3	2	2	2
	42%	-	-	75%	24%	24%	55%	-	70%	35%	65%	75%	22%	24%	73%	51%	70%	23%	65%
With member(s) of other household(s)	10	-	-	1	5	3	-	-	1	9	1	-	3	6	1	1	-	8	1
	46%	-	-	25%	66%	57%	-	-	30%	55%	20%	-	62%	66%	27%	16%	-	77%	35%
Both of the above	3	-	-	-	1	1	1	-	-	2	1	1	1	1	-	2	1	-	-
	12%	-	-	-	10%	18%	45%	-	-	11%	15%	25%	16%	10%	-	34%	30%	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
Total	NET: More	About the same	NET: Less	Yes	No
	*a	*b	*c	*a	*b
23	11	7	5	16	6
22	11	6	5	16	5
100%	100%	100%	100%	100%	100%
9	5	1	3	7	2
42%	50%	18%	57%	46%	38%
10	4	4	2	8	2
46%	33%	69%	43%	49%	29%
3	2	1	-	1	2
12%	16%	13%	-	5%	33%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	23	11	12	10	13	-	2	5	2	-	2	1	7	3	1
Total	23	11	12	9	13	-	2	4	2	-	2	1	7	3	1
	100%	100%	100%	100%	100%	-	100%	100%	100%	-	100%	100%	100%	100%	100%
With member(s) of my own household	9	4	4	3	6	-	2	1	1	-	1	-	2	-	1
	39%	41%	38%	34%	43%	-	100%	26%	59%	-	55%	-	31%	-	100%
With member(s) of other household(s)	9	4	5	5	5	-	-	2	1	-	1	-	4	2	-
	42%	38%	46%	49%	37%	-	-	38%	41%	-	45%	-	58%	72%	-
Both of the above	4	2	2	2	3	-	-	2	-	-	-	1	1	1	-
	19%	21%	16%	18%	19%	-	-	36%	-	-	-	100%	11%	28%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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)

		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	23	10	4	5	1	3	-	19	4	14	1	5	2	-	-	8
Total	23	10	4	5	1	3	-	19	4	14	1	5	2	-	-	8
	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	-	-	100%
With member(s) of my own household	9	5	3	1	-	-	-	9	-	7	1	1	-	-	-	2
	39%	47%	79%	23%	-	-	-	47%	-	49%	100%	18%	-	-	-	27%
With member(s) of other household(s)	9	4	-	2	1	2	-	7	3	5	-	3	1	-	-	4
	42%	45%	-	41%	100%	73%	-	35%	79%	34%	-	65%	46%	-	-	50%
Both of the above	4	1	1	2	-	1	-	3	1	2	-	1	1	-	-	2
	19%	8%	21%	36%	-	27%	-	18%	21%	18%	-	16%	54%	-	-	22%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	23	7	5	6	11	1	4	12	1	2	2	1	-	-	-	5
Total	23	6	6	7	12	1	4	13	1	2	2	1	-	-	-	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	-	100%
With member(s) of my own household	9	1	2	6	8	-	1	8	-	-	-	-	-	-	-	1
	39%	16%	38%	87%	64%	-	31%	61%	-	-	-	-	-	-	-	26%
With member(s) of other household(s)	9	2	4	1	4	1	1	5	1	-	1	1	-	-	-	2
	42%	43%	62%	13%	36%	100%	24%	39%	100%	-	52%	100%	-	-	-	39%
Both of the above	4	2	-	-	-	-	2	-	-	2	1	-	-	-	-	2
	19%	42%	-	-	-	-	44%	-	-	100%	48%	-	-	-	-	36%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
23	8	6	4	2	10	10	6	9	5	1	14	7	1	12	8	2	22
23	8	6	3	2	10	10	6	9	4	1	13	7	1	12	8	2	22
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
9	3	4	-	1	4	4	2	7	-	-	7	2	-	2	5	2	9
39%	40%	73%	-	53%	47%	43%	35%	74%	-	-	50%	30%	-	19%	59%	100%	41%
9	3	2	2	-	4	3	3	2	3	-	4	3	1	7	2	-	9
42%	41%	27%	75%	-	44%	32%	52%	17%	62%	-	31%	45%	100%	59%	21%	-	40%
4	2	-	1	1	1	3	1	1	2	1	2	2	-	3	2	-	4
19%	20%	-	25%	47%	9%	25%	13%	9%	38%	100%	18%	25%	-	22%	20%	-	19%

Significance Level: 95%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
									NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding 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	14	7	8	4	2	8	13	1	18	5	18	4
Total	23	14	7	8	4	2	8	13	1	18	5	18	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	9	6	2	3	3	-	3	5	1	7	2	9	-
	39%	46%	35%	41%	79%	-	42%	43%	100%	37%	48%	48%	-
With member(s) of other household(s)	9	5	3	3	1	-	4	4	-	8	2	9	-
	42%	36%	40%	38%	21%	-	49%	30%	-	44%	35%	47%	-
Both of the above	4	2	2	2	-	2	1	3	-	3	1	1	3
	19%	18%	25%	21%	-	100%	9%	27%	-	19%	17%	4%	100%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	23	-	3	5	6	5	1	1	2	19	4	4	7	11	1	6	5	8	4
Total	23	-	3	5	6	5	1	1	2	18	4	4	7	11	1	6	5	8	4
	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	9	-	-	1	2	1	1	1	2	4	4	1	1	6	1	4	1	1	2
	39%	-	-	20%	38%	26%	100%	100%	100%	25%	100%	29%	16%	50%	100%	72%	22%	15%	57%
With member(s) of other household(s)	9	-	-	2	4	4	-	-	-	9	-	2	4	4	-	1	3	4	2
	42%	-	-	45%	62%	74%	-	-	-	52%	-	49%	60%	33%	-	14%	57%	54%	43%
Both of the above	4	-	3	2	-	-	-	-	-	4	-	1	2	2	-	1	1	2	-
	19%	-	100%	35%	-	-	-	-	-	23%	-	22%	24%	16%	-	13%	21%	31%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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%

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	
Total	NET: More	About the same	NET: Less	Yes	No
	*a	*b	*c	*a	*b
23	12	6	5	15	6
23	13	5	5	15	6
100%	100%	100%	100%	100%	100%
9	6	-	3	9	-
39%	44%	-	67%	59%	-
9	5	3	1	4	4
42%	41%	67%	17%	25%	69%
4	2	2	1	2	2
19%	14%	33%	16%	16%	31%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	24	8	16	12	10	2	3	3	2	5	2	1	5	3	-
Total	24	9	15	12	9	3	3	3	2	5	2	1	5	3	-
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-
With member(s) of my own household	15	7	8	7	5	3	1	1	1	4	2	1	2	2	-
	61%	75%	52%	59%	52%	100%	36%	40%	42%	82%	100%	100%	41%	73%	-
With member(s) of other household(s)	7	2	5	4	3	-	2	-	1	1	-	-	2	1	-
	29%	25%	31%	34%	30%	-	64%	-	58%	18%	-	-	43%	27%	-
Both of the above	3	-	3	1	2	-	-	2	-	-	-	-	1	-	-
	11%	-	17%	7%	18%	-	-	60%	-	-	-	-	16%	-	-



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*a	*b	*c	*d	*e	*f	*g
Unweighted Total	24	4	5	9	3	1	2	18	6	19	1	3	1	-	-	5
Total	24	4	5	8	3	1	2	18	6	19	1	3	1	-	-	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
With member(s) of my own household	15	1	5	3	3	1	1	9	6	11	1	2	1	-	-	4
	61%	27%	100%	34%	100%	100%	57%	51%	86%	56%	100%	61%	100%	-	-	76%
With member(s) of other household(s)	7	3	-	4	-	-	-	7	-	6	-	1	-	-	-	1
	29%	73%	-	46%	-	-	-	39%	-	30%	-	39%	-	-	-	24%
Both of the above	3	-	-	2	-	-	1	2	1	3	-	-	-	-	-	-
	11%	-	-	20%	-	-	43%	9%	14%	14%	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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)

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	24	7	7	5	12	1	3	12	2	1	-	-	2	3	-	4
Total	24	6	8	6	14	1	3	13	2	1	-	-	2	3	-	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%	100%	-	100%
With member(s) of my own household	15	4	4	6	9	1	2	8	2	-	-	-	-	2	-	3
	61%	73%	45%	100%	67%	100%	65%	60%	100%	-	-	-	-	69%	-	73%
With member(s) of other household(s)	7	2	5	-	5	-	1	3	-	1	-	-	2	-	-	1
	29%	27%	55%	-	33%	-	35%	27%	-	100%	-	-	100%	-	-	27%
Both of the above	3	-	-	-	-	-	-	2	-	-	-	-	-	1	-	-
	11%	-	-	-	-	-	-	13%	-	-	-	-	-	31%	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Unweighted Total	24	5	9	4	-	13	5	11	2	-	13	5	1	14	7	2	23
Total	24	6	9	4	-	13	5	12	2	-	14	5	1	14	8	2	23
	100%	100%	100%	100%	-	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	15	3	8	1	-	9	2	9	1	-	10	2	-	7	7	1	15
	61%	58%	80%	29%	-	65%	42%	72%	58%	-	70%	42%	-	50%	89%	59%	63%
With member(s) of other household(s)	7	2	1	2	-	3	1	3	1	-	4	1	1	5	-	1	6
	29%	42%	11%	50%	-	23%	25%	28%	42%	-	30%	25%	100%	38%	-	41%	25%
Both of the above	3	-	1	1	-	2	2	-	-	-	-	2	-	2	1	-	3
	11%	-	9%	21%	-	13%	33%	-	-	-	-	33%	-	13%	11%	-	11%

Significance Level: 95%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	24	14	7	6	8	-	12	10	4	17	7	20	2
Total	24	14	7	6	7	-	13	10	4	18	6	21	2
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	15	11	4	3	4	-	8	6	1	12	3	14	1
	61%	75%	56%	57%	54%	-	65%	65%	30%	66%	44%	66%	47%
With member(s) of other household(s)	7	2	3	2	2	-	5	2	2	5	2	5	1
	29%	13%	44%	28%	23%	-	35%	18%	46%	29%	27%	26%	53%
Both of the above	3	2	-	1	2	-	-	2	1	1	2	2	-
	11%	12%	-	14%	23%	-	-	18%	23%	5%	29%	8%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	24	2	2	2	6	5	3	-	4	15	7	6	7	8	1	10	5	6	1
Total	24	2	2	2	6	5	3	-	4	15	7	6	7	8	1	10	5	6	1
	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	15	-	-	1	4	4	2	-	3	9	5	3	6	5	-	6	4	4	1
	61%	-	-	44%	68%	84%	64%	-	75%	63%	70%	47%	88%	68%	-	59%	65%	67%	100%
With member(s) of other household(s)	7	1	1	1	2	-	1	-	1	4	2	3	1	1	1	3	2	1	-
	29%	49%	49%	56%	32%	-	36%	-	25%	26%	30%	53%	12%	11%	100%	32%	35%	19%	-
Both of the above	3	1	1	-	-	1	-	-	-	2	-	-	-	2	-	1	-	1	-
	11%	51%	51%	-	-	16%	-	-	-	11%	-	-	-	22%	-	9%	-	14%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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%

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	
Total	NET: More	About the same	NET: Less	Yes	No
	*a	*b	*c	*a	*b
24	10	10	3	12	8
24	10	10	3	13	8
100%	100%	100%	100%	100%	100%
15	7	6	1	10	4
61%	70%	65%	35%	77%	51%
7	2	4	1	2	3
29%	22%	35%	40%	17%	38%
3	1	-	1	1	1
11%	8%	-	26%	7%	11%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	18	7	11	7	6	5	1	3	-	2	-	1	2	5	4
Total	16	7	10	6	5	5	1	3	-	2	-	1	2	5	4
	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	-	100%	100%	100%	100%
With member(s) of my own household	9	4	5	3	3	2	-	1	-	2	-	1	2	2	2
	53%	56%	51%	54%	67%	40%	-	29%	-	100%	-	100%	100%	35%	47%
With member(s) of other household(s)	7	3	4	3	2	2	-	2	-	-	-	-	-	3	2
	41%	44%	40%	46%	33%	44%	-	71%	-	-	-	-	-	65%	53%
Both of the above	1	-	1	-	-	1	1	-	-	-	-	-	-	-	-
	5%	-	9%	-	-	16%	100%	-	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*a	*b	*c	*d	*e	*f	*g
Unweighted Total	18	4	4	3	3	-	4	11	7	15	1	1	-	-	-	2
Total	16	4	3	3	3	-	4	10	7	14	1	1	-	-	-	2
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	-	-	-	100%
With member(s) of my own household	9	2	2	2	1	-	3	5	4	7	-	1	-	-	-	1
	53%	42%	50%	66%	32%	-	72%	51%	56%	51%	-	100%	-	-	-	49%
With member(s) of other household(s)	7	2	2	1	1	-	1	5	2	6	1	-	-	-	-	1
	41%	58%	50%	34%	35%	-	28%	49%	31%	43%	100%	-	-	-	-	51%
Both of the above	1	-	-	-	1	-	-	-	1	1	-	-	-	-	-	-
	5%	-	-	-	32%	-	-	-	13%	6%	-	-	-	-	-	-



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	18	15	1	1	2	-	3	6	1	2	-	2	1	1	2	3
Total	16	14	1	1	2	-	3	5	1	2	-	2	1	1	2	3
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	-	100%	100%	100%	100%	100%
With member(s) of my own household	9	8	-	-	-	-	2	2	-	1	-	2	-	1	1	2
	53%	58%	-	-	-	-	67%	49%	-	42%	-	100%	-	100%	53%	67%
With member(s) of other household(s)	7	5	1	1	2	-	1	2	1	1	-	-	1	-	1	1
	41%	36%	100%	100%	100%	-	33%	34%	100%	58%	-	-	100%	-	47%	33%
Both of the above	1	1	-	-	-	-	-	1	-	-	-	-	-	-	-	-
	5%	6%	-	-	-	-	-	17%	-	-	-	-	-	-	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	18	6	3	2	1	5	7	2	2	1	4	8	4	11	2	1	14
Total	16	5	2	2	1	5	6	2	2	1	3	7	4	10	2	1	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	9	3	1	1	2	3	2	2	1	1	2	3	1	7	1	-	8
	53%	48%	32%	42%	100%	37%	26%	100%	52%	100%	75%	35%	21%	74%	44%	-	64%
With member(s) of other household(s)	7	2	2	1	-	3	4	-	1	-	1	4	3	2	1	1	4
	41%	35%	68%	58%	-	63%	60%	-	48%	-	25%	53%	79%	18%	56%	100%	29%
Both of the above	1	1	-	-	-	1	1	-	-	-	-	1	-	1	-	-	1
	5%	17%	-	-	-	14%	13%	-	-	-	-	12%	-	9%	-	-	7%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	18	4	10	3	6	1	11	7	2	15	3	15	3
Total	16	3	9	3	5	1	10	6	2	14	3	14	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
With member(s) of my own household	9	3	5	2	5	1	4	5	2	8	1	7	2
	53%	100%	50%	63%	85%	100%	42%	72%	100%	58%	29%	52%	58%
With member(s) of other household(s)	7	-	4	1	1	-	5	2	-	5	2	6	1
	41%	-	40%	37%	15%	-	50%	28%	-	35%	71%	41%	42%
Both of the above	1	-	1	-	-	-	1	-	-	1	-	1	-
	5%	-	10%	-	-	-	9%	-	-	6%	-	6%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	18	2	-	2	2	3	1	-	8	7	9	7	6	5	-	3	9	4	2
Total	16	2	-	2	2	3	1	-	8	6	9	6	5	5	-	3	8	3	2
	100%	100%	-	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
With member(s) of my own household	9	2	-	1	1	1	1	-	4	3	5	3	3	3	-	1	5	2	1
	53%	100%	-	52%	49%	33%	100%	-	47%	43%	52%	51%	47%	63%	-	30%	65%	48%	43%
With member(s) of other household(s)	7	-	-	1	1	2	-	-	3	3	3	3	3	1	-	2	2	2	1
	41%	-	-	48%	51%	67%	-	-	42%	57%	38%	49%	53%	18%	-	70%	25%	52%	57%
Both of the above	1	-	-	-	-	-	-	-	1	-	1	-	-	1	-	-	1	-	-
	5%	-	-	-	-	-	-	-	11%	-	10%	-	-	19%	-	-	10%	-	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
Total	NET: More	About the same	NET: Less	Yes	No
	*a	*b	*c	*a	*b
18	8	6	3	12	5
16	8	5	3	11	5
100%	100%	100%	100%	100%	100%
9	5	1	3	6	3
53%	60%	14%	100%	58%	55%
7	2	5	-	4	2
41%	28%	86%	-	34%	45%
1	1	-	-	1	-
5%	11%	-	-	8%	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		1763	845	910	610	587	566	87	238	176	178	151	164	280	305	184	
Total		1762	855	899	570	584	608	83	229	161	175	156	191	282	299	187	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	213	91	122	88	68	57	6	32	19	23	16	21	36	39	21
			12%	11%	14%	16%	12%	9%	7%	14%	12%	13%	10%	11%	13%	13%	11%
A bit more		(4.0)	478	243	232	167	150	161	25	60	42	46	43	55	79	68	59
			27%	28%	26%	29%	26%	26%	30%	26%	26%	26%	28%	29%	28%	23%	32% h
About the same		(3.0)	537	278	256	147	173	217	30	66	55	52	51	63	69	98	52
			30%	33%	29%	26%	30%	36% ab	36% g	29%	34% g	30%	33%	33%	24%	33% g	28%
A bit less		(2.0)	269	135	133	86	93	90	11	33	26	33	26	25	44	41	28
			15%	16%	15%	15%	16%	15%	14%	15%	16%	19%	17%	13%	16%	14%	15%
A lot less		(1.0)	255	105	148	77	97	81	9	38	17	19	19	26	48	53	26
			14%	12%	16% a	13%	17%	13%	11%	17%	10%	11%	12%	14%	17% c	18% c	14%
Don't know			11	3	8	6	3	2	1	-	2	1	-	-	6	-	1
			1%	*	1%	1%	*	*	1%	-	1%	*	-	-	2% bh	-	*
NET: More			691	334	354	255	218	218	31	91	62	69	59	76	115	107	80
			39%	39%	39%	45% bc	37%	36%	38%	40%	38%	39%	38%	40%	41%	36%	43%
NET: Less			524	240	281	162	190	172	21	71	43	53	45	51	92	94	54
			30%	28%	31%	28%	33%	28%	25%	31%	27%	30%	29%	27%	33%	31%	29%
Base for stats			1751	852	891	564	581	606	82	229	159	174	156	191	276	299	186
Mean Score			3.07	3.09	3.05	3.19 bc	3.00	3.04	3.09	3.06	3.13	3.12	3.07	3.11	3.04	3.00	3.12
Standard Deviation			1.221	1.165	1.273	1.259	1.248	1.152	1.100	1.276	1.146	1.193	1.161	1.186	1.292	1.266	1.211
Standard Error			.029	.040	.042	.051	.052	.048	.119	.083	.087	.090	.094	.093	.078	.072	.089
Error variance			*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	.01	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		1763	143	422	439	232	180	347	1004	759	1507	50	103	59	6	10	228
Total		1762	144	434	427	225	171	361	1004	757	1511	49	102	60	5	9	226
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	213	20	70	50	30	15	28	141	72	175	9	20	6	1	-	35
		12%	14% f	16% efh	12% f	13% f	9% f	8% f	14% fh	10% fh	12% f	18% b	19% a	10% d	18% *e	- *f	16% g
A bit more	(4.0)	478	38	128	122	66	39	85	287	191	407	14	27	21	2	4	67
		27%	26% f	29% efh	28% f	29% f	23% f	24% f	29% fh	25% fh	27% f	28% b	26% a	36% d	37% *e	39% *f	30% g
About the same	(3.0)	537	50	106	118	64	66	132	274	262	468	10	31	18	1	3	63
		30%	35% b	24% b	28% b	29% bcdg	39% bcdg	36% bcdg	27% bcdg	35% bcg	31% b	21% b	30% b	30% b	13% *e	35% *f	28% g
A bit less	(2.0)	269	26	59	71	33	25	55	156	114	231	5	15	6	2	1	28
		15%	18% f	14% efh	17% f	15% f	15% f	15% f	15% fh	15% fh	15% f	10% b	14% a	10% d	31% *e	9% *f	13% g
A lot less	(1.0)	255	10	68	62	31	25	58	140	114	222	10	11	8	-	2	31
		14%	7% a	16% a	14% a	14% a	15% a	16% a	14% a	15% a	15% f	21% b	11% a	14% d	- *e	17% *f	14% g
Don't know		11	-	2	4	1	-	3	7	4	9	1	-	-	-	-	1
		1%	- f	1% efh	1% f	* f	- f	1% f	1% fh	1% fh	1% f	1% b	2% b	- a	- d	- *e	- *f
NET: More		691	58	198	172	96	54	113	427	263	582	22	46	27	3	4	103
		39%	40% efh	46% efh	40% f	43% efh	32% efh	31% efh	43% efh	35% efh	39% f	46% b	45% a	46% d	56% *e	39% *f	45% g a
NET: Less		524	36	128	132	64	50	114	296	228	452	15	25	15	2	3	59
		30%	25% f	29% efh	31% f	29% f	29% f	31% f	29% fh	30% fh	30% f	31% b	25% a	24% d	31% *e	27% *f	26% g
Base for stats		1751	144	431	423	224	171	358	998	754	1502	48	102	60	5	9	225
Mean Score		3.07	3.22 efh	3.17 fh	3.07 f	3.13 f	2.97 f	2.91 f	3.13 fh	2.99 fh	3.06 f	3.11 b	3.29 a	3.18 d	3.43 *e	2.94 *f	3.21 g
Standard Deviation		1.221	1.114	1.303	1.230	1.231	1.148	1.162	1.247	1.182	1.216	1.413	1.234	1.196	1.229	1.145	1.253
Standard Error		.029	.093	.064	.059	.081	.086	.063	.040	.043	.031	.202	.122	.156	.502	.362	.083
Error variance		*	.01	*	*	.01	.01	*	*	*	*	.04	.01	.02	.25	.13	.01

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total		1763	1116	281	255	536	153	114	564	182	58	62	104	121	128	277	267	
Total		1762	1046	326	294	621	150	115	558	184	57	61	98	104	126	308	265	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	213	118	35	49	84	20	23	71	23	10	3	10	17	10	26	43
		12%	11%	11%	17% ab	14%	14%	20% f	13%	13%	18% fij	4%	10%	16% fij	8%	9%	16% fij	
A bit more		(4.0)	478	264	100	95	196	46	36	155	55	15	21	23	30	21	77	81
		27%	25%	31%	32% a	32% a	30% i	31% i	28% i	30% i	25%	34% i	24%	29% i	16%	25%	31% i	
About the same		(3.0)	537	345	98	58	157	32	28	183	55	17	20	25	22	42	112	61
		30%	33% cd	30% c	20%	25%	21%	25%	33% ahk	30%	30%	32%	26%	21%	34% ahk	36% abghk	23%	
A bit less		(2.0)	269	162	54	34	88	29	14	78	32	8	7	16	14	22	50	43
		15%	15%	17%	12%	14%	19%	12%	14%	17%	15%	11%	17%	13%	17%	16%	16%	
A lot less		(1.0)	255	153	38	56	94	23	12	72	18	6	11	24	17	29	43	35
		14%	15%	12%	19% b	15%	15%	11%	13%	10%	10%	18%	24% bcdejk	17%	23% bcdejk	14%	13%	
Don't know			11	4	1	1	2	-	2	-	1	1	-	-	4	3	-	2
		1%	*	*	*	*	-	2% cj	-	*	1% cj	-	-	4% acdijk	2% cj	-	1% c	
NET: More			691	382	135	144	280	66	59	226	78	25	24	33	47	30	103	125
		39%	37%	41%	49% a	45% a	44% ij	51% cgij	41% ij	42% i	43% i	39% i	34%	45% ij	24%	33%	47% gij	
NET: Less			524	315	92	90	182	52	26	149	50	14	18	40	31	51	93	78
		30%	30%	28%	31%	29%	34% b	23%	27%	27%	27%	25%	29%	41% bcdejk	30% bcdejk	40% bcdejk	30%	29%
Base for stats		1751	1041	325	293	618	150	113	558	183	57	61	98	99	124	308	263	
Mean Score		3.07	3.03	3.12	3.16	3.14	3.08	3.38	3.14	3.18	3.26	2.96	2.79	3.16	2.68	2.98	3.21	
							i	fgij	gi	gi	gi			gi		i	gij	
Standard Deviation		1.221	1.204	1.163	1.365	1.262	1.285	1.245	1.193	1.163	1.229	1.171	1.318	1.345	1.229	1.146	1.274	
Standard Error		.029	.036	.070	.086	.055	.104	.118	.050	.086	.163	.149	.129	.125	.110	.069	.078	
Error variance		*	*	*	.01	*	.01	.01	*	.01	.03	.02	.02	.02	.01	*	.01	



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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		1763	401	367	142	28	509	497	249	160	36	409	533	226	999	455	83	1537
Total		1762	395	370	144	27	514	491	252	162	35	414	525	217	997	467	82	1545
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	213 12%	47 12%	58 16%	17 12%	5 19%	75 15%	65 13%	35 14%	22 14%	6 16%	57 14%	71 13%	26 12%	104 10%	65 14% b	18 22% abe	187 12%
A bit more	(4.0)	478 27%	124 31%	104 28%	36 25%	8 29%	140 27%	140 28%	86 34% c	36 22%	8 22%	122 29%	147 28%	40 18%	284 28% a	137 29% a	18 22% a	438 28%
About the same	(3.0)	537 30%	122 31%	102 28%	62 43% abef	7 25%	164 32%	148 30%	73 29%	68 42% abdf	6 19%	140 34%	154 29%	72 33% c	324 33% c	121 26%	19 24%	465 30%
A bit less	(2.0)	269 15%	55 14%	52 14%	18 12%	4 14%	70 14%	74 15%	30 12%	19 12%	7 19%	49 12%	81 15%	33 15%	162 16%	60 13%	15 18%	236 15%
A lot less	(1.0)	255 14%	45 12%	53 14% c	10 7%	3 12%	63 12%	64 13%	26 10%	17 10%	8 24% bce	43 10%	73 14%	43 20% be	119 12%	81 17% b	12 14%	212 14%
Don't know		11 1%	1 *	1 *	1 1%	- -	2 *	- -	2 1%	1 *	- -	3 1%	- -	3 1%	4 *	3 1%	1 1%	8 1%
NET: More		691 39%	171 43%	162 44%	54 37%	13 49%	216 42%	204 42%	122 48% c	58 36%	13 38%	180 43%	218 41%	66 31%	387 39% a	202 43% a	36 43% a	625 40% a
NET: Less		524 30%	101 26%	105 28% c	28 19%	7 26%	133 26%	138 28% e	56 22%	35 22%	15 44% bce	92 22%	153 29% be	76 35% b	281 28%	141 30%	26 32%	448 29%
Base for stats		1751	394	369	144	27	513	491	250	161	35	411	525	214	993	464	81	1537
Mean Score		3.07	3.18	3.17	3.23	3.29	3.18	3.14	3.30 d	3.17	2.86	3.25	3.12	2.88	3.09 a	3.10 a	3.20	3.10 a
Standard Deviation		1.221	1.168	1.265	1.052	1.293	1.208	1.214	1.168	1.130	1.440	1.153	1.230	1.276	1.158	1.295	1.356	1.211
Standard Error		.029	.058	.066	.089	.244	.054	.054	.074	.090	.240	.057	.053	.085	.037	.061	.150	.031
Error variance		*	*	*	.01	.06	*	*	.01	.01	.06	*	*	.01	*	*	.02	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
									NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		1763	304	1178	233	268	55	1206	496	55	1403	360	1463	266
Total		1762	308	1187	221	273	55	1213	491	53	1399	363	1480	251
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	213	48	137	30	32	5	148	60	6	169	44	182	27
		12%	15%	12%	13%	12%	9%	12%	12%	12%	12%	12%	12%	11%
A bit more	(4.0)	478	98	334	40	67	13	355	114	7	388	90	412	64
		27%	32%	28%	18%	25%	25%	29%	23%	13%	28%	25%	28%	26%
								aef						
About the same	(3.0)	537	91	358	74	77	11	378	140	21	410	127	453	74
		30%	30%	30%	33%	28%	20%	31%	28%	40%	29%	35%	31%	30%
										c		a		
A bit less	(2.0)	269	43	182	35	47	11	166	87	4	215	54	225	36
		15%	14%	15%	16%	17%	21%	14%	18%	8%	15%	15%	15%	14%
									d					
A lot less	(1.0)	255	28	172	42	48	12	160	88	13	211	44	203	47
		14%	9%	14%	19%	18%	22%	13%	18%	25%	15%	12%	14%	19%
				a	d				d	d			a	a
Don't know		11	-	5	1	1	2	7	3	1	6	4	5	3
		1%	-	*	*	*	3%	1%	1%	2%	*	1%	*	1%
							bde							
NET: More		691	146	471	70	99	18	503	174	13	557	134	594	91
		39%	47%	40%	32%	36%	33%	41%	35%	25%	40%	37%	40%	36%
			b					aef						
NET: Less		524	71	354	77	95	24	326	175	18	425	98	428	83
		30%	23%	30%	35%	35%	43%	27%	36%	34%	30%	27%	29%	33%
				a	d	d	d		d					
Base for stats		1751	308	1183	221	272	53	1207	489	52	1392	359	1475	248
Mean Score		3.07	3.31	3.07	2.91	2.96	2.76	3.14	2.94	2.77	3.06	3.10	3.10	2.95
			b					abcef						
Standard Deviation		1.221	1.163	1.215	1.280	1.270	1.315	1.197	1.273	1.306	1.233	1.175	1.211	1.263
Standard Error		.029	.067	.035	.084	.078	.181	.035	.057	.178	.033	.062	.032	.078
Error variance		*	*	*	.01	.01	.03	*	*	.03	*	*	*	.01

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		1763	174	229	296	316	255	179	67	247	1096	493	502	557	508	159	327	371	659	367
Total		1762	174	231	289	316	252	179	69	251	1088	499	486	557	522	165	317	363	669	377
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	213	7	12	18	24	33	33	21	65	87	119	67	54	65	24	28	45	62	71
		12%	4%	5%	6%	7%	13%	19%	30%	26%	8%	24%	14%	10%	12%	15%	9%	12%	9%	19%
							abcdi	abcdi	abcdei	abcdei		abcdei	b							abc
A bit more	(4.0)	478	29	36	68	94	86	73	21	69	285	164	119	156	164	36	84	94	191	103
		27%	17%	16%	24%	30%	34%	41%	31%	28%	26%	33%	24%	28%	32%	22%	26%	26%	29%	27%
					b	ab	abci	abcdhi	ab	ab	ab	abci			ad					
About the same	(3.0)	537	57	61	94	106	77	43	20	79	338	142	114	178	169	64	123	115	206	83
		30%	33%	26%	32%	34%	30%	24%	28%	31%	31%	28%	23%	32%	32%	39%	39%	32%	31%	22%
					f									a	a	a	cd	d	d	
A bit less	(2.0)	269	27	50	67	55	27	19	3	21	199	43	80	89	73	21	42	61	117	43
		15%	16%	22%	23%	17%	11%	10%	5%	9%	18%	9%	17%	16%	14%	13%	13%	17%	17%	11%
			ghj	efghj	efghj	efghj					efghj						d	d	d	
A lot less	(1.0)	255	51	70	40	35	30	10	4	15	174	30	100	80	51	20	38	46	92	76
		14%	29%	30%	14%	11%	12%	6%	6%	6%	16%	6%	21%	14%	10%	12%	12%	13%	14%	20%
			cdefghij	cdefghij	fhj	fhj	fhj				dfghj		bcd	c						abc
Don't know		11	2	2	2	2	-	1	-	2	6	3	6	-	-	-	3	2	1	-
		1%	1%	1%	1%	1%	-	*	-	1%	1%	1%	1%	-	-	-	1%	*	*	-
													bc							
NET: More		691	36	49	86	118	119	106	42	134	372	283	185	210	229	60	112	140	253	174
		39%	21%	21%	30%	37%	47%	59%	61%	53%	34%	57%	38%	38%	44%	36%	35%	38%	38%	46%
					ab	ab	abcdi	abcdei	abcdei	abcdi	ab	abcdei			b					abc
NET: Less		524	78	120	107	90	56	29	8	37	373	73	180	169	124	41	80	107	209	120
		30%	45%	52%	37%	28%	22%	16%	11%	15%	34%	15%	37%	30%	24%	25%	25%	30%	31%	32%
			defghij	cdefghij	defghj	fghj	ghj				efghj		bcd	c						
Base for stats		1751	172	230	287	313	252	178	69	250	1082	497	480	557	522	165	314	361	669	377
Mean Score		3.07	2.50	2.44	2.85	3.05	3.26	3.57	3.74	3.59	2.92	3.60	2.94	3.03	3.23	3.14	3.07	3.09	3.02	3.13
					ab	abc	abcdi	abcdei	abcdei	abcdei	ab	abcdei			ab					
Standard Deviation		1.221	1.201	1.224	1.123	1.105	1.176	1.082	1.134	1.141	1.186	1.118	1.343	1.186	1.135	1.184	1.115	1.198	1.178	1.393
Standard Error		.029	.092	.081	.066	.062	.074	.081	.138	.073	.036	.051	.060	.050	.050	.094	.062	.062	.046	.073
Error variance		*	.01	.01	*	*	.01	.01	.02	.01	*	*	*	*	*	.01	*	*	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			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		1763	637	524	578	916	516
Total		1762	633	527	581	900	514
		100%	100%	100%	100%	100%	100%
A lot more	(5.0)	213 12%	186 29% bc	8 1%	19 3%	143 16% b	46 9%
A bit more	(4.0)	478 27%	341 54% bc	78 15% c	57 10%	272 30% b	129 25%
About the same	(3.0)	537 30%	65 10%	390 74% ac	79 14%	212 24%	204 40% a
A bit less	(2.0)	269 15%	25 4%	40 8% a	200 34% ab	139 15%	70 14%
A lot less	(1.0)	255 14%	15 2%	10 2%	226 39% ab	130 14%	62 12%
Don't know		11 1%	2 *	1 *	1 *	4 *	3 1%
NET: More		691 39%	527 83% bc	86 16%	75 13%	415 46% b	175 34%
NET: Less		524 30%	39 6%	50 10% a	425 73% ab	269 30%	131 26%
Base for stats		1751	632	526	580	896	510
Mean Score		3.07	4.04 bc	3.06 c	2.04	3.18	3.05
Standard Deviation		1.221	.874	.598	1.099	1.284	1.110
Standard Error		.029	.035	.026	.046	.043	.049
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X. SUMMARY: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

Total	Increased a lot	Increased a bit	Stayed the same	Decreased a bit	Decreased a lot	Don't know	I wasn't doing this activity last year	NET: Increased	NET: Decreased
349 100%	90 26%	119 34%	76 22%	34 10%	24 7%	1 *	6 2%	209 60%	57 16%
394 100%	84 21%	146 37%	89 23%	39 10%	32 8%	2 1%	2 1%	230 58%	71 18%
240 100%	54 22%	84 35%	62 26%	21 9%	18 8%	1 *	- -	138 57%	39 16%
116 100%	17 15%	48 41%	23 19%	23 20%	4 4%	- -	1 1%	65 56%	27 24%
139 100%	30 22%	39 28%	35 25%	11 8%	18 13%	3 2%	3 2%	69 50%	29 21%
40 100%	10 25%	10 24%	8 21%	7 18%	4 9%	- -	1 3%	20 49%	11 27%
45 100%	9 19%	13 29%	9 19%	7 17%	4 9%	1 3%	2 4%	22 48%	11 26%
313 100%	68 22%	82 26%	96 31%	35 11%	21 7%	1 *	9 3%	150 48%	56 18%
55 100%	12 22%	14 25%	12 22%	6 12%	5 10%	3 5%	2 4%	26 48%	12 22%
63 100%	7 12%	23 36%	17 26%	8 12%	6 10%	2 3%	1 2%	30 47%	14 22%
178 100%	27 15%	56 31%	47 26%	30 17%	15 8%	1 1%	3 2%	82 46%	45 25%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X. SUMMARY: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

	Total	Increased a lot	Increased a bit	Stayed the same	Decreased a bit	Decreased a lot	Don't know	I wasn't doing this activity last year	NET: Increased
Water sports (such as surfing, rowing, sailing etc.)	37	10	6	8	6	5	-	2	16
	100%	28%	16%	23%	16%	13%	-	5%	44%
Other sport, exercise or physical activity	66	14	13	20	14	4	1	1	27
	100%	21%	19%	30%	21%	6%	1%	1%	41%
Swimming	71	9	20	20	9	11	1	2	29
	100%	13%	28%	28%	13%	15%	1%	3%	40%
Walking (either for leisure or travel)	1259	183	315	414	217	120	3	7	498
	100%	15%	25%	33%	17%	10%	*	1%	40%
Golf	35	3	9	9	8	4	1	-	13
	100%	9%	27%	25%	24%	12%	2%	-	37%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.1. Walking (either for leisure or travel): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		1241	610	626	347	392	502	62	175	133	124	106	131	167	206	137
Total		1259	632	622	331	388	541	59	168	123	124	112	154	174	205	140
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	183	80	102	70	63	51	9	30	14	24	9	18	32	26	21
		15%	13%	16%	21% c	16% c	9%	14%	18% e	11%	20% e	8%	11%	18% e	13%	15%
Increased a bit	(4.0)	315	134	178	106	95	114	15	41	33	29	35	36	37	50	41
		25%	21%	29% a	32% bc	25%	21%	25%	24%	27%	23%	31%	23%	21%	24%	29%
Stayed the same	(3.0)	414	253	160	66	124	223	22	47	48	43	33	59	52	69	40
		33%	40% b	26%	20%	32% a	41% ab	37%	28%	39% b	35%	30%	38%	30%	34%	29%
Decreased a bit	(2.0)	217	115	102	46	62	109	8	27	23	22	22	24	32	31	27
		17%	18%	16%	14%	16%	20% a	13%	16%	19%	18%	20%	16%	18%	15%	19%
Decreased a lot	(1.0)	120	46	74	37	41	41	6	22	3	5	12	17	17	27	11
		10%	7% a	12% a	11%	11%	8%	11% c	13% cd	3%	4%	10% c	11% cd	10% cd	13% cd	8%
Don't know		3	-	3	3	-	-	-	-	-	-	-	-	2	1	-
		*	-	1%	1% c	-	-	-	-	-	-	-	-	1%	*	-
I wasn't doing this activity last year		7	4	3	2	2	3	-	1	1	1	-	1	2	1	-
		1%	1%	*	1%	1%	1%	-	1%	1%	1%	-	1%	1%	1%	-
NET: Increased		498	214	280	175	158	165	23	71	47	53	45	53	68	76	62
		40%	34%	45% a	53% bc	41% c	30%	39%	42%	38%	43%	40%	34%	39%	37%	44%
NET: Decreased		337	161	176	83	104	150	14	49	27	27	34	41	49	58	38
		27%	26%	28%	25%	27%	28%	24%	29%	22%	22%	30%	27%	28%	28%	27%
Base for stats		1249	628	616	325	386	538	59	167	122	123	112	153	169	203	140
Mean Score		3.18	3.14	3.22	3.38 bc	3.20 c	3.05	3.20	3.18	3.25	3.37 efh	3.08	3.08	3.20	3.09	3.24
Standard Deviation		1.169	1.087	1.247	1.282	1.205	1.047	1.167	1.279	.988	1.110	1.125	1.136	1.237	1.206	1.156
Standard Error		.033	.044	.050	.069	.061	.047	.148	.097	.086	.100	.109	.100	.097	.084	.099
Error variance		*	*	*	*	*	*	.02	.01	.01	.01	.01	.01	.01	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.1. Walking (either for leisure or travel): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		1241	79	296	310	159	123	274	685	556	1110	35	48	32	3	1	119
Total		1259	83	306	306	156	117	291	695	565	1127	35	49	34	3	1	121
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	183	13	60	41	28	16	26	113	70	159	8	10	4	1	-	23
		15%	15%	20% cfh	13%	18% f	14%	9%	16% f	12%	14%	23%	20%	13%	33%	-	19%
Increased a bit	(4.0)	315	24	86	85	35	34	51	194	121	275	9	18	9	-	-	35
		25%	29% f	28% fh	28% fh	23% f	29% f	18% fh	28% fh	21%	24%	25%	37% a	25%	-	-	29%
Stayed the same	(3.0)	414	27	81	97	44	34	131	205	209	377	9	13	10	1	-	34
		33%	33%	26%	32%	28%	29%	45% bcdegh	30% bdg	37%	33%	27%	27%	29%	38%	-	28%
Decreased a bit	(2.0)	217	14	45	51	38	19	51	110	107	203	3	4	5	-	-	12
		17%	16%	15%	17%	24% bg	16%	18%	16%	19%	18% g	8%	8%	16%	-	-	10%
Decreased a lot	(1.0)	120	5	29	28	12	15	31	63	57	104	6	3	6	1	1	16
		10%	6%	10%	9%	8%	12%	10%	9%	10%	9%	17%	6%	17%	29%	100%	13%
Don't know		3	1	2	-	-	-	-	3	-	2	-	1	-	-	-	1
		*	1% h	1% h	-	-	-	-	* *	-	* *	-	3% a	-	-	-	1%
I wasn't doing this activity last year		7	-	3	3	-	-	1	6	1	7	-	-	-	-	-	-
		1%	-	1%	1%	-	-	* *	1% *	* *	1% *	-	-	-	-	-	-
NET: Increased		498	36	145	126	63	50	77	307	191	434	16	28	13	1	-	58
		40%	44% f	47% fh	41% fh	40% f	43% f	27%	44% fh	34% f	39% a	48% a	57% a	38% a	33% a	-	48% a
NET: Decreased		337	19	75	79	49	33	82	173	164	307	9	6	11	1	1	28
		27%	23% c	24% c	26% c	32% c	28% c	28% c	25% c	29% c	27% c	25% c	13% c	33% c	29% c	100% c	23% c
Base for stats		1249	82	301	302	156	117	290	685	563	1118	35	47	34	3	1	120
Mean Score		3.18	3.30 f	3.34 fh	3.19 f	3.19 f	3.16	2.97	3.27 fh	3.07	3.16	3.28	3.59 ad	3.02	3.09	1.00	3.31
Standard Deviation		1.169	1.113	1.229	1.154	1.207	1.219	1.066	1.183	1.142	1.159	1.387	1.086	1.283	1.920	-	1.273
Standard Error		.033	.126	.072	.066	.096	.110	.064	.046	.048	.035	.234	.158	.227	1.109	-	.117
Error variance		*	.02	.01	*	.01	.01	*	*	*	*	.05	.03	.05	1.23	-	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.1. Walking (either for leisure or travel): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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	
1241	847	180	167	347	104	75	386	130	32	42	72	65	89	246	179	
1259	811	211	194	406	102	76	384	134	32	41	70	57	89	273	178	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
183	96	39	41	81	16	18	74	20	7	1	8	10	5	24	34	
15%	12%	19%	21%	20%	16%	24%	19%	15%	22%	2%	11%	17%	6%	9%	19%	
		a	a	a	fij	fgij	fij	fi	fij			fi			fij	
315	201	45	55	99	30	21	93	48	5	15	17	21	12	54	51	
25%	25%	21%	28%	24%	29%	28%	24%	36%	15%	35%	24%	37%	14%	20%	29%	
					i	i	i	ceij		ij		ceij			ij	
414	295	64	44	108	22	20	132	33	15	12	17	12	31	118	42	
33%	36%	30%	23%	27%	22%	26%	34%	25%	46%	30%	24%	22%	35%	43%	24%	
		cd					adhk		abdg hk				ak	abcdghk		
217	143	43	25	68	22	8	53	22	3	6	14	8	20	61	30	
17%	18%	20%	13%	17%	22%	11%	14%	16%	9%	14%	20%	14%	23%	22%	17%	
					c								bc	bc		
120	71	17	28	45	11	9	29	9	1	7	15	6	18	16	19	
10%	9%	8%	14%	11%	10%	12%	7%	6%	4%	18%	21%	10%	20%	6%	11%	
			a							cdj	acdejk		cdejk			
3	1	2	-	2	1	-	1	1	-	-	-	-	-	-	1	
*	*	1%	-	1%	1%	-	*	1%	-	-	-	-	-	-	1%	
		a														
7	4	1	1	2	-	-	4	-	1	-	-	-	2	-	-	
1%	*	1%	1%	1%	-	-	1%	-	4%	-	-	-	3%	-	-	
									djk				jk			
498	297	84	96	180	46	39	166	69	12	15	24	31	18	78	85	
40%	37%	40%	49%	44%	45%	52%	43%	51%	37%	37%	34%	54%	20%	29%	48%	
			a	a	ij	gij	ij	gij	i	i	i	gij			ij	
337	214	60	53	113	33	17	81	31	4	13	29	14	38	77	50	
27%	26%	29%	27%	28%	32%	22%	21%	23%	13%	32%	42%	25%	43%	28%	28%	
					ce						bcdehjk		bcdehjk	c		
1249	807	208	193	401	101	76	380	133	31	41	70	57	87	273	177	
3.18	3.13	3.22	3.30	3.26	3.19	3.41	3.34	3.37	3.45	2.89	2.82	3.35	2.62	3.03	3.29	
					i	fgij	fgij	fgij	fgij			gij		i	gij	
1.169	1.113	1.209	1.328	1.267	1.248	1.282	1.160	1.130	1.088	1.148	1.309	1.222	1.144	1.007	1.264	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.1. Walking (either for leisure or travel): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

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

Significance Level: 95%

Unweighted Total

Total

Standard Error

Error variance

	Children aged 15 or under in the household				Current employment status										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
1241	847	180	167	347	104	75	386	130	32	42	72	65	89	246	179
1259	811	211	194	406	102	76	384	134	32	41	70	57	89	273	178
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
.033	.038	.091	.103	.068	.123	.148	.059	.099	.195	.177	.154	.152	.123	.064	.095
*	*	.01	.01	*	.02	.02	*	.01	.04	.03	.02	.02	.02	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.1. Walking (either for leisure or travel): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		1241	283	263	83	10	346	293	366	154	106	17	260	383	174	743	278	46	1067
Total		1259	279	269	86	10	355	288	361	159	110	17	269	378	170	749	292	48	1089
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	183	48	57	10	3	67	51	70	31	14	4	45	74	21	94	58	10	162
		15%	17%	21%	12%	32%	19%	18%	19%	19%	12%	22%	17%	20%	12%	13%	20% ab	21%	15%
Increased a bit	(4.0)	315	84	62	26	5	87	89	101	46	22	6	68	107	34	180	88	13	281
		25%	30%	23%	30%	49%	25%	31% b	28%	29%	20%	33%	25%	28%	20%	24%	30% a	27%	26%
Stayed the same	(3.0)	414	87	84	30	-	113	87	113	39	48	3	87	116	63	259	80	12	351
		33%	31%	31%	35%	-	32%	30%	31%	25%	43% abef	19%	32%	31%	37% c	35% c	27%	26%	32%
Decreased a bit	(2.0)	217	38	38	11	1	49	39	50	20	18	1	39	51	32	142	35	8	185
		17%	14%	14%	13%	9%	14%	14%	14%	13%	17%	8%	14%	14%	19% c	19% c	12%	17%	17% c
Decreased a lot	(1.0)	120	18	26	8	1	33	19	23	20	8	3	28	26	19	67	30	4	101
		10%	6%	10%	9%	10%	9%	7%	6%	13% af	7%	18%	11%	7%	11%	9%	10%	9%	9%
Don't know		3	-	1	1	-	2	-	-	1	1	-	2	-	-	3	-	-	3
		*	-	*	1% af	-	1%	-	-	*	1% af	-	1%	-	-	*	-	-	*
I wasn't doing this activity last year		7	3	2	-	-	2	3	4	1	-	-	1	4	1	4	2	-	6
		1%	1%	1%	-	-	1%	1%	1%	1%	-	-	*	1%	1%	1%	1%	-	1%
NET: Increased		498	132	118	36	8	155	140	171	77	35	9	112	181	55	275	145	23	443
		40%	47%	44%	42%	81%	44%	49%	47% c	49% c	32%	55%	42%	48% c	33%	37%	50% abe	48%	41% a
NET: Decreased		337	56	64	19	2	83	58	73	41	26	4	67	78	51	209	65	13	286
		27%	20%	24%	22%	19%	23%	20%	20%	26%	24%	26%	25%	21%	30%	28%	22%	26%	26%
Base for stats		1249	276	266	85	10	351	285	357	157	109	17	266	374	169	742	290	48	1080
Mean Score		3.18	3.39	3.32	3.24	3.84	3.30	3.40	3.41 c	3.30	3.14	3.33	3.23	3.40 c	3.04	3.13	3.37 abe	3.33	3.20
Standard Deviation		1.169	1.123	1.233	1.114	1.320	1.204	1.130	1.144	1.285	1.073	1.420	1.203	1.156	1.158	1.135	1.223	1.254	1.169
Standard Error		.033	.067	.076	.123	.417	.065	.066	.060	.104	.105	.345	.075	.059	.088	.042	.074	.185	.036
Error variance		*	*	.01	.02	.17	*	*	*	.01	.01	.12	.01	*	.01	*	.01	.03	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.1. Walking (either for leisure or travel): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		1241	165	878	150	193	22	884	323	40	983	258	1054	177	
Total		1259	168	898	144	201	24	899	327	39	994	265	1081	169	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Increased a lot		(5.0)	183	29	133	24	21	2	135	45	3	149	34	158	23
			15%	17%	15%	17%	11%	8%	15%	14%	7%	15%	13%	15%	14%
Increased a bit		(4.0)	315	54	220	26	37	7	243	65	4	253	62	272	37
			25%	32%	25%	18%	18%	28%	27%	20%	11%	25%	23%	25%	22%
				b				abef							
Stayed the same		(3.0)	414	38	306	39	57	7	309	93	9	318	95	357	55
			33%	22%	34%	27%	28%	30%	34%	29%	23%	32%	36%	33%	33%
				a											
Decreased a bit		(2.0)	217	24	157	28	42	4	148	64	9	166	52	187	29
			17%	14%	17%	20%	21%	19%	16%	20%	24%	17%	19%	17%	17%
Decreased a lot		(1.0)	120	20	76	24	43	4	57	56	13	101	19	98	21
			10%	12%	8%	16%	21%	15%	6%	17%	32%	10%	7%	9%	13%
				d		d			d	ade					
Don't know		3	2	1	1	-	-	2	1	-	3	-	2	1	
		*	1%	*	1%	-	-	*	*	-	*	-	*	1%	
			b												
I wasn't doing this activity last year		7	1	5	2	1	-	5	2	1	4	3	6	1	
		1%	1%	1%	2%	1%	-	1%	1%	3%	*	1%	1%	1%	
NET: Increased		498	82	354	50	58	9	378	110	7	402	97	430	61	
		40%	49%	39%	35%	29%	37%	42%	34%	18%	40%	36%	40%	36%	
			b		f		bef								
NET: Decreased		337	45	233	52	85	8	205	121	22	267	70	285	50	
		27%	27%	26%	36%	42%	34%	23%	37%	56%	27%	27%	26%	30%	
			d		d			d	ade						
Base for stats		1249	165	892	141	200	24	892	324	38	987	262	1073	166	
Mean Score		3.18	3.28	3.20	2.99	2.76	2.96	3.28	2.93	2.35	3.18	3.16	3.19	3.08	
					f		abef	f							
Standard Deviation		1.169	1.265	1.149	1.328	1.276	1.212	1.105	1.284	1.268	1.185	1.106	1.160	1.214	
Standard Error		.033	.099	.039	.109	.092	.258	.037	.072	.203	.038	.069	.036	.092	
Error variance		*	.01	*	.01	.01	.07	*	.01	.04	*	*	*	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.1. Walking (either for leisure or travel): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

	Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
1241	133	152	199	209	172	130	50	196	732	376	350	395	374	105	223	238	499	259
1259	136	154	198	212	173	134	53	201	736	387	344	400	388	112	219	235	514	268
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
183	15	6	14	21	31	27	11	57	73	95	60	45	58	19	27	34	62	54
15%	11%	4%	7%	10%	18%	20%	20%	28%	10%	25%	17%	11%	15%	17%	12%	15%	12%	20%
	b			b	bcdi	abcdi	bcdi	abcdei	b	abcdi	b							ac
315	19	17	48	66	50	49	17	49	181	115	80	103	107	23	57	66	136	50
25%	14%	11%	24%	31%	29%	37%	32%	24%	25%	30%	23%	26%	28%	21%	26%	28%	27%	19%
			ab	ab	ab	abchi	ab	ab	ab	ab						d	d	
414	41	51	70	68	55	39	21	69	243	129	82	128	146	48	97	71	168	74
33%	30%	33%	35%	32%	32%	29%	41%	34%	33%	33%	24%	32%	38%	43%	44%	30%	33%	28%
												a	a	ab	bcd			
217	29	47	47	44	24	7	2	18	162	27	72	78	52	12	21	46	99	48
17%	21%	31%	24%	21%	14%	5%	4%	9%	22%	7%	21%	20%	13%	11%	10%	20%	19%	18%
	fghj	defghij	efghj	fghj	fj				efghj		cd	cd				a	a	a
120	32	32	18	11	13	6	-	8	74	14	48	40	22	8	17	14	46	40
10%	23%	21%	9%	5%	7%	5%	-	4%	10%	4%	14%	10%	6%	7%	8%	6%	9%	15%
	cdefghij	cdefghij	ghj		g				dghj		c	c						abc
3	-	-	-	2	-	1	-	-	2	1	-	1	1	1	-	2	1	-
*	-	-	-	1%	-	1%	-	-	*	*	-	*	*	1%	-	1%	*	-
7	-	1	-	-	-	4	1	1	1	6	2	4	1	-	-	3	2	2
1%	-	1%	-	-	-	3%	2%	1%	*	2%	1%	1%	*	-	-	1%	*	1%
						cdei	cdei			i								
498	34	23	62	87	81	77	28	106	254	210	139	148	165	43	84	100	198	104
40%	25%	15%	31%	41%	47%	57%	52%	53%	34%	54%	41%	37%	43%	38%	38%	43%	38%	39%
	b		b	abc	abci	abcdei	abci	abcdei	ab	abcdei								
337	60	79	65	55	37	13	2	26	236	41	120	118	75	19	39	60	145	88
27%	44%	51%	33%	26%	21%	10%	4%	13%	32%	11%	35%	30%	19%	17%	18%	25%	28%	33%
	cdefghij	cdefghij	efghj	fghj	fghj				efghj		cd	cd				a	a	a
1249	136	153	198	210	173	129	51	200	733	380	342	395	386	111	219	231	510	266
3.18	2.69	2.47	2.96	3.20	3.36	3.65	3.70	3.65	3.02	3.66	3.09	3.09	3.33	3.32	3.25	3.27	3.13	3.11
			ab	abci	abci	abcdei	abcdei	abcdei	ab	abcdei			ab					
1.169	1.284	1.069	1.068	1.049	1.151	1.030	.857	1.105	1.126	1.047	1.302	1.150	1.068	1.097	1.055	1.120	1.136	1.334
.033	.111	.087	.076	.073	.088	.092	.122	.079	.042	.055	.070	.058	.055	.108	.071	.073	.051	.083
*	.01	.01	.01	.01	.01	.01	.01	.01	*	*	*	*	*	.01	*	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.1. Walking (either for leisure or travel): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		1241	425	373	436	638	339	
Total		1259	428	381	443	634	344	
		100%	100%	100%	100%	100%	100%	
Increased a lot		(5.0)	183	141	19	24	123	40
			15%	33%	5%	5%	19%	12%
				bc			b	
Increased a bit		(4.0)	315	188	65	60	176	84
			25%	44%	17%	14%	28%	24%
				bc				
Stayed the same		(3.0)	414	62	238	111	163	140
			33%	15%	62%	25%	26%	41%
					ac		a	a
Decreased a bit		(2.0)	217	21	41	154	103	51
			17%	5%	11%	35%	16%	15%
					a		ab	
Decreased a lot		(1.0)	120	12	14	93	64	25
			10%	3%	4%	21%	10%	7%
					ab			
Don't know			3	1	1	1	1	1
			*	*	*	*	*	*
I wasn't doing this activity last year			7	3	3	1	4	3
			1%	1%	1%	*	1%	1%
NET: Increased			498	329	84	84	298	123
			40%	77%	22%	19%	47%	36%
				bc			b	
NET: Decreased			337	33	55	246	167	77
			27%	8%	14%	56%	26%	22%
					a		ab	
Base for stats			1249	424	377	440	629	340
Mean Score			3.18	4.00	3.09	2.47	3.30	3.18
				bc	c			
Standard Deviation			1.169	.966	.791	1.125	1.243	1.065
Standard Error			.033	.047	.041	.054	.049	.058
Error variance			*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.2. Cycling (either for leisure or travel): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		238	143	94	91	90	57	16	35	15	15	18	24	44	42	29	
Total		240	142	97	88	92	61	15	35	13	15	18	28	45	42	29	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Increased a lot	(5.0)	54	27	27	29	17	9	1	8	4	4	-	7	13	10	8	
		22%	19%	28%	33% bc	18%	14%	6%	23%	28%	27%	-	25%	28%	23%	27%	
Increased a bit	(4.0)	84	44	39	30	33	21	8	11	5	5	9	8	16	15	7	
		35%	31%	40%	34%	36%	35%	51%	31%	35%	36%	52%	29%	36%	36%	23%	
Stayed the same	(3.0)	62	42	20	15	26	21	5	11	2	2	6	9	8	9	11	
		26%	30%	21%	17%	28%	35% a	33%	33%	17%	14%	32%	31%	17%	20%	39%	
Decreased a bit	(2.0)	21	17	4	6	8	7	2	1	1	4	2	1	4	5	2	
		9%	12%	5%	7%	9%	11%	11%	2%	6%	24%	11%	4%	9%	12%	8%	
Decreased a lot	(1.0)	18	11	7	7	8	3	-	4	1	-	1	3	4	4	1	
		8%	8%	7%	8%	8%	5%	-	12%	8%	-	5%	12%	10%	8%	3%	
Don't know	*	1	1	-	1	-	-	-	-	1	-	-	-	-	-	-	
		*	1%	-	1%	-	-	-	-	-	5%	-	-	-	-	-	
I wasn't doing this activity last year		-	-	-	-	-	-	-	-	-	-	-	-	-	-		
		-	-	-	-	-	-	-	-	-	-	-	-	-	-		
NET: Increased		138	71	65	58	50	30	8	19	8	9	9	15	29	25	14	
		57%	50%	67% a	66% c	54%	49%	56%	54%	63%	62%	52%	53%	64%	60%	50%	
NET: Decreased		39	28	11	14	16	10	2	5	2	4	3	5	8	8	3	
		16%	20%	12%	16%	17%	16%	11%	14%	14%	24%	16%	16%	19%	20%	11%	
Base for stats		240	141	97	87	92	61	15	35	13	15	18	28	45	42	29	
Mean Score		3.56	3.42	3.76 a	3.76	3.46	3.42	3.51	3.51	3.72	3.65	3.31	3.50	3.65	3.54	3.63	
Standard Deviation		1.154	1.160	1.125	1.229	1.145	1.030	.785	1.227	1.254	1.154	.880	1.263	1.259	1.216	1.072	
Standard Error		.075	.097	.116	.130	.121	.136	.196	.207	.335	.298	.207	.258	.190	.188	.199	
Error variance		.01	.01	.01	.02	.01	.02	.04	.04	.11	.09	.04	.07	.04	.04	.04	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.2. Cycling (either for leisure or travel): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		238	26	82	53	27	19	31	161	77	193	9	21	9	2	1	42
Total		240	28	85	51	25	19	33	164	76	195	9	22	8	2	1	42
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	54	1	24	12	6	7	5	36	18	42	2	4	4	-	1	11
		22%	3%	28%	23%	22%	36%	16%	22%	23%	22%	18%	20%	45%	-	100%	26%
Increased a bit	(4.0)	84	12	27	19	10	7	9	58	26	65	3	14	1	-	-	18
		35%	44%	32%	37%	39%	38%	27%	35%	34%	33%	37%	64%	9%	-	-	43%
Stayed the same	(3.0)	62	10	20	12	6	3	12	42	21	54	2	2	3	1	-	9
		26%	36%	23%	24%	24%	15%	36%	26%	27%	28%	23%	11%	35%	62%	-	20%
Decreased a bit	(2.0)	21	3	7	5	2	1	3	16	6	17	2	1	-	1	-	4
		9%	11%	9%	10%	6%	6%	9%	10%	7%	8%	22%	5%	-	38%	-	9%
Decreased a lot	(1.0)	18	1	8	3	2	1	3	12	7	17	-	-	1	-	-	1
		8%	4%	9%	6%	8%	6%	11%	7%	9%	9%	-	-	10%	-	-	2%
Don't know		1	1	-	-	-	-	-	1	-	1	-	-	-	-	-	-
		*	3%	-	-	-	-	-	*	-	*	-	-	-	-	-	-
I wasn't doing this activity last year		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Increased		138	13	51	31	15	14	14	94	44	107	5	18	5	-	1	29
		57%	47%	59%	60%	62%	74%	44%	57%	57%	55%	55%	84%	54%	-	100%	69%
NET: Decreased		39	4	15	8	4	2	7	27	12	34	2	1	1	1	-	5
		16%	15%	18%	16%	14%	11%	20%	17%	16%	17%	22%	5%	10%	38%	-	11%
Base for stats		240	27	85	51	25	19	33	163	76	195	9	22	8	2	1	42
Mean Score		3.56	3.33	3.60	3.62	3.61	3.93	3.30	3.56	3.56	3.50	3.51	3.99	3.79	2.62	5.00	3.82
Standard Deviation		1.154	.881	1.235	1.119	1.161	1.138	1.185	1.146	1.179	1.179	1.085	.730	1.387	.714	*	1.001
Standard Error		.075	.176	.136	.154	.223	.261	.213	.091	.134	.085	.362	.159	.462	.505	*	.154
Error variance		.01	.03	.02	.02	.05	.07	.05	.01	.02	.01	.13	.03	.21	.25	*	.02



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.2. Cycling (either for leisure or travel): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

	Children aged 15 or under in the household				Current employment status												
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed												
	a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k		
238	127	46	47	93	17	24	97	21	10	9	15	15	6	24	41		
240	115	54	55	109	17	24	100	22	10	9	14	13	5	26	41		
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
54	23	13	13	25	3	8	19	4	3	2	3	6	2	4	11		
22%	20%	24%	23%	23%	17%	35%	19%	18%	35%	23%	19%	43%	29%	14%	28%		
84	38	16	25	41	10	7	33	9	3	4	7	4	1	7	17		
35%	33%	29%	45%	37%	61%	29%	33%	39%	31%	43%	47%	30%	16%	26%	42%		
62	33	19	7	27	3	5	27	7	2	2	3	2	-	11	8		
26%	29%	36%	13%	24%	17%	20%	27%	33%	22%	25%	23%	15%	-	42%	19%		
	c	c															
21	13	4	3	7	1	3	11	1	-	1	1	1	1	2	4		
9%	12%	7%	6%	7%	5%	13%	11%	5%	-	9%	6%	6%	15%	9%	10%		
18	8	2	7	9	-	1	10	1	1	-	1	-	2	2	1		
8%	7%	5%	13%	9%	-	4%	10%	5%	12%	-	6%	-	39%	8%	2%		
1	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-		
*	1%	-	-	-	-	-	-	-	-	-	-	6%	-	-	-		
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
138	60	29	38	66	13	15	52	13	6	6	9	10	3	11	29		
57%	53%	53%	68%	61%	78%	64%	52%	57%	66%	66%	66%	73%	46%	41%	70%		
39	21	6	10	17	1	4	21	2	1	1	2	1	3	4	5		
16%	18%	11%	19%	15%	5%	16%	21%	10%	12%	9%	11%	6%	54%	17%	12%		
240	114	54	55	109	17	24	100	22	10	9	14	12	5	26	41		
3.56	3.48	3.61	3.59	3.60	3.91	3.78	3.41	3.60	3.77	3.80	3.68	4.17	2.82	3.30	3.83		
1.154	1.135	1.069	1.267	1.168	.753	1.182	1.204	1.029	1.330	.953	1.068	.951	1.921	1.106	1.017		
.075	.101	.158	.185	.121	.183	.241	.122	.225	.421	.318	.276	.254	.784	.226	.159		
.01	.01	.02	.03	.01	.03	.06	.01	.05	.18	.10	.08	.06	.61	.05	.03		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.2. Cycling (either for leisure or travel): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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
Significance Level: 95%	Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total	238	68	68	17	5	85	73	81	46	26	6	72	87	25	129	73	11	213
Total	240	69	71	17	5	87	74	81	49	26	6	75	88	22	129	78	11	218
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	54	17	15	3	2	18	17	13	6	1	19	18	6	25	17	6	48
	22%	24%	21%	18%	44%	21%	26%	21%	27%	22%	19%	25%	21%	27%	20%	22%	53%	22%
Increased a bit	(4.0)	84	23	25	6	2	30	30	13	9	3	22	33	8	43	32	1	76
	35%	33%	35%	34%	33%	35%	33%	37%	27%	34%	49%	29%	38%	36%	33%	40%	11%	35%
Stayed the same	(3.0)	62	22	16	4	1	20	23	14	4	1	18	24	7	39	15	2	56
	26%	31%	22%	25%	24%	23%	31%	28%	29%	16%	20%	25%	28%	30%	30%	20%	16%	26%
Decreased a bit	(2.0)	21	3	7	3	-	10	5	4	5	1	9	5	2	13	5	1	20
	9%	5%	10%	18%	-	12%	4%	6%	8%	20%	11%	12%	6%	8%	10%	7%	10%	9%
Decreased a lot	(1.0)	18	4	8	1	-	9	6	5	2	-	7	6	-	9	8	1	18
	8%	6%	11%	5%	-	10%	6%	8%	10%	8%	-	9%	7%	-	7%	11%	11%	8%
Don't know	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	1
	*	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1%	-	*
I wasn't doing this activity last year	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Increased	138	40	40	9	4	49	44	47	26	14	4	41	52	14	68	49	7	124
	57%	57%	56%	52%	76%	56%	59%	58%	53%	56%	68%	54%	59%	63%	53%	62%	64%	57%
NET: Decreased	39	8	15	4	-	19	8	11	9	7	1	16	12	2	22	14	2	38
	16%	11%	21%	23%	-	22%	10%	13%	18%	27%	11%	21%	13%	8%	17%	17%	21%	17%
Base for stats	240	69	71	17	5	87	74	81	49	26	6	75	88	22	129	78	11	217
Mean Score	3.56	3.64	3.46	3.42	4.20	3.45	3.68	3.58	3.53	3.43	3.76	3.49	3.60	3.82	3.49	3.56	3.85	3.53
Standard Deviation	1.154	1.101	1.248	1.167	.882	1.227	1.092	1.121	1.246	1.271	.971	1.247	1.107	.935	1.122	1.218	1.489	1.173
Standard Error	.075	.134	.151	.283	.394	.133	.128	.125	.184	.249	.396	.147	.119	.187	.099	.144	.449	.081
Error variance	.01	.02	.02	.08	.16	.02	.02	.02	.03	.06	.16	.02	.01	.03	.01	.02	.20	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.2. Cycling (either for leisure or travel): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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%		a	b	a	*b	*c	d	e	*f	a	b	a	*b
Unweighted Total		238	158	32	24	9	175	57	6	192	46	210	26
Total		240	161	33	25	9	176	58	6	195	46	214	25
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	54	30	10	4	1	36	14	-	48	6	48	6
		22%	18%	29%	15%	11%	20%	25%	-	25%	12%	22%	22%
Increased a bit	(4.0)	84	60	5	8	2	69	13	2	65	19	74	9
		35%	37%	15%	31%	24%	39%	22%	30%	33%	42%	34%	38%
Stayed the same	(3.0)	62	44	11	4	1	48	15	2	49	13	56	7
		26%	28%	34%	18%	14%	27%	25%	33%	25%	28%	26%	26%
Decreased a bit	(2.0)	21	15	4	4	2	13	8	1	17	5	19	2
		9%	9%	11%	18%	17%	7%	15%	17%	9%	10%	9%	9%
Decreased a lot	(1.0)	18	12	3	4	3	11	7	1	15	3	17	1
		8%	7%	10%	18%	35%	6%	12%	20%	8%	7%	8%	4%
Don't know		1	1	1	-	-	-	1	-	1	-	1	-
		*	*	2%	-	-	-	1%	-	*	-	*	-
I wasn't doing this activity last year		-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-
NET: Increased		138	89	15	11	3	105	27	2	113	25	121	15
		57%	55%	44%	46%	35%	59%	47%	30%	58%	54%	57%	61%
NET: Decreased		39	27	7	9	5	24	16	2	31	8	36	3
		16%	17%	20%	36%	52%	13%	27%	37%	16%	17%	17%	13%
Base for stats		240	160	32	25	9	176	58	6	194	46	213	25
Mean Score		3.56	3.50	3.44	3.07	2.59	3.60	3.33	2.72	3.59	3.42	3.54	3.66
Standard Deviation		1.154	1.121	1.307	1.364	1.526	1.082	1.337	1.192	1.173	1.073	1.168	1.057
Standard Error		.075	.089	.235	.278	.509	.082	.179	.487	.085	.158	.081	.207
Error variance		.01	.01	.06	.08	.26	.01	.03	.24	.01	.03	.01	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.2. Cycling (either for leisure or travel): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			*a	*b	c	d	e	*f	*g	h	i	j	a	b	c	*d	a	b	c	d
Unweighted Total		238	6	12	40	48	56	26	15	35	156	76	64	61	81	26	44	51	82	55
Total		240	5	14	40	48	57	26	15	36	158	77	63	61	82	28	43	50	85	57
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	54 22%	2 31%	3 19%	9 23%	5 10%	9 16%	10 39%	4 26%	12 34% dei	26 16% dei	15 24%	7 11%	15 18%	13 46%	12 28% c	8 16%	11 13%	20 35% bc
Increased a bit		(4.0)	84 35%	2 31%	3 24%	10 26%	18 37%	20 36%	12 46%	6 39%	13 35%	52 33% 39%	21 34%	24 39%	34 41%	6 20%	11 26%	17 34%	34 40%	21 37%
Stayed the same		(3.0)	62 26%	2 38%	2 16%	10 26%	15 32%	18 32%	2 8%	4 27%	8 23%	46 29% 19%	16 25%	15 25%	22 27%	8 28%	11 26%	16 31%	24 29%	9 16%
Decreased a bit		(2.0)	21 9%	- -	1 7%	6 14% j	7 15% j	5 9%	- -	1 7%	2 5%	18 12% 4%	3 4%	9 15% a	7 8%	2 7%	4 8%	6 12%	8 10%	3 6%
Decreased a lot		(1.0)	18 8%	- -	5 34%	4 10%	2 4%	4 7%	2 8%	- -	1 3%	15 9% 4%	8 13%	6 10%	4 5%	- -	5 12%	3 7%	6 8%	3 6%
Don't know		1 *	- -	- -	- -	1 2%	- -	- -	- -	- -	1 * -	- -	- -	- -	1 1%	- -	- -	- -	1 1%	- -
I wasn't doing this activity last year		- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
NET: Increased		138 57%	3 62%	6 43%	20 50%	23 48%	29 52%	22 85%	10 65%	25 69% i	78 49% cdei	57 74% bc	37 58%	30 50%	48 59%	18 65%	23 54%	25 50%	45 53%	41 72% bc
NET: Decreased		39 16%	- -	6 41%	10 24% j	9 19%	9 16%	2 8%	1 7%	3 8%	33 21% j	6 8%	11 17%	15 25%	11 13%	2 7%	8 20%	10 19%	15 17%	7 12%
Base for stats		240	5	14	40	47	57	26	15	36	157	77	63	61	82	28	43	50	84	57
Mean Score		3.56	3.93	2.87	3.39	3.35	3.44	4.08	3.84	3.92 dei	3.35	3.96 cdei	3.52	3.28	3.59	4.04	3.51	3.40	3.42	3.90 bc
Standard Deviation		1.154	.920	1.622	1.281	1.011	1.095	1.098	.928	1.034	1.171	1.027	1.275	1.150	1.042	1.023	1.309	1.108	1.089	1.134
Standard Error		.075	.376	.468	.203	.147	.146	.215	.240	.175	.094	.118	.159	.147	.116	.201	.197	.155	.121	.153
Error variance		.01	.14	.22	.04	.02	.02	.05	.06	.03	.01	.01	.03	.02	.01	.04	.04	.02	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.2. Cycling (either for leisure or travel): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		238	120	57	60	153	61
Total		240	120	58	61	153	61
		100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	54	43	2	9	40	10
		22%	35% bc	3%	15% b	26%	17%
Increased a bit	(4.0)	84	57	14	13	54	19
		35%	48% bc	24%	21%	35%	32%
Stayed the same	(3.0)	62	14	35	14	30	25
		26%	11%	60% ac	23% a	20%	41% a
Decreased a bit	(2.0)	21	3	6	13	16	3
		9%	2%	10% a	21% a	10%	4%
Decreased a lot	(1.0)	18	3	2	13	13	3
		8%	3%	4%	21% ab	8%	5%
Don't know		1	1	-	-	-	1
		*	1%	-	-	-	1%
I wasn't doing this activity last year		-	-	-	-	-	-
		-	-	-	-	-	-
NET: Increased		138	100	16	22	95	30
		57%	83% bc	27%	35%	62%	49%
NET: Decreased		39	6	8	26	29	6
		16%	5%	13%	42% ab	19%	9%
Base for stats		240	119	58	61	153	61
Mean Score		3.56	4.12 bc	3.12	2.87	3.61	3.53
Standard Deviation		1.154	.894	.764	1.361	1.220	.990
Standard Error		.075	.082	.101	.176	.099	.128
Error variance		.01	.01	.01	.03	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.3. Running or jogging: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		399	167	231	204	147	48	18	63	37	39	28	24	85	64	41	
Total		394	162	231	192	152	50	18	60	34	38	27	27	86	64	40	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Increased a lot		(5.0)	84	36	48	45	31	8	4	15	6	4	7	5	21	10	12
			21%	22%	21%	23%	21%	15%	24%	26%	17%	11%	28%	17%	24%	16%	29% d
Increased a bit		(4.0)	146	61	84	78	51	17	9	19	12	16	11	9	30	23	15
			37%	38%	36%	41%	34%	33%	51%	33%	35%	43%	41%	34%	35%	37%	37%
Stayed the same		(3.0)	89	38	51	31	42	16	3	16	9	10	6	9	14	16	5
			23%	24%	22%	16%	28% a	33% a	19%	27%	28%	27%	22%	32%	16%	25%	12%
Decreased a bit		(2.0)	39	14	25	16	18	5	-	2	2	1	2	3	18	8	4
			10%	9%	11%	9%	12%	9%	-	3%	6%	3%	6%	9%	21% bd	12%	9%
Decreased a lot		(1.0)	32	12	20	20	8	4	1	7	4	5	1	2	3	5	4
			8%	7%	9%	11%	5%	8%	6%	11%	12%	14% g	3%	8%	4%	8%	9%
Don't know			2	-	2	1	1	-	-	-	1	-	-	-	-	-	1
			1%	-	1%	*	1%	-	-	-	2%	-	-	-	-	-	3%
I wasn't doing this activity last year			2	1	1	1	-	1	-	-	-	1	-	-	-	1	-
			1%	1%	*	*	-	2%	-	-	-	2%	-	-	-	2%	-
NET: Increased			230	97	132	123	83	24	13	35	18	20	18	14	51	33	27
			58%	60%	57%	64% c	54%	48%	75%	58%	52%	54%	69%	51%	60%	52%	66%
NET: Decreased			71	26	45	37	26	8	1	9	6	6	3	5	21	13	8
			18%	16%	19%	19%	17%	17%	6%	14%	18%	17%	9%	17%	24%	20%	19%
Base for stats			390	161	228	190	151	49	18	60	33	37	27	27	86	62	39
Mean Score			3.54	3.58	3.51	3.58	3.53	3.40	3.87	3.59	3.39	3.35	3.84	3.43	3.56	3.40	3.69
Standard Deviation			1.172	1.145	1.195	1.239	1.107	1.110	.999	1.230	1.217	1.175	1.017	1.128	1.173	1.156	1.276
Standard Error			.059	.089	.079	.087	.092	.162	.235	.155	.203	.191	.192	.230	.127	.146	.202
Error variance			*	.01	.01	.01	.01	.03	.06	.02	.04	.04	.04	.05	.02	.02	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.3. Running or jogging: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		399	40	127	118	52	41	21	285	114	309	18	40	22	1	3	84	
Total		394	41	133	112	50	38	21	286	108	304	18	41	22	1	3	85	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Increased a lot		(5.0)	84	8	31	21	11	10	3	60	24	61	5	10	5	-	-	20
		21%	19%	23%	19%	21%	27%	14%	21%	22%	20%	30%	24%	22%	-	-	24%	
Increased a bit		(4.0)	146	16	47	41	24	12	6	104	42	115	6	16	6	1	1	31
		37%	39%	35%	37%	49%	31%	29%	36%	39%	38%	36%	40%	26%	100%	45%	36%	
Stayed the same		(3.0)	89	8	32	27	10	8	4	67	22	78	2	7	-	-	-	9
		23%	20%	24%	24%	20%	21%	18%	24%	20%	26%	11%	17%	-	-	-	11%	
Decreased a bit		(2.0)	39	4	13	11	2	5	3	28	10	22	2	6	8	-	1	16
		10%	11%	10%	10%	4%	14%	15%	10%	10%	7%	9%	14%	37%	-	28%	19%	
Decreased a lot		(1.0)	32	4	10	8	3	2	5	22	10	24	2	2	3	-	1	8
		8%	11%	7%	7%	6%	6%	24%	8%	9%	8%	14%	5%	14%	-	27%	10%	
Don't know		2	-	-	2	-	-	-	2	-	2	-	-	-	-	-	-	-
		1%	-	-	2%	-	-	-	1%	-	1%	-	-	-	-	-	-	
I wasn't doing this activity last year		2	-	1	1	-	-	-	2	-	2	-	-	-	-	-	-	-
		1%	-	1%	1%	-	-	-	1%	-	1%	-	-	-	-	-	-	
NET: Increased		230	24	78	63	35	22	9	164	66	177	12	26	11	1	1	51	
		58%	58%	58%	56%	70%	58%	42%	57%	61%	58%	66%	64%	49%	100%	45%	60%	
NET: Decreased		71	9	23	19	5	8	8	50	21	45	4	8	11	-	2	25	
		18%	21%	17%	17%	9%	21%	39%	18%	19%	15%	23%	19%	51%	-	55%	29%	
																a		
Base for stats		390	41	132	109	50	38	21	282	108	300	18	41	22	1	3	85	
Mean Score		3.54	3.46	3.57	3.53	3.77	3.59	2.93	3.54	3.54	3.56	3.60	3.64	3.05	4.00	2.62	3.45	
Standard Deviation		1.172	1.233	1.169	1.130	1.024	1.220	1.429	1.160	1.208	1.131	1.396	1.140	1.481	-	1.619	1.310	
Standard Error		.059	.195	.104	.105	.142	.191	.312	.069	.113	.065	.329	.180	.316	-	.935	.143	
Error variance		*	.04	.01	.01	.02	.04	.10	*	.01	*	.11	.03	.10	-	.87	.02	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.3. Running or jogging: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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	
399	190	89	89	178	40	33	165	46	15	15	16	44	14	11	73	
394	162	104	102	206	40	34	165	47	15	14	15	38	14	12	74	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
84	33	22	24	46	6	13	33	12	4	-	4	8	3	1	20	
21%	20%	21%	23%	22%	16%	38% ac	20%	25%	26%	-	26%	21%	22%	8%	26%	
146	52	46	34	80	16	13	59	21	5	4	4	17	5	3	29	
37%	32%	44% a	34%	39%	39%	38%	36%	45%	34%	27%	25%	44%	34%	29%	38%	
89	38	22	25	47	11	4	43	7	3	6	3	5	3	3	16	
23%	23%	22%	24%	23%	29%	13%	26%	15%	22%	47%	19%	13%	20%	26%	21%	
39	20	10	8	18	2	3	17	2	2	4	1	6	-	2	5	
10%	12%	10%	8%	9%	6%	9%	10%	5%	12%	26%	5%	16%	-	19%	7%	
32	17	4	10	14	4	1	12	5	1	-	3	2	1	2	5	
8%	10%	3%	10%	7%	11%	2%	7%	11%	5%	-	24%	6%	8%	18%	7%	
2	1	-	1	1	-	-	1	-	-	-	-	-	1	-	-	
1%	*	-	1%	1%	-	-	*	-	-	-	-	-	8%	-	-	
2	2	-	-	-	-	-	1	-	-	-	-	-	1	-	-	
1%	1%	-	-	-	-	-	1%	-	-	-	-	-	8%	-	-	
230	85	68	58	126	22	26	92	33	9	4	7	24	8	4	48	
58%	52%	65% a	57%	61%	55%	76% c	56%	69%	60%	27%	51%	65%	56%	37%	65%	
71	37	13	18	32	7	4	29	7	3	4	4	8	1	4	11	
18%	23%	13%	18%	15%	17%	11%	17%	16%	17%	26%	29%	22%	8%	37%	14%	
390	159	104	101	205	40	34	164	47	15	14	15	38	12	12	74	
3.54	3.41	3.70	3.53	3.62	3.44	4.01 ac	3.52	3.67	3.64	3.01	3.24	3.57	3.74	2.89	3.70	
1.172	1.241	1.020	1.223	1.125	1.164	1.053	1.140	1.228	1.188	.757	1.554	1.181	1.182	1.286	1.142	
.059	.091	.108	.130	.085	.184	.183	.089	.181	.307	.195	.388	.178	.341	.388	.134	
*	.01	.01	.02	.01	.03	.03	.01	.03	.09	.04	.15	.03	.12	.15	.02	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.3. Running or jogging: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	399	99	108	47	10	155	109	127	82	45	9	127	136	32	191	147	29	367	
Total	394	99	111	46	10	157	109	125	85	45	9	130	134	28	187	151	29	366	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Increased a lot	(5.0)	84	16	25	13	4	38	21	26	21	7	4	28	30	7	34	33	9	76
		21%	16%	23%	29%	45%	24%	19%	21%	25%	15%	45%	21%	22%	27%	18%	22%	32%	21%
Increased a bit	(4.0)	146	40	42	14	3	56	43	48	31	18	4	48	51	8	77	54	8	139
		37%	41%	37%	31%	27%	35%	40%	38%	36%	39%	43%	37%	38%	27%	41%	36%	27%	38%
Stayed the same	(3.0)	89	25	24	14	1	39	26	27	21	16	-	37	27	5	40	40	5	84
		23%	25%	22%	31%	10%	24%	24%	21%	24%	36% f	-	28%	20%	17%	21%	27%	16%	23%
Decreased a bit	(2.0)	39	8	13	4	-	17	8	13	8	3	1	11	14	3	22	10	3	35
		10%	8%	12%	10%	-	11%	7%	10%	9%	6%	12%	8%	10%	12%	12%	7%	11%	10%
Decreased a lot	(1.0)	32	9	6	-	1	6	10	11	4	1	-	5	11	4	13	13	3	28
		8%	10% c	6%	-	10%	4%	10% c	9%	5%	3%	-	4%	9%	13%	7%	9%	10%	8%
Don't know		2	-	-	-	1	-	1	-	-	1	-	1	-	-	-	1	1	2
		1%	-	-	-	8%	-	1%	-	-	2%	-	1%	-	-	-	1%	4%	1%
I wasn't doing this activity last year		2	-	1	-	-	1	-	1	-	-	-	-	1	1	1	-	-	1
		1%	-	1%	-	-	1%	-	1%	-	-	-	-	1%	4% ce	*	-	-	*
NET: Increased	230	57	67	28	7	94	64	74	52	24	8	76	81	15	111	87	17	215	
	58%	57%	60%	60%	72%	60%	59%	59%	61%	54%	88%	59%	61%	54%	60%	58%	59%	59%	
NET: Decreased	71	17	19	4	1	24	18	24	12	4	1	16	25	7	35	23	6	64	
	18%	18%	17%	10%	10%	15%	17%	19%	15%	9%	12%	13%	19%	25%	19%	15%	20%	17%	
Base for stats	390	99	110	46	9	156	108	124	85	44	9	129	133	27	186	150	27	363	
Mean Score	3.54	3.46	3.60	3.79	4.06	3.66	3.51	3.51	3.66	3.58	4.22	3.64	3.56	3.44	3.52	3.56	3.64	3.55	
Standard Deviation	1.172	1.151	1.137	.977	1.340	1.092	1.172	1.199	1.109	.917	.995	1.045	1.196	1.389	1.129	1.161	1.341	1.156	
Standard Error	.059	.116	.110	.143	.447	.088	.113	.107	.122	.138	.332	.093	.103	.250	.082	.096	.253	.061	
Error variance	*	.01	.01	.02	.20	.01	.01	.01	.02	.02	.11	.01	.01	.06	.01	.01	.06	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.3. Running or jogging: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total		399	258	56	33	11	291	93	6	337	62	334	54
Total		394	256	54	34	11	288	92	6	334	60	334	50
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	84	52	11	10	3	56	21	3	71	13	71	9
		21%	20%	21%	29%	29%	20%	23%	54%	21%	21%	21%	19%
Increased a bit	(4.0)	146	94	21	9	3	112	31	2	130	16	122	19
		37%	37%	39%	28%	26%	39%	34%	33%	39%	26%	37%	39%
Stayed the same	(3.0)	89	56	10	7	1	67	17	-	72	17	78	10
		23%	22%	18%	20%	10%	23%	19%	-	22%	28%	23%	19%
Decreased a bit	(2.0)	39	29	2	2	1	33	6	-	33	6	36	3
		10%	11%	5%	7%	8%	12%	6%	-	10%	10%	11%	5%
Decreased a lot	(1.0)	32	23	7	5	3	19	13	1	23	9	23	8
		8%	9%	13%	15%	28%	7%	14% d	13%	7%	15% a	7%	16% a
Don't know		2	1	1	1	-	-	2	-	2	-	1	1
		1%	*	2% d	2% d	-	-	2% d	-	1%	-	*	2%
I wasn't doing this activity last year		2	1	1	-	-	1	1	-	2	-	2	-
		1%	*	2%	-	-	*	1%	-	1%	-	1%	-
NET: Increased		230	146	32	19	6	168	52	5	202	29	194	29
		58%	57%	60%	57%	55%	58%	57%	87%	60%	47%	58%	58%
NET: Decreased		71	52	9	7	4	52	19	1	56	15	59	11
		18%	20% a	18%	21%	36%	18%	20%	13%	17%	25%	18%	22%
Base for stats		390	254	52	33	11	287	89	6	330	60	331	49
Mean Score		3.54	3.49	3.53	3.50	3.20	3.54	3.47	4.16	3.59	3.28	3.55	3.39
Standard Deviation		1.172	1.197	1.280	1.399	1.679	1.128	1.331	1.415	1.137	1.327	1.150	1.325
Standard Error		.059	.075	.174	.247	.506	.066	.140	.578	.062	.169	.063	.182
Error variance		*	.01	.03	.06	.26	*	.02	.33	*	.03	*	.03

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.3. Running or jogging: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			*a	*b	c	d	e	f	*g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		399	9	22	59	95	73	50	23	68	249	141	111	129	114	39	69	108	137	78
Total		394	9	23	57	93	72	49	23	68	245	140	107	127	115	41	67	102	139	79
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	84	2	1	10	15	15	9	7	25	41	23	17	28	14	8	18	28	28
			21%	18%	6%	17%	16%	21%	18%	30%	37%	17%	22%	13%	24%	35%	12%	17%	20%	36%
										cdefi		di			b	b				abc
Increased a bit		(4.0)	146	3	5	21	40	26	21	7	23	92	39	53	39	15	29	42	53	20
			37%	34%	23%	38%	43%	36%	43%	30%	34%	38%	37%	42%	34%	37%	43%	41%	38%	25%
																	d	d		
Stayed the same		(3.0)	89	-	4	12	17	25	14	6	10	58	15	30	34	8	16	23	35	15
			23%	-	18%	21%	18%	35%	30%	26%	15%	24%	14%	23%	29%	20%	23%	22%	25%	19%
							dhj								a					
Decreased a bit		(2.0)	39	2	6	7	12	2	3	3	3	28	13	17	9	-	7	13	14	5
			10%	22%	27%	13%	13%	3%	6%	15%	4%	11%	12%	14%	8%	-	11%	12%	10%	7%
						e	e					e		d	d					
Decreased a lot		(1.0)	32	1	5	7	9	4	1	-	6	24	15	8	5	3	7	7	8	10
			8%	12%	21%	12%	9%	6%	2%	-	9%	10%	14%	6%	5%	8%	10%	7%	6%	13%
						f							bc							
Don't know			2	1	-	-	1	-	-	-	-	1	1	1	-	-	1	-	-	1
			1%	13%	-	-	1%	-	-	-	-	*	1%	1%	-	-	2%	-	-	1%
I wasn't doing this activity last year			2	-	1	-	-	-	1	-	-	1	-	1	1	-	-	1	1	-
			1%	-	5%	-	-	-	2%	-	-	*	-	1%	1%	-	-	1%	1%	-
NET: Increased			230	5	7	31	55	41	30	14	48	133	63	70	67	29	36	59	80	48
			58%	52%	28%	55%	58%	57%	61%	60%	71%	54%	59%	55%	58%	72%	54%	58%	58%	61%
											i	i								
NET: Decreased			71	3	11	14	21	6	4	3	9	52	27	25	14	3	14	20	22	15
			18%	35%	48%	24%	22%	8%	7%	15%	13%	21%	26%	20%	12%	8%	21%	19%	16%	19%
						efj	efj					efj	cd							
Base for stats			390	8	22	57	93	72	48	23	68	243	105	125	114	41	66	102	138	78
Mean Score			3.54	3.27	2.63	3.36	3.43	3.64	3.72	3.75	3.87	3.40	3.42	3.43	3.66	3.91	3.36	3.49	3.56	3.65
											cdi	cdi				ab				
Standard Deviation			1.172	1.505	1.256	1.243	1.185	1.027	.897	1.061	1.229	1.185	1.338	1.088	1.073	1.136	1.146	1.134	1.100	1.369
Standard Error			.059	.532	.274	.162	.122	.120	.128	.221	.149	.075	.128	.097	.101	.182	.139	.110	.094	.156
Error variance			*	.28	.08	.03	.01	.01	.02	.05	.02	.01	.02	.01	.01	.03	.02	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.3. Running or jogging: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		399	196	99	101	268	103
Total		394	194	98	99	264	103
		100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	84	69	10	5	63	18
		21%	35%	10%	5%	24%	17%
			bc				
Increased a bit	(4.0)	146	86	29	29	106	31
		37%	44%	30%	30%	40%	30%
			bc				
Stayed the same	(3.0)	89	25	46	18	50	32
		23%	13%	47%	18%	19%	31%
				ac			a
Decreased a bit	(2.0)	39	8	7	23	25	12
		10%	4%	7%	23%	10%	12%
				ab			
Decreased a lot	(1.0)	32	5	4	22	18	10
		8%	3%	4%	22%	7%	9%
				ab			
Don't know		2	-	1	1	1	1
		1%	-	1%	1%	*	1%
I wasn't doing this activity last year		2	1	1	-	2	-
		1%	*	1%	-	1%	-
NET: Increased		230	155	39	35	168	48
		58%	80%	40%	35%	64%	47%
			bc			b	
NET: Decreased		71	13	11	45	44	22
		18%	7%	11%	46%	16%	21%
				ab			
Base for stats		390	194	96	98	261	102
Mean Score		3.54	4.06	3.35	2.72	3.65	3.34
			bc	c		b	
Standard Deviation		1.172	.946	.913	1.261	1.151	1.177
Standard Error		.059	.068	.093	.126	.071	.117
Error variance		*	*	.01	.02	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		350	106	242	168	119	63	14	39	40	35	32	32	61	60	37
Total		349	108	239	160	121	68	14	38	35	33	33	38	63	58	38
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	90	22	67	49	28	13	3	11	8	6	9	12	16	21	4
		26%	20%	28%	31%	23%	19%	25%	29% i	24%	18%	26%	31% i	25%	36% i	11%
Increased a bit	(4.0)	119	37	82	59	40	19	8	13	14	11	13	11	25	14	11
		34%	34%	34%	37%	33%	28%	60%	34%	41%	34%	39%	28%	39%	23%	28%
Stayed the same	(3.0)	76	30	45	22	28	27	1	9	8	11	5	7	15	10	10
		22%	27%	19%	14%	23% a	39% ab	6%	24%	24%	33%	15%	19%	24%	18%	25%
Decreased a bit	(2.0)	34	11	23	15	13	5	1	3	2	3	3	4	5	6	8
		10%	10%	10%	9%	11%	8%	8%	7%	5%	10%	9%	10%	7%	10%	20% c
Decreased a lot	(1.0)	24	6	17	11	10	3	-	2	2	1	4	4	2	5	5
		7%	6%	7%	7%	8%	5%	-	6%	4%	2%	11%	10%	3%	9%	13%
Don't know		1	-	1	-	1	-	-	-	-	-	-	1	-	-	-
		*	-	*	-	1%	-	-	-	-	-	-	3%	-	-	-
I wasn't doing this activity last year		6	2	4	4	1	1	-	-	1	1	-	-	1	2	1
		2%	2%	2%	2%	1%	1%	-	-	2%	3%	-	-	2%	3%	2%
NET: Increased		209	59	148	109	68	32	12	24	23	17	21	22	40	34	15
		60%	55%	62%	68% bc	56%	47%	86%	63% i	65% i	52%	65% i	59%	64% i	59%	39%
NET: Decreased		57	17	40	26	23	9	1	5	3	4	7	7	6	11	12
		16%	16%	17%	16%	19%	13%	8%	13%	9%	12%	20%	20%	10%	19%	33% bcdg
Base for stats		342	106	234	156	119	67	14	38	34	32	33	37	61	56	37
Mean Score		3.64	3.54	3.68	3.78	3.53	3.49	4.03	3.73 i	3.77 i	3.58 i	3.60	3.62	3.78 i	3.69 i	3.04
Standard Deviation		1.171	1.115	1.196	1.190	1.200	1.047	.829	1.150	1.029	.994	1.289	1.307	1.009	1.327	1.224
Standard Error		.063	.109	.078	.093	.111	.133	.221	.184	.165	.170	.228	.235	.130	.174	.204
Error variance		*	.01	.01	.01	.01	.02	.05	.03	.03	.03	.05	.06	.02	.03	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		350	41	92	83	51	43	40	216	134	281	12	30	19	1	2	64
Total		349	41	96	79	50	42	41	216	133	280	12	30	19	1	2	64
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	90	11	32	22	13	6	7	65	25	75	2	8	5	-	-	15
		26%	27%	34% efh	27%	26%	13%	16%	30% eh	19%	27%	13%	27%	28%	-	-	23%
Increased a bit	(4.0)	119	14	33	27	16	19	10	73	45	92	4	10	9	1	1	25
		34%	34%	34%	34%	32%	45%	25%	34%	34%	33%	34%	33%	47%	100%	50%	39%
Stayed the same	(3.0)	76	10	13	19	9	12	13	43	33	60	5	8	2	-	1	16
		22%	25%	14%	24%	18%	28%	31% b	20%	25% b	22%	37%	27%	9%	-	50%	24%
Decreased a bit	(2.0)	34	6	5	9	5	3	5	19	14	27	1	3	1	-	-	4
		10%	14%	5%	11%	11%	8%	13%	9%	11%	10%	6%	10%	4%	-	-	7%
Decreased a lot	(1.0)	24	-	9	3	5	2	5	12	12	21	1	-	1	-	-	3
		7%	-	9% a	4%	9%	6%	12% a	5%	9% a	8%	10%	-	7%	-	-	4%
Don't know		1	-	-	-	-	-	1	-	1	-	-	1	-	-	-	1
		*	-	-	-	-	-	3% g	-	1%	-	-	3% a	-	-	-	2% a
I wasn't doing this activity last year		6	-	4	-	2	-	-	4	2	5	-	-	1	-	-	1
		2%	-	4%	-	4%	-	-	2%	1%	2%	-	-	5%	-	-	1%
NET: Increased		209	25	65	48	29	25	17	138	70	167	6	18	14	1	1	40
		60%	61%	68% fh	61% f	58%	58%	41%	64% fh	53%	60%	47%	60%	75%	100%	50%	62%
NET: Decreased		57	6	14	12	10	6	11	31	26	48	2	3	2	-	-	7
		16%	14%	14%	15%	20%	14%	26%	14%	20%	17%	16%	10%	11%	-	-	11%
Base for stats		342	41	92	79	48	42	40	212	130	275	12	29	18	1	2	62
Mean Score		3.64	3.74 f	3.81 fh	3.70 f	3.57	3.52	3.19	3.76 fh	3.44	3.63	3.33	3.80	3.89	4.00	3.50	3.72
Standard Deviation		1.171	1.025	1.243	1.098	1.269	1.017	1.248	1.146	1.189	1.198	1.145	.973	1.137	-	.647	1.037
Standard Error		.063	.160	.133	.121	.181	.155	.200	.079	.104	.072	.331	.181	.268	-	.458	.132
Error variance		*	.03	.02	.01	.03	.02	.04	.01	.01	.01	.11	.03	.07	-	.21	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	*e	*f	*g	h	*i	*j	k	
350	187	65	76	141	33	35	117	40	8	9	27	33	25	23	68	
349	167	75	88	163	34	37	118	40	8	9	25	29	25	26	70	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
90	41	19	23	42	9	12	29	9	4	1	6	13	3	4	22	
26%	24%	26%	26%	26%	28%	34%	25%	22%	53%	10%	24%	45% cd	12%	14%	31%	
119	54	32	30	62	12	17	40	16	2	3	7	12	4	6	29	
34%	33%	43%	34%	38%	36%	45%	34%	41%	24%	35%	27%	41%	17%	24%	41%	
76	45	12	15	27	7	4	33	7	-	2	4	2	6	11	11	
22%	27% d	16%	17%	16%	22%	11%	28% bh	19%	-	22%	17%	9%	22%	40%	16%	
34	15	5	11	15	4	1	7	4	1	3	4	1	5	3	5	
10%	9%	6%	12%	9%	12%	3%	6%	10%	10%	33%	18%	3%	19%	13%	8%	
24	8	6	8	15	1	2	6	2	-	-	3	1	6	2	3	
7%	5%	8%	10%	9%	2%	7%	5%	5%	-	-	13%	3%	23%	9%	5%	
1	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-	
*	-	-	-	-	-	-	-	-	13%	-	-	-	-	-	-	
6	3	1	1	2	-	-	3	1	-	-	-	-	2	-	-	
2%	2%	1%	1%	1%	-	-	2%	2%	-	-	-	-	8%	-	-	
209	95	52	52	104	21	29	69	25	6	4	13	25	7	10	50	
60%	57%	69%	60%	64%	64%	79% c	58%	64%	77%	46%	51%	86% acd	29%	38%	72%	
57	23	11	19	30	5	4	14	6	1	3	8	2	10	6	9	
16%	14%	14%	22%	18%	15%	10%	12%	16%	10%	33%	31%	5%	41%	22%	12%	
342	163	74	86	160	34	37	115	39	7	9	25	29	23	26	70	
3.64	3.64	3.73	3.55	3.64	3.75	3.96	3.68	3.66	4.38	3.23	3.31	4.23 cd	2.75	3.21	3.86	
1.171	1.101	1.166	1.275	1.225	1.082	1.104	1.089	1.117	1.044	1.082	1.388	.928	1.381	1.131	1.091	
.063	.081	.146	.147	.104	.188	.187	.102	.179	.394	.361	.267	.162	.288	.236	.132	
*	.01	.02	.02	.01	.04	.03	.01	.03	.16	.13	.07	.03	.08	.06	.02	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	350	78	85	31	7	116	85	101	63	27	12	90	113	23	185	121	21	327	
Total	349	76	88	32	6	120	82	99	66	27	11	93	110	23	180	124	22	326	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Increased a lot	(5.0)	90	19	26	7	2	33	21	28	14	8	3	22	32	8	36	39	7	82
	26%	25%	29%	22%	32%	27%	26%	28%	22%	28%	32%	24%	29%	36%	20%	31% b	33%	25%	
Increased a bit	(4.0)	119	21	37	11	4	47	25	31	31	8	6	38	37	6	65	40	8	113
	34%	28%	42%	33%	55%	40%	30%	31%	47% a	28%	54%	41%	33%	26%	36%	32%	36%	35%	
Stayed the same	(3.0)	76	24	14	7	1	21	25	27	11	6	1	17	28	7	45	20	4	69
	22%	31% be	16%	21%	13%	18%	30% be	27%	17%	22%	7%	18%	25%	30%	25% c	16%	19%	21%	
Decreased a bit	(2.0)	34	5	4	6	-	11	5	5	7	3	-	10	5	2	18	11	3	32
	10%	7%	5%	20% abf	-	9%	6%	5%	11%	12%	-	11%	4%	9%	10%	9%	13%	10%	
Decreased a lot	(1.0)	24	5	5	1	-	6	5	6	2	1	1	4	7	-	12	11	-	24
	7%	6%	5%	4%	-	5%	6%	6%	4%	5%	7%	4%	6%	-	7%	9%	-	7%	
Don't know	1	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	1	
	*	-	-	-	-	-	-	-	-	-	-	-	-	-	1%	-	-	*	
I wasn't doing this activity last year	6	2	2	-	-	2	2	2	-	2	-	2	2	-	3	3	-	6	
	2%	3%	2%	-	-	1%	3%	2%	-	6%	-	2%	2%	-	1%	2%	-	2%	
NET: Increased	209	40	63	18	6	80	46	59	45	15	9	61	68	14	101	79	15	195	
	60%	53%	71% af	55%	87%	67%	56%	59%	69%	56%	86%	65%	62%	61%	56%	64%	68%	60%	
NET: Decreased	57	10	9	8	-	17	10	11	9	4	1	14	12	2	30	22	3	55	
	16%	13%	10%	24%	-	14%	12%	11%	14%	16%	7%	15%	11%	9%	17%	18%	13%	17%	
Base for stats	342	74	86	32	6	118	80	97	66	26	11	92	108	23	176	121	22	319	
Mean Score	3.64	3.60	3.87	3.49	4.18	3.77	3.65	3.72	3.73	3.67	4.03	3.71	3.75	3.88	3.53	3.70	3.88	3.62	
Standard Deviation	1.171	1.141	1.073	1.168	.703	1.107	1.120	1.133	1.043	1.191	1.072	1.080	1.126	1.021	1.133	1.268	1.030	1.181	
Standard Error	.063	.131	.118	.210	.266	.104	.123	.114	.131	.238	.310	.115	.107	.213	.084	.117	.225	.066	
Error variance	*	.02	.01	.04	.07	.01	.02	.01	.02	.06	.10	.01	.01	.05	.01	.01	.05	*	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total		350	259	48	43	8	252	87	12	281	69	302	41
Total		349	258	45	43	7	254	84	11	278	70	302	40
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	90	61	12	9	2	66	20	3	69	21	79	10
		26%	24%	27%	21%	26%	26%	24%	24%	25%	30%	26%	25%
Increased a bit	(4.0)	119	90	10	15	3	93	24	4	101	18	103	14
		34%	35%	22%	34%	44%	36%	29%	34%	36%	25%	34%	36%
Stayed the same	(3.0)	76	56	12	6	-	56	17	1	60	16	69	6
		22%	22%	27%	14%	-	22%	20%	9%	21%	23%	23%	16%
Decreased a bit	(2.0)	34	27	9	5	-	21	12	2	29	5	29	3
		10%	11%	19%	12%	-	8%	14%	18%	10%	7%	10%	8%
Decreased a lot	(1.0)	24	19	2	6	1	14	8	1	15	8	18	4
		7%	7%	4%	14%	17%	6%	10%	7%	5%	12%	6%	11%
Don't know		1	-	-	-	1	-	1	-	-	1	-	1
		*	-	-	-	14%	-	1%	-	-	1% a	-	3% a
I wasn't doing this activity last year		6	5	1	2	-	4	2	1	5	1	4	1
		2%	2%	2%	4%	-	2%	2%	7%	2%	1%	1%	3%
NET: Increased		209	151	22	24	5	158	45	6	170	39	182	24
		60%	58%	49%	56%	70%	62%	53%	58%	61%	55%	60%	60%
NET: Decreased		57	46	10	11	1	35	20	3	44	13	47	7
		16%	18%	23%	26%	17%	14%	24%	25%	16%	19%	16%	19%
Base for stats		342	254	44	42	6	250	82	10	274	68	298	38
Mean Score		3.64	3.58	3.50	3.38	3.72	3.70	3.45	3.54	3.65	3.56	3.66	3.59
Standard Deviation		1.171	1.178	1.195	1.362	1.524	1.119	1.286	1.334	1.131	1.325	1.148	1.291
Standard Error		.063	.074	.174	.213	.576	.071	.140	.402	.068	.162	.067	.207
Error variance		*	.01	.03	.05	.33	.01	.02	.16	*	.03	*	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			*a	*b	c	d	e	f	*g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		350	11	26	48	88	67	39	18	53	229	110	96	113	108	30	57	86	112	93
Total		349	12	28	46	86	67	39	20	52	227	110	93	111	112	31	55	83	113	96
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	90	2	3	7	16	16	12	7	25	43	24	25	32	8	12	20	27	30
			26%	21%	12%	16%	19%	24%	32%	37%	48%	19%	26%	22%	29%	26%	22%	25%	24%	32%
										cdei		cdei								
Increased a bit		(4.0)	119	2	7	18	31	25	17	7	12	80	27	41	38	12	16	32	46	24
			34%	21%	24%	39%	37%	37%	44%	33%	24%	36%	29%	37%	34%	40%	29%	38%	40%	25%
									h										d	
Stayed the same		(3.0)	76	4	7	7	22	17	6	2	11	53	15	25	27	8	17	16	23	19
			22%	36%	25%	16%	25%	26%	14%	11%	21%	23%	16%	22%	24%	27%	31%	20%	20%	20%
Decreased a bit		(2.0)	34	-	6	7	13	3	-	2	2	30	15	11	6	1	5	12	10	7
			10%	-	22%	15%	16%	5%	-	12%	3%	13%	16%	10%	6%	4%	9%	15%	9%	7%
					fhj	efhj						fhj	c							
Decreased a lot		(1.0)	24	3	5	6	3	4	1	-	1	19	10	6	6	1	2	1	7	13
			7%	22%	17%	13%	4%	7%	3%	-	2%	8%	11%	6%	6%	4%	4%	2%	6%	14%
					dhj						j								ab	
Don't know			1	-	-	-	-	1	-	-	-	1	1	-	-	-	1	-	-	-
			*	-	-	-	-	2%	-	-	-	*	1%	-	-	-	2%	-	-	-
I wasn't doing this activity last year			6	-	-	1	-	-	3	1	1	1	1	3	2	-	2	1	1	2
			2%	-	-	2%	-	-	7%	6%	2%	*	1%	3%	1%	-	3%	1%	1%	2%
									dei			di								
NET: Increased			209	5	10	25	47	41	29	14	37	123	51	66	71	20	28	52	73	55
			60%	42%	35%	55%	55%	61%	76%	70%	72%	54%	55%	60%	63%	66%	51%	63%	64%	57%
									cdi		i									
NET: Decreased			57	3	11	13	17	8	1	2	3	48	25	17	12	2	7	13	17	20
			16%	22%	39%	28%	19%	12%	3%	12%	5%	21%	27%	15%	11%	7%	13%	16%	15%	21%
						efhj	fhj					fhj	bcd							
Base for stats			342	12	28	45	86	66	36	19	51	225	91	108	110	31	52	82	112	94
Mean Score			3.64	3.19	2.91	3.30	3.51	3.68	4.09	4.02	4.14	3.44	3.44	3.63	3.77	3.81	3.60	3.71	3.67	3.56
									cdi		cdei									
Standard Deviation			1.171	1.442	1.295	1.299	1.086	1.111	.895	1.048	1.017	.974	1.336	1.116	1.108	1.006	1.074	1.052	1.125	1.377
Standard Error			.063	.435	.254	.189	.116	.137	.149	.254	.141	.078	.138	.106	.108	.184	.146	.114	.107	.144
Error variance			*	.19	.06	.04	.01	.02	.02	.06	.02	.01	.02	.01	.01	.03	.02	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		350	185	77	87	216	91
Total		349	184	76	87	213	91
		100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	90	70	6	13	64	18
		26%	38% bc	8%	15%	30%	20%
Increased a bit	(4.0)	119	76	24	19	77	30
		34%	41% c	31%	22%	36%	32%
Stayed the same	(3.0)	76	23	37	16	36	27
		22%	13%	48% ac	18%	17%	30% a
Decreased a bit	(2.0)	34	7	7	19	17	12
		10%	4%	9%	22% ab	8%	13%
Decreased a lot	(1.0)	24	4	2	18	16	4
		7%	2%	3%	20% ab	7%	4%
Don't know		1	-	1	-	-	-
		*	-	1%	-	-	-
I wasn't doing this activity last year		6	4	-	2	5	1
		2%	2%	-	2%	2%	1%
NET: Increased		209	146	30	32	140	48
		60%	79% bc	39%	37%	66% b	52%
NET: Decreased		57	11	9	37	32	15
		16%	6%	11%	42% ab	15%	17%
Base for stats		342	181	75	85	208	90
Mean Score		3.64	4.12 bc	3.34 c	2.90	3.75	3.52
Standard Deviation		1.171	.926	.860	1.388	1.189	1.078
Standard Error		.063	.069	.099	.151	.082	.114
Error variance		*	*	.01	.02	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		316	125	190	146	86	84	12	47	31	33	28	26	58	54	27
Total		313	126	186	136	87	90	11	45	27	31	29	30	60	51	28
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	68	25	42	36	21	12	1	6	6	10	10	4	12	12	6
		22%	20%	22%	26%	24%	13%	9%	14%	23%	34%	33%	14%	20%	23%	22%
					c						b					
Increased a bit	(4.0)	82	32	50	40	26	16	5	12	10	5	9	2	20	14	5
		26%	26%	27%	30%	30%	18%	46%	27%	35%	18%	31%	7%	33%	28%	16%
Stayed the same	(3.0)	96	42	55	32	22	42	4	20	3	6	6	15	15	12	13
		31%	33%	30%	24%	25%	47%	35%	45%	12%	21%	22%	51%	26%	24%	47%
							ab		cdgh							
Decreased a bit	(2.0)	35	19	16	14	9	12	1	3	2	7	1	4	8	7	3
		11%	15%	9%	10%	10%	14%	10%	7%	7%	22%	3%	12%	14%	13%	11%
											b					
Decreased a lot	(1.0)	21	6	15	8	8	4	-	3	2	1	3	3	3	5	-
		7%	4%	8%	6%	9%	5%	-	8%	6%	2%	11%	11%	5%	11%	-
Don't know		1	1	-	-	1	-	-	-	1	-	-	-	-	-	-
		*	1%	-	-	1%	-	-	-	4%	-	-	-	-	-	-
I wasn't doing this activity last year		9	1	8	5	1	3	-	-	3	1	-	1	1	1	1
		3%	1%	4%	4%	1%	4%	-	-	13%	3%	-	4%	2%	2%	4%
										bgh						
NET: Increased		150	58	92	76	47	28	6	18	16	16	19	6	32	26	11
		48%	46%	49%	56%	53%	31%	55%	41%	58%	52%	64%	21%	53%	51%	38%
					c	c										
NET: Decreased		56	24	31	23	17	17	1	6	3	8	4	7	11	12	3
		18%	19%	17%	17%	19%	19%	10%	14%	13%	25%	14%	23%	19%	24%	11%
Base for stats		303	124	178	131	85	86	11	45	23	30	29	29	58	50	27
Mean Score		3.47	3.43	3.49	3.61	3.50	3.21	3.55	3.33	3.76	3.61	3.71	3.01	3.52	3.40	3.52
					c											
Standard Deviation		1.159	1.113	1.191	1.182	1.226	1.020	.828	1.058	1.170	1.267	1.289	1.145	1.120	1.283	.984
Standard Error		.066	.100	.088	.100	.134	.113	.239	.154	.229	.224	.244	.229	.148	.176	.193
Error variance		*	.01	.01	.01	.02	.01	.06	.02	.05	.05	.06	.05	.02	.03	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		316	34	89	75	37	25	56	198	118	266	12	20	11	1	3	47	
Total		313	34	91	72	36	23	57	196	116	262	12	22	11	1	2	48	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Increased a lot		(5.0)	68	11	25	12	9	4	7	48	20	54	3	8	2	-	-	13
		22%		33% fh	28% f	16%	24%	16%	13%	24%	17%	21%	23%	36%	18%	-	-	26%
Increased a bit		(4.0)	82	7	25	17	13	8	11	50	33	65	6	6	2	1	1	15
		26%		21%	27%	24%	36%	36%	20%	25%	28%	25%	50%	26%	17%	100%	33%	32%
Stayed the same		(3.0)	96	9	26	24	9	6	23	58	39	83	3	7	3	-	-	13
		31%		26%	28%	33%	25%	27%	41%	29%	33%	32%	27%	33%	26%	-	-	27%
Decreased a bit		(2.0)	35	2	8	14	2	3	6	24	12	32	-	1	2	-	-	3
		11%		6%	9%	19%	7%	13%	11%	12%	10%	12%	-	5%	20%	-	-	7%
Decreased a lot		(1.0)	21	4	5	5	2	2	4	13	8	19	-	-	1	-	1	2
		7%		11%	5%	6%	6%	9%	7%	6%	7%	7%	-	-	11%	-	33%	4%
Don't know			1	1	-	-	-	-	-	1	-	1	-	-	-	-	-	-
		*		3%	-	-	-	-	-	1%	-	*	-	-	-	-	-	-
I wasn't doing this activity last year			9	-	3	1	1	-	4	4	5	7	-	-	1	-	1	2
		3%		-	3%	1%	3%	-	8%	2%	5%	3%	-	-	8%	-	34%	4%
NET: Increased								g										
		150	18	50	29	22	12	19	98	53	119	9	13	4	1	1	28	
		48%	f	f	41%	61% cf	52%	33%	50% f	45%	46%	73%	62%	34%	100%	33%	58%	
NET: Decreased																		
		56	6	13	18	4	5	10	36	20	51	-	1	4	-	1	5	
		18%		16%	14%	25%	12%	21%	18%	17%	19%	-	5%	31%	-	33%	11%	
Base for stats		303	33	88	71	35	23	53	192	111	253	12	22	10	1	1	47	
Mean Score		3.47	3.62	3.66 cf	3.25	3.69	3.38	3.23	3.50	3.41	3.41	3.97	3.94	3.10	4.00	2.51	3.71	
Standard Deviation		1.159	1.321	1.141	1.145	1.109	1.178	1.081	1.184	1.118	1.170	.734	.961	1.354	-	2.614	1.085	
Standard Error		.066	.230	.123	.133	.185	.236	.150	.085	.105	.073	.212	.215	.428	-	1.849	.162	
Error variance		*	.05	.02	.02	.03	.06	.02	.01	.01	.01	.04	.05	.18	-	3.42	.03	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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	
316	196	46	55	101	29	30	100	30	6	12	23	26	21	39	59	
313	180	53	64	117	28	31	98	31	6	12	22	21	20	43	59	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
68	31	11	21	32	5	7	26	5	-	2	3	8	4	9	12	
22%	17%	21%	32% a	27% a	16%	24%	26%	16%	-	17%	14%	36%	19%	20%	20%	
82	46	15	17	32	12	11	29	7	-	4	6	6	1	6	23	
26%	25%	27%	27%	27%	44%	36% j	29%	22%	-	37%	28%	27%	4%	15%	40% j	
96	68	15	10	25	6	5	29	10	3	6	6	6	11	15	11	
31%	38% cd	28%	16%	22%	22%	17%	29%	32%	48%	47%	28%	26%	54%	36%	19%	
35	21	7	7	14	4	3	7	3	2	-	4	2	2	8	7	
11%	12%	13%	11%	12%	15%	10%	8%	9%	32%	-	19%	8%	10%	19%	12%	
21	9	2	7	10	1	3	4	6	1	-	1	1	1	2	4	
7%	5%	5%	11%	8%	3%	10%	4%	20% c	20%	-	6%	4%	4%	5%	7%	
1	-	1	-	1	-	1	-	-	-	-	-	-	-	-	1	
*	-	2% a	-	1%	-	4%	-	-	-	-	-	-	-	-	2%	
9	6	2	1	3	-	-	4	-	-	-	1	-	2	2	-	
3%	3%	4%	2%	3%	-	-	4%	-	-	-	6%	-	9%	5%	-	
150	77	26	38	64	17	18	55	12	-	6	9	13	5	15	35	
48%	43%	49%	59% a	55%	60%	60% j	55% j	38%	-	53%	42%	63%	23%	35%	60% j	
56	30	9	14	23	5	6	11	9	3	-	6	2	3	10	11	
18%	17%	17%	22%	20%	18%	20%	12%	30% c	52%	-	25%	11%	14%	24%	19%	
303	174	50	63	112	28	30	95	31	6	12	21	21	19	41	58	
3.47	3.39	3.51	3.59	3.56	3.56	3.54	3.69 d	3.05	2.28	3.70	3.26	3.83	3.27	3.27	3.55	
1.159	1.073	1.135	1.358	1.259	1.046	1.282	1.087	1.352	.850	.772	1.158	1.128	1.066	1.183	1.163	
.066	.078	.173	.185	.128	.194	.238	.111	.247	.347	.223	.247	.221	.244	.194	.153	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

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

Significance Level: 95%

Unweighted Total

Total

Error variance

	Children aged 15 or under in the household				Current employment status										
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	*a	b	c	d	*e	*f	*g	*h	*i	j	k
316	196	46	55	101	29	30	100	30	6	12	23	26	21	39	59
313	180	53	64	117	28	31	98	31	6	12	22	21	20	43	59
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
*	.01	.03	.03	.02	.04	.06	.01	.06	.12	.05	.06	.05	.06	.04	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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%		316	71	75	22	4	97	75	93	50	26	6	76	99	36	177	87	16	280
Total		313	70	77	22	4	99	74	91	53	26	6	79	97	34	173	89	16	278
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	68 22%	22 32% be	13 18%	3 14%	1 25%	17 17%	23 32% be	23 26%	12 22%	4 15%	1 19%	16 20%	24 25%	7 19%	36 21%	19 22%	6 37%	61 22%
Increased a bit	(4.0)	82 26%	17 25%	25 33%	6 27%	1 23%	31 32%	18 25%	24 27%	18 34%	7 28%	1 14%	25 32%	25 26%	7 20%	43 25%	29 33%	3 20%	76 27%
Stayed the same	(3.0)	96 31%	17 25%	21 27%	10 43%	1 22%	30 31%	18 25%	29 32%	9 18%	11 42%	2 35%	20 26%	31 32%	13 37%	59 34%	20 23%	5 31%	84 30%
Decreased a bit	(2.0)	35 11%	5 8%	6 8%	4 16%	- -	10 10%	5 7%	5 6%	8 16% af	2 7%	- -	10 13%	5 5%	5 14%	22 13%	7 8%	2 12%	30 11%
Decreased a lot	(1.0)	21 7%	5 8%	8 11%	- -	1 30%	8 8%	7 9%	6 7%	4 8%	2 8%	2 32%	6 8%	8 9%	1 2%	8 5%	11 13% b	- -	20 7%
Don't know		1 *	- -	1 1%	- -	- -	1 1%	- -	- -	1 2%	- -	- -	1 1%	- -	- -	1 1%	- -	- -	1 *
I wasn't doing this activity last year		9 3%	2 3%	2 2%	- -	- -	2 2%	2 3%	3 3%	- -	- -	- -	- -	3 3%	3 8%	4 2%	2 3%	- -	6 2%
NET: Increased		150 48%	40 57%	39 50%	9 41%	2 48%	48 48%	42 56%	48 52%	30 56%	11 43%	2 33%	41 52%	50 51%	13 39%	79 46%	48 54%	9 57%	137 49%
NET: Decreased		56 18%	11 15%	14 19%	4 16%	1 30%	18 18%	12 16%	11 12%	13 24%	4 15%	2 32%	17 21%	13 14%	6 17%	30 17%	18 20%	2 12%	50 18%
Base for stats		303	68	74	22	4	96	72	88	52	26	6	78	94	32	168	86	16	271
Mean Score		3.47	3.68	3.40	3.39	3.12	3.40	3.65	3.61	3.47	3.35	2.88	3.43	3.56	3.43	3.46	3.44	3.83	3.47
Standard Deviation		1.159	1.241	1.204	.933	1.801	1.143	1.267	1.151	1.250	1.088	1.607	1.192	1.189	1.079	1.115	1.287	1.090	1.170
Standard Error		.066	.149	.142	.199	.901	.118	.148	.121	.179	.213	.656	.138	.121	.188	.085	.140	.272	.071
Error variance		*	.02	.02	.04	.81	.01	.02	.01	.03	.05	.43	.02	.01	.04	.01	.02	.07	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		316	54	218	43	45	6	219	86	8	249	67	272	43
Total		313	56	216	40	45	7	219	85	8	245	68	270	42
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	68	13	48	12	2	3	49	17	56	12	58	10
			22%	23%	22%	29% b	5%	38%	22% b	20% b	23%	18%	22%	23%
Increased a bit		(4.0)	82	14	59	8	9	-	66	15	65	17	70	12
			26%	25%	27%	20%	20%	-	30% e	18% 30%	27%	25%	26%	28%
Stayed the same		(3.0)	96	15	67	9	16	1	67	24	73	24	89	8
			31%	27%	31%	23%	35%	13%	31%	28% 26%	30%	35%	33%	19%
Decreased a bit		(2.0)	35	8	22	3	9	1	23	12	28	8	29	6
			11%	15%	10%	7%	21%	13%	11%	14% 16%	11%	11%	11%	14%
Decreased a lot		(1.0)	21	4	15	6	7	1	8	13	14	7	15	5
			7%	7%	7%	15% d	15% d	18%	4%	15% d 17%	6% 10%		6% 13%	
Don't know			1	-	1	-	-	-	1	-	1	-	1	-
			*	-	*	-	-	-	*	-	*	-	*	-
I wasn't doing this activity last year			9	2	4	2	2	1	5	4	8	1	8	1
			3%	4%	2%	5%	4%	19%	2%	5% 11%	3% 2%		3% 3%	
NET: Increased			150	27	107	20	12	3	114	32	121	29	128	21
			48%	48%	49%	50% b	26%	38%	52% be	38% 30%	50% 42%		47% 51%	
NET: Decreased			56	12	37	9	16	2	31	25	42	14	45	11
			18%	22%	17%	22% d	36% d	31%	14% 29% d	33% d	17% 21%		17% 27%	
Base for stats			303	54	211	38	43	5	213	80	236	67	261	40
Mean Score			3.47	3.44	3.49	3.45 b	2.79	3.34	3.58 be	3.14 2.78	3.52 3.30		3.48 3.35	
Standard Deviation			1.159	1.231	1.160	1.410	1.123	1.845	1.073	1.341	1.150	1.187	1.130	1.356
Standard Error			.066	.171	.079	.220	.171	.825	.074	.148	.074	.146	.070	.209
Error variance			*	.03	.01	.05	.03	.68	.01	.02	.01	.02	*	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			*a	*b	c	d	e	f	*g	h	i	j	a	b	c	*d	a	b	c	d
Unweighted Total		316	8	28	48	56	54	50	11	61	186	122	91	107	89	25	46	71	127	68
Total		313	8	27	47	54	55	49	12	61	184	121	87	104	92	27	44	70	125	70
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	68	1	5	3	5	8	19	6	20	21	19	18	20	11	12	14	19	21
			22%	15%	19%	6%	9%	15%	40%	54%	33%	11%	22%	17%	22%	39%	28%	20%	15%	30%
								cdei			cdei								c	
Increased a bit		(4.0)	82	2	4	11	18	13	17	-	18	46	21	24	32	6	11	17	39	14
			26%	21%	14%	24%	33%	24%	34%	-	30%	25%	24%	24%	34%	21%	26%	24%	31%	20%
Stayed the same		(3.0)	96	3	9	12	17	24	10	4	17	62	22	39	25	8	10	22	43	21
			31%	38%	34%	27%	31%	43%	20%	36%	28%	34%	26%	38%	27%	29%	23%	31%	34%	29%
							fj													
Decreased a bit		(2.0)	35	2	2	13	12	3	-	-	2	31	12	14	9	-	5	10	13	7
			11%	25%	9%	29%	22%	6%	-	-	4%	17%	14%	14%	10%	-	12%	14%	11%	10%
					efhj	efhj					efhj									
Decreased a lot		(1.0)	21	-	4	7	1	7	-	-	1	19	9	5	6	1	3	4	9	4
			7%	-	16%	15%	2%	12%	-	-	2%	11%	11%	4%	6%	4%	6%	6%	7%	6%
					dfhj		dfhj				fhj									
Don't know			1	-	-	-	-	-	-	1	-	1	1	-	-	-	-	1	-	-
			*	-	-	-	-	-	-	2%	-	1%	1%	-	-	-	-	2%	-	-
I wasn't doing this activity last year			9	-	2	-	2	-	3	1	1	4	3	4	1	2	2	2	2	3
			3%	-	8%	-	3%	-	6%	11%	1%	2%	3%	4%	1%	7%	5%	3%	1%	5%
NET: Increased			150	3	9	14	23	21	36	6	38	67	39	42	52	16	23	31	58	35
			48%	36%	32%	30%	42%	39%	74%	54%	63%	37%	45%	41%	56%	60%	54%	44%	46%	50%
								cdei			cdei				b					
NET: Decreased			56	2	7	20	13	10	-	-	4	50	21	19	15	1	8	14	22	11
			18%	25%	25%	44%	24%	18%	-	-	6%	27%	24%	18%	16%	4%	18%	21%	18%	16%
					defhij	fhj	fhj				fhj									
Base for stats		303	8	25	47	53	55	46	10	59	180	115	83	100	91	25	42	67	123	67
Mean Score		3.47	3.26	3.11	2.76	3.26	3.23	4.21	4.20	3.91	3.10	4.06	3.33	3.36	3.57	3.97	3.59	3.39	3.36	3.61
						c	c	cdei		cdei		cdei								
Standard Deviation		1.159	1.076	1.350	1.150	.993	1.167	.779	1.031	.991	1.151	.920	1.281	1.077	1.128	1.094	1.230	1.167	1.097	1.220
Standard Error		.066	.381	.265	.166	.135	.159	.114	.326	.129	.085	.085	.137	.106	.120	.228	.185	.142	.098	.151
Error variance		*	.14	.07	.03	.02	.03	.01	.11	.02	.01	.01	.02	.01	.01	.05	.03	.02	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		316	144	76	93	183	81
Total		313	141	76	94	179	80
		100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	68	49	8	11	45	13
		22%	35% bc	10%	12%	25%	17%
Increased a bit	(4.0)	82	57	13	11	55	19
		26%	40% bc	18%	12%	30%	24%
Stayed the same	(3.0)	96	27	39	30	45	32
		31%	19%	52% ac	32% a	25%	40% a
Decreased a bit	(2.0)	35	4	5	27	20	6
		11%	3%	6%	29% ab	11%	8%
Decreased a lot	(1.0)	21	2	6	13	10	9
		7%	1%	8% a	14% a	6%	11%
Don't know		1	-	1	-	-	-
		*	-	1%	-	-	-
I wasn't doing this activity last year		9	3	3	2	5	-
		3%	2%	4%	2%	3%	-
NET: Increased		150	106	21	22	100	32
		48%	75% bc	28%	24%	56% b	41%
NET: Decreased		56	6	11	39	30	15
		18%	4%	15% a	42% ab	17%	19%
Base for stats		303	138	71	92	175	80
Mean Score		3.47	4.07 bc	3.16 c	2.79	3.60 b	3.27
Standard Deviation		1.159	.880	1.014	1.189	1.162	1.173
Standard Error		.066	.074	.119	.125	.087	.130
Error variance		*	.01	.01	.02	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		170	79	90	80	64	26	9	22	18	17	16	8	33	28	19
Total		178	82	95	80	69	29	9	22	18	18	17	10	36	29	21
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	27	10	15	15	12	-	1	4	-	3	3	3	7	2	3
		15%	13%	16%	18%	17%	-	12%	19%	-	18%	20%	33%	18%	6%	16%
Increased a bit	(4.0)	56	31	25	29	17	10	4	5	6	7	4	2	13	10	4
		31%	38%	26%	36%	24%	36%	45%	25%	34%	37%	24%	26%	35%	35%	20%
Stayed the same	(3.0)	47	22	25	17	18	12	1	7	4	5	5	1	10	7	7
		26%	27%	26%	21%	26%	42%	8%	33%	23%	27%	27%	13%	29%	25%	32%
Decreased a bit	(2.0)	30	11	19	12	13	4	2	3	4	3	5	1	3	4	5
		17%	13%	20%	15%	19%	15%	23%	13%	21%	18%	29%	13%	8%	15%	22%
Decreased a lot	(1.0)	15	4	11	6	8	1	-	2	4	-	-	1	1	4	2
		8%	5%	11%	7%	11%	4%	-	9%	22%	-	-	14%	3%	14%	11%
Don't know		1	1	-	-	1	-	-	-	-	-	-	-	1	-	-
		1%	2%	-	-	2%	-	-	-	-	-	-	-	3%	-	-
I wasn't doing this activity last year		3	3	-	2	-	1	1	-	-	-	-	-	1	1	-
		2%	4%	-	2%	-	4%	12%	-	-	-	-	-	2%	4%	-
NET: Increased		82	41	40	43	28	10	5	10	6	10	8	6	19	12	7
		46%	50%	42%	54%	41%	36%	57%	44%	34%	55%	44%	59%	54%	42%	35%
NET: Decreased		45	14	30	18	21	5	2	5	8	3	5	3	4	8	7
		25%	17%	32%	23%	31%	19%	23%	22%	43%	18%	29%	28%	11%	29%	33%
			a													
Base for stats		174	78	95	78	68	28	8	22	18	18	17	10	34	28	21
Mean Score		3.28	3.43	3.14	3.44	3.17	3.14	3.53	3.33	2.70	3.54	3.34	3.51	3.62	3.05	3.06
Standard Deviation		1.169	1.043	1.247	1.182	1.263	.831	1.095	1.214	1.184	1.014	1.125	1.506	1.011	1.195	1.251
Standard Error		.091	.120	.131	.134	.159	.166	.387	.259	.279	.246	.281	.532	.182	.230	.287
Error variance		.01	.01	.02	.02	.03	.03	.15	.07	.08	.06	.08	.28	.03	.05	.08

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		170	22	51	34	20	19	24	107	63	141	7	13	6	2	1	29
Total		178	24	55	35	20	19	25	114	64	148	9	13	6	2	1	30
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	27	7	6	4	2	5	2	18	9	21	1	2	2	-	-	5
		15%	29%	12%	12%	9%	26%	8%	16%	14%	14%	15%	15%	32%	-	-	17%
Increased a bit	(4.0)	56	10	19	11	6	5	5	40	16	43	5	4	2	2	-	13
		31%	41%	35%	32%	29%	27%	19%	35%	24%	29%	58%	32%	31%	100%	-	43%
Stayed the same	(3.0)	47	5	11	9	4	6	11	26	21	39	1	5	2	-	-	8
		26%	22%	21%	27%	20%	32%	43%	23%	33%	26%	15%	38%	37%	-	-	28%
Decreased a bit	(2.0)	30	2	11	6	5	2	3	20	10	28	1	1	-	-	-	2
		17%	8%	21%	18%	25%	10%	13%	17%	16%	19%	11%	7%	-	-	-	6%
Decreased a lot	(1.0)	15	-	5	4	2	1	2	9	6	13	-	1	-	-	1	2
		8%	-	10%	10%	11%	6%	9%	8%	9%	9%	-	8%	-	-	100%	6%
Don't know		1	-	1	-	-	-	-	1	-	1	-	-	-	-	-	-
		1%	-	2%	-	-	-	-	1%	-	1%	-	-	-	-	-	-
I wasn't doing this activity last year		3	-	-	-	1	-	2	-	3	3	-	-	-	-	-	-
		2%	-	-	-	6%	-	8%	-	5%	2%	-	-	-	-	-	-
									g								
NET: Increased		82	17	25	15	8	10	7	58	24	64	6	6	4	2	-	18
		46%	69%	46%	44%	38%	53%	27%	51%	38%	43%	74%	47%	63%	100%	-	60%
NET: Decreased		45	2	17	10	7	3	6	29	16	41	1	2	-	-	1	4
		25%	8%	30%	29%	36%	16%	23%	25%	25%	28%	11%	15%	-	-	100%	12%
Base for stats		174	24	54	35	19	19	23	113	61	144	9	13	6	2	1	30
Mean Score		3.28	3.90	3.18	3.18	3.01	3.57	3.03	3.33	3.19	3.22	3.78	3.40	3.96	4.00	1.00	3.59
Standard Deviation		1.169	.933	1.202	1.196	1.224	1.175	1.065	1.176	1.161	1.186	.890	1.123	.914	-	-	1.051
Standard Error		.091	.199	.170	.205	.281	.270	.227	.114	.150	.101	.336	.311	.373	-	-	.195
Error variance		.01	.04	.03	.04	.08	.07	.05	.01	.02	.01	.11	.10	.14	-	-	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

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

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k	
170	62	47	52	99	18	16	46	24	9	6	16	12	9	14	34	
178	55	54	60	115	19	17	50	25	9	6	17	11	9	15	36	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
27	4	12	9	21	2	4	12	3	1	1	1	2	1	-	6	
15%	8%	23%	15%	19%	10%	23%	23%	14%	9%	19%	5%	19%	10%	-	16%	
		a														
56	21	14	20	34	7	7	16	9	3	2	5	2	2	3	14	
31%	38%	26%	33%	29%	35%	43%	32%	36%	37%	26%	28%	16%	19%	22%	39%	
47	17	10	15	25	4	4	13	7	1	1	3	3	4	6	9	
26%	31%	19%	25%	22%	21%	26%	25%	27%	10%	19%	19%	31%	46%	43%	24%	
30	8	13	8	21	2	1	7	2	3	1	5	4	1	3	4	
17%	14%	24%	14%	19%	12%	8%	14%	7%	35%	20%	32%	33%	13%	21%	10%	
15	3	3	7	10	2	-	2	4	1	1	3	-	1	1	2	
8%	6%	6%	11%	9%	10%	-	4%	17%	9%	17%	15%	-	13%	7%	5%	
1	-	-	1	1	1	-	-	-	-	-	-	-	-	-	1	
1%	-	-	2%	1%	7%	-	-	-	-	-	-	-	-	-	3%	
3	2	1	-	1	1	-	1	-	-	-	-	-	-	1	1	
2%	3%	2%	-	1%	4%	-	2%	-	-	-	-	-	-	7%	2%	
82	25	26	29	55	9	11	28	12	4	3	6	4	2	3	20	
46%	45%	48%	48%	48%	45%	66%	55%	49%	46%	44%	33%	36%	28%	22%	55%	
45	11	16	15	32	4	1	9	6	4	2	8	4	2	4	6	
25%	20%	30%	25%	28%	22%	8%	17%	24%	44%	37%	48%	33%	26%	28%	15%	
174	53	53	59	112	17	17	49	25	9	6	17	11	9	14	34	
3.28	3.28	3.35	3.27	3.31	3.25	3.82	3.58	3.22	3.01	3.09	2.75	3.22	3.00	2.86	3.54	
1.169	1.011	1.264	1.232	1.242	1.206	.901	1.119	1.286	1.276	1.488	1.203	1.161	1.169	.900	1.086	
.091	.131	.186	.173	.126	.302	.225	.167	.262	.425	.607	.301	.335	.390	.250	.192	
.01	.02	.03	.03	.02	.09	.05	.03	.07	.18	.37	.09	.11	.15	.06	.04	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	170	45	34	15	4	49	49	42	33	18	4	51	46	10	82	68	10	160	
Total	178	46	38	16	4	54	50	43	37	19	4	56	47	9	85	73	11	169	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Increased a lot	(5.0)	27	10	7	2	2	9	12	8	10	2	-	12	8	-	13	11	2	27
	15%	21%	18%	12%	56%	16%	24%	19%	28%	12%	-	22%	18%	-	16%	15%	20%	16%	
Increased a bit	(4.0)	56	14	16	7	1	23	14	14	12	7	3	20	17	2	23	29	2	54
	31%	29%	43%	41%	21%	43%	29%	31%	34%	40%	75%	36%	35%	23%	27%	39%	21%	32%	
Stayed the same	(3.0)	47	16	3	2	1	6	17	15	5	3	-	8	15	5	22	15	4	42
	26%	35% be	9%	14%	23%	10%	34% be	35% be	14%	15%	-	15%	32% e	52%	26%	21%	42%	25%	
Decreased a bit	(2.0)	30	4	6	4	-	10	4	5	5	3	-	8	5	1	18	10	1	29
	17%	9%	16%	27%	-	19%	8%	12%	13%	17%	-	14%	11%	9%	21%	14%	7%	17%	
Decreased a lot	(1.0)	15	3	4	1	-	5	3	1	3	3	1	6	2	2	5	7	1	13
	8%	6%	11%	5%	-	9%	6%	2%	8%	17%	25%	11%	4%	17%	6%	9%	11%	8%	
Don't know	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	1	
	1%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2%	-	1%	
I wasn't doing this activity last year	3	-	1	-	-	1	-	-	-	1	-	-	1	-	-	3	-	3	
	2%	-	3%	-	-	2%	-	-	3%	-	-	2%	-	-	4%	-	-	2%	
NET: Increased	82	24	23	8	3	32	27	22	23	10	3	32	25	2	36	40	4	80	
	46%	51%	62%	53%	77%	59%	53%	51%	62%	51%	75%	58%	53%	23%	42%	54%	41%	47%	
NET: Decreased	45	7	10	5	-	15	7	6	8	6	1	14	7	2	24	17	2	42	
	25%	15%	27%	33%	-	29%	14%	14%	21%	34%	25%	25%	15%	26%	28%	23%	17%	25%	
Base for stats	174	46	37	16	4	53	50	43	36	19	4	54	47	9	82	72	11	165	
Mean Score	3.28	3.51	3.43	3.27	4.33	3.38	3.57	3.55	3.62	3.12	3.26	3.45	3.52	2.79	3.25	3.38	3.34	3.31	
Standard Deviation	1.169	1.119	1.295	1.176	.958	1.251	1.121	1.004	1.273	1.336	1.481	1.304	1.037	1.038	1.171	1.178	1.242	1.173	
Standard Error	.091	.167	.225	.304	.479	.181	.160	.155	.225	.315	.740	.184	.153	.328	.132	.144	.393	.094	
Error variance	.01	.03	.05	.09	.23	.03	.03	.02	.05	.10	.55	.03	.02	.11	.02	.02	.15	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		170	37	117	29	27	8	111	55	8	136	34	153	16	
Total		178	38	125	31	28	8	117	57	9	143	35	161	16	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Increased a lot		(5.0)	27	10	16	6	1	-	20	6	1	22	5	25	1
			15%	27%	13%	20%	4%	-	17%	11%	12%	15%	14%	16%	7%
Increased a bit		(4.0)	56	10	42	7	7	4	40	15	3	45	10	50	4
			31%	26%	33%	24%	26%	51%	34%	27%	36%	32%	30%	31%	28%
Stayed the same		(3.0)	47	6	34	4	7	-	34	10	1	38	9	42	5
			26%	16%	28%	13%	24%	-	29%	17%	11%	26%	27%	26%	31%
Decreased a bit		(2.0)	30	7	22	10	8	1	13	16	2	24	5	28	2
			17%	17%	17%	31%	29%	11%	11%	29%	27%	17%	16%	17%	14%
Decreased a lot		(1.0)	15	3	9	4	4	2	7	7	1	11	4	11	3
			8%	9%	7%	12%	14%	25%	6%	13%	14%	7%	12%	7%	20%
Don't know			1	1	-	-	-	-	1	-	-	1	-	1	-
			1%	3%	-	-	-	-	1%	-	-	1%	-	1%	-
I wasn't doing this activity last year			3	1	2	-	1	1	1	2	-	2	1	3	-
			2%	2%	2%	-	3%	13%	1%	3%	-	1%	2%	2%	-
NET: Increased			82	20	58	14	8	4	60	22	4	67	15	76	6
			46%	53%	46%	44%	29%	51%	51%	38%	48%	47%	44%	47%	35%
NET: Decreased			45	10	30	13	12	3	20	23	4	35	9	39	5
			25%	26%	24%	43%	43%	36%	17%	41%	41%	25%	27%	24%	34%
Base for stats			174	36	122	31	27	7	115	55	9	140	34	157	16
Mean Score			3.28	3.48	3.29	3.10	2.75	2.88	3.46	2.95	3.04	3.31	3.19	3.32	2.88
Standard Deviation			1.169	1.332	1.120	1.374	1.137	1.473	1.106	1.259	1.369	1.158	1.229	1.158	1.258
Standard Error			.091	.225	.104	.255	.223	.557	.106	.173	.484	.100	.214	.095	.315
Error variance			.01	.05	.01	.07	.05	.31	.01	.03	.23	.01	.05	.01	.10



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			*a	*b	*c	d	e	*f	*g	*h	i	j	a	b	c	*d	*a	b	c	d
Unweighted Total		170	7	14	29	35	32	18	7	28	110	53	43	48	52	24	26	31	72	39
Total		178	7	15	29	36	32	19	8	30	113	58	44	50	55	25	26	32	76	42
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	27	-	1	4	6	3	3	4	6	14	6	-	11	9	6	6	5	9
		15%	-	-	7%	12%	16%	10%	17%	43%	20%	12%	14%	-	20%	34%	24%	18%	7%	23%
													b		b				c	
Increased a bit		(4.0)	56	1	3	5	11	13	10	1	11	32	11	18	20	6	6	11	23	15
		31%	16%	20%	18%	30%	40%	52%	15%	37%	28%	39%	25%	35%	35%	25%	25%	33%	30%	35%
Stayed the same		(3.0)	47	3	5	6	12	8	4	1	8	31	6	17	18	4	6	9	24	7
		26%	42%	35%	20%	34%	23%	21%	14%	26%	27%	22%	14%	34%	32%	16%	23%	29%	32%	17%
														a	a					
Decreased a bit		(2.0)	30	-	3	11	4	5	1	1	4	23	12	8	6	4	4	3	15	7
		17%	-	16%	38%	11%	17%	6%	15%	14%	21%	12%	28%	15%	10%	16%	17%	8%	20%	18%
													c							
Decreased a lot		(1.0)	15	3	3	3	2	1	1	-	1	10	8	5	1	1	3	4	5	2
		8%	41%	21%	11%	7%	3%	4%	-	3%	9%	3%	18%	10%	1%	5%	12%	13%	7%	5%
													c							
Don't know		1	-	-	-	-	-	-	1	-	-	1	-	1	-	-	-	-	1	-
		1%	-	-	-	-	-	-	15%	-	-	2%	-	2%	-	-	-	-	2%	-
I wasn't doing this activity last year		3	-	-	-	1	2	-	-	-	3	-	-	2	-	1	-	-	2	1
		2%	-	-	-	3%	6%	-	-	-	3%	-	-	4%	-	4%	-	-	2%	3%
NET: Increased		82	1	4	9	16	16	13	5	17	46	35	18	18	31	15	13	16	28	24
		46%	16%	27%	31%	46%	50%	69%	57%	57%	40%	61%	40%	35%	56%	59%	49%	51%	37%	57%
											i			b					c	
NET: Decreased		45	3	6	15	6	6	2	1	5	33	8	20	13	7	5	7	7	21	10
		25%	41%	38%	50%	18%	20%	10%	15%	17%	29%	14%	46%	25%	12%	20%	28%	21%	27%	23%
											j		bc							
Base for stats		174	7	15	29	35	30	19	7	30	110	56	44	47	55	24	26	32	73	41
Mean Score		3.28	2.34	2.75	2.82	3.38	3.39	3.72	4.00	3.58	3.14	3.68	2.91	3.00	3.63	3.72	3.33	3.36	3.09	3.53
											i			ab						
Standard Deviation		1.169	1.264	1.236	1.233	1.107	1.035	.978	1.248	1.063	1.163	1.049	1.360	.986	.975	1.271	1.344	1.244	1.051	1.202
Standard Error		.091	.478	.330	.229	.190	.189	.231	.509	.201	.112	.145	.207	.147	.135	.265	.264	.223	.126	.195
Error variance		.01	.23	.11	.05	.04	.04	.05	.26	.04	.01	.02	.04	.02	.02	.07	.07	.05	.02	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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
Significance Level: 95%			a	b	c	a	b
Unweighted Total		170	70	42	58	112	34
Total		178	73	42	63	119	34
		100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	27	15	5	6	20	4
		15%	21%	12%	10%	17%	13%
Increased a bit	(4.0)	56	30	10	16	41	10
		31%	41%	24%	25%	35%	30%
Stayed the same	(3.0)	47	15	19	12	26	11
		26%	21%	46% ac	20%	22%	32%
Decreased a bit	(2.0)	30	10	4	16	20	5
		17%	13%	9%	26% b	17%	13%
Decreased a lot	(1.0)	15	2	2	11	7	3
		8%	2%	4%	18% ab	6%	9%
Don't know		1	-	-	1	1	-
		1%	-	-	2%	1%	-
I wasn't doing this activity last year		3	1	2	-	2	1
		2%	1%	5%	-	2%	3%
NET: Increased		82	45	16	21	61	15
		46%	62% bc	37%	34%	52%	43%
NET: Decreased		45	12	5	28	28	8
		25%	16%	13%	44% ab	23%	22%
Base for stats		174	72	40	61	116	33
Mean Score		3.28	3.66	3.34	2.82	3.40	3.25
			c	c			
Standard Deviation		1.169	1.044	.964	1.277	1.154	1.145
Standard Error		.091	.126	.152	.169	.111	.199
Error variance		.01	.02	.02	.03	.01	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		111	46	65	68	37	6	4	13	17	9	8	3	23	18	16
Total		116	46	70	68	41	7	4	13	17	9	9	3	25	18	19
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	17	8	10	11	7	-	-	4	5	1	1	-	5	2	-
		15%	16%	14%	16%	16%	-	-	32%	28%	8%	13%	-	19%	10%	-
Increased a bit	(4.0)	48	15	33	32	15	1	3	4	5	3	5	2	10	8	7
		41%	32%	47%	47%	36%	18%	80%	35%	30%	34%	54%	64%	39%	46%	39%
Stayed the same	(3.0)	23	13	10	12	6	4	-	1	3	3	2	-	5	3	6
		19%	28%	14%	18%	16%	54%	-	6%	16%	35%	19%	-	20%	16%	35%
Decreased a bit	(2.0)	23	8	15	10	12	1	1	3	4	1	1	1	4	4	4
		20%	18%	21%	14%	30% a	16%	20%	21%	26%	13%	14%	36%	15%	23%	20%
Decreased a lot	(1.0)	4	2	2	3	1	1	-	-	-	1	-	-	2	1	1
		4%	5%	3%	4%	2%	13%	-	-	-	9%	-	-	6%	5%	6%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
I wasn't doing this activity last year		1	-	1	1	-	-	-	1	-	-	-	-	-	-	-
		1%	-	1%	1%	-	-	-	6%	-	-	-	-	-	-	-
NET: Increased		65	22	42	43	21	1	3	8	10	4	6	2	14	10	7
		56%	49%	61%	63%	52%	18%	80%	67%	58%	42%	67%	64%	58%	56%	39%
NET: Decreased		27	11	17	12	13	2	1	3	4	2	1	1	5	5	5
		24%	23%	24%	18%	32%	29%	20%	21%	26%	22%	14%	36%	22%	28%	26%
Base for stats		115	46	69	67	41	7	4	12	17	9	9	3	25	18	19
Mean Score		3.44	3.36	3.49	3.57	3.34	2.76	3.60	3.83	3.60	3.20	3.67	3.27	3.49	3.33	3.07
Standard Deviation		1.091	1.125	1.073	1.052	1.143	.961	.936	1.182	1.183	1.128	.931	1.143	1.172	1.120	.943
Standard Error		.104	.166	.134	.129	.188	.392	.468	.341	.287	.376	.329	.660	.244	.264	.236
Error variance		.01	.03	.02	.02	.04	.15	.22	.12	.08	.14	.11	.44	.06	.07	.06

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		111	23	39	23	12	8	6	85	26	83	8	10	5	1	-	24
Total		116	22	43	25	11	8	6	90	26	87	9	11	4	1	-	25
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Increased a lot	(5.0)	17	4	8	3	2	1	-	15	3	10	1	3	2	-	-	6
		15%	16%	18%	13%	17%	9%	-	16%	11%	11%	14%	29%	38%	-	-	24%
Increased a bit	(4.0)	48	8	20	13	2	2	2	41	7	38	5	3	2	-	-	10
		41%	35%	46%	55%	17%	31%	37%	46%	26%	44%	50%	30%	44%	-	-	39%
Stayed the same	(3.0)	23	9	5	2	4	2	1	16	6	16	2	2	-	-	-	5
		19%	40%	12%	8%	34%	21%	12%	18%	25%	18%	27%	18%	-	-	-	18%
Decreased a bit	(2.0)	23	2	10	4	2	2	2	17	6	19	1	2	-	1	-	4
		20%	9%	24%	18%	15%	28%	37%	19%	25%	22%	9%	22%	-	100%	-	16%
Decreased a lot	(1.0)	4	-	-	1	2	1	1	1	4	4	-	-	1	-	-	1
		4%	-	-	3%	17%	11%	13%	1%	14%	4%	-	-	18%	-	-	3%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
I wasn't doing this activity last year		1	-	-	1	-	-	-	1	-	1	-	-	-	-	-	-
		1%	-	-	3%	-	-	-	1%	-	1%	-	-	-	-	-	-
NET: Increased		65	11	27	17	4	3	2	56	9	48	6	7	4	-	-	16
		56%	51%	64%	68%	34%	40%	37%	62%	37%	55%	64%	59%	82%	-	-	63%
NET: Decreased		27	2	10	5	4	3	3	18	10	23	1	2	1	1	-	5
		24%	9%	24%	21%	32%	39%	50%	19%	39%	26%	9%	22%	18%	100%	-	19%
Base for stats		115	22	43	24	11	8	6	89	26	86	9	11	4	1	-	25
Mean Score		3.44	3.59	3.57	3.59	3.01	3.00	2.74	3.58	2.94	3.36	3.69	3.66	3.84	2.00	-	3.65
Standard Deviation		1.091	.887	1.050	1.064	1.362	1.266	1.192	1.004	1.247	1.081	.870	1.176	1.603	-	-	1.128
Standard Error		.104	.185	.168	.227	.393	.448	.487	.110	.245	.119	.308	.372	.717	-	-	.230
Error variance		.01	.03	.03	.05	.15	.20	.24	.01	.06	.01	.09	.14	.51	-	-	.05

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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	
111	31	35	34	69	8	14	50	13	7	2	4	7	4	2	22	
116	26	41	39	81	9	16	53	13	7	2	4	5	4	2	24	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
17	5	4	8	12	-	4	8	2	1	1	-	1	-	-	4	
15%	19%	11%	20%	15%	-	28%	16%	14%	15%	41%	-	13%	-	-	18%	
48	9	24	13	37	6	7	22	3	5	-	1	2	1	1	13	
41%	36%	58%	32%	45%	65%	44%	41%	25%	73%	-	27%	29%	28%	52%	52%	
		c														
23	6	5	7	12	2	3	10	3	-	1	1	2	1	-	5	
19%	24%	11%	18%	14%	20%	20%	18%	26%	-	59%	26%	29%	17%	-	20%	
23	1	8	10	19	1	1	11	5	1	-	1	1	1	1	3	
20%	6%	20%	26%	23%	15%	8%	21%	35%	12%	-	28%	14%	26%	48%	10%	
		a		a												
4	3	-	1	1	-	-	2	-	-	-	1	1	1	-	-	
4%	13%	-	3%	1%	-	-	3%	-	-	-	18%	15%	28%	-	-	
	bd															
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
1	1	-	-	-	-	-	1	-	-	-	-	-	-	-	-	
1%	3%	-	-	-	-	-	1%	-	-	-	-	-	-	-	-	
65	14	28	21	49	6	11	30	5	6	1	1	2	1	1	17	
56%	54%	68%	53%	61%	65%	72%	57%	39%	88%	41%	27%	43%	28%	52%	70%	
27	5	8	12	20	1	1	13	5	1	-	2	2	2	1	3	
24%	19%	20%	30%	25%	15%	8%	24%	35%	12%	-	47%	28%	54%	48%	10%	
115	25	41	39	81	9	16	52	13	7	2	4	5	4	2	24	
3.44	3.43	3.59	3.41	3.50	3.51	3.92	3.47	3.19	3.90	3.82	2.62	3.13	2.46	3.05	3.78	
1.091	1.266	.941	1.182	1.062	.782	.918	1.095	1.108	.862	1.385	1.216	1.368	1.337	1.327	.879	
.104	.231	.159	.203	.128	.277	.245	.156	.307	.326	.979	.608	.517	.669	.939	.187	
.01	.05	.03	.04	.02	.08	.06	.02	.09	.11	.96	.37	.27	.45	.88	.04	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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	111	31	39	9	3	48	34	35	29	17	3	46	38	6	53	40	12	105
Total	116	33	42	9	3	52	36	38	30	18	3	48	41	5	54	44	12	111
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	17	4	8	2	1	10	5	7	3	1	10	6	2	6	7	2	16
	15%	12%	19%	23%	41%	20%	15%	13%	24%	18%	33%	22%	15%	33%	11%	17%	19%	14%
Increased a bit	(4.0)	48	12	20	2	2	22	16	15	6	1	20	17	1	27	16	3	47
	41%	37%	47%	23%	59%	43%	38%	41%	48%	31%	42%	42%	41%	15%	51%	36%	28%	42%
Stayed the same	(3.0)	23	7	5	4	-	10	8	4	5	-	9	8	1	10	9	3	22
	19%	21%	13%	46%	-	19%	19%	20%	14%	27%	-	19%	18%	17%	19%	19%	21%	20%
Decreased a bit	(2.0)	23	8	8	1	-	9	8	3	4	1	8	9	-	10	9	4	23
	20%	25%	18%	8%	-	17%	23%	22%	11%	24%	25%	16%	22%	-	18%	21%	33%	21%
Decreased a lot	(1.0)	4	2	-	-	-	2	2	-	-	-	-	2	2	-	3	-	3
	4%	5%	-	-	-	-	5%	4%	-	-	-	-	4%	34%	-	6%	-	3%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
I wasn't doing this activity last year	1	-	1	-	-	1	-	-	1	-	-	1	-	-	1	-	-	1
	1%	-	2%	-	-	2%	-	-	3%	-	-	2%	-	-	1%	-	-	1%
NET: Increased	65	16	28	4	3	33	19	21	22	9	2	31	23	2	33	24	6	63
	56%	49%	67%	46%	100%	63%	53%	54%	72%	49%	75%	64%	56%	49%	61%	53%	46%	56%
NET: Decreased	27	10	8	1	-	9	10	10	3	4	1	8	11	2	10	12	4	26
	24%	30%	18%	8%	-	17%	28%	26%	11%	24%	25%	16%	26%	34%	18%	27%	33%	23%
Base for stats	115	33	42	9	3	51	36	38	30	18	3	47	41	5	53	44	12	110
Mean Score	3.44	3.27	3.69	3.60	4.41	3.68	3.36	3.37	3.87	3.43	3.84	3.70	3.40	3.13	3.55	3.37	3.32	3.45
Standard Deviation	1.091	1.132	1.004	.981	.613	.991	1.138	1.108	.930	1.075	1.398	.998	1.117	1.886	.920	1.181	1.164	1.054
Standard Error	.104	.203	.163	.327	.354	.145	.195	.187	.176	.261	.807	.149	.181	.770	.128	.187	.336	.103
Error variance	.01	.04	.03	.11	.13	.02	.04	.04	.03	.07	.65	.02	.03	.59	.02	.03	.11	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

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

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total		a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Significance Level: 95%													
Unweighted Total		111	66	22	14	7	63	40	2	83	28	96	7
Total		116	69	24	15	7	66	42	2	88	28	103	6
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	17	8	3	1	1	13	5	-	14	4	16	1
		15%	11%	11%	5%	17%	19%	11%	-	15%	13%	15%	13%
Increased a bit	(4.0)	48	27	11	9	2	26	20	1	38	9	44	2
		41%	38%	45%	60%	26%	40%	48%	50%	43%	34%	43%	41%
Stayed the same	(3.0)	23	16	4	1	-	15	4	-	16	7	20	-
		19%	23%	15%	6%	-	23%	11%	-	18%	24%	20%	-
Decreased a bit	(2.0)	23	16	7	4	3	10	11	1	15	8	20	2
		20%	23%	30%	24%	46%	15%	27%	50%	17%	29%	19%	32%
Decreased a lot	(1.0)	4	2	-	1	1	2	2	-	4	-	2	1
		4%	2%	-	5%	11%	3%	4%	-	5%	-	2%	14%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-
I wasn't doing this activity last year		1	1	-	-	-	1	-	-	1	-	1	-
		1%	1%	-	-	-	1%	-	-	1%	-	1%	-
NET: Increased		65	34	13	10	3	39	25	1	52	13	60	3
		56%	50%	55%	65%	43%	59%	59%	50%	59%	47%	58%	54%
NET: Decreased		27	18	7	4	4	11	13	1	19	8	22	3
		24%	26%	30%	29%	57%	17%	31%	50%	22%	29%	21%	46%
Base for stats		115	68	24	15	7	65	42	2	87	28	102	6
Mean Score		3.44	3.33	3.36	3.36	2.91	3.59	3.35	3.00	3.48	3.31	3.50	3.08
Standard Deviation		1.091	1.039	1.043	1.107	1.470	1.045	1.114	1.292	1.107	1.046	1.046	1.475
Standard Error		.104	.129	.222	.296	.556	.133	.176	.914	.122	.198	.107	.558
Error variance		.01	.02	.05	.09	.31	.02	.03	.84	.01	.04	.01	.31

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

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

		Number of days active										Life satisfaction score				Covid-19 related worries					
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)	
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	b	c	*d	*a	b	c	*d	
Unweighted Total		111	4	14	10	21	24	16	6	16	69	38	18	41	36	13	24	32	33	17	
Total		116	3	15	10	22	24	17	7	17	71	41	19	42	38	14	24	33	36	20	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Increased a lot		(5.0)	17	-	1	1	4	1	6	1	2	8	10	-	7	7	4	4	1	5	5
			15%	-	8%	13%	20%	3%	37%	19%	11%	11%	23%	-	16%	18%	24%	18%	4%	15%	27%
Increased a bit		(4.0)	48	1	7	5	6	10	7	6	7	28	19	7	15	18	7	7	15	15	11
			41%	22%	47%	48%	26%	42%	40%	81%	41%	39%	47%	39%	35%	47%	51%	29%	47%	41%	55%
Stayed the same		(3.0)	23	2	2	2	5	4	1	-	6	14	7	4	9	6	2	7	7	6	-
			19%	55%	16%	19%	24%	17%	5%	-	36%	19%	17%	20%	23%	15%	14%	27%	23%	18%	-
Decreased a bit		(2.0)	23	-	5	2	7	6	2	-	1	19	4	7	10	5	1	5	7	9	2
			20%	-	29%	20%	30%	26%	14%	-	7%	27%	9%	37%	24%	12%	5%	19%	21%	24%	12%
											j										
Decreased a lot		(1.0)	4	1	-	-	-	3	-	-	1	3	1	1	1	2	1	1	2	1	1
			4%	23%	-	-	-	12%	-	-	5%	4%	2%	4%	2%	5%	6%	3%	5%	2%	6%
Don't know			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
I wasn't doing this activity last year			1	-	-	-	-	-	1	-	-	-	1	-	-	1	-	1	-	-	-
			1%	-	-	-	-	-	5%	-	-	-	2%	-	-	2%	-	3%	-	-	-
NET: Increased			65	1	8	6	10	11	13	7	9	35	29	7	21	25	11	11	17	20	16
			56%	22%	55%	61%	46%	45%	77%	100%	52%	50%	70%	39%	51%	66%	76%	47%	51%	56%	82%
												i									
NET: Decreased			27	1	5	2	7	9	2	-	2	22	4	8	11	7	2	5	8	9	4
			24%	23%	29%	20%	30%	38%	14%	-	12%	31%	11%	41%	26%	17%	11%	23%	26%	26%	18%
												j									
Base for stats		115	3	15	10	22	24	16	7	17	71	40	19	42	38	14	23	33	36	20	
Mean Score		3.44	2.75	3.33	3.54	3.36	2.98	4.05	4.19	3.46	3.25	3.82	2.93	3.39	3.64	3.84	3.40	3.24	3.42	3.85	
												i									
Standard Deviation		1.091	1.230	1.016	1.004	1.137	1.162	1.035	.425	.976	1.099	.968	.986	1.089	1.094	1.067	1.129	1.008	1.091	1.157	
Standard Error		.104	.615	.272	.318	.248	.237	.267	.173	.244	.132	.159	.232	.170	.185	.296	.235	.178	.190	.280	
Error variance		.01	.38	.07	.10	.06	.06	.07	.03	.06	.02	.03	.05	.03	.03	.09	.06	.03	.04	.08	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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
Significance Level: 95%			a	*b	c	a	*b
Unweighted Total		111	50	25	33	73	27
Total		116	54	24	35	78	27
		100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	17	11	-	6	11	6
		15%	20%	-	16%	14%	21%
Increased a bit	(4.0)	48	31	8	9	36	7
		41%	57%	33%	26%	46%	27%
		c					
Stayed the same	(3.0)	23	5	13	3	15	6
		19%	10%	54%	10%	19%	24%
Decreased a bit	(2.0)	23	7	3	13	13	8
		20%	13%	10%	37%	16%	28%
Decreased a lot	(1.0)	4	1	-	4	3	-
		4%	1%	-	11%	4%	-
Don't know		-	-	-	-	-	-
		-	-	-	-	-	-
I wasn't doing this activity last year		1	-	1	-	1	-
		1%	-	3%	-	1%	-
NET: Increased		65	41	8	15	46	13
		56%	76%	33%	43%	60%	48%
NET: Decreased		27	8	3	16	16	8
		24%	14%	10%	47%	21%	28%
Base for stats		115	54	24	35	77	27
		3.44	3.80	3.23	3.01	3.49	3.41
Standard Deviation		1.091	.954	.640	1.327	1.060	1.132
		.104	.135	.131	.231	.125	.218
Error variance		.01	.02	.02	.05	.02	.05

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.9. Team sports (such as football, cricket, rugby etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total		64	34	30	39	21	4	3	9	1	8	3	5	20	7	8
Total		63	34	29	37	22	4	3	9	1	8	3	6	21	6	8
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	7	2	6	2	6	-	-	-	-	1	-	-	4	-	2
		12%	5%	19%	5%	25%	-	-	-	-	10%	-	-	21%	-	28%
Increased a bit	(4.0)	23	12	10	15	7	-	3	5	1	2	2	1	5	-	3
		36%	36%	35%	41%	34%	-	100%	57%	100%	25%	70%	23%	26%	-	37%
Stayed the same	(3.0)	17	9	8	11	5	1	-	4	-	3	-	3	6	-	1
		26%	26%	27%	29%	22%	27%	-	43%	-	42%	-	56%	29%	-	10%
Decreased a bit	(2.0)	8	5	2	4	1	2	-	-	-	1	1	1	2	2	-
		12%	16%	7%	12%	6%	47%	-	-	-	12%	30%	21%	11%	39%	-
Decreased a lot	(1.0)	6	4	3	3	3	-	-	-	-	1	-	-	3	2	1
		10%	11%	9%	9%	13%	-	-	-	-	11%	-	-	12%	29%	14%
Don't know		2	1	1	2	-	-	-	-	-	-	-	-	-	1	1
		3%	2%	3%	4%	-	-	-	-	-	-	-	-	-	13%	11%
I wasn't doing this activity last year		1	1	-	-	-	1	-	-	-	-	-	-	-	1	-
		2%	3%	-	-	-	26%	-	-	-	-	-	-	-	19%	-
NET: Increased		30	14	16	17	13	-	3	5	1	3	2	1	10	-	5
		47%	42%	54%	45%	59%	-	100%	57%	100%	35%	70%	23%	47%	-	65%
NET: Decreased		14	9	5	8	4	2	-	-	-	2	1	1	5	4	1
		22%	27%	16%	21%	18%	47%	-	-	-	23%	30%	21%	23%	68%	14%
Base for stats		61	32	28	35	22	3	3	9	1	8	3	6	21	4	7
Mean Score		3.28	3.10	3.49	3.21	3.54	2.36	4.00	3.57	4.00	3.11	3.40	3.03	3.33	1.57	3.72
Standard Deviation		1.158	1.128	1.178	1.063	1.310	.578	-	.526	-	1.170	1.143	.731	1.299	.568	1.434
Standard Error		.148	.199	.219	.175	.286	.333	-	.175	-	.414	.660	.327	.291	.254	.542
Error variance		.02	.04	.05	.03	.08	.11	-	.03	-	.17	.44	.11	.08	.06	.29

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.9. Team sports (such as football, cricket, rugby etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total		64	17	20	14	7	5	1	51	13	45	6	8	4	-	1	19
Total		63	17	21	14	6	4	1	52	11	44	7	8	4	-	1	20
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Increased a lot	(5.0)	7	2	3	1	-	1	-	7	1	2	2	1	1	-	1	5
		12%	14%	16%	6%	-	18%	-	13%	7%	5%	34%	10%	33%	-	100%	27%
Increased a bit	(4.0)	23	5	9	5	3	1	-	19	4	21	-	1	-	-	-	1
		36%	27%	43%	36%	45%	23%	-	36%	33%	49%	-	16%	-	-	-	6%
Stayed the same	(3.0)	17	6	2	5	2	1	1	13	3	9	4	2	1	-	-	8
		26%	36%	10%	37%	26%	24%	100%	26%	31%	21%	66%	26%	26%	-	-	38%
Decreased a bit	(2.0)	8	1	4	-	2	1	-	5	3	4	-	4	-	-	-	4
		12%	7%	19%	-	29%	17%	-	10%	22%	8%	-	48%	-	-	-	20%
Decreased a lot	(1.0)	6	3	2	2	-	-	-	6	-	5	-	-	2	-	-	2
		10%	17%	8%	12%	-	-	-	12%	-	11%	-	-	41%	-	-	8%
Don't know		2	-	1	-	-	1	-	1	1	2	-	-	-	-	-	-
		3%	-	4%	-	-	18%	-	2%	7%	4%	-	-	-	-	-	-
I wasn't doing this activity last year		1	-	-	1	-	-	-	1	-	1	-	-	-	-	-	-
		2%	-	-	8%	-	-	-	2%	-	3%	-	-	-	-	-	-
NET: Increased		30	7	13	6	3	2	-	25	5	23	2	2	1	-	1	7
		47%	41%	59%	43%	45%	41%	-	49%	40%	53%	34%	26%	33%	-	100%	34%
NET: Decreased		14	4	6	2	2	1	-	11	3	8	-	4	2	-	-	6
		22%	24%	27%	12%	29%	17%	-	22%	22%	19%	-	48%	41%	-	-	28%
Base for stats		61	17	20	13	6	3	1	50	10	41	7	8	4	-	1	20
Mean Score		3.28	3.13	3.42	3.28	3.16	3.51	3.00	3.29	3.26	3.30	3.69	2.88	2.83	-	5.00	3.24
Standard Deviation		1.158	1.280	1.252	1.093	.922	1.246	-	1.205	.952	1.097	1.030	1.088	1.987	-	-	1.307
Standard Error		.148	.310	.287	.303	.349	.623	-	.172	.275	.169	.420	.385	.994	-	-	.300
Error variance		.02	.10	.08	.09	.12	.39	-	.03	.08	.03	.18	.15	.99	-	-	.09

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.9. Team sports (such as football, cricket, rugby etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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
Significance Level: 95%			*a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total		64	29	11	19	30	1	8	32	4	6	2	1	9	1	-	9
Total		63	25	13	21	34	1	9	33	3	6	2	1	8	1	-	10
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Increased a lot	(5.0)	7	2	1	4	5	-	2	3	1	1	-	-	-	-	-	2
		12%	10%	10%	17%	14%	-	21%	10%	24%	21%	-	-	-	-	-	19%
Increased a bit	(4.0)	23	6	9	7	16	-	4	14	1	1	-	-	3	-	-	4
		36%	23%	72%	31%	47%	-	41%	42%	25%	15%	-	-	44%	-	-	38%
Stayed the same	(3.0)	17	6	2	6	8	1	2	8	1	3	-	1	1	-	-	3
		26%	25%	18%	27%	24%	100%	26%	24%	29%	48%	-	100%	11%	-	-	32%
Decreased a bit	(2.0)	8	4	-	3	3	-	1	4	1	-	1	-	1	-	-	1
		12%	18%	-	15%	9%	-	12%	12%	23%	-	52%	-	13%	-	-	11%
Decreased a lot	(1.0)	6	4	-	2	2	-	-	3	-	1	-	-	2	-	-	-
		10%	17%	-	10%	6%	-	-	9%	-	15%	-	-	33%	-	-	-
Don't know		2	1	-	-	-	-	-	1	-	-	1	-	-	-	-	-
		3%	4%	-	-	-	-	-	3%	-	-	48%	-	-	-	-	-
I wasn't doing this activity last year		1	1	-	-	-	-	-	-	-	-	-	-	-	1	-	-
		2%	5%	-	-	-	-	-	-	-	-	-	-	-	100%	-	-
NET: Increased		30	8	11	10	21	-	6	17	2	2	-	-	3	-	-	6
		47%	33%	82%	48%	61%	-	62%	52%	49%	36%	-	-	44%	-	-	57%
NET: Decreased		14	9	-	5	5	-	1	7	1	1	1	-	3	-	-	1
		22%	34%	-	25%	15%	-	12%	21%	23%	15%	52%	-	45%	-	-	11%
Base for stats		61	23	13	21	34	1	9	32	3	6	1	1	8	-	-	10
Mean Score		3.28	2.90	3.91	3.30	3.53	3.00	3.72	3.34	3.50	3.27	2.00	3.00	2.66	-	-	3.66
Standard Deviation		1.158	1.292	.542	1.232	1.058	-	.984	1.125	1.316	1.369	-	-	1.424	-	-	.959
Standard Error		.148	.249	.163	.283	.193	-	.348	.202	.658	.559	-	-	.475	-	-	.320
Error variance		.02	.06	.03	.08	.04	-	.12	.04	.43	.31	-	-	.23	-	-	.10

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.9. Team sports (such as football, cricket, rugby etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

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

		Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Total		*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e	*f	*a	*b	*c	*d	e
Significance Level: 95%																		
Unweighted Total	64	19	18	10	3	28	22	18	21	10	-	31	18	6	28	27	3	58
Total	63	20	19	9	3	28	23	18	22	10	-	32	18	6	27	28	3	58
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	7	2	4	1	-	5	2	3	1	-	4	2	-	2	6	-	7
	12%	11%	23%	8%	-	18%	10%	12%	14%	8%	-	12%	12%	-	6%	21%	-	13%
Increased a bit	(4.0)	23	13	1	2	3	16	6	10	3	-	13	6	4	10	8	1	19
	36%	65%	7%	22%	100%	12%	69%	34%	45%	32%	-	41%	34%	67%	37%	28%	34%	32%
Stayed the same	(3.0)	17	3	8	3	-	10	5	6	2	-	8	5	-	8	8	1	17
	26%	14%	40%	30%	-	37%	13%	27%	29%	21%	-	26%	27%	-	28%	30%	29%	29%
Decreased a bit	(2.0)	8	1	3	3	-	6	3	1	3	-	4	3	-	4	3	1	8
	12%	5%	15%	30%	-	20%	4%	17%	3%	30%	-	11%	17%	-	14%	11%	37%	13%
Decreased a lot	(1.0)	6	1	2	1	-	3	2	2	-	-	2	2	-	3	3	-	6
	10%	4%	11%	10%	-	11%	4%	9%	10%	-	-	7%	9%	-	12%	11%	-	11%
Don't know		2	-	1	-	-	1	-	-	1	-	1	-	1	1	-	-	1
	3%	-	5%	-	-	3%	-	-	-	9%	-	3%	-	13%	3%	-	-	2%
I wasn't doing this activity last year		1	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-
	2%	-	-	-	-	-	-	-	-	-	-	-	-	20%	-	-	-	-
NET: Increased	30	15	6	3	3	8	18	8	13	4	-	17	8	4	12	13	1	26
	47%	77%	29%	30%	100%	29%	79%	46%	58%	40%	-	53%	46%	67%	43%	49%	34%	45%
NET: Decreased	14	2	5	4	-	9	2	5	3	3	-	6	5	-	7	6	1	14
	22%	9%	26%	40%	-	31%	8%	27%	13%	30%	-	18%	27%	-	26%	21%	37%	24%
Base for stats	61	20	18	9	3	27	23	18	22	9	-	31	18	4	26	28	3	57
Mean Score	3.28	3.75	3.16	2.87	4.00	3.06	3.78	3.23	3.50	3.20	-	3.42	3.23	4.00	3.10	3.38	2.98	3.23
Standard Deviation	1.158	.896	1.305	1.173	-	1.247	.841	1.188	1.101	1.058	-	1.080	1.188	-	1.150	1.245	1.047	1.182
Standard Error	.148	.206	.317	.371	-	.240	.179	.280	.240	.353	-	.197	.280	-	.221	.240	.604	.157
Error variance	.02	.04	.10	.14	-	.06	.03	.08	.06	.12	-	.04	.08	-	.05	.06	.37	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.9. Team sports (such as football, cricket, rugby etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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	
									NET: Longstanding physical and mental condition or illness					
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%			*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total		64	26	32	9	9	3	40	20	1	54	10	54	9
Total		63	26	31	9	9	3	40	20	1	54	9	54	8
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	7	6	-	-	-	7	-	-	7	-	5	2
			12%	18%	-	-	-	16%	-	-	14%	-	10%	25%
Increased a bit		(4.0)	23	8	4	1	1	16	6	-	18	5	22	1
			36%	26%	46%	12%	34%	41%	31%	-	33%	52%	40%	11%
Stayed the same		(3.0)	17	8	2	4	1	8	7	-	15	2	12	4
			26%	24%	22%	45%	32%	20%	35%	-	28%	18%	23%	44%
Decreased a bit		(2.0)	8	4	-	2	-	5	2	-	8	-	7	1
			12%	12%	-	21%	-	12%	9%	-	14%	-	12%	11%
Decreased a lot		(1.0)	6	5	2	2	-	3	3	1	4	2	6	-
			10%	17%	20%	22%	-	8%	15%	100%	8%	22%	12%	-
Don't know			2	1	-	-	1	1	1	-	1	1	1	1
			3%	3%	-	-	34%	2%	4%	-	2%	9%	2%	9%
I wasn't doing this activity last year			1	-	1	-	-	-	1	-	1	-	1	-
			2%	-	13%	-	-	-	6%	-	2%	-	2%	-
NET: Increased			30	14	4	1	1	23	6	-	25	5	27	3
			47%	44%	46%	12%	34%	57%	31%	-	46%	52%	50%	35%
NET: Decreased			14	9	2	4	-	8	5	1	12	2	13	1
			22%	29%	20%	43%	-	21%	24%	100%	22%	22%	24%	11%
Base for stats			61	31	8	9	2	39	18	1	52	8	52	8
Mean Score			3.28	3.15	3.07	2.47	3.51	3.45	2.91	1.00	3.31	3.10	3.25	3.54
Standard Deviation			1.158	1.371	1.272	1.023	.773	1.174	1.079	-	1.144	1.305	1.181	1.098
Standard Error			.148	.246	.450	.341	.546	.188	.254	-	.159	.435	.164	.388
Error variance			.02	.06	.20	.12	.30	.04	.06	-	.03	.19	.03	.15

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.9. Team sports (such as football, cricket, rugby etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

		Number of days active										Life satisfaction score				Covid-19 related worries					
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)	
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	*b	*c	*d	*a	*b	*c	*d	
Unweighted Total		64	1	5	9	9	16	13	5	6	39	24	19	18	16	11	13	21	20	9	
Total		63	1	5	8	10	16	13	5	6	39	24	18	18	16	12	14	19	20	10	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Increased a lot		(5.0)	7	-	-	3	-	3	2	-	-	5	2	2	1	2	2	3	2	1	2
			12%	-	-	34%	-	16%	17%	-	-	14%	9%	12%	4%	14%	18%	19%	9%	6%	17%
Increased a bit		(4.0)	23	-	1	2	2	3	7	3	5	8	15	6	6	3	7	4	9	7	3
			36%	-	26%	21%	19%	19%	54%	60%	76%	20%	61%	36%	36%	19%	57%	30%	47%	35%	26%
Stayed the same		(3.0)	17	-	1	1	4	9	2	1	-	14	3	2	8	5	2	3	4	8	1
			26%	-	17%	11%	36%	53%	15%	22%	-	36%	12%	11%	44%	32%	18%	24%	19%	39%	12%
Decreased a bit		(2.0)	8	-	-	3	2	2	-	-	1	7	1	4	2	2	-	-	2	2	3
			12%	-	-	34%	24%	11%	-	-	12%	18%	3%	21%	9%	13%	-	-	12%	9%	35%
Decreased a lot		(1.0)	6	-	2	-	1	-	2	1	1	3	3	3	-	3	1	2	3	1	1
			10%	-	34%	-	12%	-	14%	18%	13%	7%	15%	15%	-	17%	7%	14%	13%	4%	10%
Don't know			2	1	-	-	1	-	-	-	-	1	-	1	-	1	-	2	-	-	-
			3%	100%	-	-	9%	-	-	-	-	2%	-	5%	-	5%	-	12%	-	-	-
I wasn't doing this activity last year			1	-	1	-	-	-	-	-	1	-	-	-	1	-	-	-	-	1	-
			2%	-	24%	-	-	-	-	-	-	3%	-	-	7%	-	-	-	-	6%	-
NET: Increased			30	-	1	4	2	6	9	3	5	13	17	8	7	5	9	7	11	8	4
			47%	-	26%	55%	19%	35%	71%	60%	76%	34%	70%	48%	41%	33%	76%	49%	56%	41%	43%
NET: Decreased			14	-	2	3	4	2	2	1	2	10	4	7	2	5	1	2	5	3	4
			22%	-	34%	34%	36%	11%	14%	18%	24%	25%	18%	37%	9%	31%	7%	14%	25%	14%	44%
Base for stats			61	-	4	8	9	16	13	5	6	37	24	17	16	15	12	12	19	18	10
Mean Score			3.28	-	2.45	3.54	2.69	3.41	3.59	3.25	3.39	3.16	3.47	3.08	3.38	2.99	3.81	3.45	3.27	3.32	3.07
Standard Deviation			1.158	-	1.575	1.358	.999	.917	1.247	1.241	1.212	1.137	1.191	1.357	.747	1.332	1.006	1.348	1.221	.933	1.369
Standard Error			.148	-	.788	.453	.353	.229	.346	.555	.495	.187	.243	.320	.181	.344	.303	.406	.266	.214	.456
Error variance			.02	-	.62	.20	.12	.05	.12	.31	.24	.03	.06	.10	.03	.12	.09	.17	.07	.05	.21

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.9. Team sports (such as football, cricket, rugby etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		64	29	19	15	38	23
Total		63	30	17	15	39	22
		100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	7	7	1	-	4	2
		12%	22%	5%	-	9%	11%
Increased a bit	(4.0)	23	15	4	4	16	6
		36%	49%	21%	29%	42%	29%
Stayed the same	(3.0)	17	4	8	4	8	8
		26%	14%	44%	27%	21%	36%
Decreased a bit	(2.0)	8	4	2	2	6	1
		12%	13%	9%	14%	15%	4%
Decreased a lot	(1.0)	6	1	2	4	4	3
		10%	3%	10%	24%	10%	12%
Don't know		2	-	1	1	-	2
		3%	-	5%	6%	-	8%
I wasn't doing this activity last year		1	-	1	-	1	-
		2%	-	7%	-	3%	-
NET: Increased		30	21	4	4	20	9
		47%	71%	26%	29%	51%	41%
NET: Decreased		14	5	3	6	10	3
		22%	16%	19%	38%	25%	16%
Base for stats		61	30	15	15	38	20
Mean Score		3.28	3.74	3.01	2.64	3.26	3.26
Standard Deviation		1.158	1.041	1.037	1.206	1.152	1.170
Standard Error		.148	.193	.252	.322	.189	.255
Error variance		.02	.04	.06	.10	.04	.07



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.10. Racket sports (such as tennis, badminton, squash etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		46	22	23	33	9	4	-	7	3	5	5	3	12	7	4
Total		45	22	22	31	9	4	-	6	2	5	5	3	13	7	4
		100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	9	4	5	7	1	-	-	1	-	1	1	1	4	1	-
		19%	18%	22%	24%	13%	-	-	18%	-	15%	17%	27%	34%	11%	-
Increased a bit	(4.0)	13	7	5	9	4	-	-	2	1	3	2	2	2	1	-
		29%	30%	24%	29%	40%	-	-	25%	36%	63%	41%	73%	16%	14%	-
Stayed the same	(3.0)	9	3	5	5	1	2	-	1	1	-	1	-	4	1	1
		19%	15%	25%	18%	9%	54%	-	14%	31%	-	26%	-	33%	11%	22%
Decreased a bit	(2.0)	7	4	3	5	1	1	-	1	-	-	1	-	1	3	2
		17%	18%	16%	17%	13%	20%	-	12%	-	-	17%	-	10%	46%	46%
Decreased a lot	(1.0)	4	3	1	3	1	-	-	1	1	-	-	-	1	-	1
		9%	14%	4%	9%	13%	-	-	18%	33%	-	-	-	7%	-	32%
Don't know		1	-	1	-	1	-	-	-	-	1	-	-	-	-	-
		3%	-	5%	-	12%	-	-	-	-	22%	-	-	-	-	-
I wasn't doing this activity last year		2	1	1	1	-	1	-	1	-	-	-	-	-	1	-
		4%	5%	4%	3%	-	26%	-	14%	-	-	-	-	-	17%	-
NET: Increased		22	10	10	17	5	-	-	3	1	4	3	3	6	2	-
		48%	48%	46%	53%	53%	-	-	43%	36%	78%	57%	100%	50%	26%	-
NET: Decreased		11	7	4	8	2	1	-	2	1	-	1	-	2	3	3
		26%	32%	20%	26%	25%	20%	-	30%	33%	-	17%	-	17%	46%	78%
Base for stats		42	21	20	30	8	3	-	5	2	4	5	3	13	6	4
Mean Score		3.35	3.21	3.48	3.43	3.33	2.73	-	3.15	2.71	4.20	3.57	4.27	3.60	2.90	1.90
Standard Deviation		1.271	1.381	1.192	1.307	1.382	.532	-	1.605	1.656	.459	1.070	.535	1.291	1.241	.854
Standard Error		.194	.301	.260	.231	.489	.307	-	.655	.956	.230	.479	.309	.373	.506	.427
Error variance		.04	.09	.07	.05	.24	.09	-	.43	.91	.05	.23	.10	.14	.26	.18

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.10. Racket sports (such as tennis, badminton, squash etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		46	11	16	6	6	4	3	33	13	30	3	7	5	1	-	16
Total		45	11	16	5	6	3	3	33	12	29	3	7	5	1	-	15
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Increased a lot	(5.0)	9	3	3	-	1	1	1	6	3	5	-	1	3	-	-	4
		19%	25%	19%	-	18%	25%	30%	18%	23%	16%	-	15%	64%	-	-	26%
Increased a bit	(4.0)	13	4	3	3	1	1	1	10	3	7	1	5	-	-	-	6
		29%	37%	19%	50%	18%	26%	32%	31%	23%	23%	37%	72%	-	-	-	40%
Stayed the same	(3.0)	9	1	4	-	3	-	1	5	4	8	-	-	1	-	-	1
		19%	9%	23%	-	51%	-	39%	14%	33%	27%	-	-	19%	-	-	6%
Decreased a bit	(2.0)	7	1	3	1	1	2	-	5	2	5	1	-	1	1	-	3
		17%	9%	20%	15%	13%	49%	-	15%	20%	16%	38%	-	18%	100%	-	18%
Decreased a lot	(1.0)	4	2	1	1	-	-	-	4	-	3	-	1	-	-	-	1
		9%	20%	6%	14%	-	-	-	12%	-	10%	-	13%	-	-	-	6%
Don't know		1	-	1	-	-	-	-	1	-	1	-	-	-	-	-	-
		3%	-	7%	-	-	-	-	3%	-	4%	-	-	-	-	-	-
I wasn't doing this activity last year		2	-	1	1	-	-	-	2	-	1	1	-	-	-	-	1
		4%	-	5%	21%	-	-	-	6%	-	4%	26%	-	-	-	-	5%
NET: Increased		22	7	6	3	2	2	2	16	5	11	1	6	3	-	-	10
		48%	62%	39%	50%	36%	51%	61%	49%	46%	39%	37%	87%	64%	-	-	65%
NET: Decreased		11	3	4	2	1	2	-	9	2	8	1	1	1	1	-	4
		26%	29%	26%	29%	13%	49%	-	27%	20%	26%	38%	13%	18%	100%	-	24%
Base for stats		42	11	14	4	6	3	3	30	12	27	2	7	5	1	-	15
Mean Score		3.35	3.38	3.30	3.09	3.42	3.26	3.91	3.30	3.49	3.20	2.98	3.75	4.10	2.00	-	3.65
Standard Deviation		1.271	1.525	1.269	1.412	1.025	1.538	1.037	1.345	1.104	1.262	1.305	1.226	1.395	-	-	1.279
Standard Error		.194	.460	.339	.631	.419	.769	.599	.246	.306	.239	.923	.463	.624	-	-	.330
Error variance		.04	.21	.12	.40	.18	.59	.36	.06	.09	.06	.85	.21	.39	-	-	.11

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.10. Racket sports (such as tennis, badminton, squash etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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	
46	20	11	10	21	2	7	24	5	2	2	-	3	1	-	9	
45	17	12	12	24	2	7	23	5	2	2	-	2	1	-	8	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	-	100%	
9	2	2	3	5	-	2	5	-	-	1	-	1	-	-	2	
19%	14%	18%	22%	20%	-	30%	20%	-	-	47%	-	34%	-	-	25%	
13	2	6	3	9	2	2	7	1	-	1	-	-	-	-	3	
29%	15%	45%	27%	36%	100%	26%	32%	16%	-	53%	-	-	-	-	40%	
9	5	2	1	4	-	1	3	2	2	-	-	1	-	-	1	
19%	30%	20%	11%	15%	-	14%	12%	40%	100%	-	-	32%	-	-	12%	
7	4	2	1	3	-	-	5	1	-	-	-	1	-	-	-	
17%	24%	18%	11%	14%	-	-	23%	22%	-	-	-	34%	-	-	-	
4	2	-	2	2	-	1	3	-	-	-	-	-	-	-	1	
9%	10%	-	20%	10%	-	17%	12%	-	-	-	-	-	-	-	14%	
1	-	-	1	1	-	-	-	1	-	-	-	-	-	-	-	
3%	-	-	10%	5%	-	-	-	21%	-	-	-	-	-	-	-	
2	1	-	-	-	-	1	-	-	-	-	-	-	1	-	1	
4%	7%	-	-	-	-	12%	-	-	-	-	-	-	100%	-	10%	
22	5	8	6	13	2	4	12	1	-	2	-	1	-	-	6	
48%	29%	63%	49%	56%	100%	56%	52%	16%	-	100%	-	34%	-	-	65%	
11	6	2	4	6	-	1	8	1	-	-	-	1	-	-	1	
26%	35%	18%	30%	24%	-	17%	36%	22%	-	-	-	34%	-	-	14%	
42	16	12	11	23	2	6	23	4	2	2	-	2	-	-	8	
3.35	2.98	3.63	3.23	3.44	4.00	3.61	3.25	2.92	3.00	4.47	-	3.34	-	-	3.69	
1.271	1.246	1.010	1.560	1.277	-	1.579	1.365	.796	*	.677	-	1.654	-	-	1.382	
.194	.286	.305	.520	.286	-	.645	.279	.398	*	.479	-	.955	-	-	.489	
.04	.08	.09	.27	.08	-	.42	.08	.16	*	.23	-	.91	-	-	.24	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.10. Racket sports (such as tennis, badminton, squash etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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	
Significance Level: 95%		Total	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e
Unweighted Total		46	12	18	5	5	23	17	13	18	6	3	24	16	5	19	18	4	41
Total		45	12	19	4	5	23	17	12	19	6	3	25	15	4	18	19	4	40
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	9	3	1	2	3	2	5	3	2	2	1	4	4	1	4	4	-	8
		19%	21%	5%	38%	61%	11%	32%	26%	11%	32%	31%	15%	27%	18%	20%	23%	-	19%
Increased a bit	(4.0)	13	6	4	-	1	4	7	4	6	1	-	7	4	1	5	5	2	12
		29%	53%	21%	-	18%	18%	43%	31%	32%	23%	-	30%	25%	17%	30%	25%	54%	30%
Stayed the same	(3.0)	9	1	4	2	1	6	2	2	4	1	1	4	3	-	2	6	1	9
		19%	6%	24%	41%	21%	27%	11%	19%	19%	15%	41%	18%	23%	-	9%	33%	21%	21%
Decreased a bit	(2.0)	7	2	5	-	-	5	2	2	2	2	1	4	3	2	5	1	-	6
		17%	14%	27%	-	-	22%	10%	17%	11%	30%	28%	16%	19%	38%	26%	6%	-	14%
Decreased a lot	(1.0)	4	1	3	-	-	3	1	1	3	-	-	3	1	-	2	1	1	4
		9%	6%	17%	-	-	14%	5%	6%	17%	-	-	13%	5%	-	11%	6%	25%	10%
Don't know		1	-	1	-	-	1	-	-	1	-	-	1	-	-	-	1	-	1
		3%	-	6%	-	-	5%	-	-	6%	-	-	5%	-	-	-	6%	-	3%
I wasn't doing this activity last year		2	-	-	1	-	1	-	-	1	-	-	1	-	1	1	-	-	1
		4%	-	-	21%	-	4%	-	-	4%	-	-	3%	-	26%	5%	-	-	2%
NET: Increased		22	9	5	2	4	6	13	7	8	3	1	11	8	2	9	9	2	20
		48%	74%	26%	38%	79%	28%	75%	57%	43%	55%	31%	45%	53%	35%	50%	48%	54%	49%
NET: Decreased		11	2	8	-	-	8	2	3	5	2	1	7	4	2	6	2	1	10
		26%	20%	44%	-	-	36%	14%	23%	28%	30%	28%	28%	24%	38%	36%	13%	25%	24%
Base for stats		42	12	18	3	5	21	17	12	17	6	3	23	15	3	17	18	4	38
Mean Score		3.35	3.68	2.67	3.96	4.40	2.87	3.88	3.54	3.09	3.57	3.34	3.21	3.51	3.21	3.24	3.56	3.05	3.37
Standard Deviation		1.271	1.188	1.189	1.201	.917	1.255	1.139	1.275	1.341	1.341	1.523	1.327	1.262	1.570	1.386	1.157	1.451	1.267
Standard Error		.194	.343	.288	.601	.410	.274	.276	.354	.335	.547	.879	.283	.315	.785	.327	.281	.726	.203
Error variance		.04	.12	.08	.36	.17	.07	.08	.13	.11	.30	.77	.08	.10	.62	.11	.08	.53	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.10. Racket sports (such as tennis, badminton, squash etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		46	20	20	12	5	5	25	20	1	40	6	42	3
Total		45	20	19	12	5	4	24	20	1	40	5	42	2
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	9	5	3	1	1	1	7	2	-	8	1	9	-
		19%	25%	15%	7%	15%	20%	29%	8%	-	20%	17%	21%	-
Increased a bit	(4.0)	13	8	4	6	1	-	6	7	-	12	1	13	-
		29%	40%	21%	52%	21%	-	23%	37%	-	30%	15%	31%	-
Stayed the same	(3.0)	9	2	6	1	1	1	6	2	1	8	1	8	1
		19%	10%	29%	8%	19%	21%	24%	9%	100%	20%	15%	19%	36%
Decreased a bit	(2.0)	7	1	5	2	-	2	4	4	-	7	1	7	1
		17%	5%	25%	16%	-	39%	16%	18%	-	17%	14%	16%	31%
Decreased a lot	(1.0)	4	2	2	1	2	-	1	3	-	3	1	3	1
		9%	10%	10%	8%	45%	-	3%	16%	-	7%	23%	8%	33%
Don't know		1	1	-	-	-	-	1	-	-	1	-	1	-
		3%	6%	-	-	-	-	5%	-	-	3%	-	3%	-
I wasn't doing this activity last year		2	1	-	1	-	1	-	2	-	1	1	1	-
		4%	4%	-	10%	-	21%	-	10%	-	3%	17%	3%	-
NET: Increased		22	13	7	7	2	1	13	9	-	20	2	22	-
		48%	65%	36%	58%	36%	20%	52%	46%	-	50%	32%	52%	-
NET: Decreased		11	3	7	3	2	2	5	7	-	10	2	10	1
		26%	15%	35%	24%	45%	39%	19%	35%	-	24%	37%	24%	64%
Base for stats		42	18	19	11	5	3	23	18	1	37	4	39	2
Mean Score		3.35	3.71	3.05	3.37	2.63	3.01	3.62	3.03	3.00	3.41	2.86	3.43	2.03
Standard Deviation		1.271	1.274	1.240	1.170	1.749	1.466	1.203	1.351	-	1.230	1.711	1.249	1.100
Standard Error		.194	.300	.277	.353	.782	.733	.246	.318	-	.200	.765	.197	.635
Error variance		.04	.09	.08	.12	.61	.54	.06	.10	-	.04	.59	.04	.40

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.10. Racket sports (such as tennis, badminton, squash etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

		Number of days active										Life satisfaction score				Covid-19 related worries					
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)	
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	*b	*c	*d	*a	*b	*c	*d	
Unweighted Total		46	1	2	10	10	10	4	2	7	32	13	12	12	13	8	8	13	15	10	
Total		45	1	2	8	11	10	4	2	7	31	13	10	12	13	9	8	12	14	11	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Increased a lot		(5.0)	9	1	-	1	1	2	-	1	2	5	3	-	3	1	4	1	3	2	3
			19%	100%	-	13%	12%	24%	-	53%	27%	15%	24%	-	27%	10%	49%	11%	22%	14%	29%
Increased a bit		(4.0)	13	-	1	2	2	2	3	1	1	7	6	1	2	6	2	1	4	3	4
			29%	-	41%	29%	19%	21%	79%	47%	18%	24%	41%	10%	19%	48%	28%	16%	33%	25%	38%
Stayed the same		(3.0)	9	-	-	2	2	1	1	-	3	5	4	3	3	2	-	2	3	3	1
			19%	-	-	19%	17%	13%	21%	-	44%	15%	30%	30%	27%	18%	-	22%	24%	18%	13%
Decreased a bit		(2.0)	7	-	-	2	4	1	-	-	-	7	-	5	1	-	2	2	2	3	1
			17%	-	-	28%	40%	9%	-	-	-	24%	-	45%	7%	-	22%	25%	13%	19%	12%
Decreased a lot		(1.0)	4	-	-	1	1	1	-	-	1	3	1	1	-	3	-	2	1	1	-
			9%	-	-	11%	11%	12%	-	-	11%	11%	6%	7%	-	24%	-	27%	6%	8%	-
Don't know			1	-	-	-	-	1	-	-	-	1	-	-	1	-	-	-	-	1	-
			3%	-	-	-	-	12%	-	-	-	4%	-	-	10%	-	-	-	-	8%	-
I wasn't doing this activity last year			2	-	1	-	-	1	-	-	-	2	-	1	1	-	-	-	-	1	1
			4%	-	59%	-	-	9%	-	-	-	7%	-	8%	10%	-	-	-	-	8%	8%
NET: Increased			22	1	1	3	3	4	3	2	3	12	9	1	5	8	7	2	7	5	7
			48%	100%	41%	42%	31%	46%	79%	100%	45%	39%	64%	10%	46%	58%	78%	26%	56%	38%	67%
NET: Decreased			11	-	-	3	5	2	-	-	1	11	1	5	1	3	2	4	2	4	1
			26%	-	-	39%	51%	21%	-	-	11%	35%	6%	52%	7%	24%	22%	52%	20%	27%	12%
Base for stats			42	1	1	8	11	8	4	2	7	27	13	10	9	13	9	8	12	12	10
Mean Score			3.35	5.00	4.00	3.05	2.81	3.47	3.79	4.53	3.51	3.10	3.77	2.46	3.81	3.19	4.04	2.58	3.53	3.20	3.93
Standard Deviation			1.271	-	-	1.311	1.280	1.507	.475	.662	1.288	1.322	1.036	.831	1.059	1.395	1.252	1.415	1.206	1.290	1.035
Standard Error			.194	-	-	.414	.405	.533	.237	.468	.487	.246	.287	.250	.335	.387	.443	.500	.334	.358	.345
Error variance			.04	-	-	.17	.16	.28	.06	.22	.24	.06	.08	.06	.11	.15	.20	.25	.11	.13	.12

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.10. Racket sports (such as tennis, badminton, squash etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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
		*a	*b	*c	a	*b
Significance Level: 95%						
Unweighted Total	46	22	12	11	35	8
Total	45	21	12	11	35	7
	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	9	6	2	8	-
		19%	28%	13%	22%	-
Increased a bit	(4.0)	13	8	4	11	2
		29%	38%	33%	30%	31%
Stayed the same	(3.0)	9	3	3	7	1
		19%	13%	27%	20%	11%
Decreased a bit	(2.0)	7	2	1	4	2
		17%	11%	8%	12%	35%
Decreased a lot	(1.0)	4	-	1	3	1
		9%	-	9%	9%	11%
Don't know		1	1	-	1	-
		3%	5%	-	3%	-
I wasn't doing this activity last year		2	1	1	1	1
		4%	4%	9%	3%	12%
NET: Increased		22	14	6	19	2
		48%	66%	46%	53%	31%
NET: Decreased		11	2	2	7	3
		26%	11%	18%	21%	46%
Base for stats	42	19	11	11	33	6
Mean Score	3.35	3.92	3.35	2.30	3.48	2.71
Standard Deviation	1.271	.994	1.206	1.232	1.273	1.185
Standard Error	.194	.222	.364	.372	.222	.448
Error variance	.04	.05	.13	.14	.05	.20

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.11. Golf: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		34	25	9	14	12	8	3	5	1	4	4	4	5	6	2
Total		35	26	9	14	12	9	3	5	1	4	4	4	5	6	2
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	3	1	2	2	1	-	1	-	-	1	-	1	-	-	-
		9%	4%	25%	16%	9%	-	37%	-	-	20%	-	30%	-	-	-
Increased a bit	(4.0)	9	9	1	7	2	-	-	1	-	1	1	2	1	3	-
		27%	33%	10%	53%	18%	-	-	23%	-	28%	19%	43%	26%	51%	-
Stayed the same	(3.0)	9	7	2	3	3	3	1	1	1	1	2	1	1	-	1
		25%	27%	20%	18%	25%	38%	27%	18%	100%	23%	51%	27%	17%	-	58%
Decreased a bit	(2.0)	8	5	3	-	5	3	-	2	-	1	1	-	1	2	1
		24%	21%	33%	-	40%	39%	-	41%	-	29%	30%	-	18%	32%	42%
Decreased a lot	(1.0)	4	3	1	1	1	2	1	1	-	-	-	-	1	1	-
		12%	12%	12%	8%	8%	23%	36%	18%	-	-	-	-	22%	17%	-
Don't know		1	1	-	1	-	-	-	-	-	-	-	-	1	-	-
		2%	3%	-	6%	-	-	-	-	-	-	-	-	17%	-	-
I wasn't doing this activity last year		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Increased		13	10	3	9	3	-	1	1	-	2	1	3	1	3	-
		37%	37%	35%	68%	26%	-	37%	23%	-	48%	19%	73%	26%	51%	-
NET: Decreased		12	8	4	1	6	5	1	3	-	1	1	-	2	3	1
		36%	32%	45%	8%	48%	62%	36%	59%	-	29%	30%	-	41%	49%	42%
Base for stats		34	25	9	13	12	9	3	5	1	4	4	4	4	6	2
Mean Score		2.98	2.97	3.02	3.72	2.78	2.14	3.02	2.46	3.00	3.40	2.89	4.03	2.55	2.84	2.58
Standard Deviation		1.195	1.119	1.469	1.053	1.148	.817	2.128	1.152	*	1.268	.803	.858	1.368	1.329	.697
Standard Error		.208	.228	.490	.292	.331	.289	1.228	.515	*	.634	.401	.429	.684	.542	.493
Error variance		.04	.05	.24	.09	.11	.08	1.51	.27	*	.40	.16	.18	.47	.29	.24



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.11. Golf: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		34	4	11	8	7	-	4	23	11	27	1	4	1	-	-	6
Total		35	4	12	8	6	-	4	24	11	28	1	4	1	-	-	6
		100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Increased a lot		(5.0)	3	2	-	1	-	-	2	1	3	-	-	-	-	-	-
		9%	-	19%	-	13%	-	-	10%	8%	11%	-	-	-	-	-	-
Increased a bit		(4.0)	9	5	3	1	-	-	9	1	8	-	1	-	-	-	1
		27%	27%	37%	40%	12%	-	-	36%	7%	30%	-	27%	-	-	-	19%
Stayed the same		(3.0)	9	2	2	3	-	2	4	5	7	-	2	-	-	-	2
		25%	54%	-	26%	40%	-	46%	18%	43%	24%	-	48%	-	-	-	34%
Decreased a bit		(2.0)	8	3	2	1	-	1	6	2	7	1	-	1	-	-	2
		24%	19%	27%	23%	18%	-	28%	24%	22%	23%	100%	-	100%	-	-	29%
Decreased a lot		(1.0)	4	2	-	1	-	1	2	2	3	-	1	-	-	-	1
		12%	-	16%	-	16%	-	26%	8%	20%	11%	-	25%	-	-	-	18%
Don't know			1	-	1	-	-	-	1	-	-	-	-	-	-	-	-
		2%	-	-	11%	-	-	-	3%	-	-	-	-	-	-	-	-
I wasn't doing this activity last year			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Increased		13	1	7	3	2	-	-	11	2	12	-	1	-	-	-	1
		37%	27%	56%	40%	25%	-	-	46%	15%	41%	-	27%	-	-	-	19%
NET: Decreased		12	1	5	2	2	-	2	8	4	10	1	1	1	-	-	3
		36%	19%	44%	23%	35%	-	54%	33%	42%	34%	100%	25%	100%	-	-	47%
Base for stats		34	4	12	7	6	-	4	23	11	28	1	4	1	-	-	6
Mean Score		2.98	3.08	3.16	3.20	2.88	-	2.21	3.16	2.60	3.08	2.00	2.77	2.00	-	-	2.55
Standard Deviation		1.195	.769	1.492	.886	1.318	-	.941	1.188	1.176	1.213	-	1.266	-	-	-	1.094
Standard Error		.208	.384	.450	.335	.498	-	.470	.253	.355	.233	-	.633	-	-	-	.447
Error variance		.04	.15	.20	.11	.25	-	.22	.06	.13	.05	-	.40	-	-	-	.20

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.11. Golf: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k	
34	13	9	7	16	2	1	17	2	3	2	-	3	1	3	3	
35	12	10	8	18	2	1	18	2	3	2	-	3	1	4	3	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	
3	1	1	1	2	-	-	3	-	-	-	-	-	-	-	-	
9%	7%	13%	14%	13%	-	-	18%	-	-	-	-	-	-	-	-	
9	2	5	2	7	1	-	6	-	-	2	-	1	-	-	1	
27%	13%	43%	31%	38%	46%	-	31%	-	-	100%	-	33%	-	-	-	30%
9	4	-	3	3	-	-	4	-	2	-	-	1	1	1	-	
25%	33%	-	42%	18%	-	-	22%	-	69%	-	-	36%	100%	34%	-	
8	4	4	-	4	-	1	4	1	1	-	-	-	-	1	1	
24%	31%	34%	-	20%	-	100%	23%	52%	31%	-	-	-	-	34%	34%	
4	2	1	1	2	1	-	1	1	-	-	-	-	-	1	1	
12%	16%	10%	13%	12%	54%	-	6%	48%	-	-	-	-	-	32%	35%	
1	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	
2%	-	-	-	-	-	-	-	-	-	-	-	31%	-	-	-	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
13	2	6	3	9	1	-	9	-	-	2	-	1	-	-	1	
37%	20%	56%	44%	51%	46%	-	49%	-	-	100%	-	33%	-	-	-	30%
12	6	5	1	6	1	1	5	2	1	-	-	-	-	2	2	
36%	47%	44%	13%	31%	54%	100%	29%	100%	31%	-	-	-	-	66%	70%	
34	12	10	8	18	2	1	18	2	3	2	-	2	1	4	3	
2.98	2.63	3.13	3.31	3.21	2.39	2.00	3.32	1.52	2.69	4.00	-	3.48	3.00	2.02	2.26	
1.195	1.156	1.357	1.224	1.269	2.365	-	1.204	.671	.585	-	-	.747	-	.960	1.573	
.208	.321	.452	.463	.317	1.672	-	.292	.475	.338	-	-	.528	-	.554	.908	
.04	.10	.20	.21	.10	2.80	-	.09	.23	.11	-	-	.28	-	.31	.82	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q6D1X.11. Golf: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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																			
Significance Level: 95%																			
Unweighted Total		34	9	8	6	1	14	10	11	6	6	1	12	12	2	17	10	5	32
Total		35	10	9	6	1	15	11	12	7	6	1	13	12	2	18	10	5	33
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	3	3	-	-	-	3	2	-	1	-	1	2	-	2	1	-	3
			9%	33%	-	-	-	30%	16%	-	21%	-	10%	15%	-	12%	10%	-	10%
Increased a bit		(4.0)	9	1	5	1	1	6	3	4	1	-	5	3	-	4	3	2	9
			27%	12%	53%	17%	100%	38%	28%	54%	16%	-	36%	26%	-	25%	30%	42%	29%
Stayed the same		(3.0)	9	1	3	2	-	5	2	2	2	-	4	2	1	4	3	1	8
			25%	9%	37%	31%	-	34%	18%	29%	30%	-	30%	17%	45%	23%	31%	17%	24%
Decreased a bit		(2.0)	8	3	1	2	-	3	3	-	2	1	2	4	-	6	1	1	8
			24%	34%	11%	34%	-	20%	29%	-	33%	100%	16%	34%	-	35%	12%	18%	25%
Decreased a lot		(1.0)	4	1	-	1	-	1	1	1	-	-	1	1	1	1	1	1	3
			12%	11%	-	18%	-	7%	9%	16%	-	-	8%	8%	55%	5%	10%	23%	9%
Don't know			1	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	1
			2%	-	-	-	-	-	-	-	-	-	-	-	-	-	8%	-	2%
I wasn't doing this activity last year			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Increased			13	4	5	1	1	6	5	4	2	-	6	5	-	7	4	2	13
			37%	46%	53%	17%	100%	38%	45%	54%	37%	-	46%	41%	-	37%	40%	42%	39%
NET: Decreased			12	4	1	3	-	4	4	1	2	1	3	5	1	7	2	2	11
			36%	45%	11%	52%	-	28%	38%	16%	33%	100%	24%	42%	55%	40%	22%	41%	34%
Base for stats			34	10	9	6	1	15	12	7	6	1	13	12	2	18	10	5	32
Mean Score			2.98	3.23	3.42	2.47	4.00	3.03	3.14	3.21	3.26	2.00	3.23	3.06	1.89	3.04	3.20	2.77	3.05
Standard Deviation			1.195	1.560	.718	1.068	-	.971	1.303	1.167	1.224	-	1.144	1.289	1.403	1.169	1.191	1.378	1.172
Standard Error			.208	.520	.254	.436	-	.259	.393	.476	.500	-	.330	.372	.992	.284	.397	.616	.210
Error variance			.04	.27	.06	.19	-	.07	.15	.23	.25	-	.11	.14	.98	.08	.16	.38	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.11. Golf: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		34	12	19	4	6	2	22	11	1	24	10	25	7
Total		35	12	19	4	6	2	23	11	1	25	10	26	7
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	3	2	1	1	-	-	2	1	-	2	1	3	-
		9%	15%	7%	21%	-	-	10%	7%	-	9%	11%	12%	-
Increased a bit	(4.0)	9	6	4	2	-	1	6	3	-	9	1	8	1
		27%	45%	20%	52%	-	50%	28%	27%	-	34%	9%	33%	15%
Stayed the same	(3.0)	9	1	7	-	2	-	7	2	-	4	5	6	3
		25%	6%	37%	-	31%	-	30%	17%	-	17%	48%	23%	41%
Decreased a bit	(2.0)	8	2	6	-	3	-	5	3	-	6	2	5	2
		24%	17%	32%	-	52%	-	22%	29%	-	25%	21%	21%	29%
Decreased a lot	(1.0)	4	2	1	1	1	1	2	2	1	3	1	3	1
		12%	17%	5%	27%	17%	50%	9%	19%	100%	12%	12%	11%	16%
Don't know		1	-	-	-	-	-	-	-	-	1	-	-	-
		2%	-	-	-	-	-	-	-	-	3%	-	-	-
I wasn't doing this activity last year		-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Increased		13	7	5	3	-	1	9	4	-	11	2	12	1
		37%	60%	27%	73%	-	50%	39%	35%	-	43%	20%	45%	15%
NET: Decreased		12	4	7	1	4	1	7	5	1	9	3	8	3
		36%	34%	36%	27%	69%	50%	31%	48%	100%	37%	32%	32%	45%
Base for stats		34	12	19	4	6	2	23	11	1	24	10	26	7
Mean Score		2.98	3.25	2.93	3.39	2.14	2.50	3.09	2.75	1.00	3.03	2.87	3.13	2.54
Standard Deviation		1.195	1.415	1.010	1.759	.741	2.102	1.150	1.307	-	1.235	1.144	1.234	1.001
Standard Error		.208	.408	.232	.879	.303	1.487	.245	.394	-	.258	.362	.247	.378
Error variance		.04	.17	.05	.77	.09	2.21	.06	.16	-	.07	.13	.06	.14

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.11. Golf: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total		34	1	3	8	9	5	3	-	5	25	8	9	9	10	6	9	7	11	5
Total		35	1	3	8	10	5	3	-	6	25	8	8	10	10	7	9	8	11	6
		100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	3	-	-	-	-	1	-	2	-	3	1	-	1	1	1	1	-	1
		9%	-	-	-	-	-	28%	-	43%	-	38%	13%	-	8%	19%	12%	11%	-	24%
Increased a bit		(4.0)	9	-	-	2	1	1	2	3	4	5	2	-	4	4	1	4	4	-
		27%	-	-	29%	9%	23%	72%	-	57%	17%	62%	23%	-	42%	52%	12%	58%	38%	-
Stayed the same		(3.0)	9	1	-	3	4	2	-	-	8	-	3	1	3	2	4	-	2	1
		25%	100%	-	33%	36%	40%	-	-	-	32%	-	33%	11%	31%	29%	45%	-	17%	21%
Decreased a bit		(2.0)	8	-	2	3	2	1	-	-	8	-	2	6	1	-	2	2	4	-
		24%	-	70%	39%	24%	17%	-	-	-	32%	-	21%	58%	9%	-	23%	31%	36%	-
Decreased a lot		(1.0)	4	-	1	-	2	1	-	-	4	-	1	2	1	-	-	-	1	3
		12%	-	30%	-	22%	20%	-	-	-	16%	-	11%	23%	10%	-	-	-	10%	55%
Don't know			1	-	-	-	1	-	-	-	1	-	-	1	-	-	1	-	-	-
		2%	-	-	-	8%	-	-	-	-	3%	-	-	8%	-	-	9%	-	-	-
I wasn't doing this activity last year			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Increased		13	-	-	2	1	1	3	-	6	4	8	3	-	5	5	2	5	4	1
		37%	-	-	29%	9%	23%	100%	-	100%	17%	100%	35%	-	50%	71%	23%	69%	38%	24%
NET: Decreased		12	-	3	3	5	2	-	-	-	12	-	3	8	2	-	2	2	5	3
		36%	-	100%	39%	47%	37%	-	-	-	49%	-	32%	81%	19%	-	23%	31%	45%	55%
Base for stats		34	1	3	8	9	5	3	-	6	25	8	8	9	10	7	8	8	11	6
Mean Score		2.98	3.00	1.70	2.90	2.34	2.66	4.28	-	4.43	2.50	4.38	3.05	1.88	3.29	3.90	3.13	3.49	2.82	2.38
Standard Deviation		1.195	-	.560	.873	1.012	1.173	.554	-	.547	.983	.516	1.245	.631	1.145	.746	1.004	1.120	1.099	1.839
Standard Error		.208	-	.323	.309	.358	.525	.320	-	.245	.201	.183	.415	.223	.362	.304	.355	.423	.331	.822
Error variance		.04	-	.10	.10	.13	.28	.10	-	.06	.04	.03	.17	.05	.13	.09	.13	.18	.11	.68

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.11. Golf: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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
		*a	*b	*c	*a	*b
Significance Level: 95%						
Unweighted Total	34	16	7	9	20	10
Total	35	16	7	9	20	10
	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	3	-	-	2	1
		9%	-	-	9%	13%
Increased a bit	(4.0)	9	1	1	9	-
		27%	16%	12%	47%	-
Stayed the same	(3.0)	9	3	2	3	5
		25%	39%	24%	15%	44%
Decreased a bit	(2.0)	8	3	3	3	4
		24%	45%	32%	13%	43%
Decreased a lot	(1.0)	4	-	3	3	-
		12%	-	32%	15%	-
Don't know		1	-	-	-	-
		2%	-	-	-	-
I wasn't doing this activity last year		-	-	-	-	-
		-	-	-	-	-
NET: Increased		13	1	1	11	1
		37%	16%	12%	57%	13%
NET: Decreased		12	3	6	6	4
		36%	45%	64%	28%	43%
Base for stats	34	16	7	9	20	10
Mean Score	2.98	3.62	2.71	2.16	3.23	2.82
Standard Deviation	1.195	1.111	.784	1.068	1.265	1.005
Standard Error	.208	.278	.296	.356	.283	.318
Error variance	.04	.08	.09	.13	.08	.10

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		147	65	81	94	42	11	8	22	9	14	14	6	40	24	10
Total		139	61	77	85	42	11	7	20	7	13	13	6	40	22	9
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	30	9	22	20	9	1	1	5	2	3	2	2	10	5	1
		22%	14%	28% a	24%	21%	8%	16%	26%	21%	21%	12%	35%	25%	22%	13%
Increased a bit	(4.0)	39	18	21	28	10	1	2	5	1	2	7	2	10	6	4
		28%	29%	28%	33%	23%	9%	24%	25%	21%	15%	53%	27%	25%	28%	39%
Stayed the same	(3.0)	35	18	17	20	13	2	2	3	2	6	2	1	10	7	2
		25%	29%	22%	23%	32%	15%	26%	17%	34%	42%	14%	20%	26%	30%	17%
Decreased a bit	(2.0)	11	3	7	6	5	-	2	2	-	-	1	-	4	3	-
		8%	5%	9%	7%	11%	-	24%	8%	-	-	8%	-	10%	13%	-
Decreased a lot	(1.0)	18	11	7	7	5	6	-	3	2	2	2	1	5	1	3
		13%	18%	9%	8%	11%	58%	-	14%	24%	14%	13%	19%	12%	5%	31%
Don't know		3	2	1	2	1	-	-	-	-	1	-	-	1	1	-
		2%	3%	1%	2%	3%	-	-	-	-	9%	-	-	3%	3%	-
I wasn't doing this activity last year		3	1	2	2	-	1	1	2	-	-	-	-	-	-	-
		2%	2%	2%	2%	-	10%	10%	11%	-	-	-	-	-	-	-
NET: Increased		69	26	43	49	19	2	3	10	3	5	9	4	20	11	5
		50%	43%	56%	57%	44%	17%	40%	50%	42%	36%	65%	61%	50%	49%	53%
NET: Decreased		29	14	14	13	9	6	2	4	2	2	3	1	9	4	3
		21%	23%	18%	15%	22%	58%	24%	22%	24%	14%	20%	19%	22%	18%	31%
Base for stats		133	58	74	82	41	10	7	18	7	12	13	6	39	21	9
Mean Score		3.40	3.18	3.59	3.60	3.33	1.98	3.35	3.46	3.14	3.32	3.44	3.59	3.43	3.50	3.05
Standard Deviation		1.297	1.305	1.269	1.190	1.262	1.486	1.147	1.431	1.528	1.306	1.236	1.563	1.314	1.155	1.549
Standard Error		.109	.166	.144	.125	.197	.470	.433	.320	.509	.362	.330	.638	.210	.241	.490
Error variance		.01	.03	.02	.02	.04	.22	.19	.10	.26	.13	.11	.41	.04	.06	.24

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		147	21	34	46	18	14	14	101	46	109	8	10	13	2	2	35
Total		139	20	36	42	15	12	13	98	41	103	9	10	11	2	2	33
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	30	4	12	7	4	2	2	22	8	22	1	4	2	-	-	7
		22%	20%	32%	16%	25%	19%	13%	23%	20%	22%	15%	42%	14%	-	-	21%
Increased a bit	(4.0)	39	3	11	12	5	3	5	26	13	29	2	2	5	-	1	10
		28%	15%	31%	28%	34%	20%	39%	27%	32%	28%	24%	21%	47%	-	51%	31%
Stayed the same	(3.0)	35	6	7	16	1	4	1	29	6	28	2	3	2	-	-	7
		25%	32%	19%	38%	5%	32%	7%	30%	14%	27%	24%	28%	16%	-	-	20%
Decreased a bit	(2.0)	11	3	3	2	2	1	-	8	3	5	3	1	-	-	-	4
		8%	13%	9%	6%	13%	6%	-	8%	7%	5%	37%	9%	-	-	-	12%
Decreased a lot	(1.0)	18	3	1	4	3	3	3	9	9	15	-	-	1	2	1	3
		13%	16%	3%	10%	23%	22%	24%	9%	23% bg	14%	-	-	7%	100%	49%	10%
Don't know		3	1	2	-	-	-	-	3	-	1	-	-	2	-	-	2
		2%	4%	6%	-	-	-	-	3%	-	1%	-	-	16%	-	-	5%
I wasn't doing this activity last year		3	-	-	1	-	-	2	1	2	3	-	-	-	-	-	-
		2%	-	-	2%	-	-	17%	1%	6%	3%	-	-	-	-	-	-
NET: Increased		69	7	23	19	9	5	7	48	21	51	3	6	7	-	1	17
		50%	35%	63%	44%	59%	39%	52%	49%	51%	50%	39%	62%	61%	-	51%	52%
NET: Decreased		29	6	5	7	5	3	3	17	12	20	3	1	1	2	1	7
		21%	29%	12%	16%	36%	28%	24%	17%	30%	19%	37%	9%	7%	100%	49%	22%
Base for stats		133	19	34	41	15	12	11	94	38	99	9	10	10	2	2	31
Mean Score		3.40	3.11	3.84 h	3.35	3.26	3.09	3.22	3.48	3.19	3.40	3.17	3.95	3.71	1.00	2.53	3.44
Standard Deviation		1.297	1.373	1.121	1.152	1.572	1.436	1.565	1.210	1.488	1.305	1.162	1.089	1.084	-	2.315	1.276
Standard Error		.109	.307	.198	.172	.371	.384	.452	.123	.224	.127	.411	.344	.327	-	1.637	.222
Error variance		.01	.09	.04	.03	.14	.15	.20	.02	.05	.02	.17	.12	.11	-	2.68	.05



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		
147	75	22	30	52	11	14	58	17	7	5	6	20	4	5	25		
139	63	24	35	59	10	15	56	16	7	5	5	16	4	5	25		
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%		
30	12	9	5	14	2	8	10	2	3	1	1	3	-	1	10		
22%	19%	38%	14%	24%	24%	51%	18%	10%	43%	18%	16%	21%	-	17%	40%		
39	14	10	9	19	2	2	16	7	1	2	3	5	1	-	4		
28%	22%	40%	27%	32%	18%	14%	28%	43%	18%	46%	64%	31%	24%	-	16%		
35	18	4	13	16	1	3	18	4	2	1	1	5	-	1	4		
25%	28%	14%	36%	27%	10%	20%	32%	23%	27%	19%	20%	29%	-	17%	16%		
11	4	-	3	3	2	-	4	2	1	1	-	1	1	-	2		
8%	7%	-	10%	6%	17%	-	7%	12%	13%	17%	-	5%	28%	-	7%		
18	13	2	1	3	3	2	8	-	-	-	-	2	1	2	5		
13%	21% cd	8%	3%	5%	30%	15%	14%	-	-	-	-	10%	20%	44%	21%		
3	1	-	2	2	-	-	1	2	-	-	-	-	-	-	-		
2%	1%	-	6%	4%	-	-	2%	12%	-	-	-	-	-	-	-		
3	1	-	1	1	-	-	-	-	-	-	-	1	1	1	-		
2%	2%	-	3%	2%	-	-	-	-	-	-	-	5%	28%	22%	-		
69	26	19	14	33	4	10	26	8	4	3	4	8	1	1	14		
50%	42%	78%	41%	56%	42%	65%	46%	53%	61%	64%	80%	51%	24%	17%	56%		
29	17	2	5	6	5	2	12	2	1	1	-	2	2	2	7		
21%	27% d	8%	13%	11%	48%	15%	21%	12%	13%	17%	-	15%	48%	44%	28%		
133	61	24	31	56	10	15	55	14	7	5	5	15	3	4	25		
3.40	3.13	4.00	3.43	3.68 a	2.87	3.87	3.29	3.58	3.91	3.66	3.96	3.49	2.38	2.31	3.47		
1.297	1.395	1.130	1.014	1.094	1.666	1.469	1.266	.895	1.187	1.087	.663	1.238	1.486	1.893	1.597		
.109	.163	.241	.195	.156	.502	.393	.168	.231	.448	.486	.271	.284	.858	.947	.319		
.01	.03	.06	.04	.02	.25	.15	.03	.05	.20	.24	.07	.08	.74	.90	.10		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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	147	34	38	18	5	56	39	41	31	18	6	49	47	11	65	58	13	136	
Total	139	32	38	18	4	56	37	39	32	17	5	50	44	9	61	58	11	129	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Increased a lot	(5.0)	30	9	8	5	1	12	10	11	5	5	1	10	12	2	15	12	2	29
	22%	28%	20%	27%	18%	22%	26%	29%	15%	28%	17%	20%	28%	17%	25%	21%	16%	22%	
Increased a bit	(4.0)	39	8	10	5	3	15	11	13	8	3	2	11	14	-	17	18	4	39
	28%	24%	25%	30%	64%	27%	29%	33%	25%	17%	33%	22%	33%	-	28%	32%	33%	30%	
Stayed the same	(3.0)	35	10	11	5	1	16	11	8	13	6	-	19	8	2	13	17	2	32
	25%	32%	30%	26%	18%	29%	30%	21%	42% f	33%	-	38% f	18%	25%	21%	29%	22%	25%	
Decreased a bit	(2.0)	11	2	3	1	-	4	2	3	2	2	-	3	3	-	5	5	1	11
	8%	6%	8%	6%	-	7%	5%	8%	5%	10%	-	7%	7%	-	8%	9%	8%	9%	
Decreased a lot	(1.0)	18	4	5	1	-	6	4	4	2	2	2	4	5	5	9	3	1	12
	13%	11%	13%	5%	-	10%	10%	9%	6%	12%	34%	8%	12%	58%	14%	5%	8%	10%	
Don't know		3	-	2	1	-	3	-	-	2	-	1	2	1	-	-	2	1	3
	2%	-	5%	6%	-	5%	-	-	7%	-	16%	4%	2%	-	-	4%	7%	2%	
I wasn't doing this activity last year		3	-	-	-	-	-	-	-	-	-	-	-	-	2	-	1	3	
	2%	-	-	-	-	-	-	-	-	-	-	-	-	-	4%	-	7%	2%	
NET: Increased	69	17	17	10	4	27	20	24	13	8	2	21	27	2	32	30	5	68	
	50%	52%	45%	57%	82%	49%	55%	63%	40%	46%	50%	42%	61%	17%	52%	53%	49%	52%	
NET: Decreased	29	5	8	2	-	10	5	7	4	4	2	8	8	5	14	8	2	23	
	21%	17%	20%	11%	-	17%	15%	17%	12%	22%	34%	15%	19%	58%	23%	14%	15%	18%	
Base for stats	133	32	36	17	4	53	37	39	30	17	4	47	43	9	58	55	9	123	
Mean Score	3.40	3.52	3.34	3.73	4.00	3.46	3.57	3.66	3.40	3.40	2.99	3.40	3.60	2.19	3.42	3.57	3.48	3.49	
Standard Deviation	1.297	1.271	1.279	1.136	.683	1.239	1.220	1.245	1.059	1.348	1.940	1.159	1.306	1.611	1.360	1.096	1.221	1.229	
Standard Error	.109	.218	.213	.276	.305	.170	.195	.194	.197	.318	.868	.169	.192	.486	.171	.146	.368	.108	
Error variance	.01	.05	.05	.08	.09	.03	.04	.04	.04	.10	.75	.03	.04	.24	.03	.02	.14	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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%		a	b	*a	*b	*c	d	e	*f	a	b	a	*b
Unweighted Total		147	96	20	16	4	100	39	1	116	31	114	28
Total		139	89	18	15	3	96	35	1	111	28	110	24
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	30	20	3	2	-	23	5	-	25	5	27	2
		22%	22%	18%	14%	-	24%	15%	-	22%	19%	24%	10%
Increased a bit	(4.0)	39	29	3	5	1	29	8	-	32	7	35	4
		28%	32%	16%	31%	25%	31%	23%	-	29%	26%	32%	16%
Stayed the same	(3.0)	35	20	8	2	-	23	11	-	29	6	28	7
		25%	23%	46%	17%	-	24%	30%	-	26%	22%	25%	28%
Decreased a bit	(2.0)	11	9	1	2	1	7	3	1	9	2	6	3
		8%	10%	4%	11%	29%	7%	8%	100%	8%	7%	5%	11%
Decreased a lot	(1.0)	18	9	2	3	2	11	7	-	11	7	10	8
		13%	11%	10%	22%	45%	12%	19%	-	10%	24% a	9%	34%
Don't know		3	1	-	1	-	2	1	-	3	-	3	-
		2%	1%	-	5%	-	2%	2%	-	3%	-	3%	-
I wasn't doing this activity last year		3	1	1	-	-	1	1	-	2	1	2	-
		2%	1%	6%	-	-	1%	3%	-	2%	3%	2%	-
NET: Increased		69	49	6	7	1	52	14	-	57	13	62	6
		50%	54%	34%	45%	25%	54%	38%	-	51%	45%	56%	26%
NET: Decreased		29	19	3	5	3	18	9	1	20	9	15	11
		21%	21%	14%	33%	75%	19%	26%	100%	18%	31%	14%	46%
Base for stats		133	87	17	14	3	93	34	1	105	27	105	24
Mean Score		3.40	3.46	3.29	3.04	2.05	3.49	3.09	2.00	3.47	3.10	3.61	2.56
Standard Deviation		1.297	1.255	1.185	1.447	1.434	1.276	1.334	-	1.241	1.482	1.194	1.391
Standard Error		.109	.129	.272	.374	.717	.130	.219	-	.118	.271	.114	.263
Error variance		.01	.02	.07	.14	.51	.02	.05	-	.01	.07	.01	.07

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			*a	*b	*c	d	e	*f	*g	*h	i	j	a	b	c	*d	a	b	c	*d
Unweighted Total		147	8	6	22	30	33	19	14	15	91	48	54	44	30	14	39	38	37	28
Total		139	7	6	19	29	32	17	14	15	86	46	49	40	30	15	35	36	34	28
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	30	2	1	5	5	3	5	5	14	15	11	8	5	5	6	5	8	11
			22%	23%	23%	25%	17%	9%	27%	35%	34%	16%	23%	19%	17%	35%	17%	14%	22%	37%
Increased a bit		(4.0)	39	1	1	3	9	9	4	5	7	21	12	13	11	3	12	11	9	5
			28%	14%	15%	15%	30%	28%	26%	37%	47%	25%	24%	31%	35%	21%	35%	31%	25%	17%
Stayed the same		(3.0)	35	2	2	4	4	13	4	4	1	23	13	8	10	3	11	14	6	3
			25%	34%	34%	23%	12%	40% d	27%	28%	8%	27%	27%	20%	33%	17%	31%	39% c	17%	10%
Decreased a bit		(2.0)	11	1	1	3	1	4	2	-	-	8	4	3	2	1	3	2	2	4
			8%	12%	14%	15%	4%	11%	10%	-	-	10%	7%	8%	6%	8%	8%	5%	7%	14%
Decreased a lot		(1.0)	18	-	1	3	8	2	2	-	2	14	9	6	2	1	3	4	6	5
			13%	-	15%	17%	29% ej	6%	10%	-	11%	17%	19%	14%	8%	5%	9%	10%	17%	18%
Don't know			3	-	-	-	1	2	-	-	-	3	-	3	-	-	-	-	3	-
			2%	-	-	-	4%	6%	-	-	-	3%	-	7% a	-	-	-	-	8%	-
I wasn't doing this activity last year			3	1	-	1	1	-	-	-	-	2	-	-	-	2	-	-	1	1
			2%	17%	-	6%	3%	-	-	-	-	2%	-	-	-	15%	-	-	3%	4%
NET: Increased			69	3	2	8	14	12	9	10	12	35	23	20	16	9	18	17	16	15
			50%	37%	37%	39%	48%	37%	53%	72%	81%	41%	47%	50%	53%	56%	52%	46%	47%	54%
NET: Decreased			29	1	2	6	10	6	3	-	2	23	13	9	4	2	6	6	8	9
			21%	12%	29%	32%	33% j	17%	20%	-	11%	27% j	26%	22%	14%	13%	17%	16%	24%	32%
Base for stats			133	6	6	18	27	30	17	14	15	81	49	37	30	13	35	36	30	27
Mean Score			3.40	3.58	3.16	3.15	3.03	3.24	3.50	4.07	3.92	3.14	3.25	3.36	3.48	3.86	3.43	3.34	3.32	3.44
Standard Deviation			1.297	1.149	1.461	1.482	1.564	1.016	1.301	.822	1.240	1.331	1.399	1.331	1.111	1.258	1.153	1.130	1.447	1.587
Standard Error			.109	.434	.597	.323	.296	.183	.298	.220	.320	.144	.190	.208	.203	.363	.185	.183	.252	.305
Error variance			.01	.19	.36	.10	.09	.03	.09	.05	.10	.02	.04	.04	.04	.13	.03	.03	.06	.09

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		147	80	31	34	90	47
Total		139	76	28	33	87	43
		100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	30	24	2	4	21	8
		22%	31% bc	9%	12%	25%	19%
Increased a bit	(4.0)	39	26	5	8	25	11
		28%	35%	18%	23%	29%	25%
Stayed the same	(3.0)	35	16	14	4	22	12
		25%	21%	51% ac	11%	25%	28%
Decreased a bit	(2.0)	11	3	3	5	5	4
		8%	3%	9%	15% a	5%	10%
Decreased a lot	(1.0)	18	6	1	11	10	6
		13%	8%	3%	32% ab	12%	15%
Don't know		3	1	1	1	2	1
		2%	1%	3%	3%	2%	2%
I wasn't doing this activity last year		3	-	2	1	1	-
		2%	-	7% a	3%	1%	-
NET: Increased		69	50	7	12	47	19
		50%	66% bc	26%	35%	54%	44%
NET: Decreased		29	9	3	16	15	11
		21%	12%	13%	47% ab	17%	25%
Base for stats		133	75	25	31	84	42
Mean Score		3.40	3.78 c	3.21	2.67	3.51	3.23
Standard Deviation		1.297	1.189	.898	1.503	1.277	1.324
Standard Error		.109	.134	.170	.266	.137	.195
Error variance		.01	.02	.03	.07	.02	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.13. Swimming: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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	27	42	39	22	9	4	10	3	7	8	4	19	11	4
Total		71	28	42	37	24	9	4	10	3	7	8	4	19	12	4
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	9	4	5	8	1	-	-	2	-	3	1	-	4	-	-
		13%	14%	12%	21%	5%	-	-	17%	-	38%	10%	-	20%	-	-
Increased a bit	(4.0)	20	8	11	13	5	2	1	3	2	1	2	3	5	1	2
		28%	27%	26%	34%	21%	20%	25%	31%	69%	16%	24%	73%	25%	8%	46%
Stayed the same	(3.0)	20	7	12	9	9	2	3	3	-	1	2	-	7	4	-
		28%	25%	30%	24%	37%	19%	75%	31%	-	16%	26%	-	34%	33%	-
Decreased a bit	(2.0)	9	5	5	3	2	3	-	2	-	1	1	1	1	2	-
		13%	17%	11%	9%	10%	37%	-	21%	-	16%	15%	27%	7%	20%	-
Decreased a lot	(1.0)	11	4	7	5	5	1	-	-	-	1	2	-	2	3	2
		15%	13%	17%	13%	19%	13%	-	-	-	13%	25%	-	10%	28%	54%
Don't know		1	-	1	-	1	-	-	-	1	-	-	-	-	-	-
		1%	-	2%	-	3%	-	-	-	31%	-	-	-	-	-	-
I wasn't doing this activity last year		2	1	1	-	1	1	-	-	-	-	-	-	1	1	-
		3%	4%	2%	-	4%	12%	-	-	-	-	-	-	5%	10%	-
NET: Increased		29	12	16	20	6	2	1	5	2	4	3	3	9	1	2
		40%	41%	38%	55%	26%	20%	25%	48%	69%	54%	34%	73%	44%	8%	46%
NET: Decreased		20	8	12	8	7	5	-	2	-	2	3	1	3	6	2
		28%	29%	28%	22%	29%	49%	-	21%	-	29%	40%	27%	17%	49%	54%
Base for stats		68	27	40	37	23	8	4	10	2	7	8	4	18	11	4
Mean Score		3.10	3.14	3.06	3.41	2.81	2.52	3.25	3.44	4.00	3.50	2.79	3.46	3.39	2.24	2.37
Standard Deviation		1.259	1.270	1.275	1.281	1.188	1.061	.505	1.057	-	1.578	1.401	1.010	1.230	1.046	1.704
Standard Error		.154	.249	.202	.205	.266	.375	.253	.334	-	.597	.495	.505	.290	.331	.852
Error variance		.02	.06	.04	.04	.07	.14	.06	.11	-	.36	.25	.25	.08	.11	.73

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.13. Swimming: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		70	11	20	16	5	11	7	47	23	54	3	7	4	-	-	14
Total		71	12	22	16	5	10	6	50	21	55	3	6	4	-	-	14
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Increased a lot		(5.0)	9	2	2	3	-	2	1	7	2	6	-	2	-	-	2
			13%	17%	9%	16%	-	15%	12%	13%	11%	11%	-	32%	-	-	14%
Increased a bit		(4.0)	20	2	8	4	2	3	2	13	6	16	-	2	1	-	4
			28%	16%	34%	24%	38%	30%	24%	27%	30%	29%	-	37%	29%	-	26%
Stayed the same		(3.0)	20	2	6	4	3	3	2	12	8	13	2	1	3	-	6
			28%	19%	27%	24%	62%	27%	33%	24%	36%	24%	63%	14%	71%	-	43%
Decreased a bit		(2.0)	9	2	3	2	-	-	1	8	1	8	1	-	-	-	1
			13%	21%	15%	15%	-	-	18%	16%	5%	14%	37%	-	-	-	9%
Decreased a lot		(1.0)	11	3	2	2	-	3	-	8	3	10	-	1	-	-	1
			15%	27%	10%	15%	-	28%	-	16%	14%	17%	-	17%	-	-	8%
Don't know			1	-	-	-	-	-	1	-	1	-	-	-	-	-	-
			1%	-	-	-	-	-	13%	-	4%	-	-	-	-	-	-
I wasn't doing this activity last year			2	-	1	1	-	-	-	2	-	2	-	-	-	-	-
			3%	-	4%	7%	-	-	-	4%	-	4%	-	-	-	-	-
NET: Increased			29	4	10	6	2	5	2	20	9	22	-	4	1	-	6
			40%	33%	44%	40%	38%	45%	37%	40%	41%	40%	-	69%	29%	-	40%
NET: Decreased			20	5	6	5	-	3	1	16	4	17	1	1	-	-	2
			28%	48%	25%	29%	-	28%	18%	32%	19%	32%	37%	17%	-	-	16%
Base for stats			68	12	21	15	5	10	5	48	20	53	3	6	4	-	14
Mean Score			3.10	2.76	3.18	3.12	3.38	3.05	3.36	3.06	3.21	3.02	2.63	3.68	3.29	-	3.31
Standard Deviation			1.259	1.497	1.174	1.353	.549	1.502	1.060	1.297	1.191	1.288	.575	1.486	.516	-	1.104
Standard Error			.154	.451	.269	.349	.246	.453	.433	.193	.254	.179	.332	.562	.258	-	.295
Error variance			.02	.20	.07	.12	.06	.21	.19	.04	.06	.03	.11	.32	.07	-	.09

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.13. Swimming: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	*a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
70	27	18	16	34	2	3	31	7	5	4	2	7	8	1	5	
71	24	20	19	39	2	3	34	7	5	4	2	6	8	1	5	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
9	5	-	2	2	-	2	3	2	-	1	-	1	1	-	2	
13%	20%	-	13%	6%	-	67%	7%	24%	-	29%	-	12%	10%	-	41%	
20	7	8	3	11	-	1	10	2	2	2	1	2	1	-	1	
28%	28%	38%	19%	29%	-	33%	30%	30%	36%	41%	48%	26%	12%	-	20%	
20	4	6	7	13	2	-	9	1	1	-	-	3	4	-	2	
28%	18%	28%	38%	33%	100%	-	26%	14%	25%	-	-	43%	53%	-	39%	
9	3	4	1	5	-	-	6	-	1	-	-	1	-	1	-	
13%	13%	18%	6%	13%	-	-	18%	-	18%	-	-	19%	-	100%	-	
11	3	3	5	8	-	-	6	2	1	1	1	-	-	-	-	
15%	12%	15%	25%	20%	-	-	16%	33%	20%	30%	52%	-	-	-	-	
1	1	-	-	-	-	-	-	-	-	-	-	-	1	-	-	
1%	3%	-	-	-	-	-	-	-	-	-	-	-	10%	-	-	
2	1	-	-	-	-	-	1	-	-	-	-	-	1	-	-	
3%	5%	-	-	-	-	-	3%	-	-	-	-	-	15%	-	-	
29	12	8	6	14	-	3	13	4	2	3	1	2	2	-	3	
40%	49%	38%	31%	35%	-	100%	37%	54%	36%	70%	48%	38%	22%	-	61%	
20	6	7	6	13	-	-	12	2	2	1	1	1	-	1	-	
28%	25%	33%	31%	32%	-	-	34%	33%	38%	30%	52%	19%	-	100%	-	
68	22	20	19	39	2	3	33	7	5	4	2	6	6	1	5	
3.10	3.34	2.90	2.88	2.89	3.00	4.67	2.94	3.12	2.78	3.38	2.44	3.32	3.43	2.00	4.03	
1.259	1.351	1.101	1.354	1.213	-	.571	1.228	1.727	1.288	1.879	2.511	.999	.788	-	1.000	
.154	.270	.260	.339	.208	-	.329	.224	.653	.576	.940	1.776	.377	.322	-	.447	
.02	.07	.07	.11	.04	-	.11	.05	.43	.33	.88	3.15	.14	.10	-	.20	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.13. Swimming: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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					
		Total												Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e	f	*a	b	*c	*d	e
Unweighted Total	70	15	17	11	4	28	19	14	22	8	2	30	16	4	36	26	4	66
Total	71	17	18	11	4	29	20	15	23	8	2	31	17	4	36	27	4	67
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	9	3	1	2	2	5	1	5	1	1	6	2	-	4	4	1	9
	13%	20%	5%	16%	44%	9%	24%	6%	21%	10%	41%	18%	10%	-	12%	13%	31%	13%
Increased a bit	(4.0)	20	8	3	3	2	6	6	5	4	-	9	6	2	10	7	1	18
	28%	47%	17%	25%	56%	20%	49%	44%	23%	49%	-	29%	38%	43%	28%	26%	21%	27%
Stayed the same	(3.0)	20	2	4	3	-	8	1	6	1	-	8	1	-	12	6	1	20
	28%	13%	23%	31%	-	26%	11%	6%	27%	15%	-	24%	5%	-	35%	24%	20%	29%
Decreased a bit	(2.0)	9	1	5	1	-	6	2	2	2	-	5	2	1	4	4	-	8
	13%	7%	26%	8%	-	20%	6%	16%	10%	27%	-	14%	14%	30%	12%	13%	-	12%
Decreased a lot	(1.0)	11	1	5	2	-	8	3	4	-	1	4	5	-	3	6	1	11
	15%	7%	29%	21%	-	26%	6%	23%	19%	-	59%	14%	27%	-	9%	24%	29%	16%
Don't know		1	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	1
	1%	-	-	-	-	-	-	-	-	-	-	-	-	-	2%	-	-	1%
I wasn't doing this activity last year		2	1	-	-	-	1	1	-	-	-	-	1	1	1	-	-	1
	3%	6%	-	-	-	-	5%	6%	-	-	-	-	5%	27%	3%	-	-	1%
NET: Increased	29	11	4	4	4	8	15	7	10	5	1	15	8	2	14	11	2	27
	40%	67%	21%	40%	100%	28%	73%	49%	44%	58%	41%	48%	48%	43%	40%	39%	51%	40%
NET: Decreased	20	2	10	3	-	13	2	6	7	2	1	9	7	1	7	10	1	19
	28%	15%	56%	29%	-	46%	12%	39%	29%	27%	59%	28%	41%	30%	21%	37%	29%	28%
Base for stats	68	16	18	11	4	29	19	14	23	8	2	31	16	3	34	27	4	65
Mean Score	3.10	3.68	2.41	3.06	4.44	2.65	3.82	2.93	3.17	3.41	2.66	3.23	2.90	3.18	3.23	2.92	3.25	3.10
Standard Deviation	1.259	1.158	1.232	1.405	.583	1.313	1.103	1.408	1.402	1.056	2.763	1.311	1.500	1.198	1.121	1.394	1.849	1.271
Standard Error	.154	.310	.299	.423	.292	.248	.260	.390	.299	.374	1.954	.239	.387	.692	.192	.273	.924	.159
Error variance	.02	.10	.09	.18	.09	.06	.07	.15	.09	.14	3.82	.06	.15	.48	.04	.07	.85	.03

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.13. Swimming: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

		Care responsibilities in household not including children			Longstanding condition or illness						Area		Access to private outdoor space	
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total		70	29	33	12	8	3	44	21	2	60	10	57	10
Total		71	29	35	12	8	3	45	21	2	62	9	58	10
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	9	4	4	1	1	1	5	3	-	8	1	7	2
		13%	13%	13%	9%	11%	30%	12%	14%	-	13%	9%	11%	15%
Increased a bit	(4.0)	20	8	9	2	2	-	14	4	-	16	3	18	2
		28%	28%	26%	15%	24%	-	30%	18%	-	27%	36%	30%	19%
Stayed the same	(3.0)	20	13	6	4	3	1	12	7	1	16	4	16	3
		28%	45%	17%	32%	38%	39%	26%	33%	51%	25%	43%	27%	32%
Decreased a bit	(2.0)	9	2	6	1	-	1	7	2	-	9	-	7	2
		13%	7%	17%	10%	-	31%	16%	10%	-	15%	-	12%	21%
Decreased a lot	(1.0)	11	2	9	3	2	-	6	4	1	9	1	9	1
		15%	7%	24%	24%	27%	-	14%	20%	49%	15%	13%	16%	12%
Don't know		1	-	-	-	-	-	-	-	-	1	-	-	-
		1%	-	-	-	-	-	-	-	-	1%	-	-	-
I wasn't doing this activity last year		2	-	1	1	-	-	1	1	-	2	-	2	-
		3%	-	3%	9%	-	-	2%	5%	-	3%	-	4%	-
NET: Increased		29	12	14	3	3	1	19	7	-	24	4	24	3
		40%	40%	39%	25%	35%	30%	42%	32%	-	40%	45%	42%	35%
NET: Decreased		20	4	14	4	2	1	14	6	1	19	1	16	3
		28%	14%	41%	35%	27%	31%	30%	30%	49%	30%	13%	28%	33%
Base for stats		68	29	34	11	8	3	44	20	2	59	9	56	10
Mean Score		3.10	3.32	2.86	2.72	2.92	3.29	3.10	2.96	2.01	3.08	3.28	3.09	3.05
Standard Deviation		1.259	1.042	1.417	1.362	1.411	1.506	1.244	1.339	1.361	1.284	1.132	1.263	1.286
Standard Error		.154	.194	.251	.411	.499	.869	.190	.299	.962	.170	.358	.170	.407
Error variance		.02	.04	.06	.17	.25	.76	.04	.09	.93	.03	.13	.03	.17

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.13. Swimming: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total		70	5	6	13	14	15	7	4	6	48	17	16	22	19	10	15	18	22	11
Total		71	5	7	13	14	15	7	4	7	48	18	16	22	20	11	16	18	23	11
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	9	1	1	2	1	2	1	1	5	3	2	4	1	2	2	3	2	2
		13%	17%	13%	12%	6%	11%	16%	28%	13%	10%	18%	11%	19%	4%	21%	11%	15%	7%	19%
Increased a bit		(4.0)	20	-	-	2	3	6	4	1	4	9	4	7	5	4	4	4	6	5
		28%	-	-	14%	25%	40%	54%	25%	57%	23%	48%	24%	33%	23%	38%	27%	25%	27%	45%
Stayed the same		(3.0)	20	2	1	5	4	6	-	1	16	2	3	3	7	5	7	3	6	3
		28%	39%	18%	34%	30%	41%	-	26%	13%	33%	11%	18%	14%	37%	41%	42%	19%	26%	25%
Decreased a bit		(2.0)	9	1	-	5	1	1	-	1	7	1	1	3	5	-	-	1	6	1
		13%	27%	-	34%	9%	8%	-	-	17%	14%	6%	7%	15%	24%	-	-	7%	25%	11%
Decreased a lot		(1.0)	11	-	4	1	4	-	1	-	8	2	5	3	2	-	3	5	2	-
		15%	-	52%	6%	31%	-	17%	21%	-	18%	12%	34%	14%	12%	-	20%	29%	10%	-
Don't know		1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		1%	18%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
I wasn't doing this activity last year		2	-	1	-	-	-	1	-	-	1	1	1	1	-	-	-	1	1	-
		3%	-	17%	-	-	-	13%	-	-	2%	5%	6%	5%	-	-	-	5%	5%	-
NET: Increased		29	1	1	3	4	7	5	2	5	16	12	6	11	5	7	6	7	8	7
		40%	17%	13%	26%	31%	51%	70%	53%	70%	33%	66%	35%	51%	27%	59%	38%	40%	34%	64%
NET: Decreased		20	1	4	5	5	1	1	1	1	15	3	6	6	7	-	3	6	8	1
		28%	27%	52%	40%	39%	8%	17%	21%	17%	32%	18%	41%	29%	36%	-	20%	36%	35%	11%
Base for stats		68	4	6	13	14	15	6	4	7	47	17	15	20	20	11	16	17	22	11
Mean Score		3.10	3.09	2.08	2.91	2.67	3.54	3.60	3.40	3.66	2.94	3.57	2.70	3.28	2.84	3.81	3.10	2.89	2.97	3.72
Standard Deviation		1.259	1.251	1.663	1.134	1.350	.821	1.458	1.629	.986	1.242	1.260	1.510	1.372	1.073	.801	1.258	1.528	1.150	.940
Standard Error		.154	.625	.744	.315	.361	.212	.595	.815	.402	.181	.315	.390	.299	.246	.253	.325	.371	.251	.284
Error variance		.02	.39	.55	.10	.13	.04	.35	.66	.16	.03	.10	.15	.09	.06	.06	.11	.14	.06	.08

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.13. Swimming: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		70	37	19	12	40	23
Total		71	38	19	12	41	23
		100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	9	6	2	7	2
			13%	16%	10%	16%	7%
Increased a bit		(4.0)	20	15	3	12	7
			28%	39%	16%	30%	28%
Stayed the same		(3.0)	20	7	8	8	9
			28%	20%	43%	19%	38%
Decreased a bit		(2.0)	9	6	1	4	4
			13%	16%	4%	11%	15%
Decreased a lot		(1.0)	11	3	3	9	2
			15%	9%	16%	21%	8%
Don't know			1	-	-	-	-
			1%	-	-	-	-
I wasn't doing this activity last year			2	-	2	1	1
			3%	-	11%	3%	4%
NET: Increased			29	21	5	19	8
			40%	56%	26%	46%	35%
NET: Decreased			20	9	4	13	5
			28%	25%	20%	32%	23%
Base for stats			68	38	17	40	22
Mean Score			3.10	3.39	2.99	3.08	3.11
Standard Deviation			1.259	1.201	1.218	1.415	1.046
Standard Error			.154	.197	.295	.227	.223
Error variance			.02	.04	.09	.05	.05

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		41	20	20	28	12	1	2	8	2	5	2	4	10	4	4
Total		40	19	20	27	13	1	2	8	1	5	2	4	10	4	4
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	10	6	4	4	7	-	1	2	-	1	-	1	5	-	-
		25%	32%	20%	14%	52%	-	52%	24%	-	21%	-	24%	52%	-	-
Increased a bit	(4.0)	10	3	5	7	3	-	1	2	-	3	1	2	-	-	-
		24%	17%	26%	25%	24%	-	48%	29%	-	56%	56%	55%	-	-	-
Stayed the same	(3.0)	8	2	6	6	2	-	-	-	1	1	1	1	2	1	2
		21%	10%	33%	24%	16%	-	-	-	50%	23%	44%	20%	17%	21%	58%
Decreased a bit	(2.0)	7	5	3	7	-	-	-	2	1	-	-	-	2	2	1
		18%	23%	15%	28%	-	-	-	22%	50%	-	-	-	22%	50%	22%
Decreased a lot	(1.0)	4	2	1	3	1	-	-	2	-	-	-	-	1	-	1
		9%	12%	6%	10%	7%	-	-	25%	-	-	-	-	9%	-	19%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
I wasn't doing this activity last year		1	1	-	-	-	1	-	-	-	-	-	-	-	1	-
		3%	6%	-	-	-	100%	-	-	-	-	-	-	-	29%	-
NET: Increased		20	9	9	10	10	-	2	4	-	4	1	3	5	-	-
		49%	49%	47%	38%	77%	-	100%	54%	-	77%	56%	80%	52%	-	-
NET: Decreased		11	7	4	10	1	-	-	4	1	-	-	-	3	2	2
		27%	36%	21%	38%	7%	-	-	46%	50%	-	-	-	31%	50%	42%
Base for stats		39	18	20	27	13	-	2	8	1	5	2	4	10	3	4
Mean Score		3.40	3.35	3.41	3.04	4.15	-	4.52	3.07	2.50	3.97	3.56	4.04	3.64	2.30	2.39
Standard Deviation		1.314	1.519	1.166	1.238	1.187	-	.677	1.680	.885	.739	.715	.764	1.584	.567	.923
Standard Error		.208	.348	.261	.234	.343	-	.479	.594	.626	.330	.506	.382	.501	.327	.461
Error variance		.04	.12	.07	.05	.12	-	.23	.35	.39	.11	.26	.15	.25	.11	.21

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		41	9	10	9	6	4	3	28	13	26	3	8	3	-	1	15
Total		40	8	11	9	5	3	3	29	11	26	3	7	3	-	1	15
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Increased a lot	(5.0)	10	3	1	3	1	1	1	8	3	5	1	3	-	-	1	5
		25%	34%	10%	37%	20%	24%	30%	26%	24%	21%	26%	38%	-	-	100%	34%
Increased a bit	(4.0)	10	2	4	1	2	-	-	8	2	8	-	2	-	-	-	2
		24%	27%	39%	12%	34%	-	-	27%	16%	30%	-	27%	-	-	-	14%
Stayed the same	(3.0)	8	1	2	3	1	1	1	6	2	6	-	1	2	-	-	3
		21%	10%	21%	29%	14%	27%	30%	20%	22%	22%	-	11%	70%	-	-	18%
Decreased a bit	(2.0)	7	2	3	1	1	1	-	6	2	2	2	2	1	-	-	5
		18%	18%	30%	9%	17%	26%	-	20%	15%	10%	74%	24%	30%	-	-	34%
Decreased a lot	(1.0)	4	1	-	-	1	1	1	1	3	4	-	-	-	-	-	-
		9%	10%	-	-	15%	23%	41%	3%	24%	14%	-	-	-	-	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
I wasn't doing this activity last year		1	-	-	1	-	-	-	1	-	1	-	-	-	-	-	-
		3%	-	-	12%	-	-	-	4%	-	4%	-	-	-	-	-	-
NET: Increased		20	5	6	5	3	1	1	15	4	13	1	5	-	-	1	7
		49%	61%	49%	50%	54%	24%	30%	53%	40%	50%	26%	65%	-	-	100%	47%
NET: Decreased		11	2	3	1	2	2	1	7	4	6	2	2	1	-	-	5
		27%	29%	30%	9%	32%	49%	41%	23%	39%	23%	74%	24%	30%	-	-	34%
Base for stats		39	8	11	8	5	3	3	28	11	25	3	7	3	-	1	15
Mean Score		3.40	3.57	3.30	3.89	3.28	2.75	2.79	3.55	3.01	3.35	2.78	3.80	2.70	-	5.00	3.47
Standard Deviation		1.314	1.478	1.051	1.148	1.499	1.746	2.066	1.200	1.553	1.342	1.576	1.267	.581	-	*	1.311
Standard Error		.208	.493	.332	.406	.612	.873	1.193	.231	.431	.268	.910	.448	.336	-	*	.339
Error variance		.04	.24	.11	.16	.37	.76	1.42	.05	.19	.07	.83	.20	.11	-	*	.11

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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
Significance Level: 95%			*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total		41	18	10	9	19	2	5	16	9	2	1	1	2	2	1	7
Total		40	15	12	10	22	2	6	17	7	2	1	1	2	2	1	8
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	10	3	5	1	6	1	2	3	2	-	1	-	-	1	4
		25%	17%	40%	11%	27%	60%	41%	18%	23%	-	100%	-	-	-	100%	46%
Increased a bit		(4.0)	10	2	5	3	8	-	1	8	1	-	-	-	-	-	1
		24%	11%	39%	34%	37%	-	17%	47%	12%	-	-	-	-	-	-	13%
Stayed the same		(3.0)	8	4	2	1	3	1	1	2	2	1	-	1	1	-	2
		21%	27%	21%	10%	16%	40%	21%	12%	22%	49%	-	100%	58%	-	-	26%
Decreased a bit		(2.0)	7	4	-	3	3	-	1	3	2	-	-	-	1	-	1
		18%	27%	-	33%	15%	-	21%	18%	34%	-	-	-	42%	-	-	15%
Decreased a lot		(1.0)	4	2	-	1	1	-	-	1	1	1	-	-	-	1	-
		9%	11%	-	11%	5%	-	-	5%	10%	51%	-	-	-	50%	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
I wasn't doing this activity last year		1	1	-	-	-	-	-	-	-	-	-	-	-	1	-	-
		3%	8%	-	-	-	-	-	-	-	-	-	-	-	50%	-	-
NET: Increased		20	4	9	5	14	1	3	11	3	-	1	-	-	-	1	5
		49%	28%	79%	45%	64%	60%	58%	65%	34%	-	100%	-	-	-	100%	59%
NET: Decreased		11	6	-	4	4	-	1	4	3	1	-	-	1	1	-	1
		27%	38%	-	45%	21%	-	21%	23%	44%	51%	-	-	42%	50%	-	15%
Base for stats		39	14	12	10	22	2	6	17	7	2	1	1	2	1	1	8
Mean Score		3.40	2.95	4.19	3.01	3.64	4.20	3.78	3.56	3.03	1.98	5.00	3.00	2.58	1.00	5.00	3.89
Standard Deviation		1.314	1.310	.790	1.329	1.209	1.363	1.305	1.157	1.430	1.541	-	-	.759	-	-	1.231
Standard Error		.208	.318	.250	.443	.277	.964	.583	.289	.477	1.089	-	-	.537	-	-	.465
Error variance		.04	.10	.06	.20	.08	.93	.34	.08	.23	1.19	-	-	.29	-	-	.22

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

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

		Nature of working location						Nature of working hours						Number of people in household including self							
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others		
Significance Level: 95%			*a	*b	*c	*d	*e	*f		*a	*b	*c	*d	*e	*f		*a	*b	*c	*d	e
Unweighted Total		41	13	10	7	3	17	16		11	16	6	-	22	11		5	14	18	4	36
Total		40	13	10	7	3	16	16		11	15	6	-	21	11		5	14	17	4	35
		100%	100%	100%	100%	100%	100%	100%		100%	100%	100%	-	100%	100%		100%	100%	100%	100%	100%
Increased a lot	(5.0)	10	4	2	2	-	4	4		2	5	1	-	6	2		2	3	2	3	8
		25%	29%	21%	32%	-	26%	24%		17%	34%	17%	-	29%	17%		42%	22%	11%	78%	23%
Increased a bit	(4.0)	10	5	3	-	1	3	7		5	3	1	-	4	5		-	4	5	-	10
		24%	41%	31%	-	40%	18%	41%		48%	19%	21%	-	20%	48%		-	30%	31%	-	27%
Stayed the same	(3.0)	8	2	-	4	-	4	2		1	3	2	-	5	1		-	5	3	-	8
		21%	15%	-	55%	-	23%	12%		7%	19%	33%	-	23%	7%		-	34%	20%	-	24%
Decreased a bit	(2.0)	7	1	4	1	1	5	2		2	3	1	-	4	2		2	1	4	1	6
		18%	9%	40%	12%	29%	29%	13%		22%	22%	15%	-	20%	22%		34%	6%	23%	22%	16%
Decreased a lot	(1.0)	4	1	1	-	1	1	2		1	1	1	-	2	1		-	1	2	-	4
		9%	6%	8%	-	31%	4%	10%		7%	5%	14%	-	8%	7%		-	8%	14%	-	10%
Don't know		-	-	-	-	-	-	-		-	-	-	-	-	-		-	-	-	-	-
		-	-	-	-	-	-	-		-	-	-	-	-	-		-	-	-	-	-
I wasn't doing this activity last year		1	-	-	-	-	-	-		-	-	-	-	-	-		1	-	-	-	-
		3%	-	-	-	-	-	-		-	-	-	-	-	-		24%	-	-	-	-
NET: Increased		20	9	5	2	1	7	10		7	8	2	-	10	7		2	7	7	3	18
		49%	70%	53%	32%	40%	44%	65%		65%	54%	38%	-	49%	65%		42%	52%	42%	78%	50%
NET: Decreased		11	2	5	1	2	5	4		3	4	2	-	6	3		2	2	6	1	9
		27%	15%	47%	12%	60%	33%	23%		29%	27%	29%	-	28%	29%		34%	14%	38%	22%	26%
Base for stats		39	13	10	7	3	16	16		11	15	6	-	21	11		4	14	17	4	35
Mean Score		3.40	3.79	3.19	3.52	2.50	3.32	3.56		3.46	3.56	3.12	-	3.43	3.46		3.64	3.51	3.02	4.33	3.37
Standard Deviation		1.314	1.179	1.431	1.159	1.606	1.296	1.304		1.256	1.337	1.376	-	1.330	1.256		1.752	1.174	1.288	1.441	1.291
Standard Error		.208	.327	.452	.438	.927	.314	.326		.379	.334	.562	-	.284	.379		.876	.314	.304	.720	.215
Error variance		.04	.11	.20	.19	.86	.10	.11		.14	.11	.32	-	.08	.14		.77	.10	.09	.52	.05



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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	
									NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%			*a	*b	*a	*b	*c	*d	*e	*f	a	*b	a	*b
Unweighted Total		41	23	13	9	4	5	22	18	-	35	6	37	3
Total		40	23	13	9	4	4	22	17	-	35	5	37	3
		100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
Increased a lot	(5.0)	10	4	4	1	1	1	7	3	-	9	1	8	2
		25%	19%	30%	13%	25%	23%	32%	18%	-	26%	21%	23%	69%
Increased a bit	(4.0)	10	7	2	2	1	-	7	3	-	9	1	10	-
		24%	32%	17%	20%	30%	-	30%	17%	-	25%	19%	26%	-
Stayed the same	(3.0)	8	4	5	1	1	1	5	3	-	7	2	8	1
		21%	16%	37%	13%	23%	19%	21%	17%	-	19%	29%	20%	31%
Decreased a bit	(2.0)	7	4	2	3	1	2	2	5	-	7	1	7	-
		18%	17%	16%	28%	22%	38%	11%	29%	-	19%	15%	18%	-
Decreased a lot	(1.0)	4	4	-	1	-	1	2	2	-	3	1	4	-
		9%	15%	-	13%	-	20%	7%	12%	-	8%	16%	10%	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-
I wasn't doing this activity last year		1	-	-	1	-	-	-	1	-	1	-	1	-
		3%	-	-	13%	-	-	-	7%	-	3%	-	3%	-
NET: Increased		20	12	6	3	2	1	14	6	-	18	2	18	2
		49%	52%	47%	33%	55%	23%	62%	35%	-	51%	40%	49%	69%
NET: Decreased		11	7	2	4	1	3	4	7	-	9	2	10	-
		27%	32%	16%	41%	22%	58%	18%	41%	-	27%	31%	28%	-
Base for stats		39	23	13	8	4	4	22	16	-	34	5	36	3
Mean Score		3.40	3.23	3.62	2.91	3.57	2.69	3.69	3.00	-	3.44	3.14	3.35	4.37
Standard Deviation		1.314	1.381	1.118	1.404	1.280	1.608	1.241	1.379	-	1.305	1.484	1.309	1.166
Standard Error		.208	.288	.310	.496	.640	.719	.265	.334	-	.224	.606	.218	.673
Error variance		.04	.08	.10	.25	.41	.52	.07	.11	-	.05	.37	.05	.45

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

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

		Number of days active										Life satisfaction score				Covid-19 related worries					
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)	
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*d	*a	*b	*c	*d	
Unweighted Total		41	1	2	6	13	6	6	1	6	27	13	9	12	14	5	10	11	12	7	
Total		40	1	2	5	12	6	6	1	7	25	14	8	12	13	6	10	10	12	8	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Increased a lot		(5.0)	10	-	1	2	3	2	1	-	1	8	2	3	4	3	-	2	3	2	2
			25%	-	52%	35%	26%	37%	15%	-	15%	33%	14%	33%	29%	23%	-	20%	30%	20%	25%
Increased a bit		(4.0)	10	-	-	1	1	-	2	1	5	2	8	2	2	3	2	1	3	2	3
			24%	-	-	17%	10%	-	32%	100%	67%	8%	55%	25%	18%	21%	44%	11%	30%	17%	44%
Stayed the same		(3.0)	8	-	-	2	3	2	2	-	-	6	2	2	4	3	-	3	3	3	-
			21%	-	-	31%	21%	36%	38%	-	-	24%	16%	22%	30%	22%	-	30%	25%	25%	-
Decreased a bit		(2.0)	7	-	-	1	5	1	-	-	1	6	1	-	2	5	1	3	-	3	1
			18%	-	-	18%	37%	14%	-	-	17%	25%	9%	-	13%	34%	22%	31%	-	28%	16%
Decreased a lot		(1.0)	4	1	-	-	1	1	1	-	-	2	1	2	-	-	2	1	2	-	1
			9%	100%	-	-	6%	13%	15%	-	-	6%	6%	20%	-	-	34%	8%	15%	-	15%
Don't know			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
I wasn't doing this activity last year			1	-	1	-	-	-	-	-	1	-	-	-	1	-	-	-	-	1	-
			3%	-	48%	-	-	-	-	-	5%	-	-	-	9%	-	-	-	-	10%	-
NET: Increased			20	-	1	3	4	2	3	1	6	10	9	5	6	6	2	3	6	4	5
			49%	-	52%	51%	36%	37%	47%	100%	83%	41%	69%	58%	47%	44%	44%	31%	60%	37%	70%
NET: Decreased			11	1	-	1	5	2	1	-	1	8	2	2	2	5	3	4	2	3	2
			27%	100%	-	18%	43%	27%	15%	-	17%	31%	15%	20%	13%	34%	56%	39%	15%	28%	30%
Base for stats			39	1	1	5	12	6	6	1	7	24	14	8	11	13	6	10	10	10	8
Mean Score			3.40	1.00	5.00	3.68	3.12	3.34	3.31	4.00	3.81	3.39	3.61	3.52	3.69	3.33	2.53	3.04	3.59	3.31	3.50
Standard Deviation			1.314	-	*	1.254	1.380	1.567	1.313	-	.972	1.374	1.075	1.552	1.119	1.216	1.484	1.314	1.399	1.190	1.496
Standard Error			.208	-	*	.512	.383	.640	.536	-	.397	.269	.298	.517	.338	.325	.664	.415	.422	.359	.565
Error variance			.04	-	*	.26	.15	.41	.29	-	.16	.07	.09	.27	.11	.11	.44	.17	.18	.13	.32

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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
		*a	*b	*c	a	*b
Significance Level: 95%						
Unweighted Total	41	20	13	8	32	8
Total	40	20	12	8	32	7
	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	10	6	4	9	2
	25%	30%	34%	-	26%	24%
Increased a bit	(4.0)	10	8	1	8	1
	24%	38%	7%	15%	26%	19%
Stayed the same	(3.0)	8	4	3	5	2
	21%	19%	20%	25%	16%	35%
Decreased a bit	(2.0)	7	3	2	6	2
	18%	14%	14%	38%	18%	22%
Decreased a lot	(1.0)	4	-	2	4	-
	9%	-	15%	22%	11%	-
Don't know		-	-	-	-	-
		-	-	-	-	-
I wasn't doing this activity last year	1	-	1	-	1	-
	3%	-	9%	-	4%	-
NET: Increased	20	14	5	1	17	3
	49%	67%	41%	15%	52%	43%
NET: Decreased	11	3	4	5	9	2
	27%	14%	29%	60%	29%	22%
Base for stats	39	20	11	8	31	7
Mean Score	3.40	3.83	3.34	2.33	3.40	3.44
Standard Deviation	1.314	1.027	1.586	1.047	1.378	1.169
Standard Error	.208	.230	.458	.370	.247	.413
Error variance	.04	.05	.21	.14	.06	.17

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.15. Water sports (such as surfing, rowing, sailing etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

BASE: All who have done this 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		38	20	18	18	19	1	2	8	4	4	2	2	9	5	2
Total		37	19	18	17	19	1	2	7	3	4	2	2	9	5	2
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	10	6	4	5	5	-	1	3	1	2	-	1	2	-	-
		28%	32%	23%	30%	27%	-	49%	41%	33%	48%	-	56%	22%	-	-
Increased a bit	(4.0)	6	2	4	3	3	-	1	1	-	1	2	-	1	-	-
		16%	10%	23%	17%	16%	-	51%	11%	-	20%	100%	-	14%	-	-
Stayed the same	(3.0)	8	2	7	4	4	-	-	-	2	1	-	1	3	2	-
		23%	8%	38%	27%	20%	-	-	-	45%	31%	-	44%	28%	40%	-
Decreased a bit	(2.0)	6	4	2	2	4	-	-	1	1	-	-	-	2	2	-
		16%	20%	11%	12%	20%	-	-	12%	23%	-	-	-	26%	38%	-
Decreased a lot	(1.0)	5	5	-	2	3	-	-	2	-	-	-	-	1	-	2
		13%	24%	-	10%	16%	-	-	25%	-	-	-	-	9%	-	100%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
I wasn't doing this activity last year		2	1	1	1	-	1	-	1	-	-	-	-	-	1	-
		5%	6%	4%	5%	-	100%	-	11%	-	-	-	-	-	22%	-
NET: Increased		16	8	8	8	9	-	2	4	1	3	2	1	3	-	-
		44%	42%	46%	46%	44%	-	100%	52%	33%	69%	100%	56%	36%	-	-
NET: Decreased		11	9	2	4	7	-	-	3	1	-	-	-	3	2	2
		29%	44%	11%	22%	36%	-	-	37%	23%	-	-	-	35%	38%	100%
Base for stats		35	18	17	16	19	-	2	6	3	4	2	2	9	4	2
Mean Score		3.32	3.06	3.60	3.47	3.19	-	4.49	3.34	3.42	4.17	4.00	4.13	3.13	2.51	1.00
Standard Deviation		1.410	1.685	1.009	1.361	1.472	-	.684	1.922	1.375	1.019	-	1.312	1.358	.579	-
Standard Error		.235	.386	.245	.330	.338	-	.484	.727	.687	.509	-	.928	.453	.289	-
Error variance		.06	.15	.06	.11	.11	-	.23	.53	.47	.26	-	.86	.21	.08	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.15. Water sports (such as surfing, rowing, sailing etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		38	13	9	7	2	6	1	29	9	23	2	7	3	1	1	14
Total		37	13	9	7	2	5	1	29	8	22	2	7	3	1	1	14
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	10	3	5	1	1	1	-	9	2	8	-	3	-	-	-	3
		28%	21%	53%	16%	55%	14%	-	30%	20%	34%	-	39%	-	-	-	19%
Increased a bit	(4.0)	6	4	-	1	-	1	-	5	1	5	1	-	-	-	-	1
		16%	33%	-	11%	-	16%	-	17%	11%	21%	52%	-	-	-	-	9%
Stayed the same	(3.0)	8	4	2	3	-	-	-	8	-	2	1	1	3	-	-	5
		23%	28%	19%	44%	-	-	-	29%	-	11%	48%	13%	100%	-	-	37%
Decreased a bit	(2.0)	6	1	2	1	-	2	-	4	2	4	-	2	-	-	-	2
		16%	9%	18%	17%	-	36%	-	14%	24%	16%	-	35%	-	-	-	17%
Decreased a lot	(1.0)	5	1	1	1	1	1	-	3	2	2	-	1	-	1	1	2
		13%	9%	10%	12%	45%	20%	-	10%	22%	10%	-	13%	-	100%	100%	17%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
I wasn't doing this activity last year		2	-	-	-	-	1	1	-	2	2	-	-	-	-	-	-
		5%	-	-	-	-	14%	100%	-	23%	8%	-	-	-	-	-	-
NET: Increased		16	7	5	2	1	2	-	14	3	12	1	3	-	-	-	4
		44%	54%	53%	27%	55%	31%	-	47%	31%	55%	52%	39%	-	-	-	29%
NET: Decreased		11	2	3	2	1	3	-	7	4	6	-	3	-	1	1	5
		29%	18%	28%	29%	45%	55%	-	24%	46%	26%	-	48%	-	100%	100%	34%
Base for stats		35	13	9	7	2	5	-	29	6	20	2	7	3	1	1	14
Mean Score		3.32	3.48	3.69	3.02	3.22	2.65	-	3.43	2.79	3.58	3.52	3.18	3.00	1.00	1.00	2.96
Standard Deviation		1.410	1.227	1.586	1.278	3.229	1.616	-	1.333	1.760	1.446	.645	1.674	*	-	-	1.363
Standard Error		.235	.340	.529	.483	2.283	.723	-	.247	.665	.316	.456	.633	*	-	-	.364
Error variance		.06	.12	.28	.23	5.21	.52	-	.06	.44	.10	.21	.40	*	-	-	.13

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.15. Water sports (such as surfing, rowing, sailing etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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	
38	16	7	10	17	1	6	20	3	2	2	2	-	1	1	7	
37	13	8	11	20	1	6	21	2	2	2	2	-	1	1	6	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	
10	2	2	5	8	-	3	5	1	-	1	-	-	-	-	3	
28%	18%	30%	48%	40%	-	56%	26%	32%	-	52%	-	-	-	-	49%	
6	1	1	2	3	-	1	4	1	-	-	-	-	-	-	1	
16%	6%	13%	21%	18%	-	14%	21%	37%	-	-	-	-	-	-	12%	
8	3	1	1	2	1	1	6	-	1	-	-	-	-	-	2	
23%	25%	15%	11%	12%	100%	16%	27%	-	55%	-	-	-	-	-	27%	
6	2	4	-	4	-	1	2	-	1	1	1	-	-	-	1	
16%	18%	43%	-	18%	-	14%	12%	-	45%	48%	57%	-	-	-	12%	
5	2	-	2	2	-	-	3	-	-	-	1	-	1	-	-	
13%	18%	-	20%	11%	-	-	14%	-	-	-	43%	-	100%	-	-	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
2	2	-	-	-	-	-	-	1	-	-	-	-	-	1	-	
5%	14%	-	-	-	-	-	-	32%	-	-	-	-	-	100%	-	
16	3	4	8	11	-	4	10	2	-	1	-	-	-	-	4	
44%	24%	43%	70%	58%	-	70%	47%	68%	-	52%	-	-	-	-	61%	
11	5	4	2	6	-	1	5	-	1	1	2	-	1	-	1	
29%	37%	43%	20%	30%	-	14%	26%	-	45%	48%	100%	-	100%	-	12%	
35	11	8	11	20	1	6	21	2	2	2	2	-	1	-	6	
3.32	2.85	3.29	3.78	3.57	3.00	4.13	3.34	4.46	2.55	3.55	1.57	-	1.00	-	3.98	
1.410	1.466	1.372	1.595	1.486	-	1.240	1.387	.796	.732	2.457	.693	-	-	-	1.213	
.235	.392	.519	.504	.360	-	.506	.310	.563	.518	1.737	.490	-	-	-	.458	
.06	.15	.27	.25	.13	-	.26	.10	.32	.27	3.02	.24	-	-	-	.21	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q6D1X.15. Water sports (such as surfing, rowing, sailing etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?**

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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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%		38	12	11	5	3	16	15	11	13	7	2	20	13	4	19	13	2	34
Unweighted Total		37	13	11	4	3	15	16	11	13	6	2	20	13	3	18	14	2	34
Total		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	10	5	2	2	1	4	7	3	3	4	-	7	3	1	4	4	1	9
		28%	42%	19%	39%	39%	24%	42%	30%	24%	60%	-	36%	26%	26%	23%	31%	55%	28%
Increased a bit	(4.0)	6	4	1	-	1	1	5	2	4	-	-	4	2	-	3	3	-	6
		16%	30%	12%	-	26%	9%	29%	15%	32%	-	-	22%	13%	-	15%	23%	-	18%
Stayed the same	(3.0)	8	1	4	2	1	5	2	2	4	1	1	5	3	1	3	4	1	8
		23%	9%	34%	41%	35%	36%	14%	18%	28%	14%	59%	23%	24%	24%	15%	30%	45%	23%
Decreased a bit	(2.0)	6	2	1	1	-	2	2	3	-	2	-	2	3	-	6	-	-	6
		16%	19%	7%	21%	-	11%	15%	29%	-	26%	-	8%	25%	-	33%	-	-	18%
Decreased a lot	(1.0)	5	-	3	-	-	3	-	-	2	-	1	2	1	1	2	2	-	4
		13%	-	27%	-	-	20%	-	-	17%	-	41%	11%	6%	26%	9%	16%	-	11%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
I wasn't doing this activity last year		2	-	-	-	-	-	-	1	-	-	-	-	1	1	1	-	-	1
		5%	-	-	-	-	-	-	7%	-	-	-	-	6%	24%	6%	-	-	3%
NET: Increased		16	9	3	2	2	5	11	5	7	4	-	11	5	1	7	7	1	15
		44%	72%	31%	39%	65%	33%	71%	46%	56%	60%	-	57%	39%	26%	38%	54%	55%	45%
NET: Decreased		11	2	4	1	-	5	2	3	2	2	1	4	4	1	8	2	-	10
		29%	19%	35%	21%	-	31%	15%	29%	17%	26%	41%	20%	31%	26%	41%	16%	-	29%
Base for stats		35	13	11	4	3	15	16	10	13	6	2	20	12	2	17	14	2	33
Mean Score		3.32	3.96	2.88	3.57	4.04	3.07	3.97	3.50	3.46	3.95	2.17	3.62	3.30	2.98	3.11	3.52	4.11	3.34
Standard Deviation		1.410	1.167	1.498	1.376	1.054	1.450	1.113	1.302	1.364	1.450	1.514	1.372	1.349	2.155	1.396	1.409	1.393	1.386
Standard Error		.235	.337	.452	.615	.608	.363	.287	.412	.378	.548	1.070	.307	.389	1.244	.329	.391	.985	.241
Error variance		.06	.11	.20	.38	.37	.13	.08	.17	.14	.30	1.15	.09	.15	1.55	.11	.15	.97	.06

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.15. Water sports (such as surfing, rowing, sailing etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		38	18	15	11	6	3	17	19	1	30	8	29	8
Total		37	18	15	10	6	3	17	18	1	30	7	30	7
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	10	5	4	3	-	-	7	3	-	6	4	9	2
		28%	28%	29%	27%	-	-	43%	16%	-	22%	50%	29%	24%
Increased a bit	(4.0)	6	4	2	2	2	-	3	3	1	6	-	6	-
		16%	21%	15%	18%	35%	-	17%	16%	100%	20%	-	20%	-
Stayed the same	(3.0)	8	5	2	4	2	1	-	7	-	8	1	7	1
		23%	28%	12%	35%	33%	39%	-	37%	-	26%	11%	22%	16%
Decreased a bit	(2.0)	6	3	3	1	-	1	4	2	-	6	-	4	2
		16%	18%	18%	12%	-	33%	23%	11%	-	20%	-	15%	25%
Decreased a lot	(1.0)	5	1	3	-	2	1	2	3	-	2	3	3	2
		13%	6%	18%	-	32%	28%	11%	15%	-	6%	39%	10%	24%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-
I wasn't doing this activity last year		2	-	1	1	-	-	1	1	-	2	-	1	1
		5%	-	7%	7%	-	-	6%	4%	-	6%	-	4%	12%
NET: Increased		16	9	7	5	2	-	10	6	1	12	4	15	2
		44%	49%	44%	46%	35%	-	60%	32%	100%	42%	50%	49%	24%
NET: Decreased		11	4	5	1	2	2	6	5	-	8	3	7	3
		29%	24%	36%	12%	32%	61%	34%	26%	-	26%	39%	25%	49%
Base for stats		35	18	14	10	6	3	16	17	1	28	7	29	6
Mean Score		3.32	3.47	3.20	3.66	2.71	2.12	3.62	3.06	4.00	3.34	3.22	3.45	2.72
Standard Deviation		1.410	1.267	1.598	1.091	1.353	1.038	1.581	1.289	-	1.246	2.018	1.367	1.695
Standard Error		.235	.299	.427	.345	.552	.599	.395	.304	-	.236	.713	.258	.640
Error variance		.06	.09	.18	.12	.31	.36	.16	.09	-	.06	.51	.07	.41



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.15. Water sports (such as surfing, rowing, sailing etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total		38	-	6	7	9	7	1	2	6	29	9	7	13	13	5	8	9	13	8
Total		37	-	5	6	9	7	1	2	6	27	10	7	12	13	5	8	8	12	8
		100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	10	-	1	1	2	-	1	1	5	3	2	2	3	4	2	1	3	5
		28%	-	15%	13%	19%	-	100%	53%	75%	12%	73%	28%	15%	22%	70%	23%	9%	26%	54%
Increased a bit		(4.0)	6	-	1	-	1	3	-	1	-	5	1	2	3	-	1	2	1	2
		16%	-	15%	-	12%	43%	-	47%	-	18%	11%	13%	15%	25%	-	16%	22%	6%	24%
Stayed the same		(3.0)	8	-	2	2	2	3	-	-	-	8	-	3	3	-	4	4	1	-
		23%	-	34%	30%	22%	40%	-	-	-	31%	-	32%	23%	27%	-	47%	45%	7%	-
Decreased a bit		(2.0)	6	-	-	3	1	1	-	-	1	5	1	5	1	-	-	1	5	-
		16%	-	-	46%	13%	17%	-	-	13%	19%	8%	-	39%	9%	-	-	14%	39%	-
Decreased a lot		(1.0)	5	-	2	1	2	-	-	-	5	-	1	1	1	2	1	-	2	2
		13%	-	36%	12%	22%	-	-	-	-	17%	-	16%	7%	9%	30%	14%	-	13%	23%
Don't know			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
I wasn't doing this activity last year		2	-	-	-	1	-	-	-	1	1	1	1	-	1	-	-	1	1	-
		5%	-	-	-	12%	-	-	-	12%	4%	8%	11%	-	9%	-	-	9%	9%	-
NET: Increased		16	-	2	1	3	3	1	2	5	8	8	3	4	6	4	3	3	4	6
		44%	-	30%	13%	31%	43%	100%	100%	75%	30%	84%	41%	31%	46%	70%	39%	31%	32%	77%
NET: Decreased		11	-	2	3	3	1	-	-	1	10	1	1	6	2	2	1	1	6	2
		29%	-	36%	58%	35%	17%	-	-	13%	36%	8%	16%	46%	18%	30%	14%	14%	52%	23%
Base for stats		35	-	5	6	8	7	1	2	5	26	9	6	12	12	5	8	8	11	8
Mean Score		3.32	-	2.73	2.55	2.91	3.25	5.00	4.53	4.56	2.88	4.61	3.42	2.93	3.45	3.80	3.33	3.29	2.92	3.85
Standard Deviation		1.410	-	1.620	1.218	1.564	.789	-	.662	1.173	1.278	.932	1.531	1.248	1.286	2.037	1.327	.909	1.552	1.709
Standard Error		.235	-	.661	.461	.553	.298	-	.468	.525	.241	.330	.625	.346	.371	.911	.469	.321	.448	.604
Error variance		.06	-	.44	.21	.31	.09	-	.22	.28	.06	.11	.39	.12	.14	.83	.22	.10	.20	.36

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.15. Water sports (such as surfing, rowing, sailing etc.): Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		38	21	9	8	24	11
Total		37	21	8	8	24	11
		100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	10	7	2	1	7	3
		28%	35%	21%	15%	30%	30%
Increased a bit	(4.0)	6	6	-	-	5	1
		16%	28%	-	-	21%	8%
Stayed the same	(3.0)	8	1	6	2	5	2
		23%	5%	69%	22%	21%	17%
Decreased a bit	(2.0)	6	4	1	2	3	3
		16%	17%	10%	20%	12%	30%
Decreased a lot	(1.0)	5	2	-	2	3	2
		13%	12%	-	29%	13%	15%
Don't know		-	-	-	-	-	-
		-	-	-	-	-	-
I wasn't doing this activity last year		2	1	-	1	1	-
		5%	4%	-	14%	3%	-
NET: Increased		16	13	2	1	12	4
		44%	63%	21%	15%	51%	38%
NET: Decreased		11	6	1	4	6	5
		29%	28%	10%	49%	25%	45%
Base for stats		35	20	8	7	23	11
Mean Score		3.32	3.60	3.31	2.44	3.45	3.08
Standard Deviation		1.410	1.463	.973	1.519	1.412	1.548
Standard Error		.235	.327	.324	.574	.295	.467
Error variance		.06	.11	.11	.33	.09	.22

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.16. Gymnastics, trampolining or cheerleading: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		56	20	36	33	19	4	5	5	5	8	6	5	11	8	3
Total		55	20	35	31	19	5	5	4	4	7	6	5	11	8	3
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	12	4	8	6	5	1	1	1	-	2	2	3	2	1	-
		22%	22%	23%	19%	27%	24%	22%	19%	-	31%	27%	62%	18%	12%	-
Increased a bit	(4.0)	14	5	9	9	5	-	2	1	1	2	2	1	2	2	1
		25%	25%	25%	29%	26%	-	39%	19%	35%	24%	33%	15%	18%	25%	32%
Stayed the same	(3.0)	12	3	9	7	3	1	1	1	1	1	1	-	3	2	2
		22%	16%	25%	23%	17%	28%	24%	19%	19%	10%	20%	-	28%	25%	68%
Decreased a bit	(2.0)	6	3	3	5	2	-	-	2	2	3	-	-	-	-	-
		12%	15%	10%	15%	10%	-	-	43%	46%	35%	-	-	-	-	-
Decreased a lot	(1.0)	5	3	2	2	2	1	-	-	-	-	-	-	3	2	-
		10%	16%	7%	6%	12%	23%	-	-	-	-	-	-	28%	28%	-
Don't know		3	-	3	2	1	-	-	-	-	-	1	-	1	1	-
		5%	-	9%	6%	7%	-	-	-	-	-	20%	-	8%	11%	-
I wasn't doing this activity last year		2	1	1	1	-	1	1	-	-	-	-	1	-	-	-
		4%	6%	2%	2%	-	25%	16%	-	-	-	-	23%	-	-	-
NET: Increased		26	9	17	15	10	1	3	2	1	4	4	4	4	3	1
		48%	47%	48%	48%	53%	24%	60%	38%	35%	55%	60%	77%	36%	37%	32%
NET: Decreased		12	6	6	6	4	1	-	2	2	3	-	-	3	2	-
		22%	30%	17%	21%	23%	23%	-	43%	46%	35%	-	-	28%	28%	-
Base for stats		50	19	31	29	18	4	4	4	4	7	5	4	11	7	3
Mean Score		3.42	3.25	3.53	3.44	3.48	3.01	3.97	3.15	2.89	3.51	4.09	4.80	2.99	2.92	3.32
Standard Deviation		1.297	1.441	1.214	1.202	1.398	1.849	.846	1.331	1.023	1.342	.850	.459	1.562	1.542	.586
Standard Error		.182	.331	.215	.219	.330	1.068	.423	.595	.458	.474	.380	.230	.494	.583	.339
Error variance		.03	.11	.05	.05	.11	1.14	.18	.35	.21	.23	.14	.05	.24	.34	.11

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.16. Gymnastics, trampolining or cheerleading: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		56	11	12	15	9	2	7	38	18	43	3	6	4	-	-	13	
Total		55	11	13	14	9	2	6	38	17	42	3	6	4	-	-	13	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%	
Increased a lot	(5.0)	12	1	5	4	-	1	2	9	3	10	1	1	-	-	-	2	
		22%	10%	36%	26%	-	55%	28%	25%	17%	24%	36%	18%	-	-	-	18%	
Increased a bit	(4.0)	14	5	2	2	3	-	2	8	6	8	1	2	3	-	-	6	
		25%	39%	14%	14%	38%	-	38%	22%	34%	19%	26%	35%	76%	-	-	44%	
Stayed the same	(3.0)	12	3	3	3	1	-	1	9	3	10	-	1	1	-	-	2	
		22%	26%	24%	23%	16%	-	19%	24%	15%	24%	-	13%	24%	-	-	13%	
Decreased a bit	(2.0)	6	2	-	1	3	1	-	3	4	6	-	-	-	-	-	-	
		12%	17%	-	7%	31%	45%	-	8%	21%	15%	-	-	-	-	-	-	
Decreased a lot	(1.0)	5	-	2	3	-	-	-	5	-	3	-	2	-	-	-	2	
		10%	-	16%	24%	-	-	-	14%	-	8%	-	35%	-	-	-	16%	
Don't know		3	1	1	-	-	-	1	2	1	2	1	-	-	-	-	1	
		5%	7%	10%	-	-	-	14%	5%	5%	4%	38%	-	-	-	-	10%	
I wasn't doing this activity last year		2	-	-	1	1	-	-	1	1	2	-	-	-	-	-		
		4%	-	-	5%	15%	-	-	2%	7%	5%	-	-	-	-	-		
NET: Increased		26	6	6	6	3	1	4	18	8	18	2	3	3	-	-	8	
		48%	50%	50%	40%	38%	55%	67%	46%	51%	43%	62%	53%	76%	-	-	62%	
NET: Decreased		12	2	2	4	3	1	-	8	4	10	-	2	-	-	-	2	
		22%	17%	16%	31%	31%	45%	-	22%	21%	23%	-	35%	-	-	-	16%	
Base for stats		50	11	11	13	7	2	5	35	15	38	2	6	4	-	-	12	
Mean Score		3.42	3.46	3.61	3.12	3.09	3.66	4.11	3.38	3.53	3.40	4.59	3.01	3.76	-	-	3.52	
Standard Deviation		1.297	.958	1.517	1.597	.964	2.121	.817	1.384	1.098	1.293	.691	1.711	.499	-	-	1.367	
Standard Error		.182	.303	.457	.427	.341	1.500	.334	.234	.274	.207	.488	.698	.250	-	-	.395	
Error variance		.03	.09	.21	.18	.12	2.25	.11	.05	.08	.04	.24	.49	.06	-	-	.16	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.16. Gymnastics, trampolining or cheerleading: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		
56	22	16	8	24	2	9	16	7	3	3	3	5	8	-	11		
55	19	18	9	27	2	9	17	7	2	3	2	4	8	-	11		
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%		
12	3	2	5	7	1	2	6	-	-	1	-	1	1	-	3		
22%	15%	13%	49%	25%	40%	26%	38%	-	-	29%	-	21%	11%	-	28%		
14	6	6	-	6	-	1	4	3	1	2	2	-	2	-	1		
25%	33%	32%	-	21%	-	9%	21%	50%	31%	71%	64%	-	21%	-	7%		
12	3	4	2	6	-	4	2	2	-	-	-	2	2	-	4		
22%	18%	20%	26%	22%	-	40%	12%	37%	-	-	-	38%	25%	-	33%		
6	2	4	-	4	-	1	3	1	1	-	-	1	-	-	1		
12%	12%	23%	-	15%	-	12%	16%	13%	34%	-	-	23%	-	-	9%		
5	2	2	1	3	1	-	2	-	-	-	1	-	1	-	1		
10%	11%	13%	12%	12%	60%	-	13%	-	-	-	36%	-	15%	-	11%		
3	1	-	1	1	-	1	-	-	1	-	-	-	1	-	1		
5%	4%	-	13%	5%	-	13%	-	-	34%	-	-	-	11%	-	11%		
2	1	-	-	-	-	-	-	-	-	-	-	1	1	-	-		
4%	7%	-	-	-	-	-	-	-	-	-	-	18%	16%	-	-		
26	9	8	5	13	1	3	10	3	1	3	2	1	2	-	4		
48%	48%	45%	49%	46%	40%	35%	59%	50%	31%	100%	64%	21%	32%	-	36%		
12	4	6	1	7	1	1	5	1	1	-	1	1	1	-	2		
22%	23%	35%	12%	27%	60%	12%	28%	13%	34%	-	36%	23%	15%	-	20%		
50	17	18	8	26	2	8	17	7	2	3	2	3	6	-	10		
3.42	3.33	3.09	3.86	3.33	2.61	3.56	3.56	3.37	2.95	4.29	2.93	3.22	3.18	-	3.37		
1.297	1.281	1.285	1.536	1.384	2.727	1.123	1.490	.769	1.609	.552	1.862	1.320	1.437	-	1.417		
.182	.286	.321	.581	.289	1.928	.397	.372	.291	1.138	.319	1.075	.660	.587	-	.448		
.03	.08	.10	.34	.08	3.72	.16	.14	.08	1.30	.10	1.16	.44	.34	-	.20		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.16. Gymnastics, trampolining or cheerleading: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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	56	12	17	8	1	25	13	12	20	5	1	25	13	6	30	18	2	50
Total	55	13	17	8	1	25	14	11	21	5	1	26	12	6	28	19	2	49
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	12	5	5	-	5	5	4	3	2	-	6	4	-	5	6	1	12
	22%	37%	30%	-	-	20%	34%	35%	16%	46%	-	22%	32%	-	18%	33%	59%	25%
Increased a bit	(4.0)	14	5	4	1	5	6	4	6	-	1	6	5	3	8	3	-	11
	25%	40%	22%	11%	100%	19%	44%	35%	28%	-	100%	22%	40%	43%	30%	15%	-	23%
Stayed the same	(3.0)	12	1	5	2	7	1	2	6	-	-	6	2	1	6	4	-	11
	22%	8%	31%	25%	-	29%	7%	16%	31%	-	-	25%	15%	18%	22%	24%	-	22%
Decreased a bit	(2.0)	6	2	3	1	4	2	2	3	1	-	4	2	-	5	2	-	6
	12%	15%	16%	11%	-	14%	14%	15%	14%	16%	-	15%	13%	-	17%	9%	-	13%
Decreased a lot	(1.0)	5	-	-	2	2	-	-	2	-	-	2	-	1	2	2	-	4
	10%	-	-	27%	-	9%	-	-	11%	-	-	8%	-	18%	7%	13%	-	9%
Don't know		3	-	-	2	2	-	-	-	2	-	2	-	-	2	1	-	3
	5%	-	-	26%	-	8%	-	-	-	39%	-	8%	-	-	6%	7%	-	6%
I wasn't doing this activity last year		2	-	-	-	-	-	-	-	-	-	-	-	1	-	-	1	1
	4%	-	-	-	-	-	-	-	-	-	-	-	-	20%	-	-	41%	2%
NET: Increased	26	10	9	1	1	10	11	8	9	2	1	12	9	3	13	9	1	24
	48%	77%	52%	11%	100%	39%	79%	69%	44%	46%	100%	44%	72%	43%	48%	48%	59%	48%
NET: Decreased	12	2	3	3	-	6	2	2	5	1	-	6	2	1	7	4	-	11
	22%	15%	16%	38%	-	23%	14%	15%	25%	16%	-	23%	13%	18%	24%	21%	-	22%
Base for stats	50	13	17	6	1	23	14	11	21	3	1	24	12	5	26	17	1	45
Mean Score	3.42	3.99	3.66	2.25	4.00	3.30	3.99	3.89	3.25	4.23	4.00	3.38	3.90	3.08	3.37	3.50	5.00	3.46
Standard Deviation	1.297	1.065	1.104	1.214	-	1.271	1.024	1.086	1.224	1.563	-	1.285	1.040	1.350	1.215	1.440	-	1.301
Standard Error	.182	.307	.268	.496	-	.265	.284	.313	.274	.903	-	.268	.288	.604	.230	.349	-	.192
Error variance	.03	.09	.07	.25	-	.07	.08	.10	.07	.81	-	.07	.08	.36	.05	.12	-	.04

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.16. Gymnastics, trampolining or cheerleading: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		56	25	22	12	13	3	30	24	4	41	15	48	4	
Total		55	25	21	12	12	3	30	23	4	41	14	48	3	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Increased a lot		(5.0)	12	7	5	3	3	-	7	5	1	11	1	12	-
			22%	27%	26%	25%	23%	-	25%	21%	23%	27%	8%	25%	-
Increased a bit		(4.0)	14	4	7	1	3	1	9	5	-	11	2	11	1
			25%	17%	33%	7%	23%	29%	31%	20%	-	28%	17%	24%	24%
Stayed the same		(3.0)	12	6	4	3	2	1	6	5	1	6	5	11	1
			22%	23%	20%	25%	20%	29%	22%	23%	23%	16%	40%	23%	26%
Decreased a bit		(2.0)	6	3	4	2	2	-	4	3	1	6	1	5	2
			12%	11%	17%	17%	15%	-	12%	13%	23%	14%	6%	10%	50%
Decreased a lot		(1.0)	5	3	1	2	1	-	3	2	1	5	-	5	-
			10%	14%	4%	19%	9%	-	11%	10%	30%	13%	-	11%	-
Don't know			3	2	-	1	-	1	-	2	-	1	2	2	-
			5%	8%	-	7%	-	42%	-	9%	-	2%	15%	4%	-
I wasn't doing this activity last year			2	-	-	-	1	-	-	1	-	-	2	1	-
			4%	-	-	-	10%	-	-	5%	-	-	15%	3%	-
NET: Increased			26	11	13	4	6	1	17	9	1	23	3	24	1
			48%	44%	59%	32%	46%	29%	56%	41%	23%	55%	25%	49%	24%
NET: Decreased			12	6	4	4	3	-	7	5	2	11	1	10	2
			22%	25%	21%	36%	24%	-	22%	22%	54%	27%	6%	21%	50%
Base for stats			50	23	21	11	11	2	30	20	4	40	10	45	3
Mean Score			3.42	3.35	3.60	3.02	3.41	3.50	3.48	3.35	2.63	3.43	3.39	3.45	2.74
Standard Deviation			1.297	1.432	1.189	1.541	1.359	.781	1.295	1.331	1.759	1.395	.826	1.332	.983
Standard Error			.182	.299	.253	.465	.392	.552	.236	.290	.880	.221	.249	.199	.492
Error variance			.03	.09	.06	.22	.15	.31	.06	.08	.77	.05	.06	.04	.24

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.16. Gymnastics, trampolining or cheerleading: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total		56	3	6	8	14	10	4	2	9	38	15	17	17	13	6	19	15	12	7
Total		55	2	6	7	14	10	4	2	10	37	16	16	17	13	6	18	15	12	8
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	12	-	1	2	1	1	3	1	3	5	3	2	4	3	5	1	3	3
		22%	-	14%	25%	8%	12%	72%	59%	34%	13%	47%	17%	14%	30%	55%	29%	6%	25%	44%
Increased a bit		(4.0)	14	1	1	4	5	2	1	-	-	12	7	3	3	1	5	4	4	1
		25%	31%	21%	59%	35%	17%	28%	-	-	33%	7%	44%	15%	23%	18%	29%	25%	35%	11%
Stayed the same		(3.0)	12	-	2	-	3	3	-	-	4	8	3	4	4	-	3	5	2	1
		22%	-	28%	-	23%	30%	-	-	42%	21%	25%	18%	24%	31%	-	15%	35%	14%	18%
Decreased a bit		(2.0)	6	1	1	-	1	3	-	-	1	5	1	4	1	1	2	3	1	-
		12%	34%	17%	-	6%	28%	-	-	11%	12%	7%	7%	22%	7%	13%	13%	19%	9%	-
Decreased a lot		(1.0)	5	-	1	1	2	1	-	-	-	5	-	1	1	1	1	2	1	1
		10%	-	19%	16%	14%	13%	-	-	-	15%	-	14%	7%	9%	14%	6%	15%	10%	11%
Don't know			3	1	-	-	1	-	-	1	1	1	-	2	-	-	1	-	1	-
		5%	35%	-	-	9%	-	-	41%	-	3%	5%	-	12%	-	-	7%	-	7%	-
I wasn't doing this activity last year			2	-	-	-	1	-	-	1	1	1	-	1	-	-	-	-	-	1
		4%	-	-	-	5%	-	-	-	13%	2%	8%	-	7%	-	-	-	-	-	16%
NET: Increased		26	1	2	6	6	3	4	1	3	17	8	10	5	7	5	10	5	7	4
		48%	31%	35%	84%	44%	29%	100%	59%	34%	46%	54%	61%	29%	53%	73%	58%	30%	60%	55%
NET: Decreased		12	1	2	1	3	4	-	-	1	10	1	3	5	2	2	3	5	2	1
		22%	34%	36%	16%	20%	40%	-	-	11%	27%	7%	21%	28%	16%	27%	20%	35%	19%	11%
Base for stats		50	2	6	7	12	10	4	1	8	35	14	16	14	13	6	16	15	11	7
Mean Score		3.42	2.94	2.94	3.78	3.21	2.88	4.72	5.00	3.65	3.19	4.09	3.43	3.09	3.59	3.88	3.66	2.86	3.60	3.91
Standard Deviation		1.297	1.619	1.443	1.371	1.266	1.257	.517	*	1.202	1.297	1.114	1.286	1.254	1.282	1.663	1.273	1.164	1.334	1.512
Standard Error		.182	1.145	.589	.485	.365	.398	.258	*	.425	.216	.309	.312	.335	.356	.679	.300	.301	.402	.617
Error variance		.03	1.31	.35	.23	.13	.16	.07	*	.18	.05	.10	.10	.11	.13	.46	.09	.09	.16	.38



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.16. Gymnastics, trampolining or cheerleading: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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
Significance Level: 95%			*a	*b	*c	a	*b
Unweighted Total		56	28	18	9	32	19
Total		55	27	19	8	32	18
		100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	12	1	-	9	3
		22%	41%	6%	-	28%	18%
Increased a bit		(4.0)	14	2	4	9	4
		25%	30%	11%	45%	27%	24%
Stayed the same		(3.0)	12	7	1	8	3
		22%	14%	38%	10%	24%	19%
Decreased a bit		(2.0)	6	3	3	3	2
		12%	3%	15%	34%	9%	14%
Decreased a lot		(1.0)	5	3	-	2	3
		10%	7%	19%	-	7%	18%
Don't know		3	1	-	1	2	-
		5%	5%	-	10%	6%	-
I wasn't doing this activity last year		2	-	2	-	-	1
		4%	-	11%	-	-	7%
NET: Increased		26	19	3	4	18	8
		48%	71%	17%	45%	54%	43%
NET: Decreased		12	3	6	3	5	6
		22%	10%	34%	34%	16%	32%
Base for stats		50	26	17	7	30	17
Mean Score		3.42	3.99	2.68	3.13	3.63	3.13
Standard Deviation		1.297	1.197	1.179	1.005	1.225	1.441
Standard Error		.182	.230	.295	.355	.224	.340
Error variance		.03	.05	.09	.13	.05	.12

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.7. Other sport, exercise or physical activity: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		67	34	33	17	20	30	2	7	6	11	4	7	8	14	8
Total		66	35	32	16	19	32	2	7	6	11	4	8	8	14	8
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	14	6	8	6	4	5	-	2	-	1	1	1	2	5	3
		21%	17%	26%	38%	19%	15%	-	29%	-	10%	19%	16%	21%	33%	37%
Increased a bit	(4.0)	13	6	7	2	3	8	1	1	2	1	-	3	-	4	1
		19%	16%	22%	14%	14%	24%	53%	17%	31%	9%	-	43%	-	27%	11%
Stayed the same	(3.0)	20	14	6	3	4	13	-	2	-	6	2	2	1	3	3
		30%	41%	18%	18%	20%	41%	-	30%	-	54%	51%	28%	16%	23%	40%
Decreased a bit	(2.0)	14	7	7	4	5	5	1	-	4	2	1	-	3	2	1
		21%	20%	22%	25%	26%	16%	47%	-	69%	19%	29%	-	33%	17%	12%
Decreased a lot	(1.0)	4	2	2	1	2	1	-	2	-	-	-	-	2	-	-
		6%	6%	6%	5%	11%	4%	-	24%	-	-	-	-	30%	-	-
Don't know		1	-	1	-	1	-	-	-	-	-	-	1	-	-	-
		1%	-	3%	-	5%	-	-	-	-	-	-	13%	-	-	-
I wasn't doing this activity last year		1	-	1	-	1	-	-	-	-	1	-	-	-	-	-
		1%	-	3%	-	4%	-	-	-	-	7%	-	-	-	-	-
NET: Increased		27	12	15	8	6	12	1	3	2	2	1	5	2	8	4
		41%	33%	49%	52%	34%	39%	53%	46%	31%	19%	19%	59%	21%	61%	48%
NET: Decreased		18	9	9	5	7	6	1	2	4	2	1	-	5	2	1
		27%	26%	28%	30%	37%	20%	47%	24%	69%	19%	29%	-	63%	17%	12%
Base for stats		64	35	30	16	17	32	2	7	6	10	4	7	8	14	8
Mean Score		3.30	3.19	3.43	3.55	3.06	3.31	3.07	3.27	2.62	3.12	3.10	3.86	2.48	3.77	3.74
Standard Deviation		1.215	1.130	1.316	1.389	1.370	1.042	1.600	1.617	1.019	.904	1.176	.755	1.554	1.125	1.164
Standard Error		.151	.194	.236	.337	.323	.190	1.132	.611	.416	.286	.588	.308	.549	.301	.411
Error variance		.02	.04	.06	.11	.10	.04	1.28	.37	.17	.08	.35	.10	.30	.09	.17

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.7. Other sport, exercise or physical activity: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		67	9	15	15	11	3	14	39	28	59	2	2	1	-	1	6
Total		66	9	14	14	11	3	15	37	29	59	2	2	1	-	1	6
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Increased a lot	(5.0)	14	4	4	1	1	1	3	9	5	11	1	1	-	-	-	2
		21%	41%	32%	6%	9%	35%	22%	24%	18%	19%	41%	58%	-	-	-	34%
Increased a bit	(4.0)	13	-	3	3	5	-	2	6	7	12	-	1	-	-	-	1
		19%	-	20%	21%	45%	-	13%	16%	24%	20%	-	42%	-	-	-	14%
Stayed the same	(3.0)	20	4	3	3	2	2	6	10	10	20	-	-	-	-	-	-
		30%	45%	18%	22%	19%	65%	39%	26%	35%	34%	-	-	-	-	-	-
Decreased a bit	(2.0)	14	-	3	7	2	-	2	10	4	11	1	-	1	-	1	3
		21%	-	24%	46%	16%	-	13%	27%	13%	18%	59%	-	100%	-	100%	52%
Decreased a lot	(1.0)	4	1	1	1	1	-	-	3	1	4	-	-	-	-	-	-
		6%	14%	6%	5%	11%	-	-	7%	4%	7%	-	-	-	-	-	-
Don't know		1	-	-	-	-	-	1	-	1	-	-	-	-	-	-	-
		1%	-	-	-	-	-	7%	-	3%	-	-	-	-	-	-	-
I wasn't doing this activity last year		1	-	-	-	-	-	1	-	1	1	-	-	-	-	-	-
		1%	-	-	-	-	-	5%	-	3%	1%	-	-	-	-	-	-
NET: Increased		27	4	7	4	6	1	5	15	12	23	1	2	-	-	-	3
		41%	41%	52%	26%	53%	35%	35%	39%	42%	40%	41%	100%	-	-	-	48%
NET: Decreased		18	1	4	7	3	-	2	13	5	15	1	-	1	-	1	3
		27%	14%	30%	52%	27%	-	13%	34%	17%	25%	59%	-	100%	-	100%	52%
Base for stats		64	9	14	14	11	3	13	37	27	58	2	2	1	-	1	6
Mean Score		3.30	3.54	3.48	2.75	3.23	3.69	3.50	3.22	3.41	3.27	3.22	4.58	2.00	-	2.00	3.30
Standard Deviation		1.215	1.457	1.354	1.065	1.222	1.149	1.067	1.296	1.109	1.187	2.040	.707	-	-	-	1.526
Standard Error		.151	.486	.350	.275	.368	.664	.308	.207	.217	.156	1.442	.500	-	-	-	.623
Error variance		.02	.24	.12	.08	.14	.44	.09	.04	.05	.02	2.08	.25	-	-	-	.39

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.7. Other sport, exercise or physical activity: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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		
67	50	5	8	13	6	7	17	5	4	3	2	3	5	15	13		
66	48	5	9	14	5	7	16	5	4	2	2	3	5	17	12		
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%		
14	10	-	2	2	-	-	5	1	2	-	1	2	1	4	-		
21%	20%	-	23%	14%	-	-	28%	16%	50%	-	49%	66%	16%	21%	-		
13	10	1	1	2	3	1	4	2	-	1	-	-	-	2	4		
19%	22%	18%	13%	15%	51%	11%	25%	46%	-	34%	-	-	-	12%	28%		
20	15	1	3	4	1	2	5	2	-	-	-	-	2	8	3		
30%	32%	19%	38%	31%	17%	24%	30%	38%	-	-	-	-	43%	49%	21%		
14	9	2	2	4	1	2	2	-	2	2	-	1	1	3	3		
21%	19%	39%	26%	31%	17%	30%	13%	-	50%	66%	-	34%	22%	18%	24%		
4	3	1	-	1	1	2	1	-	-	-	-	-	-	-	3		
6%	6%	24%	-	9%	15%	35%	5%	-	-	-	-	-	-	-	26%		
1	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-		
1%	-	-	-	-	-	-	-	-	-	-	-	-	19%	-	-		
1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-		
1%	2%	-	-	-	-	-	-	-	-	-	51%	-	-	-	-		
27	20	1	3	4	3	1	8	3	2	1	1	2	1	5	4		
41%	42%	18%	36%	30%	51%	11%	53%	62%	50%	34%	49%	66%	16%	33%	28%		
18	12	3	2	6	2	5	3	-	2	2	-	1	1	3	6		
27%	25%	63%	26%	40%	32%	64%	18%	-	50%	66%	-	34%	22%	18%	50%		
64	48	5	9	14	5	7	16	5	4	2	1	3	4	17	12		
3.30	3.31	2.32	3.33	2.96	3.05	2.12	3.58	3.78	3.49	2.69	5.00	3.98	3.12	3.36	2.52		
1.215	1.180	1.143	1.164	1.220	1.252	1.096	1.202	.782	1.731	1.226	-	1.790	1.168	1.038	1.209		
.151	.169	.511	.411	.338	.511	.414	.291	.350	.866	.708	-	1.034	.584	.268	.335		
.02	.03	.26	.17	.11	.26	.17	.08	.12	.75	.50	-	1.07	.34	.07	.11		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.7. Other sport, exercise or physical activity: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

		Nature of working location						Nature of working hours						Number of people in household including self							
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others		
Significance Level: 95%			*a	*b	*c	*d	*e	*f		*a	*b	*c	*d	*e	*f		*a	b	*c	*d	e
Unweighted Total	67	15	12	5	2	17	17	15	8	11	1	19	16	8	42	15	2	59			
Total	66	14	12	5	2	17	16	14	8	11	1	19	15	8	41	15	2	58			
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%			
Increased a lot	(5.0)	14	2	3	2	-	5	2	4	1	1	1	2	5	2	7	4	1	12		
	21%	12%	24%	39%	-	29%	10%	26%	14%	7%	100%	10%	30%	30%	18%	24%	43%	20%			
Increased a bit	(4.0)	13	6	1	-	-	1	6	5	1	2	-	3	5	1	10	2	-	12		
	19%	41%	9%	-	-	6%	36%	36%	10%	19%	-	15%	34%	14%	24%	12%	-	20%			
Stayed the same	(3.0)	20	4	4	-	1	4	5	5	3	1	-	4	5	3	12	4	1	17		
	30%	27%	32%	-	52%	22%	30%	33%	36%	8%	-	20%	31%	34%	28%	27%	57%	29%			
Decreased a bit	(2.0)	14	2	2	3	1	5	3	1	1	6	-	7	1	1	8	4	-	13		
	21%	12%	18%	61%	48%	31%	16%	6%	14%	54%	-	37%	6%	12%	20%	30%	-	22%			
Decreased a lot	(1.0)	4	1	2	-	-	2	1	-	2	1	-	3	-	-	4	-	-	4		
	6%	9%	17%	-	-	12%	8%	-	25%	12%	-	17%	-	-	10%	-	-	7%			
Don't know		1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	1		
	1%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	7%	-	2%			
I wasn't doing this activity last year		1	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	-		
	1%	-	-	-	-	-	-	-	-	-	-	-	-	10%	-	-	-	-			
NET: Increased	27	7	4	2	-	6	7	9	2	3	1	5	10	3	17	5	1	23			
	41%	52%	33%	39%	-	35%	47%	61%	24%	26%	100%	25%	63%	43%	42%	36%	43%	40%			
NET: Decreased	18	3	4	3	1	7	4	1	3	7	-	10	1	1	12	4	-	17			
	27%	20%	35%	61%	48%	43%	24%	6%	39%	66%	-	55%	6%	12%	30%	30%	-	29%			
Base for stats	64	14	12	5	2	17	16	14	8	11	1	19	15	7	41	14	2	57			
Mean Score	3.30	3.35	3.05	3.17	2.52	3.08	3.25	3.81	2.74	2.56	5.00	2.64	3.88	3.68	3.20	3.32	3.85	3.25			
Standard Deviation	1.215	1.149	1.446	1.623	.746	1.453	1.125	.920	1.412	1.197	-	1.258	.937	1.158	1.242	1.219	1.329	1.224			
Standard Error	.151	.297	.417	.726	.528	.352	.273	.238	.499	.361	-	.289	.234	.438	.192	.326	.940	.161			
Error variance	.02	.09	.17	.53	.28	.12	.07	.06	.25	.13	-	.08	.05	.19	.04	.11	.88	.03			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.7. Other sport, exercise or physical activity: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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			
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness						
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No		Urban	Rural	Yes	No		
Significance Level: 95%			*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b	
Unweighted Total		67	10	46	11	16	3	41	25	4	50	17	58	7	
Total		66	9	47	10	17	3	40	25	4	49	17	57	7	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Increased a lot		(5.0)	14	3	8	3	4	2	8	7	2	11	3	10	3
			21%	37%	17%	34%	24%	57%	19%	26%	43%	23%	16%	18%	44%
Increased a bit		(4.0)	13	2	9	1	2	-	10	3	-	10	3	13	-
			19%	18%	19%	8%	12%	-	24%	12%	-	20%	16%	22%	-
Stayed the same		(3.0)	20	1	16	3	7	-	11	8	1	13	7	19	1
			30%	10%	35%	29%	39%	-	28%	34%	27%	27%	38%	33%	16%
Decreased a bit		(2.0)	14	3	10	3	2	1	9	5	1	9	5	13	1
			21%	35%	21%	28%	12%	43%	22%	20%	30%	17%	30%	23%	12%
Decreased a lot		(1.0)	4	-	4	-	1	-	3	1	-	4	-	3	1
			6%	-	9%	-	7%	-	7%	5%	-	8%	-	5%	17%
Don't know			1	-	-	-	-	-	-	-	-	1	-	-	-
			1%	-	-	-	-	-	-	-	-	2%	-	-	-
I wasn't doing this activity last year			1	-	-	-	1	-	-	1	-	1	-	-	1
			1%	-	-	-	5%	-	-	3%	-	2%	-	-	11%
NET: Increased			27	5	17	4	6	2	17	9	2	21	6	23	3
			41%	55%	36%	42%	36%	57%	43%	38%	43%	44%	32%	40%	44%
NET: Decreased			18	3	14	3	3	1	12	6	1	13	5	16	2
			27%	35%	29%	28%	19%	43%	29%	25%	30%	26%	30%	27%	29%
Base for stats			64	9	47	10	16	3	40	24	4	47	17	57	6
Mean Score			3.30	3.56	3.15	3.48	3.35	3.72	3.26	3.36	3.55	3.34	3.18	3.26	3.47
Standard Deviation			1.215	1.373	1.192	1.290	1.243	1.833	1.211	1.247	1.528	1.273	1.069	1.147	1.772
Standard Error			.151	.434	.176	.389	.321	1.058	.189	.255	.764	.184	.259	.151	.724
Error variance			.02	.19	.03	.15	.10	1.12	.04	.06	.58	.03	.07	.02	.52

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.7. Other sport, exercise or physical activity: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total		67	5	8	8	14	9	4	1	18	39	23	18	19	24	4	8	23	26	8
Total		66	5	9	7	14	8	4	1	18	38	23	17	19	24	4	8	23	25	8
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Increased a lot		(5.0)	14	1	-	1	1	3	1	-	7	5	6	4	1	2	1	5	6	2
		21%	17%	-	11%	6%	41%	30%	-	39%	13%	36%	37%	19%	5%	53%	11%	21%	22%	23%
Increased a bit		(4.0)	13	1	1	1	3	1	2	-	4	6	1	4	8	-	2	5	4	2
		19%	18%	13%	11%	21%	14%	49%	-	21%	16%	25%	7%	21%	31%	-	23%	22%	15%	24%
Stayed the same		(3.0)	20	2	4	4	4	1	-	1	4	12	4	5	9	2	3	5	9	2
		30%	48%	42%	52%	29%	10%	-	100%	22%	32%	22%	22%	27%	37%	47%	40%	21%	34%	26%
Decreased a bit		(2.0)	14	-	4	1	5	2	-	2	12	2	3	5	6	-	1	5	6	1
		21%	-	45%	12%	39%	20%	-	-	11%	31%	9%	17%	27%	24%	-	16%	21%	25%	14%
Decreased a lot		(1.0)	4	-	-	-	1	1	1	-	1	2	2	1	1	-	1	2	1	-
		6%	-	-	-	6%	15%	21%	-	7%	5%	9%	12%	6%	3%	-	10%	11%	3%	-
Don't know			1	-	-	1	-	-	-	-	1	-	-	-	-	-	-	-	-	1
		1%	-	-	14%	-	-	-	-	-	3%	-	-	-	-	-	-	-	-	12%
I wasn't doing this activity last year			1	1	-	-	-	-	-	-	-	-	1	-	-	-	-	1	-	-
		1%	17%	-	-	-	-	-	-	-	-	-	5%	-	-	-	-	3%	-	-
NET: Increased		27	2	1	2	4	5	3	-	11	11	14	7	8	9	2	3	10	10	4
		41%	35%	13%	23%	27%	56%	79%	-	60%	29%	60%	44%	40%	36%	53%	34%	43%	38%	47%
NET: Decreased		18	-	4	1	6	3	1	-	3	14	4	5	6	7	-	2	7	7	1
		27%	-	45%	12%	44%	34%	21%	-	18%	36%	17%	29%	33%	27%	-	26%	32%	29%	14%
Base for stats		64	4	9	6	14	8	4	1	18	37	23	16	19	24	4	8	22	25	7
Mean Score		3.30	3.63	2.68	3.26	2.82	3.48	3.68	3.00	3.75	3.01	3.70	3.43	3.19	3.11	4.06	3.08	3.23	3.28	3.64
Standard Deviation		1.215	.927	.734	.934	1.050	1.632	1.670	-	1.299	1.130	1.299	1.507	1.242	.954	1.141	1.190	1.343	1.183	1.121
Standard Error		.151	.464	.259	.353	.281	.544	.835	-	.306	.183	.271	.365	.285	.195	.571	.421	.286	.232	.424
Error variance		.02	.21	.07	.12	.08	.30	.70	-	.09	.03	.07	.13	.08	.04	.33	.18	.08	.05	.18

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D1X.7. Other sport, exercise or physical activity: Compared to last year, do you feel your physical capability and fitness to undertake this activity has increased, decreased or stayed the same?

BASE: All who have done this 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
		*a	*b	*c	a	*b
Significance Level: 95%						
Unweighted Total	67	19	23	23	33	17
Total	66	19	22	24	32	17
	100%	100%	100%	100%	100%	100%
Increased a lot	(5.0)	14	10	2	7	4
		21%	54%	4%	24%	22%
Increased a bit	(4.0)	13	6	5	7	4
		19%	34%	23%	21%	24%
Stayed the same	(3.0)	20	-	12	7	4
		30%	-	53%	21%	23%
Decreased a bit	(2.0)	14	2	4	6	4
		21%	11%	17%	19%	25%
Decreased a lot	(1.0)	4	-	1	4	-
		6%	-	4%	13%	-
Don't know		1	-	1	-	1
		1%	-	4%	-	6%
I wasn't doing this activity last year		1	-	1	1	-
		1%	-	3%	3%	-
NET: Increased		27	16	6	14	8
		41%	89%	27%	45%	46%
NET: Decreased		18	2	5	10	4
		27%	11%	20%	32%	25%
Base for stats	64	19	22	22	31	16
Mean Score	3.30	4.31	3.07	2.56	3.24	3.47
Standard Deviation	1.215	.976	.850	1.079	1.379	1.152
Standard Error	.151	.224	.177	.235	.244	.288
Error variance	.02	.05	.03	.06	.06	.08



## **Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021**

**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)	2039	284	362	371	1021
	100%	14%	18%	18%	50%
Indoor swimming	2039	176	458	495	910
	100%	9%	22%	24%	45%
Other outdoor sports and activities (golf, outdoor tennis, water sports etc.)	2039	174	316	352	1197
	100%	9%	15%	17%	59%
Indoor sports hall activities (basketball, badminton etc.)	2039	139	268	361	1271
	100%	7%	13%	18%	62%
Organised outdoor team sports (football, rugby, hockey etc.)	2039	137	266	300	1337
	100%	7%	13%	15%	66%
Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.)	2039	117	259	339	1324
	100%	6%	13%	17%	65%
Combat sports / martial arts	2039	116	178	234	1512
	100%	6%	9%	11%	74%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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								
									Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	Total	Male	Female	16-34	35-54	55+	North East	North West							
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	176	68	107	66	69	42	7	28	15	23	13	17	31	25	17
	9%	7%	10%	11%	10%	6%	7%	11%	8%	11%	7%	8%	10%	8%	8%
			a	c	c										
Occasionally	458	199	256	163	173	123	20	53	51	50	41	42	80	70	51
	22%	20%	25%	26%	26%	16%	21%	20%	26%	24%	23%	19%	25%	21%	25%
			a	c	c										
Rarely	495	214	280	202	161	132	21	70	45	47	45	49	70	88	59
	24%	22%	27%	33%	24%	17%	21%	26%	23%	22%	25%	22%	22%	27%	28%
			a	bc	c										
Never	910	513	393	186	265	459	50	115	88	93	78	118	138	148	82
	45%	52%	38%	30%	40%	61%	51%	43%	44%	43%	44%	52%	43%	45%	39%
		b			a	ab	i					i			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	176	35	45	38	26	13	20	118	59	147	2	18	4	1	1	26
	9%	23%	10%	8%	10%	6%	4%	11%	6%	8%	3%	17%	7%	8%	6%	10%
		bcd efgh	fh	f	fh			fh				ab				
Occasionally	458	49	117	112	66	47	67	278	180	390	13	23	14	4	5	59
	22%	33%	25%	23%	26%	23%	14%	25%	19%	22%	24%	21%	21%	43%	37%	23%
		cefh	fh	f	fh	f		fh	f							
Rarely	495	28	122	126	68	56	95	277	218	417	16	32	18	-	5	71
	24%	19%	26%	26%	27%	27%	20%	25%	23%	24%	30%	29%	27%	-	34%	28%
			f	f	f	f		f								
Never	910	38	187	203	91	87	303	429	481	802	23	37	29	4	3	97
	45%	25%	40%	42%	36%	43%	62%	39%	51%	46%	43%	34%	44%	48%	24%	38%
			a	a	a	a	abcdegh	a	abcdeg	cg						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	176 9%	85 7%	40 11%	35 11%	74 11%	9 5%	15 12%	75 12%	16 8%	8 13%	4 6%	11 10%	8 7%	13 8%	16 4%	23 8%
			a	a	a		aj	aj	j	aj		j				j
Occasionally	458 22%	227 18%	114 32%	90 28%	204 30%	41 25%	37 30%	162 27%	52 26%	15 24%	19 28%	28 25%	26 22%	27 16%	51 13%	78 27%
			a	a	a	ij	ij	ij	ij	j	ij	ij	j			ij
Rarely	495 24%	271 22%	96 27%	101 32%	197 29%	53 32%	25 20%	161 26%	63 31%	17 28%	17 25%	22 20%	38 32%	36 21%	63 16%	78 27%
				a	a	bgij		j	bgij	j		bgij				j
Never	910 45%	673 54%	109 30%	93 29%	202 30%	64 38%	47 38%	210 35%	70 35%	22 35%	28 42%	50 45%	46 39%	96 56%	276 68%	111 38%
		bcd										c		abcdehfk	abcdefghik	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
176	50	46	17	2	63	52	53	43	16	3	59	56	16	97	55	8	160
9%	11%	12%	11%	9%	11%	11%	10%	16% acf	9%	9%	13%	10%	6%	8%	11% a	9%	9%
458	103	115	46	9	161	112	122	91	49	9	140	131	51	247	144	15	407
22%	23%	29%	30%	32%	29% a	24%	22%	34% af	28%	24%	32% af	23%	19%	21%	28% abde	17%	23%
495	121	107	32	9	139	130	147	68	47	12	115	159	40	281	143	30	455
24%	27%	27%	21%	33%	25%	28%	27%	26%	26%	32%	26%	27%	15%	24% a	28% a	34% ab	26% a
910	166	130	60	7	190	173	222	62	65	14	127	235	163	538	173	36	747
45%	38%	33%	39%	25%	34%	37%	41% be	23%	37% b	36%	29%	40% be	60% bcde	46% ce	34%	40%	42% c

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
	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	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	176	65	90	38	26	8	106	63	9	137	39	158	12
	9%	19%	7%	15%	7%	13%	8%	10%	12%	9%	9%	9%	4%
		b		bd				d				b	
Occasionally	458	90	306	61	65	14	319	125	14	359	99	378	70
	22%	27%	22%	23%	18%	22%	23%	21%	20%	22%	23%	22%	23%
						b							
Rarely	495	94	343	62	71	18	337	135	15	395	100	411	75
	24%	28%	25%	24%	19%	29%	25%	22%	21%	24%	23%	24%	25%
						b							
Never	910	89	638	98	200	23	606	281	34	720	190	757	145
	45%	26%	46%	38%	55%	36%	44%	46%	46%	45%	44%	44%	48%
		a			acde		a	a					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	176	15	24	22	30	31	22	7	27	106	56	42	60	48	22	29	44	57	43
	9%	4%	10%	7%	9%	12%	12%	9%	11%	9%	11%	7%	10%	8%	11%	8%	11%	7%	10%
			a	a	a	ac	a	a	a	a	a						c		
Occasionally	458	61	43	72	86	69	38	20	70	270	127	142	128	139	43	77	78	180	115
	22%	15%	17%	24%	27%	27%	21%	29%	28%	24%	25%	25%	21%	23%	22%	20%	20%	24%	25%
				a	ab	ab		ab	ab	ab	ab								
Rarely	495	52	75	96	83	72	56	15	46	326	117	141	172	134	36	92	118	175	97
	24%	13%	30%	32%	26%	28%	31%	21%	18%	29%	23%	25%	28%	22%	19%	24%	30%	23%	21%
			ahj	ahj	ah	ah	ahj			ahj	a			cd			cd		
Never	910	280	106	115	122	83	66	28	110	426	205	251	262	280	95	182	154	353	198
	45%	69%	43%	38%	38%	33%	36%	41%	43%	38%	41%	43%	42%	47%	49%	48%	39%	46%	44%
		bcdefghij	e						e		e					b		b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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%

Unweighted Total

Total

Frequently

Occasionally

Rarely

Never

	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
2039	651	623	731	1006	599
2039	647	628	734	988	596
100%	100%	100%	100%	100%	100%
176	67	44	63	100	51
9%	10%	7%	9%	10%	9%
	b				
458	171	110	169	259	138
22%	26%	18%	23%	26%	23%
	b	b	b		
495	177	145	165	274	141
24%	27%	23%	23%	28%	24%
	c				
910	233	329	336	354	265
45%	36%	52%	46%	36%	44%
		ac	a		a



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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								
									Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	Total	Male	Female	16-34	35-54	55+	North East	North West							
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	284	118	164	115	97	73	8	43	24	29	13	32	64	44	28
	14%	12%	16%	19%	14%	10%	8%	16%	12%	13%	7%	14%	20%	13%	14%
			a	bc	c			ae				e	acdeh	e	
Occasionally	362	124	237	175	145	42	19	48	29	36	38	22	78	58	34
	18%	12%	23%	28%	22%	6%	19%	18%	15%	17%	21%	10%	24%	18%	17%
			a	bc	c		f	f		f	f		cdfhi	f	f
Rarely	371	151	218	158	140	73	12	44	35	52	26	26	62	79	36
	18%	15%	21%	26%	21%	10%	12%	17%	18%	24%	15%	12%	19%	24%	17%
			a	bc	c					abef			f	abef	
Never	1021	602	416	169	286	566	60	131	112	97	100	146	115	149	109
	50%	61%	40%	27%	43%	75%	61%	49%	56%	46%	57%	65%	36%	45%	52%
		b			a	ab	bdgh	g	dgh	g	dgh	bdghi		g	g

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	284	40	79	75	30	16	45	193	91	226	14	22	14	2	1	52
	14%	27%	17%	16%	12%	8%	9%	18%	10%	13%	27%	20%	21%	18%	7%	21%
		bcd efgh	efh	efh				defh			a	a				a
Occasionally	362	41	110	91	44	40	38	241	121	279	19	36	17	2	5	79
	18%	27%	23%	19%	17%	20%	8%	22%	13%	16%	35%	32%	27%	18%	40%	31%
		cd fh	fh	fh	f	fh		fh	f		a	a	a			a
Rarely	371	31	97	97	59	49	37	225	146	309	6	29	17	2	2	56
	18%	21%	21%	20%	24%	24%	8%	20%	16%	18%	11%	26%	25%	23%	18%	22%
		f	fh	fh	fh	fh		fh	f			ab	b			
Never	1021	39	186	217	117	98	364	442	580	942	15	25	18	3	5	66
	50%	26%	39%	45%	47%	48%	75%	40%	62%	54%	28%	23%	27%	40%	35%	26%
			a	a	a	abg	abcdegh	a	abcdeg	bcdg						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%															
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	284	150	57	53	109	26	29	110	20	10	15	9	19	11	35
	14%	12%	16%	16%	16%	16%	23%	18%	10%	16%	22%	8%	16%	7%	9%
			a	a	ij	dgij	dgij		i	dgij		gij			dgij
Occasionally	362	161	99	70	170	35	36	138	44	10	13	22	30	25	10
	18%	13%	28%	22%	25%	21%	29%	23%	22%	16%	20%	19%	25%	15%	2%
			a	a	a	j	ej	ij	j	j	j	j	ij	j	ij
Rarely	371	191	80	81	161	36	18	130	43	14	11	28	34	33	26
	18%	15%	22%	25%	24%	21%	14%	21%	21%	22%	16%	25%	29%	19%	6%
			a	a	a	j	j	j	j	j	j	bj	bjk	j	j
Never	1021	753	123	115	238	70	41	231	96	29	28	53	35	103	336
	50%	60%	34%	36%	35%	42%	33%	38%	47%	46%	41%	48%	30%	60%	83%
		bcd				h		bchk	h		bch		abcdfghk	abcdeghk	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	284	67	69	28	7	97	75	78	65	27	6	91	84	23	153	94	15	261
	14%	15%	17%	18%	27%	18%	16%	14%	25% acf	15%	14%	21% af	14%	9%	13% a	18% ab	16% a	15% a
Occasionally	362	84	97	37	10	134	94	108	75	33	11	108	120	35	183	122	23	328
	18%	19%	24%	24%	36%	24%	20%	20%	29% acf	19%	29%	25%	21%	13%	16% abe	24% ab	25% ab	19% a
Rarely	371	89	85	32	4	118	93	106	58	39	9	97	115	33	202	112	24	338
	18%	20%	21%	21%	15%	21%	20%	19%	22%	22%	23%	22%	20%	12%	17% a	22% ab	27% ab	19% a
Never	1021	200	147	57	6	204	205	251	66	79	13	145	264	179	626	187	29	842
	50%	45% be	37%	37%	21%	37%	44% be	46% be	25%	44% be	34%	33% b	45% be	66% bcde	54% cde	36%	32%	48% cd

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	284	65	186	42	33	9	198	75	8	226	59	243	32
	14%	19%	14%	16%	9%	13%	15%	12%	11%	14%	14%	14%	10%
		b		b			b						
Occasionally	362	98	216	54	45	15	243	103	10	298	65	289	64
	18%	29%	16%	21%	12%	23%	18%	17%	14%	18%	15%	17%	21%
		b		b		b	b						
Rarely	371	73	252	57	58	14	241	114	15	307	64	306	59
	18%	22%	18%	22%	16%	23%	18%	19%	20%	19%	15%	18%	19%
										b			
Never	1021	102	722	106	226	27	686	314	40	781	241	867	148
	50%	30%	52%	41%	63%	41%	50%	52%	55%	48%	56%	51%	49%
		a	a		acde		a	a	a	a	a		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	284	33	18	29	58	44	36	18	48	149	103	97	83	77	23	60	65	94	61
	14%	8%	7%	9%	18%	17%	20%	26%	19%	13%	20%	17%	13%	13%	12%	16%	16%	12%	14%
					abci	abc	abci	abci	abci	ab	abci						c		
Occasionally	362	34	47	61	79	64	31	8	37	252	77	111	122	83	37	67	75	124	87
	18%	8%	19%	20%	25%	25%	17%	12%	15%	22%	15%	19%	20%	14%	19%	18%	19%	16%	19%
			a	a	aghj	aghj	a		a	ahj	a	c	c						
Rarely	371	41	49	75	64	52	36	14	41	239	91	105	127	102	24	62	84	144	75
	18%	10%	20%	25%	20%	20%	20%	20%	16%	21%	18%	18%	20%	17%	12%	16%	21%	19%	16%
			a	ahj	a	a	a	a	a	a	a		d						
Never	1021	300	134	139	119	95	78	29	127	488	234	263	290	338	111	189	170	403	231
	50%	74%	54%	46%	37%	37%	43%	42%	50%	43%	46%	46%	47%	56%	57%	50%	43%	53%	51%
		bcdefghij	defij	de					de	d	de			ab	ab			b	b

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	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
2039	651	623	731	1006	599
2039	647	628	734	988	596
100%	100%	100%	100%	100%	100%
284	108	58	113	178	66
14%	17%	9%	15%	18%	11%
	b		b	b	
362	142	94	123	222	108
18%	22%	15%	17%	23%	18%
	bc			b	
371	147	81	135	223	107
18%	23%	13%	18%	23%	18%
	bc		b	b	
1021	251	396	363	365	315
50%	39%	63%	49%	37%	53%
		ac	a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	139	69	69	82	38	18	8	19	9	11	12	8	38	20	13
	7%	7%	7%	13% bc	6% c	2%	9%	7%	5%	5%	7%	3%	12% cdfhi	6%	6%
Occasionally	268	107	159	136	105	27	8	42	23	32	23	15	59	40	25
	13%	11%	15% a	22% bc	16% c	4%	8%	16% f	12%	15% f	13% f	7%	19% acfhi	12% f	12%
Rarely	361	167	191	157	127	77	17	43	32	44	27	30	68	65	35
	18%	17%	18%	26% bc	19% c	10%	17%	16%	16%	20%	15%	13%	21% f	20%	17%
Never	1271	651	616	241	397	634	65	161	136	126	114	173	155	206	135
	62%	65% b	60%	39%	59% a	84% ab	66% g	61% g	68% g	59% g	65% g	77% bcdeghi	48%	62% g	65% g



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	139	32	32	32	15	12	16	95	43	98	9	15	11	-	2	37
	7%	21%	7%	7%	6%	6%	3%	9%	5%	6%	16%	14%	17%	-	16%	15%
		bcdefgh	f	f				fh			a	a	a			a
Occasionally	268	36	74	68	33	25	31	178	89	189	14	35	16	5	4	74
	13%	24%	16%	14%	13%	12%	6%	16%	10%	11%	25%	31%	25%	56%	30%	29%
		bcdefgh	fh	fh	f	f		fh			a	a	a			a
Rarely	361	32	97	91	64	38	39	220	141	285	9	36	17	2	2	67
	18%	22%	21%	19%	26%	19%	8%	20%	15%	16%	16%	33%	27%	23%	18%	26%
		fh	fh	f	cfgh	f		fh	f			ab	a			a
Never	1271	50	268	289	138	128	398	607	664	1183	23	25	20	2	5	75
	62%	33%	57%	60%	55%	63%	82%	55%	71%	67%	43%	22%	31%	21%	37%	30%
			a	a	a	ag	abcdegh	a	abcdeg	bcdg	c					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%															
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	139	58	38	27	65	15	17	49	20	5	7	3	12	3	8
	7%	5%	11%	9%	10%	9%	13%	8%	10%	8%	11%	2%	10%	2%	11%
			a	a	a	gij	gij	gij	gij	ij	gij		gij		gij
Occasionally	268	107	78	56	134	25	26	97	28	15	13	15	24	17	8
	13%	9%	22%	17%	20%	15%	21%	16%	14%	24%	20%	13%	20%	10%	18%
			a	a	a	j	ij	j	j	ij	ij	j	ij	j	ij
Rarely	361	185	69	81	151	29	28	133	42	12	10	17	39	22	30
	18%	15%	19%	26%	22%	17%	23%	22%	21%	20%	14%	15%	33%	13%	7%
			a	a	a	j	ij	ij	ij	j		j	acdfgijk	j	j
Never	1271	904	173	155	328	98	53	329	112	30	37	78	43	130	150
	62%	72%	48%	48%	48%	59%	43%	54%	56%	48%	55%	70%	36%	75%	52%
		bcd				bh		bh	bh		h	bcdehk		abcdehfk	h

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
139	34	37	16	10	52	44	29	43	19	5	62	34	13	66	48	11	126
7%	8%	9%	10%	38%	9%	9%	5%	af	af	a	af	6%	5%	6%	9%	12%	7%
															ab	ab	
268	61	62	37	5	99	65	76	51	31	9	82	85	16	129	108	16	252
13%	14%	15%	24% abf	17%	18%	14%	14%	19% a	17%	22%	19% a	15%	6%	11% a	21% abe	17% a	14% ab
361	84	92	34	5	126	89	107	69	35	7	104	114	29	189	121	23	332
18%	19%	23%	22%	19%	23%	19%	20%	26% af	20%	17%	24%	20%	11%	16% a	23% abe	25% ab	19% a
1271	261	208	67	7	276	268	332	100	93	18	193	350	212	780	239	41	1059
62%	59% bce	52%	44%	25%	50%	57% ce	61% bce	38%	52% b	47%	44%	60% be	79% bcde	67% cde	46%	45%	60% cd

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
	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	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	139	59	63	25	26	8	77	54	4	112	27	114	17
	7%	17%	5%	10%	7%	12%	6%	9%	6%	7%	6%	7%	6%
		b		d		d		d					
Occasionally	268	85	153	38	36	12	179	74	10	212	56	212	48
	13%	25%	11%	15%	10%	18%	13%	12%	14%	13%	13%	12%	16%
		b											
Rarely	361	73	243	48	46	13	247	97	11	295	67	297	54
	18%	22%	18%	19%	13%	20%	18%	16%	15%	18%	16%	17%	18%
				b		b							
Never	1271	121	919	148	254	32	865	380	47	992	279	1081	184
	62%	36%	67%	57%	70%	50%	63%	63%	65%	62%	65%	63%	61%
		a			acde		c	c					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	139	13	7	26	28	21	20	6	17	83	43	26	51	36	21	31	35	35	34
	7%	3%	3%	9%	9%	8%	11%	9%	7%	7%	8%	4%	8%	6%	10%	8%	9%	5%	7%
				ab	ab	ab	ab	ab	a	ab	ab		a		ac	c	c		c
Occasionally	268	18	28	50	57	45	29	15	26	180	70	85	65	79	29	51	57	97	53
	13%	5%	11%	16%	18%	17%	16%	22%	10%	16%	14%	15%	10%	13%	15%	13%	14%	13%	12%
			a	ah	abh	abh	a	abh	a	ah	a	b							
Rarely	361	38	44	57	65	61	42	10	46	227	97	105	123	98	27	65	79	127	82
	18%	9%	18%	19%	20%	24%	23%	14%	18%	20%	19%	18%	20%	16%	14%	17%	20%	17%	18%
			a	a	a	a	a		a	a	a								
Never	1271	338	169	171	170	129	90	39	165	639	295	361	383	387	120	232	223	505	285
	62%	83%	68%	56%	53%	50%	50%	56%	65%	57%	58%	63%	62%	64%	61%	61%	57%	66%	63%
		bcdefghij	cdefij						cdefi		ef							b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Frequently	139	63	33	40	94	34
	7%	10%	5%	5%	9%	6%
		bc			b	
Occasionally	268	112	76	72	159	91
	13%	17%	12%	10%	16%	15%
		bc				
Rarely	361	137	89	127	210	110
	18%	21%	14%	17%	21%	19%
		b				
Never	1271	335	430	494	526	360
	62%	52%	68%	67%	53%	60%
			a	a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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								
									Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	Total	Male	Female	16-34	35-54	55+	North East	North West							
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	137	75	62	74	43	19	6	22	8	11	14	7	30	19	20
	7%	8%	6%	12% bc	6% c	3%	6%	8% cf	4%	5%	8% f	3%	9% cf	6%	10% cf
Occasionally	266	134	129	144	94	27	11	40	20	33	20	16	64	36	26
	13%	13%	12%	23% bc	14% c	4%	11%	15% f	10%	16% f	12%	7%	20% acefhi	11%	12%
Rarely	300	136	162	127	110	62	11	40	30	30	30	25	50	53	32
	15%	14%	16%	21% c	17% c	8%	11%	15%	15%	14%	17%	11%	16%	16%	15%
Never	1337	650	683	270	421	646	70	165	143	139	113	179	176	223	130
	66%	65%	66%	44%	63% a	86% ab	72% g	62%	71% bg	65% g	64%	79% bdeghi	55%	67% g	63%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	137	20	30	37	13	13	24	87	50	99	4	20	8	1	4	36
	7%	13%	6%	8%	5%	6%	5%	8%	5%	6%	7%	18%	12%	8%	27%	14%
		bcdefgh						fh				a	a			a
Occasionally	266	40	72	63	45	26	20	175	91	194	11	33	16	2	2	65
	13%	27%	15%	13%	18%	13%	4%	16%	10%	11%	20%	30%	25%	28%	15%	26%
		bcdefgh	fh	f	fh	f		fh	f		a	a	a			a
Rarely	300	29	84	78	48	27	33	191	108	235	15	25	15	2	3	60
	15%	19%	18%	16%	19%	13%	7%	17%	12%	13%	28%	22%	24%	23%	24%	24%
		fh	fh	fh	fh	f		fh	f		a	a	a			a
Never	1337	61	286	301	144	137	408	649	688	1228	24	33	25	4	5	91
	66%	41%	61%	63%	57%	67%	84%	59%	73%	70%	45%	30%	39%	41%	34%	36%
			a	a	a	adg	abcdegh	a	abcdg	bcdg						



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%															
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	137	62	31	28	59	10	9	49	14	9	4	7	19	5	10
	7%	5%	9%	9%	9%	6%	7%	8%	7%	14%	7%	6%	16%	3%	2%
		a	a	a	a	j	j	ij	j	ij		j	abcdgijk		j
Occasionally	266	87	84	70	154	23	27	115	27	13	13	10	20	9	10
	13%	7%	23%	22%	23%	14%	22%	19%	13%	21%	19%	9%	17%	5%	2%
		a	a	a	a	ij	gij	gij	ij	gij	gij	j	ij		gij
Rarely	300	152	67	60	127	32	25	106	36	14	7	17	26	18	19
	15%	12%	19%	19%	19%	19%	20%	17%	18%	22%	10%	16%	22%	10%	5%
		a	a	a	a	ij	ij	ij	ij	ij		j	fij	j	ij
Never	1337	954	177	161	337	101	62	339	124	27	44	77	54	140	368
	66%	76%	49%	50%	50%	61%	50%	56%	62%	44%	65%	69%	46%	81%	90%
		bcd				eh		h	beh		eh	bcehk	abcdeghk	abcdeghik	h

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
137	30	29	18	6	46	36	33	29	18	1	48	34	6	61	59	11	131
7%	7%	7%	11%	21%	8%	8%	6%	11%	10%	2%	11%	6%	2%	5%	11%	13%	7%
								af	f		af			a	abe	ab	ab
266	73	66	37	9	104	82	82	63	30	13	93	95	21	128	99	18	245
13%	17%	17%	24%	33%	19%	18%	15%	24%	17%	35%	21%	16%	8%	11%	19%	20%	14%
			ab					af		acef	a				abe	ab	ab
300	73	75	26	5	101	78	82	60	29	9	89	90	26	162	97	15	274
15%	17%	19%	17%	18%	18%	17%	15%	23%	16%	22%	20%	15%	10%	14%	19%	16%	15%
								af			af				ab		a
1337	264	228	73	7	301	271	348	111	100	16	212	363	218	813	261	46	1119
66%	60%	57%	47%	28%	54%	58%	64%	42%	56%	41%	48%	62%	81%	70%	51%	51%	63%
	c	c			c	c	bde		b		bde		bcde	cde			cd

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
									NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	137	54	72	24	18	8	87	43	5	110	27	116	17
	7%	16%	5%	9%	5%	12%	6%	7%	7%	7%	6%	7%	5%
		b		b		b							
Occasionally	266	86	146	45	37	9	165	83	7	216	50	210	44
	13%	25%	11%	17%	10%	14%	12%	14%	10%	13%	12%	12%	15%
		b		bd									
Rarely	300	59	202	37	45	15	201	87	10	238	62	234	57
	15%	17%	15%	14%	12%	24%	15%	14%	14%	15%	14%	14%	19%
					b	b						a	
Never	1337	140	957	153	262	32	915	391	50	1048	289	1144	184
	66%	41%	69%	59%	72%	50%	67%	65%	69%	65%	68%	67%	61%
		a	a		acde		ac	c	c			b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	137	11	15	22	23	25	17	7	17	84	42	41	37	37	18	29	32	43	29
	7%	3%	6%	7%	7%	10%	10%	11%	7%	7%	8%	7%	6%	6%	9%	8%	8%	6%	6%
			a	a	a	a	a	a	a	a	a								
Occasionally	266	16	24	48	59	51	29	9	30	182	68	73	81	76	30	53	66	87	53
	13%	4%	10%	16%	18%	20%	16%	14%	12%	16%	13%	13%	13%	13%	15%	14%	17%	11%	12%
			a	ab	abh	abhj	a	a	a	ab	a						cd		
Rarely	300	26	40	57	56	46	26	9	39	199	75	91	93	84	27	60	68	104	59
	15%	6%	16%	19%	18%	18%	15%	13%	15%	18%	15%	16%	15%	14%	14%	16%	17%	14%	13%
			a	a	a	a	a	a	a	a	a								
Never	1337	354	170	178	182	134	109	43	167	664	320	372	412	403	121	237	228	531	313
	66%	87%	68%	59%	57%	52%	60%	63%	66%	59%	63%	64%	66%	67%	62%	63%	58%	69%	69%
		bcdefghij	cdei						dei		e							ab	ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Frequently	137	62	26	46	87	38
	7%	10%	4%	6%	9%	6%
		bc				
Occasionally	266	122	76	60	167	80
	13%	19%	12%	8%	17%	13%
		bc	c			
Rarely	300	111	73	110	180	91
	15%	17%	12%	15%	18%	15%
		b				
Never	1337	352	453	518	555	386
	66%	54%	72%	71%	56%	65%
			a	a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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								
									Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	Total	Male	Female	16-34	35-54	55+	North East	North West							
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	174	112	62	73	48	53	8	34	8	16	8	14	42	25	19
	9%	11%	6%	12%	7%	7%	8%	13%	4%	7%	4%	6%	13%	8%	9%
		b		bc				cdefh					cdefh		c
Occasionally	316	150	163	129	117	70	14	42	24	44	31	24	66	44	27
	15%	15%	16%	21%	18%	9%	14%	16%	12%	21%	17%	11%	21%	13%	13%
				c	c					cfhi			cfhi		
Rarely	352	165	185	157	116	79	19	40	32	34	31	23	59	75	40
	17%	17%	18%	25%	17%	10%	19%	15%	16%	16%	18%	10%	18%	23%	19%
				bc	c		f				f		f	bcd	f
Never	1197	568	625	257	387	554	58	149	136	120	107	166	153	186	123
	59%	57%	60%	42%	58%	73%	59%	56%	68%	56%	60%	73%	48%	56%	59%
					a	ab	g	g	bdgh		g	abdeghi		g	g

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	174	36	48	31	15	10	33	116	59	135	10	17	8	1	2	37
	9%	24%	10%	7%	6%	5%	7%	11%	6%	8%	18%	15%	12%	8%	16%	15%
		bcdefgh	ceh					cdefh			a	a				a
Occasionally	316	44	89	76	43	26	37	209	107	244	12	36	7	3	4	61
	15%	29%	19%	16%	17%	13%	8%	19%	11%	14%	22%	32%	11%	33%	27%	24%
		bcdefgh	fh	fh	fh	f		efh	f			ad				ad
Rarely	352	22	105	91	47	36	50	219	133	288	6	31	19	2	2	59
	17%	15%	22%	19%	19%	18%	10%	20%	14%	16%	11%	28%	30%	18%	12%	23%
			afh	fh	f	f		fh	f			ab	ab			ab
Never	1197	48	229	281	146	130	364	557	640	1087	27	28	31	4	6	95
	59%	32%	49%	59%	58%	64%	75%	51%	68%	62%	49%	25%	48%	41%	46%	38%
			a	abg	abg	abg	abcdegh	a	abcdg	bcdg	c		c			c

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%															
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	174	82	38	41	79	13	14	67	14	11	6	4	12	8	27
	9%	7%	11%	13%	12%	8%	11%	11%	7%	18%	9%	3%	10%	4%	7%
			a	a	a		gi	gij		adgij		g			g
Occasionally	316	140	79	67	146	31	36	103	43	11	16	17	19	13	27
	15%	11%	22%	21%	22%	18%	29%	17%	21%	18%	23%	15%	16%	7%	7%
			a	a	a	ij	acghij	ij	ij	ij	ij	ij	ij		cij
Rarely	352	186	78	60	138	36	22	127	30	17	6	17	39	24	35
	17%	15%	22%	19%	20%	21%	18%	21%	15%	27%	9%	15%	33%	14%	8%
			a	a	a	fj	j	fij	j	dfij		j	abdcfgijk	j	fj
Never	1197	847	164	151	315	87	52	312	115	24	40	74	48	128	139
	59%	68%	46%	47%	46%	52%	42%	51%	57%	38%	59%	66%	41%	74%	48%
		bcd				eh		eh	beh		beh	abcehk		abcdefhk	abcdeghk



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
174	38	45	16	7	61	45	37	42	26	4	68	41	13	88	61	12	161
9%	9%	11%	10%	26%	11%	10%	7%	16% af	15% af	10%	15% af	7%	5%	8%	12% ab	13% a	9% a
316	70	84	41	7	124	77	77	72	44	6	116	83	24	169	110	13	292
15%	16%	21%	26% af	27%	23% af	17%	14%	27% af	25% af	16%	26% af	14%	9%	15% a	21% abe	14%	17% a
352	77	79	31	6	110	83	93	59	33	11	92	104	35	197	93	26	316
17%	17%	20%	20%	22%	20%	18%	17%	22%	18%	30% a	21%	18%	13%	17%	18%	29% abce	18%
1197	255	191	67	7	258	262	337	90	75	17	165	354	198	709	251	39	1000
59%	58% bce	48%	43%	25%	47%	56% bce	62% bcde	34%	42%	44%	37%	61% bcde	73% bcde	61% cde	49%	43%	57% cd

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
	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	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	174	62	94	24	23	4	121	47	4	134	40	152	19
	9%	18%	7%	9%	6%	7%	9%	8%	5%	8%	9%	9%	6%
		b											
Occasionally	316	89	190	43	43	15	212	90	11	251	65	255	47
	15%	26%	14%	17%	12%	23%	16%	15%	16%	16%	15%	15%	15%
		b				b							
Rarely	352	69	231	56	48	12	229	105	10	286	65	289	56
	17%	20%	17%	22%	13%	18%	17%	17%	14%	18%	15%	17%	19%
				b									
Never	1197	118	861	136	248	33	806	363	47	940	258	1009	181
	59%	35%	63%	53%	68%	51%	59%	60%	65%	58%	60%	59%	60%
		a	a		acde			a					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	174	14	14	33	32	23	21	13	24	102	58	32	54	57	27	40	38	55	39
	9%	3%	5%	11%	10%	9%	12%	19%	10%	9%	12%	6%	9%	10%	14%	10%	10%	7%	9%
				ab	ab	a	ab	abdehi	a	a	ab		a	a	ab				
Occasionally	316	25	35	51	71	56	31	10	37	213	78	87	92	105	26	59	71	116	63
	15%	6%	14%	17%	22%	22%	17%	14%	15%	19%	15%	15%	15%	18%	13%	16%	18%	15%	14%
			a	a	abhj	abhj	a	a	a	a	a								
Rarely	352	41	48	53	62	62	39	11	36	226	85	121	116	78	25	70	78	125	68
	17%	10%	19%	18%	19%	24%	21%	15%	14%	20%	17%	21%	19%	13%	13%	19%	20%	16%	15%
			a	a	a	achj	a			ah	a	cd	c						
Never	1197	328	152	167	154	114	91	36	157	587	283	337	361	359	117	209	207	470	284
	59%	80%	61%	55%	48%	45%	50%	51%	62%	52%	56%	58%	58%	60%	60%	55%	52%	61%	63%
		bcdefghij	defi	e					defi	e	de							ab	ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Frequently	174	68	46	58	104	45
	9%	10%	7%	8%	10%	8%
		b				
Occasionally	316	129	80	103	186	92
	15%	20%	13%	14%	19%	15%
		bc				
Rarely	352	139	80	128	216	96
	17%	21%	13%	17%	22%	16%
		b		b	b	
Never	1197	312	423	446	482	363
	59%	48%	67%	61%	49%	61%
			ac	a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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								
									Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	Total	Male	Female	16-34	35-54	55+	North East	North West							
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	116 6%	59 6%	55 5%	54 9% c	56 8% c	5 1%	5 5%	18 7% f	11 5%	16 8% f	8 4%	5 2%	31 10% efhi	13 4%	9 4%
Occasionally	178 9%	73 7%	104 10% a	100 16% bc	60 9% c	18 2%	5 5%	22 8%	12 6%	24 11% cf	21 12% cf	9 4%	38 12% acf	31 9% f	16 8%
Rarely	234 11%	96 10%	136 13% a	132 21% bc	73 11% c	28 4%	8 8%	31 11%	17 8%	23 11%	16 9%	23 10%	59 18% abcdefhi	38 11%	20 9%
Never	1512 74%	767 77% b	741 72%	330 54%	478 72% a	704 93% ab	81 82% dg	195 73% g	161 80% dg	151 71% g	132 74% g	189 83% bdegh	192 60%	249 75% g	164 79% g

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	116	24	35	23	15	7	11	83	33	72	7	18	13	2	4	43
	6%	16%	8%	5%	6%	3%	2%	8%	4%	4%	13%	16%	19%	18%	27%	17%
		bcdefgh	efh	f	f			cefh			a	a	a			a
Occasionally	178	20	48	45	23	21	21	113	64	129	13	22	6	2	2	45
	9%	13%	10%	9%	9%	10%	4%	10%	7%	7%	24%	19%	10%	28%	15%	18%
		fh	fh	f	f	f		fh			ad	a				a
Rarely	234	28	57	58	39	26	25	143	91	179	6	27	13	-	3	49
	11%	19%	12%	12%	16%	13%	5%	13%	10%	10%	10%	25%	21%	-	22%	20%
		bcfh	f	f	fh	f		fh	f			ab	a			a
Never	1512	78	331	353	174	149	427	762	750	1375	29	44	33	5	5	115
	74%	52%	70%	74%	69%	73%	88%	69%	80%	78%	53%	39%	50%	54%	37%	46%
			a	a	a	a	abcdegh	a	abcdeg	bcdg						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	116 6%	34 3%	38 11%	32 10%	70 10%	12 7%	12 10%	49 8%	14 7%	6 9%	8 12%	2 2%	6 5%	4 3%	3 1%	24 8%
			a	a	a	gij	gij	gij	gj	gij	gij		j			gij
Occasionally	178 9%	75 6%	45 13%	35 11%	80 12%	21 13%	16 13%	70 11%	18 9%	9 14%	7 10%	9 8%	12 10%	9 5%	8 2%	37 13%
			a	a	a	ij	ij	ij	j	ij	j	j	j	j		ij
Rarely	234 11%	103 8%	50 14%	53 17%	104 15%	20 12%	20 16%	84 14%	26 13%	16 26%	6 9%	10 9%	28 24%	14 8%	10 2%	39 14%
			a	a	a	j	ij	ij	j	acdfgijk	j	j	acdfgijk	j		j
Never	1512 74%	1043 83%	225 63%	198 62%	424 63%	114 68%	76 61%	406 67%	144 71%	32 51%	46 68%	90 81%	72 61%	145 84%	387 95%	190 65%
		bcd				e		e	e		e	abcehk		abcdehfk	abcdefghik	e

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
116	34	24	21	4	45	38	27	34	19	5	53	32	10	46	52	8	106
6%	8%	6%	14%	15%	8%	8%	5%	13%	11%	13%	12%	6%	4%	4%	10%	8%	6%
			abef					af	af	af	af				abe	b	b
178	39	45	23	8	68	46	48	46	17	6	63	53	18	86	57	17	160
9%	9%	11%	15%	29%	12%	10%	9%	18%	9%	15%	14%	9%	6%	7%	11%	19%	9%
			a					acf			af				ab	abce	
234	56	57	24	6	81	62	72	40	26	8	66	80	15	125	78	16	219
11%	13%	14%	16%	23%	15%	13%	13%	15%	14%	22%	15%	14%	5%	11%	15%	18%	12%
														a	ab	ab	a
1512	311	273	86	9	358	319	397	143	116	19	260	416	228	907	328	49	1284
74%	71%	68%	55%	33%	65%	69%	73%	54%	66%	50%	59%	72%	84%	78%	64%	54%	73%
	c	c		c	c	c	bde		b		bde		bcde	cde			cd



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
									NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	116	52	53	21	18	7	70	42	2	93	22	100	13
	6%	16%	4%	8%	5%	10%	5%	7%	3%	6%	5%	6%	4%
		b		d									
Occasionally	178	75	75	40	22	8	102	64	5	149	28	141	30
	9%	22%	5%	15%	6%	12%	7%	11%	7%	9%	7%	8%	10%
		b		bde				bd					
Rarely	234	62	142	33	36	14	143	76	6	178	56	180	45
	11%	18%	10%	13%	10%	21%	10%	12%	9%	11%	13%	11%	15%
		b				bdef						a	
Never	1512	148	1108	165	287	36	1052	423	59	1191	321	1284	214
	74%	44%	80%	64%	79%	56%	77%	70%	81%	74%	75%	75%	71%
			a		ace		ace	c	ace				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	116	11	4	24	24	18	15	8	12	70	35	33	38	23	21	34	24	27	28
	6%	3%	1%	8%	7%	7%	8%	11%	5%	6%	7%	6%	6%	4%	11%	9%	6%	3%	6%
				ab	ab	ab	ab	ab	b	ab	ab				abc	c	c		c
Occasionally	178	11	22	24	39	29	24	7	21	115	52	43	51	56	21	41	47	47	40
	9%	3%	9%	8%	12%	11%	13%	10%	8%	10%	10%	7%	8%	9%	11%	11%	12%	6%	9%
			a	a	a	a	a	a	a	a	a					c	c		
Rarely	234	19	28	37	48	39	24	10	28	152	62	69	82	55	19	40	49	86	49
	11%	5%	11%	12%	15%	15%	13%	15%	11%	14%	12%	12%	13%	9%	10%	10%	13%	11%	11%
			a	a	a	a	a	a	a	a	a		c						
Never	1512	366	194	219	209	168	118	45	192	791	354	432	452	467	135	265	274	605	337
	74%	90%	78%	72%	65%	66%	65%	64%	76%	70%	70%	75%	73%	78%	69%	70%	69%	79%	74%
		bcdefghij	defgij						def					bd				ab	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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%

Unweighted Total

Total

Frequently

Occasionally

Rarely

Never

	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
2039	651	623	731	1006	599
2039	647	628	734	988	596
100%	100%	100%	100%	100%	100%
116	58	31	25	67	43
6%	9%	5%	3%	7%	7%
	bc				
178	86	43	43	118	45
9%	13%	7%	6%	12%	8%
	bc			b	
234	81	71	76	142	76
11%	13%	11%	10%	14%	13%
1512	423	484	590	661	431
74%	65%	77%	80%	67%	72%
		a	a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	117	51	64	58	48	11	4	17	11	13	3	7	36	12	13
	6%	5%	6%	9%	7%	1%	5%	7%	6%	6%	2%	3%	11%	4%	6%
				c	c			e	e	e			abcefh		e
Occasionally	259	99	158	127	102	31	7	44	16	21	26	21	57	44	21
	13%	10%	15%	21%	15%	4%	8%	17%	8%	10%	15%	9%	18%	13%	10%
			a	bc	c			acdfi			c		acdfi		
Rarely	339	144	194	165	121	53	14	33	29	40	37	24	62	64	37
	17%	14%	19%	27%	18%	7%	14%	13%	15%	19%	21%	11%	19%	19%	18%
			a	bc	c					f	bf		bf	bf	f
Never	1324	701	619	266	397	661	73	171	143	139	110	174	165	210	138
	65%	70%	60%	43%	59%	88%	74%	64%	72%	65%	62%	77%	52%	64%	66%
		b			a	ab	eg	g	gh	g	g	bdeghi		g	g

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	117	18	36	24	14	8	17	78	39	88	1	15	7	2	3	29
	6%	12%	8%	5%	5%	4%	4%	7%	4%	5%	2%	14%	11%	28%	25%	12%
		cdefgh	fh					fh				ab	ab			ab
Occasionally	259	38	76	65	37	17	25	179	80	195	13	30	13	2	1	58
	13%	26%	16%	14%	15%	9%	5%	16%	9%	11%	23%	27%	20%	18%	6%	23%
		bcddefgh	efh	fh	efh			efh	f		a	a	a			a
Rarely	339	32	82	103	53	41	28	217	122	272	14	25	18	1	3	60
	17%	21%	17%	22%	21%	20%	6%	20%	13%	16%	26%	22%	27%	9%	24%	24%
		fh	fh	fh	fh	fh		fh	f		a		a			a
Never	1324	62	278	287	146	136	415	627	697	1199	27	41	27	4	6	105
	65%	41%	59%	60%	58%	67%	86%	57%	74%	68%	49%	37%	42%	45%	46%	42%
			a	a	a	abg	abcdegh	a	abcdeg	bcdg						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	117 6%	40 3%	30 8%	32 10%	62 9%	15 9%	14 11%	41 7%	10 5%	10 15%	7 11%	3 3%	8 7%	4 3%	5 1%	29 10%
			a	a	a	gij	dgij	ij	j	cdgij	gij		j			dgij
Occasionally	259 13%	100 8%	67 19%	70 22%	136 20%	21 12%	27 22%	103 17%	35 17%	9 15%	15 22%	12 11%	16 14%	10 6%	11 3%	47 16%
			a	a	a	ij	agij	ij	ij	ij	gij	j	ij			ij
Rarely	339 17%	166 13%	84 23%	62 19%	145 21%	36 22%	25 20%	130 21%	38 19%	14 23%	9 14%	18 16%	35 30%	21 12%	12 3%	62 21%
			a	a	a	ij	ij	ij	j	ij	j	j	cdfgij	j		ij
Never	1324 65%	949 76%	178 50%	155 49%	334 49%	95 57%	58 47%	335 55%	118 59%	29 47%	36 53%	79 71%	58 50%	137 80%	378 93%	153 53%
		bcd							b			abcdefhk		abcdefhk	abcdefghik	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
117	21	34	12	8	46	30	28	27	18	6	45	34	10	57	40	11	107
6%	5%	8%	8%	31%	8%	6%	5%	10%	10%	15%	10%	6%	4%	5%	8%	12%	6%
		a			a			af	af	af	af				ab	abe	
259	69	70	34	6	105	75	70	64	33	11	98	81	16	124	104	14	242
13%	16%	18%	22%	22%	19%	16%	13%	24%	19%	29%	22%	14%	6%	11%	20%	16%	14%
								af		af	af			a	abe	a	ab
339	87	76	39	6	115	93	108	65	29	7	93	116	26	188	101	25	313
17%	20%	19%	25%	21%	21%	20%	20%	24%	16%	19%	21%	20%	10%	16%	20%	27%	18%
								c						a	a	abe	a
1324	262	218	69	7	287	269	338	108	97	14	205	352	218	795	270	40	1105
65%	60%	55%	45%	25%	52%	58%	62%	41%	55%	37%	46%	60%	81%	68%	52%	44%	62%
	ce	c			c		bde		bd		bde		bcde	cde			cd

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
	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	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	117	51	52	17	18	9	72	43	1	91	27	96	18
	6%	15%	4%	7%	5%	14%	5%	7%	1%	6%	6%	6%	6%
		b				abdef		f					
Occasionally	259	85	147	43	34	11	171	76	12	211	48	204	48
	13%	25%	11%	16%	9%	17%	13%	13%	16%	13%	11%	12%	16%
		b		b								a	
Rarely	339	71	228	50	46	8	225	97	8	267	72	278	50
	17%	21%	17%	19%	13%	13%	16%	16%	11%	17%	17%	16%	17%
				b									
Never	1324	131	950	148	264	36	900	389	52	1042	282	1127	186
	65%	39%	69%	57%	73%	56%	66%	64%	72%	65%	66%	66%	61%
		a	a		acde		a	a	ac				



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Frequently	117	8	11	17	23	19	17	11	13	69	41	30	35	28	22	26	34	27	28
	6%	2%	4%	5%	7%	7%	10%	15%	5%	6%	8%	5%	6%	5%	11%	7%	9%	4%	6%
				a	a	a	ab	abcdehi	a	a	a				abc	c	c		c
Occasionally	259	19	20	47	60	51	25	10	26	179	61	75	92	60	26	56	54	94	49
	13%	5%	8%	16%	19%	20%	14%	14%	10%	16%	12%	13%	15%	10%	13%	15%	14%	12%	11%
				ab	abhj	abhj	a	a	a	abh	a		c						
Rarely	339	22	42	57	72	51	37	14	44	222	95	104	106	93	28	53	78	118	81
	17%	5%	17%	19%	22%	20%	20%	20%	17%	20%	19%	18%	17%	16%	14%	14%	20%	15%	18%
			a	a	a	a	a	a	a	a	a						a		
Never	1324	358	174	183	165	135	101	35	171	658	307	369	390	419	120	243	227	526	296
	65%	88%	70%	60%	52%	53%	56%	51%	67%	58%	61%	64%	63%	70%	61%	64%	58%	69%	65%
		bcdefghij	cdefgij	d					defgi	d	de			abd				b	b

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Frequently	117	57	24	34	81	31
	6%	9%	4%	5%	8%	5%
		bc			b	
Occasionally	259	105	74	76	164	76
	13%	16%	12%	10%	17%	13%
		bc			b	
Rarely	339	140	79	112	207	106
	17%	22%	13%	15%	21%	18%
		bc				
Never	1324	345	452	512	537	383
	65%	53%	72%	70%	54%	64%
			a	a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q6D2B. SUMMARY: And which of these activities, if any, do you intend to take part in once they resume / are permitted?

BASE: All respondents

		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						
Indoor swimming	2039 100%	315 15%	630 31%	860 42%	79 4%	155 8%	945 46%
Indoor gym/fitness classes (away from home)	2039 100%	347 17%	478 23%	1003 49%	79 4%	131 6%	825 40%
Other outdoor sports and activities (golf, outdoor tennis, water sports etc.)	2039 100%	247 12%	387 19%	1158 57%	85 4%	161 8%	635 31%
Mass participation events (e.g. parkrun, Race for Life, Sportive, obstacle races etc.)	2039 100%	161 8%	348 17%	1283 63%	86 4%	161 8%	509 25%
Indoor sports hall activities (basketball, badminton etc.)	2039 100%	175 9%	325 16%	1301 64%	79 4%	159 8%	500 24%
Organised outdoor team sports (football, rugby, hockey etc.)	2039 100%	178 9%	294 14%	1327 65%	95 5%	144 7%	472 23%
Combat sports / martial arts	2039 100%	121 6%	220 11%	1427 70%	120 6%	151 7%	341 17%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	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	315	131	182	128	108	80	11	38	42	39	18	31	64	36	36
	15%	13%	18%	21%	16%	11%	11%	14%	21%	18%	10%	14%	20%	11%	17%
			a	bc	c				abefh	eh			eh		h
I intend to take part but not immediately after it resumes / is permitted	630	278	351	210	230	190	34	76	54	66	59	68	93	109	70
	31%	28%	34%	34%	34%	25%	35%	29%	27%	31%	33%	30%	29%	33%	34%
			a	c	c										
I do not intend to take part	860	484	373	194	243	423	41	114	79	84	74	111	124	142	90
	42%	49%	36%	31%	36%	56%	42%	43%	40%	39%	42%	49%	39%	43%	43%
		b				ab						g			
Not applicable - I am already doing this activity	79	37	41	31	30	18	3	13	8	9	10	5	11	15	5
	4%	4%	4%	5%	5%	2%	3%	5%	4%	4%	6%	2%	3%	4%	3%
				c	c										
Don't know	155	66	87	54	57	45	9	24	16	15	15	11	29	29	7
	8%	7%	8%	9%	8%	6%	9%	9%	8%	7%	9%	5%	9%	9%	3%
				c			i	i	i		i		i	i	
NET: Intend to take part	945	409	534	338	338	270	45	115	96	105	77	99	156	145	106
	46%	41%	52%	55%	51%	36%	46%	43%	48%	49%	44%	44%	49%	44%	51%
			a	c	c										

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	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	315	35	73	80	46	32	49	188	128	255	12	26	11	-	5	54
	15%	23%	15%	17%	18%	16%	10%	17%	14%	15%	22%	24%	17%	-	34%	21%
		bfh	f	f	f	f		fh				a				a
I intend to take part but not immediately after it resumes / is permitted	630	51	176	157	83	60	102	385	245	554	14	30	18	4	2	67
	31%	34%	37%	33%	33%	30%	21%	35%	26%	32%	26%	27%	28%	43%	12%	27%
		fh	fh	fh	fh	f		fh	f							
I do not intend to take part	860	44	164	195	92	85	281	402	457	761	16	42	24	5	4	92
	42%	29%	35%	41%	37%	42%	58%	37%	49%	43%	30%	38%	38%	57%	31%	36%
				a		a	abcdegh		abcdg	bg						
Not applicable - I am already doing this activity	79	10	22	10	14	11	12	42	37	59	5	6	5	-	1	17
	4%	7%	5%	2%	6%	6%	2%	4%	4%	3%	9%	5%	8%	-	6%	7%
		cf	c		cf	cf					a		a			a
Don't know	155	10	37	38	16	14	40	85	70	125	7	7	6	-	2	22
	8%	7%	8%	8%	6%	7%	8%	8%	8%	7%	13%	6%	9%	-	18%	9%
NET: Intend to take part	945	86	249	237	129	93	151	572	373	810	26	56	29	4	6	121
	46%	57%	53%	49%	51%	46%	31%	52%	40%	46%	48%	50%	45%	43%	46%	48%
		efh	fh	fh	fh	f		fh	f							

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	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	315	148	80	65	145	27	28	113	36	10	11	17	21	18	35	55
	15%	12%	22%	20%	21%	16%	23%	19%	18%	16%	17%	15%	17%	11%	9%	19%
			a	a	a	j	ij	ij	ij		j	j	j			ij
I intend to take part but not immediately after it resumes / is permitted	630	344	130	125	255	62	39	221	77	19	18	38	30	39	86	101
	31%	27%	36%	39%	38%	37%	31%	36%	38%	31%	27%	34%	26%	23%	21%	35%
			a	a	a	hij	j	hij	hij			ij				ij
I do not intend to take part	860	637	104	91	195	58	44	212	63	19	29	43	45	91	255	103
	42%	51%	29%	29%	29%	35%	36%	35%	31%	31%	42%	39%	38%	53%	63%	35%
		bcd												abcdeghk	abcdeghik	
Not applicable - I am already doing this activity	79	38	16	14	30	9	2	28	7	11	5	2	2	8	6	10
	4%	3%	4%	4%	4%	5%	1%	5%	4%	17%	7%	2%	2%	5%	1%	4%
						j		j		abcdghijk	bj			j		
Don't know	155	88	29	25	54	11	11	35	18	4	5	12	20	16	25	21
	8%	7%	8%	8%	8%	6%	9%	6%	9%	6%	7%	10%	17%	9%	6%	7%
													abcdefijk			
NET: Intend to take part	945	492	210	190	399	89	67	334	113	29	30	55	51	58	120	156
	46%	39%	59%	59%	59%	54%	54%	55%	56%	47%	44%	49%	43%	33%	30%	54%
			a	a	a	ij	ij	hij	hij	j	j	ij	j			hij

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	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	315 15%	91 21%	69 17%	24 15%	9 33%	93 17%	99 21%	101 19%	57 21%	27 15%	6 16%	84 19%	107 18%	33 12%	168 14%	103 20% abe	11 13%	282 16%
I intend to take part but not immediately after it resumes / is permitted	630 31%	156 35%	153 38%	49 32%	4 16%	202 37%	160 34%	184 34%	113 43% acdf	60 34%	8 20%	173 39% df	191 33%	60 22%	357 31% a	188 37% ab	25 28%	570 32% a
I do not intend to take part	860 42%	154 35%	134 34%	52 34%	12 44%	185 34%	166 36%	211 39% be	70 27%	60 34%	14 38%	130 29%	225 39% be	151 56% bcde	510 44% ce	163 32%	35 39%	708 40% c
Not applicable - I am already doing this activity	79 4%	15 3%	13 3%	18 12% abef	1 4%	31 6%	16 3%	17 3%	10 4%	15 8% abf	5 12% abf	25 6% a	21 4%	8 3%	43 4%	23 5%	4 5%	71 4%
Don't know	155 8%	24 5%	30 8%	12 8%	1 3%	42 8%	25 5%	31 6%	13 5%	16 9%	6 15% abf	29 7%	37 6%	18 7%	85 7%	38 7%	14 16% abce	137 8%
NET: Intend to take part	945 46%	246 56%	222 56%	73 47%	13 49%	295 53%	259 56%	285 52% d	170 65% acdf	87 49%	14 35%	257 58% cdf	299 51%	92 34%	526 45% a	291 56% abde	36 40%	853 48% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	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	315	83	195	54	43	11	216	94	14	254	62	273	37
	15%	25%	14%	21%	12%	17%	16%	15%	19%	16%	14%	16%	12%
		b		bd									
I intend to take part but not immediately after it resumes / is permitted	630	117	435	86	94	12	438	171	19	500	130	534	83
	31%	35%	32%	33%	26%	18%	32%	28%	27%	31%	30%	31%	27%
				c			bc						
I do not intend to take part	860	95	596	87	187	28	568	269	29	667	193	719	139
	42%	28%	43%	34%	52%	43%	41%	45%	40%	41%	45%	42%	46%
			a		ade		a	a					
Not applicable - I am already doing this activity	79	16	51	12	12	5	50	27	2	64	15	56	18
	4%	5%	4%	5%	3%	7%	4%	5%	3%	4%	3%	3%	6%
												a	
Don't know	155	26	100	20	25	9	96	43	8	126	29	122	26
	8%	8%	7%	8%	7%	14%	7%	7%	12%	8%	7%	7%	9%
					d								
NET: Intend to take part	945	200	630	139	137	23	654	265	33	754	191	807	119
	46%	59%	46%	54%	38%	36%	48%	44%	46%	47%	45%	47%	39%
		b		bce			b					b	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	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	315	34	27	44	56	46	45	17	46	174	108	95	96	78	42	67	67	104	72
	15%	8%	11%	15%	17%	18%	25%	24%	18%	15%	21%	16%	15%	13%	21%	18%	17%	14%	16%
				a	ab	ab	abci	ab	ab	a	abci				c				
I intend to take part but not immediately after it resumes / is permitted	630	91	88	107	111	91	55	18	68	397	141	184	200	193	45	99	103	268	149
	31%	22%	36%	35%	35%	35%	30%	26%	27%	35%	28%	32%	32%	32%	23%	26%	26%	35%	33%
			ahj	ahj	ahj	ahj	a			ahj		d	d	d				ab	ab
I do not intend to take part	860	238	99	124	115	86	61	27	111	423	199	241	253	267	86	171	166	318	191
	42%	58%	40%	41%	36%	34%	34%	38%	44%	38%	40%	42%	41%	45%	44%	45%	42%	42%	42%
		bcd	efghij						def										
Not applicable - I am already doing this activity	79	11	9	13	10	12	7	4	13	44	24	23	28	15	11	21	21	21	13
	4%	3%	4%	4%	3%	5%	4%	6%	5%	4%	5%	4%	4%	2%	5%	6%	5%	3%	3%
															c	c	c		
Don't know	155	33	25	16	29	20	13	4	14	91	31	34	46	46	13	22	37	53	28
	8%	8%	10%	5%	9%	8%	7%	5%	6%	8%	6%	6%	7%	8%	6%	6%	9%	7%	6%
			c														a		
NET: Intend to take part	945	125	115	151	167	137	100	35	115	570	249	279	296	272	87	165	169	372	221
	46%	31%	47%	50%	52%	54%	55%	50%	45%	51%	49%	48%	48%	45%	44%	44%	43%	49%	49%
			a	a	a	a	ah	a	a	a	a								

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	315	133	68	111	183	91
	15%	20%	11%	15%	19%	15%
		bc	b			
I intend to take part but not immediately after it resumes / is permitted	630	219	179	229	345	184
	31%	34%	29%	31%	35%	31%
		b				
I do not intend to take part	860	218	319	310	356	236
	42%	34%	51%	42%	36%	40%
			ac	a		
Not applicable - I am already doing this activity	79	32	22	23	28	36
	4%	5%	4%	3%	3%	6%
						a
Don't know	155	46	40	61	76	49
	8%	7%	6%	8%	8%	8%
NET: Intend to take part	945	351	247	340	529	275
	46%	54%	39%	46%	54%	46%
		bc	b		b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	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	347 17%	142 14%	205 20% a	165 27% bc	121 18% c	62 8%	12 12%	44 17%	33 17%	39 18%	25 14%	31 14%	71 22% aefi	66 20% i	27 13%
I intend to take part but not immediately after it resumes / is permitted	478 23%	169 17%	307 30% a	205 33% bc	179 27% c	94 12%	24 25% f	60 23% f	35 18% f	53 25% f	41 23% f	30 13%	98 31% bcf	81 25% f	56 27% cf
I do not intend to take part	1003 49%	606 61% b	393 38%	169 28%	280 42% a	554 73% ab	49 49% g	126 47% g	103 51% g	109 51% g	90 51% g	145 64% abcdeghi	120 38%	155 47% g	107 51% g
Not applicable - I am already doing this activity	79 4%	31 3%	48 5%	33 5% c	31 5% c	15 2%	3 3%	17 6% d	11 5% d	3 2%	5 3%	10 4%	11 3%	13 4%	7 3%
Don't know	131 6%	46 5%	83 8% a	43 7% c	57 9% c	30 4%	11 11% dh	19 7%	18 9%	10 5%	15 8%	11 5%	19 6%	17 5%	12 6%
NET: Intend to take part	825 40%	311 31%	511 49% a	370 60% bc	300 45% c	156 21%	36 37%	104 39% f	68 34%	91 43% f	66 37% f	60 27%	170 53% abcdefhi	147 44% cf	82 40% f

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	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	347	43	99	84	38	34	49	226	121	276	15	31	15	1	5	67
	17%	29%	21%	17%	15%	17%	10%	21%	13%	16%	28%	28%	23%	9%	36%	27%
		cdefgh	fh	fh		f		dfh			a	a				a
I intend to take part but not immediately after it resumes / is permitted	478	43	127	126	69	54	59	297	181	382	21	31	25	2	4	83
	23%	29%	27%	26%	27%	26%	12%	27%	19%	22%	39%	28%	38%	28%	29%	33%
		fh	fh	fh	fh	fh		fh	f		a		a			a
I do not intend to take part	1003	54	199	209	123	85	333	463	540	931	13	32	15	5	2	67
	49%	36%	42%	44%	49%	42%	69%	42%	58%	53%	24%	29%	23%	62%	11%	26%
				ag		abcdegh		abcdeg		bcdg						
Not applicable - I am already doing this activity	79	6	19	18	11	12	14	42	37	57	2	13	5	-	1	21
	4%	4%	4%	4%	5%	6%	3%	4%	4%	3%	4%	11%	8%	-	5%	8%
											a	a	a			a
Don't know	131	4	27	42	10	18	30	73	58	108	3	4	5	-	2	15
	6%	3%	6%	9%	4%	9%	6%	7%	6%	6%	6%	4%	8%	-	18%	6%
				ad		ad										
NET: Intend to take part	825	87	227	210	106	88	108	523	302	659	36	62	40	3	9	150
	40%	58%	48%	44%	42%	43%	22%	47%	32%	38%	67%	56%	61%	38%	65%	60%
		bcdefgh	fh	fh	fh	fh		fh	f		a	a	a			a

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%															
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
	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	347	161	95	68	163	36	30	134	36	11	14	15	25	15	65
	17%	13%	27%	21%	24%	21%	24%	22%	18%	18%	21%	14%	21%	9%	22%
		a	a	a		ij	gij	gij	ij	j	ij		ij		gij
I intend to take part but not immediately after it resumes / is permitted	478	232	111	105	217	41	43	167	54	17	15	31	37	35	84
	23%	19%	31%	33%	32%	25%	35%	28%	27%	27%	22%	28%	32%	20%	29%
		a	a	a		j	ij	j	j	j	j	j	ij	j	ij
I do not intend to take part	1003	754	111	110	221	74	37	256	84	28	31	51	29	99	112
	49%	60%	31%	34%	33%	45%	30%	42%	42%	45%	46%	45%	25%	57%	38%
		bcd				bh		bh	bh	bh	bh	bh		abcdghk	h
Not applicable - I am already doing this activity	79	35	14	14	29	6	6	25	11	3	1	6	10	3	12
	4%	3%	4%	5%	4%	4%	5%	4%	5%	4%	1%	5%	8%	2%	4%
							j		j				cfij		
Don't know	131	73	26	22	49	9	8	25	17	3	7	8	16	21	17
	6%	6%	7%	7%	7%	6%	6%	4%	9%	5%	10%	8%	14%	12%	6%
									cj		cj		abcjk	acjk	
NET: Intend to take part	825	394	207	173	379	77	73	302	90	28	29	46	62	50	150
	40%	31%	58%	54%	56%	46%	59%	50%	45%	45%	43%	42%	53%	29%	51%
		a	a	a		ij	adfgij	ij	ij	ij	ij	ij	ij	j	ij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	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	347 17%	92 21%	73 18%	39 25%	9 33%	112 20%	100 22%	112 21%	59 22%	36 20%	8 20%	95 22%	120 21%	36 13%	176 15%	114 22% abe	21 23% ab	311 18%
I intend to take part but not immediately after it resumes / is permitted	478 23%	120 27%	123 31% c	34 22%	7 25%	157 28%	127 27%	146 27%	85 32%	44 25%	10 27%	130 29%	156 27%	45 17%	246 21%	161 31% abe	25 28% a	433 24% ab
I do not intend to take part	1003 49%	188 43%	163 41%	66 43%	8 29%	229 41%	196 42%	247 45% be	88 33%	76 43% b	16 40%	163 37%	262 45% be	161 60% cde	638 55% cde	176 34%	27 30%	842 48% cd
Not applicable - I am already doing this activity	79 4%	17 4%	14 3%	7 4%	3 13%	20 4%	21 4%	14 3%	15 6% a	10 5%	3 7%	24 6% af	17 3%	7 3%	39 3%	28 5%	6 6%	72 4%
Don't know	131 6%	22 5%	26 6%	9 6%	- -	34 6%	22 5%	24 4%	17 6%	12 7%	2 6%	29 7%	26 5%	20 7%	65 6%	36 7%	11 12% be	111 6%
NET: Intend to take part	825 40%	212 48%	196 49%	73 47%	16 58%	269 49%	227 49%	259 48%	144 55% c	80 45%	18 47%	225 51%	277 48%	82 30%	422 36%	275 53% abe	46 52% ab	744 42% ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	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	347	86	217	59	50	7	235	103	13	286	61	293	50
	17%	25%	16%	23%	14%	11%	17%	17%	17%	18%	14%	17%	16%
		b		bcde									
I intend to take part but not immediately after it resumes / is permitted	478	96	323	75	55	16	331	131	14	396	82	390	76
	23%	28%	23%	29%	15%	24%	24%	22%	19%	25%	19%	23%	25%
				be			b	b		b			
I do not intend to take part	1003	113	712	97	226	29	671	308	41	759	244	852	142
	49%	33%	52%	38%	62%	45%	49%	51%	56%	47%	57%	50%	47%
		a			acde		a	a	a		a		
Not applicable - I am already doing this activity	79	22	44	10	12	6	48	28	-	65	15	64	12
	4%	7%	3%	4%	3%	10%	3%	5%	-	4%	3%	4%	4%
		b				bdf							
Don't know	131	22	82	17	19	6	84	35	5	105	26	105	23
	6%	6%	6%	7%	5%	10%	6%	6%	7%	7%	6%	6%	7%
NET: Intend to take part	825	182	540	135	105	23	566	234	27	683	143	683	125
	40%	54%	39%	52%	29%	36%	41%	39%	37%	42%	33%	40%	41%
		b		bcdef			b	b		b			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	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	347	46	30	48	66	45	49	16	48	189	113	111	110	81	38	65	78	109	87
	17%	11%	12%	16%	21%	18%	27%	23%	19%	17%	22%	19%	18%	14%	19%	17%	20%	14%	19%
					ab	a	abcei	ab	ab	a	abci	c	c		c		c		c
I intend to take part but not immediately after it resumes / is permitted	478	53	59	87	90	74	44	17	53	311	114	144	159	133	36	88	93	196	93
	23%	13%	24%	29%	28%	29%	24%	25%	21%	28%	23%	25%	26%	22%	18%	23%	23%	26%	20%
			a	ahj	ah	ah	a	a	a	ahj	a		d					d	
I do not intend to take part	1003	271	134	134	124	108	70	32	130	500	232	270	287	333	102	183	180	388	235
	49%	67%	54%	44%	39%	42%	39%	46%	51%	44%	46%	47%	46%	55%	52%	48%	46%	51%	52%
		bcd efghij	cdefij						df		d			ab					
Not applicable - I am already doing this activity	79	9	6	16	16	11	7	1	13	49	21	23	21	24	9	24	18	23	12
	4%	2%	2%	5%	5%	4%	4%	2%	5%	4%	4%	4%	3%	4%	4%	6%	5%	3%	3%
				a	a				a							cd			
Don't know	131	28	19	19	25	16	12	3	10	79	24	28	46	29	12	18	25	48	27
	6%	7%	8%	6%	8%	6%	6%	4%	4%	7%	5%	5%	7%	5%	6%	5%	6%	6%	6%
NET: Intend to take part	825	99	89	135	156	120	93	33	101	500	227	256	269	214	74	153	170	305	180
	40%	24%	36%	44%	49%	47%	51%	48%	40%	44%	45%	44%	43%	36%	38%	41%	43%	40%	40%
			a	a	abh	ab	abh	a	a	ab	ab	c	c						



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	347	139	69	137	214	100
	17%	21%	11%	19%	22%	17%
		b		b	b	
I intend to take part but not immediately after it resumes / is permitted	478	185	105	184	273	139
	23%	29%	17%	25%	28%	23%
		b		b		
I do not intend to take part	1003	255	405	332	395	294
	49%	39%	64%	45%	40%	49%
			ac	a		a
Not applicable - I am already doing this activity	79	32	24	20	40	25
	4%	5%	4%	3%	4%	4%
		c				
Don't know	131	36	25	61	66	38
	6%	6%	4%	8%	7%	6%
			ab			
NET: Intend to take part	825	324	174	321	487	239
	40%	50%	28%	44%	49%	40%
		bc		b	b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	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	175 9%	84 8%	89 9%	96 16% bc	58 9% c	21 3%	6 6%	26 10%	16 8%	16 7%	12 7%	12 5%	50 16% abcdefhi	24 7%	15 7%
I intend to take part but not immediately after it resumes / is permitted	325 16%	147 15%	177 17%	153 25% bc	126 19% c	45 6%	16 17% f	43 16% f	22 11%	37 17% f	35 20% cf	20 9%	66 21% cf	51 15% f	34 16% f
I do not intend to take part	1301 64%	676 68% b	621 60%	275 45%	396 59% a	631 84% ab	58 59%	167 63% g	129 64% g	138 65% g	115 65% g	174 77% abcdeghi	168 53%	213 64% g	138 66% g
Not applicable - I am already doing this activity	79 4%	28 3%	51 5% a	28 5% c	32 5% c	19 2%	3 3%	10 4%	10 5%	5 2%	5 3%	6 3%	14 4%	17 5%	10 5%
Don't know	159 8%	60 6%	97 9% a	64 10% c	56 8% c	39 5%	15 15% befghi	21 8%	24 12% efgi	17 8%	10 5%	14 6%	22 7%	26 8%	11 5%
NET: Intend to take part	500 24%	231 23%	266 26%	249 40% bc	184 28% c	66 9%	23 23% f	68 26% f	38 19%	53 25% f	47 27% f	31 14%	116 36% abcdefhi	75 23% f	49 24% f

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	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	175	28	48	37	21	16	25	113	62	117	11	27	14	-	3	55
	9%	19%	10%	8%	8%	8%	5%	10%	7%	7%	20%	24%	22%	-	25%	22%
		bcd efgh	fh					fh			a	a	a			a
I intend to take part but not immediately after it resumes / is permitted	325	36	100	95	40	29	24	231	94	246	17	32	14	3	2	69
	16%	24%	21%	20%	16%	14%	5%	21%	10%	14%	32%	29%	22%	29%	15%	27%
		efh	efh	fh	fh	f		efh	f		a	a				a
I do not intend to take part	1301	71	281	274	160	122	392	627	675	1203	20	35	23	6	5	89
	64%	48%	60%	57%	64%	60%	81%	57%	72%	69%	37%	32%	35%	71%	36%	35%
			a	a	ag	a	abcdegh	a	abcdeg	bcdg						
Not applicable - I am already doing this activity	79	8	15	19	14	11	12	42	37	60	4	9	4	-	2	19
	4%	5%	3%	4%	5%	5%	3%	4%	4%	3%	7%	8%	7%	-	12%	7%
					f							a				a
Don't know	159	7	28	54	16	24	30	89	70	130	2	8	9	-	2	21
	8%	5%	6%	11%	6%	12%	6%	8%	7%	7%	4%	7%	14%	-	12%	8%
				abdfgh		abdfh										
NET: Intend to take part	500	64	148	132	61	45	50	344	156	363	28	59	29	3	5	124
	24%	43%	31%	28%	24%	22%	10%	31%	17%	21%	52%	53%	45%	29%	40%	49%
		bcd efgh	defh	fh	fh	fh		defh	f		a	a	a			a

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%															
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
	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	175	68	50	36	86	17	17	66	16	9	11	4	15	13	34
	9%	5%	14%	11%	13%	10%	14%	11%	8%	14%	16%	3%	13%	8%	12%
		a	a	a		gj	gj	gj	j	gj	gj		gj	j	gj
I intend to take part but not immediately after it resumes / is permitted	325	138	94	67	160	33	34	122	46	13	8	17	24	12	67
	16%	11%	26%	21%	24%	20%	27%	20%	23%	21%	13%	15%	20%	7%	23%
		a	a	a		ij	fgij	ij	ij	ij	j	ij	ij		ij
I do not intend to take part	1301	922	169	174	343	100	61	355	117	30	40	71	50	121	161
	64%	73%	47%	54%	51%	60%	49%	58%	58%	48%	60%	63%	43%	70%	56%
		bcd				h		h	h		h	bh		bcdelhk	h
Not applicable - I am already doing this activity	79	48	12	11	23	4	5	27	5	4	4	10	6	6	9
	4%	4%	3%	4%	3%	2%	4%	4%	3%	6%	5%	9%	5%	4%	3%
							j					acdjk			
Don't know	159	79	34	32	65	12	7	38	17	7	4	10	23	20	19
	8%	6%	9%	10%	10%	7%	6%	6%	8%	11%	7%	9%	20%	12%	6%
			a	a								abcdfgjk		cj	
NET: Intend to take part	500	206	144	102	246	50	51	189	62	22	19	21	39	25	101
	24%	16%	40%	32%	36%	30%	41%	31%	31%	35%	28%	19%	33%	15%	35%
			ac	a	a	gij	cgij	gij	gij	gij	ij	j	gij	j	gij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	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	175 9%	44 10%	43 11%	19 12%	5 21%	63 11%	49 11%	46 8%	42 16% af	21 12%	4 11%	62 14% af	50 9%	14 5%	81 7%	65 13% abe	15 16% abe	161 9% ab
I intend to take part but not immediately after it resumes / is permitted	325 16%	74 17%	86 22%	43 28% af	9 35%	129 23% af	83 18%	101 19%	67 25% af	41 23%	9 23%	107 24% af	110 19%	20 7%	172 15% a	111 21% abe	22 24% ab	305 17% a
I do not intend to take part	1301 64%	272 62% ce	228 57%	79 51%	6 22%	307 56%	278 60%	346 64% bde	126 48%	99 56%	16 41%	225 51%	362 62% bde	206 76% bcde	783 67% cde	273 53%	39 44%	1095 62% cd
Not applicable - I am already doing this activity	79 4%	23 5% e	11 3%	4 3%	4 15%	15 3%	27 6% be	19 3%	11 4%	6 3%	4 11% acef	17 4%	23 4%	13 5%	40 3%	20 4%	6 7%	67 4%
Don't know	159 8%	27 6%	29 7%	9 6%	2 7%	38 7%	29 6%	32 6%	18 7%	11 6%	6 15% af	29 7%	37 6%	17 6%	88 8%	46 9%	8 9%	142 8%
NET: Intend to take part	500 24%	117 27%	130 33%	62 40% af	15 56%	192 35% af	132 28%	147 27%	108 41% af	61 35%	13 33%	170 38% af	160 27%	34 13%	253 22% a	176 34% abe	36 40% abe	465 26% ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
	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	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	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	175	77	80	38	27	5	110	61	8	149	26	147	25
	9%	23%	6%	15%	8%	8%	8%	10%	11%	9%	6%	9%	8%
		b		bd						b			
I intend to take part but not immediately after it resumes / is permitted	325	76	214	42	38	13	223	86	7	252	73	267	46
	16%	22%	16%	16%	10%	21%	16%	14%	10%	16%	17%	16%	15%
		b		b		b	b						
I do not intend to take part	1301	143	932	139	255	35	892	381	44	1020	281	1108	185
	64%	42%	68%	54%	70%	55%	65%	63%	60%	63%	66%	65%	61%
		a			ace		a	a					
Not applicable - I am already doing this activity	79	21	43	16	16	7	42	34	5	67	12	56	19
	4%	6%	3%	6%	4%	10%	3%	6%	7%	4%	3%	3%	6%
		b		d		d		d				a	
Don't know	159	21	109	24	26	4	101	43	8	123	36	126	27
	8%	6%	8%	9%	7%	6%	7%	7%	11%	8%	8%	7%	9%
NET: Intend to take part	500	153	294	80	65	18	333	147	16	401	99	414	71
	24%	45%	21%	31%	18%	28%	24%	24%	22%	25%	23%	24%	24%
		b		bde			b	b					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	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	175 9%	13 3%	15 6%	23 7% a	34 11% a	28 11% a	24 13% abci	13 19% abcdhi	25 10% a	99 9% a	62 12% abci	50 9%	49 8%	41 7%	31 16% abc	44 11% c	38 10% c	43 6%	48 11% c
I intend to take part but not immediately after it resumes / is permitted	325 16%	26 6%	32 13% a	60 20% ab	63 20% ab	60 23% abhj	35 20% a	11 15% a	38 15% a	215 19% ab	84 17% a	87 15%	102 16%	103 17%	28 14%	56 15%	78 20% cd	116 15%	66 15%
I do not intend to take part	1301 64%	320 79% bcdefghij	168 68% defi	182 60%	184 58%	141 55%	105 58%	39 57%	161 64%	675 60%	306 61%	373 65%	391 63%	401 67%	121 62%	240 64%	228 58%	521 68% b	292 64%
Not applicable - I am already doing this activity	79 4%	10 2%	13 5% f	21 7% adj	11 3%	8 3%	3 1%	2 3%	11 4%	54 5% af	16 3%	29 5% c	24 4%	16 3%	8 4%	16 4%	20 5% d	29 4%	11 2%
Don't know	159 8%	38 9%	20 8%	18 6%	28 9%	18 7%	14 8%	4 6%	19 7%	85 8%	37 7%	38 7%	56 9% d	39 6%	8 4%	23 6%	31 8%	55 7%	36 8%
NET: Intend to take part	500 24%	39 10%	47 19% a	83 27% ab	97 30% ab	88 34% abhi	60 33% ab	24 35% ab	62 25% a	314 28% ab	146 29% ab	137 24%	151 24%	145 24%	59 30%	99 26% c	116 29% c	159 21%	115 25%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	175	84	47	40	123	44
	9%	13%	8%	5%	12%	7%
		bc			b	
I intend to take part but not immediately after it resumes / is permitted	325	132	77	109	194	106
	16%	20%	12%	15%	20%	18%
		bc				
I do not intend to take part	1301	344	453	490	555	370
	64%	53%	72%	67%	56%	62%
			ac	a		a
Not applicable - I am already doing this activity	79	32	19	26	31	34
	4%	5%	3%	4%	3%	6%
						a
Don't know	159	54	31	68	85	41
	8%	8%	5%	9%	9%	7%
		b		b		
NET: Intend to take part	500	216	125	150	317	151
	24%	33%	20%	20%	32%	25%
		bc			b	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	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	178	98	78	93	61	24	7	31	13	13	16	12	40	21	26
	9%	10%	8%	15% bc	9% c	3%	7%	12% cdfh	6%	6%	9%	5%	12% cdfh	6%	13% cdfh
I intend to take part but not immediately after it resumes / is permitted	294	149	144	153	113	28	14	39	18	31	28	19	69	45	31
	14%	15%	14%	25% bc	17% c	4%	14%	15% f	9%	15% f	16% cf	8%	22% bcdhf	14%	15% f
I do not intend to take part	1327	670	653	280	399	648	66	160	139	144	118	177	173	217	134
	65%	67% b	63%	45%	60% a	86% ab	67% g	60%	69% bg	67% g	67% g	78% abcdeghi	54%	66% g	65% g
Not applicable - I am already doing this activity	95	28	66	34	39	23	2	15	9	11	5	9	13	23	8
	5%	3%	6% a	5% c	6% c	3%	2%	6%	4%	5%	3%	4%	4%	7%	4%
Don't know	144	49	95	56	56	32	10	21	22	14	10	9	25	24	8
	7%	5%	9% a	9% c	8% c	4%	10% fi	8%	11% fi	7%	6%	4%	8%	7%	4%
NET: Intend to take part	472	248	222	246	174	52	21	70	31	44	43	31	109	67	57
	23%	25%	21%	40% bc	26% c	7%	21%	26% cf	15%	21%	24% cf	14%	34% abcdefh	20%	28% cfh

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	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	178 9%	31 20% bcdefgh	42 9% f	42 9% f	23 9% f	19 9% f	22 4% f	115 10% fh	63 7%	127 7%	11 21% a	21 18% a	13 20% a	- -	4 31%	49 19% a
I intend to take part but not immediately after it resumes / is permitted	294 14%	31 21% fh	90 19% fh	81 17% fh	43 17% fh	30 15% fh	18 4% fh	203 18% fh	91 10% f	219 12%	11 19%	36 32% a	17 26% a	2 28%	2 18%	68 27% a
I do not intend to take part	1327 65%	70 46%	295 62% a	284 59% a	162 65% a	120 59% a	396 82% abcdegh	648 59% a	679 72% abcdeg	1217 69% bcdg	24 45%	41 37%	25 39%	5 60%	5 40%	101 40%
Not applicable - I am already doing this activity	95 5%	15 10% bcfgh	17 4%	23 5%	14 5%	13 7% f	13 3%	55 5% f	40 4%	74 4%	5 9%	7 6%	4 7%	1 12%	- -	18 7% a
Don't know	144 7%	4 2%	27 6%	49 10% abdgh	9 4%	21 10% abd	36 7% ad	79 7% ad	65 7% a	118 7%	3 6%	7 6%	5 7%	- -	2 12%	16 7%
NET: Intend to take part	472 23%	62 41% bcdefgh	133 28% fh	123 26% fh	65 26% fh	48 24% fh	40 8%	318 29% fh	154 16% f	346 20%	22 40% a	56 51% a	31 47% a	2 28%	7 48%	118 47% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	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	178 9%	73 6%	47 13%	39 12%	86 13%	20 12%	16 13%	73 12%	10 5%	10 16%	8 12%	6 5%	19 16%	7 4%	9 2%	37 13%
			a	a	a	dgij	dgij	dgij		dgij	dij		dgij			dgij
I intend to take part but not immediately after it resumes / is permitted	294 14%	113 9%	79 22%	78 24%	157 23%	26 16%	26 21%	119 20%	38 19%	12 20%	11 17%	14 12%	24 20%	17 10%	6 2%	52 18%
			a	a	a	j	ij	ij	ij	ij	j	j	ij	j		ij
I do not intend to take part	1327 65%	950 76%	186 52%	152 48%	338 50%	99 60%	68 55%	358 59%	124 62%	27 44%	44 66%	72 65%	43 37%	124 72%	367 90%	167 58%
		bcd				eh	h	eh	eh		eh	eh		abcdehk	abcdeghik	eh
Not applicable - I am already doing this activity	95 5%	44 3%	20 6%	21 6%	41 6%	8 5%	8 7%	31 5%	11 6%	6 9%	2 3%	1 1%	9 8%	8 5%	10 2%	17 6%
				a	a		gj	gj	g	gj			gj			gj
Don't know	144 7%	75 6%	26 7%	30 10%	57 8%	12 7%	5 4%	28 5%	19 9%	7 11%	2 2%	19 17%	23 19%	16 9%	15 4%	17 6%
				a					cj	cj		abcdfjk	abcdfijk	cj		
NET: Intend to take part	472 23%	186 15%	126 35%	116 36%	242 36%	47 28%	43 34%	191 31%	48 24%	23 36%	20 29%	20 18%	43 36%	24 14%	15 4%	89 31%
			a	a	a	gij	dgij	dgij	ij	dgij	ij	j	dgij	j		gij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	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	178 9%	50 11%	33 8%	22 14% b	7 26%	55 10%	57 12%	52 10%	32 12%	24 13%	7 18%	56 13%	59 10%	16 6%	89 8%	61 12% ab	13 14% ab	162 9%
I intend to take part but not immediately after it resumes / is permitted	294 14%	73 17%	83 21%	36 23%	9 33%	119 21%	82 17%	90 17%	68 26% af	32 18%	8 20%	100 23% af	98 17%	16 6%	132 11% a	126 25% abe	20 22% ab	278 16% ab
I do not intend to take part	1327 65%	277 63% ce	236 59%	78 51%	7 25%	314 57%	284 61% c	350 64% bcde	136 52%	99 56%	16 41%	235 53%	366 63% bde	211 78% bcde	821 71% cde	260 51% d	34 38%	1116 63% cd
Not applicable - I am already doing this activity	95 5%	15 3%	27 7% a	10 6%	3 10%	36 7% af	18 4%	24 4%	15 6%	13 7%	4 9%	28 6%	28 5%	9 3%	52 4%	25 5% abce	9 10%	86 5%
Don't know	144 7%	24 5%	20 5%	9 6%	2 7%	29 5%	26 6%	28 5%	12 4%	10 5%	4 11%	22 5%	32 6%	18 7%	69 6%	43 8% abce	14 16% abce	127 7%
NET: Intend to take part	472 23%	123 28%	116 29%	58 37% a	16 59%	173 31%	139 30%	142 26%	101 38% af	56 31%	15 38%	156 35% af	157 27%	32 12%	221 19% a	187 36% abe	32 36% abe	440 25% ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	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	178 9%	60 18% b	98 7%	32 12% bd	23 6%	9 14% b	115 8%	58 10%	5 7%	146 9%	32 7%	152 9%	23 7%
I intend to take part but not immediately after it resumes / is permitted	294 14%	93 28% b	171 12%	50 19% bd	33 9%	14 22% b	194 14% b	87 14% b	9 13%	234 15%	60 14%	227 13%	54 18% a
I do not intend to take part	1327 65%	144 43%	953 69% a	144 56%	266 74% acde	29 45%	907 66% ac	388 64% ac	48 66% c	1029 64%	298 70% a	1135 67%	187 62%
Not applicable - I am already doing this activity	95 5%	20 6%	61 4%	9 3%	20 5%	7 12% ade	58 4%	32 5%	3 5%	83 5%	12 3%	73 4%	17 5%
Don't know	144 7%	21 6%	95 7%	24 9%	20 5%	5 7%	94 7%	40 7%	7 10%	119 7%	26 6%	116 7%	22 7%
NET: Intend to take part	472 23%	153 45% b	270 20%	81 31% bde	56 15%	23 36% bdef	309 23% b	145 24% b	15 20%	381 24%	92 21%	379 22%	77 25%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	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	178 9%	9 2%	18 7%	34 11%	29 9%	34 13%	27 15%	7 11%	21 8%	114 10%	55 11%	50 9%	54 9%	45 8%	25 13%	42 11%	44 11%	55 7%	36 8%
			a	a	a	ab	abdhi	a	a	a	a				c	c	c		
I intend to take part but not immediately after it resumes / is permitted	294 14%	21 5%	24 10%	52 17%	65 20%	55 22%	28 15%	16 22%	34 13%	195 17%	78 15%	88 15%	84 13%	87 15%	29 15%	50 13%	72 18%	103 13%	61 13%
			a	ab	abh	abhj	a	ab	a	ab	ab						ac		
I do not intend to take part	1327 65%	335 82%	168 68%	185 61%	188 59%	145 57%	100 55%	37 54%	170 67%	685 61%	307 61%	376 65%	408 66%	405 67%	126 64%	248 65%	222 56%	534 70%	304 67%
		bcd	efghij						def							b		b	b
Not applicable - I am already doing this activity	95 5%	14 4%	14 6%	11 4%	15 5%	7 3%	12 7%	4 6%	18 7%	47 4%	34 7%	30 5%	25 4%	30 5%	7 3%	22 6%	24 6%	25 3%	20 4%
						e			ae		aei					c	c		
Don't know	144 7%	29 7%	24 10%	22 7%	24 8%	15 6%	13 7%	5 7%	12 5%	86 8%	30 6%	33 6%	51 8%	32 5%	9 5%	17 5%	31 8%	48 6%	32 7%
			h										c						
NET: Intend to take part	472 23%	30 7%	42 17%	85 28%	94 29%	89 35%	55 30%	23 33%	55 22%	309 27%	133 26%	138 24%	138 22%	133 22%	54 28%	91 24%	117 30%	157 21%	97 21%
			a	ab	abh	abhij	abh	ab	a	ab	ab						cd		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	178	90	34	51	111	57
	9%	14%	5%	7%	11%	10%
		bc				
I intend to take part but not immediately after it resumes / is permitted	294	124	80	84	205	73
	14%	19%	13%	11%	21%	12%
		bc			b	
I do not intend to take part	1327	344	458	514	558	380
	65%	53%	73%	70%	57%	64%
			a	a		a
Not applicable - I am already doing this activity	95	40	26	26	40	43
	5%	6%	4%	3%	4%	7%
		c				a
Don't know	144	49	29	60	73	42
	7%	8%	5%	8%	7%	7%
		b		b		
NET: Intend to take part	472	215	114	134	316	130
	23%	33%	18%	18%	32%	22%
		bc			b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	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	247	140	104	108	71	69	18	47	25	19	20	15	41	35	27
	12%	14%	10%	18%	11%	9%	18%	18%	13%	9%	11%	6%	13%	11%	13%
		b		bc			djh	djh	f				f		f
I intend to take part but not immediately after it resumes / is permitted	387	201	187	159	132	96	13	51	20	42	31	37	80	76	37
	19%	20%	18%	26%	20%	13%	14%	19%	10%	19%	18%	16%	25%	23%	18%
				bc	c			c		c	c		acf	ac	c
I do not intend to take part	1158	558	597	254	376	528	52	134	124	129	105	151	159	180	125
	57%	56%	58%	41%	56%	70%	53%	50%	62%	60%	59%	67%	50%	54%	60%
					a	ab			bg	bg	g	abgh			bg
Not applicable - I am already doing this activity	85	34	52	38	30	17	2	7	8	10	8	8	20	16	7
	4%	3%	5%	6%	4%	2%	2%	3%	4%	4%	5%	3%	6%	5%	3%
				c	c								b		
Don't know	161	63	96	56	60	45	13	27	22	15	12	16	20	24	11
	8%	6%	9%	9%	9%	6%	13%	10%	11%	7%	7%	7%	6%	7%	5%
			a	c	c		gi		gi						
NET: Intend to take part	635	341	291	267	203	165	31	98	45	60	51	51	121	111	65
	31%	34%	28%	43%	30%	22%	32%	37%	23%	28%	29%	23%	38%	34%	31%
		b		bc	c			cdf					cdf	cf	c



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	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	247	40	66	48	33	18	43	154	93	202	8	22	13	-	1	44
	12%	26%	14%	10%	13%	9%	9%	14%	10%	12%	14%	20%	20%	-	6%	17%
		bcd efgh	fh					cefh				a	a			a
I intend to take part but not immediately after it resumes / is permitted	387	45	106	101	51	37	48	251	136	312	14	36	12	3	3	68
	19%	30%	22%	21%	21%	18%	10%	23%	14%	18%	26%	32%	18%	32%	25%	27%
		cdefh	fh	fh	fh	f		fh	f			ad				a
I do not intend to take part	1158	47	246	257	141	117	350	550	608	1043	22	37	35	5	8	106
	57%	32%	52%	53%	56%	58%	72%	50%	65%	59%	40%	33%	53%	58%	58%	42%
			a	a	a	ag	abcdegh	a	abcdeg	bcdg			c			
Not applicable - I am already doing this activity	85	10	21	24	11	13	6	55	30	64	6	8	2	-	2	18
	4%	7%	5%	5%	5%	6%	1%	5%	3%	4%	12%	7%	3%	-	12%	7%
		fh	f	f	f	fh		fh	f		a	a				a
Don't know	161	8	31	50	14	18	38	90	71	135	4	8	3	1	-	17
	8%	5%	7%	10%	6%	9%	8%	8%	8%	8%	7%	7%	5%	10%	-	7%
				bd												
NET: Intend to take part	635	84	173	149	84	55	90	406	229	514	22	58	25	3	4	112
	31%	56%	37%	31%	34%	27%	19%	37%	24%	29%	41%	52%	38%	32%	30%	44%
		bcd efgh	efh	fh	fh	f		cefh	f			a				a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%															
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
	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	247	123	54	53	107	18	19	97	22	13	4	11	16	13	38
	12%	10%	15%	17%	16%	11%	16%	16%	11%	21%	7%	10%	13%	8%	13%
		a	a	a		ij	fij		dfgij						
I intend to take part but not immediately after it resumes / is permitted	387	197	99	68	167	37	39	139	48	16	20	19	22	17	76
	19%	16%	28%	21%	25%	22%	31%	23%	24%	25%	29%	17%	19%	10%	26%
		a	a	a		ij	cghij	ij	ij	ij	gij	j	ij		gij
I do not intend to take part	1158	814	170	145	315	91	47	318	103	18	37	66	51	120	137
	57%	65%	47%	46%	46%	54%	38%	52%	51%	29%	55%	59%	43%	70%	47%
		bcd				beh		beh	be		be	behk		abcdehfk	e
Not applicable - I am already doing this activity	85	38	15	16	32	11	7	23	9	7	3	4	9	6	18
	4%	3%	4%	5%	5%	7%	6%	4%	4%	11%	4%	4%	8%	4%	6%
						j	j			cij			cj		j
Don't know	161	83	21	37	57	9	12	31	19	9	4	12	20	16	21
	8%	7%	6%	12%	8%	5%	10%	5%	10%	14%	6%	11%	17%	9%	7%
			ab					c		ac		c	acfijk	c	
NET: Intend to take part	635	319	153	121	273	56	58	236	70	29	24	29	38	30	114
	31%	25%	43%	38%	40%	33%	47%	39%	35%	46%	36%	26%	32%	17%	39%
		a	a	a		ij	adghij	gij	ij	gij	ij	j	ij		gij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	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	247 12%	60 14%	61 15%	19 13%	6 23%	81 15%	66 14%	64 12%	58 22% acdf	23 13%	2 6%	81 18% af	67 11%	27 10%	135 12%	75 14%	10 12%	220 12%
I intend to take part but not immediately after it resumes / is permitted	387 19%	95 22%	108 27%	41 27%	9 34%	149 27%	104 22%	118 22%	77 29% af	52 29% af	9 23%	128 29% af	127 22%	33 12%	213 18% a	118 23% ab	23 25% a	354 20% a
I do not intend to take part	1158 57%	242 55% be	186 47%	71 46%	7 25%	258 47%	249 53% e	309 57% bce	102 39%	78 44%	19 50%	180 41%	328 56% bce	180 67% bcde	696 60% cde	244 47%	37 41%	978 55% cd
Not applicable - I am already doing this activity	85 4%	20 5%	13 3%	10 7%	2 7%	23 4%	22 5%	22 4%	10 4%	11 6%	1 3%	21 5%	23 4%	11 4%	36 3%	29 6% b	9 10% abe	74 4%
Don't know	161 8%	22 5%	30 8%	12 8%	3 11%	42 8%	25 5%	30 6%	17 6%	13 7%	7 18% abcef	30 7%	37 6%	18 7%	83 7%	49 10%	10 12%	143 8%
NET: Intend to take part	635 31%	155 35%	169 42% a	60 39%	15 57%	230 42% a	170 36%	183 34%	135 51% adf	75 42% af	11 29%	210 48% adf	194 33%	61 22%	348 30% a	193 37% abe	33 37% a	574 32% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	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	247 12%	67 20% b	147 11%	34 13%	39 11%	6 10%	168 12%	71 12%	7 10%	191 12%	56 13%	205 12%	37 12%
I intend to take part but not immediately after it resumes / is permitted	387 19%	96 28% b	245 18%	54 21%	56 15%	9 14%	271 20%	103 17%	16 22%	314 19%	73 17%	321 19%	56 18%
I do not intend to take part	1158 57%	135 40%	828 60% a	142 55%	233 64% ad	35 54%	771 56%	362 60%	43 59%	905 56%	253 59%	986 58%	169 56%
Not applicable - I am already doing this activity	85 4%	17 5%	51 4%	8 3%	10 3%	8 13% abdef	56 4%	26 4%	- -	71 4%	14 3%	65 4%	15 5%
Don't know	161 8%	23 7%	106 8%	21 8%	25 7%	6 9%	102 7%	44 7%	7 9%	129 8%	32 7%	127 7%	26 8%
NET: Intend to take part	635 31%	163 48% b	392 28%	88 34% b	94 26%	16 25%	439 32% b	174 29%	23 32%	506 31%	129 30%	526 31%	93 31%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	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	247	20	19	41	46	39	32	17	34	145	83	60	74	73	35	66	46	82	51
	12%	5%	8%	14%	14%	15%	18%	24%	13%	13%	16%	10%	12%	12%	18%	17%	12%	11%	11%
				ab	ab	ab	ab	abcdhi	ab	ab	abi				abc	bcd			
I intend to take part but not immediately after it resumes / is permitted	387	37	56	56	82	72	27	11	46	266	84	121	116	122	25	63	83	154	84
	19%	9%	22%	18%	26%	28%	15%	16%	18%	24%	17%	21%	19%	20%	13%	17%	21%	20%	18%
			af	a	acfhj	acfhj	a		a	afj	a	d		d					
I do not intend to take part	1158	308	143	167	161	117	91	32	140	588	263	331	353	337	121	210	207	454	268
	57%	76%	58%	55%	50%	46%	50%	47%	55%	52%	52%	57%	57%	56%	62%	56%	53%	59%	59%
		bcdefghij	e	e					e									b	
Not applicable - I am already doing this activity	85	10	8	16	8	11	12	4	16	43	32	22	26	28	4	18	20	27	17
	4%	2%	3%	5%	3%	4%	7%	6%	6%	4%	6%	4%	4%	5%	2%	5%	5%	4%	4%
				a			ad		ad		adi								
Don't know	161	33	22	24	23	17	19	5	19	86	42	43	53	40	10	21	38	47	35
	8%	8%	9%	8%	7%	7%	10%	7%	7%	8%	8%	7%	9%	7%	5%	6%	10%	6%	8%
																	ac		
NET: Intend to take part	635	57	74	97	128	111	59	28	80	410	168	181	190	195	60	129	129	236	134
	31%	14%	30%	32%	40%	43%	33%	41%	31%	36%	33%	31%	31%	32%	31%	34%	33%	31%	30%
			a	a	abchj	abcfhij	a	a	a	a	a								

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	247	100	55	88	153	60
	12%	15%	9%	12%	15%	10%
		b			b	
I intend to take part but not immediately after it resumes / is permitted	387	145	105	135	240	107
	19%	22%	17%	18%	24%	18%
		b			b	
I do not intend to take part	1158	318	414	412	475	350
	57%	49%	66%	56%	48%	59%
			ac	a		a
Not applicable - I am already doing this activity	85	34	18	30	41	30
	4%	5%	3%	4%	4%	5%
		b				
Don't know	161	49	37	69	79	48
	8%	8%	6%	9%	8%	8%
			b			
NET: Intend to take part	635	245	160	223	393	167
	31%	38%	25%	30%	40%	28%
		bc		b	b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	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	121	59	62	69	46	7	5	14	13	12	11	5	34	13	15
	6%	6%	6%	11%	7%	1%	5%	5%	6%	6%	6%	2%	11%	4%	7%
				bc	c								bdfh		f
I intend to take part but not immediately after it resumes / is permitted	220	100	118	117	81	22	9	24	17	30	19	17	46	38	19
	11%	10%	11%	19%	12%	3%	9%	9%	9%	14%	11%	7%	14%	11%	9%
				bc	c					f			cf		
I do not intend to take part	1427	749	675	316	432	678	70	186	139	143	122	190	181	236	158
	70%	75%	65%	51%	65%	90%	71%	70%	69%	67%	69%	84%	57%	71%	76%
		b			a	ab	g	g	g	g	g	abcdegh		g	dg
Not applicable - I am already doing this activity	120	43	75	48	48	24	5	16	10	12	15	5	24	20	12
	6%	4%	7%	8%	7%	3%	6%	6%	5%	5%	9%	2%	8%	6%	6%
			a	c	c						f		f		
Don't know	151	44	106	67	61	23	9	25	21	16	9	9	35	24	3
	7%	4%	10%	11%	9%	3%	9%	9%	11%	8%	5%	4%	11%	7%	2%
			a	c	c		i	fi	efi	i	i		efi	i	
NET: Intend to take part	341	159	179	185	127	29	14	38	30	42	30	22	79	51	34
	17%	16%	17%	30%	19%	4%	14%	14%	15%	20%	17%	10%	25%	16%	16%
				bc	c					f	f		abcefhi		f

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	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	121	22	32	26	19	12	10	80	41	81	6	22	9	-	2	39
	6%	15%	7%	5%	8%	6%	2%	7%	4%	5%	11%	20%	14%	-	15%	16%
		bcdefgh	fh	f	fh	f		fh	f		a	a	a			a
I intend to take part but not immediately after it resumes / is permitted	220	33	68	57	24	16	23	157	62	144	17	27	20	2	4	70
	11%	22%	14%	12%	9%	8%	5%	14%	7%	8%	31%	24%	31%	28%	30%	28%
		bcdefgh	efh	fh	f			defh			a	a	a			a
I do not intend to take part	1427	75	307	326	175	133	411	709	718	1312	21	43	27	6	6	103
	70%	50%	65%	68%	70%	66%	85%	64%	77%	75%	38%	39%	42%	72%	43%	41%
			a	a	a	a	abcdegh	a	abcdeg	bcdg						
Not applicable - I am already doing this activity	120	10	35	26	21	17	11	72	48	95	6	10	4	-	-	21
	6%	7%	7%	5%	8%	8%	2%	7%	5%	5%	12%	9%	6%	-	-	8%
		f	f	f	f	f		f	f							
Don't know	151	9	29	45	12	25	30	83	68	122	5	9	4	-	2	19
	7%	6%	6%	9%	5%	12%	6%	8%	7%	7%	9%	8%	6%	-	12%	8%
				d		abdfgh										
NET: Intend to take part	341	55	100	82	43	28	33	238	103	225	23	49	29	2	6	109
	17%	37%	21%	17%	17%	14%	7%	22%	11%	13%	42%	44%	45%	28%	45%	43%
		bcdefgh	efh	fh	fh	f		cefh	f		a	a	a			a



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%															
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
	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	121	48	30	31	61	14	13	48	10	7	6	4	13	2	4
	6%	4%	8%	10%	9%	9%	11%	8%	5%	11%	9%	4%	11%	1%	1%
		a	a	a	ij	dgij	ij	j	ij	ij	j	dgij			ij
I intend to take part but not immediately after it resumes / is permitted	220	80	64	53	117	25	22	89	22	7	7	4	21	13	9
	11%	6%	18%	17%	17%	15%	18%	15%	11%	11%	10%	4%	18%	8%	2%
		a	a	a	gij	gij	gij	gj	j	j	j		gij	j	
I do not intend to take part	1427	994	215	174	389	101	67	404	134	36	46	83	57	128	371
	70%	79%	60%	54%	57%	60%	54%	66%	67%	57%	68%	74%	49%	74%	91%
		bcd			h		bhk	bhk		h	abehk		abcehk	abcdehghik	
Not applicable - I am already doing this activity	120	61	21	29	50	13	8	39	13	8	5	6	10	10	8
	6%	5%	6%	9%	7%	8%	7%	6%	7%	12%	8%	6%	8%	6%	2%
			a	a	j	j	j	j	j	j	j	j	j	j	j
Don't know	151	72	28	32	61	14	13	28	22	6	4	14	17	19	15
	7%	6%	8%	10%	9%	8%	11%	5%	11%	9%	6%	12%	14%	11%	4%
			a	a	j	j	cj		cj			cj	cj	cj	cj
NET: Intend to take part	341	128	94	84	178	39	35	137	32	14	13	9	34	15	13
	17%	10%	26%	26%	26%	24%	29%	23%	16%	22%	19%	8%	28%	9%	3%
			a	a	a	gij	dgij	dgij	gij	gij	j	dgij	j		dgij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	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	121 6%	37 8%	24 6%	17 11%	3 11%	41 7%	40 9%	35 6%	30 12% af	12 7%	2 5%	43 10% f	37 6%	11 4%	45 4%	53 10% abe	12 13% abe	110 6% b
I intend to take part but not immediately after it resumes / is permitted	220 11%	45 10%	59 15% a	28 18% af	9 32%	87 16% a	53 11%	54 10%	60 23% acf	22 12%	7 18%	82 19% af	61 10%	21 8%	112 10%	77 15% abe	10 11%	199 11%
I do not intend to take part	1427 70%	305 69% ce	265 67% c	83 54%	11 40%	348 63% c	316 68% c	392 72% bcde	147 56%	107 60%	20 52%	254 58%	412 71% bcde	212 79% cde	872 75% cde	299 58%	43 48%	1215 69% cd
Not applicable - I am already doing this activity	120 6%	25 6%	26 7%	16 10%	2 7%	42 8%	27 6%	31 6%	11 4%	20 11% abf	7 18% abef	31 7%	38 6%	14 5%	55 5%	40 8% b	11 12% abe	105 6%
Don't know	151 7%	27 6%	25 6%	11 7%	3 10%	36 6%	30 6%	32 6%	14 5%	16 9%	3 8%	30 7%	35 6%	11 4%	79 7%	47 9% a	13 15% abe	140 8% a
NET: Intend to take part	341 17%	82 19%	83 21%	45 29% abf	11 43%	127 23%	94 20%	89 16%	91 34% acf	34 19%	9 22%	125 28% acf	98 17%	32 12%	157 14%	130 25% abe	22 25% ab	309 17% ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	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	121	51	53	24	18	3	78	40	5	105	16	99	19
	6%	15%	4%	9%	5%	5%	6%	7%	7%	7%	4%	6%	6%
		b		bd						b			
I intend to take part but not immediately after it resumes / is permitted	220	85	105	49	29	10	128	81	6	175	45	175	34
	11%	25%	8%	19%	8%	16%	9%	13%	9%	11%	10%	10%	11%
		b		bdef		b		bd					
I do not intend to take part	1427	157	1036	150	281	38	979	416	50	1113	314	1222	198
	70%	46%	75%	58%	78%	59%	72%	69%	69%	69%	73%	72%	66%
			a		acde		ac	a				b	
Not applicable - I am already doing this activity	120	21	77	16	17	6	80	33	6	98	22	89	26
	6%	6%	6%	6%	5%	10%	6%	5%	8%	6%	5%	5%	8%
												a	
Don't know	151	24	106	20	16	6	102	36	5	120	31	119	26
	7%	7%	8%	8%	4%	10%	7%	6%	7%	7%	7%	7%	9%
						b							
NET: Intend to take part	341	136	158	73	47	14	206	121	12	280	61	275	52
	17%	40%	11%	28%	13%	21%	15%	20%	16%	17%	14%	16%	17%
		b		bdef				bd					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	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	121 6%	8 2%	8 3%	18 6% a	24 7% ab	19 7% ab	16 9% ab	10 15% abcdi	19 7% ab	69 6% a	45 9% abi	33 6%	32 5%	34 6%	19 10% ab	29 8% c	33 8% c	25 3%	33 7% c
I intend to take part but not immediately after it resumes / is permitted	220 11%	18 5%	24 10% a	38 12% a	40 13% a	37 15% ah	30 17% abh	10 14% a	21 8% a	140 12% a	61 12% a	57 10%	67 11%	63 11% bd	25 13%	55 15% c	45 11%	66 9%	46 10%
I do not intend to take part	1427 70%	335 82% bcdefghij	184 74% cdefgij	200 66%	212 66%	168 66%	111 61%	40 58%	176 69%	765 68%	327 65%	405 70%	433 69%	448 75% bd	127 65%	246 65%	264 67%	573 75% ab	325 72% a
Not applicable - I am already doing this activity	120 6%	19 5%	11 4%	26 8% a	17 5%	14 6%	8 4%	5 8%	20 8%	68 6%	33 7%	36 6%	41 7%	25 4%	14 7%	29 8%	19 5%	48 6%	23 5%
Don't know	151 7%	27 7%	20 8%	23 8%	27 9%	16 6%	16 9%	4 5%	18 7%	87 8%	38 8%	45 8% c	50 8% c	29 5%	10 5%	20 5%	33 8%	53 7%	27 6%
NET: Intend to take part	341 17%	26 6%	32 13% a	56 18% a	64 20% ab	57 22% ab	46 25% abhi	20 29% abchi	40 16% a	209 18% ab	106 21% ab	90 16%	99 16%	98 16%	44 23% abc	84 22% c	78 20% c	91 12%	79 17% c

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	121	66	29	26	80	35
	6%	10%	5%	3%	8%	6%
		bc				
I intend to take part but not immediately after it resumes / is permitted	220	104	50	58	139	59
	11%	16%	8%	8%	14%	10%
		bc			b	
I do not intend to take part	1427	384	484	551	622	416
	70%	59%	77%	75%	63%	70%
			a	a		a
Not applicable - I am already doing this activity	120	37	34	45	60	43
	6%	6%	5%	6%	6%	7%
Don't know	151	57	32	54	87	42
	7%	9%	5%	7%	9%	7%
		b				
NET: Intend to take part	341	170	79	84	219	94
	17%	26%	13%	11%	22%	16%
		bc			b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	208
	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	161	71	90	85	60	16	7	25	21	12	8	14	39	19
	8%	7%	9%	14%	9%	2%	8%	9%	11%	6%	5%	6%	12%	6%
				bc	c				eh				defh	
I intend to take part but not immediately after it resumes / is permitted	348	139	208	159	135	53	16	44	25	32	39	28	69	55
	17%	14%	20%	26%	20%	7%	16%	17%	12%	15%	22%	13%	22%	17%
			a	bc	c						cf		cf	
I do not intend to take part	1283	685	594	281	379	623	58	156	124	137	111	169	172	220
	63%	69%	57%	46%	57%	82%	59%	59%	62%	64%	63%	75%	54%	66%
		b			a	ab				g		abcdeghi		g
Not applicable - I am already doing this activity	86	36	48	29	32	25	5	16	6	12	7	8	14	10
	4%	4%	5%	5%	5%	3%	5%	6%	3%	6%	4%	4%	4%	3%
Don't know	161	64	96	61	61	39	12	25	24	20	12	7	25	26
	8%	6%	9%	10%	9%	5%	12%	9%	12%	9%	7%	3%	8%	8%
			a	c	c		fi	f	fi	f		f	f	
NET: Intend to take part	509	209	298	245	196	69	24	69	46	44	47	43	108	74
	25%	21%	29%	40%	29%	9%	24%	26%	23%	21%	26%	19%	34%	22%
			a	bc	c								bcdhf	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	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	161	27	41	44	23	13	14	112	49	123	5	21	8	1	-	35
	8%	18%	9%	9%	9%	6%	3%	10%	5%	7%	10%	19%	12%	8%	-	14%
		bcd efgh	fh	fh	fh	f		fh	f			a				a
I intend to take part but not immediately after it resumes / is permitted	348	35	97	100	48	29	39	232	116	276	19	26	15	2	5	66
	17%	23%	21%	21%	19%	14%	8%	21%	12%	16%	34%	23%	23%	20%	36%	26%
		efh	fh	efh	fh	f		efh	f		a	a				a
I do not intend to take part	1283	73	278	269	151	127	385	619	663	1160	22	46	30	6	7	111
	63%	48%	59%	56%	60%	63%	80%	56%	71%	66%	41%	42%	46%	64%	52%	44%
			a	a	a	a	abcdegh		abcdeg	bcdg						
Not applicable - I am already doing this activity	86	9	28	17	14	9	9	54	32	67	2	8	5	1	1	16
	4%	6%	6%	3%	6%	4%	2%	5%	3%	4%	4%	7%	7%	8%	6%	6%
		f	fh		f			f								a
Don't know	161	6	28	50	15	25	37	85	77	129	6	10	7	-	1	24
	8%	4%	6%	10%	6%	13%	8%	8%	8%	7%	12%	9%	11%	-	6%	10%
				abd		abdfgh										
NET: Intend to take part	509	62	138	144	71	42	53	344	166	399	24	47	23	2	5	101
	25%	41%	29%	30%	28%	21%	11%	31%	18%	23%	44%	42%	36%	28%	36%	40%
		bcd efgh	efh	efh	fh	f		efh	f		a	a	a			a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%															
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
	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	161	60	40	43	83	10	16	73	14	9	5	7	15	5	27
	8%	5%	11%	14%	12%	6%	13%	12%	7%	15%	8%	7%	13%	3%	9%
		a	a	a	j	aij	aij	j	aij	j	j	aij			ij
I intend to take part but not immediately after it resumes / is permitted	348	163	84	75	160	32	26	135	43	12	14	19	30	20	58
	17%	13%	24%	24%	24%	19%	21%	22%	21%	19%	21%	17%	25%	12%	20%
		a	a	a	ij	ij	ij	ij	j	j	j	j	ij	j	ij
I do not intend to take part	1283	897	193	154	347	105	64	341	110	25	40	69	47	124	169
	63%	71%	54%	48%	51%	63%	52%	56%	54%	41%	60%	62%	40%	72%	58%
		bcd			eh	eh	eh	h	eh	eh	eh		bdehk	abcdefghik	eh
Not applicable - I am already doing this activity	86	48	14	13	27	9	2	30	13	5	2	5	6	6	11
	4%	4%	4%	4%	4%	5%	2%	5%	6%	8%	3%	5%	5%	4%	4%
					j	j	j	bj	bj	bj					
Don't know	161	87	28	33	61	10	16	30	22	11	6	11	20	17	26
	8%	7%	8%	10%	9%	6%	13%	5%	11%	18%	9%	10%	17%	10%	9%
			a	a			cj	cj	acjk		cj	acjk	cj		cj
NET: Intend to take part	509	223	124	119	243	43	42	208	57	21	19	26	45	25	84
	25%	18%	35%	37%	36%	26%	34%	34%	28%	34%	28%	23%	38%	15%	29%
		a	a	a	ij	ij	agij	ij	ij	ij	j	agij	j		ij



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	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	161 8%	46 11%	42 10%	16 11%	7 26%	58 10%	53 11%	54 10%	34 13%	21 12%	3 8%	54 12%	57 10%	14 5%	65 6%	71 14% abe	12 13% ab	147 8% b
I intend to take part but not immediately after it resumes / is permitted	348 17%	76 17%	99 25% af	37 24%	11 40%	136 25% af	86 19%	104 19%	71 27% af	41 23%	9 23%	112 25% af	113 19%	28 10%	179 15% a	117 23% abe	24 27% abe	320 18% a
I do not intend to take part	1283 63%	263 60% ce	216 54%	76 50%	6 23%	292 53%	269 58%	322 59% be	126 48%	95 54%	18 46%	221 50%	340 58% be	198 73% cde	792 68% cde	257 50% d	35 39% cd	1084 61% cd
Not applicable - I am already doing this activity	86 4%	17 4%	19 5%	12 8% f	- -	31 6%	17 4%	21 4%	11 4%	12 7%	3 9%	24 5%	25 4%	12 5%	41 4%	28 5%	5 5%	74 4%
Don't know	161 8%	38 9%	23 6%	13 8%	3 11%	36 7%	41 9%	42 8%	21 8%	8 5%	5 14% c	30 7%	48 8%	18 7%	87 7%	42 8% abce	14 16% abce	143 8%
NET: Intend to take part	509 25%	122 28%	141 35% a	53 34%	18 66%	194 35% a	140 30%	158 29%	105 40% af	62 35%	12 31%	167 38% af	170 29%	42 15%	243 21% a	188 37% abe	36 40% abe	468 26% ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	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	161	59	83	23	24	10	104	54	3	127	34	134	25
	8%	18%	6%	9%	7%	16%	8%	9%	4%	8%	8%	8%	8%
		b				bdf							
I intend to take part but not immediately after it resumes / is permitted	348	82	226	66	40	9	232	105	9	290	58	290	48
	17%	24%	16%	25%	11%	14%	17%	17%	13%	18%	14%	17%	16%
		b		bdef			b	b		b			
I do not intend to take part	1283	147	916	133	261	33	876	376	48	994	288	1094	179
	63%	43%	66%	51%	72%	52%	64%	62%	66%	62%	67%	64%	59%
		a			acde		ac	a	a		a		
Not applicable - I am already doing this activity	86	24	49	19	17	4	50	32	8	70	16	66	16
	4%	7%	4%	7%	5%	6%	4%	5%	10%	4%	4%	4%	5%
		b		d					bd				
Don't know	161	26	104	18	20	7	105	38	5	129	32	120	35
	8%	8%	8%	7%	6%	11%	8%	6%	7%	8%	7%	7%	11%
												a	
NET: Intend to take part	509	141	309	89	64	19	336	159	13	417	92	424	73
	25%	42%	22%	34%	18%	30%	25%	26%	17%	26%	21%	25%	24%
		b		bdef		b	b	b					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Number of days active										Life satisfaction score				Covid-19 related worries				
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	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	161 8%	11 3%	15 6%	25 8%	33 10%	26 10%	26 14%	6 9%	19 7%	99 9%	51 10%	51 9%	45 7%	35 6%	26 13%	40 11%	34 9%	48 6%	37 8%
			a	a	a	a	abchi	a	a	a	a	c			bc	c			
I intend to take part but not immediately after it resumes / is permitted	348 17%	31 7%	30 12%	45 15%	83 26%	60 24%	36 20%	19 27%	44 17%	218 19%	99 20%	92 16%	116 19%	107 18%	29 15%	55 15%	72 18%	133 17%	82 18%
			a	a	abchij	abc	ab	abc	a	ab	ab								
I do not intend to take part	1283 63%	325 80%	170 69%	195 64%	161 50%	140 55%	95 53%	36 52%	160 63%	666 59%	292 58%	357 62%	384 62%	401 67%	124 63%	236 62%	231 59%	508 66%	284 62%
		bcd	efghij	def					df	d	d							b	
Not applicable - I am already doing this activity	86 4%	10 3%	9 4%	16 5%	13 4%	12 5%	8 5%	4 6%	13 5%	49 4%	26 5%	31 5%	30 5%	13 2%	9 5%	18 5%	23 6%	27 4%	17 4%
										a	a	c	c						
Don't know	161 8%	30 7%	23 9%	24 8%	30 9%	18 7%	15 8%	4 6%	17 7%	95 8%	36 7%	46 8%	47 8%	44 7%	8 4%	29 8%	34 9%	48 6%	34 8%
NET: Intend to take part	509 25%	42 10%	46 18%	70 23%	116 36%	86 34%	63 35%	25 36%	63 25%	317 28%	150 30%	143 25%	161 26%	142 24%	55 28%	95 25%	106 27%	181 24%	119 26%
		a	a	a	abchi	abch	abch	abc	a	ab	abc								

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
I intend to take part as soon as it resumes / is permitted	161	78	34	47	113	45
	8%	12%	5%	6%	11%	8%
		bc			b	
I intend to take part but not immediately after it resumes / is permitted	348	158	76	109	227	89
	17%	24%	12%	15%	23%	15%
		bc			b	
I do not intend to take part	1283	336	453	480	530	375
	63%	52%	72%	65%	54%	63%
			ac	a		a
Not applicable - I am already doing this activity	86	29	23	32	39	33
	4%	4%	4%	4%	4%	6%
Don't know	161	46	43	66	79	54
	8%	7%	7%	9%	8%	9%
NET: Intend to take part	509	236	109	156	340	134
	25%	36%	17%	21%	34%	22%
		bc			b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

	Gender		Age			Region								
Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
988	408	575	396	386	206	42	127	81	91	82	94	200	169	102
48%	41%	55%	64%	58%	27%	42%	48%	41%	43%	46%	41%	63%	51%	49%
		a	bc	c								abcdefhi	cf	
596	298	298	170	205	221	28	78	73	75	64	63	75	92	50
29%	30%	29%	28%	31%	29%	28%	29%	36%	35%	36%	28%	23%	28%	24%
								ghi	gi	gi				
455	288	163	50	77	328	29	61	46	47	31	70	45	70	57
22%	29%	16%	8%	12%	43%	29%	23%	23%	22%	17%	31%	14%	21%	27%
	b			a	ab	eg	g	g	g		degh		g	eg

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	988	91	316	291	122	100	69	697	291	808	38	71	42	5	10	168
	48%	60%	67%	61%	49%	49%	14%	63%	31%	46%	71%	64%	65%	63%	76%	66%
		defh	cdefh	defh	fh	fh		defh	f		a	a	a			a
No	596	44	116	142	92	80	123	301	295	525	11	30	16	3	2	61
	29%	29%	24%	30%	37%	39%	25%	27%	31%	30%	20%	27%	25%	37%	13%	24%
					bcfg	abcfgh			bfg							
Not applicable	455	16	41	47	36	23	293	103	352	422	5	10	6	-	2	23
	22%	11%	9%	10%	14%	11%	61%	9%	38%	24%	10%	9%	10%	-	11%	9%
					bg		abcdegh		abcdeg	bcdg						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251
	48%	42%	58%	64%	61%	86%	87%	62%	49%	55%	61%	49%	58%	21%	6%	87%
			a	a	a	cdefghij	cdefghij	dgij	ij	ij	ij	ij	ij	j		cdefghij
No	596	353	122	85	207	19	15	221	96	25	23	19	31	47	98	34
	29%	28%	34%	27%	31%	11%	12%	36%	48%	40%	34%	17%	27%	27%	24%	12%
			a				abghijk	abcgghijk	abgjk	abgk		abk	abgk	abk		
Not applicable	455	376	29	31	59	4	1	8	7	3	3	38	18	90	283	5
	22%	30%	8%	10%	9%	3%	1%	1%	4%	5%	4%	34%	15%	52%	70%	2%
		bcd						c	c		abcdehfk	abcdefk	abcdehfk	abcdehfk		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
988	199	350	76	16	426	215	300	215	101	24	316	324	97	515	322	54	891
48%	45%	88%	49%	59%	77%	46%	55%	82%	57%	62%	72%	56%	36%	44%	62%	60%	50%
		acef			acf			acdef			acf			a	abe	ab	ab
596	236	43	74	9	118	245	242	45	70	12	114	253	78	351	147	20	518
29%	54%	11%	48%	34%	21%	52%	44%	17%	39%	31%	26%	44%	29%	30%	28%	23%	29%
	be		be		b	be	be		be	b	b	be					
455	5	5	4	2	9	7	2	4	7	3	11	5	95	298	47	16	360
22%	1%	1%	3%	7%	2%	2%	*	1%	4%	7%	2%	1%	35%	26%	9%	17%	20%
									af	abf	af		bcde	ce		c	c



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	988	191	681	141	127	30	691	271	25	806	182	851	129
	48%	57%	49%	55%	35%	46%	51%	45%	34%	50%	42%	50%	43%
		b		bef			bef	b		b		b	
No	596	98	405	67	101	21	408	166	21	463	133	469	117
	29%	29%	29%	26%	28%	32%	30%	27%	29%	29%	31%	28%	39% a
Not applicable	455	49	291	50	134	14	269	169	27	342	113	384	57
	22%	14%	21% a	20%	37% acde	22%	20%	28% ad	37% ad	21%	26% a	23%	19%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	988	136	117	152	178	142	100	38	126	588	264	327	301	271	75	154	189	396	233
	48%	33%	47%	50%	56%	55%	55%	55%	50%	52%	52%	57%	48%	45%	38%	41%	48%	52%	51%
			a	a	a	a	a	a	a	a	a	bcd	d				a	a	a
No	596	127	73	111	84	67	49	18	66	335	134	136	192	176	72	137	136	194	112
	29%	31%	30%	37%	26%	26%	27%	26%	26%	30%	27%	24%	31%	29%	37%	36%	35%	25%	25%
				defhij									a	a	a	cd	cd		
Not applicable	455	145	58	41	59	47	32	13	61	204	106	113	129	153	49	88	69	174	109
	22%	36%	23%	13%	18%	18%	18%	18%	24%	18%	21%	20%	21%	25%	25%	23%	17%	23%	24%
		bcdefghij	c						ci		c			a		b		b	b

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
Total	NET: More	About the same	NET: Less	Yes	No
	a	b	c	a	b
2039	651	623	731	1006	599
2039	647	628	734	988	596
100%	100%	100%	100%	100%	100%
988	400	208	369	988	-
48%	62%	33%	50%	100%	-
	bc		b	b	
596	159	254	175	-	596
29%	25%	40%	24%	-	100%
		ac			a
455	88	167	190	-	-
22%	14%	27%	26%	-	-
		a	a		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	988 100%	130 13%	198 20%	324 33%	131 13%	154 16%	19 2%	31 3%	328 33%	286 29%
After work (excluding your commute)	988 100%	92 9%	218 22%	254 26%	146 15%	204 21%	23 2%	50 5%	310 31%	350 35%
Before work (excluding your commute)	988 100%	121 12%	176 18%	259 26%	126 13%	191 19%	23 2%	92 9%	297 30%	317 32%
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)	988 100%	94 10%	172 17%	237 24%	155 16%	270 27%	23 2%	37 4%	266 27%	425 43%
At lunchtime or during other work-breaks	988 100%	81 8%	152 15%	296 30%	129 13%	168 17%	24 2%	138 14%	233 24%	297 30%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	988 100%	87 9%	156 16%	210 21%	107 11%	223 23%	34 3%	172 17%	243 25%	330 33%
As part of physical duties required to carry out your job	988 100%	68 7%	131 13%	286 29%	125 13%	212 22%	25 3%	140 14%	200 20%	337 34%
Through clubs, classes or activities at or near your home	988 100%	59 6%	91 9%	200 20%	122 12%	214 22%	34 3%	268 27%	150 15%	336 34%
Through clubs, classes or activities at or near your usual (pre-COVID) place of work	988 100%	56 6%	93 9%	182 18%	108 11%	204 21%	44 4%	301 30%	149 15%	313 32%
As part of non-work activities organised by your employer	988 100%	57 6%	91 9%	257 26%	103 10%	175 18%	42 4%	262 27%	148 15%	278 28%
Through a gym membership or other activity paid for or subsidised by your employer	988 100%	59 6%	81 8%	155 16%	89 9%	211 21%	41 4%	351 36%	141 14%	300 30%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		1006	413	588	423	386	197	44	133	93	94	81	82	201	176	102
Total		988	408	575	396	386	206	42	127	81	91	82	94	200	169	102
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	121	48	71	56	51	14	5	19	8	10	8	9	36	14	12
		12%	12%	12%	14% c	13% c	7%	12%	15%	10%	11%	9%	9%	18% h	8%	12%
A bit more	(4.0)	176	88	88	73	74	28	7	22	11	18	15	13	42	31	19
		18%	22% b	15%	19%	19%	14%	16%	17%	14%	19%	18%	14%	21%	18%	19%
About the same	(3.0)	259	115	144	94	99	67	12	33	27	22	27	26	37	43	33
		26%	28%	25%	24%	26%	32% a	29%	26%	33% g	24%	33% g	28%	19%	25%	32% g
A bit less	(2.0)	126	52	72	49	47	30	6	11	9	19	10	18	21	19	12
		13%	13%	12%	12%	12%	15%	13%	9%	11%	21% bgh	12%	19% b	10%	11%	12%
A lot less	(1.0)	191	63	127	77	73	41	7	28	15	12	15	17	44	38	16
		19%	16%	22% a	19%	19%	20%	16%	22%	18%	13%	19%	18%	22%	23%	16%
Don't know		23	6	16	16	6	1	2	2	4	4	3	-	6	3	-
		2%	2%	3%	4% bc	2%	*	4% i	1%	5% fi	4% i	3%	-	3%	2%	-
I have never done this		92	36	56	32	36	25	4	13	7	7	4	11	14	22	10
		9%	9%	10%	8%	9%	12%	9%	10%	9%	8%	5%	12%	7%	13%	9%
NET: More		297	136	159	129	126	43	12	41	19	28	23	22	78	45	31
		30%	33%	28%	33% c	33% c	21%	28%	32%	24%	31%	27%	23%	39% cfh	26%	30%
NET: Less		317	115	199	126	120	71	12	39	24	31	26	34	65	57	28
		32%	28%	35% a	32%	31%	35%	29%	31%	30%	34%	31%	37%	33%	34%	28%
Base for stats		873	366	502	348	344	181	36	113	70	80	75	82	180	145	92
Mean Score		2.90	3.01	2.81	2.95	2.95	2.69	2.95	2.93	2.84	2.95	2.86	2.75	3.02	2.75	2.99
			b		c	c										
Standard Deviation		1.330	1.266	1.365	1.370	1.342	1.211	1.286	1.407	1.266	1.249	1.253	1.247	1.465	1.319	1.252
Standard Error		.045	.066	.060	.071	.072	.092	.209	.130	.142	.137	.146	.147	.109	.108	.131
Error variance		*	*	*	.01	.01	.01	.04	.02	.02	.02	.02	.02	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		1006	91	309	303	127	105	71	703	303	823	39	72	42	6	11	170
Total		988	91	316	291	122	100	69	697	291	808	38	71	42	5	10	168
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	121	19	42	30	11	10	9	90	31	79	9	15	11	1	2	39
		12%	21%	13%	10%	9%	10%	14%	13%	11%	10%	23%	21%	26%	16%	24%	23%
			cdegh									a	a	a			a
A bit more	(4.0)	176	19	61	43	25	16	12	123	53	142	4	22	7	-	-	33
		18%	21%	19%	15%	20%	16%	18%	18%	18%	18%	10%	31%	17%	-	-	20%
													ab				
About the same	(3.0)	259	22	80	83	33	31	10	185	74	230	5	9	8	2	2	27
		26%	24%	25%	29%	27%	30%	15%	27%	25%	28%	14%	13%	19%	37%	20%	16%
					f		f		f		cg						
A bit less	(2.0)	126	13	36	47	8	14	7	96	30	107	6	8	3	-	-	16
		13%	15%	11%	16%	6%	14%	11%	14%	10%	13%	15%	11%	6%	-	-	10%
			d		dh		d		d								
A lot less	(1.0)	191	9	58	61	25	18	19	128	63	160	8	11	7	-	3	29
		19%	10%	18%	21%	21%	18%	28%	18%	22%	20%	20%	15%	17%	-	33%	17%
					a	a		ag	a	a							
Don't know		23	1	4	9	2	3	4	14	9	14	2	3	1	1	1	8
		2%	1%	1%	3%	2%	3%	6%	2%	3%	2%	6%	5%	3%	13%	7%	5%
								bg									a
I have never done this		92	7	35	18	18	8	6	60	32	76	5	2	5	2	2	15
		9%	8%	11%	6%	15%	8%	9%	9%	11%	9%	12%	3%	13%	34%	16%	9%
				c		cg				c			c				
NET: More		297	38	103	73	36	26	21	214	83	221	13	38	18	1	2	72
		30%	42%	33%	25%	30%	26%	31%	31%	29%	27%	33%	53%	43%	16%	24%	43%
			cegh	c									ab	a			a
NET: Less		317	22	94	108	33	33	27	224	93	267	14	19	10	-	3	45
		32%	25%	30%	37%	27%	33%	39%	32%	32%	33%	35%	26%	23%	-	33%	27%
					abd												
Base for stats		873	82	277	264	102	89	59	623	250	718	32	66	36	3	8	144
Mean Score		2.90	3.31	2.97	2.75	2.89	2.83	2.74	2.92	2.83	2.82	3.01	3.35	3.34	3.59	2.77	3.25
			bcd efgh	c									a	a			a
Standard Deviation		1.330	1.290	1.342	1.290	1.324	1.266	1.504	1.324	1.344	1.285	1.581	1.399	1.493	1.131	1.817	1.475
Standard Error		.045	.142	.082	.078	.128	.131	.194	.053	.083	.048	.280	.172	.249	.653	.642	.123
Error variance		*	.02	.01	.01	.02	.02	.04	*	.01	*	.08	.03	.06	.43	.41	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	*j	k	
1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254	
988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
121	47	20	38	58	11	19	40	9	12	3	5	15	3	4	30	
12%	9%	9%	19% ab	14% a	7%	18% ac	11%	10%	34% abcdfgik	8%	9%	22% acdfgk	9%	17%	12%	
176	86	48	29	77	20	20	78	15	5	15	8	10	3	3	40	
18%	16%	23% ac	14%	19%	14%	19%	21%	15%	13%	37% abcdeghik	14%	14%	7%	13%	16%	
259	146	57	48	106	39	21	118	31	7	10	14	13	4	2	60	
26%	28%	28%	24%	26%	27%	20%	31% bhi	32% i	20%	24%	26%	19%	12%	7%	24%	
126	69	27	24	51	18	18	47	12	1	4	10	7	6	2	35	
13%	13%	13%	12%	13%	12%	16%	12%	13%	3%	9%	19% e	11%	18%	10%	14%	
191	114	30	44	74	37	21	72	14	6	5	9	9	9	10	58	
19%	22% b	14%	22%	18%	26% dfh	20%	19%	14%	17%	11%	16%	13%	25%	41%	23%	
23	9	4	5	10	3	-	2	4	-	2	3	7	3	-	3	
2%	2%	2%	3%	2%	2%	-	1%	4% bc	-	4% bc	5% bc	10% abck	8% bck	-	1%	
92	54	22	14	36	16	8	23	13	4	3	6	7	8	3	25	
9%	10%	10%	7%	9%	11% c	8%	6%	13% c	12%	8%	11%	11%	21% bck	12%	10%	
297	133	67	67	134	30	39	118	24	16	18	12	25	6	8	70	
30%	25%	32%	33% a	33% a	21%	36% ai	31% a	25%	47% adgik	45% adgik	23%	36% ai	16%	30%	28%	
317	184	57	68	126	55	39	118	26	7	8	19	17	15	13	93	
32%	35%	28%	34%	31%	38% fh	36%	31%	27%	21%	20%	36%	24%	43% efh	51%	37% fh	
873	463	182	184	366	124	99	354	81	30	36	46	55	25	22	223	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	*j	k
Unweighted Total	1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254
Total	988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	2.90	2.74	3.00	2.96	2.98	2.59	2.98	2.91	2.92	3.49	3.24	2.76	3.27	2.39	2.49	2.77
			a		a		a	a		acd gk	ak		ack			
Standard Deviation	1.330	1.291	1.230	1.444	1.340	1.298	1.423	1.269	1.222	1.527	1.158	1.251	1.436	1.398	1.663	1.365
Standard Error	.045	.057	.099	.115	.076	.115	.143	.067	.137	.274	.193	.179	.179	.280	.372	.091
Error variance	*	*	.01	.01	.01	.01	.02	*	.02	.08	.04	.03	.03	.08	.14	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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

		Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Total		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Significance Level: 95%																		
Unweighted Total	1006	204	346	75	17	421	221	306	211	100	25	311	331	107	531	313	55	899
Total	988	199	350	76	16	426	215	300	215	101	24	316	324	97	515	322	54	891
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	121	24	33	18	7	51	33	29	17	2	46	35	9	52	51	9	112
	12%	12%	9%	23% abe	41%	12%	14%	11%	13%	17%	10%	15%	11%	9%	10%	16% b	17%	13%
A bit more	(4.0)	176	47	62	14	4	76	53	47	21	7	68	59	18	94	53	11	158
	18%	24%	18%	19%	25%	18%	24%	18%	22%	21%	28%	22%	18%	19%	18%	16%	21%	18%
About the same	(3.0)	259	64	98	20	2	118	98	58	26	3	84	101	27	134	86	12	232
	26%	32%	28%	27%	13%	28%	31%	33%	27%	26%	14%	27%	31%	28%	26%	27%	23%	26%
A bit less	(2.0)	126	20	50	7	1	57	38	26	12	3	38	41	8	78	31	9	117
	13%	10%	14%	9%	5%	13%	10%	13%	12%	12%	14%	12%	13%	8%	15% c	10%	16%	13%
A lot less	(1.0)	191	26	75	11	3	86	57	37	14	4	51	61	24	103	58	7	168
	19%	13%	21% af	14%	16%	20% af	13%	19%	17%	14%	17%	16%	19%	25%	20%	18%	13%	19%
Don't know		23	4	3	-	-	3	3	3	1	-	4	3	2	6	12	3	21
	2%	2%	1%	-	-	1%	2%	1%	1%	1%	-	1%	1%	2%	1%	4% b	6% b	2%
I have never done this		92	14	30	6	-	36	19	16	9	4	25	23	10	49	30	2	82
	9%	7%	9%	8%	-	9%	6%	6%	8%	9%	17%	8%	7%	10%	10%	9%	4%	9%
NET: More	297	71	95	32	10	127	82	86	75	39	9	114	95	27	145	104	20	270
	30%	36% b	27%	42% be	66%	30%	38% be	28%	35%	38%	38%	36% a	29%	28%	28%	32%	38%	30%
NET: Less	317	45	125	18	3	143	49	95	62	26	7	89	102	32	181	89	16	285
	32%	23%	36% acf	23%	21%	34% af	23%	32%	29%	26%	31%	28%	32%	33%	35% c	28%	29%	32%
Base for stats	873	181	317	70	16	387	197	278	196	91	20	287	298	86	460	279	49	788
Mean Score	2.90	3.13 be	2.77	3.31 be	3.70	2.87	3.18 be	2.88	3.03	3.17	3.00	3.07	2.89	2.76	2.81	3.03 b	3.14	2.91
Standard Deviation	1.330	1.207	1.290	1.366	1.495	1.319	1.237	1.269	1.307	1.324	1.390	1.312	1.275	1.340	1.298	1.368	1.327	1.329
Standard Error	.045	.088	.073	.164	.363	.068	.087	.075	.095	.140	.303	.078	.073	.138	.060	.083	.190	.047
Error variance	*	.01	.01	.03	.13	*	.01	.01	.01	.02	.09	.01	.01	.02	*	.01	.04	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			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		1006	190	689	149	130	30	698	280	26	821	185	857	141	
Total		988	191	681	141	127	30	691	271	25	806	182	851	129	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	121	48	62	19	16	6	78	38	2	94	27	103	16
			12%	25%	9%	14%	13%	21%	11%	14%	10%	12%	15%	12%	12%
			b												
A bit more		(4.0)	176	49	106	27	23	3	127	48	5	152	23	154	21
			18%	26%	16%	19%	18%	9%	18%	18%	21%	19%	13%	18%	16%
			b												
About the same		(3.0)	259	39	190	33	29	8	187	64	5	205	55	226	32
			26%	21%	28%	23%	22%	26%	27%	24%	22%	25%	30%	27%	24%
			a												
A bit less		(2.0)	126	23	93	17	15	3	88	32	3	104	21	111	14
			13%	12%	14%	12%	12%	9%	13%	12%	11%	13%	12%	13%	11%
A lot less		(1.0)	191	25	140	32	36	6	121	66	6	166	26	155	34
			19%	13%	21%	22%	28%	21%	18%	24%	26%	21%	14%	18%	27%
			a			d			d			b		a	
Don't know			23	2	16	5	3	2	12	10	1	18	5	17	5
			2%	1%	2%	4%	3%	7%	2%	4%	4%	2%	3%	2%	4%
I have never done this			92	6	75	8	5	2	78	13	2	67	25	85	7
			9%	3%	11%	6%	4%	7%	11%	5%	7%	8%	14%	10%	6%
				a				abe				a			
NET: More			297	97	168	46	39	9	205	86	8	247	50	258	37
			30%	51%	25%	33%	31%	30%	30%	32%	31%	31%	28%	30%	28%
				b											
NET: Less			317	47	233	49	51	9	210	98	9	270	47	266	49
			32%	25%	34%	35%	40%	30%	30%	36%	36%	34%	26%	31%	38%
				a		d						b			
Base for stats			873	184	590	128	119	26	601	248	22	721	152	750	117
Mean Score			2.90	3.40	2.76	2.88	2.74	3.01	2.92	2.84	2.76	2.87	3.03	2.92	2.74
				b											
Standard Deviation			1.330	1.350	1.283	1.390	1.420	1.498	1.296	1.409	1.407	1.335	1.301	1.314	1.404
Standard Error			.045	.100	.053	.120	.130	.294	.053	.088	.293	.049	.105	.048	.124
Error variance			*	.01	*	.01	.02	.09	*	.01	.09	*	.01	*	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Significance Level: 95%																				
Unweighted Total		1006	137	119	158	180	146	102	38	126	603	266	342	306	268	74	165	197	399	229
Total		988	136	117	152	178	142	100	38	126	588	264	327	301	271	75	154	189	396	233
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more		(5.0)	121	7	14	18	18	19	18	5	22	69	40	33	28	16	27	30	32	30
			12%	5%	12%	12%	10%	13%	18%	13%	18%	12%	12%	11%	10%	21%	17%	16%	8%	13%
					a		a	a		a	a	adi				abc	c	c		
A bit more		(4.0)	176	6	15	19	44	25	28	11	29	102	48	52	57	19	28	40	69	38
			18%	5%	13%	12%	25%	17%	28%	28%	23%	17%	15%	17%	21%	25%	18%	21%	17%	16%
					a	a	abci	a	abci	abc	abc	a			a	a				
About the same		(3.0)	259	24	27	40	46	43	25	15	39	157	72	84	85	13	40	55	108	52
			26%	18%	23%	27%	26%	31%	25%	39%	31%	27%	22%	28%	31%	17%	26%	29%	27%	22%
						a		a		a	a	a			ad					
A bit less		(2.0)	126	12	16	22	31	18	12	2	12	88	43	36	40	5	17	19	61	28
			13%	9%	13%	15%	18%	13%	12%	4%	9%	15%	13%	12%	15%	7%	11%	10%	15%	12%
						aghj					j									
A lot less		(1.0)	191	56	33	30	21	24	8	3	15	109	84	67	33	7	29	25	75	62
			19%	42%	28%	20%	12%	17%	8%	9%	12%	18%	26%	22%	12%	10%	19%	13%	19%	27%
				bcd efghij	defghij	fj		fj			dfj		cd	cd					bc	
Don't know			23	3	2	5	5	4	1	2	1	16	5	9	4	3	4	5	10	2
			2%	2%	2%	3%	3%	3%	1%	4%	1%	3%	2%	3%	1%	5%	3%	2%	3%	1%
I have never done this			92	26	10	18	12	8	9	1	8	48	35	20	25	11	10	17	42	22
			9%	19%	9%	12%	7%	6%	9%	3%	6%	8%	11%	7%	9%	15%	7%	9%	11%	9%
				bdefghij											b					
NET: More			297	13	28	36	62	44	46	16	52	171	88	84	84	35	55	69	101	68
			30%	10%	24%	24%	35%	31%	46%	42%	41%	29%	27%	28%	31%	47%	36%	37%	25%	29%
					a	a	abc	a	abcei	abc	abci	a				abc	c	c		
NET: Less			317	69	49	52	53	43	20	5	27	196	127	103	73	12	45	44	136	90
			32%	51%	42%	35%	30%	30%	20%	13%	21%	33%	39%	34%	27%	17%	29%	23%	34%	39%
				cdefghij	dfghj	fghj	gj	gj				fghj	cd	d					b	b
Base for stats			873	106	104	129	161	130	90	36	117	524	287	272	242	60	140	168	344	210
Mean Score			2.90	2.01	2.62	2.78	3.04	2.97	3.40	3.36	3.27	2.87	2.71	2.81	3.03	3.51	3.05	3.18	2.77	2.74
					a	a	ab	ab	abcdei	abci	abci	a			ab	abc	cd	cd		
Standard Deviation			1.330	1.257	1.397	1.328	1.211	1.295	1.199	1.096	1.257	1.305	1.405	1.325	1.184	1.306	1.381	1.277	1.253	1.419
Standard Error			.045	.122	.135	.114	.095	.112	.125	.185	.116	.056	.081	.080	.077	.170	.113	.097	.067	.099
Error variance			*	.01	.02	.01	.01	.01	.02	.03	.01	*	.01	.01	.01	.03	.01	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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		1006	407	209	377	1006	-
Total		988	400	208	369	988	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	121	73	17	27	121	-
		12%	18% bc	8%	7%	12%	-
A bit more	(4.0)	176	125	25	24	176	-
		18%	31% bc	12% c	6%	18%	-
About the same	(3.0)	259	96	91	72	259	-
		26%	24%	44% ac	20%	26%	-
A bit less	(2.0)	126	32	32	60	126	-
		13%	8%	15% a	16% a	13%	-
A lot less	(1.0)	191	38	19	133	191	-
		19%	10%	9%	36% ab	19%	-
Don't know		23	8	5	9	23	-
		2%	2%	2%	2%	2%	-
I have never done this		92	27	19	43	92	-
		9%	7%	9%	12% a	9%	-
NET: More		297	198	42	51	297	-
		30%	50% bc	20% c	14%	30%	-
NET: Less		317	71	52	194	317	-
		32%	18%	25% a	53% ab	32%	-
Base for stats		873	365	184	317	873	-
Mean Score		2.90	3.44 bc	2.93 c	2.21	2.90	-
Standard Deviation		1.330	1.208	1.046	1.295	1.330	-
Standard Error		.045	.063	.077	.072	.045	-
Error variance		*	*	.01	.01	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		1006	413	588	423	386	197	44	133	93	94	81	82	201	176	102	
Total		988	408	575	396	386	206	42	127	81	91	82	94	200	169	102	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	92	41	50	51	29	12	6	11	8	8	3	5	27	11	11
			9%	10%	9%	13%	8%	6%	14%	9%	10%	9%	4%	6%	14%	6%	11%
						bc			e					eh			
A bit more		(4.0)	218	92	121	100	86	33	8	32	15	20	20	17	46	40	22
			22%	23%	21%	25%	22%	16%	18%	25%	19%	22%	24%	18%	23%	23%	22%
						c											
About the same		(3.0)	254	123	131	86	100	68	13	32	20	23	26	24	38	42	36
			26%	30%	23%	22%	26%	33%	31%	25%	25%	26%	32%	26%	19%	25%	36%
				b				a				g				g	
A bit less		(2.0)	146	51	95	57	63	26	5	21	9	12	9	21	30	26	12
			15%	13%	16%	14%	16%	13%	11%	17%	11%	13%	12%	23%	15%	16%	12%
													ci				
A lot less		(1.0)	204	69	135	77	83	44	9	23	18	18	19	18	49	37	14
			21%	17%	23%	19%	22%	21%	21%	18%	22%	20%	23%	19%	24%	22%	14%
				a										i			
Don't know			23	11	13	11	8	4	1	3	5	4	1	2	3	3	1
			2%	3%	2%	3%	2%	2%	2%	2%	6%	4%	1%	2%	2%	2%	1%
										g							
I have never done this			50	20	30	14	17	19	1	5	5	5	4	6	8	11	5
			5%	5%	5%	4%	4%	9%	2%	4%	7%	6%	5%	6%	4%	6%	5%
								ab									
NET: More			310	134	171	150	115	44	14	43	24	28	23	22	73	50	33
			31%	33%	30%	38%	30%	22%	33%	33%	29%	31%	28%	24%	36%	30%	33%
						bc	c							f			
NET: Less			350	121	230	134	146	70	13	44	27	30	28	39	79	63	26
			35%	30%	40%	34%	38%	34%	32%	35%	33%	33%	35%	42%	39%	37%	26%
				a									i	i	i		
Base for stats			914	377	532	370	361	183	40	119	71	82	77	86	189	155	96
Mean Score			2.83	2.96	2.73	2.97	2.77	2.69	2.94	2.89	2.82	2.85	2.73	2.66	2.86	2.75	3.04
				b		bc											f
Standard Deviation			1.291	1.247	1.313	1.345	1.268	1.202	1.350	1.256	1.352	1.299	1.212	1.198	1.415	1.263	1.199
Standard Error			.042	.064	.056	.068	.067	.091	.208	.113	.150	.142	.139	.138	.103	.099	.122
Error variance			*	*	*	*	*	.01	.04	.01	.02	.02	.02	.02	.01	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		1006	91	309	303	127	105	71	703	303	823	39	72	42	6	11	170
Total		988	91	316	291	122	100	69	697	291	808	38	71	42	5	10	168
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more		(5.0)	92	12	43	17	9	7	4	72	68	5	10	6	-	-	22
			9%	13% c	14% ch	6%	8%	7%	7%	10% c	8%	13%	14%	15%	-	-	13%
A bit more		(4.0)	218	23	77	58	30	14	15	159	169	13	19	11	2	2	47
			22%	26% e	25% e	20%	24%	14%	22%	23% e	21%	33%	27%	25%	37%	19%	28% a
About the same		(3.0)	254	22	76	83	31	30	12	181	225	6	11	6	1	2	26
			26%	24%	24%	29%	25%	30%	18%	26%	28% cdg	15%	16%	13%	16%	24%	15%
A bit less		(2.0)	146	15	45	49	16	14	7	109	121	4	12	6	-	1	23
			15%	17%	14%	17%	13%	14%	11%	16%	15%	11%	16%	14%	-	8%	13%
A lot less		(1.0)	204	16	63	57	24	26	17	137	169	7	15	7	1	3	33
			21%	18%	20%	20%	20%	26%	25%	20%	21%	17%	21%	18%	15%	33%	20%
Don't know			23	1	1	10	3	3	6	12	16	3	2	1	1	1	8
			2%	1%	*	3% b	3% b	3% b	8% abg	2% bg	2%	8% a	3%	3%	13%	7%	5% a
I have never done this			50	2	10	15	9	7	7	27	40	1	2	5	1	1	10
			5%	2%	3%	5%	7%	7%	10% abg	4% abg	5%	3%	2%	12% ac	18%	9%	6%
NET: More			310	35	120	76	39	21	20	231	237	18	30	17	2	2	69
			31%	38% ceh	38% ceh	26%	32%	21%	29%	33% ce	29%	46% a	42% a	41%	37%	19%	41% a
NET: Less			350	31	108	106	41	39	25	246	290	11	26	13	1	4	56
			35%	34%	34%	37%	33%	39%	36%	35%	36%	28%	37%	31%	15%	41%	33%
Base for stats			914	88	305	265	110	90	56	658	753	34	68	36	4	9	150
Mean Score			2.83	2.99 e	2.97 ceh	2.73	2.84	2.59	2.68	2.88 e	2.80	3.15	2.98	3.08	3.10	2.35	3.01
Standard Deviation			1.291	1.314	1.340	1.211	1.277	1.258	1.372	1.289	1.268	1.367	1.407	1.435	1.395	1.284	1.391
Standard Error			.042	.140	.078	.073	.119	.129	.180	.050	.046	.231	.171	.239	.697	.428	.113
Error variance			*	.02	.01	.01	.01	.02	.03	*	*	.05	.03	.06	.49	.18	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254	
988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
92	45	18	23	41	8	15	36	4	6	4	4	12	1	1	23	
9%	9%	9%	11%	10%	6%	14% ad	9%	4%	17% ad	10%	8%	18% acdik	3%	5%	9%	
218	90	60	55	115	26	27	92	25	8	6	7	12	9	4	54	
22%	17%	29% a	27% a	28% a	18%	25%	24%	25%	24%	15%	14%	18%	25%	18%	21%	
254	149	49	45	94	40	23	108	30	7	11	15	15	5	1	63	
26%	28%	24%	22%	23%	28%	21%	28%	31%	20%	27%	27%	21%	14%	3%	25%	
146	81	31	25	56	18	16	61	18	2	9	8	9	4	1	34	
15%	15%	15%	12%	14%	13%	15%	16%	18%	6%	23% e	15%	13%	12%	5%	14%	
204	114	39	46	85	42	19	71	15	9	5	16	11	6	10	61	
21%	22%	19%	23%	21%	29% bcdfh	18%	19%	15%	26%	11%	29% df	17%	16%	41%	24%	
23	11	4	5	9	2	4	5	-	1	1	2	5	3	1	6	
2%	2%	2%	2%	2%	1%	4%	1%	-	2%	2%	3%	8% acd	8% acd	4%	2%	
50	36	7	5	12	7	3	7	6	2	5	2	4	7	6	10	
5%	7% cd	3%	2%	3%	5%	3%	2%	7% c	5%	11% bck	5%	6% c	21% abcdghk	24%	4%	
310	135	78	77	155	34	42	128	29	14	11	12	25	10	6	76	
31%	26%	38% a	38% a	38% a	24%	39% ag	34% a	29%	41% a	26%	22%	36%	28%	23%	30%	
350	195	69	72	141	60	35	132	33	11	14	23	20	10	11	96	
35%	37%	33%	35%	34%	42%	33%	35%	33%	32%	34%	43%	30%	28%	46%	38%	
914	479	197	194	391	135	100	368	92	32	36	50	60	25	18	235	
2.83	2.73	2.94	2.91	2.92	2.56	3.02 ag	2.89 a	2.84	3.00	2.90	2.54	3.08 ag	2.81	2.18	2.75	
1.291	1.271	1.272	1.356	1.313	1.277	1.347	1.254	1.134	1.503	1.206	1.317	1.406	1.282	1.527	1.324	
.042	.055	.098	.105	.072	.109	.135	.065	.120	.266	.201	.181	.168	.256	.382	.086	
*	*	.01	.01	.01	.01	.02	*	.01	.07	.04	.03	.03	.07	.15	.01	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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		1006	204	346	75	17	421	221	306	211	100	25	311	331	107	531	313	55	899
Total		988	199	350	76	16	426	215	300	215	101	24	316	324	97	515	322	54	891
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	92 9%	19 10%	37 11%	5 6%	2 12%	42 10%	21 10%	29 10%	25 11%	8 8%	2 7%	32 10%	30 9%	9 9%	43 8%	33 10%	7 14%	83 9%
A bit more	(4.0)	218 22%	39 20%	80 23%	26 34% abf	8 54%	106 25%	48 22%	69 23%	57 27%	22 22%	8 32%	79 25%	77 24%	15 16%	110 21%	80 25%	13 25%	203 23%
About the same	(3.0)	254 26%	59 30%	94 27%	16 21%	3 16%	110 26%	61 29%	86 29%	56 26%	27 27%	3 11%	83 26%	89 27%	24 25%	141 27%	77 24%	13 23%	230 26%
A bit less	(2.0)	146 15%	34 17%	54 15%	14 18%	1 8%	68 16%	35 16%	49 16%	32 15%	17 17%	4 18%	50 16%	53 16%	10 10%	82 16%	48 15%	7 12%	136 15%
A lot less	(1.0)	204 21%	34 17%	73 21%	9 12%	1 5%	83 19%	34 16%	57 19%	37 17%	18 17%	5 22%	54 17%	63 19%	29 30% bce	101 20%	63 20%	10 19%	175 20%
Don't know		23 2%	6 3% be	3 1%	1 1%	1 5%	3 1%	7 3% be	2 1%	3 1%	2 2%	2 6%	5 2%	4 1%	4 4%	9 2%	9 3%	2 4%	20 2%
I have never done this		50 5%	8 4%	9 3%	5 7%	- -	14 3%	8 4%	9 3%	6 3%	7 7%	1 4%	13 4%	9 3%	6 6%	30 6%	12 4%	2 3%	44 5%
NET: More		310 31%	58 29%	118 34%	31 40%	10 66%	148 35%	69 32%	98 33%	82 38%	30 30%	9 39%	112 35%	107 33%	24 25%	152 30%	113 35% a	21 38%	286 32%
NET: Less		350 35%	67 34%	127 36%	23 30%	2 13%	150 35%	69 32%	106 35%	69 32%	35 34%	10 40%	104 33%	116 36%	39 40%	183 36%	111 35%	17 32%	311 35%
Base for stats		914	185	338	70	15	409	200	290	207	92	22	298	311	87	476	301	51	827
Mean Score		2.83	2.88	2.87	3.04	3.62	2.89	2.93	2.87	3.00	2.85	2.82	2.95	2.87	2.60	2.81	2.91 a	3.01	2.86
Standard Deviation		1.291	1.239	1.299	1.179	1.034	1.279	1.238	1.258	1.275	1.239	1.385	1.264	1.265	1.371	1.257	1.306 a	1.356	1.281
Standard Error		.042	.090	.071	.142	.258	.064	.086	.073	.090	.130	.295	.074	.071	.140	.057	.077	.190	.044
Error variance		*	.01	.01	.02	.07	*	.01	.01	.01	.02	.09	.01	.01	.02	*	.01	.04	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			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		1006	190	689	149	130	30	698	280	26	821	185	857	141	
Total		988	191	681	141	127	30	691	271	25	806	182	851	129	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	92	28	55	14	15	2	64	27	3	69	23	79	13
			9%	15%	8%	10%	11%	6%	9%	10%	12%	9%	13%	9%	10%
				b											
A bit more		(4.0)	218	60	136	29	23	5	158	53	3	187	31	189	27
			22%	31%	20%	20%	18%	15%	23%	20%	12%	23%	17%	22%	21%
				b											
About the same		(3.0)	254	36	190	29	28	11	187	62	5	194	61	227	26
			26%	19%	28%	20%	22%	38%	27%	23%	22%	24%	33%	27%	20%
				a				a				a			
A bit less		(2.0)	146	25	110	25	17	1	103	38	5	126	20	128	18
			15%	13%	16%	18%	13%	4%	15%	14%	21%	16%	11%	15%	14%
A lot less		(1.0)	204	33	139	29	33	7	135	64	5	173	31	169	33
			21%	17%	20%	21%	26%	24%	20%	23%	19%	21%	17%	20%	26%
Don't know			23	3	14	5	2	3	13	10	-	21	3	16	7
			2%	1%	2%	4%	2%	10%	2%	4%	-	3%	2%	2%	6%
								bd						a	
I have never done this			50	5	37	10	10	1	31	16	3	36	14	44	5
			5%	3%	5%	7%	8%	3%	4%	6%	14%	4%	8%	5%	4%
NET: More			310	88	191	43	37	6	222	80	6	256	54	268	40
			31%	46%	28%	30%	29%	21%	32%	29%	24%	32%	30%	31%	31%
				b											
NET: Less			350	59	249	54	50	8	238	102	10	300	50	297	51
			35%	31%	37%	39%	40%	28%	34%	38%	41%	37%	28%	35%	39%
												b			
Base for stats			914	183	630	126	115	26	647	244	21	749	165	792	117
Mean Score			2.83	3.14	2.77	2.79	2.73	2.70	2.86	2.76	2.72	2.80	2.98	2.85	2.74
				b											
Standard Deviation			1.291	1.342	1.254	1.330	1.394	1.251	1.271	1.342	1.351	1.294	1.271	1.277	1.386
Standard Error			.042	.099	.050	.116	.129	.245	.050	.085	.288	.047	.098	.045	.123
Error variance			*	.01	*	.01	.02	.06	*	.01	.08	*	.01	*	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

	Number of days active										Life satisfaction score				Covid-19 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
1006	137	119	158	180	146	102	38	126	603	266	342	306	268	74	165	197	399	229
988	136	117	152	178	142	100	38	126	588	264	327	301	271	75	154	189	396	233
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
92	2	6	7	12	19	17	7	22	44	46	32	16	29	14	19	13	32	27
9%	1%	5%	5%	7%	13%	17%	18%	18%	7%	18%	10%	5%	11%	18%	12%	7%	8%	12%
				a	abcdi	abcdi	abcdi	abcdi	a	abcdi	b		b	ab				
218	6	9	30	52	34	35	12	40	125	87	58	67	71	18	38	49	76	53
22%	4%	7%	20%	29%	24%	35%	31%	32%	21%	33%	18%	22%	26%	24%	25%	26%	19%	23%
			ab	abci	ab	abci	ab	abci	ab	abci			a					
254	31	31	38	51	36	22	10	36	156	67	67	86	78	18	39	55	103	52
26%	23%	26%	25%	29%	26%	22%	25%	28%	27%	25%	21%	29%	29%	24%	26%	29%	26%	22%
												a	a					
146	15	21	37	36	14	12	4	8	108	23	54	42	41	9	22	27	68	28
15%	11%	18%	24%	20%	10%	12%	10%	6%	18%	9%	16%	14%	15%	12%	14%	14%	17%	12%
		ehj	aefghj	aehj					aehj									
204	56	36	30	21	30	10	4	17	117	32	84	73	37	8	29	33	86	53
21%	41%	31%	20%	12%	21%	11%	12%	13%	20%	12%	26%	24%	13%	10%	19%	17%	22%	23%
	cdefghij	cdghij	dfj		dfj				dfj		cd	cd						
23	2	5	6	4	4	1	1	-	19	2	10	7	3	3	3	5	11	4
2%	2%	5%	4%	2%	3%	1%	2%	-	3%	1%	3%	2%	1%	4%	2%	2%	3%	2%
		hj	hj						hj									
50	24	9	3	2	5	2	1	4	19	7	22	10	12	5	4	8	21	16
5%	17%	8%	2%	1%	3%	2%	3%	3%	3%	3%	7%	3%	4%	7%	2%	4%	5%	7%
	bdefghij	cdij									b						a	
310	7	15	37	64	53	52	19	62	169	133	90	83	100	32	57	62	108	80
31%	5%	13%	25%	36%	38%	53%	49%	49%	29%	50%	28%	28%	37%	42%	37%	33%	27%	34%
		a	ab	abc	abci	abcdei	abci	abcdi	ab	abcdei			ab	ab	c			
350	71	57	67	57	43	22	8	24	224	55	138	115	77	17	51	60	154	81
35%	52%	49%	44%	32%	30%	22%	21%	19%	38%	21%	42%	38%	28%	23%	33%	32%	39%	35%
	defghij	defghij	defghj	hj	hj				fghj		cd	cd						
914	110	103	143	172	133	96	36	122	550	255	295	285	256	66	148	177	364	213
2.83	1.92	2.29	2.63	2.99	2.99	3.38	3.36	3.35	2.77	3.37	2.66	2.69	3.06	3.31	2.97	2.90	2.73	2.87
		a	ab	abci	abc	abcdei	abci	abcdei	ab	abcdei			ab	ab	c			
1.291	1.067	1.198	1.181	1.135	1.354	1.229	1.257	1.248	1.241	1.237	1.357	1.240	1.212	1.273	1.313	1.210	1.271	1.371
.042	.102	.118	.097	.086	.116	.124	.209	.113	.052	.077	.077	.073	.076	.157	.105	.089	.066	.095
*	.01	.01	.01	.01	.01	.02	.04	.01	*	.01	.01	.01	.01	.02	.01	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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		1006	407	209	377	1006	-
Total		988	400	208	369	988	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	92	74	6	10	92	-
		9%	19% bc	3%	3%	9%	-
A bit more	(4.0)	218	143	34	39	218	-
		22%	36% bc	16%	11%	22%	-
About the same	(3.0)	254	84	104	66	254	-
		26%	21%	50% ac	18%	26%	-
A bit less	(2.0)	146	37	32	76	146	-
		15%	9%	15% a	21% a	15%	-
A lot less	(1.0)	204	42	17	144	204	-
		21%	10%	8%	39% ab	21%	-
Don't know		23	5	6	11	23	-
		2%	1%	3%	3%	2%	-
I have never done this		50	15	10	23	50	-
		5%	4%	5%	6%	5%	-
NET: More		310	217	40	49	310	-
		31%	54% bc	19%	13%	31%	-
NET: Less		350	79	49	220	350	-
		35%	20%	24%	60% ab	35%	-
Base for stats		914	380	193	335	914	-
Mean Score		2.83	3.45 bc	2.89 c	2.09	2.83	-
Standard Deviation		1.291	1.224	.897	1.165	1.291	-
Standard Error		.042	.062	.065	.063	.042	-
Error variance		*	*	*	*	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		1006	413	588	423	386	197	44	133	93	94	81	82	201	176	102
Total		988	408	575	396	386	206	42	127	81	91	82	94	200	169	102
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	81	33	46	44	28	9	4	15	3	5	5	6	24	11	7
		8%	8%	8%	11% bc	7%	4%	9%	12% c	4%	5%	6%	7%	12% c	7%	6%
A bit more	(4.0)	152	73	77	73	58	21	10	13	15	18	6	11	31	26	22
		15%	18% b	13%	18% c	15%	10%	24% be	10%	19% e	20% be	7%	12%	16%	15%	21% be
About the same	(3.0)	296	132	164	113	117	66	13	41	23	24	35	24	52	54	30
		30%	32%	29%	29%	30%	32%	32%	33%	29%	26%	42% dfg	26%	26%	32%	29%
A bit less	(2.0)	129	55	74	53	50	26	5	13	7	17	6	18	28	23	14
		13%	13%	13%	13%	13%	13%	12%	10%	8%	18% e	7%	19% ce	14%	13%	13%
A lot less	(1.0)	168	51	117	60	74	34	3	25	15	13	16	12	39	31	15
		17%	12%	20% a	15%	19%	17%	7%	20% a	18%	14%	20%	12%	20% a	18%	14%
Don't know		24	9	15	8	12	4	1	2	4	4	5	5	-	1	2
		2%	2%	3%	2%	3%	2%	2% g	1%	5% gh	4% gh	6% gh	5% gh	-	* g	2% g
I have never done this		138	56	82	45	46	46	6	18	13	11	9	18	26	24	13
		14%	14%	14%	11%	12%	23% ab	14%	14%	17%	12%	11%	19%	13%	14%	13%
NET: More		233	106	122	117	86	30	13	28	19	23	11	18	56	37	28
		24%	26%	21%	30% bc	22% c	15%	32% e	22%	23%	26%	14%	19%	28% e	22%	28% e
NET: Less		297	106	191	112	124	61	8	38	21	29	22	29	67	53	28
		30%	26%	33% a	28%	32%	29%	19%	30%	26%	32%	27%	31%	34%	32%	28%
Base for stats		827	344	478	343	327	156	35	107	63	76	68	71	175	144	86
Mean Score		2.82	2.95 b	2.71	2.97 bc	2.74	2.64	3.19 eh	2.82	2.78	2.81	2.68	2.76	2.85	2.75	2.91
Standard Deviation		1.230	1.160	1.263	1.258	1.230	1.136	1.082	1.312	1.212	1.172	1.169	1.177	1.333	1.203	1.184
Standard Error		.042	.062	.057	.066	.068	.093	.178	.124	.142	.133	.143	.148	.100	.098	.127
Error variance		*	*	*	*	*	.01	.03	.02	.02	.02	.02	.02	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		1006	91	309	303	127	105	71	703	303	823	39	72	42	6	11	170	
Total		988	91	316	291	122	100	69	697	291	808	38	71	42	5	10	168	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	81	18	29	15	8	5	6	62	19	57	7	8	7	1	-	22
			8%	20%	9%	5%	6%	5%	9%	9%	7%	7%	18%	11%	16%	16%	-	13%
				bcdegh	c					c			a		a			a
A bit more		(4.0)	152	15	62	39	17	10	10	116	36	121	3	20	5	-	1	30
			15%	17%	20%	13%	14%	10%	14%	17%	12%	15%	9%	29%	12%	-	12%	18%
					ceh									abd				
About the same		(3.0)	296	23	86	93	42	37	16	202	95	252	8	16	12	2	2	40
			30%	26%	27%	32%	34%	37%	23%	29%	32%	31%	20%	22%	28%	37%	24%	24%
A bit less		(2.0)	129	11	42	46	11	15	5	99	31	106	6	9	7	-	1	22
			13%	12%	13%	16%	9%	15%	7%	14%	10%	13%	15%	13%	16%	-	8%	13%
						f												
A lot less		(1.0)	168	12	57	47	16	20	16	116	51	137	6	14	5	-	3	28
			17%	13%	18%	16%	13%	20%	23%	17%	18%	17%	15%	19%	12%	-	33%	17%
Don't know			24	1	3	9	4	2	4	13	10	18	1	2	1	1	1	5
			2%	1%	1%	3%	3%	2%	7%	2%	3%	2%	3%	3%	3%	13%	7%	3%
						b			bg		b							
I have never done this			138	10	37	42	26	11	12	89	49	116	8	3	5	2	2	20
			14%	11%	12%	14%	21%	11%	17%	13%	17%	14%	20%	4%	13%	34%	16%	12%
						beg						c	c					
NET: More			233	33	91	54	24	15	16	178	55	178	10	28	12	1	1	52
			24%	37%	29%	18%	20%	15%	23%	26%	19%	22%	27%	39%	28%	16%	12%	31%
				cdegh	ceh					ceh		a		a				a
NET: Less			297	23	99	93	27	35	20	215	82	243	12	23	12	-	4	50
			30%	25%	31%	32%	22%	35%	29%	31%	28%	30%	30%	32%	28%	-	41%	30%
					d	d		d		d								
Base for stats			827	80	276	239	93	87	52	595	232	674	30	66	36	3	8	143
Mean Score			2.82	3.21	2.87	2.70	2.89	2.59	2.74	2.85	2.74	2.78	3.00	2.99	3.06	3.59	2.20	2.98
				bcegh														
Standard Deviation			1.230	1.349	1.272	1.142	1.151	1.125	1.391	1.241	1.202	1.202	1.448	1.329	1.307	1.131	1.227	1.339
Standard Error			.042	.151	.077	.072	.116	.117	.189	.051	.077	.046	.264	.162	.218	.653	.434	.112
Error variance			*	.02	.01	.01	.01	.01	.04	*	.01	*	.07	.03	.05	.43	.19	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254	
988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
81	37	15	23	39	3	14	37	7	4	2	5	6	1	1	17	
8%	7%	7%	11%	9%	2%	13% a	10% a	7%	13% a	5%	10% a	8% a	3%	5%	7% a	
152	69	42	30	71	24	21	66	7	5	6	5	13	4	2	44	
15%	13%	20% a	15%	17%	17% d	19% d	17% d	7%	16%	15%	10%	18% d	11%	8%	18% d	
296	157	67	57	125	37	27	126	37	10	13	11	18	10	6	64	
30%	30%	32%	28%	30%	26%	25%	33% gk	38% abgk	30%	31%	20%	26%	28%	26%	25%	
129	69	25	28	53	15	19	53	16	3	5	7	8	1	1	33	
13%	13%	12%	14%	13%	10%	17% i	14%	17%	8%	13%	14%	12%	4%	5%	13%	
168	100	28	35	63	29	14	60	17	5	3	15	11	8	6	43	
17%	19%	13%	17%	15%	20%	13%	16%	17%	15%	8%	28% bcf	16%	22%	23%	17%	
24	9	4	7	11	5	1	3	1	-	5	2	5	2	-	6	
2%	2%	2%	3%	3%	3% c	1%	1%	1%	- -	12% abcdek	4% c	8% bcdk	5% c	- -	2%	
138	85	27	23	50	31	12	35	13	6	6	8	8	10	8	43	
14%	16%	13%	12%	12%	22% bc	11%	9%	13%	17%	16%	15%	12%	27% bch	34%	17% c	
233	106	57	53	110	27	35	103	13	10	8	11	18	5	3	62	
24%	20%	27% a	26%	27% a	19%	32% adi	27% ad	14%	28%	20%	20%	26% d	14%	13%	25% d	
297	169	53	63	115	44	33	112	33	8	9	23	19	9	7	76	
30%	32%	25%	31%	28%	30%	30%	30%	34%	24%	21%	42% f	28%	25%	28%	30%	
827	432	177	173	350	108	94	342	84	28	30	44	56	24	17	202	
2.82	2.71	2.95 a	2.88	2.92 a	2.61	3.02 adg	2.91 ag	2.64	3.02	2.95	2.51	2.89	2.56	2.50	2.80	
1.230	1.227	1.165	1.292	1.228	1.185	1.278	1.215	1.135	1.308	1.079	1.395	1.256	1.255	1.318	1.243	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

Standard Error

Error variance

	Children aged 15 or under in the household				Current employment status										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	*j	k
1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254
988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
.042	.055	.095	.105	.071	.112	.131	.066	.125	.243	.197	.204	.156	.256	.340	.086
*	*	.01	.01	*	.01	.02	*	.02	.06	.04	.04	.02	.07	.12	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
1006	204	346	75	17	421	221	306	211	100	25	311	331	107	531	313	55	899
988	199	350	76	16	426	215	300	215	101	24	316	324	97	515	322	54	891
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
81	21	31	9	2	40	23	32	21	9	2	29	33	13	29	35	4	68
8%	10%	9%	12%	13%	9%	11%	11%	10%	9%	7%	9%	10%	13%	6%	11%	7%	8%
													be		b		
152	24	63	11	5	74	29	43	40	18	1	58	44	12	84	44	12	140
15%	12%	18%	14%	31%	17%	14%	14%	19%	17%	4%	18%	14%	12%	16%	14%	22%	16%
296	74	102	29	3	130	78	99	69	32	9	101	108	21	160	97	18	275
30%	37%	29%	38%	22%	31%	36%	33%	32%	32%	36%	32%	33%	22%	31%	30%	33%	31%
	b															a	
129	30	48	10	4	58	34	49	26	13	5	39	53	13	67	46	4	117
13%	15%	14%	14%	24%	14%	16%	16%	12%	13%	20%	12%	16%	13%	13%	14%	8%	13%
168	20	68	8	2	76	22	48	31	15	5	46	53	22	87	49	10	146
17%	10%	19%	10%	11%	18%	10%	16%	14%	15%	21%	14%	16%	22%	17%	15%	19%	16%
		af			af												
24	2	6	2	-	8	2	1	4	3	1	7	2	4	9	9	2	20
2%	1%	2%	3%	-	2%	1%	*	2%	3%	5%	2%	1%	4%	2%	3%	4%	2%
								a	a		a						
138	28	33	7	-	41	28	30	24	12	2	36	31	13	79	42	4	125
14%	14%	10%	10%	-	10%	13%	10%	11%	12%	8%	11%	10%	13%	15%	13%	7%	14%
233	45	93	20	7	113	52	75	61	26	3	87	77	25	113	79	16	209
24%	23%	27%	26%	43%	27%	24%	25%	28%	26%	11%	28%	24%	26%	22%	25%	29%	23%
297	50	116	18	5	134	55	96	57	28	10	85	106	34	154	94	14	263
30%	25%	33%	24%	35%	31%	26%	32%	27%	28%	40%	27%	33%	35%	30%	29%	27%	29%
		a															
827	169	311	67	16	377	185	270	187	86	21	273	291	80	428	271	48	746
2.82	2.98	2.81	3.05	3.11	2.85	2.99	2.86	2.96	2.91	2.51	2.95	2.83	2.77	2.77	2.89	2.90	2.82
1.230	1.137	1.262	1.160	1.253	1.247	1.144	1.225	1.213	1.204	1.164	1.208	1.222	1.417	1.180	1.250	1.241	1.210
.042	.086	.072	.143	.304	.065	.083	.074	.090	.130	.248	.074	.071	.150	.056	.077	.177	.044
*	.01	.01	.02	.09	*	.01	.01	.01	.02	.06	.01	.01	.02	*	.01	.03	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
									NET: Longstanding physical and mental condition or illness					
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		1006	190	689	149	130	30	698	280	26	821	185	857	141
Total		988	191	681	141	127	30	691	271	25	806	182	851	129
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more		(5.0)	81	39	16	14	2	51	28	3	67	14	72	8
		8%	15%	6%	12%	11%	6%	7%	10%	11%	8%	8%	8%	6%
			b											
A bit more		(4.0)	152	92	25	17	3	105	42	2	124	28	129	21
		15%	23%	13%	17%	13%	9%	15%	15%	10%	15%	15%	15%	16%
			b											
About the same		(3.0)	296	220	39	40	10	209	81	9	240	56	258	37
		30%	26%	32%	28%	32%	34%	30%	30%	36%	30%	31%	30%	29%
A bit less		(2.0)	129	84	18	15	7	86	39	1	109	20	113	16
		13%	16%	12%	12%	12%	24%	12%	14%	3%	14%	11%	13%	12%
A lot less		(1.0)	168	118	24	29	5	113	51	6	140	28	139	26
		17%	14%	17%	17%	22%	17%	16%	19%	23%	17%	15%	16%	20%
Don't know		24	2	17	4	2	1	17	6	-	16	7	17	6
		2%	1%	2%	3%	1%	3%	2%	2%	-	2%	4%	2%	5% a
I have never done this		138	9	114	15	11	2	110	23	4	109	28	123	15
		14%	5%	17% a	11%	9%	7%	16% be	9%	18%	14%	16%	14%	11%
NET: More		233	73	130	41	30	4	156	70	5	191	42	201	29
		24%	38% b	19%	29%	24%	15%	23%	26%	20%	24%	23%	24%	23%
NET: Less		297	57	201	42	44	12	199	90	6	249	48	253	42
		30%	30%	30%	30%	34%	41%	29%	33%	26%	31%	26%	30%	32%
Base for stats		827	180	551	122	114	27	564	241	20	680	146	712	108
Mean Score		2.82	3.10 b	2.73	2.93	2.75	2.58	2.81	2.82	2.78	2.81	2.87	2.83	2.71
Standard Deviation		1.230	1.290	1.176	1.299	1.308	1.117	1.212	1.276	1.348	1.235	1.212	1.226	1.241
Standard Error		.042	.096	.050	.114	.121	.215	.051	.081	.294	.047	.099	.046	.114
Error variance		*	.01	*	.01	.01	.05	*	.01	.09	*	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Number of days active										Life satisfaction score				Covid-19 related worries					
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d	
Unweighted Total		1006	137	119	158	180	146	102	38	126	603	266	342	306	268	74	165	197	399	229	
Total		988	136	117	152	178	142	100	38	126	588	264	327	301	271	75	154	189	396	233	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	81	4	5	12	14	7	12	6	23	38	40	17	17	30	15	18	17	22	23
			8%	3%	4%	8%	8%	5%	12%	15%	18%	6%	15%	5%	6%	11%	20%	12%	9%	5%	10%
									ab	abe	abcdei		abcdei			ab	ab	c			c
A bit more		(4.0)	152	4	14	27	16	30	26	5	30	87	61	41	45	53	11	16	36	58	39
			15%	3%	12%	18%	9%	21%	26%	13%	24%	15%	23%	12%	15%	19%	15%	11%	19%	15%	17%
					a	ad	a	ad	abdi	a	abdi	a	abdi			a			a		
About the same		(3.0)	296	29	32	42	67	43	33	11	40	184	84	93	92	91	16	55	53	110	73
			30%	21%	27%	28%	38%	30%	33%	27%	32%	31%	32%	28%	31%	33%	22%	35%	28%	28%	32%
						ac			a			a	a								
A bit less		(2.0)	129	14	19	26	26	21	13	3	8	92	24	42	41	35	11	22	21	54	32
			13%	10%	17%	17%	14%	15%	13%	8%	6%	16%	9%	13%	14%	13%	15%	14%	11%	14%	14%
					hj	hj	h	h				hj									
A lot less		(1.0)	168	47	27	25	22	23	6	6	12	97	24	72	63	25	7	24	32	71	39
			17%	35%	23%	16%	13%	17%	6%	17%	9%	16%	9%	22%	21%	9%	9%	16%	17%	18%	17%
				bcdefghij	dfhj	fj		fj		f		fhj		cd	cd						
Don't know			24	4	2	6	4	4	-	3	1	16	4	6	9	4	3	3	4	11	3
			2%	3%	2%	4%	2%	3%	-	7%	1%	3%	1%	2%	3%	1%	4%	2%	2%	3%	1%
						f				fhj											
I have never done this			138	35	18	14	28	14	11	5	12	74	28	58	33	33	11	16	26	70	24
			14%	26%	15%	9%	16%	10%	11%	14%	10%	13%	11%	18%	11%	12%	15%	10%	14%	18%	10%
				bcdefhij										b						ad	
NET: More			233	7	19	39	30	37	38	10	53	125	101	58	62	83	26	34	54	80	62
			24%	6%	16%	26%	17%	26%	38%	27%	42%	21%	38%	18%	21%	31%	35%	22%	28%	20%	26%
					a	a	a	ad	abcdei	a	abcdei	a	abcdei			ab	ab			c	
NET: Less			297	60	46	51	48	44	18	9	20	189	47	113	104	60	18	46	52	125	70
			30%	45%	39%	33%	27%	31%	18%	24%	16%	32%	18%	35%	35%	22%	24%	30%	28%	32%	30%
				cdefghij	dfhj	fhj	hj	fhj				fhj		c	c						
Base for stats			827	97	97	131	145	124	89	30	113	498	232	264	259	234	60	135	159	315	205
Mean Score			2.82	2.01	2.50	2.81	2.82	2.81	3.29	3.01	3.38	2.75	3.30	2.58	2.66	3.12	3.27	2.87	2.92	2.70	2.88
					a	a	ab	a	abcdei	a	abcdei	a	abcdei			ab	ab				
Standard Deviation			1.230	1.138	1.190	1.219	1.123	1.170	1.067	1.382	1.195	1.176	1.175	1.220	1.209	1.149	1.320	1.238	1.262	1.202	1.239
Standard Error			.042	.116	.120	.104	.092	.103	.112	.252	.112	.052	.077	.074	.074	.075	.170	.103	.098	.067	.087
Error variance			*	.01	.01	.01	.01	.01	.01	.06	.01	*	.01	.01	.01	.01	.03	.01	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
		a	b	c	a	*b
Significance Level: 95%						
Unweighted Total		1006	407	209	377	1006
Total		988	400	208	369	988
		100%	100%	100%	100%	-
A lot more	(5.0)	81	58	9	12	81
		8%	15%	5%	3%	8%
			bc			-
A bit more	(4.0)	152	95	27	27	152
		15%	24%	13%	7%	15%
			bc	c		-
About the same	(3.0)	296	122	92	82	296
		30%	31%	44%	22%	30%
			c	ac		-
A bit less	(2.0)	129	37	26	65	129
		13%	9%	13%	18%	13%
				a		-
A lot less	(1.0)	168	39	22	106	168
		17%	10%	11%	29%	17%
				ab		-
Don't know		24	5	6	12	24
		2%	1%	3%	3%	2%
				a		-
I have never done this		138	44	25	65	138
		14%	11%	12%	17%	14%
				a		-
NET: More		233	153	37	40	233
		24%	38%	18%	11%	24%
			bc	c		-
NET: Less		297	76	48	171	297
		30%	19%	23%	46%	30%
				ab		-
Base for stats		827	351	177	292	827
Mean Score		2.82	3.28	2.86	2.23	2.82
			bc	c		-
Standard Deviation		1.230	1.186	1.003	1.162	1.230
Standard Error		.042	.063	.075	.067	.042
Error variance		*	*	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		1006	413	588	423	386	197	44	133	93	94	81	82	201	176	102
Total		988	408	575	396	386	206	42	127	81	91	82	94	200	169	102
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	94	37	53	48	35	11	5	18	8	7	8	4	23	9	13
		10%	9%	9%	12% c	9%	5%	11%	14% fh	10%	7%	9%	5%	12% h	5%	13% h
A bit more	(4.0)	172	78	93	72	71	29	7	22	15	23	12	16	33	24	21
		17%	19%	16%	18%	18%	14%	17%	17%	19%	25% h	15%	17%	16%	14%	20%
About the same	(3.0)	237	126	110	94	79	64	12	28	20	21	19	28	39	45	25
		24%	31% b	19%	24%	21%	31% b	29%	22%	24%	24%	23%	29%	20%	27%	24%
A bit less	(2.0)	155	53	102	58	65	32	10	21	12	13	19	14	27	24	16
		16%	13%	18% a	15%	17%	15%	23%	16%	15%	14%	23% g	15%	13%	14%	16%
A lot less	(1.0)	270	90	180	102	111	58	7	30	18	22	20	25	68	57	22
		27%	22%	31% a	26%	29%	28%	17%	24%	23%	24%	25%	27%	34% abci	33% ai	22%
Don't know		23	10	13	6	13	3	-	3	3	3	2	2	3	6	3
		2%	2%	2%	2%	3%	1%	-	2%	3%	3%	2%	2%	1%	3%	3%
I have never done this		37	14	23	16	12	10	2	7	5	3	2	5	7	5	1
		4%	3%	4%	4%	3%	5%	4%	5%	7% i	3%	3%	5%	4%	3%	1%
NET: More		266	115	147	120	106	40	12	39	23	30	20	20	56	33	34
		27%	28%	26%	30% c	27% c	20%	28%	31% h	28%	33% h	24%	22%	28%	19%	34% h
NET: Less		425	143	282	160	176	89	17	51	30	34	39	39	95	81	39
		43%	35%	49% a	40%	46%	43%	40%	40%	37%	38%	47%	42%	47%	48%	38%
Base for stats		928	384	539	374	361	193	40	118	73	86	78	87	190	158	98
Mean Score		2.64	2.79	2.51	2.75	2.60	2.50	2.82	2.80	2.75	2.77	2.59	2.54	2.56	2.40	2.86
			b		c				h	h	h					h
Standard Deviation		1.340	1.273	1.364	1.377	1.354	1.225	1.250	1.403	1.326	1.309	1.297	1.232	1.432	1.264	1.358
Standard Error		.044	.065	.058	.069	.071	.090	.193	.126	.145	.139	.148	.141	.104	.098	.137
Error variance		*	*	*	*	.01	.01	.04	.02	.02	.02	.02	.02	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		1006	91	309	303	127	105	71	703	303	823	39	72	42	6	11	170
Total		988	91	316	291	122	100	69	697	291	808	38	71	42	5	10	168
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	94	10	35	21	12	8	8	66	28	73	7	8	3	-	1	19
		10%	11%	11%	7%	10%	8%	12%	9%	10%	9%	19% a	11%	6%	-	7%	11%
A bit more	(4.0)	172	21	54	52	25	15	6	127	46	127	7	23	9	2	4	45
		17%	23% f	17%	18%	20% f	15%	9%	18%	16%	16%	17%	33% a	22%	37%	36%	27% a
About the same	(3.0)	237	16	73	74	26	32	15	164	73	208	3	13	8	2	1	27
		24%	18%	23%	25%	21%	32% a	22%	23%	25%	26% bg	9%	19%	19%	31%	8%	16%
A bit less	(2.0)	155	10	57	49	18	12	8	116	39	131	5	11	6	-	-	22
		16%	11%	18%	17%	15%	12%	12%	17%	13%	16%	13%	15%	15%	-	-	13%
A lot less	(1.0)	270	28	87	78	31	25	21	193	77	227	11	14	11	-	4	40
		27%	31%	27%	27%	26%	25%	31%	28%	26%	28%	29%	20%	25%	-	40%	24%
Don't know		23	1	4	9	2	4	3	14	9	19	1	1	1	1	-	4
		2%	1%	1%	3%	1%	4%	4%	2%	3%	2%	2%	1%	3%	13%	-	2%
I have never done this		37	4	6	8	8	4	7	18	19	24	4	1	4	1	1	11
		4%	4%	2%	3%	7% bg	4%	10% bcg	3%	7% bcg	3%	11% ac	1%	10% ac	18%	9%	7% a
NET: More		266	31	89	73	37	23	14	193	74	200	14	31	12	2	4	63
		27%	34%	28%	25%	30%	23%	21%	28%	25%	25%	36%	44% a	28%	37%	43%	38% a
NET: Less		425	38	143	127	50	37	29	309	116	358	16	25	17	-	4	62
		43%	42%	45%	44%	41%	37%	43%	44%	40%	44%	42%	35%	40%	-	40%	37%
Base for stats		928	86	306	274	112	92	59	665	263	766	33	69	37	4	9	153
Mean Score		2.64	2.70	2.65	2.59	2.71	2.66	2.52	2.63	2.65	2.59	2.82	3.00 a	2.64	3.54	2.68	2.87 a
Standard Deviation		1.340	1.446	1.356	1.286	1.366	1.272	1.428	1.338	1.345	1.320	1.611	1.340	1.338	.583	1.625	1.405
Standard Error		.044	.156	.078	.076	.126	.130	.183	.052	.081	.047	.276	.160	.220	.292	.514	.113
Error variance		*	.02	.01	.01	.02	.02	.03	*	.01	*	.08	.03	.05	.09	.26	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254	
988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
94	41	23	22	45	14	15	31	8	4	4	2	12	3	1	29	
10%	8%	11%	11%	11%	10%	14%	8%	8%	11%	10%	3%	17%	10%	5%	12%	
						g						cg				
172	79	42	40	82	24	19	75	16	6	10	8	10	2	2	43	
17%	15%	20%	20%	20%	16%	18%	20%	17%	17%	24%	15%	14%	6%	9%	17%	
							i			i						
237	137	51	37	87	32	25	97	26	12	9	12	12	8	3	57	
24%	26%	24%	18%	21%	22%	23%	26%	27%	36%	22%	22%	18%	21%	12%	23%	
	c								h							
155	82	35	31	65	19	19	62	18	3	8	7	10	6	1	38	
16%	16%	17%	15%	16%	13%	18%	16%	19%	10%	20%	13%	15%	17%	4%	15%	
270	156	48	59	107	45	23	105	23	5	7	20	17	10	13	68	
27%	30%	23%	29%	26%	31%	22%	28%	24%	15%	18%	38%	25%	28%	53%	27%	
					e						bef					
23	13	4	2	7	4	3	4	1	2	2	2	4	1	1	6	
2%	2%	2%	1%	2%	3%	2%	1%	1%	5%	4%	4%	6%	3%	4%	2%	
												cd				
37	17	6	13	18	6	3	6	5	3	1	2	3	6	3	10	
4%	3%	3%	6%	4%	4%	3%	1%	5%	7%	2%	5%	4%	16%	12%	4%	
					c				c				abcdfhk			
266	121	65	63	127	38	34	106	24	9	14	10	22	5	4	72	
27%	23%	31%	31%	31%	26%	32%	28%	25%	27%	34%	18%	32%	15%	14%	29%	
		a	a	a												
425	238	82	89	172	64	43	167	42	8	16	28	28	16	14	106	
43%	45%	40%	44%	42%	44%	40%	44%	43%	24%	38%	51%	40%	45%	57%	42%	
					e		e				e				e	
928	496	198	189	386	133	102	370	93	30	39	50	62	29	21	235	
2.64	2.53	2.78	2.66	2.73	2.58	2.83	2.63	2.65	3.00	2.87	2.26	2.82	2.41	1.92	2.69	
		a		a		g			g	g		g			g	
1.340	1.304	1.334	1.412	1.372	1.386	1.367	1.309	1.275	1.229	1.291	1.259	1.492	1.357	1.357	1.381	
.044	.055	.102	.111	.075	.118	.136	.068	.134	.224	.207	.173	.175	.252	.311	.089	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Children aged 15 or under in the household				Current employment status										
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	*j	k
1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254
988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
*	*	.01	.01	.01	.01	.02	*	.02	.05	.04	.03	.03	.06	.10	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
1006	204	346	75	17	421	221	306	211	100	25	311	331	107	531	313	55	899
988	199	350	76	16	426	215	300	215	101	24	316	324	97	515	322	54	891
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
94	27	24	6	2	31	29	30	20	8	3	27	33	10	40	38	6	84
10%	14% be	7%	8%	12%	7%	13% be	10%	9%	8%	12%	9%	10%	10%	8%	12% b	11%	9%
172	42	60	17	6	77	48	51	49	18	4	67	55	18	83	58	13	154
17%	21%	17%	22%	35%	18%	22%	17%	23%	18%	18%	21%	17%	18%	16%	18%	25%	17%
237	65	79	18	3	97	67	82	50	32	4	82	86	18	134	68	17	219
24%	32% be	23%	24%	18%	23%	31% be	27%	23%	32%	18%	26%	27%	18%	26%	21%	32%	25%
155	28	64	12	4	76	32	53	40	12	4	52	57	14	87	50	4	141
16%	14%	18%	15%	25%	18%	15%	18%	18%	12%	17%	16%	18%	14%	17%	16%	7%	16%
270	28	114	18	1	131	29	79	48	25	7	72	86	32	141	86	11	238
27%	14%	32% af	23% f	5%	31% af	13%	26%	22%	24%	29%	23%	26%	33%	27%	27%	21%	27%
23	4	5	1	1	6	5	1	4	3	1	6	2	1	14	7	1	22
2%	2%	1%	1%	6%	1%	2%	*	2%	3% a	3%	2%	1%	1%	3%	2%	2%	2%
37	5	4	5	-	9	5	4	5	4	1	9	5	5	16	15	2	33
4%	3%	1%	6% be	-	2%	2%	1%	2%	4%	4%	3%	2%	5%	3%	5%	3%	4%
266	69	85	23	7	107	76	81	69	25	7	94	88	28	123	96	19	239
27%	35% be	24%	30%	47%	25%	36% be	27%	32%	25%	30%	30%	27%	28%	24%	30%	36%	27%
425	56	178	29	5	207	61	132	87	37	11	124	143	46	228	136	15	378
43%	28%	51% af	38%	30%	49% af	28%	44%	41%	36%	46%	39%	44%	48% d	44% d	42% d	27%	42% d
928	190	341	70	15	412	205	295	207	94	22	301	318	92	485	300	51	836
2.64	3.07 be	2.47	2.75	3.25	2.51	3.08 be	2.66	2.78	2.70	2.65	2.75	2.66	2.55	2.58	2.71	2.99 b	2.65
1.340	1.237	1.304	1.310	1.176	1.308	1.231	1.313	1.299	1.272	1.449	1.289	1.320	1.414	1.291	1.392	1.306	1.332
.044	.089	.071	.158	.294	.065	.085	.076	.091	.132	.302	.075	.073	.141	.058	.082	.181	.046
*	.01	.01	.02	.09	*	.01	.01	.01	.02	.09	.01	.01	.02	*	.01	.03	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
									NET: Longstanding physical and mental condition or illness						
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No	
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total		1006	190	689	149	130	30	698	280	26	821	185	857	141	
Total		988	191	681	141	127	30	691	271	25	806	182	851	129	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	94	28	55	14	13	4	60	30	-	84	10	85	8
			10%	14% b	8%	10%	10%	14%	9%	11%	-	10% b	6%	10%	6%
A bit more		(4.0)	172	53	98	35	16	4	117	54	2	145	27	149	23
			17%	27% b	14%	25% bd	13%	15%	17%	20%	8%	18%	15%	17%	18%
About the same		(3.0)	237	37	178	23	34	6	172	56	8	180	56	209	27
			24%	19%	26%	16%	27% a	21%	25% a	21%	31%	22%	31% a	25%	21%
A bit less		(2.0)	155	29	110	25	12	5	112	39	3	127	28	133	21
			16%	15%	16%	18% b	9%	18%	16% b	14%	13%	16%	15%	16%	17%
A lot less		(1.0)	270	35	199	33	42	6	193	71	8	226	44	226	43
			27%	18%	29% a	23%	33%	20%	28%	26%	34%	28%	24%	26%	33%
Don't know			23	3	18	5	4	3	13	10	2	20	3	19	2
			2%	2%	3%	3%	3%	9% d	2%	4%	7%	2%	2%	2%	1%
I have never done this			37	7	24	7	5	1	24	11	2	24	13	30	6
			4%	4%	3%	5%	4%	3%	3%	4%	7%	3%	7% a	4%	5%
NET: More			266	80	153	49	30	9	177	85	2	229	38	234	31
			27%	42% b	22%	35% bd	23%	29%	26%	31%	8%	28% b	21%	27%	24%
NET: Less			425	63	309	58	54	11	305	110	12	353	71	359	64
			43%	33%	45% a	41%	42%	38%	44%	41%	48%	44%	39%	42%	50%
Base for stats			928	181	640	130	118	26	654	250	21	763	165	802	121
Mean Score			2.64	3.05 b	2.53	2.79	2.55	2.84	2.60	2.74	2.14	2.65	2.59	2.67	2.44
Standard Deviation			1.340	1.354	1.301	1.371	1.387	1.413	1.318	1.391	1.074	1.365	1.218	1.340	1.313

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

Standard Error

Error variance

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
								NET: Longstanding physical and mental condition or illness				
Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
	a	b	a	b	c	d	e	*f	a	b	a	b
1006	190	689	149	130	30	698	280	26	821	185	857	141
988	191	681	141	127	30	691	271	25	806	182	851	129
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
.044	.101	.051	.118	.127	.277	.051	.087	.229	.049	.094	.047	.114
*	.01	*	.01	.02	.08	*	.01	.05	*	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Number of days active										Life satisfaction score				Covid-19 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
1006	137	119	158	180	146	102	38	126	603	266	342	306	268	74	165	197	399	229
988	136	117	152	178	142	100	38	126	588	264	327	301	271	75	154	189	396	233
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
94	6	4	12	13	16	13	7	24	45	43	27	20	35	10	17	18	32	27
10%	4%	3%	8%	7%	11%	13%	18%	19%	8%	16%	8%	7%	13%	14%	11%	9%	8%	11%
					ab	ab	abdi	abcdi		abcdi			b	b				
172	6	20	25	30	32	27	7	25	107	59	47	52	52	18	31	35	61	42
17%	5%	17%	17%	17%	23%	28%	17%	20%	18%	22%	15%	17%	19%	24%	20%	18%	15%	18%
		a	a	a	a	acdi	a	a	a	a			a	a				
237	28	27	36	51	33	29	8	25	147	62	64	84	73	14	32	47	98	56
24%	21%	23%	24%	29%	23%	29%	21%	20%	25%	23%	20%	28%	27%	19%	21%	25%	25%	24%
												a	a					
155	15	21	29	34	27	9	6	13	111	28	55	46	43	9	28	35	67	22
16%	11%	18%	19%	19%	19%	10%	15%	10%	19%	11%	17%	15%	16%	12%	18%	19%	17%	9%
			fhj	afhj	fhj				afhj						d	d	d	
270	61	38	44	41	31	17	8	30	154	56	108	89	59	13	38	44	118	69
27%	45%	32%	29%	23%	22%	17%	22%	24%	26%	21%	33%	30%	22%	17%	24%	23%	30%	30%
	bcdefghij	efj	f								cd	cd						
23	4	3	2	5	2	2	2	3	12	7	10	7	4	2	5	7	4	6
2%	3%	2%	1%	3%	2%	2%	5%	2%	2%	3%	3%	2%	1%	3%	3%	4%	1%	2%
																c		
37	15	5	4	4	1	2	1	6	13	9	16	4	6	8	4	3	16	11
4%	11%	4%	2%	2%	1%	2%	2%	5%	2%	3%	5%	1%	2%	11%	3%	2%	4%	5%
	bcdefij							e			b			bc				
266	12	24	37	43	48	40	13	49	151	103	75	71	87	28	48	53	93	69
27%	9%	20%	25%	24%	34%	40%	35%	39%	26%	39%	23%	24%	32%	38%	31%	28%	24%	30%
		a	a	a	ab	abcdi	a	abcdi	a	abcdi			ab	ab				
425	76	59	73	75	58	27	14	43	265	84	162	135	102	22	66	79	185	91
43%	56%	50%	48%	42%	41%	27%	37%	34%	45%	32%	50%	45%	38%	29%	43%	42%	47%	39%
	defghij	fhj	fhj	fj	f				fhj		cd	d						
928	116	110	146	169	138	96	36	117	563	248	301	290	261	64	146	179	376	216
2.64	1.98	2.37	2.54	2.64	2.82	3.10	2.94	3.00	2.61	3.03	2.44	2.54	2.85	3.06	2.73	2.71	2.53	2.70
		a	a	a	ab	abcdi	ab	abcdi	a	abcdi			ab	ab				
1.340	1.204	1.231	1.309	1.237	1.321	1.281	1.451	1.480	1.281	1.398	1.352	1.278	1.336	1.373	1.356	1.299	1.310	1.410
.044	.111	.117	.106	.095	.111	.129	.245	.136	.053	.088	.076	.074	.083	.173	.109	.095	.067	.097
*	.01	.01	.01	.01	.01	.02	.06	.02	*	.01	.01	.01	.01	.03	.01	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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		1006	407	209	377	1006	-	
Total		988	400	208	369	988	-	
		100%	100%	100%	100%	100%	-	
A lot more		(5.0)	94	67	15	11	94	-
			10%	17%	7%	3%	10%	-
				bc	c			
A bit more		(4.0)	172	103	35	30	172	-
			17%	26%	17%	8%	17%	-
				bc	c			
About the same		(3.0)	237	97	72	67	237	-
			24%	24%	35%	18%	24%	-
				c	ac			
A bit less		(2.0)	155	48	41	66	155	-
			16%	12%	20%	18%	16%	-
					a	a		
A lot less		(1.0)	270	69	32	170	270	-
			27%	17%	15%	46%	27%	-
					ab			
Don't know			23	7	4	11	23	-
			2%	2%	2%	3%	2%	-
I have never done this			37	9	10	15	37	-
			4%	2%	5%	4%	4%	-
NET: More			266	171	49	40	266	-
			27%	43%	24%	11%	27%	-
				bc	c			
NET: Less			425	116	73	236	425	-
			43%	29%	35%	64%	43%	-
					ab			
Base for stats			928	384	194	343	928	-
Mean Score			2.64	3.14	2.79	1.97	2.64	-
				bc	c			
Standard Deviation			1.340	1.340	1.146	1.148	1.340	-
Standard Error			.044	.068	.082	.061	.044	-
Error variance			*	*	.01	*	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		1006	413	588	423	386	197	44	133	93	94	81	82	201	176	102	
Total		988	408	575	396	386	206	42	127	81	91	82	94	200	169	102	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	130	49	80	66	46	18	7	22	14	16	10	10	20	20	12
			13%	12%	14%	17% bc	12%	9%	16%	17%	17%	17%	12%	10%	10%	12%	12%
A bit more		(4.0)	198	84	112	82	79	38	11	20	13	17	16	15	40	36	30
			20%	21%	20%	21%	20%	18%	27%	16%	17%	19%	19%	16%	20%	21%	29% bcf
About the same		(3.0)	324	151	171	123	113	88	12	47	28	30	26	39	53	56	33
			33%	37% b	30%	31%	29%	43% ab	29%	37% g	35%	33%	32%	42% g	26%	33%	32%
A bit less		(2.0)	131	52	79	48	67	16	1	14	7	14	14	13	38	16	14
			13%	13%	14%	12%	17% ac	8%	3%	11%	9%	16% a	17% a	14% a	19% abch	10%	13% a
A lot less		(1.0)	154	53	102	56	65	34	10	21	12	10	12	12	39	30	10
			16%	13%	18% a	14%	17%	16%	23% di	16%	15%	11%	14%	12%	20% i	18%	9%
Don't know			19	9	10	9	6	4	-	3	1	3	1	1	4	3	3
			2%	2%	2%	2%	2%	2%	-	2%	1%	3%	1%	1%	2%	2%	3%
I have never done this			31	10	20	13	9	9	1	2	5	2	4	3	6	7	1
			3%	2%	4%	3%	2%	4%	2%	1%	6% bi	2%	5%	3%	3%	4%	1%
NET: More			328	133	192	148	124	56	18	42	27	33	25	25	60	57	41
			33%	33%	33%	37% c	32%	27%	43%	33%	34%	36%	31%	27%	30%	34%	41%
NET: Less			286	105	181	104	133	49	11	34	20	24	25	25	78	46	23
			29%	26%	31% a	26%	34% ac	24%	26%	27%	24%	26%	31%	27%	39% bcdhi	27%	23%
Base for stats			938	389	544	375	371	193	41	123	75	86	77	89	190	159	97
Mean Score			3.02	3.06	2.98	3.15 b	2.93	2.95	3.10	3.07	3.12	3.17 g	2.98	2.98	2.81	3.00	3.21 g
Standard Deviation			1.251	1.181	1.301	1.277	1.261	1.163	1.397	1.288	1.291	1.237	1.229	1.137	1.280	1.267	1.136
Standard Error			.041	.060	.055	.064	.066	.086	.213	.114	.139	.131	.141	.129	.093	.098	.115
Error variance			*	*	*	*	*	.01	.05	.01	.02	.02	.02	.02	.01	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		1006	91	309	303	127	105	71	703	303	823	39	72	42	6	11	170
Total		988	91	316	291	122	100	69	697	291	808	38	71	42	5	10	168
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	130	17	43	33	17	11	9	93	37	105	6	11	6	-	-	23
		13%	18%	14%	11%	14%	11%	14%	13%	13%	13%	15%	16%	14%	-	-	14%
A bit more	(4.0)	198	20	69	54	32	16	7	144	55	167	6	15	7	1	1	30
		20%	22% f	22% f	19% f	26% f	16% f	10% f	21% f	19% f	21% f	15% f	21% f	17% f	16% f	12% f	18% f
About the same	(3.0)	324	24	104	110	33	35	18	238	86	271	10	20	10	3	5	49
		33%	26% adh	33% adh	38% adh	27% adh	35% adh	27% adh	34% adh	30% adh	33% adh	27% adh	29% adh	24% adh	53% adh	48% adh	29% adh
A bit less	(2.0)	131	15	45	40	19	11	2	100	32	104	5	11	9	-	1	26
		13%	17% f	14% f	14% f	16% f	11% f	2% f	14% f	11% f	13% f	14% f	16% f	20% f	- f	7% f	16% f
A lot less	(1.0)	154	10	47	43	16	18	21	100	54	131	8	9	5	-	1	22
		16%	12% abcdgh	15% abcdgh	15% abcdgh	13% abcdgh	18% abcdgh	30% abcdgh	14% abcdgh	19% abcdgh	16% abcdgh	20% abcdgh	12% abcdgh	12% abcdgh	- abcdgh	9% abcdgh	13% abcdgh
Don't know		19	3	2	3	1	3	7	8	11	12	1	4	1	1	-	7
		2%	4% b	1% b	1% b	1% b	3% b	10% bcdegh	1% b	4% bcg	1% b	2% b	6% a	3% b	13% a	- a	4% a
I have never done this		31	1	6	8	4	7	5	15	16	20	2	-	4	1	3	10
		3%	1% abg	2% abg	3% abg	4% abg	7% abg	7% abg	2% bg	6% bg	2% bg	5% c	- c	10% ac	18% ac	24% ac	6% ac
NET: More		328	37	112	88	49	27	16	236	92	272	12	27	13	1	1	54
		33%	41% ef	35% ef	30% ef	40% cef	27% cef	24% cef	34% cef	32% cef	34% cef	30% cef	37% cef	31% cef	16% cef	12% cef	32% cef
NET: Less		286	26	92	82	35	29	22	200	86	234	13	20	14	-	2	48
		29%	28% f	29% f	28% f	29% f	29% f	32% f	29% f	29% f	29% f	35% f	28% f	32% f	- f	16% f	29% f
Base for stats		938	86	308	280	117	91	57	674	264	776	35	67	37	4	8	151
Mean Score		3.02	3.20 f	3.05 f	2.98 f	3.13 f	2.91 f	2.70 f	3.04 f	2.96 f	3.02 f	2.90 f	3.14 f	3.02 f	3.23 f	2.84 f	3.04 f
Standard Deviation		1.251	1.283	1.241	1.195	1.245	1.258	1.487	1.228	1.311	1.250	1.384	1.263	1.286	.493	.881	1.261
Standard Error		.041	.138	.072	.070	.113	.129	.194	.047	.079	.044	.231	.154	.211	.247	.311	.102
Error variance		*	.02	.01	*	.01	.02	.04	*	.01	*	.05	.02	.04	.06	.10	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254
Total		988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more		(5.0) 130 13%	62 12%	31 15%	32 16%	63 15%	15 11%	18 17%	53 14%	10 10%	5 13%	5 12%	8 16%	9 12%	5 14%	2 9%	34 13%
A bit more		(4.0) 198 20%	96 18%	51 25%	38 19%	89 22%	34 23% i	25 23%	75 20%	21 21%	10 29% i	8 20%	9 16%	13 19%	3 8%	1 5%	59 23% i
About the same		(3.0) 324 33%	190 36% d	62 30%	60 30%	122 30%	42 29%	21 19%	141 37% bk	36 37% bk	9 26%	19 45% bk	16 29%	24 35% b	9 26%	6 25%	63 25%
A bit less		(2.0) 131 13%	63 12%	33 16%	28 14%	61 15%	19 13%	16 15%	55 15%	12 12%	3 9%	2 6%	6 10%	12 17%	4 11%	1 5%	36 14%
A lot less		(1.0) 154 16%	86 16%	24 11%	37 18%	61 15%	28 19% c	22 20% ch	46 12%	17 17%	5 16%	5 13%	11 21%	6 9%	7 19%	7 27%	49 20% ch
Don't know		19 2%	9 2%	2 1%	4 2%	6 1%	1 1%	3 3% c	2 1%	- -	1 4% c	1 2%	3 5% acd	4 6% acd	1 3%	3 13%	4 1%
I have never done this		31 3%	20 4%	5 2%	4 2%	9 2%	5 3%	2 2%	7 2%	2 2%	1 3%	1 2%	2 3%	1 1% abcde	6 17% fghk	4 16%	7 3%
NET: More		328 33%	158 30%	82 40% a	70 35%	153 37% a	49 34%	44 40%	127 34%	30 31%	15 42%	13 32%	17 31%	22 32%	8 23%	3 14%	93 37%
NET: Less		286 29%	149 28%	57 27%	65 32%	122 30%	47 33%	38 36%	102 27%	29 30%	8 25%	8 19%	17 31%	18 26%	11 30%	8 32%	85 34%
Base for stats		938	497	201	195	397	138	103	370	96	32	40	50	64	28	18	241
Mean Score		3.02	2.97	3.16	3.00	3.08	2.93	3.02	3.09	2.94	3.16	3.13	2.94	3.09	2.86	2.50	2.97
Standard Deviation		1.251	1.231	1.220	1.330	1.276	1.279	1.408	1.190	1.212	1.296	1.159	1.380	1.159	1.402	1.431	1.334
Standard Error		.041	.052	.093	.102	.069	.108	.139	.062	.125	.226	.183	.190	.134	.265	.358	.086
Error variance		*	*	.01	.01	*	.01	.02	*	.02	.05	.03	.04	.02	.07	.13	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%	Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	1006	204	346	75	17	421	221	306	211	100	25	311	331	107	531	313	55	899
Total	988	199	350	76	16	426	215	300	215	101	24	316	324	97	515	322	54	891
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	130	29	46	8	6	54	37	34	14	3	48	40	12	59	49	10	118
	13%	14%	13%	11%	36%	13%	16%	12%	16%	14%	11%	15%	12%	12%	11%	15%	18%	13%
A bit more	(4.0)	198	48	65	16	5	80	63	48	17	7	65	70	13	112	63	10	185
	20%	24%	18%	21%	35%	19%	25%	21%	23%	16%	28%	21%	22%	14%	22%	19%	19%	21%
About the same	(3.0)	324	60	129	26	4	156	118	58	39	6	97	124	35	164	108	17	289
	33%	30%	37%	35%	24%	37%	30%	39% be	27%	39% b	23%	31%	38% b	36%	32%	34%	31%	32%
A bit less	(2.0)	131	23	54	10	-	64	38	37	11	1	48	39	11	73	41	6	120
	13%	12%	16%	13%	-	15%	11%	13%	17%	11%	4%	15%	12%	11%	14%	13%	12%	14%
A lot less	(1.0)	154	32	46	13	1	59	41	28	15	6	43	47	19	81	45	9	135
	16%	16%	13%	18%	5%	14%	15%	14%	13%	15%	27%	14%	15%	20%	16%	14%	17%	15%
Don't know		19	3	3	1	-	4	-	4	2	-	6	-	2	10	6	2	17
	2%	1%	1%	2%	-	1%	1%	-	2% af	2% af	-	2% af	-	2%	2%	2%	3%	2%
I have never done this		31	5	7	1	-	8	2	6	3	2	9	4	5	16	10	-	25
	3%	2%	2%	2%	-	2%	2%	1%	3%	3%	7%	3%	1%	5%	3%	3%	-	3%
NET: More		328	76	110	24	11	134	100	82	30	10	113	110	25	171	112	20	303
	33%	38%	31%	32%	71%	31%	41% be	33%	38%	30%	40%	36%	34%	26%	33%	35%	37%	34%
NET: Less		286	55	100	23	1	123	79	65	26	7	91	87	30	154	86	16	256
	29%	28%	29%	31%	5%	29%	26%	26%	30%	26%	30%	29%	27%	31%	30%	27%	29%	29%
Base for stats	938	192	340	74	16	413	207	298	206	95	22	301	320	90	489	307	53	848
Mean Score	3.02	3.09	3.03	2.94	3.96	3.01	3.16	3.06	3.11	3.03	2.94	3.08	3.05	2.86	2.99	3.10	3.08	3.04
Standard Deviation	1.251	1.279	1.196	1.246	1.076	1.204	1.284	1.179	1.273	1.228	1.438	1.257	1.197	1.287	1.235	1.252	1.338	1.247
Standard Error	.041	.091	.065	.146	.261	.060	.088	.068	.090	.126	.300	.073	.066	.129	.055	.073	.184	.043
Error variance	*	.01	*	.02	.07	*	.01	*	.01	.02	.09	.01	*	.02	*	.01	.03	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			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		1006	190	689	149	130	30	698	280	26	821	185	857	141	
Total		988	191	681	141	127	30	691	271	25	806	182	851	129	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	130	35	83	25	15	4	90	41	2	112	18	113	17
			13%	18% b	12%	18%	12%	13%	13%	15%	9%	14%	10%	13%	13%
A bit more		(4.0)	198	47	133	26	27	5	138	53	4	160	39	176	23
			20%	25%	20%	18%	21%	16%	20%	20%	17%	20%	21%	21%	18%
About the same		(3.0)	324	45	237	35	37	8	241	73	7	251	73	283	38
			33%	24%	35% a	24%	29%	28%	35% ae	27%	28%	31%	40% a	33%	29%
A bit less		(2.0)	131	32	86	22	12	2	95	35	2	118	13	116	15
			13%	17%	13%	16%	10%	6%	14%	13%	7%	15% b	7%	14%	12%
A lot less		(1.0)	154	24	109	25	25	9	97	51	7	131	23	126	27
			16%	12%	16%	17%	20%	32% d	14%	19%	29%	16%	13%	15%	21%
Don't know			19	4	12	2	4	1	12	6	1	11	7	13	6
			2%	2%	2%	2%	3%	3%	2%	2%	3%	1%	4% a	1%	4% a
I have never done this			31	4	21	7	6	1	18	11	2	23	8	26	4
			3%	2%	3%	5%	5%	3%	3%	4%	7%	3%	4%	3%	3%
NET: More			328	82	216	51	42	8	227	94	7	272	57	288	40
			33%	43% b	32%	36%	33%	29%	33%	35%	26%	34%	31%	34%	31%
NET: Less			286	56	195	47	38	11	193	86	9	250	36	241	42
			29%	29%	29%	33%	30%	37%	28%	32%	36%	31% b	20%	28%	33%
Base for stats			938	183	648	132	117	28	661	253	22	772	166	813	120
Mean Score			3.02	3.20 b	2.99	3.03	2.94	2.71	3.04	2.99	2.68	3.00	3.09	3.04	2.90
Standard Deviation			1.251	1.299	1.235	1.369	1.317	1.454	1.218	1.344	1.398	1.274	1.142	1.237	1.343
Standard Error			.041	.096	.048	.116	.121	.275	.047	.083	.292	.045	.088	.043	.117
Error variance			*	.01	*	.01	.01	.08	*	.01	.09	*	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

	Number of days active										Life satisfaction score				Covid-19 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
1006	137	119	158	180	146	102	38	126	603	266	342	306	268	74	165	197	399	229
988	136	117	152	178	142	100	38	126	588	264	327	301	271	75	154	189	396	233
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
130	4	9	11	19	27	21	5	34	66	60	40	34	38	18	19	34	44	30
13%	3%	7%	7%	11%	19%	21%	13%	27%	11%	23%	12%	11%	14%	24%	12%	18%	11%	13%
				a	abcdi	abcdi	a	abcdi	a	abcdi				abc		c		
198	5	16	35	45	33	20	14	31	128	65	56	60	61	20	38	37	69	53
20%	3%	13%	23%	25%	23%	20%	38%	25%	22%	25%	17%	20%	22%	27%	25%	20%	17%	23%
		a	ab	ab	ab	a	abfi	ab	ab	ab					c			
324	38	41	51	59	47	39	12	37	198	88	91	108	102	18	54	58	145	61
33%	28%	35%	34%	33%	33%	39%	32%	29%	34%	33%	28%	36%	38%	24%	35%	30%	37%	26%
												a	ad				d	
131	21	23	25	27	15	10	3	8	89	21	44	46	35	5	14	33	52	31
13%	16%	20%	16%	15%	10%	10%	8%	6%	15%	8%	13%	15%	13%	7%	9%	17%	13%	14%
	hj	efhj	hj	hj					hj			d				a		
154	47	23	27	21	17	7	2	11	87	21	77	42	27	7	20	23	68	42
16%	34%	19%	18%	12%	12%	7%	5%	9%	15%	8%	23%	14%	10%	10%	13%	12%	17%	18%
	bcdefghij	fgij	fhj						fj		bcd							
19	5	2	2	5	2	1	1	2	10	4	8	5	3	3	4	2	8	2
2%	3%	2%	1%	3%	1%	1%	2%	2%	2%	1%	2%	2%	1%	4%	3%	1%	2%	1%
31	17	3	2	3	1	2	1	2	9	5	13	7	6	4	4	3	11	13
3%	12%	3%	1%	1%	1%	2%	2%	2%	1%	2%	4%	2%	2%	6%	2%	1%	3%	5%
	bcdefhij																	b
328	9	24	46	64	60	41	20	65	194	126	96	93	98	38	58	72	113	83
33%	7%	21%	30%	36%	43%	41%	51%	52%	33%	48%	29%	31%	36%	50%	37%	38%	28%	36%
		a	a	ab	abci	ab	abci	abcdi	ab	abcdi				abc	c	c		
286	68	46	52	48	31	17	5	19	176	42	121	88	62	12	35	55	120	74
29%	50%	39%	34%	27%	22%	17%	13%	15%	30%	16%	37%	29%	23%	16%	22%	29%	30%	32%
	cdefghij	defghj	efghj	hj					fghj		bcd	d						a
938	114	111	148	170	139	97	37	122	569	255	307	289	262	67	146	185	377	218
3.02	2.11	2.68	2.85	3.08	3.29	3.39	3.48	3.56	2.99	3.48	2.80	2.99	3.18	3.53	3.15	3.15	2.92	2.99
		a	a	ab	abci	abcdi	abci	abcdi	ab	abcdi			a	abc	c	c		
1.251	1.109	1.174	1.189	1.163	1.242	1.160	1.024	1.226	1.208	1.172	1.345	1.188	1.154	1.257	1.191	1.263	1.226	1.313
.041	.103	.110	.096	.089	.104	.117	.171	.111	.050	.073	.075	.069	.072	.154	.095	.091	.063	.090
*	.01	.01	.01	.01	.01	.01	.03	.01	*	.01	.01	*	.01	.02	.01	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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		1006	407	209	377	1006	-	
Total		988	400	208	369	988	-	
		100%	100%	100%	100%	100%	-	
A lot more		(5.0)	130	104	11	13	130	-
			13%	26%	5%	3%	13%	-
				bc				
A bit more		(4.0)	198	122	33	43	198	-
			20%	30%	16%	12%	20%	-
				bc				
About the same		(3.0)	324	102	111	108	324	-
			33%	26%	54%	29%	33%	-
					ac			
A bit less		(2.0)	131	28	21	82	131	-
			13%	7%	10%	22%	13%	-
						ab		
A lot less		(1.0)	154	32	19	103	154	-
			16%	8%	9%	28%	16%	-
						ab		
Don't know			19	5	5	8	19	-
			2%	1%	2%	2%	2%	-
I have never done this			31	7	8	13	31	-
			3%	2%	4%	3%	3%	-
NET: More			328	226	44	56	328	-
			33%	56%	21%	15%	33%	-
				bc				
NET: Less			286	60	40	185	286	-
			29%	15%	19%	50%	29%	-
						ab		
Base for stats			938	388	195	349	938	-
Mean Score			3.02	3.61	2.98	2.37	3.02	-
				bc	c			
Standard Deviation			1.251	1.190	.949	1.138	1.251	-
Standard Error			.041	.060	.068	.060	.041	-
Error variance			*	*	*	*	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		1006	413	588	423	386	197	44	133	93	94	81	82	201	176	102
Total		988	408	575	396	386	206	42	127	81	91	82	94	200	169	102
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	87 9%	38 9%	48 8%	47 12% bc	30 8%	10 5%	6 14% e	15 12% e	5 6%	4 5%	3 3%	6 7%	27 14% deh	12 7%	9 8%
A bit more	(4.0)	156 16%	67 17%	85 15%	69 17% c	64 17%	22 11%	7 16%	18 14%	9 11%	21 23% c	17 20%	12 12%	29 15%	23 13%	21 21%
About the same	(3.0)	210 21%	101 25% b	109 19%	90 23%	74 19%	47 23%	10 25%	23 18%	22 27%	25 27%	17 21%	16 17%	39 20%	40 24%	18 18%
A bit less	(2.0)	107 11%	41 10%	66 11%	51 13%	37 10%	19 9%	7 16% e	13 10%	12 15% e	8 9%	4 5%	11 12%	26 13%	15 9%	10 10%
A lot less	(1.0)	223 23%	90 22%	133 23%	75 19%	91 24%	57 28% a	5 12%	26 20%	19 23% d	11 12%	26 31% ad	22 23% d	52 26% d	43 25% d	21 20%
Don't know		34 3%	13 3%	20 3%	16 4%	10 3%	9 4%	1 2%	3 3%	1 1%	4 4%	4 5%	3 4%	7 3%	8 5%	3 3%
I have never done this		172 17%	58 14%	113 20% a	48 12%	81 21% a	43 21% a	6 14%	30 23% g	14 17%	18 20% g	12 14%	24 25% g	20 10%	28 17%	20 19% g
NET: More		243 25%	105 26%	133 23%	116 29% c	94 24% c	32 16%	13 30%	33 26%	14 17%	25 28%	19 24%	18 19%	56 28% c	35 21%	30 29% c
NET: Less		330 33%	131 32%	199 35%	126 32%	128 33%	76 37%	12 29%	39 30%	31 38% d	19 21%	30 36% d	33 35% d	78 39% d	58 34% d	31 30%
Base for stats		782	337	441	332	295	155	35	94	66	69	66	66	173	133	79
Mean Score		2.71	2.77	2.66	2.88 c	2.68	2.42	3.04 ce	2.82	2.53	2.99 cefh	2.50	2.54	2.74	2.60	2.83
Standard Deviation		1.357	1.337	1.370	1.351	1.372	1.291	1.309	1.427	1.246	1.153	1.343	1.362	1.442	1.335	1.369
Standard Error		.048	.072	.064	.072	.080	.106	.218	.143	.143	.136	.165	.177	.110	.113	.153
Error variance		*	.01	*	.01	.01	.01	.05	.02	.02	.02	.03	.03	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		1006	91	309	303	127	105	71	703	303	823	39	72	42	6	11	170
Total		988	91	316	291	122	100	69	697	291	808	38	71	42	5	10	168
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	87	10	26	20	12	8	11	56	31	66	2	8	7	-	2	20
		9%	11%	8%	7%	10%	8%	15%	8%	11%	8%	5%	12%	17%	-	24%	12%
								cg						a			
A bit more	(4.0)	156	19	42	43	27	16	9	104	52	124	7	13	7	1	1	30
		16%	21%	13%	15%	22%	16%	13%	15%	18%	15%	17%	19%	18%	21%	12%	18%
						bg											
About the same	(3.0)	210	20	64	66	23	27	9	150	59	174	4	17	7	1	2	31
		21%	23%	20%	23%	19%	27%	13%	22%	20%	21%	12%	23%	17%	16%	23%	19%
						f											
A bit less	(2.0)	107	8	35	38	11	10	4	81	25	85	4	13	3	1	1	22
		11%	9%	11%	13%	9%	10%	6%	12%	9%	11%	11%	18%	8%	16%	8%	13%
A lot less	(1.0)	223	16	77	65	20	22	22	158	65	186	11	12	9	-	2	34
		23%	18%	24%	22%	17%	22%	32%	23%	22%	23%	28%	17%	22%	-	17%	20%
								ad									
Don't know		34	2	9	11	4	4	4	22	13	23	3	4	3	1	-	11
		3%	2%	3%	4%	4%	4%	5%	3%	4%	3%	8%	6%	7%	13%	-	6%
																a	
I have never done this		172	15	63	48	23	12	11	126	46	151	7	4	5	2	2	20
		17%	17%	20%	17%	19%	12%	15%	18%	16%	19%	19%	5%	12%	34%	16%	12%
											cg	c					
NET: More		243	28	68	63	39	24	19	160	83	190	9	22	15	1	4	50
		25%	31%	22%	22%	32%	24%	28%	23%	29%	23%	23%	31%	34%	21%	36%	30%
						bcd				b							
NET: Less		330	25	112	103	32	32	26	239	90	271	15	25	13	1	3	56
		33%	27%	36%	35%	26%	32%	38%	34%	31%	33%	39%	35%	30%	16%	25%	33%
Base for stats		782	74	244	231	95	84	54	549	233	634	28	63	34	3	9	137
		2.71	2.96	2.61	2.63	2.99	2.73	2.66	2.67	2.82	2.68	2.47	2.89	2.99	3.10	3.21	2.85
						bcg											
Standard Deviation		1.357	1.342	1.364	1.300	1.345	1.313	1.605	1.337	1.400	1.348	1.409	1.315	1.519	1.025	1.554	1.395
Standard Error		.048	.156	.088	.084	.135	.140	.213	.057	.090	.053	.266	.166	.260	.592	.518	.119
Error variance		*	.02	.01	.01	.02	.02	.05	*	.01	*	.07	.03	.07	.35	.27	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254	
988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
87 9%	35 7%	21 10%	19 9%	40 10%	14 10%	15 14% cd	27 7%	5 5%	7 20% cdf	2 5%	5 9%	8 11%	2 6%	2 10%	28 11%	
156 16%	64 12%	44 21% a	39 19% a	82 20% a	19 13%	27 25% acgi	51 13%	20 20%	6 16%	7 16%	6 11%	16 23% c	3 8%	2 9%	46 18%	
210 21%	116 22%	40 19%	42 21%	82 20%	36 25%	17 16%	89 23%	22 23%	9 27%	9 22%	11 19%	11 16%	5 15%	1 3%	53 21%	
107 11%	60 11%	25 12%	18 9%	43 11%	9 6%	15 14% a	49 13% a	7 8%	4 12%	8 19%	3 6% ag	8 12%	3 8%	- -	24 10%	
223 23%	134 25%	39 19%	43 21%	82 20%	36 25% f	21 20%	89 24% f	19 20%	4 11%	4 9%	16 30% ef	12 17%	8 22%	14 56%	57 23% f	
34 3%	19 4%	6 3%	5 2%	11 3%	6 4% c	4 4% c	3 1%	4 4% c	- -	4 10% c	2 4% c	7 10% acek	3 10% c	1 4%	10 4% c	
172 17%	99 19%	33 16%	37 18%	70 17%	25 17% b	8 8%	71 19% b	20 20% b	5 14%	8 20% b	11 21% b	8 11%	11 31% bhk	4 17%	33 13%	
243 25%	98 19%	65 31% a	58 28% a	123 30% a	33 23%	42 39% acfgi	78 21%	25 26%	13 37% ci	9 21%	11 20%	23 34% ci	5 14%	5 19%	74 30% c	
330 33%	194 37% d	64 31%	62 30%	126 31%	45 31%	37 34%	138 36%	27 27%	8 23%	11 28%	19 36%	20 29%	11 30%	14 56%	81 32%	
782 2.71	408 2.52	169 2.90 a	161 2.82 a	330 2.86 a	113 2.69	95 2.98 c	305 2.60	74 2.79	30 3.27 acg	29 2.86	41 2.51	54 3.00 c	21 2.45	20 1.93	208 2.83	
1.357 .048	1.316 .061	1.358 .113	1.368 .116	1.362 .081	1.389 .128	1.404 .145	1.302 .074	1.289 .151	1.325 .242	1.154 .214	1.457 .217	1.379 .172	1.399 .298	1.565 .369	1.400 .096	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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%

Unweighted Total

Total

Error variance

	Children aged 15 or under in the household				Current employment status										
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	*j	k
1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254
988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
*	*	.01	.01	.01	.02	.02	.01	.02	.06	.05	.05	.03	.09	.14	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	1006	204	346	75	17	421	221	306	211	100	25	311	331	107	531	313	55	899	
Total	988	199	350	76	16	426	215	300	215	101	24	316	324	97	515	322	54	891	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	87 9%	24 12% be	17 5%	9 12% b	4 24%	26 6%	28 13% be	26 9%	17 8%	9 9%	3 11%	26 8%	29 9%	7 7%	35 7%	38 12% b	7 14%	80 9%
A bit more	(4.0)	156 16%	34 17%	53 15%	15 19%	6 40%	67 16%	40 19%	42 14%	44 21% a	15 15%	5 20%	59 19%	47 14%	18 19%	75 15%	54 17%	8 15%	138 15%
About the same	(3.0)	210 21%	55 27% be	63 18%	20 27%	2 15%	84 20%	57 27% be	70 23%	45 21%	25 24%	3 13%	69 22%	73 23%	12 13%	111 22% a	68 21%	19 35% abce	197 22% a
A bit less	(2.0)	107 11%	30 15%	42 12%	8 11%	2 10%	51 12%	32 15%	39 13%	30 14%	10 10%	3 14%	40 13%	42 13%	10 11%	57 11%	35 11%	5 9%	97 11%
A lot less	(1.0)	223 23%	21 10%	101 29% acf	12 16%	- -	112 26% acf	21 10%	73 24%	39 18%	18 18%	3 13%	57 18%	76 23%	25 26%	130 25% c	59 18%	10 18%	198 22%
Don't know		34 3%	3 1%	6 2%	5 7% abef	- -	11 3%	3 1%	3 1%	7 3%	3 3%	2 8%	10 3%	5 1%	6 6%	14 3%	12 4%	2 3%	28 3%
I have never done this		172 17%	32 16%	69 20% c	6 8%	2 11%	75 18% c	34 16%	48 16%	34 16%	21 21%	5 20%	55 17%	52 16%	19 19% d	93 18% d	56 18%	4 7%	153 17%
NET: More		243 25%	58 29% be	69 20%	24 31% b	10 64%	93 22%	68 32% be	68 23%	61 28%	24 24%	8 31%	85 27%	76 23%	25 26%	110 21%	92 28% b	16 29%	217 24%
NET: Less		330 33%	51 26%	143 41% acf	20 27%	2 10%	163 38% af	53 24%	112 37%	69 32%	28 28%	7 28%	97 31%	118 36%	35 36%	187 36% c	94 29%	14 26%	295 33%
Base for stats		782	164	275	65	14	340	178	250	175	76	17	251	267	73	408	253	49	709
Mean Score	2.71	3.07 be	2.43	3.01 be	3.87	2.54	3.13 be	2.64	2.64	2.82	2.84	3.02	2.83	2.67	2.61	2.58	2.91 b	2.98 b	2.72
Standard Deviation	1.357	1.224	1.313	1.300	.974	1.329	1.223	1.337	1.337	1.297	1.313	1.393	1.299	1.341	1.428	1.329	1.369	1.301	1.350
Standard Error	.048	.095	.080	.163	.251	.072	.091	.084	.084	.099	.151	.328	.083	.081	.159	.065	.087	.186	.050

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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%

Unweighted Total

Total

Error variance

	Nature of working location						Nature of working hours						Number of people in household including self				
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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
1006	204	346	75	17	421	221	306	211	100	25	311	331	107	531	313	55	899
988	199	350	76	16	426	215	300	215	101	24	316	324	97	515	322	54	891
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
*	.01	.01	.03	.06	.01	.01	.01	.01	.02	.11	.01	.01	.03	*	.01	.03	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

			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		1006	190	689	149	130	30	698	280	26	821	185	857	141	
Total		988	191	681	141	127	30	691	271	25	806	182	851	129	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	87	28	49	13	11	2	58	24	1	77	10	75	12
			9%	14%	7%	9%	9%	8%	8%	9%	4%	10%	5%	9%	9%
				b											
A bit more		(4.0)	156	42	93	29	16	3	109	43	5	124	32	137	16
			16%	22%	14%	21%	12%	9%	16%	16%	21%	15%	18%	16%	13%
				b											
About the same		(3.0)	210	41	152	24	26	6	153	53	3	163	47	183	26
			21%	21%	22%	17%	20%	22%	22%	20%	14%	20%	26%	22%	20%
A bit less		(2.0)	107	32	63	14	16	4	72	33	2	92	15	92	15
			11%	17%	9%	10%	13%	14%	10%	12%	7%	11%	8%	11%	11%
				b											
A lot less		(1.0)	223	26	170	34	36	7	146	67	9	191	32	182	38
			23%	14%	25%	24%	28%	24%	21%	25%	35%	24%	18%	21%	29%
				a										a	
Don't know			34	8	19	6	5	1	22	11	2	25	9	26	7
			3%	4%	3%	4%	4%	4%	3%	4%	6%	3%	5%	3%	5%
I have never done this			172	15	136	21	18	5	130	40	3	134	38	156	15
			17%	8%	20%	15%	14%	18%	19%	15%	12%	17%	21%	18%	12%
				a											
NET: More			243	70	142	42	27	5	167	67	6	201	42	211	29
			25%	37%	21%	30%	21%	17%	24%	25%	26%	25%	23%	25%	22%
				b											
NET: Less			330	58	233	48	52	11	218	100	10	283	47	274	53
			33%	30%	34%	34%	41%	39%	32%	37%	42%	35%	26%	32%	41%
						d						b		a	
Base for stats			782	169	527	114	105	23	539	220	20	647	135	669	107
Mean Score			2.71	3.08	2.60	2.76	2.53	2.52	2.74	2.66	2.42	2.70	2.80	2.74	2.54
				b											
Standard Deviation			1.357	1.311	1.342	1.400	1.371	1.349	1.338	1.373	1.431	1.380	1.244	1.348	1.403
Standard Error			.048	.101	.058	.127	.133	.275	.057	.091	.312	.054	.106	.052	.129
Error variance			*	.01	*	.02	.02	.08	*	.01	.10	*	.01	*	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Number of days active										Life satisfaction score				Covid-19 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
1006	137	119	158	180	146	102	38	126	603	266	342	306	268	74	165	197	399	229
988	136	117	152	178	142	100	38	126	588	264	327	301	271	75	154	189	396	233
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
87	2	9	11	15	16	12	4	19	50	35	30	22	21	12	16	18	28	23
9%	1%	7%	7%	8%	11%	12%	9%	15%	9%	13%	9%	7%	8%	16%	11%	10%	7%	10%
		a	a	a	a	a	a	aci	a	ai				bc				
156	5	9	17	31	30	23	11	30	87	63	39	46	58	10	35	38	40	40
16%	4%	8%	11%	17%	21%	23%	28%	23%	15%	24%	12%	15%	22%	13%	23%	20%	10%	17%
			a	ab	abc	abci	abci	abci	ab	abci			a		c	c		c
210	20	26	33	42	32	25	12	20	133	57	58	75	61	12	32	37	90	48
21%	15%	22%	22%	24%	23%	25%	31%	16%	23%	21%	18%	25%	22%	16%	21%	20%	23%	20%
							ah		a			a						
107	7	12	20	23	18	9	3	15	74	26	32	34	30	9	14	27	46	19
11%	5%	10%	13%	13%	13%	9%	7%	12%	13%	10%	10%	11%	11%	12%	9%	14%	12%	8%
			a	a	a				a									
223	55	33	31	37	29	14	5	18	130	38	92	71	48	10	28	37	99	57
23%	40%	28%	20%	21%	20%	15%	14%	14%	22%	14%	28%	23%	18%	14%	18%	20%	25%	24%
	bdefghij	fhj							j		cd							
34	7	6	7	3	2	4	2	3	19	9	12	15	3	3	7	5	8	10
3%	5%	5%	5%	2%	2%	4%	4%	2%	3%	3%	4%	5%	1%	4%	5%	3%	2%	4%
											c	c						
172	40	21	32	27	14	13	3	22	95	37	64	38	50	18	21	27	85	35
17%	30%	18%	21%	15%	10%	13%	7%	17%	16%	14%	20%	13%	18%	24%	14%	14%	22%	15%
	bdefghij		eg								b			b			ab	
243	7	18	28	46	46	35	14	49	137	98	69	68	80	22	52	57	68	63
25%	5%	15%	18%	26%	32%	35%	37%	38%	23%	37%	21%	23%	29%	30%	33%	30%	17%	27%
		a	a	ab	abci	abci	abci	abcdi	a	abcdi			a		c	c		c
330	61	45	51	61	47	23	8	33	204	64	124	105	78	19	42	64	145	77
33%	45%	39%	34%	34%	33%	23%	21%	26%	35%	24%	38%	35%	29%	26%	27%	34%	37%	33%
	cdefghij	fghj	j	j	j				fj		cd						a	
782	89	90	112	148	125	83	34	101	475	218	251	248	219	54	126	158	303	187
2.71	1.80	2.42	2.61	2.75	2.89	3.12	3.14	3.16	2.69	3.14	2.53	2.65	2.88	3.10	2.98	2.84	2.51	2.75
		a	a	a	ab	abcdi	abc	abcdi	a	abcdi			a	ab	c	c		
1.357	1.113	1.342	1.297	1.312	1.352	1.293	1.208	1.376	1.331	1.314	1.421	1.304	1.294	1.438	1.349	1.343	1.314	1.406
.048	.118	.140	.119	.107	.119	.140	.210	.137	.060	.089	.087	.082	.088	.198	.116	.105	.075	.104
*	.01	.02	.01	.01	.01	.02	.04	.02	*	.01	.01	.01	.01	.04	.01	.01	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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

			Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	*b
Unweighted Total		1006	407	209	377	1006	-
Total		988	400	208	369	988	-
		100%	100%	100%	100%	100%	-
A lot more		(5.0)	87	64	8	13	87
			9%	16%	4%	4%	9%
				bc			
A bit more		(4.0)	156	99	23	32	156
			16%	25%	11%	9%	16%
				bc			
About the same		(3.0)	210	82	68	58	210
			21%	20%	33%	16%	21%
					ac		
A bit less		(2.0)	107	32	34	41	107
			11%	8%	16%	11%	11%
					a		
A lot less		(1.0)	223	56	24	142	223
			23%	14%	12%	38%	23%
					ab		
Don't know			34	11	11	11	34
			3%	3%	5%	3%	3%
I have never done this			172	56	40	72	172
			17%	14%	19%	20%	17%
					a		
NET: More		243	164	31	46	243	-
		25%	41%	15%	12%	25%	-
			bc				
NET: Less		330	88	58	182	330	-
		33%	22%	28%	49%	33%	-
					ab		
Base for stats		782	333	157	286	782	-
Mean Score		2.71	3.25	2.72	2.07	2.71	-
			bc	c			
Standard Deviation		1.357	1.332	1.052	1.254	1.357	-
Standard Error		.048	.072	.084	.073	.048	-
Error variance		*	.01	.01	.01	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		1006	413	588	423	386	197	44	133	93	94	81	82	201	176	102	
Total		988	408	575	396	386	206	42	127	81	91	82	94	200	169	102	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	68	27	40	31	31	6	4	13	7	6	5	7	13	8	5	
		7%	7%	7%	8% c	8% c	3%	9%	11%	9%	7%	7%	7%	6%	5%	5%	
A bit more	(4.0)	131	58	69	68	47	17	6	17	5	14	11	7	30	21	20	
		13%	14%	12%	17% c	12%	8%	14%	13%	7%	16%	14%	7%	15% c	12%	19% cf	
About the same	(3.0)	286	136	150	107	110	70	11	35	25	23	23	27	55	52	35	
		29%	33% b	26%	27%	28%	34%	27%	28%	31%	25%	28%	29%	28%	30%	34%	
A bit less	(2.0)	125	53	71	51	47	27	8	12	11	13	8	16	31	20	6	
		13%	13%	12%	13%	12%	13%	19% i	10%	14% i	14% i	10%	17% i	16% i	12%	5%	
A lot less	(1.0)	212	71	141	80	88	44	6	24	18	18	21	20	46	42	17	
		22%	17%	25% a	20%	23%	21%	14%	19%	22%	20%	26%	22%	23%	25%	17%	
Don't know		25	9	16	13	8	4	-	3	2	6	1	1	7	3	2	
		3%	2%	3%	3%	2%	2%	-	3%	3%	7% fh	1%	1%	3%	2%	2%	
I have never done this		140	54	86	47	55	38	7	23	12	10	12	16	18	24	17	
		14%	13%	15%	12%	14%	18% a	16%	18% g	15%	12%	15%	18% g	9%	14%	17% g	
NET: More		200	85	109	99	78	23	10	30	12	20	17	13	43	29	25	
		20%	21%	19%	25% c	20% c	11%	24%	24%	15%	23%	20%	14%	21%	17%	24%	
NET: Less		337	124	213	130	135	71	14	36	29	31	29	36	77	62	23	
		34%	30%	37% a	33%	35%	35%	33%	29%	36% i	34%	36% i	38% i	39% i	37% i	22%	
Base for stats		823	346	473	336	323	164	35	102	66	74	69	76	176	143	82	
		2.66	2.76 b	2.57	2.76 c	2.64	2.47	2.83	2.83	2.59	2.70	2.58	2.52	2.61	2.54	2.88 h	
Standard Deviation		1.249	1.186	1.285	1.274	1.284	1.105	1.242	1.323	1.261	1.267	1.297	1.219	1.243	1.221	1.180	
Standard Error		.043	.063	.058	.067	.071	.088	.207	.128	.145	.145	.157	.149	.094	.100	.130	
Error variance		*	*	*	*	.01	.01	.04	.02	.02	.02	.02	.02	.01	.01	.02	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		1006	91	309	303	127	105	71	703	303	823	39	72	42	6	11	170
Total		988	91	316	291	122	100	69	697	291	808	38	71	42	5	10	168
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	68	7	20	17	10	8	7	44	24	53	4	9	2	-	-	14
		7%	8%	6%	6%	8%	8%	10%	6%	8%	7%	9%	13% a	4%	-	-	9%
A bit more	(4.0)	131	20	39	31	20	17	5	90	42	95	7	21	6	-	1	35
		13%	22% bcfg	12%	11%	16%	17%	8%	13%	14%	12%	17%	30% a	14%	-	12%	21% a
About the same	(3.0)	286	21	86	99	34	31	15	206	80	245	4	16	11	3	4	39
		29%	24%	27%	34%	28%	31%	22%	30%	28%	30% b	11%	22%	27%	53%	40%	23%
A bit less	(2.0)	125	11	45	37	16	12	3	93	31	103	6	6	6	1	1	20
		13%	12%	14% f	13% f	13% f	12%	4%	13% f	11%	13%	16%	9%	14%	16%	8%	12%
A lot less	(1.0)	212	13	76	58	22	22	20	148	65	179	8	12	9	-	2	31
		22%	15%	24%	20%	18%	22%	30% a	21%	22%	22%	21%	16%	22%	-	17%	19%
Don't know		25	-	5	7	3	4	7	12	13	18	1	4	1	-	1	6
		3%	-	2%	2%	2%	4%	10% abcdg	2%	5% abg	2%	2%	5%	2%	-	7%	4%
I have never done this		140	18	44	43	17	7	11	104	35	116	8	4	7	2	2	23
		14%	20% e	14%	15%	14%	7%	16%	15% e	12%	14% c	22% c	5%	17% c	32%	16%	14%
NET: More		200	27	59	48	30	24	12	134	66	148	10	30	7	-	1	49
		20%	30% bcg	19%	16%	24%	24%	17%	19%	23% c	18%	27%	43% adg	17%	-	12%	29% a
NET: Less		337	25	122	95	38	34	23	241	96	282	14	18	15	1	3	51
		34%	27% a	39%	33%	31%	34%	34%	35%	33%	35%	38%	25%	36%	16%	25%	30%
Base for stats		823	73	267	241	103	89	51	581	242	674	29	64	34	4	8	139
Mean Score		2.66	2.94 bg	2.56	2.63	2.80	2.73	2.50	2.64	2.71	2.61	2.69	3.16 ad	2.53	2.77	2.61	2.87 a
Standard Deviation		1.249	1.247	1.255	1.182	1.254	1.267	1.448	1.228	1.301	1.234	1.430	1.315	1.214	.493	1.064	1.304
Standard Error		.043	.145	.078	.075	.121	.131	.201	.051	.082	.047	.261	.164	.208	.247	.376	.110
Error variance		*	.02	.01	.01	.01	.02	.04	*	.01	*	.07	.03	.04	.06	.14	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	*j	k	
1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254	
988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
68 7%	28 5%	15 7%	20 10% a	36 9% a	5 3%	14 13% ac	25 7%	7 7%	4 12% a	4 10%	2 4%	5 7%	1 3%	1 5%	19 8%	
131 13%	52 10%	36 17% a	34 17% a	69 17% a	22 15%	22 20% g	48 13%	13 14%	5 14%	4 10%	3 6%	9 14%	3 9%	1 5%	44 17% g	
286 29%	161 31%	61 29%	48 24%	109 26%	34 24%	27 26%	121 32% k	35 36% aik	12 36%	18 43% abhik	14 26%	17 25%	6 16%	2 8%	61 24%	
125 13%	62 12%	31 15%	26 13%	57 14%	14 10%	17 16%	50 13%	13 13%	3 8%	3 7%	10 18%	11 15%	5 14%	- -	31 12%	
212 22%	126 24%	38 18%	41 20%	80 19%	50 35% bcdefh	15 14%	71 19%	16 16%	6 17%	6 14%	15 27% b	11 17%	9 25%	14 57%	65 26% bc	
25 3%	16 3%	2 1%	3 2%	6 1%	3 2%	3 2%	4 1%	3 3%	1 2%	- -	3 5% c	6 8% ack	1 2%	2 8%	6 2%	
140 14%	81 15%	25 12%	31 15%	56 14%	15 11%	10 9%	60 16% k	11 11%	4 10%	6 16%	8 15%	10 14%	11 31% abcdehk	4 17%	25 10%	
200 20%	80 15%	51 24% a	54 27% a	105 26% a	27 19%	36 33% acdghi	73 19%	20 21%	9 26% g	8 20%	5 9%	14 20%	4 13%	2 10%	63 25% g	
337 34%	188 36%	69 33%	67 33%	136 33%	64 45% bcdef	32 29%	121 32%	29 29%	9 25%	9 21%	24 45% bcdf	22 32%	14 39%	14 57%	96 38% f	
823 2.66	429 2.52	181 2.77 a	169 2.80 a	350 2.79 a	125 2.34	95 3.04 acgk	315 2.70 ag	84 2.80 ag	30 2.96 ag	35 2.93 ag	43 2.26	53 2.72	24 2.29	19 1.68	220 2.64 a	
1.249 .043	1.213 .055	1.229 .099	1.335 .110	1.279 .074	1.272 .112	1.284 .132	1.205 .068	1.170 .128	1.271 .232	1.170 .198	1.152 .168	1.235 .156	1.255 .256	1.311 .318	1.321 .088	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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%

Unweighted Total

Total

Error variance

	Children aged 15 or under in the household				Current employment status										
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	*j	k
1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254
988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
*	*	.01	.01	.01	.01	.02	*	.02	.05	.04	.03	.02	.07	.10	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Nature of working location						Nature of working hours						Number of people in household including self				
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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
1006	204	346	75	17	421	221	306	211	100	25	311	331	107	531	313	55	899
988	199	350	76	16	426	215	300	215	101	24	316	324	97	515	322	54	891
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
68	32	16	4	1	20	33	24	22	4	3	26	27	6	32	26	5	62
7%	16%	5%	5%	7%	5%	15%	8%	10%	4%	12%	8%	8%	6%	6%	8%	8%	7%
	bce					bce											
131	39	34	15	5	49	43	43	33	13	4	46	47	12	55	52	13	120
13%	19%	10%	20%	29%	12%	20%	14%	15%	13%	15%	15%	14%	12%	11%	16%	24%	13%
	be		be			be									b	be	
286	71	104	29	5	133	76	103	62	37	6	99	110	23	160	83	20	264
29%	36%	30%	38%	31%	31%	35%	34%	29%	37%	27%	31%	34%	23%	31%	26%	37%	30%
125	21	50	7	3	56	23	36	30	10	2	40	39	12	61	46	6	113
13%	10%	14%	9%	17%	13%	11%	12%	14%	10%	10%	13%	12%	12%	12%	14%	10%	13%
212	17	80	9	1	89	18	54	38	13	4	51	58	25	125	59	4	187
22%	9%	23%	12%	6%	21%	8%	18%	18%	13%	17%	16%	18%	26%	24%	18%	8%	21%
		acf			af								d	cd			d
25	7	2	1	1	2	8	4	3	2	2	4	5	1	9	12	3	24
3%	4%	*	1%	5%	1%	4%	1%	1%	2%	7%	1%	2%	1%	2%	4%	5%	3%
	be					be											
140	12	65	11	1	76	13	36	29	21	3	49	39	19	73	44	4	121
14%	6%	19%	15%	5%	18%	6%	12%	13%	20%	12%	16%	12%	19%	14%	14%	7%	14%
		af	af		af				af				d				
200	70	50	19	6	69	76	67	54	18	7	72	74	18	87	78	17	182
20%	35%	14%	25%	36%	16%	35%	22%	25%	17%	28%	23%	23%	19%	17%	24%	32%	20%
	be		b			be									b	be	
337	38	130	16	4	146	42	90	67	24	6	91	97	37	186	105	10	300
34%	19%	37%	21%	23%	34%	19%	30%	31%	24%	27%	29%	30%	38%	36%	33%	18%	34%
		acf			acf								d	d	d		d
823	180	284	64	14	347	194	261	184	79	19	263	280	77	433	266	47	746
2.66	3.26	2.49	2.96	3.15	2.58	3.25	2.80	2.84	2.81	2.95	2.83	2.81	2.52	2.56	2.78	3.17	2.67
	be		be			be									b	abce	
1.249	1.168	1.183	1.083	1.057	1.178	1.158	1.214	1.272	1.088	1.349	1.218	1.222	1.306	1.233	1.264	1.062	1.243
.043	.086	.071	.137	.273	.064	.082	.075	.095	.123	.302	.076	.072	.142	.058	.079	.153	.045
*	.01	.01	.02	.07	*	.01	.01	.01	.02	.09	.01	.01	.02	*	.01	.02	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

			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		1006	190	689	149	130	30	698	280	26	821	185	857	141	
Total		988	191	681	141	127	30	691	271	25	806	182	851	129	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	68	27	35	20	7	-	43	25	2	61	8	63	6
			7%	14%	5%	14%	6%	-	6%	9%	10%	8%	4%	7%	5%
				b		bcd									
A bit more		(4.0)	131	52	65	17	17	8	88	41	-	111	20	117	13
			13%	27%	10%	12%	13%	28%	13%	15%	-	14%	11%	14%	10%
				b				abd							
About the same		(3.0)	286	36	221	33	34	6	214	63	10	226	61	245	41
			29%	19%	32%	23%	27%	19%	31%	23%	40%	28%	33%	29%	31%
					a			e							
A bit less		(2.0)	125	29	83	17	18	6	82	41	-	105	20	111	12
			13%	15%	12%	12%	14%	21%	12%	15%	-	13%	11%	13%	10%
A lot less		(1.0)	212	27	157	33	35	6	140	63	10	174	39	175	34
			22%	14%	23%	23%	27%	20%	20%	23%	41%	22%	21%	21%	26%
					a										
Don't know			25	8	15	7	2	-	16	8	2	24	1	20	5
			3%	4%	2%	5%	2%	-	2%	3%	7%	3%	1%	2%	4%
I have never done this			140	13	106	14	14	3	108	30	1	105	34	120	19
			14%	7%	16%	10%	11%	11%	16%	11%	4%	13%	19%	14%	14%
					a								a		
NET: More			200	78	100	36	24	8	131	65	2	172	28	180	19
			20%	41%	15%	26%	19%	28%	19%	24%	10%	21%	15%	21%	15%
				b											
NET: Less			337	57	240	50	53	12	222	104	10	279	58	286	47
			34%	30%	35%	35%	41%	42%	32%	38%	41%	35%	32%	34%	36%
							d								
Base for stats			823	171	561	120	111	26	566	233	22	677	146	711	106
Mean Score			2.66	3.12	2.53	2.78	2.49	2.62	2.67	2.67	2.31	2.68	2.58	2.69	2.47
				b											
Standard Deviation			1.249	1.317	1.190	1.418	1.259	1.176	1.218	1.324	1.355	1.266	1.169	1.252	1.219
Standard Error			.043	.102	.050	.127	.118	.226	.051	.085	.283	.048	.095	.047	.113
Error variance			*	.01	*	.02	.01	.05	*	.01	.08	*	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Number of days active										Life satisfaction score				Covid-19 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
1006	137	119	158	180	146	102	38	126	603	266	342	306	268	74	165	197	399	229
988	136	117	152	178	142	100	38	126	588	264	327	301	271	75	154	189	396	233
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
68	5	5	9	7	11	10	5	16	31	32	14	19	25	9	8	13	26	20
7%	4%	4%	6%	4%	7%	11%	14%	13%	5%	12%	4%	6%	9%	12%	5%	7%	7%	8%
						adi	abdi	abcdi		abcdi			a	a				
131	5	14	22	25	27	17	3	19	88	39	34	40	39	17	24	38	38	31
13%	3%	12%	15%	14%	19%	17%	7%	15%	15%	15%	10%	13%	14%	23%	16%	20%	10%	13%
		a	a	a	a	a		a	a	a				ab	c	c		
286	29	29	42	63	37	33	13	40	171	86	95	93	79	17	54	47	120	57
29%	21%	25%	28%	36%	26%	33%	34%	32%	29%	33%	29%	31%	29%	22%	35%	25%	30%	25%
				ab		a				a					bd			
125	18	19	18	24	20	13	5	7	81	25	39	44	34	5	18	32	49	25
13%	13%	16%	12%	14%	14%	13%	14%	6%	14%	10%	12%	15%	13%	7%	12%	17%	12%	11%
	h	h		h	h				h									
212	46	31	37	28	30	13	4	23	126	40	91	65	44	11	25	29	97	60
22%	34%	27%	25%	16%	21%	13%	10%	18%	22%	15%	28%	22%	16%	15%	16%	15%	24%	26%
	defghij	dfgj	dfj						fj		cd						ab	ab
25	4	2	2	6	6	1	3	2	16	6	11	5	6	3	5	8	5	5
3%	3%	2%	2%	3%	4%	1%	7%	2%	3%	2%	3%	2%	2%	4%	3%	4%	1%	2%
							f									c		
140	29	18	21	25	10	12	6	18	74	36	45	35	45	12	20	22	62	35
14%	22%	15%	14%	14%	7%	12%	15%	14%	13%	14%	14%	12%	16%	17%	13%	12%	16%	15%
	eij	e	e	e				e		e								
200	10	19	31	32	38	27	8	35	120	71	47	59	64	26	32	51	64	51
20%	7%	16%	21%	18%	27%	27%	20%	28%	20%	27%	14%	20%	24%	35%	21%	27%	16%	22%
		a	a	a	abd	ab	a	abd	a	abdi			a	abc		c		
337	64	50	55	52	51	26	9	30	208	65	129	109	78	16	43	61	145	85
34%	47%	43%	36%	29%	36%	26%	24%	24%	35%	25%	40%	36%	29%	22%	28%	32%	37%	37%
	cdefghij	dfghj	hj		hj				hj		cd	d					a	
823	103	97	128	147	126	86	30	106	498	222	272	261	221	59	129	160	330	193
2.66	2.06	2.41	2.60	2.72	2.74	2.99	3.01	2.99	2.63	2.99	2.41	2.63	2.85	3.14	2.79	2.84	2.54	2.61
		a	a	ab	ab	abci		abci	a	abcdi		a	ab	ab	c	c		
1.249	1.164	1.215	1.269	1.099	1.274	1.201	1.244	1.320	1.215	1.259	1.211	1.216	1.253	1.325	1.141	1.217	1.245	1.343
.043	.115	.122	.110	.090	.112	.128	.231	.128	.054	.084	.072	.075	.085	.174	.097	.094	.068	.098
*	.01	.01	.01	.01	.01	.02	.05	.02	*	.01	.01	.01	.01	.03	.01	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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		1006	407	209	377	1006	-
Total		988	400	208	369	988	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	68	50	9	9	68	-
		7%	12%	4%	2%	7%	-
			bc				
A bit more	(4.0)	131	88	20	22	131	-
		13%	22%	10%	6%	13%	-
			bc				
About the same	(3.0)	286	113	83	89	286	-
		29%	28%	40%	24%	29%	-
				ac			
A bit less	(2.0)	125	34	32	58	125	-
		13%	9%	15%	16%	13%	-
				a	a		
A lot less	(1.0)	212	58	27	126	212	-
		22%	14%	13%	34%	22%	-
				ab			
Don't know		25	9	8	7	25	-
		3%	2%	4%	2%	3%	-
I have never done this		140	49	30	58	140	-
		14%	12%	14%	16%	14%	-
NET: More		200	137	28	31	200	-
		20%	34%	14%	8%	20%	-
			bc	c			
NET: Less		337	92	59	184	337	-
		34%	23%	28%	50%	34%	-
				ab			
Base for stats		823	342	170	304	823	-
Mean Score		2.66	3.11	2.72	2.11	2.66	-
			bc	c			
Standard Deviation		1.249	1.267	1.027	1.122	1.249	-
Standard Error		.043	.068	.079	.064	.043	-
Error variance		*	*	.01	*	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		1006	413	588	423	386	197	44	133	93	94	81	82	201	176	102
Total		988	408	575	396	386	206	42	127	81	91	82	94	200	169	102
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	57	20	36	33	22	2	3	12	3	7	2	4	11	10	5
		6%	5%	6%	8% c	6% c	1%	7%	9%	3%	7%	2%	5%	6%	6%	5%
A bit more	(4.0)	91	48	43	49	35	8	4	15	7	12	4	7	23	11	9
		9%	12% b	7%	12% c	9% c	4%	9%	12%	9%	13%	5%	7%	11%	6%	9%
About the same	(3.0)	257	131	124	103	103	51	18	29	19	17	26	14	60	44	30
		26%	32% b	22%	26%	27%	25%	42% bcdfh	23%	24%	18%	32% df	15%	30% df	26%	29% f
A bit less	(2.0)	103	33	69	44	46	13	1	14	5	14	4	11	24	20	11
		10%	8%	12% a	11%	12% c	6%	2%	11%	6%	16% ace	5%	11%	12% a	12% a	11%
A lot less	(1.0)	175	55	120	70	66	40	6	22	17	14	18	15	39	33	10
		18%	13%	21% a	18%	17%	19%	14%	18%	21% i	15%	22% i	16%	20% i	20% i	10%
Don't know		42	17	26	17	15	10	2	1	2	4	3	2	13	10	6
		4%	4%	5%	4%	4%	5%	4%	1%	2%	4%	4%	2%	7% b	6% b	6% b
I have never done this		262	105	157	80	100	82	9	34	28	24	25	40	31	41	30
		27%	26%	27%	20%	26%	40% ab	22%	27% g	35% g	26% g	31% g	43% abdgh	15%	24% g	30% g
NET: More		148	67	79	82	57	9	7	27	10	19	6	11	34	21	15
		15%	16%	14%	21% bc	15% c	5%	16%	21% eh	12%	20% e	7%	12%	17% e	12%	14%
NET: Less		278	88	189	114	112	53	7	37	22	28	22	26	63	53	21
		28%	22%	33% a	29%	29%	26%	16%	29%	27%	31%	26%	28%	32% ai	31% a	21%
Base for stats		683	287	392	299	271	113	31	92	51	63	54	51	157	118	65
Mean Score		2.64	2.80	2.50	2.77	2.63	2.28	2.90	2.78	2.48	2.73	2.42	2.50	2.63	2.54	2.83
			b		c	c										e
Standard Deviation		1.231	1.136	1.282	1.282	1.210	1.070	1.157	1.326	1.244	1.288	1.138	1.284	1.208	1.239	1.119
Standard Error		.047	.066	.064	.072	.073	.103	.204	.135	.161	.159	.156	.191	.096	.112	.137
Error variance		*	*	*	.01	.01	.01	.04	.02	.03	.03	.02	.04	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		1006	91	309	303	127	105	71	703	303	823	39	72	42	6	11	170
Total		988	91	316	291	122	100	69	697	291	808	38	71	42	5	10	168
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	57	12	18	13	7	4	3	43	14	42	3	6	6	-	1	15
		6%	13%	6%	5%	6%	4%	5%	6%	5%	5%	7%	8%	13%	-	12%	9%
			bcegh											a			a
A bit more	(4.0)	91	15	27	19	14	7	8	62	30	66	5	16	2	-	1	24
		9%	17%	9%	7%	12%	7%	12%	9%	10%	8%	13%	23%	5%	-	7%	14%
			bceg										ad				a
About the same	(3.0)	257	20	87	76	32	28	14	183	73	207	9	19	15	1	3	46
		26%	22%	28%	26%	26%	28%	20%	26%	25%	26%	22%	26%	36%	16%	28%	28%
A bit less	(2.0)	103	6	31	37	8	18	4	73	30	81	2	13	2	1	1	19
		10%	6%	10%	13%	6%	18%	6%	10%	10%	10%	6%	18%	5%	16%	12%	12%
							abdfgh						a				
A lot less	(1.0)	175	16	56	47	20	20	17	119	57	144	9	9	5	1	2	27
		18%	17%	18%	16%	16%	20%	25%	17%	20%	18%	24%	12%	13%	21%	24%	16%
Don't know		42	3	10	11	7	7	4	24	19	31	3	4	3	-	-	10
		4%	3%	3%	4%	6%	7%	6%	3%	6%	4%	9%	5%	6%	-	-	6%
									g								
I have never done this		262	20	86	87	34	17	18	193	69	236	7	5	9	3	2	26
		27%	22%	27%	30%	28%	17%	26%	28%	24%	29%	19%	7%	22%	47%	17%	16%
			e	e	e	e			e		cg		c				
NET: More		148	27	46	33	21	11	11	105	43	108	8	22	8	-	2	39
		15%	30%	14%	11%	17%	11%	16%	15%	15%	13%	20%	31%	18%	-	19%	23%
			bcddegh										a				a
NET: Less		278	21	86	84	28	37	22	192	87	226	11	22	8	2	4	46
		28%	24%	27%	29%	23%	37%	31%	27%	30%	28%	29%	30%	18%	37%	36%	28%
							adg										
Base for stats		683	68	219	193	80	76	47	480	203	541	28	62	31	3	9	132
		Mean Score	3.02	2.64	2.56	2.76	2.44	2.48	2.66	2.58	2.59	2.63	2.96	3.01	1.90	2.65	2.86
			bcefg										a				a
Standard Deviation		1.231	1.393	1.222	1.166	1.252	1.121	1.337	1.232	1.228	1.219	1.379	1.193	1.270	1.031	1.443	1.264
		Standard Error	.047	.168	.084	.082	.137	.125	.189	.056	.084	.052	.261	.150	.232	.595	.481
Error variance		*	.03	.01	.01	.02	.02	.04	*	.01	*	.07	.02	.05	.35	.23	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	*j	k	
1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254	
988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
57	24	10	17	27	10	9	19	5	3	-	2	9	-	-	19	
6%	5%	5%	8% a	7%	7%	9% f	5%	5%	8%	-	4%	13% cfi	-	-	8%	
91	35	27	22	50	9	13	34	9	5	7	2	8	3	2	21	
9%	7%	13% a	11%	12% a	6%	12%	9%	9%	14%	17% ag	3%	11%	8%	10%	9%	
257	137	54	53	107	30	24	119	28	12	8	13	14	5	2	54	
26%	26%	26%	26%	26%	21%	22%	31% ak	29%	35%	20%	24%	21%	16%	8%	21%	
103	41	24	27	51	18	19	36	10	-	6	6	6	1	1	37	
10%	8%	12%	13% a	12% a	13% e	18% cei	10%	10%	-	14% e	10%	8%	4%	4%	15% ce	
175	104	30	35	65	29	17	63	14	8	7	12	11	8	7	46	
18%	20%	14%	17%	16%	20%	16%	17%	14%	23%	17%	22%	16%	23%	26%	18%	
42	22	11	6	17	6	4	8	7	2	2	3	7	3	1	10	
4%	4%	5%	3%	4%	4%	4%	2%	7% c	5%	4%	5%	10% ck	9% c	5%	4%	
262	164	51	44	95	43	21	99	25	5	11	16	14	14	12	64	
27%	31% cd	24%	22%	23%	30%	20%	26%	26%	15%	27%	30%	21%	41% beh	47%	26%	
148	58	38	39	77	18	22	53	14	8	7	4	16	3	2	40	
15%	11%	18% a	19% a	19% a	13%	21% g	14%	14%	22%	17%	8%	24% acgi	8%	10%	16%	
278	144	54	62	116	47	36	100	23	8	13	18	17	9	8	83	
28%	27%	26%	30%	28%	33%	33%	26%	24%	23%	31%	33%	25%	27%	30%	33%	
683	340	147	154	300	95	82	272	65	27	28	35	48	18	12	177	
2.64	2.51	2.75	2.74	2.75 a	2.49	2.74	2.67	2.72	2.81	2.56	2.34	2.93 g	2.16	2.03	2.61	
1.231	1.219	1.185	1.268	1.226	1.288	1.276	1.170	1.160	1.323	1.134	1.209	1.410	1.204	1.294	1.285	
.047	.062	.106	.110	.076	.130	.141	.071	.144	.250	.214	.194	.187	.284	.390	.096	
*	*	.01	.01	.01	.02	.02	*	.02	.06	.05	.04	.03	.08	.15	.01	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	1006	204	346	75	17	421	221	306	211	100	25	311	331	107	531	313	55	899	
Total	988	199	350	76	16	426	215	300	215	101	24	316	324	97	515	322	54	891	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	57 6%	18 9% be	13 4%	4 5%	1 5%	17 4% 9%	18 6%	15 7%	4 4%	- -	19 6%	18 5%	4 4%	26 5%	21 7%	5 9%	53 6%	
A bit more	(4.0)	91 9%	15 8%	31 9%	13 17% ab	6 39%	44 10% 10%	27 9%	25 12%	11 11%	3 11%	36 11%	30 9%	7 8%	36 7%	37 11% b	11 20% abe	84 9%	
About the same	(3.0)	257 26%	60 30%	100 29%	25 33%	4 24%	125 29% 30%	87 29%	66 31%	27 27%	8 31%	93 29%	95 29%	21 22%	125 24%	93 29%	18 34%	236 26%	
A bit less	(2.0)	103 10%	20 10%	39 11%	9 12%	1 5%	48 11% 10%	24 8%	28 13%	12 11%	4 16%	39 12%	28 9%	6 6%	51 10%	43 13% a	3 5%	97 11%	
A lot less	(1.0)	175 18%	23 12%	71 20% af	10 13%	2 11%	81 19% af	25 12%	57 19%	31 14%	15 15%	4 18%	46 14%	61 19%	20 20%	107 21% c	43 13%	7 12%	156 17%
Don't know		42 4%	13 7% be	6 2%	2 3%	- -	8 2% 6% be	13 6% be	9 3%	5 2%	5 5%	- -	10 3%	9 3%	7 7%	16 3%	17 5%	3 6%	36 4%
I have never done this		262 27%	50 25%	90 26%	13 17%	3 16%	103 24% 25%	53 25%	78 26%	45 21%	27 27%	6 24%	73 23%	84 26%	32 33% cd	155 30% cd	68 21%	7 13%	230 26% d
NET: More		148 15%	33 16%	44 13%	17 22% b	7 44%	61 14% 18%	39 18%	45 15%	40 19%	15 15%	3 11%	55 17%	47 15%	12 12%	62 12%	58 18% b	16 30% abce	137 15%
NET: Less		278 28%	43 22%	110 31% af	19 25%	3 16%	129 30% af	46 21%	81 27%	59 27%	26 26%	8 34%	85 27%	89 28%	25 26%	157 31% d	86 27%	9 17%	253 28%
Base for stats	683	135	255	61	13	315	149	213	165	68	18	233	231	58	345	236	44	625	
Mean Score	2.64	2.88 be	2.51	2.86 b	3.25	2.58	2.92 be	2.64	2.79	2.67	2.46	2.76	2.63	2.50	2.49	2.79 b	3.12 abe	2.65	
Standard Deviation	1.231	1.207	1.171	1.133	1.147	1.170	1.203	1.233	1.183	1.152	1.027	1.173	1.217	1.282	1.241	1.176	1.182	1.226	
Standard Error	.047	.102	.074	.146	.307	.066	.097	.083	.093	.139	.236	.077	.079	.158	.066	.077	.176	.049	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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%

Unweighted Total

Total

Error variance

	Nature of working location						Nature of working hours						Number of people in household including self				
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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
1006	204	346	75	17	421	221	306	211	100	25	311	331	107	531	313	55	899
988	199	350	76	16	426	215	300	215	101	24	316	324	97	515	322	54	891
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
*	.01	.01	.02	.09	*	.01	.01	.01	.02	.06	.01	.01	.02	*	.01	.03	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
									NET: Longstanding physical and mental condition or illness						
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No	
Significance Level: 95%			a	b	a	b	c	d	e	*f	a	b	a	b	
Unweighted Total		1006	190	689	149	130	30	698	280	26	821	185	857	141	
Total		988	191	681	141	127	30	691	271	25	806	182	851	129	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	57	24	29	9	10	2	37	19	2	47	10	50	6
			6%	13%	4%	7%	8%	6%	5%	7%	7%	6%	6%	6%	4%
				b											
A bit more		(4.0)	91	39	42	14	13	3	57	30	-	80	11	82	8
			9%	21%	6%	10%	10%	9%	8%	11%	-	10%	6%	10%	6%
				b											
About the same		(3.0)	257	57	174	36	32	7	184	67	7	209	47	223	33
			26%	30%	25%	26%	25%	23%	27%	25%	29%	26%	26%	26%	25%
A bit less		(2.0)	103	26	69	15	8	3	75	25	1	84	19	89	14
			10%	14%	10%	11%	6%	10%	11%	9%	3%	10%	10%	10%	11%
A lot less		(1.0)	175	27	128	30	31	5	116	55	9	147	28	141	33
			18%	14%	19%	21%	24%	16%	17%	20%	38%	18%	16%	17%	25%
						d								a	
Don't know			42	2	29	9	5	2	25	15	2	37	5	36	5
			4%	1%	4%	6%	4%	8%	4%	6%	6%	5%	3%	4%	4%
				a											
I have never done this			262	16	211	27	28	8	197	59	4	201	61	230	30
			27%	8%	31%	19%	22%	27%	29%	22%	16%	25%	34%	27%	23%
				a					ae				a		
NET: More			148	63	71	23	23	4	94	49	2	127	21	132	14
			15%	33%	10%	17%	18%	15%	14%	18%	7%	16%	12%	16%	11%
				b											
NET: Less			278	53	198	45	39	8	191	80	10	231	47	230	47
			28%	28%	29%	32%	30%	26%	28%	30%	41%	29%	26%	27%	36%
														a	
Base for stats			683	173	442	105	94	19	468	197	19	567	116	585	94
Mean Score			2.64	3.05	2.49	2.60	2.62	2.66	2.63	2.66	2.17	2.64	2.62	2.68	2.36
				b										b	
Standard Deviation			1.231	1.248	1.189	1.276	1.363	1.265	1.203	1.300	1.338	1.236	1.210	1.224	1.223
Standard Error			.047	.095	.056	.121	.139	.283	.055	.091	.299	.051	.110	.050	.120
Error variance			*	.01	*	.01	.02	.08	*	.01	.09	*	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Number of days active										Life satisfaction score				Covid-19 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
1006	137	119	158	180	146	102	38	126	603	266	342	306	268	74	165	197	399	229
988	136	117	152	178	142	100	38	126	588	264	327	301	271	75	154	189	396	233
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
57	3	5	7	11	10	8	3	11	33	21	21	17	15	4	11	17	15	13
6%	2%	5%	4%	6%	7%	8%	8%	8%	6%	8%	6%	6%	6%	5%	7%	9%	4%	6%
					a	a		a		a						c		
91	-	7	15	15	23	12	9	11	60	32	24	20	35	11	14	21	34	21
9%	-	6%	10%	8%	16%	12%	23%	9%	10%	12%	7%	7%	13%	14%	9%	11%	9%	9%
		a	a	a	abdi	a	abcdhi	a	a	a			ab	b				
257	26	21	36	56	37	28	13	39	151	80	68	85	78	22	49	57	94	54
26%	19%	18%	24%	31%	26%	28%	33%	31%	26%	30%	21%	28%	29%	29%	32%	30%	24%	23%
				ab				ab		ab		a	a					
103	6	12	23	24	15	12	2	8	74	23	36	34	28	4	13	21	39	28
10%	5%	10%	15%	13%	11%	12%	6%	6%	13%	9%	11%	11%	10%	6%	9%	11%	10%	12%
			ahj	a		a			a									
175	38	33	24	27	24	12	5	12	108	29	71	54	39	9	21	25	77	49
18%	28%	28%	16%	15%	17%	12%	13%	9%	18%	11%	22%	18%	15%	12%	14%	13%	19%	21%
	cdefhij	cdefhij							hj		c							b
42	9	5	5	9	5	2	2	5	25	8	11	12	12	6	8	12	11	8
4%	7%	4%	3%	5%	4%	2%	4%	4%	4%	3%	3%	4%	4%	7%	5%	6%	3%	3%
																c		
262	53	33	43	36	26	25	5	41	138	71	98	78	64	19	37	37	126	60
27%	39%	28%	28%	20%	19%	25%	13%	33%	23%	27%	30%	26%	24%	26%	24%	19%	32%	26%
	cdefgj		g					degi									b	
148	3	13	21	26	33	20	12	21	93	53	45	37	50	15	25	38	49	34
15%	2%	11%	14%	14%	23%	20%	31%	17%	16%	20%	14%	12%	19%	20%	16%	20%	12%	15%
		a	a	a	abcdi	a	abcdi	a	a	ab			b			c		
278	45	45	47	51	39	25	7	20	182	52	107	89	67	14	35	45	117	77
28%	33%	38%	31%	29%	28%	25%	19%	16%	31%	20%	33%	29%	25%	18%	22%	24%	29%	33%
	hj	fghj	hj	hj	h				hj		cd							ab
683	73	79	104	132	110	72	32	81	425	185	219	211	195	50	109	141	260	165
2.64	1.93	2.24	2.60	2.68	2.82	2.86	3.09	3.00	2.62	2.96	2.49	2.58	2.79	2.92	2.82	2.90	2.50	2.52
			ab	ab	ab	ab	abci	abci	ab	abcdi			a	a	cd	cd		
1.231	1.099	1.281	1.174	1.162	1.255	1.198	1.182	1.168	1.223	1.179	1.299	1.200	1.185	1.176	1.196	1.223	1.207	1.263
.047	.128	.142	.112	.100	.117	.139	.212	.131	.058	.087	.085	.082	.085	.168	.111	.101	.074	.100
*	.02	.02	.01	.01	.01	.02	.05	.02	*	.01	.01	.01	.01	.03	.01	.01	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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		1006	407	209	377	1006	-
Total		988	400	208	369	988	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	57	41	6	9	57	-
		6%	10% bc	3%	2%	6%	-
A bit more	(4.0)	91	62	16	10	91	-
		9%	15% bc	8% c	3%	9%	-
About the same	(3.0)	257	106	80	70	257	-
		26%	26% c	39% ac	19%	26%	-
A bit less	(2.0)	103	43	17	43	103	-
		10%	11%	8%	12%	10%	-
A lot less	(1.0)	175	57	15	102	175	-
		18%	14% b	7%	28% ab	18%	-
Don't know		42	15	12	14	42	-
		4%	4%	6%	4%	4%	-
I have never done this		262	77	60	121	262	-
		27%	19% a	29% a	33% a	27%	-
NET: More		148	102	22	19	148	-
		15%	26% bc	11% c	5%	15%	-
NET: Less		278	100	32	145	278	-
		28%	25% b	16%	39% ab	28%	-
Base for stats		683	308	135	234	683	-
Mean Score		2.64	2.95 c	2.86 c	2.07	2.64	-
Standard Deviation		1.231	1.271	.936	1.121	1.231	-
Standard Error		.047	.072	.080	.072	.047	-
Error variance		*	.01	.01	.01	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		1006	413	588	423	386	197	44	133	93	94	81	82	201	176	102
Total		988	408	575	396	386	206	42	127	81	91	82	94	200	169	102
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	56	24	32	37	18	1	3	12	2	4	5	4	15	6	5
		6%	6%	6%	9% bc	5% c	1%	8%	9% ch	2%	5%	6%	4%	7%	4%	5%
A bit more	(4.0)	93	38	53	54	33	5	5	12	6	10	6	3	23	13	15
		9%	9%	9%	14% bc	9% c	3%	13%	9%	7%	11%	7%	4%	12% f	8%	15% f
About the same	(3.0)	182	90	90	77	79	26	11	27	15	17	18	11	37	29	16
		18%	22% b	16%	19% c	21% c	12%	26% f	21%	19%	19%	23%	12%	18%	17%	15%
A bit less	(2.0)	108	40	67	49	42	17	3	16	7	13	5	11	26	23	4
		11%	10%	12%	12%	11%	8%	8%	13% i	9%	14% i	6%	11%	13% i	13% i	4%
A lot less	(1.0)	204	64	140	72	81	51	7	22	16	15	19	20	43	41	22
		21%	16%	24% a	18%	21%	25%	17%	17%	19%	17%	23%	22%	22%	24%	21%
Don't know		44	14	30	24	14	7	1	3	5	4	4	4	12	7	3
		4%	3%	5%	6%	4%	3%	2%	3%	6%	5%	5%	5%	6%	4%	3%
I have never done this		301	139	162	83	118	100	11	35	31	28	25	40	44	50	37
		30%	34% b	28%	21%	31% a	48% ab	27%	28%	38% g	31%	30%	43% bgh	22%	29%	37% g
NET: More		149	61	85	91	51	7	9	24	7	14	11	7	38	19	20
		15%	15%	15%	23% bc	13% c	3%	21% f	19% cf	9%	15%	13%	8%	19% cfh	11%	19% cf
NET: Less		313	104	207	122	123	68	10	38	23	28	24	31	69	64	26
		32%	26%	36% a	31%	32%	33%	25%	30%	29%	30%	29%	33%	34%	38% i	25%
Base for stats		643	256	383	289	254	100	30	89	46	59	53	50	143	112	61
Mean Score		2.51	2.67	2.40	2.77	2.46	1.89	2.81	2.73	2.34	2.59	2.50	2.19	2.58	2.29	2.63
			b		bc	c		fh	fh							
Standard Deviation		1.303	1.254	1.326	1.349	1.255	1.044	1.302	1.333	1.183	1.249	1.337	1.277	1.338	1.226	1.387
Standard Error		.051	.078	.067	.077	.079	.107	.234	.138	.162	.160	.184	.195	.112	.113	.176
Error variance		*	.01	*	.01	.01	.01	.05	.02	.03	.03	.03	.04	.01	.01	.03

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		1006	91	309	303	127	105	71	703	303	823	39	72	42	6	11	170
Total		988	91	316	291	122	100	69	697	291	808	38	71	42	5	10	168
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	56	12	14	13	7	4	6	39	17	35	4	12	3	-	-	19
		6%	13%	5%	4%	6%	4%	9%	6%	6%	4%	10%	17%	8%	-	-	12%
			bcegh										a				a
A bit more	(4.0)	93	12	36	20	12	7	6	68	25	71	6	10	5	-	1	22
		9%	13%	11%	7%	10%	7%	8%	10%	9%	9%	15%	13%	12%	-	12%	13%
			c	c													
About the same	(3.0)	182	12	51	64	20	24	9	128	54	150	6	15	7	1	-	29
		18%	14%	16%	22%	17%	24%	14%	18%	19%	19%	15%	22%	17%	16%	-	17%
A bit less	(2.0)	108	13	32	29	18	12	4	74	34	79	5	12	7	-	3	28
		11%	15%	10%	10%	15%	12%	5%	11%	12%	10%	14%	16%	17%	-	32%	16%
					f												a
A lot less	(1.0)	204	16	76	53	22	20	17	145	59	174	7	10	6	2	2	27
		21%	17%	24%	18%	18%	20%	25%	21%	20%	22%	19%	14%	15%	37%	16%	16%
Don't know		44	1	10	15	5	7	6	26	18	32	3	4	2	-	1	10
		4%	1%	3%	5%	4%	7%	9%	4%	6%	4%	7%	6%	4%	-	7%	6%
						a	abg		a								
I have never done this		301	24	96	97	38	25	21	218	84	267	8	8	11	3	3	33
		30%	27%	30%	33%	31%	25%	30%	31%	29%	33%	20%	11%	27%	47%	33%	20%
											cg			c			
NET: More		149	24	50	32	19	11	12	106	42	106	9	22	9	-	1	41
		15%	26%	16%	11%	16%	11%	17%	15%	14%	13%	24%	31%	20%	-	12%	24%
			bcegh									a	a				a
NET: Less		313	29	108	82	40	32	21	220	93	253	13	21	14	2	5	55
		32%	32%	34%	28%	33%	32%	30%	31%	32%	31%	33%	30%	32%	37%	48%	33%
Base for stats		643	65	210	179	80	68	42	454	189	509	28	59	29	3	6	125
Mean Score		2.51	2.86	2.43	2.49	2.56	2.44	2.53	2.52	2.51	2.44	2.75	3.04	2.73	1.61	2.13	2.83
			bc										a				a
Standard Deviation		1.303	1.444	1.318	1.225	1.286	1.183	1.507	1.306	1.298	1.276	1.411	1.377	1.327	1.138	1.116	1.368
Standard Error		.051	.178	.092	.090	.141	.140	.227	.061	.092	.056	.267	.179	.246	.657	.456	.122
Error variance		*	.03	.01	.01	.02	.02	.05	*	.01	*	.07	.03	.06	.43	.21	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total		1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254	
Total		988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	56	21	16	14	30	4	14	17	3	5	3	2	5	2	1	18
		6%	4%	8%	7%	7%	3%	13%	5%	3%	14%	8%	3%	7%	6%	5%	7%	
				a		a		acd			acd							
A bit more		(4.0)	93	25	27	34	61	16	11	39	9	3	4	2	6	1	1	27
		9%	5%	13%	17%	15%	11%	10%	10%	10%	9%	9%	4%	9%	3%	4%	11%	
				a		a												
About the same		(3.0)	182	90	45	37	83	21	18	80	23	6	7	13	10	2	1	39
		18%	17%	22%	18%	20%	14%	17%	21%	24%	18%	17%	25%	15%	5%	3%	15%	
								i		i			i					
A bit less		(2.0)	108	58	21	22	43	19	17	33	11	2	5	6	10	3	1	36
		11%	11%	10%	11%	11%	13%	16%	9%	11%	7%	12%	12%	15%	9%	5%	14%	
							c										c	
A lot less		(1.0)	204	120	33	42	75	31	18	79	16	7	11	11	14	10	7	49
		21%	23%	16%	21%	18%	22%	16%	21%	16%	16%	20%	25%	20%	21%	29%	29%	20%
			b															
Don't know			44	27	10	3	12	5	4	10	5	5	1	3	9	2	1	9
		4%	5%	5%	1%	3%	4%	3%	3%	3%	5%	14%	2%	5%	13%	5%	3%	4%
			c									abckf		abck				
I have never done this			301	186	56	51	107	48	26	120	32	6	11	17	15	15	13	73
		30%	35%	27%	25%	26%	33%	24%	32%	32%	32%	17%	26%	31%	21%	43%	51%	29%
			bcd												beh			
NET: More			149	46	43	48	91	20	25	56	12	8	7	4	11	3	2	45
		15%	9%	21%	24%	22%	14%	23%	15%	12%	23%	17%	8%	16%	9%	9%	18%	
				a		a		cdg			g							
NET: Less			313	177	54	64	118	50	35	113	26	9	16	17	25	13	8	85
		32%	34%	26%	32%	29%	35%	32%	30%	30%	27%	27%	37%	32%	36%	38%	33%	34%
Base for stats			643	313	142	150	292	91	78	249	61	24	30	35	45	18	11	169
Mean Score		2.51	2.27	2.80	2.70	2.75	2.36	2.82	2.52	2.56	2.87	2.47	2.35	2.49	1.99	1.94	2.58	
				a		a		a										
Standard Deviation		1.303	1.236	1.298	1.337	1.317	1.249	1.401	1.273	1.161	1.524	1.390	1.160	1.343	1.415	1.491	1.337	
Standard Error		.051	.065	.117	.118	.083	.129	.160	.080	.149	.311	.258	.188	.183	.334	.471	.102	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Children aged 15 or under in the household				Current employment status										
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	*j	k
1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254
988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
*	*	.01	.01	.01	.02	.03	.01	.02	.10	.07	.04	.03	.11	.22	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	1006	204	346	75	17	421	221	306	211	100	25	311	331	107	531	313	55	899
Total	988	199	350	76	16	426	215	300	215	101	24	316	324	97	515	322	54	891
	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%	16 8% b	10 3%	12 15% be	2 11%	22 5% b	18 6%	15 7%	7 7%	2 7%	22 7%	20 6%	7 7%	20 4%	23 7% b	5 9%	49 5%
A bit more	(4.0)	93 9%	15 7%	37 10%	10 13%	4 25%	46 11% 9%	20 7%	33 15% af	10 9%	3 11%	42 13% af	23 7%	4 4%	42 8%	37 11% a	10 19% abe	89 10% a
About the same	(3.0)	182 18%	39 20%	72 21%	18 23%	4 25%	90 21% 20%	72 24%	36 17%	21 20%	4 16%	57 18%	76 23%	21 21%	84 16%	68 21%	10 19%	161 18%
A bit less	(2.0)	108 11%	20 10%	37 11%	8 11%	1 5%	45 11% 10%	19 6%	33 15% af	9 8%	3 15%	42 13% af	23 7%	10 10%	57 11%	34 11%	7 13%	98 11%
A lot less	(1.0)	204 21%	33 17%	79 23%	12 15%	2 12%	91 21% 16%	70 23% be	34 16%	17 17%	6 25%	51 16%	76 23% be	22 23%	116 22%	58 18%	8 15%	182 20%
Don't know		44 4%	10 5%	10 3%	2 2%	1 5%	11 3% 5%	13 4%	6 3%	3 3%	- -	8 3%	13 4%	7 7%	19 4%	14 4%	3 6%	37 4%
I have never done this		301 30%	65 33% c	105 30%	15 20%	3 17%	120 28% 31%	88 29%	58 27%	36 36%	6 27%	94 30%	94 29%	26 27%	177 34% cd	88 27%	10 19%	275 31%
NET: More		149 15%	31 16%	47 13%	22 28% abef	6 35%	69 16% 17%	39 13%	48 22% af	16 16%	4 18%	64 20% af	43 13%	11 11%	63 12%	60 19% b	15 28% abe	138 15%
NET: Less		313 32%	54 27%	116 33%	20 26%	3 17%	136 32% 26%	90 30%	67 31%	25 25%	9 39%	92 29%	99 30%	32 33%	173 34%	92 29%	15 28%	280 31%
Base for stats	643	124	235	59	12	295	136	200	151	62	17	213	218	64	319	220	40	579
Mean Score	2.51	2.68	2.42	3.03 be	3.22	2.54	2.73 b	2.49	2.75	2.69	2.46	2.73	2.49	2.42	2.36	2.69 b	2.93 b	2.52
Standard Deviation	1.303	1.342	1.224	1.385	1.275	1.279	1.340	1.310	1.297	1.317	1.372	1.300	1.312	1.325	1.268	1.311	1.328	1.301
Standard Error	.051	.120	.080	.182	.354	.075	.114	.092	.107	.167	.323	.090	.088	.157	.070	.090	.207	.054
Error variance	*	.01	.01	.03	.13	.01	.01	.01	.01	.03	.10	.01	.01	.02	*	.01	.04	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		1006		149	130	30	698	280	26	821	185	857	141
Total		988		141	127	30	691	271	25	806	182	851	129
		100%		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	56		10	8	3	35	19	2	45	11	50	6
		6%		7%	7%	9%	5%	7%	8%	6%	6%	6%	4%
			b										
A bit more	(4.0)	93		17	11	1	61	28	1	79	14	83	8
		9%		12%	8%	4%	9%	10%	4%	10%	8%	10%	6%
			b										
About the same	(3.0)	182		25	30	6	119	58	4	146	35	152	30
		18%		18%	24%	21%	17%	21%	15%	18%	19%	18%	23%
A bit less	(2.0)	108		18	11	5	76	31	2	95	14	97	11
		11%		12%	8%	16%	11%	11%	8%	12%	8%	11%	8%
A lot less	(1.0)	204		30	30	7	141	58	9	168	36	165	38
		21%		21%	24%	24%	20%	21%	35%	21%	20%	19%	29%
			a									a	
Don't know		44		7	7	1	27	13	2	35	9	35	7
		4%		5%	6%	3%	4%	5%	10%	4%	5%	4%	5%
I have never done this		301		33	30	7	231	64	5	238	64	269	31
		30%		23%	23%	24%	33%	24%	20%	29%	35%	32%	24%
			a				abe						
NET: More		149		28	19	4	96	46	3	124	24	133	13
		15%		20%	15%	12%	14%	17%	12%	15%	13%	16%	10%
			b										
NET: Less		313		48	41	12	217	88	11	263	50	262	49
		32%		34%	32%	39%	31%	33%	43%	33%	27%	31%	38%
Base for stats		643		101	90	22	433	193	17	533	109	547	92
Mean Score		2.51		2.61	2.52	2.42	2.48	2.58	2.18	2.51	2.54	2.55	2.26
			b									b	
Standard Deviation		1.303		1.351	1.317	1.333	1.293	1.311	1.430	1.299	1.328	1.307	1.255
Standard Error		.051		.132	.138	.284	.062	.093	.337	.056	.125	.056	.125
Error variance		*		.02	.02	.08	*	.01	.11	*	.02	*	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Number of days active										Life satisfaction score				Covid-19 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
1006	137	119	158	180	146	102	38	126	603	266	342	306	268	74	165	197	399	229
988	136	117	152	178	142	100	38	126	588	264	327	301	271	75	154	189	396	233
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
56 6%	3 2%	6 6%	5 3%	9 5%	11 8%	7 7%	3 8%	11 9%	32 5%	21 8%	14 4%	14 5%	17 6%	9 13%	12 8%	16 8%	15 4%	13 6%
					a			a		a				ab		c		
93 9%	1 1%	5 5%	14 9%	13 7%	18 13%	18 19%	6 15%	17 13%	51 9%	41 15%	22 7%	28 9%	31 11%	9 13%	15 10%	26 14%	29 7%	21 9%
			a	a	ab	abcdi	ab	ab	a	abdi						c		
182 18%	18 13%	16 14%	33 22%	47 26%	24 17%	17 17%	8 21%	19 15%	120 20%	44 17%	51 15%	59 19%	56 21%	12 16%	36 23%	35 18%	61 15%	46 20%
				abehj					a						c			
108 11%	5 4%	11 9%	29 19%	20 11%	17 12%	11 11%	5 13%	11 9%	76 13%	27 10%	35 11%	37 12%	26 10%	9 13%	12 8%	27 14%	52 13%	17 7%
			abhj	a	a	a	a		a	a						d	d	
204 21%	37 27%	30 26%	19 13%	38 22%	36 25%	16 16%	5 14%	23 18%	124 21%	44 17%	79 24%	65 22%	51 19%	6 8%	28 18%	32 17%	81 20%	62 26%
	cfj	cj	c	cj	cj				c		d	d	d				b	
44 4%	8 6%	6 5%	7 5%	8 4%	6 4%	2 2%	3 7%	4 3%	28 5%	8 3%	13 4%	12 4%	9 3%	8 11%	12 8%	6 3%	12 3%	9 4%
														abc	c			
301 30%	64 47%	43 36%	44 29%	42 24%	30 21%	28 29%	8 22%	42 33%	159 27%	79 30%	113 34%	85 28%	80 29%	21 28%	39 25%	48 25%	147 37%	66 28%
	cdefghij	dei						e									abd	
149 15%	4 3%	12 10%	19 13%	22 12%	29 20%	26 26%	9 23%	28 22%	82 14%	62 23%	36 11%	43 14%	48 18%	19 25%	27 18%	41 22%	44 11%	34 15%
		a	a	a	ab	abcdi	ab	abcdi	a	abcdi			a	ab	c	c		
313 32%	42 31%	41 35%	48 32%	58 33%	53 37%	27 27%	10 27%	34 27%	200 34%	71 27%	114 35%	103 34%	78 29%	15 20%	40 26%	59 31%	133 34%	78 34%
					j				j		d	d						
643 2.51	64 1.88	68 2.23	100 2.58	127 2.49	106 2.54	70 2.85	27 2.87	81 2.78	402 2.48	177 2.82	201 2.29	204 2.45	182 2.65	46 3.15	103 2.72	135 2.75	238 2.35	159 2.41
			a	a	a	abi		ab	a	abdi			a	abc	c	cd		
1.303 .051	1.164 .147	1.345 .162	1.115 .109	1.225 .107	1.377 .132	1.323 .157	1.294 .249	1.408 .156	1.263 .062	1.351 .101	1.280 .088	1.262 .087	1.309 .097	1.323 .199	1.323 .126	1.325 .112	1.239 .080	1.338 .107
*	.02	.03	.01	.01	.02	.02	.06	.02	*	.01	.01	.01	.01	.04	.02	.01	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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		1006	407	209	377	1006	-
Total		988	400	208	369	988	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	56	40	9	5	56	-
		6%	10%	5%	1%	6%	-
			bc	c			
A bit more	(4.0)	93	59	13	18	93	-
		9%	15%	6%	5%	9%	-
			bc				
About the same	(3.0)	182	74	58	49	182	-
		18%	19%	28%	13%	18%	-
			c	ac			
A bit less	(2.0)	108	38	24	44	108	-
		11%	10%	12%	12%	11%	-
A lot less	(1.0)	204	76	27	101	204	-
		21%	19%	13%	27%	21%	-
				ab			
Don't know		44	18	9	15	44	-
		4%	5%	4%	4%	4%	-
I have never done this		301	94	67	136	301	-
		30%	23%	32%	37%	30%	-
				a	a		
NET: More		149	100	23	24	149	-
		15%	25%	11%	6%	15%	-
			bc				
NET: Less		313	114	51	145	313	-
		32%	29%	25%	39%	32%	-
				ab			
Base for stats		643	288	132	217	643	-
Mean Score		2.51	2.82	2.65	2.00	2.51	-
			c	c			
Standard Deviation		1.303	1.390	1.129	1.116	1.303	-
Standard Error		.051	.081	.098	.075	.051	-
Error variance		*	.01	.01	.01	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		1006	413	588	423	386	197	44	133	93	94	81	82	201	176	102
Total		988	408	575	396	386	206	42	127	81	91	82	94	200	169	102
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	59	26	33	37	19	3	6	9	3	7	6	5	12	8	5
		6%	6%	6%	9% bc	5% c	1%	15% cghi	7%	3%	8%	7%	6%	6%	5%	5%
A bit more	(4.0)	91	36	52	54	34	3	4	13	7	9	5	2	28	9	15
		9%	9%	9%	14% bc	9% c	1%	9%	10% f	9%	10% f	6%	2%	14% fh	6%	14% fh
About the same	(3.0)	200	92	107	86	80	33	13	26	16	16	23	16	33	36	19
		20%	23%	19%	22%	21%	16%	30% g	20%	19%	18%	29% g	17%	17%	21%	19%
A bit less	(2.0)	122	44	78	59	44	18	5	19	6	19	9	9	28	19	8
		12%	11%	13%	15% c	12%	9%	11%	15%	8%	21% cfhi	11%	9%	14%	11%	8%
A lot less	(1.0)	214	70	144	73	91	50	5	28	18	18	13	20	46	46	19
		22%	17%	25% a	19%	24%	24%	12%	22%	23%	19%	16%	22%	23%	27% ae	19%
Don't know		34	11	23	18	9	7	2	1	4	3	2	4	8	4	6
		3%	3%	4%	4%	2%	3%	4%	1%	5% b	4%	3%	4%	4%	2%	6% b
I have never done this		268	128	138	68	108	92	8	31	27	18	24	37	45	47	30
		27%	31% b	24%	17%	28% a	44% ab	19%	25%	33%	20%	29% abdg	39%	23%	28%	30%
NET: More		150	63	85	91	53	6	10	22	10	16	10	8	39	17	19
		15%	15%	15%	23% bc	14% c	3%	23% fh	17%	12%	18%	13%	8%	20% fh	10%	19% fh
NET: Less		336	114	222	133	135	69	10	48	25	37	22	29	74	66	27
		34%	28%	39% a	34%	35%	33%	24%	37%	30%	40% i	27%	31%	37%	39% i	26%
Base for stats		687	269	414	310	268	108	32	95	50	69	56	53	147	119	65
Mean Score		2.50	2.65	2.40	2.75	2.43	1.98	3.03	2.52	2.39	2.55	2.66	2.31	2.52	2.27	2.66
			b		bc	c		cfgh								h
Standard Deviation		1.288	1.269	1.293	1.317	1.266	1.071	1.303	1.294	1.272	1.286	1.219	1.301	1.321	1.237	1.304
Standard Error		.049	.077	.063	.073	.077	.105	.227	.129	.167	.152	.163	.192	.109	.111	.160
Error variance		*	.01	*	.01	.01	.01	.05	.02	.03	.02	.03	.04	.01	.01	.03

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		1006	91	309	303	127	105	71	703	303	823	39	72	42	6	11	170
Total		988	91	316	291	122	100	69	697	291	808	38	71	42	5	10	168
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	59	4	18	14	11	5	8	35	24	43	2	12	2	-	-	16
		6%	5%	6%	5%	9%	5%	11%	5%	8%	5%	6%	16%	6%	-	-	10%
								cg					a				a
A bit more	(4.0)	91	15	28	22	13	10	3	65	26	68	5	8	8	-	1	21
		9%	17%	9%	7%	11%	10%	4%	9%	9%	8%	12%	11%	18%	-	12%	13%
			bcfgh														
About the same	(3.0)	200	17	61	66	21	22	11	144	55	164	6	16	9	1	1	33
		20%	19%	19%	23%	18%	22%	17%	21%	19%	20%	16%	23%	20%	16%	12%	20%
A bit less	(2.0)	122	11	39	37	13	16	6	86	36	92	5	13	7	1	3	29
		12%	12%	12%	13%	11%	16%	9%	12%	12%	11%	12%	19%	17%	16%	28%	17%
																	a
A lot less	(1.0)	214	17	80	49	30	20	17	146	68	182	11	9	7	1	2	29
		22%	19%	25%	17%	25%	20%	25%	21%	23%	23%	28%	12%	17%	21%	17%	17%
				c						c	c	c					
Don't know		34	4	7	12	2	4	4	23	10	25	2	4	1	-	1	8
		3%	4%	2%	4%	2%	4%	6%	3%	4%	3%	4%	6%	2%	-	7%	5%
I have never done this		268	22	83	92	31	22	19	196	71	235	8	9	8	3	3	31
		27%	24%	26%	32%	25%	21%	28%	28%	24%	29%	22%	13%	20%	47%	25%	18%
											cg						
NET: More		150	19	46	35	24	16	11	100	50	111	7	19	10	-	1	38
		15%	22%	14%	12%	20%	16%	16%	14%	17%	14%	18%	27%	24%	-	12%	22%
			c			c						a				a	
NET: Less		336	28	119	85	44	36	24	233	104	275	15	22	14	2	5	58
		34%	31%	38%	29%	36%	36%	34%	33%	36%	34%	40%	31%	34%	37%	44%	35%
				c													
Base for stats		687	65	226	187	89	74	46	477	209	549	28	58	33	3	7	129
		Mean Score	2.50	2.66	2.40	2.54	2.56	2.52	2.51	2.49	2.53	2.45	2.41	3.01	2.73	1.90	2.28
												a					a
Standard Deviation		1.288	1.283	1.294	1.200	1.401	1.237	1.485	1.258	1.358	1.276	1.372	1.338	1.264	1.031	1.102	1.323
		Standard Error	.049	.158	.087	.086	.145	.139	.214	.057	.092	.054	.259	.176	.220	.595	.417
Error variance		*	.02	.01	.01	.02	.02	.05	*	.01	*	.07	.03	.05	.35	.17	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254
Total		988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	59	21	17	16	33	5	11	22	3	3	2	4	5	2	1	16
		6%	4%	8%	8%	8%	4%	10%	6%	3%	9%	5%	7%	8%	6%	5%	6%
				a	a	a		a									
A bit more	(4.0)	91	28	32	26	57	13	12	37	9	3	6	2	8	-	-	25
		9%	5%	15%	13%	14%	9%	11%	10%	9%	10%	15%	4%	12%	-	-	10%
				a	a	a		i				i		i			
About the same	(3.0)	200	103	40	43	83	27	18	88	27	6	8	12	10	3	1	46
		20%	20%	19%	21%	20%	19%	17%	23%	28%	18%	18%	22%	14%	8%	3%	18%
								i	hik								
A bit less	(2.0)	122	53	33	29	61	17	17	43	10	2	6	7	14	4	2	34
		12%	10%	16%	14%	15%	12%	16%	11%	10%	5%	15%	12%	21%	11%	9%	14%
				a		a							cde				
A lot less	(1.0)	214	130	34	43	78	36	24	73	20	8	9	10	15	10	9	60
		22%	25%	17%	21%	19%	25%	22%	19%	21%	22%	22%	18%	21%	29%	37%	24%
			bd														
Don't know		34	23	6	1	7	4	3	10	2	4	1	3	5	1	1	7
		3%	4%	3%	*	2%	3%	3%	3%	2%	11%	2%	5%	8%	3%	4%	3%
			cd								abcdk			ck			
I have never done this		268	167	46	45	92	41	23	105	26	9	9	17	11	15	11	64
		27%	32%	22%	22%	22%	28%	21%	28%	27%	25%	23%	32%	16%	43%	43%	25%
			bcd				h		h				h		bhk		
NET: More		150	49	49	42	90	18	23	60	12	7	8	6	13	2	1	41
		15%	9%	23%	20%	22%	13%	21%	16%	13%	19%	20%	11%	20%	6%	5%	16%
				a	a	a		i									
NET: Less		336	183	67	72	139	53	41	116	30	9	15	16	29	14	11	94
		34%	35%	32%	35%	34%	37%	38%	31%	31%	27%	37%	30%	42%	40%	45%	38%
													c				
Base for stats		687	335	156	157	313	99	82	264	70	22	31	34	53	19	13	181
Mean Score		2.50	2.28	2.77	2.63	2.70	2.34	2.61	2.60	2.49	2.67	2.53	2.51	2.52	1.91	1.66	2.46
				a	a	a											
Standard Deviation		1.288	1.236	1.301	1.315	1.308	1.245	1.392	1.261	1.178	1.487	1.289	1.285	1.331	1.315	1.261	1.317



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

Significance Level: 95%

Unweighted Total

Total

Standard Error

Error variance

	Children aged 15 or under in the household				Current employment status										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	*j	k
1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254
988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
.049	.063	.112	.113	.079	.123	.155	.077	.142	.317	.232	.209	.169	.302	.364	.097
*	*	.01	.01	.01	.02	.02	.01	.02	.10	.05	.04	.03	.09	.13	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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

	Nature of working location						Nature of working hours						Number of people in household including self				
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Total	a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
1006	204	346	75	17	421	221	306	211	100	25	311	331	107	531	313	55	899
988	199	350	76	16	426	215	300	215	101	24	316	324	97	515	322	54	891
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
59	13	14	9	4	24	17	20	16	5	1	21	20	5	25	23	7	54
6%	7%	4%	12% be	24%	6%	8%	7%	7%	5%	3%	7%	6%	5%	5%	7%	12% b	6%
91	26	30	8	3	38	29	22	30	9	6	39	27	5	48	36	2	86
9%	13%	9%	11%	18%	9%	13%	7%	14% af	9%	24%	12% a	8%	5%	9%	11%	3%	10%
200	38	83	19	3	102	41	72	50	19	3	69	75	24	92	72	12	176
20%	19%	24%	26%	18%	24%	19%	24%	23%	19%	13%	22%	23%	25%	18%	22%	21%	20%
122	20	41	12	3	53	22	23	30	17	5	47	27	9	59	44	10	113
12%	10%	12%	16%	17%	12%	10%	8%	14% af	17% af	19%	15% af	8%	10%	12%	14%	18%	13%
214	35	82	10	2	91	37	71	35	20	4	56	75	22	120	61	10	192
22%	18%	23% c	13%	11%	21%	17%	24% b	16%	20%	16%	18%	23%	23%	23%	19%	19%	22%
34	9	7	3	-	10	9	11	5	1	-	6	11	4	17	9	4	30
3%	4%	2%	4%	-	2%	4%	4%	3%	1%	-	2%	3%	4%	3%	3%	8%	3%
268	59	93	14	2	108	60	83	48	29	6	78	89	28	154	76	10	240
27%	29%	27%	19%	12%	25%	28%	28%	22%	29%	24%	25%	28%	28%	30%	24%	18%	27%
150	39	44	17	7	62	46	41	46	15	7	60	48	10	73	59	9	141
15%	20% b	13%	23% b	42%	14%	21% be	14%	21% a	15%	27%	19%	15%	10%	14%	18% a	16%	16%
336	55	122	22	4	144	59	93	66	37	8	103	102	32	180	105	20	305
34%	28%	35%	29%	28%	34%	28%	31%	31%	37%	35%	33%	31%	33%	35%	33%	37%	34%
687	132	249	59	14	308	146	206	162	71	18	232	224	66	345	236	40	621
2.50	2.72 b	2.42	2.91 be	3.30	2.51	2.77 be	2.50	2.75	2.47	2.72	2.67	2.52	2.40	2.41	2.64 b	2.63	2.51
1.288	1.323	1.220	1.291	1.428	1.247	1.339	1.313	1.260	1.256	1.273	1.263	1.308	1.240	1.286	1.283	1.373	1.294
.049	.114	.078	.169	.369	.071	.110	.091	.101	.149	.292	.084	.086	.144	.068	.085	.217	.052
*	.01	.01	.03	.14	.01	.01	.01	.01	.02	.09	.01	.01	.02	*	.01	.05	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

			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		1006	190	689	149	130	30	698	280	26	821	185	857	141	
Total		988	191	681	141	127	30	691	271	25	806	182	851	129	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	59	30	25	9	10	1	39	19	1	52	7	55	4
		6%	15%	4%	6%	8%	3%	6%	7%	4%	7%	4%	7%	3%	
			b												
A bit more		(4.0)	91	35	50	15	15	3	56	33	1	77	15	81	9
		9%	18%	7%	11%	12%	12%	8%	12%	5%	10%	8%	9%	7%	
			b												
About the same		(3.0)	200	44	126	28	26	5	141	53	6	160	39	171	28
		20%	23%	18%	20%	21%	18%	20%	20%	23%	20%	22%	20%	22%	
A bit less		(2.0)	122	30	81	24	11	6	78	41	1	106	17	106	15
		12%	16%	12%	17%	9%	21%	11%	15%	3%	13%	9%	12%	12%	
					bd		b								
A lot less		(1.0)	214	29	160	28	36	6	148	58	10	175	40	170	42
		22%	15%	23%	20%	28%	19%	21%	21%	42%	22%	22%	20%	32%	
				a										a	
Don't know			34	6	22	4	5	1	24	9	1	24	9	25	7
		3%	3%	3%	3%	4%	3%	3%	3%	3%	3%	3%	5%	3%	6%
I have never done this			268	18	219	33	23	7	205	58	5	212	56	244	23
		27%	9%	32%	23%	18%	24%	30%	21%	20%	26%	31%	29%	18%	
				a				be					b		
NET: More			150	64	75	24	26	4	95	51	2	129	21	136	13
		15%	34%	11%	17%	20%	14%	14%	19%	9%	16%	12%	16%	10%	
			b						d						
NET: Less			336	60	240	52	47	12	227	99	11	280	56	276	57
		34%	31%	35%	37%	37%	40%	33%	36%	45%	35%	31%	32%	44%	
														a	
Base for stats			687	168	441	104	99	22	462	203	19	570	117	583	99
Mean Score			2.50	3.03	2.32	2.55	2.52	2.42	2.48	2.58	2.06	2.52	2.42	2.57	2.17
				b										b	
Standard Deviation			1.288	1.340	1.228	1.264	1.389	1.175	1.282	1.303	1.304	1.299	1.236	1.296	1.189
Standard Error			.049	.104	.058	.121	.139	.251	.059	.090	.292	.054	.113	.053	.114
Error variance			*	.01	*	.01	.02	.06	*	.01	.09	*	.01	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Number of days active										Life satisfaction score				Covid-19 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
1006	137	119	158	180	146	102	38	126	603	266	342	306	268	74	165	197	399	229
988	136	117	152	178	142	100	38	126	588	264	327	301	271	75	154	189	396	233
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
59	2	3	7	8	13	9	4	14	30	27	17	12	19	10	10	16	21	12
6%	1%	2%	4%	5%	9%	9%	11%	11%	5%	10%	5%	4%	7%	13%	7%	8%	5%	5%
					ab	ab	ab	abcdi		abcdi				ab				
91	2	7	10	21	16	14	7	13	55	35	27	24	29	9	12	25	30	21
9%	1%	6%	7%	12%	11%	14%	18%	11%	9%	13%	8%	8%	11%	12%	8%	13%	8%	9%
		a	a	a	a	ab	abc	a	a	abc						c		
200	16	20	36	39	35	20	7	26	131	53	49	67	67	13	37	43	73	45
20%	12%	17%	24%	22%	25%	20%	19%	20%	22%	20%	15%	22%	25%	18%	24%	23%	18%	19%
			a	a	a				a			a	a					
122	9	12	25	30	17	13	6	10	84	28	39	42	35	5	24	29	43	25
12%	7%	10%	16%	17%	12%	13%	14%	8%	14%	11%	12%	14%	13%	7%	15%	15%	11%	11%
			ah	ah					a									
214	42	30	26	38	34	17	4	24	128	45	85	67	47	13	27	37	86	62
22%	31%	26%	17%	21%	24%	17%	10%	19%	22%	17%	26%	22%	17%	17%	17%	20%	22%	27%
	cfghij	gj									c							a
34	5	2	7	9	6	-	2	3	24	5	12	10	6	5	8	4	11	9
3%	4%	2%	4%	5%	4%	-	4%	3%	4%	2%	4%	3%	2%	6%	5%	2%	3%	4%
	f		f	f	f		f		f									
268	59	41	41	32	22	28	9	36	136	72	97	80	68	20	37	36	132	58
27%	44%	35%	27%	18%	15%	28%	23%	28%	23%	27%	30%	26%	25%	26%	24%	19%	33%	25%
	cdefghij	dei	de			e		de	e	de							abd	
150	4	10	17	29	29	23	11	28	85	62	44	36	48	19	22	40	51	33
15%	3%	9%	11%	16%	20%	23%	29%	22%	14%	23%	13%	12%	18%	25%	14%	21%	13%	14%
		a	a	a	abc	abci	abci	abci	a	abci				ab		c		
336	51	43	51	69	51	29	9	34	213	73	125	108	82	18	51	66	130	87
34%	38%	36%	33%	39%	36%	30%	25%	27%	36%	28%	38%	36%	30%	24%	33%	35%	33%	37%
	j			hj					j		cd	d						
687	71	73	104	137	114	72	28	87	428	187	218	211	197	50	109	149	254	166
2.50	1.78	2.18	2.50	2.49	2.62	2.80	3.07	2.81	2.47	2.85	2.32	2.40	2.68	2.97	2.59	2.68	2.43	2.37
		a	a	a	ab	abi		abi	a	abcdi			ab	ab		d		
1.288	1.058	1.198	1.157	1.218	1.337	1.334	1.284	1.417	1.237	1.362	1.314	1.206	1.256	1.450	1.234	1.295	1.288	1.299
.049	.126	.138	.110	.103	.124	.155	.247	.151	.059	.099	.087	.082	.089	.207	.114	.104	.080	.102
*	.02	.02	.01	.01	.02	.02	.06	.02	*	.01	.01	.01	.01	.04	.01	.01	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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		1006	407	209	377	1006	-	
Total		988	400	208	369	988	-	
		100%	100%	100%	100%	100%	-	
A lot more		(5.0)	59	46	6	7	59	-
			6%	11%	3%	2%	6%	-
				bc				
A bit more		(4.0)	91	63	11	15	91	-
			9%	16%	5%	4%	9%	-
				bc				
About the same		(3.0)	200	83	67	49	200	-
			20%	21%	32%	13%	20%	-
				c	ac			
A bit less		(2.0)	122	46	25	51	122	-
			12%	11%	12%	14%	12%	-
A lot less		(1.0)	214	66	30	117	214	-
			22%	16%	15%	32%	22%	-
					ab			
Don't know			34	13	9	10	34	-
			3%	3%	5%	3%	3%	-
I have never done this			268	84	60	119	268	-
			27%	21%	29%	32%	27%	-
					a	a		
NET: More		150	109	16	22	150	-	
		15%	27%	8%	6%	15%	-	
			bc					
NET: Less		336	112	55	168	336	-	
		34%	28%	27%	46%	34%	-	
				ab				
Base for stats		687	303	138	240	687	-	
Mean Score		2.50	2.92	2.54	1.93	2.50	-	
			bc	c				
Standard Deviation		1.288	1.352	1.048	1.101	1.288	-	
Standard Error		.049	.077	.089	.070	.049	-	
Error variance		*	.01	.01	*	*	-	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		1006	413	588	423	386	197	44	133	93	94	81	82	201	176	102
Total		988	408	575	396	386	206	42	127	81	91	82	94	200	169	102
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	59	25	34	35	24	1	5	9	5	5	4	4	20	4	4
		6%	6%	6%	9% c	6% c	*	12% h	7%	6%	5%	4%	5%	10% h	3%	4%
A bit more	(4.0)	81	31	48	55	23	3	2	15	7	8	6	3	17	11	14
		8%	8%	8%	14% bc	6% c	1%	4%	11% f	8%	8%	7%	3%	8%	7%	14% f
About the same	(3.0)	155	75	81	66	62	28	10	22	10	15	13	11	32	30	12
		16%	18%	14%	17%	16%	14%	24%	17%	12%	17%	16%	11%	16%	18%	12%
A bit less	(2.0)	89	28	60	46	36	7	5	13	5	13	8	6	20	12	6
		9%	7%	10% a	12% c	9% c	3%	12%	10%	6%	15% hi	9%	6%	10%	7%	6%
A lot less	(1.0)	211	71	140	79	86	46	6	26	18	16	11	17	52	42	22
		21%	17%	24% a	20%	22%	22%	14%	20%	23%	17%	14%	18%	26% e	25% e	21%
Don't know		41	14	28	26	12	3	2	3	3	6	3	3	8	8	5
		4%	3%	5%	7% bc	3%	2%	5%	3%	4%	6%	4%	3%	4%	5%	5%
I have never done this		351	165	184	90	143	118	12	40	33	28	38	49	50	61	39
		36%	40% b	32%	23%	37% a	57% ab	29%	31%	41% g	31%	46% bg	53% abdgh	25%	36% g	39% g
NET: More		141	56	83	90	47	4	7	23	12	12	9	7	37	16	18
		14%	14%	14%	23% bc	12% c	2%	16%	18% fh	15%	14%	11%	8%	18% fh	9%	17% h
NET: Less		300	99	200	124	122	53	11	39	23	29	19	23	73	55	27
		30%	24%	35% a	31%	32%	26%	25%	31%	29%	32%	23%	25%	36% e	32%	27%
Base for stats		596	230	363	280	231	85	27	84	45	57	42	41	142	100	57
Mean Score		2.48	2.62	2.39	2.72	2.40	1.89	2.83	2.61	2.44	2.51	2.58	2.29	2.52	2.23	2.51
			b		bc	c			h							
Standard Deviation		1.354	1.338	1.358	1.382	1.346	1.050	1.349	1.356	1.443	1.273	1.273	1.360	1.445	1.233	1.383
Standard Error		.055	.087	.070	.080	.089	.116	.251	.144	.200	.166	.196	.227	.122	.121	.182
Error variance		*	.01	*	.01	.01	.01	.06	.02	.04	.03	.04	.05	.01	.01	.03

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		1006	91	309	303	127	105	71	703	303	823	39	72	42	6	11	170	
Total		988	91	316	291	122	100	69	697	291	808	38	71	42	5	10	168	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	59	12	17	12	10	7	2	41	18	39	3	10	5	-	1	19
			6%	13%	5%	4%	8%	7%	2%	6%	6%	5%	8%	14%	12%	-	12%	12%
			bcfgh										a	a			a	
A bit more		(4.0)	81	11	21	21	13	7	8	54	28	63	3	12	4	-	-	18
			8%	12%	7%	7%	10%	7%	11%	8%	10%	8%	7%	17%	9%	-	-	11%
													a					
About the same		(3.0)	155	12	52	52	18	15	6	116	39	127	8	11	5	1	2	27
			16%	13%	16%	18%	15%	15%	9%	17%	14%	16%	21%	15%	12%	16%	20%	16%
A bit less		(2.0)	89	9	25	25	9	16	5	58	30	63	2	15	5	1	1	23
			9%	9%	8%	9%	8%	16%	8%	8%	10%	8%	6%	21%	11%	16%	8%	14%
			bcg										ab				a	
A lot less		(1.0)	211	15	85	51	24	20	15	152	59	179	9	10	7	1	3	30
			21%	17%	27%	17%	19%	20%	22%	22%	20%	22%	23%	14%	18%	21%	29%	18%
			c															
Don't know			41	3	6	11	6	8	7	21	21	32	-	3	5	-	1	9
			4%	3%	2%	4%	5%	8%	10%	3%	7%	4%	-	5%	11%	-	7%	5%
			bg								bcg	bg			ab			
I have never done this			351	29	108	118	43	26	26	256	95	307	13	11	12	3	2	41
			36%	32%	34%	41%	35%	26%	38%	37%	33%	38%	35%	15%	27%	47%	23%	24%
			eh								e	cg	c					
NET: More			141	23	38	34	22	14	10	95	46	102	6	22	9	-	1	38
			14%	25%	12%	12%	18%	14%	14%	14%	16%	13%	14%	31%	21%	-	12%	22%
			bcegh										a				a	
NET: Less			300	24	110	76	33	36	20	210	89	242	11	24	12	2	4	53
			30%	26%	35%	26%	27%	36%	30%	30%	31%	30%	29%	34%	28%	37%	37%	32%
			c								c							
Base for stats			596	59	201	161	73	66	36	421	175	470	25	57	26	3	7	118
Mean Score			2.48	2.93	2.30	2.50	2.66	2.45	2.33	2.46	2.51	2.40	2.53	2.96	2.80	1.90	2.40	2.77
			bcfgh										a				a	
Standard Deviation			1.354	1.494	1.338	1.269	1.425	1.317	1.352	1.348	1.369	1.330	1.397	1.373	1.525	1.031	1.560	1.415
Standard Error			.055	.193	.096	.098	.162	.157	.219	.065	.101	.060	.279	.182	.299	.595	.590	.130
Error variance			*	.04	.01	.01	.03	.02	.05	*	.01	*	.08	.03	.09	.35	.35	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	*j	k	
1006	592	179	176	355	147	107	382	96	35	42	58	81	35	23	254	
988	526	208	203	412	144	108	379	98	34	41	54	69	35	25	251	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
59	19	17	17	34	6	9	25	4	3	5	2	5	1	-	15	
6%	4%	8%	8%	8%	4%	9%	7%	4%	8%	12%	3%	8%	2%	-	6%	
		a	a	a						a						
81	27	27	19	46	8	11	31	10	4	4	2	9	1	1	19	
8%	5%	13%	9%	11%	6%	10%	8%	10%	12%	10%	4%	12%	3%	4%	8%	
		a	a	a												
155	75	39	37	77	27	21	67	15	4	6	5	8	2	1	48	
16%	14%	19%	18%	19%	19%	19%	18%	15%	12%	15%	10%	12%	5%	3%	19%	i
					i	i										
89	40	19	24	43	16	13	29	9	4	3	4	9	1	-	30	
9%	8%	9%	12%	10%	11%	12%	8%	9%	11%	7%	8%	12%	3%	-	12%	
211	125	35	41	76	32	23	85	17	5	8	10	14	10	6	55	
21%	24%	17%	20%	18%	23%	21%	22%	18%	16%	19%	18%	21%	29%	23%	22%	
		b														
41	15	15	7	21	2	2	11	7	2	2	6	6	4	-	4	
4%	3%	7%	3%	5%	2%	2%	3%	7%	5%	4%	10%	9%	12%	-	2%	
		a						ak			abck	abck	abck			
351	225	56	59	115	51	29	132	36	12	14	26	18	16	17	80	
36%	43%	27%	29%	28%	36%	27%	35%	37%	35%	33%	47%	26%	45%	69%	32%	
		bcd									bhk		b			
141	46	45	35	80	14	20	56	14	7	9	4	14	2	1	34	
14%	9%	22%	17%	20%	10%	19%	15%	14%	21%	22%	7%	20%	6%	4%	14%	
		a	a	a		ag				agi		ag				
300	165	54	65	118	49	36	113	27	9	11	14	23	11	6	85	
30%	31%	26%	32%	29%	34%	34%	30%	27%	27%	26%	26%	33%	32%	23%	34%	
596	286	138	137	275	90	77	237	55	20	26	23	45	15	8	167	
2.48	2.22	2.81	2.61	2.71	2.31	2.61	2.51	2.52	2.78	2.84	2.18	2.59	1.76	1.61	2.45	
		a	a	a												
1.354	1.281	1.353	1.358	1.356	1.230	1.362	1.368	1.303	1.434	1.515	1.303	1.420	1.284	1.191	1.298	
.055	.070	.124	.124	.088	.128	.155	.089	.176	.313	.303	.256	.195	.331	.450	.100	
*	*	.02	.02	.01	.02	.02	.01	.03	.10	.09	.07	.04	.11	.20	.01	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

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

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

		Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Total		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Significance Level: 95%																		
Unweighted Total		204	346	75	17	421	221	306	211	100	25	311	331	107	531	313	55	899
Total		988	199	350	76	16	426	300	215	101	24	316	324	97	515	322	54	891
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	59 6%	19 9% b	17 5%	7 9%	2 12%	24 6%	17 6%	21 10% f	7 7%	- -	28 9%	17 5%	5 5%	22 4%	26 8% b	7 13% b	55 6%
A bit more	(4.0)	81 8%	16 8%	24 7%	14 19% abef	5 30%	38 9%	21 7%	26 12% a	8 8%	3 14%	34 11%	25 8%	7 7%	42 8%	25 8%	7 13%	74 8%
About the same	(3.0)	155 16%	29 15%	68 19%	13 17%	1 8%	80 19%	47 16%	39 18%	22 22%	3 13%	61 19%	50 16%	12 13%	68 13%	65 20% b	10 18%	143 16%
A bit less	(2.0)	89 9%	20 10%	24 7%	10 14%	2 12%	34 8%	24 8%	19 9%	8 8%	5 19%	26 8%	29 9%	7 7%	43 8%	29 9% abce	10 18%	82 9%
A lot less	(1.0)	211 21%	31 16%	87 25% af	12 15%	3 21%	99 23% af	72 24%	43 20%	16 15%	2 8%	58 18%	74 23%	22 23%	120 23%	60 19%	8 15%	189 21%
Don't know		41 4%	11 5% be	5 1%	4 5%	1 6%	9 2%	11 4%	4 2%	4 4%	2 9%	7 2%	13 4%	2 2%	19 4%	19 6%	2 4%	39 4%
I have never done this		351 36%	73 37% c	125 36% c	17 22%	2 12%	142 33% c	107 36%	64 30%	37 37%	9 37%	101 32%	116 36%	42 43% cd	202 39% cd	96 30%	11 19%	309 35% d
NET: More		141 14%	35 17%	41 12%	21 28% be	7 41%	62 15%	38 13%	47 22% af	15 15%	3 14%	62 20% af	42 13%	12 12%	64 12%	51 16%	14 26% abe	129 14%
NET: Less		300 30%	51 26%	111 32%	22 29%	5 33%	133 31%	96 32%	61 28%	23 23%	6 27%	84 27%	103 32%	29 30%	163 32%	90 28%	18 33%	271 30%
Base for stats		596	115	220	56	13	275	182	148	60	13	208	195	53	295	207	42	543
Mean Score		2.48	2.75 b	2.37	2.89 be	2.98	2.47	2.38	2.76 af	2.73	2.62	2.75 af	2.40	2.34	2.33	2.65 b	2.88 b	2.49
Standard Deviation		1.354	1.413	1.311	1.338	1.505	1.331	1.353	1.409	1.314	1.077	1.379	1.336	1.376	1.332	1.351	1.365	1.352
Standard Error		.055	.129	.089	.180	.402	.081	.099	.118	.170	.288	.097	.094	.178	.076	.095	.211	.058

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Nature of working location						Nature of working hours						Number of people in household including self				
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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
1006	204	346	75	17	421	221	306	211	100	25	311	331	107	531	313	55	899
988	199	350	76	16	426	215	300	215	101	24	316	324	97	515	322	54	891
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
*	.02	.01	.03	.16	.01	.02	.01	.01	.03	.08	.01	.01	.03	.01	.01	.04	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

			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		1006	190	689	149	130	30	698	280	26	821	185	857	141	
Total		988	191	681	141	127	30	691	271	25	806	182	851	129	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	59	29	25	11	8	-	38	19	-	45	14	55	4
			6%	15%	4%	8%	7%	-	6%	7%	-	6%	8%	6%	3%
				b											
A bit more		(4.0)	81	37	37	18	12	3	49	31	2	70	11	69	12
			8%	19%	5%	13%	10%	12%	7%	12%	9%	9%	6%	8%	9%
				b		d				d					
About the same		(3.0)	155	36	104	19	22	5	110	43	3	126	29	135	21
			16%	19%	15%	14%	17%	18%	16%	16%	14%	16%	16%	16%	16%
A bit less		(2.0)	89	24	55	16	6	4	59	26	-	78	10	77	11
			9%	12%	8%	11%	5%	14%	9%	10%	-	10%	6%	9%	9%
A lot less		(1.0)	211	35	153	29	31	7	148	56	9	178	33	167	43
			21%	18%	22%	20%	24%	25%	21%	21%	38%	22%	18%	20%	34%
														a	
Don't know			41	8	27	8	11	2	20	18	3	31	11	39	2
			4%	4%	4%	5%	9%	6%	3%	7%	11%	4%	6%	5%	2%
							d			d					
I have never done this			351	23	281	40	37	8	265	77	7	278	73	311	36
			36%	12%	41%	28%	29%	26%	38%	28%	28%	34%	40%	37%	28%
					a			abe						b	
NET: More			141	66	62	29	21	3	87	51	2	115	25	123	16
			14%	34%	9%	21%	16%	12%	13%	19%	9%	14%	14%	15%	12%
				b		d				d					
NET: Less			300	59	208	45	37	11	208	83	9	256	43	244	55
			30%	31%	31%	32%	29%	39%	30%	31%	38%	32%	24%	29%	42%
												b		a	
Base for stats			596	161	374	93	79	20	406	176	15	498	98	502	91
Mean Score			2.48	3.01	2.26	2.64	2.52	2.24	2.43	2.61	1.88	2.45	2.63	2.54	2.13
				b										b	
Standard Deviation			1.354	1.411	1.268	1.403	1.415	1.148	1.337	1.381	1.235	1.340	1.421	1.358	1.265
Standard Error			.055	.112	.065	.141	.156	.251	.066	.102	.309	.059	.140	.060	.126
Error variance			*	.01	*	.02	.02	.06	*	.01	.10	*	.02	*	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
1006	137	119	158	180	146	102	38	126	603	266	342	306	268	74	165	197	399	229
988	136	117	152	178	142	100	38	126	588	264	327	301	271	75	154	189	396	233
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
59	2	3	11	6	11	8	6	12	31	27	19	18	11	12	11	19	14	15
6%	1%	2%	7%	3%	8%	8%	16%	10%	5%	10%	6%	6%	4%	17%	7%	10%	4%	6%
			a		a	ab	abdi	abd	a	abdi				abc		c		
81	5	5	13	21	12	14	4	7	52	24	23	20	28	7	17	16	25	19
8%	4%	4%	9%	12%	9%	14%	11%	5%	9%	9%	7%	7%	10%	9%	11%	8%	6%	8%
				abh		abh			a	a					c			
155	19	12	27	28	24	19	5	22	91	45	42	56	47	9	27	36	58	33
16%	14%	10%	18%	16%	17%	19%	12%	17%	15%	17%	13%	18%	17%	12%	18%	19%	15%	14%
												a						
89	8	9	18	23	11	7	4	8	61	20	27	34	21	5	11	18	35	24
9%	6%	8%	12%	13%	8%	7%	12%	6%	10%	7%	8%	11%	8%	7%	7%	9%	9%	10%
211	32	25	29	43	39	13	5	24	136	43	86	63	49	12	31	37	85	57
21%	23%	22%	19%	24%	27%	13%	14%	19%	23%	16%	26%	21%	18%	16%	20%	19%	21%	25%
				fj	fj				fj		c							
41	4	7	8	6	4	5	3	4	26	12	9	14	10	7	7	11	11	9
4%	3%	6%	5%	3%	3%	5%	9%	3%	4%	4%	3%	5%	4%	9%	5%	6%	3%	4%
														ac				
351	66	56	44	51	40	34	10	49	192	93	122	97	106	22	49	53	168	76
36%	48%	48%	29%	29%	28%	34%	27%	39%	33%	35%	37%	32%	39%	30%	32%	28%	42%	33%
	cdefgij	cdefgij															abd	
141	7	8	25	27	23	22	10	19	83	51	42	37	39	19	28	35	40	34
14%	5%	7%	16%	15%	16%	22%	26%	15%	14%	19%	13%	12%	14%	26%	18%	18%	10%	15%
			ab	ab	ab	abi	abi	ab	ab	abi				abc	c	c		
300	40	34	48	65	50	20	10	32	197	62	113	97	69	17	42	55	120	81
30%	30%	29%	31%	37%	35%	21%	25%	26%	33%	24%	34%	32%	26%	23%	28%	29%	30%	35%
				fhj	fj				fj		c							
596	66	54	99	120	97	61	25	73	371	159	196	190	155	45	98	126	217	148
2.48	2.03	2.11	2.59	2.37	2.44	2.95	3.05	2.65	2.41	2.83	2.29	2.45	2.56	3.07	2.65	2.70	2.30	2.40
			ab		a	abdei		ab	a	abdei				abc	c	c		
1.354	1.144	1.251	1.344	1.263	1.414	1.336	1.511	1.457	1.327	1.420	1.377	1.300	1.288	1.567	1.377	1.406	1.277	1.373
.055	.140	.169	.132	.113	.141	.170	.308	.170	.068	.113	.096	.093	.104	.236	.134	.123	.086	.114
*	.02	.03	.02	.01	.02	.03	.10	.03	*	.01	.01	.01	.01	.06	.02	.02	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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		1006	407	209	377	1006	-
Total		988	400	208	369	988	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	59	44	9	5	59	-
		6%	11%	4%	1%	6%	-
			bc	c			
A bit more	(4.0)	81	50	14	13	81	-
		8%	13%	7%	4%	8%	-
			bc				
About the same	(3.0)	155	62	48	45	155	-
		16%	15%	23%	12%	16%	-
				ac			
A bit less	(2.0)	89	34	20	35	89	-
		9%	8%	9%	10%	9%	-
A lot less	(1.0)	211	77	27	107	211	-
		21%	19%	13%	29%	21%	-
				ab			
Don't know		41	18	11	12	41	-
		4%	4%	5%	3%	4%	-
I have never done this		351	114	80	151	351	-
		36%	29%	38%	41%	36%	-
				a	a		
NET: More		141	95	23	19	141	-
		14%	24%	11%	5%	14%	-
			bc	c			
NET: Less		300	111	47	142	300	-
		30%	28%	22%	39%	30%	-
				ab			
Base for stats		596	267	117	206	596	-
Mean Score		2.48	2.82	2.64	1.91	2.48	-
			c	c			
Standard Deviation		1.354	1.452	1.176	1.111	1.354	-
Standard Error		.055	.088	.108	.076	.055	-
Error variance		*	.01	.01	.01	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039 100%	441 22%	969 48%	350 17%	184 9%	81 4%	15 1%	1410 69%	264 13%
It is important to me to exercise regularly	2039 100%	474 23%	904 44%	421 21%	169 8%	54 3%	17 1%	1378 68%	222 11%
I feel that I have the opportunity to be physically active	2039 100%	372 18%	956 47%	369 18%	219 11%	111 5%	12 1%	1328 65%	330 16%
I find exercise enjoyable and satisfying	2039 100%	374 18%	825 40%	468 23%	256 13%	101 5%	14 1%	1199 59%	358 18%
I feel guilty when I don't exercise	2039 100%	330 16%	769 38%	475 23%	318 16%	132 6%	14 1%	1099 54%	450 22%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	441	213	227	151	157	132	16	68	34	43	36	50	79	67	47
		22%	21%	22%	25%	24%	18%	17%	26%	17%	20%	20%	22%	25%	20%	23%
					c	c			c				c			
Agree	(4.0)	969	491	474	277	318	375	59	117	88	109	81	109	150	158	98
		48%	49%	46%	45%	48%	50%	60%	44%	44%	51%	46%	48%	47%	48%	47%
							bcefg	hi								
Neither agree nor disagree	(3.0)	350	179	170	104	111	134	15	44	34	31	35	37	60	57	37
		17%	18%	16%	17%	17%	18%	16%	16%	17%	15%	20%	16%	19%	17%	18%
Disagree	(2.0)	184	72	111	59	52	73	2	26	32	16	18	16	20	34	19
		9%	7%	11%	10%	8%	10%	2%	10%	16%	7%	10%	7%	6%	10%	9%
				a					a	adfgi		a		a	a	a
Strongly disagree	(1.0)	81	35	44	18	27	35	5	7	9	14	6	13	8	13	5
		4%	4%	4%	3%	4%	5%	5%	3%	5%	7%	3%	6%	2%	4%	2%
											bgi					
Don't know		15	5	10	7	3	5	1	3	3	1	-	2	3	2	1
		1%	1%	1%	1%	*	1%	1%	1%	1%	*	-	1%	1%	1%	1%
NET: Agree		1410	704	700	428	475	507	75	186	122	152	117	158	229	225	146
		69%	71%	68%	69%	71%	67%	77%	70%	61%	71%	66%	70%	72%	68%	70%
							c	c		c			c			
NET: Disagree		264	107	155	77	79	108	7	34	41	30	24	29	28	47	24
		13%	11%	15%	13%	12%	14%	7%	13%	20%	14%	14%	13%	9%	14%	12%
				a						abfgi					ag	
Base for stats		2024	990	1025	609	665	750	98	263	197	212	177	224	317	329	207
		3.74	3.78	3.71	3.79	3.79	3.66	3.82	3.81	3.54	3.71	3.69	3.74	3.86	3.70	3.79
					c	c		c	c					ch		c
Standard Deviation		1.023	.978	1.059	1.018	1.019	1.027	.912	1.021	1.099	1.075	1.020	1.061	.949	1.035	.978
		.023	.031	.033	.040	.039	.039	.090	.062	.075	.073	.078	.077	.054	.057	.068
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	441	56	133	94	36	40	82	283	158	360	14	33	18	4	4	72
		22%	37% bcdefgh	28% cdefh	20%	14%	20%	17%	26% cdfh	17%	21%	26%	30% a	27%	41%	27%	29% a
Agree	(4.0)	969	61	231	246	131	87	212	538	431	851	26	46	29	2	8	111
		48%	40%	49%	51% aefh	52% aef	43%	44%	49%	46%	48%	47%	42%	45%	23%	55%	44%
Neither agree nor disagree	(3.0)	350	21	60	82	46	43	98	163	186	296	10	20	11	2	-	44
		17%	14%	13%	17%	18% b	21% bg	20% bg	15%	20% bg	17%	19%	18%	17%	27%	-	17%
Disagree	(2.0)	184	7	30	43	29	24	51	79	104	162	3	8	6	1	1	18
		9%	5%	6%	9%	11% abg	12% abg	11% abg	7%	11% abg	9%	6%	7%	9%	9%	6%	7%
Strongly disagree	(1.0)	81	5	13	12	7	9	35	30	50	72	1	4	2	-	2	8
		4%	4%	3%	2%	3%	4%	7% bcdg	3%	5% bcg	4%	1%	3%	2%	-	12%	3%
Don't know		15	-	5	2	2	-	6	7	8	14	-	-	-	-	-	-
		1%	-	1%	1%	1%	-	1%	1%	1%	1%	-	-	-	-	-	-
NET: Agree		1410	117	364	341	167	127	295	821	589	1211	40	80	47	6	11	183
		69%	78% defh	77% cdefh	71% efh	67%	62%	61%	75% defh	63%	69%	74%	72%	72%	64%	82%	72%
NET: Disagree		264	12	43	54	35	33	86	109	155	234	4	11	7	1	2	26
		13%	8%	9%	11%	14% b	16% abg	18% abcg	10% abcg	16% abcg	13%	7%	10%	11%	9%	18%	10%
Base for stats		2024	150	467	477	249	203	479	1094	930	1741	54	111	65	9	14	252
Mean Score		3.74	4.03 cdefh	3.94 cdefh	3.77 efh	3.65	3.61	3.54	3.88 cdefh	3.58	3.73	3.91	3.88	3.85	3.95	3.78	3.88 a
Standard Deviation		1.023	1.012	.959	.948	.957	1.065	1.116	.966	1.065	1.023	.908	1.028	1.002	1.087	1.289	1.006
Standard Error		.023	.083	.045	.043	.060	.073	.052	.029	.035	.025	.121	.097	.125	.344	.333	.063
Error variance		*	.01	*	*	*	.01	*	*	*	*	.01	.01	.02	.12	.11	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8.1. I feel that I have the ability to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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		None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%																
Unweighted Total		2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total		2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	441	258	72	81	154	38	26	158	42	21	14	16	35	25	65
		22%	21%	20%	25%	23%	i	21%	gij	21%	33%	21%	14%	30%	15%	16%
											dgij		gij			ij
Agree	(4.0)	969	601	176	156	332	93	60	297	102	27	33	59	46	65	187
		48%	48%	49%	49%	49%	56%	49%	49%	50%	43%	49%	53%	39%	38%	46%
							hij		hi	hi			hi			hi
Neither agree nor disagree	(3.0)	350	217	63	40	103	21	28	95	31	7	13	19	20	37	80
		17%	17%	18%	13%	15%	13%	23%	16%	15%	11%	19%	17%	17%	21%	20%
								ac							a	
Disagree	(2.0)	184	110	35	31	66	12	4	41	21	2	6	12	10	29	46
		9%	9%	10%	10%	10%	7%	3%	7%	10%	3%	8%	11%	9%	17%	11%
									bk				bk		abcehk	bcek
Strongly disagree	(1.0)	81	58	10	8	18	2	4	15	6	4	1	3	5	15	26
		4%	5%	3%	3%	3%	1%	3%	2%	3%	6%	1%	3%	4%	8%	6%
			d								ak				acdfgk	ack
Don't know		15	10	2	2	4	1	1	3	-	2	1	2	2	2	2
		1%	1%	1%	1%	1%	1%	1%	1%	-	3%	1%	2%	1%	1%	1%
											cdj					
NET: Agree		1410	859	248	237	486	131	87	454	144	48	47	75	81	90	253
		69%	68%	69%	74%	72%	78%	70%	75%	71%	76%	70%	67%	69%	52%	62%
							gij	i	ij	ij	ij	i	i	i		i
NET: Disagree		264	168	45	40	84	14	8	56	27	6	7	15	15	44	72
		13%	13%	12%	12%	12%	8%	6%	9%	13%	9%	10%	14%	13%	25%	18%
									bk				k		abcdefghjk	abck
Base for stats		2024	1245	356	317	673	166	123	605	202	61	67	109	116	171	405
Mean Score		3.74	3.72	3.75	3.85	3.80	3.93	3.82	3.89	3.76	3.97	3.82	3.66	3.82	3.34	3.54
					a		gij	ij	gij	ij	ij	i	i	ij		i
Standard Deviation		1.023	1.037	.982	.996	.989	.865	.912	.949	1.003	1.096	.919	.950	1.095	1.174	1.090
Standard Error		.023	.029	.056	.060	.041	.067	.083	.038	.071	.140	.112	.088	.094	.089	.057
Error variance		*	*	*	*	*	*	.01	*	.01	.02	.01	.01	.01	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759	
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	441 22%	104 24%	104 26%	34 22%	8 31%	138 25%	112 24%	141 26%	62 24%	43 24%	8 22%	106 24%	149 26%	49 18%	237 20%	123 24%	32 36%	392 22%
																	abce		
Agree	(4.0)	969 48%	217 49%	208 52%	70 46%	9 33%	278 50%	225 48%	266 49%	136 52%	81 46%	19 49%	217 49%	285 49%	128 47%	553 48%	255 49%	33 37%	841 48%
																d	d	d	
Neither agree nor disagree	(3.0)	350 17%	73 17%	51 13%	33 21%	5 18%	84 15%	77 17%	83 15%	41 16%	33 18%	5 14%	74 17%	88 15%	54 20%	205 18%	77 15%	13 15%	296 17%
					b														
Disagree	(2.0)	184 9%	35 8%	26 7%	5 3%	3 10%	31 6%	38 8%	39 7%	15 6%	14 8%	3 8%	29 7%	42 7%	23 8%	112 10%	39 8%	10 11%	161 9%
							c												
Strongly disagree	(1.0)	81 4%	11 2%	9 2%	7 5%	1 5%	16 3%	12 3%	13 2%	8 3%	4 2%	2 5%	12 3%	15 3%	13 5%	49 4%	16 3%	2 2%	67 4%
Don't know		15 1%	1 *	1 *	4 2%	1 4%	5 1%	2 *	2 *	1 *	3 2%	1 3%	4 1%	3 1%	3 1%	7 1%	5 1%	- -	12 1%
					abf														
NET: Agree	1410 69%	320 73%	312 78%	105 68%	17 63%	416 75%	337 72%	407 75%	198 75%	125 70%	27 71%	323 73%	434 75%	177 66%	790 68%	378 73%	65 72%	1233 70%	
				cf												ab			
NET: Disagree	264 13%	46 10%	35 9%	13 8%	4 15%	48 9%	50 11%	52 10%	23 9%	18 10%	5 13%	41 9%	57 10%	36 13%	161 14%	55 11%	12 13%	228 13%	
Base for stats	2024	439	397	150	26	548	464	542	263	175	37	438	579	267	1156	510	90	1756	
Mean Score	3.74	3.84	3.94	3.79	3.78	3.90	3.83	3.89	3.87	3.84	3.77	3.86	3.88	3.66	3.71	3.84	3.93	3.76	
																ab	ab		
Standard Deviation	1.023	.957	.921	.999	1.163	.944	.968	.953	.943	.963	1.065	.950	.960	1.029	1.033	.980	1.066	1.022	
Standard Error	.023	.045	.046	.082	.224	.040	.045	.041	.058	.073	.171	.046	.040	.062	.030	.044	.111	.024	
Error variance	*	*	*	.01	.05	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			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		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320	
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	441	68	317	43	42	12	345	87	9	346	95	379	56	
		22%	20%	23%	17%	12%	19%	25% abef	14%	12%	21%	22%	22%	19%	
Agree	(4.0)	969	148	671	117	136	22	696	247	26	793	176	822	143	
		48%	44%	49%	45% b	37%	34%	51% bcef	41%	35%	49% b	41%	48%	47%	
Neither agree nor disagree	(3.0)	350	68	212	41	67	17	215	113	11	269	81	286	52	
		17%	20% b	15%	16%	18%	26% d	16%	19%	15%	17%	19%	17%	17%	
Disagree	(2.0)	184	35	121	37	63	6	89	88	16	139	45	148	29	
		9%	10%	9%	14% d	17% d	9%	6%	15% d	22% cd	9%	10%	9%	10%	
Strongly disagree	(1.0)	81	14	50	16	47	7	19	59	9	51	29	60	17	
		4%	4%	4%	6% d	13% ad	11% d	1%	10% d	13% ad	3%	7% a	4%	6%	
Don't know		15	4	6	4	7	1	4	10	2	13	2	10	5	
		1%	1%	*	2% d	2% d	1%	*	2% d	3% d	1%	*	1%	2% a	
NET: Agree		1410	217	989	161	178	34	1041	334	34	1139	271	1201	199	
		69%	64%	72% a	62% bf	49%	53%	76% abcef	55%	48%	71% b	63%	70%	66%	
NET: Disagree		264	49	171	53	110	13	108	147	25	190	74	208	46	
		13%	15%	12%	20% d	30% ade	20% d	8%	24% d	35% ade	12%	17% a	12%	15%	
Base for stats		2024	334	1371	254	355	64	1364	595	71	1598	426	1694	297	
Mean Score		3.74	3.66	3.79	3.53	3.18	3.41	3.92	3.36	3.12	3.78	3.62	3.77	3.65	
				a	bef			abcef	b		b		b		
Standard Deviation		1.023	1.047	1.013	1.120	1.243	1.223	.890	1.192	1.278	.985	1.146	1.005	1.071	
Standard Error		.023	.058	.027	.068	.066	.153	.024	.049	.148	.025	.056	.025	.060	
Error variance		*	*	*	*	*	.02	*	*	.02	*	*	*	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Significance Level: 95%																				
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	441 22%	45 11%	25 10%	57 19%	67 21%	77 30%	58 32%	24 35%	88 35%	225 20%	170 34%	118 21%	125 20%	139 23%	55 28%	85 22%	96 24%	155 20%	99 22%
Agree	(4.0)	969 48%	146 36%	136 55%	147 48%	165 52%	126 49%	94 52%	35 50%	122 48%	574 51%	250 50%	264 46%	303 49%	304 51%	85 43%	175 46%	179 45%	398 52%	200 44%
Neither agree nor disagree	(3.0)	350 17%	92 23%	45 18%	59 19%	62 19%	35 14%	22 12%	5 7%	31 12%	200 18%	58 12%	91 16%	123 20%	86 14%	34 17%	66 17%	73 18%	122 16%	76 17%
Disagree	(2.0)	184 9%	70 17%	38 15%	28 9%	18 6%	11 4%	6 3%	5 8%	7 3%	95 8%	18 4%	61 11%	51 8%	50 8%	14 7%	26 7%	34 9%	62 8%	54 12%
Strongly disagree	(1.0)	81 4%	48 12%	3 1%	11 4%	6 2%	6 2%	2 1%	- -	5 2%	26 2%	7 1%	37 6%	17 3%	18 3%	6 3%	23 6%	8 2%	24 3%	21 5%
Don't know		15 1%	7 2%	1 *	3 1%	2 1%	1 *	- -	- -	1 *	7 1%	1 *	5 1%	3 *	3 1%	2 1%	4 1%	5 1%	3 *	4 1%
NET: Agree		1410 69%	191 47%	161 65%	203 67%	232 73%	203 79%	151 84%	59 85%	210 83%	799 71%	420 83%	383 66%	429 69%	443 74%	140 71%	260 69%	275 70%	553 72%	299 66%
NET: Disagree		264 13%	118 29%	41 17%	39 13%	24 7%	17 7%	8 4%	5 8%	12 5%	121 11%	25 5%	98 17%	68 11%	69 11%	20 10%	49 13%	42 11%	87 11%	75 17%
Base for stats		2024	400	247	301	318	255	181	69	253	1120	503	572	620	597	194	375	389	762	450
Mean Score		3.74	3.18	3.58	3.70	3.85	4.01	4.10	4.12	4.11	3.78	4.11	3.64	3.76	3.83	3.87	3.73	3.82	3.78	3.67
Standard Deviation		1.023	1.200	.913	.996	.881	.914	.816	.856	.863	.939	.844	1.116	.957	.981	1.015	1.077	.969	.966	1.090
Standard Error		.023	.060	.058	.057	.049	.057	.061	.105	.055	.028	.038	.046	.038	.041	.074	.055	.049	.035	.052
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	441	212	101	124	257	124
		22%	33%	16%	17%	26%	21%
			bc			b	
Agree	(4.0)	969	311	289	361	508	254
		48%	48%	46%	49%	51%	43%
						b	
Neither agree nor disagree	(3.0)	350	84	138	118	134	120
		17%	13%	22%	16%	14%	20%
				ac			a
Disagree	(2.0)	184	26	60	92	68	62
		9%	4%	10%	13%	7%	10%
				a	a		a
Strongly disagree	(1.0)	81	11	37	31	19	28
		4%	2%	6%	4%	2%	5%
				a	a		a
Don't know		15	4	3	7	3	8
		1%	1%	*	1%	*	1%
							a
NET: Agree		1410	523	390	485	765	378
		69%	81%	62%	66%	77%	63%
			bc			b	
NET: Disagree		264	36	97	124	86	90
		13%	6%	15%	17%	9%	15%
				a	a		a
Base for stats		2024	643	626	727	985	588
Mean Score		3.74	4.07	3.57	3.62	3.93	3.65
			bc			b	
Standard Deviation		1.023	.874	1.057	1.045	.915	1.073
Standard Error		.023	.034	.042	.039	.029	.044
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205	
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	372	175	195	140	124	108	16	58	45	34	29	37	58	55	39	
		18%	18%	19%	23% c	19% c	14%	16%	22%	22%	16%	16%	16%	18%	17%	19%	
Agree	(4.0)	956	485	468	266	299	390	50	124	73	95	94	128	145	156	91	
		47%	49%	45%	43%	45%	52% ab	51% c	46% c	37%	44%	53% c	56% bcdghi	45% c	47% c	44%	
Neither agree nor disagree	(3.0)	369	184	182	95	136	139	23	33	42	46	28	34	65	59	41	
		18%	18%	18%	15%	20% a	18%	23% b	12%	21% b	22% b	16%	15%	20% b	18%	20% b	
Disagree	(2.0)	219	97	122	75	72	73	4	36	26	26	19	16	27	41	26	
		11%	10%	12%	12%	11%	10%	4% afg	13% a	13% a	12% a	11% a	7%	8%	12% a	12% a	
Strongly disagree	(1.0)	111	51	60	34	34	44	5	12	14	12	7	11	22	17	10	
		5%	5%	6%	5%	5%	6%	5%	5%	7%	5%	4%	5%	7%	5%	5%	
Don't know		12	4	8	7	4	1	1	3	-	1	-	1	3	3	-	
		1%	*	1%	1% c	1%	*	1%	1%	-	*	-	*	1%	1%	-	
NET: Agree		1328	660	663	406	423	499	66	182	118	129	123	165	204	211	130	
		65%	66%	64%	66%	63%	66%	68%	68% c	59%	61%	69% c	73% cdghi	64%	64%	63%	
NET: Disagree		330	148	182	108	105	117	9	48	40	37	26	27	49	58	36	
		16%	15%	18%	18%	16%	15%	9%	18% a	20% af	17% a	15%	12%	15%	17% a	17% a	
Base for stats		2027	991	1027	609	664	754	98	263	200	212	177	225	317	328	208	
Mean Score		3.62	3.64	3.60	3.66	3.61	3.59	3.71	3.68	3.54	3.54	3.67	3.72	3.60	3.58	3.59	
Standard Deviation		1.072	1.043	1.100	1.124	1.063	1.036	.962	1.105	1.178	1.073	1.008	.984	1.096	1.070	1.081	
Standard Error		.024	.033	.034	.044	.041	.039	.095	.067	.080	.073	.077	.071	.062	.059	.076	
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258	
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	372	42	119	85	34	27	65	246	126	306	14	26	15	3	4	62	
		18%	28% cdefh	25% cdefh	18% h	14%	14%	13%	22% cdefh	13%	17%	25%	24%	23%	30%	27%	24% a	
Agree	(4.0)	956	68	213	237	130	96	211	519	437	839	22	43	33	4	7	108	
		47%	46%	45%	49%	52% f	47%	43%	47%	47%	48%	41%	39%	50%	42%	49%	43%	
Neither agree nor disagree	(3.0)	369	25	66	85	43	42	107	177	193	308	9	25	11	1	1	47	
		18%	17%	14%	18%	17%	21% b	22% bg	16%	21% bg	18%	17%	23%	17%	10%	7%	19%	
Disagree	(2.0)	219	6	49	51	34	21	57	107	112	193	6	8	5	2	2	23	
		11%	4% a	10% a	11% a	14% a	10% a	12% a	10% a	12% a	11%	12%	8%	8%	18%	13%	9%	
Strongly disagree	(1.0)	111	8	22	15	8	16	42	46	65	99	3	8	1	-	1	13	
		5%	5%	5%	3%	3%	8% cdg	9% bcdg	4%	7% cdg	6%	5%	8%	2%	-	6%	5%	
Don't know		12	-	2	6	1	-	3	7	4	11	-	-	-	-	-	-	
		1%	-	*	1%	*	-	1%	1%	*	1%	-	-	-	-	-	-	
NET: Agree		1328	110	332	322	164	124	275	764	563	1145	36	69	48	6	10	169	
		65%	74% efh	70% efh	67% fh	66% f	61%	57%	69% efh	60%	65%	66%	62%	74%	72%	75%	67%	
NET: Disagree		330	15	72	67	42	37	99	153	177	291	9	17	6	2	2	36	
		16%	10%	15%	14%	17% a	18% a	20% abcg	14%	19% acg	17%	16%	15%	9%	18%	18%	14%	
Base for stats		2027	150	470	474	250	203	481	1094	934	1744	54	111	65	9	14	252	
Mean Score		3.62	3.87 defh	3.76 defh	3.69 efh	3.59 f	3.49	3.42	3.74 defh	3.48	3.61	3.70	3.63	3.86	3.85	3.78	3.72	
Standard Deviation		1.072	1.048	1.089	.994	.992	1.094	1.128	1.044	1.087	1.073	1.122	1.149	.922	1.107	1.183	1.085	
Standard Error		.024	.086	.051	.045	.062	.075	.052	.032	.036	.026	.150	.108	.115	.350	.305	.068	
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.12	.09	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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										
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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		None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%																
Unweighted Total		2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total		2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	372	223	62	67	129	39	23	125	35	17	13	14	31	19	56
		18%	18%	17%	21%	19%	23%	19%	20%	17%	27%	19%	13%	26%	11%	14%
							gij		ij		gij			gij		gij
Agree	(4.0)	956	601	167	144	311	82	58	288	101	23	36	58	51	54	205
		47%	48%	47%	45%	46%	49%	47%	47%	50%	36%	54%	52%	43%	31%	50%
							i	i	i	i		ei	ei	i		ei
Neither agree nor disagree	(3.0)	369	229	64	51	115	27	26	100	36	13	9	16	14	48	78
		18%	18%	18%	16%	17%	16%	21%	16%	18%	21%	14%	15%	12%	28%	19%
														acdfghjk		
Disagree	(2.0)	219	126	41	37	78	10	12	64	22	6	6	15	15	27	42
		11%	10%	12%	12%	12%	6%	10%	11%	11%	9%	10%	14%	13%	15%	10%
													a	a	ak	
Strongly disagree	(1.0)	111	69	22	19	41	8	5	28	7	4	2	6	5	23	24
		5%	5%	6%	6%	6%	5%	4%	5%	3%	6%	4%	5%	4%	13%	6%
														abcdghjk		
Don't know		12	7	2	1	3	1	1	4	-	-	-	2	2	2	1
		1%	1%	1%	*	*	1%	1%	1%	-	-	-	2%	1%	1%	*
NET: Agree		1328	825	229	211	440	121	81	412	137	39	49	72	82	73	261
		65%	66%	64%	66%	65%	73%	65%	68%	68%	63%	73%	65%	69%	42%	64%
							i	i	i	i	i	i	i	i	i	i
NET: Disagree		330	195	63	56	119	17	17	92	29	10	9	21	20	49	67
		16%	16%	18%	18%	18%	10%	14%	15%	14%	16%	13%	19%	17%	29%	16%
													a	abcdehjk		
Base for stats		2027	1248	356	318	674	166	123	604	202	62	67	110	116	171	406
Mean Score		3.62	3.63	3.58	3.64	3.61	3.82	3.67	3.69	3.68	3.67	3.76	3.55	3.76	3.12	3.56
							gij	i	i	i	i	i	i	i	i	ij
Standard Deviation		1.072	1.061	1.093	1.119	1.105	1.008	1.016	1.058	.997	1.160	.996	1.055	1.112	1.202	1.046
Standard Error		.024	.029	.062	.067	.046	.078	.092	.043	.070	.146	.121	.098	.095	.091	.055
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	.01	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Unweighted Total		2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total		2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	372 18%	73 17%	98 25% af	27 17%	7 26%	125 23% af	80 17%	106 19%	59 22%	37 21%	6 16%	96 22%	112 19%	41 15%	208 18%	104 20%	19 21%	331 19%
Agree	(4.0)	956 47%	227 52% c	193 48%	62 40%	12 46%	255 46%	240 51% c	270 50%	127 48%	75 42%	21 54%	202 46%	291 50%	131 48%	535 46%	254 49%	35 39%	825 47%
Neither agree nor disagree	(3.0)	369 18%	74 17%	51 13%	38 25% abef	5 17%	90 16%	79 17%	89 16%	39 15%	36 20%	7 19%	75 17%	96 16%	54 20%	218 19%	82 16%	15 16%	315 18%
Disagree	(2.0)	219 11%	45 10%	41 10%	16 10%	2 7%	57 10%	47 10%	52 10%	27 10%	21 12%	3 7%	48 11%	55 9%	29 11%	127 11%	45 9%	19 21% abce	190 11%
Strongly disagree	(1.0)	111 5%	20 4%	12 3%	10 7%	1 3%	22 4%	21 4%	24 4%	10 4%	8 4%	2 4%	18 4%	26 4%	14 5%	69 6%	26 5%	2 2%	97 5%
Don't know		12 1%	1 *	3 1%	1 *	- -	4 1%	1 *	3 1%	1 *	1 *	- -	2 *	3 1%	1 *	7 1%	4 1%	- -	11 1%
NET: Agree		1328 65%	300 68% c	291 73% c	89 58%	19 72%	380 69% c	319 69% c	376 69%	186 71%	112 63%	27 70%	298 68%	403 69%	172 64%	743 64%	358 69% b	55 61%	1156 65%
NET: Disagree		330 16%	64 15%	53 13%	26 17%	3 11%	79 14%	67 14%	76 14%	38 14%	29 16%	4 11%	66 15%	80 14%	43 16%	195 17%	71 14%	21 23% c	287 16%
Base for stats		2027	439	395	153	27	549	465	541	263	177	38	440	579	269	1157	511	90	1758
Mean Score		3.62	3.66	3.82 acf	3.52	3.85	3.74 c	3.67	3.71	3.75	3.64	3.70	3.70	3.71	3.58	3.59	3.71 b	3.57	3.63
Standard Deviation		1.072	1.016	1.019	1.100	1.018	1.050	1.016	1.029	1.039	1.078	.971	1.055	1.024	1.041	1.085	1.049	1.108	1.076
Standard Error		.024	.048	.051	.090	.192	.045	.047	.044	.064	.081	.154	.051	.042	.062	.032	.047	.116	.026
Error variance		*	*	*	.01	.04	*	*	*	*	.01	.02	*	*	*	*	*	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	372 18%	74 22%	249 18%	44 17%	44 12%	13 20%	270 20% bef	92 15%	8 11%	286 18%	86 20%	322 19%	45 15%
Agree	(4.0)	956 47%	136 40%	672 49% a	108 42%	140 39%	20 31%	697 51% abcef	239 40%	27 38%	769 48%	187 44%	823 48% b	127 42%
Neither agree nor disagree	(3.0)	369 18%	64 19%	235 17%	48 19%	68 19%	13 20%	229 17%	117 19%	12 16%	294 18%	75 18%	287 17%	69 23% a
Disagree	(2.0)	219 11%	40 12%	144 10%	30 12%	59 16% d	13 20% d	120 9%	92 15% d	9 12%	170 11%	49 12%	172 10%	39 13%
Strongly disagree	(1.0)	111 5%	20 6%	72 5%	26 10% d	49 13% d	4 6%	49 4%	61 10% d	16 23% abcde	82 5%	29 7%	91 5%	21 7%
Don't know		12 1%	4 1%	6 *	3 1%	2 *	2 3% bd	4 *	5 1%	1 1%	10 1%	2 *	9 1%	2 1%
NET: Agree		1328 65%	210 62%	921 67%	152 59% b	184 51%	33 51%	966 71% abcef	331 55%	35 48%	1055 65%	273 64%	1145 67% b	172 57%
NET: Disagree		330 16%	60 18%	215 16%	56 22% d	108 30% ad	17 26% d	169 12%	153 25% d	25 35% ad	252 16%	79 18%	263 15%	60 20%
Base for stats		2027	334	1371	256	360	62	1363	601	72	1601	426	1695	301
Mean Score		3.62	3.61	3.64	3.45 bf	3.20	3.39	3.75 abcef	3.35 f	3.01	3.63	3.59	3.66 b	3.45
Standard Deviation		1.072	1.131	1.057	1.199	1.245	1.212	.988	1.204	1.368	1.054	1.137	1.063	1.104
Standard Error		.024	.062	.029	.073	.066	.153	.027	.049	.157	.026	.055	.026	.062
Error variance		*	*	*	.01	*	.02	*	*	.02	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Significance Level: 95%																				
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	372	32	27	36	56	58	57	27	78	178	162	99	94	124	53	64	78	136	90
		18%	8%	11%	12%	18%	23%	31%	39%	31%	16%	32%	17%	15%	21%	27%	17%	20%	18%	20%
					abc	abci	abcdei	abcdei	abcdei	ab	abcdei				b	ab				
Agree	(4.0)	956	140	123	155	168	125	97	28	121	570	246	249	302	323	72	187	188	382	181
		47%	34%	50%	51%	52%	49%	53%	41%	48%	51%	49%	43%	48%	54%	37%	49%	48%	50%	40%
			a	a	a	a	a	a	a	a	a	a		d	ad		d	d	d	
Neither agree nor disagree	(3.0)	369	104	41	65	62	34	19	7	38	202	64	100	133	79	37	66	69	139	79
		18%	26%	16%	21%	19%	13%	11%	9%	15%	18%	13%	17%	21%	13%	19%	17%	18%	18%	17%
			bdefghij		efgj	fj					fj		c	c						
Disagree	(2.0)	219	68	45	34	22	28	5	6	10	130	21	75	58	56	22	39	38	70	66
		11%	17%	18%	11%	7%	11%	3%	9%	4%	11%	4%	13%	9%	9%	11%	10%	10%	9%	14%
			cdefhij	cdefhij	fhj		fhj		f		dfhj		bc							bc
Strongly disagree	(1.0)	111	58	10	12	12	8	3	1	7	42	11	51	30	19	11	21	18	36	35
		5%	14%	4%	4%	4%	3%	2%	2%	3%	4%	2%	9%	5%	3%	6%	6%	5%	5%	8%
			bdefghij										bc							c
Don't know		12	6	3	1	-	2	-	-	-	5	-	3	6	-	-	2	4	1	3
		1%	2%	1%	*	-	1%	-	-	-	*	-	1%	1%	-	-	*	1%	*	1%
			dij	j											c				c	
NET: Agree		1328	171	150	192	224	183	153	55	199	748	408	348	396	447	125	250	265	519	272
		65%	42%	60%	63%	70%	72%	85%	80%	79%	66%	81%	60%	64%	74%	64%	66%	67%	68%	60%
				a	a	ab	abc	abcdei	abci	abcdi	a	abcdei			abd			d	d	
NET: Disagree		330	126	55	47	34	37	8	8	17	172	33	126	88	74	34	61	56	106	100
		16%	31%	22%	15%	11%	14%	5%	11%	7%	15%	6%	22%	14%	12%	17%	16%	14%	14%	22%
			bdefghij	cdefghij	fhj	fj	fhj				dfhj		bc							abc
Base for stats		2027	401	245	303	320	254	181	69	254	1122	504	573	617	600	196	377	391	764	451
Mean Score		3.62	3.05	3.46	3.56	3.73	3.77	4.10	4.06	4.00	3.63	4.04	3.47	3.60	3.80	3.68	3.62	3.69	3.67	3.50
				a	a	abc	abci	abcdei	abcdei	abcdei	ab	abcdei		a	ab	a		d	d	
Standard Deviation		1.072	1.187	1.038	.980	.957	1.028	.827	1.011	.927	1.004	.904	1.180	1.013	.974	1.160	1.062	1.042	1.023	1.186
Standard Error		.024	.060	.067	.056	.053	.064	.061	.124	.059	.030	.041	.049	.041	.040	.084	.054	.052	.037	.057
Error variance		*	*	*	*	*	*	*	.02	*	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	372	200	87	81	223	96
		18%	31%	14%	11%	23%	16%
			bc			b	
Agree	(4.0)	956	327	297	325	486	263
		47%	50%	47%	44%	49%	44%
			c				
Neither agree nor disagree	(3.0)	369	69	151	141	151	119
		18%	11%	24%	19%	15%	20%
				ac	a		a
Disagree	(2.0)	219	29	60	126	85	76
		11%	4%	9%	17%	9%	13%
				a	ab		a
Strongly disagree	(1.0)	111	22	30	57	39	37
		5%	3%	5%	8%	4%	6%
				ab			a
Don't know		12	1	5	3	4	4
		1%	*	1%	*	*	1%
NET: Agree		1328	527	383	406	709	359
		65%	81%	61%	55%	72%	60%
			bc	c		b	
NET: Disagree		330	51	90	183	124	113
		16%	8%	14%	25%	13%	19%
				a	ab		a
Base for stats		2027	646	624	731	984	591
Mean Score		3.62	4.01	3.56	3.34	3.78	3.52
			bc	c		b	
Standard Deviation		1.072	.948	1.004	1.123	1.018	1.099
Standard Error		.024	.037	.040	.042	.032	.045
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?

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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	374	183	189	140	124	110	14	67	34	35	28	34	65	60	37
		18%	18%	18%	23% c	19%	15%	14%	25% acdefh	17%	17%	16%	15%	20%	18%	18%
Agree	(4.0)	825	412	408	243	279	303	48	98	68	95	79	82	129	133	93
		40%	41%	39%	39%	42%	40%	49% bcf	37%	34%	45% c	45% c	36%	40%	40%	45% c
Neither agree nor disagree	(3.0)	468	239	229	135	129	204	24	48	52	48	28	69	78	76	43
		23%	24%	22%	22%	19%	27% ab	25%	18%	26% be	23%	16%	31% bei	24% e	23%	21%
Disagree	(2.0)	256	102	153	69	101	87	8	37	32	23	26	30	35	38	28
		13%	10%	15% a	11%	15% a	12%	8%	14%	16% a	11%	14%	13%	11%	12%	13%
Strongly disagree	(1.0)	101	54	46	20	34	47	4	15	11	11	16	8	10	20	7
		5%	5%	4%	3%	5%	6% a	4%	6%	6%	5%	9% fgi	4%	3%	6%	3%
Don't know		14	4	10	8	2	4	1	1	2	-	-	3	4	3	-
		1%	*	1%	1% b	*	1%	1%	*	1%	-	-	1%	1%	1%	-
NET: Agree		1199	595	597	384	403	413	62	165	103	130	108	116	193	193	130
		59%	60%	58%	62% c	60% c	55%	63%	62% cf	51%	61% cf	61%	51%	60% cf	58%	63% cf
NET: Disagree		358	156	199	89	134	134	11	52	44	34	41	38	44	58	35
		18%	16%	19% a	14%	20% a	18%	12%	20%	22% ag	16%	23% ag	17%	14%	18%	17%
Base for stats		2025	991	1025	608	666	751	98	265	198	213	177	223	316	327	208
Mean Score		3.55	3.57	3.53	3.68 bc	3.54	3.45	3.62	3.62 c	3.41	3.56	3.45	3.47	3.65 c	3.54	3.60
Standard Deviation		1.082	1.072	1.090	1.052	1.108	1.074	.957	1.166	1.124	1.058	1.184	1.023	1.022	1.100	1.033
Standard Error		.024	.034	.034	.041	.043	.041	.095	.070	.076	.072	.090	.074	.058	.060	.072
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	374	49	119	79	40	23	65	247	128	300	14	33	16	1	4	68
		18%	32% cdefgh	25% cdefh	16%	16%	11%	13%	22% cdefh	14%	17%	26%	30% a	25%	10%	27%	27% a
Agree	(4.0)	825	41	202	208	109	86	179	451	374	718	20	45	25	3	7	99
		40%	27% a	43% af	43% af	44% a	42% a	37% a	41% a	40% a	41%	36%	40%	39%	35%	49%	39%
Neither agree nor disagree	(3.0)	468	36	87	105	60	59	121	228	240	409	11	23	12	3	3	51
		23%	24%	19%	22%	24%	29% bcg	25% b	21%	26% bg	23%	20%	21%	18%	37%	18%	20%
Disagree	(2.0)	256	19	46	63	29	23	77	128	129	226	6	9	8	1	-	25
		13%	13%	10%	13%	12%	11%	16% bg	12%	14% b	13%	12%	8%	13%	9%	-	10%
Strongly disagree	(1.0)	101	4	13	23	11	13	38	39	62	91	2	1	3	1	1	7
		5%	3%	3%	5%	4%	6% b	8% abcg	4%	7% bg	5% c	4%	1%	5%	9%	6%	3%
Don't know		14	1	5	2	1	-	5	8	6	12	1	-	1	-	-	2
		1%	1%	1%	1%	*	-	1%	1%	1%	1%	1%	-	1%	-	-	1%
NET: Agree		1199	90	321	287	149	108	244	698	501	1017	34	78	41	4	10	167
		59%	60% f	68% cdefh	60% fh	59% f	53%	50%	63% efh	53%	58%	63%	70% a	63%	45%	76%	66% a
NET: Disagree		358	23	59	85	40	36	115	167	191	317	8	10	11	2	1	32
		18%	15%	12%	18% b	16%	18%	24% abcdg	15%	20% bg	18% cg	15%	9%	18%	19%	6%	13%
Base for stats		2025	149	467	477	250	203	479	1093	932	1743	53	111	64	9	14	251
Mean Score		3.55	3.75 cefh	3.79 cdefh	3.54 fh	3.55 f	3.41	3.33	3.68 cefh	3.40	3.52	3.71	3.90 a	3.66	3.26	3.91	3.78 a
Standard Deviation		1.082	1.124	1.021	1.062	1.036	1.037	1.135	1.059	1.091	1.080	1.105	.952	1.135	1.131	1.015	1.046
Standard Error		.024	.092	.048	.048	.065	.071	.053	.032	.036	.026	.149	.090	.143	.358	.262	.065
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.13	.07	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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		
2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293		
2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290		
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%		
374	218	62	75	137	35	25	137	34	14	12	19	29	19	50	60		
18%	17%	17%	23%	20%	21%	20%	23%	17%	23%	17%	17%	25%	11%	12%	21%		
			a		ij	ij	ij		ij			ij			ij		
825	483	169	139	307	70	49	262	85	23	31	42	44	59	161	119		
40%	38%	47%	43%	45%	42%	39%	43%	42%	37%	46%	37%	37%	34%	39%	41%		
		a		a			i										
468	315	66	56	122	35	26	118	50	15	18	29	28	41	108	60		
23%	25%	18%	18%	18%	21%	21%	19%	25%	24%	27%	26%	24%	24%	27%	21%		
	bcd													c			
256	153	47	41	88	19	19	70	22	8	6	14	11	32	55	37		
13%	12%	13%	13%	13%	11%	15%	12%	11%	13%	9%	13%	10%	19%	14%	13%		
													cdh				
101	76	12	9	22	6	4	20	10	2	1	7	5	19	29	10		
5%	6%	3%	3%	3%	3%	3%	3%	5%	3%	1%	6%	4%	11%	7%	3%		
	cd												abcdfhk	ck			
14	9	2	-	2	3	2	1	1	-	-	1	1	3	3	5		
1%	1%	1%	-	*	2%	2%	*	*	-	-	1%	1%	1%	1%	2%		
					c	c							c		c		
1199	701	231	213	444	105	74	399	119	38	43	61	73	78	211	179		
59%	56%	64%	67%	66%	63%	59%	66%	59%	60%	63%	54%	62%	46%	52%	61%		
		a	a	a	ij	i	gij	i	i	i		ij			ij		
358	229	59	50	109	24	23	90	32	10	7	21	16	50	84	47		
18%	18%	17%	16%	16%	15%	18%	15%	16%	16%	10%	19%	14%	29%	21%	16%		
													abcdefghjk	cf			
2025	1246	356	319	675	164	122	607	201	62	67	111	117	170	404	286		
3.55	3.49	3.62	3.72	3.67	3.67	3.59	3.70	3.55	3.64	3.70	3.47	3.69	3.17	3.37	3.64		
			a	a	ij	i	gij	ij	i	ij	i	ij			ij		
1.082	1.102	1.029	1.051	1.040	1.044	1.077	1.045	1.047	1.077	.901	1.102	1.079	1.188	1.091	1.057		
.024	.030	.059	.063	.043	.081	.098	.042	.074	.136	.109	.101	.092	.091	.057	.062		
*	*	*	*	*	.01	.01	*	.01	.02	.01	.01	.01	.01	*	*		

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?

BASE: All respondents

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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		2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total		2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	374 18%	88 20%	86 21%	29 19%	7 25%	115 21%	94 20%	121 22%	51 19%	35 20%	5 14%	86 20%	126 22%	40 15%	205 18%	108 21% a	22 24% a	335 19%
Agree	(4.0)	825 40%	199 45%	171 43%	59 39%	10 38%	230 42%	209 45%	227 42%	124 47%	68 38%	19 51%	193 44%	247 42%	91 34%	480 41% a	221 43% a	33 37% a	734 42%
Neither agree nor disagree	(3.0)	468 23%	99 23%	80 20%	26 17%	5 20%	106 19%	105 22%	114 21%	51 19%	41 23%	7 18%	93 21%	120 21%	78 29% ce	272 23% c	95 18%	23 25%	390 22%
Disagree	(2.0)	256 13%	40 9%	46 12%	32 21% abef	3 11%	78 14% af	43 9%	61 11%	26 10%	27 15%	5 14%	53 12%	66 11%	39 14%	139 12%	69 13%	10 11%	218 12%
Strongly disagree	(1.0)	101 5%	13 3%	14 4%	6 4%	2 6%	20 4%	14 3%	19 4%	9 3%	6 3%	1 3%	15 3%	21 4%	21 8% ce	57 5%	21 4%	3 3%	80 5%
Don't know		14 1%	1 *	2 *	1 1%	- -	3 1%	1 *	2 *	2 1%	- -	- -	2 *	2 *	2 1%	10 1%	2 *	- -	12 1%
NET: Agree		1199 59%	287 65%	256 64%	89 58%	17 63%	345 62%	303 65%	348 64%	176 67%	103 58%	25 64%	279 63%	373 64%	130 48%	685 59% a	329 64% a	55 61% a	1069 60% a
NET: Disagree		358 18%	53 12%	60 15%	38 24% abf	5 17%	98 18% af	58 12%	80 15%	35 13%	33 19%	7 18%	68 15%	87 15%	60 22% be	196 17%	89 17%	12 14%	298 17%
Base for stats		2025	439	397	153	27	550	465	542	262	178	38	440	580	268	1154	513	90	1757
Mean Score		3.55	3.70 c	3.67	3.49	3.64	3.62	3.70 c	3.68	3.70	3.56	3.57	3.64	3.67	3.33	3.55 a	3.64 a	3.68 a	3.58 a
Standard Deviation		1.082	.984	1.050	1.138	1.171	1.077	.995	1.051	1.002	1.077	1.018	1.034	1.049	1.132	1.069	1.078	1.050	1.071
Standard Error		.024	.047	.053	.093	.221	.046	.046	.045	.062	.081	.161	.050	.043	.068	.031	.048	.110	.026
Error variance		*	*	*	.01	.05	*	*	*	*	.01	.03	*	*	*	*	*	.01	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8.3. I find exercise enjoyable and satisfying: 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		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	374 18%	75 22%	253 18%	41 16%	48 13%	6 9%	285 21% bce	83 14%	11 16%	294 18%	80 19%	330 19% b	40 13%
Agree	(4.0)	825 40%	128 38%	590 43%	98 38%	119 33%	24 37%	590 43% bef	216 36%	23 32%	657 41%	168 39%	704 41%	111 37%
Neither agree nor disagree	(3.0)	468 23%	80 24%	293 21%	59 23%	95 26%	16 24%	298 22%	152 25%	16 21%	366 23%	102 24%	383 22%	79 26%
Disagree	(2.0)	256 13%	42 12%	167 12%	41 16% d	58 16% d	14 22% d	136 10%	101 17% d	13 17% d	203 13%	54 13%	201 12%	45 15%
Strongly disagree	(1.0)	101 5%	11 3%	67 5%	17 7% d	38 10% d	4 6%	50 4%	48 8% d	9 12% d	82 5%	19 5%	75 4%	25 8% a
Don't know		14 1%	3 1%	7 *	2 1%	3 1%	1 1%	7 1%	4 1%	1 1%	9 1%	5 1%	11 1%	2 1%
NET: Agree		1199 59%	203 60%	843 61%	139 54%	167 46%	30 47%	875 64% abcef	299 49%	35 48%	952 59%	248 58%	1034 61% b	151 50%
NET: Disagree		358 18%	53 16%	235 17%	59 23% d	96 26% d	18 27% d	187 14%	149 25% d	22 30% d	285 18%	73 17%	276 16%	69 23% a
Base for stats		2025	335	1371	257	359	64	1361	601	72	1602	423	1694	300
Mean Score		3.55	3.64	3.58	3.40	3.23	3.23	3.68 abcef	3.31	3.21	3.55	3.56	3.60 b	3.32
Standard Deviation		1.082	1.063	1.074	1.137	1.184	1.087	1.030	1.146	1.272	1.085	1.075	1.065	1.133
Standard Error		.024	.058	.029	.069	.063	.136	.028	.047	.146	.027	.053	.026	.064
Error variance		*	*	*	*	*	.02	*	*	.02	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	374	31	18	47	59	60	56	18	87	183	161	99	109	114	48	69	76	128	98
		18%	7%	7%	16%	18%	23%	31%	26%	34%	16%	32%	17%	17%	19%	24%	18%	19%	17%	22%
					ab	ab	abci	abci	abci	abcdei	ab	abcdei				ab				c
Agree	(4.0)	825	88	110	122	162	117	83	35	108	511	225	230	254	263	67	141	158	345	170
		40%	22%	44%	40%	51%	46%	46%	50%	42%	45%	45%	40%	41%	44%	34%	37%	40%	45%	37%
				a	a	ac	a	a	a	a	a	a			d				ad	
Neither agree nor disagree	(3.0)	468	130	58	78	69	53	29	10	42	258	81	123	156	129	40	88	111	155	92
		23%	32%	24%	25%	22%	21%	16%	15%	16%	23%	16%	21%	25%	22%	21%	23%	28%	20%	20%
			bdefghij	fhj	fhj	j					fhj							cd		
Disagree	(2.0)	256	93	47	45	27	19	12	5	9	137	26	83	75	68	23	52	36	97	63
		13%	23%	19%	15%	8%	7%	6%	7%	4%	12%	5%	14%	12%	11%	12%	14%	9%	13%	14%
			cdefghij	defghij	defhj	h					efhj						b			b
Strongly disagree	(1.0)	101	58	14	11	3	6	2	1	7	34	10	35	25	23	17	25	12	34	28
		5%	14%	6%	4%	1%	2%	1%	2%	3%	3%	2%	6%	4%	4%	9%	7%	3%	4%	6%
			bdefghij	dfij	d						d					bc	b			b
Don't know		14	8	1	3	1	1	-	-	1	5	1	5	3	3	1	3	2	5	3
		1%	2%	*	1%	*	*	-	-	*	*	*	1%	*	1%	*	1%	*	1%	1%
			dij																	
NET: Agree		1199	119	128	169	221	177	139	53	194	694	386	329	363	377	115	210	233	473	267
		59%	29%	52%	55%	69%	69%	77%	76%	77%	62%	77%	57%	58%	63%	58%	55%	59%	62%	59%
				a	a	abci	abci	abci	abci	abcdei	ab	abcdei			a				a	
NET: Disagree		358	151	61	55	30	25	14	6	16	170	36	119	100	91	40	77	48	131	91
		18%	37%	25%	18%	9%	10%	8%	9%	6%	15%	7%	21%	16%	15%	20%	20%	12%	17%	20%
			bdefghij	defghij	defhj						defhj		bc				b		b	b
Base for stats		2025	400	247	301	319	255	181	69	252	1122	503	571	620	597	195	376	392	759	451
Mean Score		3.55	2.85	3.29	3.50	3.77	3.81	3.99	3.92	4.02	3.60	3.99	3.48	3.56	3.63	3.54	3.47	3.63	3.57	3.55
				a	ab	abci	abci	abcdei	abci	abcdei	ab	abcdei			a			a		
Standard Deviation		1.082	1.148	1.035	1.037	.874	.958	.913	.928	.953	.995	.934	1.124	1.043	1.036	1.225	1.140	.995	1.053	1.158
Standard Error		.024	.058	.066	.059	.049	.060	.068	.113	.060	.030	.042	.046	.042	.043	.089	.058	.050	.039	.055
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	374	185	73	113	227	95
		18%	29%	12%	15%	23%	16%
			bc		b	b	
Agree	(4.0)	825	286	225	306	431	228
		40%	44%	36%	42%	44%	38%
			b		b	b	
Neither agree nor disagree	(3.0)	468	115	190	153	182	159
		23%	18%	30%	21%	18%	27%
				ac			a
Disagree	(2.0)	256	49	86	117	109	78
		13%	8%	14%	16%	11%	13%
				a	a		
Strongly disagree	(1.0)	101	9	51	39	32	33
		5%	1%	8%	5%	3%	5%
				ac	a		a
Don't know		14	3	3	6	6	3
		1%	*	*	1%	1%	1%
NET: Agree		1199	471	298	419	659	322
		59%	73%	47%	57%	67%	54%
			bc		b	b	
NET: Disagree		358	58	137	156	141	111
		18%	9%	22%	21%	14%	19%
				a	a		a
Base for stats		2025	644	626	728	982	592
Mean Score		3.55	3.91	3.29	3.46	3.73	3.46
			bc		b	b	
Standard Deviation		1.082	.943	1.099	1.096	1.041	1.079
Standard Error		.024	.037	.044	.041	.033	.044
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	474	239	234	157	154	164	21	66	49	49	28	56	79	75	51
		23%	24%	23%	25%	23%	22%	21%	25%	25%	23%	16%	25%	25%	23%	25%
									e	e		e	e	e		e
Agree	(4.0)	904	467	433	259	290	356	47	115	74	89	88	100	146	148	97
		44%	47%	42%	42%	43%	47%	48%	43%	37%	42%	50%	44%	46%	45%	47%
			b									c		c		c
Neither agree nor disagree	(3.0)	421	188	232	125	143	153	19	51	49	44	41	39	67	74	38
		21%	19%	22%	20%	21%	20%	19%	19%	24%	21%	23%	17%	21%	22%	18%
Disagree	(2.0)	169	67	100	50	59	60	6	23	16	22	10	25	19	27	21
		8%	7%	10%	8%	9%	8%	6%	9%	8%	10%	5%	11%	6%	8%	10%
				a									g			
Strongly disagree	(1.0)	54	29	24	16	17	20	3	8	9	8	10	3	6	5	1
		3%	3%	2%	3%	3%	3%	3%	3%	5%	4%	5%	1%	2%	2%	*
								i	i	ghi	i	fghi				
Don't know		17	5	12	10	5	2	3	3	2	2	-	3	3	2	-
		1%	1%	1%	2%	1%	*	3%	1%	1%	1%	-	1%	1%	*	-
					c			ei								
NET: Agree		1378	705	667	415	444	519	68	181	123	138	116	156	225	223	148
		68%	71%	64%	67%	66%	69%	69%	68%	62%	65%	66%	69%	70%	67%	71%
			b											c		c
NET: Disagree		222	96	124	66	77	80	9	31	26	30	19	28	25	33	22
		11%	10%	12%	11%	11%	11%	9%	12%	13%	14%	11%	12%	8%	10%	11%
										g	g					
Base for stats		2022	990	1024	606	663	753	96	263	198	211	177	223	317	329	208
Mean Score		3.78	3.83	3.74	3.81	3.76	3.77	3.80	3.79	3.69	3.70	3.65	3.81	3.86	3.79	3.85
			b											e		
Standard Deviation		.984	.969	.995	.998	.992	.965	.962	1.011	1.081	1.056	.995	.985	.922	.941	.925
Standard Error		.022	.031	.031	.039	.038	.036	.096	.061	.073	.072	.076	.071	.052	.051	.065
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258	
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	474	55	141	102	46	35	96	298	176	398	12	37	18	1	3	71	
		23%	36% cdefgh	30% cdefh	21%	18%	17%	20%	27% cdefh	19%	23%	23%	33% a	28%	12%	20%	28%	
Agree	(4.0)	904	66	209	233	116	87	193	508	396	781	24	46	25	7	8	110	
		44%	44%	44%	49% fh	46%	43%	40%	46% f	42%	44%	44%	41%	39%	80%	56%	43%	
Neither agree nor disagree	(3.0)	421	16	68	105	64	48	120	188	233	367	11	20	14	1	2	47	
		21%	10%	14%	22% abg	26% abg	24% abg	25% abg	17% a	25% abg	21%	20%	18%	21%	8%	11%	18%	
Disagree	(2.0)	169	11	35	29	17	25	54	74	95	148	4	6	7	-	1	19	
		8%	7%	7%	6%	7%	12% bcdg	11% bcdg	7%	10% cg	8%	8%	6%	11%	-	6%	7%	
Strongly disagree	(1.0)	54	3	14	9	7	7	13	26	27	48	2	2	-	-	1	4	
		3%	2%	3%	2%	3%	3%	3%	2%	3%	3%	4%	2%	-	-	6%	2%	
Don't know		17	1	4	2	1	1	8	7	10	14	1	1	1	-	-	2	
		1%	1%	1%	*	*	1%	2% cg	1%	1%	1%	2%	1%	1%	-	-	1%	
NET: Agree		1378	120	351	335	162	122	289	806	572	1179	36	83	43	8	10	180	
		68%	80% cdefh	74% defh	70% efh	65%	60%	60%	73% defh	61%	67%	67%	74%	66%	92%	77%	71%	
NET: Disagree		222	13	49	38	24	32	67	100	122	195	6	8	7	-	2	23	
		11%	9%	10%	8%	10%	16% cdg	14% cg	9%	13% cg	11%	11%	7%	11%	-	12%	9%	
Base for stats		2022	149	467	478	250	202	476	1095	928	1741	53	110	64	9	14	250	
Mean Score		3.78	4.07 cdefgh	3.92 defh	3.82 efh	3.71	3.59	3.64	3.89 defh	3.65	3.77	3.76	4.00 a	3.84	4.03	3.79	3.89	
Standard Deviation		.984	.959	1.004	.905	.941	1.021	1.014	.958	.996	.985	1.023	.943	.969	.472	1.054	.960	
Standard Error		.022	.079	.047	.041	.059	.070	.047	.029	.033	.024	.138	.089	.122	.149	.272	.060	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.02	.07	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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												
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week		Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work		NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed											
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total		2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293	
Total		2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	474	287	80	85	165	38	33	153	42	20	21	25	36	25	81	71
			23%	23%	22%	27%	24%	23%	27%	25%	21%	33%	31%	23%	31%	14%	20%	24%
								i	i	i		ij	ij		dij		i	
Agree		(4.0)	904	560	164	139	304	69	54	281	89	28	25	51	50	71	185	123
			44%	45%	46%	44%	45%	42%	43%	46%	44%	44%	37%	45%	42%	41%	46%	42%
Neither agree nor disagree		(3.0)	421	255	81	57	139	37	23	113	43	10	15	21	24	42	91	61
			21%	20%	23%	18%	20%	22%	19%	19%	21%	16%	22%	19%	21%	24%	22%	21%
Disagree		(2.0)	169	103	23	31	54	17	9	44	19	2	4	9	6	19	42	25
			8%	8%	6%	10%	8%	10%	7%	7%	9%	3%	5%	8%	5%	11%	10%	9%
Strongly disagree		(1.0)	54	39	9	4	13	3	3	15	7	1	2	3	1	12	6	7
			3%	3%	3%	1%	2%	2%	3%	2%	4%	2%	3%	3%	1%	7%	2%	2%
															achjk			
Don't know			17	11	1	2	3	2	2	2	1	2	1	3	1	4	1	4
			1%	1%	*	1%	1%	1%	1%	*	*	3%	1%	2%	1%	2%	*	1%
												cj		cj		cj		
NET: Agree			1378	847	244	225	468	107	87	434	131	48	46	76	86	96	266	194
			68%	67%	68%	70%	69%	64%	70%	71%	65%	77%	68%	68%	73%	56%	65%	67%
									i	i		i		i	i		i	i
NET: Disagree			222	143	32	35	67	20	12	59	26	3	6	11	7	31	48	32
			11%	11%	9%	11%	10%	12%	10%	10%	13%	5%	8%	10%	6%	18%	12%	11%
											h				bcehk			h
Base for stats		2022	1244	357	317	674	165	122	607	201	61	67	109	117	169	406	287	
Mean Score		3.78	3.77	3.79	3.86	3.82	3.74	3.86	3.85	3.70	4.06	3.89	3.80	3.98	3.47	3.72	3.79	
							i	i	i	i	adj	i	i	adj		i	i	
Standard Deviation		.984	.999	.947	.963	.954	.992	.986	.964	1.019	.884	1.013	.972	.884	1.095	.949	.990	
Standard Error		.022	.028	.054	.058	.040	.077	.090	.039	.072	.113	.124	.090	.076	.084	.050	.058	
Error variance		*	*	*	*	*	.01	.01	*	.01	.01	.02	.01	.01	.01	*	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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		2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total		2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	474	95	110	38	10	149	105	134	65	54	7	119	141	59	264	123	28	415
		23%	22%	28%	25%	38%	27%	23%	25%	25%	30%	19%	27%	24%	22%	23%	24%	31%	23%
			a																
Agree	(4.0)	904	205	189	62	10	251	215	258	125	65	18	190	276	112	529	226	37	792
		44%	47%	48%	40%	36%	45%	46%	47%	47%	37%	47%	43%	47%	41%	45%	44%	41%	45%
									c	c				c					
Neither agree nor disagree	(3.0)	421	93	60	35	2	95	96	105	47	31	8	77	112	62	237	106	16	359
		21%	21%	15%	23%	9%	17%	21%	19%	18%	17%	20%	18%	19%	23%	20%	21%	18%	20%
			b		b		b												
Disagree	(2.0)	169	33	26	11	3	37	37	33	20	17	3	37	37	26	89	48	6	143
		8%	8%	7%	7%	13%	7%	8%	6%	7%	10%	9%	8%	6%	10%	8%	9%	6%	8%
Strongly disagree	(1.0)	54	12	11	5	1	16	13	13	4	10	1	14	14	10	34	8	2	44
		3%	3%	3%	3%	4%	3%	3%	2%	2%	6%	3%	3%	2%	4%	3%	2%	2%	2%
										abf									
Don't know		17	1	2	3	-	5	1	1	3	1	1	3	2	1	11	3	2	16
		1%	*	*	2%	-	1%	*	*	1%	*	2%	1%	*	*	1%	1%	2%	1%
					af							a							
NET: Agree		1378	300	300	100	20	400	320	392	190	119	25	309	417	171	793	349	65	1207
		68%	68%	75%	65%	74%	72%	69%	72%	72%	67%	66%	70%	72%	63%	68%	68%	72%	68%
				acf															
NET: Disagree		222	45	37	16	4	53	49	46	24	27	4	51	51	36	123	56	7	186
		11%	10%	9%	10%	17%	10%	11%	9%	9%	15%	12%	12%	9%	13%	11%	11%	8%	11%
										abf									
Base for stats		2022	439	397	151	27	548	465	543	261	177	38	438	581	269	1152	512	88	1753
Mean Score		3.78	3.77	3.91	3.78	3.91	3.88	3.78	3.86	3.87	3.77	3.73	3.83	3.85	3.69	3.78	3.80	3.94	3.79
				af														a	
Standard Deviation		.984	.960	.967	1.011	1.171	.980	.973	.940	.932	1.154	.981	1.027	.942	1.035	.980	.963	.972	.975
Standard Error		.022	.046	.049	.083	.221	.042	.045	.040	.058	.087	.157	.049	.039	.062	.029	.043	.102	.023
Error variance		*	*	*	.01	.05	*	*	*	*	.01	.02	*	*	*	*	*	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8.4. It is important to me to exercise regularly: How much do you agree or disagree with each of these statements today?

BASE: All respondents

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
					Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness					
		Total	Yes	No							Urban	Rural	Yes	No	
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320	
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	474	76	333	56	80	14	333	131	16	368	106	403	65	
		23%	22%	24%	22%	22%	21%	24%	22%	22%	23%	25%	24%	21%	
Agree	(4.0)	904	147	620	121	141	30	622	260	30	742	162	780	116	
		44%	43%	45%	47%	39%	47%	45% b	43%	42%	46% b	38%	46% b	38%	
Neither agree nor disagree	(3.0)	421	67	278	48	79	9	279	120	15	318	103	338	75	
		21%	20%	20%	19%	22%	15%	20%	20%	21%	20%	24% a	20%	25%	
Disagree	(2.0)	169	29	110	21	36	6	103	59	5	131	38	135	28	
		8%	8%	8%	8%	10%	10%	8%	10%	6%	8%	9%	8%	9%	
Strongly disagree	(1.0)	54	13	29	7	19	3	25	25	3	40	13	38	15	
		3%	4%	2%	3%	5% d	5%	2%	4% d	5%	2%	3%	2% a	5% a	
Don't know		17	7	7	5	7	2	6	10	3	11	5	11	3	
		1%	2% b	1%	2% d	2% d	3% d	* d	2% d	4% d	1%	1%	1% a	1% a	
NET: Agree		1378	222	953	177	221	44	955	391	47	1110	268	1182	181	
		68%	66%	69%	69%	61%	68%	70% be	65%	64%	69% b	63%	69% b	60%	
NET: Disagree		222	41	140	28	55	10	127	84	8	172	51	173	44	
		11%	12%	10%	11%	15% d	15%	9%	14% d	11%	11%	12%	10% a	14% a	
Base for stats		2022	331	1370	254	355	63	1362	595	69	1600	423	1693	299	
Mean Score		3.78	3.74	3.82	3.78	3.64	3.71	3.83	3.69	3.74	3.79	3.73	3.81	3.63	
								be					b		
Standard Deviation		.984	1.030	.962	.974	1.098	1.079	.942	1.052	1.045	.970	1.033	.960	1.079	
Standard Error		.022	.057	.026	.060	.059	.136	.026	.043	.121	.024	.051	.023	.061	
Error variance		*	*	*	*	*	.02	*	*	.01	*	*	*	*	



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Significance Level: 95%																				
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	474	40	29	49	70	77	74	29	107	225	209	138	138	139	52	86	91	161	131
		23%	10%	12%	16%	22%	30%	41%	41%	42%	20%	42%	24%	22%	23%	27%	23%	23%	21%	29%
					a	ab	abcdei	abcdei	abcdei	abcdei	ab	abcdei								ac
Agree	(4.0)	904	126	117	159	166	114	81	32	109	556	222	248	295	278	71	140	185	360	203
		44%	31%	47%	52%	52%	45%	45%	46%	43%	49%	44%	43%	47%	46%	36%	37%	47%	47%	45%
				a	ahj	ahj	a	a	a	a	aj	a		d	d			a	a	a
Neither agree nor disagree	(3.0)	421	122	76	69	58	45	17	7	28	247	51	111	127	117	50	96	81	157	71
		21%	30%	30%	23%	18%	18%	9%	10%	11%	22%	10%	19%	20%	20%	25%	25%	20%	21%	16%
			cdefghij	cdefghij	fghj	fhj	fhj				fghj						d		d	
Disagree	(2.0)	169	86	21	19	19	12	4	2	5	71	11	56	46	50	12	39	26	66	30
		8%	21%	8%	6%	6%	5%	2%	3%	2%	6%	2%	10%	7%	8%	6%	10%	7%	9%	7%
			bcdefghij	fhj	fhj	fhj					fhj						d			
Strongly disagree	(1.0)	54	26	3	4	7	3	5	-	5	18	10	15	13	14	11	14	9	16	14
		3%	6%	1%	1%	2%	1%	3%	-	2%	2%	2%	3%	2%	2%	6%	4%	2%	2%	3%
			bcdeghij													abc				
Don't know		17	7	2	3	-	4	1	-	-	10	1	8	4	1	1	3	3	3	5
		1%	2%	1%	1%	-	2%	*	-	-	1%	*	1%	1%	*	*	1%	1%	*	1%
				dhj			dhj						c							
NET: Agree		1378	166	146	208	236	191	155	60	216	781	431	387	434	417	123	226	275	522	334
		68%	41%	59%	68%	74%	75%	85%	87%	85%	69%	85%	67%	70%	69%	63%	60%	70%	68%	74%
				a	ab	ab	ab	abcdei	abcdei	abcdei	ab	abcdei						a	a	a
NET: Disagree		222	112	24	24	26	15	9	2	10	89	21	71	59	65	23	53	35	83	44
		11%	28%	10%	8%	8%	6%	5%	3%	4%	8%	4%	12%	9%	11%	12%	14%	9%	11%	10%
			bcdefghij	hj	j	hj					hj						b			
Base for stats		2022	401	246	301	320	251	180	69	254	1118	503	569	619	599	195	375	391	761	449
Mean Score		3.78	3.17	3.60	3.76	3.85	4.00	4.19	4.25	4.22	3.80	4.21	3.77	3.81	3.79	3.72	3.65	3.82	3.77	3.91
				a	ab	ab	abci	abcdei	abcdei	abcdei	ab	abcdei						a		ac
Standard Deviation		.984	1.078	.853	.853	.906	.885	.897	.772	.859	.885	.860	1.009	.934	.970	1.094	1.055	.939	.952	.995
Standard Error		.022	.054	.055	.049	.051	.056	.067	.094	.054	.026	.039	.042	.038	.040	.080	.054	.047	.035	.048
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			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		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	474	227	91	152	275	115
		23%	35%	14%	21%	28%	19%
		bc		b	b		
Agree	(4.0)	904	297	257	341	452	248
		44%	46%	41%	46%	46%	42%
				b			
Neither agree nor disagree	(3.0)	421	78	186	147	169	156
		21%	12%	30%	20%	17%	26%
				ac	a	a	
Disagree	(2.0)	169	29	62	74	65	52
		8%	5%	10%	10%	7%	9%
				a	a		
Strongly disagree	(1.0)	54	10	29	15	20	22
		3%	1%	5%	2%	2%	4%
				ac		a	
Don't know		17	5	3	5	8	3
		1%	1%	1%	1%	1%	1%
NET: Agree		1378	525	348	492	727	363
		68%	81%	55%	67%	74%	61%
			bc	b	b		
NET: Disagree		222	39	91	89	85	74
		11%	6%	15%	12%	9%	12%
				a	a	a	
Base for stats		2022	642	625	728	980	593
Mean Score		3.78	4.09	3.51	3.74	3.92	3.65
			bc	b	b		
Standard Deviation		.984	.887	1.009	.968	.945	1.007
Standard Error		.022	.035	.041	.036	.030	.041
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	330	152	176	119	121	90	12	56	27	36	19	29	56	55	42
		16%	15%	17%	19%	18%	12%	12%	21%	13%	17%	11%	13%	17%	16%	20%
					c	c				acef				e		e
Agree	(4.0)	769	366	401	228	252	290	37	99	73	82	58	80	127	145	69
		38%	37%	39%	37%	38%	38%	37%	37%	36%	39%	33%	35%	40%	44%	33%
															efi	
Neither agree nor disagree	(3.0)	475	250	223	139	152	185	31	51	49	40	46	55	72	75	56
		23%	25%	22%	23%	23%	25%	32%	19%	25%	19%	26%	24%	22%	23%	27%
								bd								bd
Disagree	(2.0)	318	155	160	94	97	127	15	40	33	42	35	42	40	45	27
		16%	16%	15%	15%	15%	17%	15%	15%	17%	20%	20%	18%	12%	13%	13%
											g	g				
Strongly disagree	(1.0)	132	68	64	27	43	62	3	18	15	13	19	20	20	10	14
		6%	7%	6%	4%	6%	8%	3%	7%	8%	6%	11%	9%	6%	3%	7%
							a		h	h		ah	h	h		h
Don't know		14	4	10	9	4	1	1	3	3	-	-	1	4	2	1
		1%	*	1%	2%	1%	*	1%	1%	1%	-	-	*	1%	*	*
					c											
NET: Agree		1099	518	578	347	373	380	48	154	99	118	77	109	183	200	110
		54%	52%	56%	56%	56%	50%	49%	58%	50%	56%	44%	48%	57%	60%	53%
					c	c			ef		e			ef	acef	
NET: Disagree		450	223	224	121	140	189	18	58	48	55	54	62	60	54	41
		22%	22%	22%	20%	21%	25%	18%	22%	24%	26%	31%	27%	19%	16%	20%
							a			h	h	abghi	gh			
Base for stats		2025	991	1025	607	664	754	98	263	197	213	177	225	315	329	207
		3.42	3.38	3.45	3.52	3.47	3.29	3.40	3.51	3.32	3.40	3.13	3.25	3.50	3.58	3.47
					c	c		e	ef		e			ef	cef	e
Standard Deviation		1.129	1.126	1.131	1.106	1.137	1.130	.989	1.178	1.135	1.161	1.172	1.163	1.118	1.011	1.151
		.025	.036	.035	.043	.044	.043	.098	.071	.077	.079	.089	.084	.063	.055	.081
		*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	330	31	89	77	42	32	58	198	132	269	13	27	14	-	3	57
		16%	21% fh	19% fh	16%	17%	16%	12%	18% fh	14%	15%	24%	24% a	22%	-	21%	23% a
Agree	(4.0)	769	66	209	173	96	67	158	449	321	669	24	44	16	4	5	94
		38%	44% efh	44% cefh	36%	38%	33%	33%	41% efh	34%	38% d	45% d	40% d	25%	50%	34%	37%
Neither agree nor disagree	(3.0)	475	28	91	124	53	54	125	243	232	410	11	26	14	2	2	55
		23%	19%	19%	26% b	21%	27% b	26% b	22%	25% b	23%	19%	24%	22%	27%	15%	22%
Disagree	(2.0)	318	16	66	73	44	36	82	155	163	280	3	9	14	2	3	31
		16%	11%	14%	15%	18%	18%	17%	14%	17% ag	16% bc	5%	8%	22% bcg	23%	19%	12%
Strongly disagree	(1.0)	132	8	12	26	16	12	58	46	86	116	4	2	5	-	1	12
		6%	5%	3%	5% b	6% b	6% b	12% abcdeg	4%	9% bcg	7%	7%	2%	8%	-	6%	5%
Don't know		14	1	4	6	-	1	3	10	4	10	-	2	1	-	1	3
		1%	1%	1%	1%	-	*	1%	1%	*	1%	-	1%	1%	-	6%	1%
NET: Agree		1099	97	298	251	137	100	216	646	453	938	37	71	31	4	7	151
		54%	65% cdefh	63% cdefh	52% f	55% f	49%	45%	59% cefh	48%	53%	68% ad	64% ad	47%	50%	55%	60%
NET: Disagree		450	24	78	99	60	48	141	201	249	397	7	12	20	2	3	43
		22%	16%	17%	21% bg	24% b	24% b	29% abcg	18% abcg	27% abcg	23% cg	12%	11%	30% bcg	23%	24%	17%
Base for stats		2025	149	468	474	251	202	481	1091	934	1745	54	109	64	9	13	249
Mean Score		3.42	3.65 cdefh	3.64 cdefh	3.43 fh	3.41 f	3.35 f	3.16	3.55 cefh	3.27	3.40	3.73 a	3.77 ad	3.32	3.28	3.49	3.61 a
Standard Deviation		1.129	1.088	1.027	1.101	1.144	1.132	1.201	1.072	1.176	1.127	1.101	.995	1.274	.861	1.256	1.116
Standard Error		.025	.089	.048	.050	.072	.078	.056	.032	.039	.027	.147	.094	.161	.272	.336	.070
Error variance		*	.01	*	*	.01	.01	*	*	*	*	.02	.01	.03	.07	.11	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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												
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed												
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293		
2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290		
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%		
330	185	63	63	126	27	28	110	25	12	10	18	35	18	48	55		
16%	15%	18%	20% a	19% a	16%	22% dij	18% ij	12%	18%	15%	16%	30% acdfgijk	11%	12%	19% ij		
769	447	159	129	288	61	46	236	87	18	29	40	36	58	157	107		
38%	36%	44% a	40%	42% a	37%	37%	39%	43% eh	29%	43%	36%	30%	33%	39%	37%		
475	301	65	78	144	38	28	137	53	18	18	26	25	42	91	66		
23%	24% b	18%	25%	21%	23%	23%	23%	26%	29%	27%	23%	21%	24%	22%	23%		
318	212	55	38	93	30	18	97	30	11	5	19	14	25	70	48		
16%	17% c	15%	12%	14%	18%	14%	16%	15%	17%	8%	17%	12%	15%	17%	16%		
132	104	14	11	25	8	3	26	6	3	4	7	7	28	40	11		
6%	8% bcd	4%	3%	4%	5%	3%	4%	3%	5%	6%	7%	6%	16% abcdefghjk	10% abcdk	4%		
14	6	2	1	3	3	1	2	1	1	1	2	2	2	1	4		
1%	1%	1%	*	1%	2%	1%	*	*	1%	1%	1%	1%	1%	*	1%		
1099	632	222	191	413	88	74	347	112	30	39	58	71	76	205	162		
54%	50%	62% a	60% a	61% a	53%	60% i	57% ij	55% i	48%	58%	52%	60% ij	44%	50%	56% i		
450	316	69	48	117	37	21	123	36	14	9	26	20	53	110	59		
22%	25% bcd	19%	15%	17%	22%	17%	20%	18%	22%	14%	24%	17%	31% bcdfhk	27% bcdfhk	20%		
2025	1249	356	318	674	164	123	606	201	62	67	110	116	171	406	287		
3.42	3.32	3.57 a	3.61 a	3.59 a	3.43 i	3.63 ij	3.51 ij	3.47 ij	3.40	3.53 i	3.38 i	3.68 gij	3.08	3.25	3.51 ij		
1.129	1.163	1.070	1.036	1.053	1.104	1.073	1.092	.990	1.130	1.043	1.149	1.188	1.253	1.168	1.093		
.025	.032	.061	.062	.044	.085	.097	.044	.070	.144	.127	.106	.102	.095	.061	.064		
*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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		2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total		2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	330 16%	66 15%	75 19%	28 18%	4 15%	103 19%	70 15%	90 17%	52 20%	28 16%	6 16%	80 18%	96 17%	49 18% b	155 13%	102 20% be	24 27% be	281 16%
Agree	(4.0)	769 38%	161 37%	170 43%	64 41%	11 42%	234 42%	172 37%	197 36%	118 45% af	70 39%	19 48%	188 43% a	216 37%	84 31%	451 39% a	206 40% a	29 32% a	685 39%
Neither agree nor disagree	(3.0)	475 23%	112 25%	86 22%	36 23%	4 14%	122 22%	116 25%	139 25%	54 20%	41 23%	7 19%	95 21%	146 25%	60 22%	281 24%	109 21%	25 28%	415 23%
Disagree	(2.0)	318 16%	82 19% be	50 13%	19 13%	5 18%	69 13%	87 19% be	93 17%	31 12%	28 16%	4 11%	59 13%	97 17%	46 17%	190 16%	73 14%	9 10%	272 15%
Strongly disagree	(1.0)	132 6%	19 4%	14 4%	6 4%	2 8%	20 4%	21 5%	23 4%	7 3%	8 5%	2 6%	15 3%	26 4%	29 11% bcde	82 7% c	20 4%	2 2%	103 6%
Don't know		14 1%	- -	3 1%	2 1% a	1 3%	4 1%	1 *	1 *	2 1%	2 1% f	- -	4 1%	1 *	2 1%	6 * -	6 1%	1 1%	13 1%
NET: Agree		1099 54%	227 52% af	245 62% af	92 60%	15 57%	337 61% af	242 52%	287 53%	170 65% acf	98 55%	25 64%	268 61% af	312 54%	133 49%	606 52%	307 60% abe	53 59%	966 55%
NET: Disagree		450 22%	101 23% be	64 16%	25 16%	7 26%	89 16%	108 23% be	117 21% b	38 14%	36 21%	6 17%	75 17%	123 21% b	75 28% cde	272 23% cd	93 18%	11 12%	375 21% d
Base for stats		2025	440	396	153	26	548	465	543	262	175	38	437	581	268	1158	509	89	1756
Mean Score		3.42	3.40	3.61 af	3.58	3.38	3.60 af	3.39	3.44	3.68 acf	3.46	3.57	3.59 af	3.45	3.30	3.35	3.58 abe	3.72 abe	3.44 b
Standard Deviation		1.129	1.083	1.042	1.044	1.215	1.042	1.089	1.088	1.006	1.088	1.073	1.044	1.087	1.250	1.117	1.080	1.041	1.109
Standard Error		.025	.051	.053	.085	.234	.045	.050	.046	.063	.083	.170	.050	.045	.075	.033	.049	.109	.027
Error variance		*	*	*	.01	.05	*	*	*	*	.01	.03	*	*	.01	*	*	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			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		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320	
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	330	69	206	41	63	10	218	103	9	265	65	272	53
			16%	21%	15%	16%	17%	16%	16%	17%	12%	16%	15%	16%	18%
				b											
Agree		(4.0)	769	109	562	90	115	19	550	203	21	611	158	659	104
			38%	32%	41%	35%	32%	29%	40%	34%	28%	38%	37%	39%	35%
				a				bef							
Neither agree nor disagree		(3.0)	475	86	308	55	69	18	328	124	16	376	100	391	72
			23%	25%	22%	21%	19%	27%	24%	21%	22%	23%	23%	23%	24%
Disagree		(2.0)	318	47	218	49	67	9	202	107	17	249	69	270	43
			16%	14%	16%	19%	18%	14%	15%	18%	23%	15%	16%	16%	14%
Strongly disagree		(1.0)	132	25	75	22	44	7	66	60	10	99	33	103	26
			6%	7%	5%	8%	12%	11%	5%	10%	14%	6%	8%	6%	9%
				d		d	d	d	d	d	d				
Don't know			14	2	8	2	4	2	3	7	-	11	3	9	3
			1%	*	1%	1%	1%	3%	*	1%	-	1%	1%	1%	1%
						d	d		d						
NET: Agree			1099	178	768	131	179	29	768	306	29	876	224	931	157
			54%	53%	56%	51%	49%	45%	56%	51%	41%	54%	52%	55%	52%
								bef							
NET: Disagree			450	72	293	71	110	16	269	167	27	348	102	373	69
			22%	21%	21%	27%	31%	25%	20%	28%	37%	22%	24%	22%	23%
						d	d			d	d				
Base for stats			2025	336	1369	257	358	62	1364	598	73	1600	425	1695	299
Mean Score			3.42	3.45	3.44	3.31	3.24	3.26	3.48	3.31	3.01	3.43	3.36	3.43	3.38
									abef						
Standard Deviation			1.129	1.178	1.093	1.196	1.284	1.227	1.076	1.234	1.262	1.123	1.154	1.118	1.187
Standard Error			.025	.065	.030	.073	.068	.155	.029	.050	.144	.028	.056	.027	.067
Error variance			*	*	*	.01	*	.02	*	*	.02	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
			a	b	c	d	e	f	g	h	i	j		a	b	c		d	a	b
Significance Level: 95%																				
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	330	54	21	40	47	49	35	22	63	157	120	102	100	89	36	60	51	111	103
		16%	13%	9%	13%	15%	19%	19%	31%	25%	14%	24%	18%	16%	15%	18%	16%	13%	14%	23%
					b	abci	b	abcdefi	abcdi	b	abcdi									abc
Agree	(4.0)	769	110	99	118	147	103	66	25	101	467	192	233	235	236	51	120	143	320	176
		38%	27%	40%	39%	46%	40%	36%	36%	40%	41%	38%	40%	38%	39%	26%	32%	36%	42%	39%
			a	a	a	afj	a	a	a	a	a	a	d	d	d		a	a	a	a
Neither agree nor disagree	(3.0)	475	90	70	80	68	62	44	10	52	279	106	110	164	139	45	89	114	177	75
		23%	22%	28%	26%	21%	24%	24%	15%	20%	25%	21%	19%	26%	23%	23%	23%	29%	23%	17%
				ghj	g									a			d	cd	d	
Disagree	(2.0)	318	81	42	47	49	33	30	11	25	171	66	86	85	104	37	72	66	110	60
		16%	20%	17%	15%	15%	13%	16%	16%	10%	15%	13%	15%	14%	17%	19%	19%	17%	14%	13%
			ehij	h	h			h			h						cd			
Strongly disagree	(1.0)	132	66	15	16	7	8	6	1	12	46	19	42	31	31	27	36	15	44	36
		6%	16%	6%	5%	2%	3%	3%	2%	5%	4%	4%	7%	5%	5%	14%	9%	4%	6%	8%
			bcdefghij	d	d											abc	bc			b
Don't know		14	6	1	4	2	1	1	-	-	7	1	4	6	1	-	2	5	4	3
		1%	2%	*	1%	1%	*	*	-	-	1%	*	1%	1%	*	-	*	1%	*	1%
			j		j															
NET: Agree		1099	164	121	157	194	152	101	47	165	624	312	335	336	325	87	181	194	431	279
		54%	40%	49%	52%	61%	59%	56%	67%	65%	55%	62%	58%	54%	54%	45%	48%	49%	56%	62%
				a	a	abc	ab	a	abc	abci	a	abci	d	d	d				ab	ab
NET: Disagree		450	147	57	64	56	41	36	13	37	217	86	127	116	135	63	107	81	153	96
		22%	36%	23%	21%	18%	16%	20%	18%	15%	19%	17%	22%	19%	23%	32%	28%	21%	20%	21%
			bcdefghij	h												abc	bcd			
Base for stats		2025	401	247	300	319	255	180	69	254	1120	503	573	616	599	196	377	389	761	451
Mean Score		3.42	3.01	3.29	3.39	3.56	3.59	3.52	3.78	3.70	3.46	3.65	3.47	3.47	3.41	3.17	3.26	3.38	3.45	3.55
			a	a	abc	abc	ab	abci	abci	ab	abci		d	d	d				a	ab
Standard Deviation		1.129	1.295	1.039	1.071	.991	1.040	1.079	1.114	1.098	1.040	1.095	1.159	1.074	1.096	1.309	1.210	1.035	1.083	1.206
Standard Error		.025	.065	.066	.061	.056	.065	.080	.136	.070	.031	.049	.048	.043	.045	.095	.062	.052	.040	.057
Error variance		*	*	*	*	*	*	.01	.02	*	*	*	*	*	*	.01	*	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	330	150	60	117	192	91
		16%	23%	10%	16%	19%	15%
			bc		b	b	
Agree	(4.0)	769	266	192	307	402	193
		38%	41%	31%	42%	41%	32%
			b		b	b	
Neither agree nor disagree	(3.0)	475	124	187	158	216	145
		23%	19%	30%	22%	22%	24%
				ac			
Disagree	(2.0)	318	88	116	106	138	109
		16%	14%	18%	14%	14%	18%
				a			a
Strongly disagree	(1.0)	132	17	70	40	34	54
		6%	3%	11%	5%	3%	9%
				ac	a		a
Don't know		14	2	4	6	5	4
		1%	*	1%	1%	1%	1%
NET: Agree		1099	416	252	424	594	284
		54%	64%	40%	58%	60%	48%
			bc		b	b	
NET: Disagree		450	105	186	146	173	163
		22%	16%	30%	20%	17%	27%
				ac			a
Base for stats		2025	646	624	728	983	592
Mean Score		3.42	3.69	3.09	3.49	3.59	3.27
			bc		b	b	
Standard Deviation		1.129	1.054	1.148	1.092	1.060	1.191
Standard Error		.025	.041	.046	.041	.034	.049
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8X. What are the biggest challenges, if any, that you face to being physically active right now?

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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Wintry conditions (weather/daylight)	660	342	316	158	210	292	43	92	70	61	53	83	93	105	59
	32%	34%	31%	26%	31%	39%	44%	35%	35%	29%	30%	37%	29%	32%	29%
					a	ab	deg	hi							
I'm worried about Covid-19	570	309	261	155	183	232	25	67	49	74	53	53	92	88	69
	28%	31%	25%	25%	27%	31%	25%	25%	24%	35%	30%	23%	29%	26%	33%
		b				a				bcfh					cf
Too tired / lacking energy	548	187	357	207	211	131	26	70	45	62	43	56	86	94	66
	27%	19%	34%	34%	32%	17%	26%	26%	23%	29%	24%	25%	27%	28%	32%
			a	c	c										c
I'm not fit enough	355	176	179	91	112	152	16	52	38	28	29	30	65	61	36
	17%	18%	17%	15%	17%	20%	16%	20%	19%	13%	16%	13%	20%	18%	17%
						a							df		
My preferred activities aren't available	312	155	156	98	99	115	10	45	26	37	25	29	49	53	38
	15%	16%	15%	16%	15%	15%	10%	17%	13%	17%	14%	13%	15%	16%	18%
I just don't want to	275	113	159	89	99	87	12	34	27	25	23	28	50	57	19
	13%	11%	15%	14%	15%	11%	12%	13%	14%	12%	13%	12%	16%	17%	9%
			a										i	i	
I can't exercise with the people I normally would	251	130	120	90	79	83	13	37	17	23	20	25	41	44	32
	12%	13%	12%	15%	12%	11%	13%	14%	9%	11%	11%	11%	13%	13%	15%
				c											c
Don't have the right space / equipment	240	97	143	117	86	38	12	29	18	34	14	20	47	37	28
	12%	10%	14%	19%	13%	5%	13%	11%	9%	16%	8%	9%	15%	11%	13%
			a	bc	c					cef			ce		
Childcare / Homeschooling	217	56	161	93	110	15	7	32	19	21	17	21	33	49	19
	11%	6%	16%	15%	16%	2%	8%	12%	9%	10%	9%	9%	10%	15%	9%
			a	c	c									i	
I've been unwell or self-isolating	198	101	96	51	55	93	8	38	15	26	15	15	27	35	19
	10%	10%	9%	8%	8%	12%	8%	14%	7%	12%	9%	7%	8%	11%	9%
						ab		cfg							
I can't afford the things I need to be active	108	37	71	64	30	14	4	14	5	17	7	9	24	17	13
	5%	4%	7%	10%	4%	2%	4%	5%	2%	8%	4%	4%	7%	5%	6%
			a	bc	c					c			c		c

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8X. What are the biggest challenges, if any, that you face to being physically active right now?

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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205	
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other caring responsibilities	88 4%	32 3%	55 5%	38 6%	34 5%	16 2%	7 7%	17 6%	9 4%	9 4%	6 4%	5 2%	16 5%	11 3%	7 4%	
			a	c	c		f	f								
Other commitments (excluding childcare/ caring responsibilities)	79 4%	32 3%	47 5%	41 7%	17 3%	21 3%	5 5%	9 3%	9 4%	5 2%	11 6%	9 4%	16 5%	8 2%	6 3%	
				bc							h					
Limited or no access to the internet	37 2%	16 2%	21 2%	21 3%	15 2%	1 *	1 1%	4 2%	2 1%	6 3%	5 3%	2 1%	5 2%	6 2%	6 3%	
				c	c											
Other	80 4%	53 5%	28 3%	10 2%	18 3%	53 7%	4 4%	10 4%	11 6%	9 4%	10 6%	12 5%	9 3%	12 4%	3 1%	
			b			ab			i		i	i				
None of the above	55 3%	30 3%	24 2%	19 3%	15 2%	21 3%	2 2%	5 2%	13 7%	3 2%	3 1%	4 2%	11 4%	10 3%	4 2%	
									bdefhi							
I don't face any challenges to being active	170 8%	109 11%	60 6%	30 5%	40 6%	100 13%	9 10%	20 7%	18 9%	19 9%	17 9%	29 13%	21 7%	22 7%	16 8%	
			b			ab						gh				

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q8X. What are the biggest challenges, if any, that you face to being physically active right now?

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%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Wintry conditions (weather/daylight)	660	44	180	161	71	45	158	386	274	602	19	21	10	4	1	55
	32%	30%	38% deh	34% e	28%	22%	33% e	35% deh	29% e	34% cdg	35% cdg	19%	15%	43%	9%	22%
I'm worried about Covid-19	570	39	140	131	71	51	138	310	260	490	10	39	13	4	5	72
	28%	26%	30%	27%	28%	25%	29%	28%	28%	28%	19%	35% bd	20%	42%	40%	28%
Too tired / lacking energy	548	22	141	154	62	71	98	317	231	475	14	28	21	2	3	67
	27%	15%	30% afh	32% adfh	25% a	35% adfh	20%	29% afh	25% a	27%	25%	25%	32%	29%	19%	27%
I'm not fit enough	355	18	65	90	41	39	102	174	182	309	8	15	14	2	2	41
	17%	12%	14%	19% b	16%	19%	21% abg	16%	19% abg	18%	14%	14%	22%	18%	18%	16%
My preferred activities aren't available	312	36	88	68	39	24	56	193	119	278	7	17	8	1	1	34
	15%	24% cdefh	19% efh	14%	16%	12%	11%	18% efh	13%	16%	13%	15%	12%	10%	6%	13%
I just don't want to	275	18	62	76	26	33	60	156	119	239	8	13	6	2	2	31
	13%	12%	13%	16% d	10%	16%	12%	14%	13%	14%	15%	11%	10%	21%	12%	12%
I can't exercise with the people I normally would	251	22	64	53	43	23	47	139	113	210	7	11	16	2	1	38
	12%	15%	13%	11%	17% cfh	11%	10%	13%	12%	12%	13%	10%	25% ac	29%	9%	15%
Don't have the right space / equipment	240	25	65	50	30	43	27	140	100	188	11	22	15	1	3	52
	12%	17% cfh	14% f	10% f	12% f	21% bcd fgh	6%	13% f	11% f	11%	20% a	20% a	23% a	10%	21%	21% a
Childcare / Homeschooling	217	17	73	59	29	29	12	148	69	177	9	16	11	1	1	38
	11%	11% f	15% fh	12% fh	11% fh	14% fh	2%	13% fh	7% f	10%	17%	14%	17%	10%	6%	15% a
I've been unwell or self-isolating	198	15	28	35	27	17	76	78	120	172	5	12	6	-	1	25
	10%	10%	6%	7%	11% bg	8%	16% bceg	7%	13% bcg	10%	10%	11%	10%	-	6%	10%
I can't afford the things I need to be active	108	11	24	32	7	17	17	67	41	80	6	14	6	1	1	27
	5%	7% df	5%	7% df	3%	8% dfh	4%	6% df	4%	5%	11% a	12% a	9%	8%	6%	11% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8X. What are the biggest challenges, if any, that you face to being physically active right now?

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%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other caring responsibilities	88 4%	9 6%	27 6% h	20 4%	8 3%	7 4%	15 3%	57 5% h	31 3%	74 4%	1 1%	6 6%	4 6%	- -	- -	11 4%
Other commitments (excluding childcare/ caring responsibilities)	79 4%	13 8% bdefh	18 4%	25 5% fh	8 3%	6 3%	9 2%	56 5% fh	23 2%	58 3%	5 10% a	9 8% a	4 6%	- -	1 9%	19 8% a
Limited or no access to the internet	37 2%	7 5% cefh	12 2% f	8 2% f	6 2% f	2 1%	2 * abceg	27 2% fh	10 1%	27 2% cg	3 6% ad	7 6% ad	- -	- -	- -	10 4% a
Other	80 4%	3 2%	16 3%	16 3%	10 4% e	2 1%	32 7% abceg	36 3%	45 5% e	77 4% cg	2 4% c	- -	1 1%	- -	1 6%	4 2%
None of the above	55 3%	3 2%	10 2%	11 2%	5 2%	7 4%	18 4%	24 2%	31 3%	47 3%	- -	3 2%	2 3%	- -	1 6%	5 2%
I don't face any challenges to being active	170 8%	12 8%	27 6%	26 5%	30 12% bcg	15 7%	60 12% bcg	65 6% bcg	105 11% bcg	154 9%	4 7%	5 4%	5 8%	1 8%	- -	14 5%

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q8X. What are the biggest challenges, if any, that you face to being physically active right now?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Wintry conditions (weather/daylight)	660	442	111	83	194	51	35	211	61	16	21	38	27	43	158	85
	32%	35%	31%	26%	29%	30%	28%	35%	30%	26%	31%	35%	23%	25%	39%	29%
		cd						hi				h			bdehik	
I'm worried about Covid-19	570	345	104	92	196	55	41	169	46	15	20	31	20	44	130	96
	28%	28%	29%	29%	29%	33%	33%	28%	23%	24%	29%	28%	17%	26%	32%	33%
						dh	dh	h			h	h		h	dh	dh
Too tired / lacking energy	548	310	113	100	213	51	27	176	62	16	16	43	54	49	54	78
	27%	25%	31%	31%	31%	31%	22%	29%	31%	25%	23%	38%	46%	28%	13%	27%
			a	a	a	j	j	j	j	j	j	bcfjk	abcdefijk	j		j
I'm not fit enough	355	228	62	49	111	19	18	91	37	10	10	22	23	35	90	37
	17%	18%	17%	15%	16%	11%	15%	15%	19%	16%	15%	20%	20%	20%	22%	13%
												a	a	ak	ack	
My preferred activities aren't available	312	190	59	48	107	29	26	101	30	8	15	15	19	14	55	55
	15%	15%	16%	15%	16%	18%	21%	17%	15%	12%	22%	13%	16%	8%	14%	19%
						i	i	i	i		i		i			i
I just don't want to	275	176	41	45	87	28	17	76	27	5	4	12	24	32	51	44
	13%	14%	12%	14%	13%	17%	13%	12%	13%	8%	6%	10%	20%	18%	13%	15%
						f							cefjg	cef		
I can't exercise with the people I normally would	251	152	41	45	86	18	22	84	26	7	9	15	13	9	49	41
	12%	12%	11%	14%	13%	11%	18%	14%	13%	11%	13%	13%	11%	5%	12%	14%
						i	i	i	i		i	i			i	i
Don't have the right space / equipment	240	135	48	47	95	21	27	89	28	6	11	11	19	13	17	48
	12%	11%	13%	15%	14%	13%	22%	15%	14%	9%	16%	10%	16%	8%	4%	17%
				a		j	acegij	ij	j		ij	j	ij			ij
Childcare / Homeschooling	217	17	83	109	193	28	19	85	35	7	2	10	8	20	4	47
	11%	1%	23%	34%	28%	17%	15%	14%	17%	12%	3%	9%	7%	12%	1%	16%
			a	ab	a	fhj	fhj	fhj	fghj	fj		j	j	fj		fhj

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q8X. What are the biggest challenges, if any, that you face to being physically active right now?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%															
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I've been unwell or self-isolating	198	135	29	28	57	13	11	44	9	7	4	21	7	27	56
	10%	11%	8%	9%	8%	8%	9%	7%	4%	11%	6%	19%	6%	16%	14%
											abdcfhk		acdfhk	cdhk	
I can't afford the things I need to be active	108	55	20	22	41	16	13	26	14	3	3	15	9	6	2
	5%	4%	5%	7%	6%	10%	10%	4%	7%	5%	5%	14%	8%	4%	1%
						cij	cij	j	j	j	j	cdij	j	j	cij
Other caring responsibilities	88	39	19	22	41	4	9	32	16	3	1	3	7	9	4
	4%	3%	5%	7%	6%	2%	7%	5%	8%	4%	1%	3%	6%	5%	1%
			a	a			aj	j	afj	j			j	j	j
Other commitments (excluding childcare/ caring responsibilities)	79	34	19	18	37	7	6	28	10	7	3	3	4	5	5
	4%	3%	5%	6%	5%	4%	5%	5%	5%	11%	4%	3%	3%	3%	1%
			a	a	a	j	j	j	j	acghijk					
Limited or no access to the internet	37	12	10	14	24	5	3	14	4	3	4	-	3	1	1
	2%	1%	3%	4%	4%	3%	3%	2%	2%	4%	7%	-	2%	1%	*
			a	a	a	j	j	j	j	gij	cgij		j		j
Other	80	63	8	7	15	-	5	17	3	3	2	3	-	16	31
	4%	5%	2%	2%	2%	-	4%	3%	2%	4%	3%	2%	-	9%	8%
		bcd					ah	ah		ah	ah	a		acdghk	acdghk
None of the above	55	40	6	7	13	2	2	13	6	2	3	2	3	8	13
	3%	3%	2%	2%	2%	1%	2%	2%	3%	3%	5%	1%	3%	5%	3%
														k	
I don't face any challenges to being active	170	130	22	7	29	8	5	43	15	7	3	7	8	17	57
	8%	10%	6%	2%	4%	5%	4%	7%	7%	12%	5%	6%	7%	10%	14%
		bcd	c							k				abcdfghk	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8X. What are the biggest challenges, if any, that you face to being physically active right now?

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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Wintry conditions (weather/daylight)	660 32%	132 30%	152 38% acf	42 27%	6 21%	194 35%	138 30%	193 35%	76 29%	55 31%	12 31%	132 30%	205 35%	101 37% cde	407 35% cd	131 25%	21 24%	558 32% c
I'm worried about Covid-19	570 28%	129 29%	112 28%	34 22%	7 26%	146 26%	136 29%	153 28%	79 30%	41 23%	10 26%	120 27%	163 28%	63 23%	341 29% a	140 27%	27 30%	507 29%
Too tired / lacking energy	548 27%	131 30%	108 27%	37 24%	7 25%	145 26%	137 29%	162 30%	70 27%	41 23%	13 34%	111 25%	175 30%	70 26%	276 24%	177 34% abe	25 28%	478 27% b
I'm not fit enough	355 17%	83 19% e	56 14%	19 12%	2 7%	75 14%	85 18% e	99 18% e	36 14%	23 13%	3 7%	59 13%	101 17%	57 21%	194 17%	91 18%	13 15%	299 17%
My preferred activities aren't available	312 15%	74 17%	74 19%	22 14%	4 14%	96 17%	78 17%	89 16%	50 19%	31 17%	4 10%	81 18%	93 16%	39 14%	179 15%	83 16%	11 12%	273 15%
I just don't want to	275 13%	49 11%	53 13%	20 13%	1 3%	73 13%	50 11%	66 12%	31 12%	23 13%	4 11%	54 12%	70 12%	44 16%	151 13%	70 14%	10 11%	231 13%
I can't exercise with the people I normally would	251 12%	67 15%	49 12%	23 15%	5 18%	73 13%	72 15%	79 15%	33 13%	25 14%	7 19%	58 13%	87 15%	22 8%	151 13% a	62 12%	16 18% a	229 13% a
Don't have the right space / equipment	240 12%	69 16%	63 16%	17 11%	5 18%	80 14%	74 16%	78 14%	48 18% c	19 11%	8 21%	67 15%	86 15%	25 9%	131 11%	66 13%	18 20% abe	215 12%
Childcare / Homeschooling	217 11%	53 12%	66 17%	17 11%	4 16%	84 15%	58 12%	69 13%	56 21% acf	14 8%	6 15%	70 16% c	74 13%	3 1%	92 8% a	108 21% abe	14 16% ab	214 12% ab



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8X. What are the biggest challenges, if any, that you face to being physically active right now?

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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039 100%	440 100%	398 100%	154 100%	27 100%	553 100%	466 100%	544 100%	263 100%	178 100%	38 100%	441 100%	582 100%	270 100%	1164 100%	515 100%	90 100%	1769 100%
198 10%	24 6%	26 7%	19 12% abf	1 3%	45 8%	25 5%	27 5%	23 9% a	18 10% af	4 9%	41 9% af	31 5%	28 10%	122 11%	44 9%	4 5%	170 10%
108 5%	24 6%	20 5%	10 7%	1 3%	30 5%	25 5%	26 5%	19 7%	10 6%	3 7%	29 7%	28 5%	12 4%	58 5%	30 6%	9 10%	96 5%
88 4%	17 4%	22 6%	19 13% abf	2 6%	42 8% af	18 4%	28 5%	14 5%	15 8%	3 7%	29 7%	31 5%	6 2%	45 4%	31 6% a	6 6%	82 5%
79 4%	17 4%	20 5%	12 8%	5 17%	32 6%	21 5%	16 3%	17 6% af	19 11% af	1 3%	36 8% af	17 3%	8 3%	36 3%	30 6% b	4 4%	70 4%
37 2%	5 1%	6 2%	12 8% abef	1 4%	19 3% af	7 1%	9 2%	9 3%	7 4% af	- -	16 4% af	9 1%	1 *	19 2%	11 2% abce	6 7%	36 2%
80 4%	7 2%	15 4% af	4 3%	- -	20 4% f	7 2%	12 2%	9 4%	8 5%	- -	18 4%	12 2%	11 4%	57 5% c	11 2%	2 3%	70 4% c
55 3%	12 3%	5 1%	5 3%	2 6%	10 2%	13 3%	11 2%	6 2%	2 1%	2 6% ce	8 2%	14 2%	7 3%	32 3%	15 3%	1 1%	48 3%
170 8%	38 9%	23 6%	9 6%	- -	32 6%	38 8%	47 9% be	12 4%	10 5%	1 2%	21 5%	48 8% be	33 12% ce	110 9% c	21 4%	6 7%	137 8% c

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8X. What are the biggest challenges, if any, that you face to being physically active right now?

BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Wintry conditions (weather/daylight)	660	68	480	72	97	18	484	160	23	519	140	580	76
	32%	20%	35%	28%	27%	28%	35%	26%	32%	32%	33%	34%	25%
			a				abe					b	
I'm worried about Covid-19	570	101	392	70	106	18	379	174	19	457	113	496	68
	28%	30%	28%	27%	29%	28%	28%	29%	26%	28%	26%	29%	22%
												b	
Too tired / lacking energy	548	83	379	106	99	23	341	192	32	447	101	472	71
	27%	25%	28%	41%	27%	36%	25%	32%	44%	28%	24%	28%	24%
				bde				d	bde				
I'm not fit enough	355	57	231	55	96	14	204	142	19	280	75	304	48
	17%	17%	17%	21%	27%	21%	15%	23%	26%	17%	18%	18%	16%
				d	d			d	d				
My preferred activities aren't available	312	46	222	44	36	7	227	80	7	243	69	266	44
	15%	14%	16%	17%	10%	11%	17%	13%	10%	15%	16%	16%	14%
				b			b						
I just don't want to	275	55	169	44	40	6	184	78	11	208	66	232	38
	13%	16%	12%	17%	11%	9%	13%	13%	15%	13%	16%	14%	13%
				b									
I can't exercise with the people I normally would	251	40	185	31	29	10	180	62	8	199	53	214	34
	12%	12%	13%	12%	8%	16%	13%	10%	11%	12%	12%	13%	11%
						b	b						
Don't have the right space / equipment	240	40	170	35	38	8	163	75	7	205	35	187	53
	12%	12%	12%	14%	10%	13%	12%	12%	10%	13%	8%	11%	18%
										b		a	
Childcare / Homeschooling	217	47	165	21	20	4	167	44	1	175	43	193	23
	11%	14%	12%	8%	5%	7%	12%	7%	2%	11%	10%	11%	7%
				f			bef					b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8X. What are the biggest challenges, if any, that you face to being physically active right now?

BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I've been unwell or self-isolating	198	44	125	40	89	9	77	117	19	168	30	166	31
	10%	13%	9%	16%	25%	15%	6%	19%	26%	10%	7%	10%	10%
		b		d	ad	d		d	ad	b			
I can't afford the things I need to be active	108	36	56	25	20	4	58	44	5	90	18	86	19
	5%	11%	4%	10%	6%	6%	4%	7%	7%	6%	4%	5%	6%
		b		d				d					
Other caring responsibilities	88	37	40	25	20	5	42	41	8	76	12	72	14
	4%	11%	3%	10%	6%	7%	3%	7%	11%	5%	3%	4%	5%
		b		bd	d			d	d				
Other commitments (excluding childcare/ caring responsibilities)	79	30	39	14	10	6	48	29	1	60	19	65	11
	4%	9%	3%	5%	3%	9%	3%	5%	2%	4%	4%	4%	4%
		b				bdf							
Limited or no access to the internet	37	14	19	8	7	4	18	18	1	33	5	27	10
	2%	4%	1%	3%	2%	6%	1%	3%	1%	2%	1%	2%	3%
		b		d		bd		d					a
Other	80	8	60	10	36	1	37	41	5	62	19	70	9
	4%	2%	4%	4%	10%	2%	3%	7%	6%	4%	4%	4%	3%
					acd			d					
None of the above	55	10	33	2	15	2	32	19	1	47	8	36	15
	3%	3%	2%	1%	4%	4%	2%	3%	1%	3%	2%	2%	5%
					ad	a		a					a
I don't face any challenges to being active	170	14	118	9	14	1	144	19	5	118	52	136	30
	8%	4%	9%	3%	4%	1%	11%	3%	6%	7%	12%	8%	10%
			a				abce				a		

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q8X. What are the biggest challenges, if any, that you face to being physically active right now?

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Wintry conditions (weather/daylight)	660	107	86	111	109	94	54	24	74	400	153	193	204	204	57	115	129	282	129
	32%	26%	35%	37%	34%	37%	30%	35%	29%	35%	30%	33%	33%	34%	29%	30%	33%	37%	28%
			a	a	a	a				aj								ad	
I'm worried about Covid-19	570	90	72	72	102	89	49	19	76	336	144	156	189	166	53	33	92	247	192
	28%	22%	29%	24%	32%	35%	27%	28%	30%	30%	29%	27%	30%	28%	27%	9%	23%	32%	42%
			a		ac	ac			a	ac	a						a	ab	abc
Too tired / lacking energy	548	125	82	89	102	61	43	9	37	334	89	201	185	128	25	93	99	221	126
	27%	31%	33%	29%	32%	24%	24%	12%	15%	30%	18%	35%	30%	21%	13%	25%	25%	29%	28%
		ghj	efghj	ghj	eghj	ghj	h			ghj		cd	cd	d					
I'm not fit enough	355	116	63	52	46	29	20	6	24	189	50	114	108	107	21	55	67	130	98
	17%	29%	25%	17%	14%	11%	11%	8%	9%	17%	10%	20%	17%	18%	11%	15%	17%	17%	22%
		cdefghij	cdefghij	hj						ehj		d	d	d					ac
My preferred activities aren't available	312	52	25	52	50	48	28	13	43	176	84	103	86	95	24	57	58	124	68
	15%	13%	10%	17%	16%	19%	15%	18%	17%	16%	17%	18%	14%	16%	12%	15%	15%	16%	15%
				b		ab			b	b	b								
I just don't want to	275	92	46	39	29	31	16	6	16	144	38	97	70	74	28	57	58	103	53
	13%	23%	19%	13%	9%	12%	9%	8%	6%	13%	8%	17%	11%	12%	14%	15%	15%	13%	12%
		cdefghij	defghij	hj		hj				hj		bc							
I can't exercise with the people I normally would	251	27	26	46	47	43	20	8	36	161	64	69	93	65	22	59	66	71	52
	12%	7%	10%	15%	15%	17%	11%	11%	14%	14%	13%	12%	15%	11%	11%	16%	17%	9%	11%
				a	a	ab			a	a	a		c			c	cd		
Don't have the right space / equipment	240	33	28	48	43	38	26	6	19	157	50	90	77	61	10	46	58	86	48
	12%	8%	11%	16%	13%	15%	14%	8%	7%	14%	10%	16%	12%	10%	5%	12%	15%	11%	11%
				ahj	ah	ah	ah			ahj		cd	d	d					
Childcare / Homeschooling	217	34	28	32	40	35	21	4	22	135	48	60	79	60	13	32	33	100	44
	11%	8%	11%	11%	13%	14%	11%	6%	9%	12%	9%	10%	13%	10%	7%	8%	8%	13%	10%
					a					a			d					ab	
I've been unwell or self-isolating	198	61	23	31	34	20	8	2	20	107	30	70	58	51	16	34	28	76	58
	10%	15%	9%	10%	10%	8%	5%	2%	8%	10%	6%	12%	9%	9%	8%	9%	7%	10%	13%
		befghij		fgj	fgj					fj		c							b
I can't afford the things I need to be active	108	16	12	16	16	24	9	5	10	68	24	44	32	24	8	29	20	29	28
	5%	4%	5%	5%	5%	9%	5%	8%	4%	6%	5%	8%	5%	4%	4%	8%	5%	4%	6%
					adhij							c				c			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8X. What are the biggest challenges, if any, that you face to being physically active right now?

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other caring responsibilities	88 4%	14 3%	7 3%	17 6% f	19 6% f	14 6%	3 2%	4 6%	9 4%	57 5%	17 3%	23 4%	30 5%	30 5%	4 2%	13 3%	19 5%	29 4%	23 5%
Other commitments (excluding childcare/ caring responsibilities)	79 4%	12 3%	9 4%	11 4%	14 4%	13 5%	8 4%	2 3%	9 4%	48 4%	19 4%	13 2%	31 5% ad	28 5% a	3 2%	13 3%	18 5%	32 4%	11 2%
Limited or no access to the internet	37 2%	2 *	1 *	7 2% a	12 4% ab	7 3% ab	2 1%	1 2%	5 2%	27 2% a	8 2%	9 2%	15 2%	8 1%	3 2%	10 3%	10 3%	10 1%	7 2%
Other	80 4%	33 8% bcdefghij	10 4%	10 3%	13 4% h	4 2%	6 3%	- -	3 1%	38 3%	10 2%	29 5%	19 3%	28 5%	3 2%	18 5%	12 3%	25 3%	23 5%
None of the above	55 3%	15 4%	4 2%	8 2%	6 2%	5 2%	3 2%	3 5%	11 4% i	22 2%	18 4%	13 2%	19 3%	10 2%	9 5% c	11 3%	20 5% cd	13 2%	7 2%
I don't face any challenges to being active	170 8%	32 8% i	11 4%	16 5%	16 5%	15 6%	19 10%	16 23%	45 18%	58 5%	80 16% abcdei	21 4%	32 5%	69 11% ab	37 19% abc	45 12% bd	24 6%	65 8%	28 6%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8X. What are the biggest challenges, if any, that you face to being physically active right now?

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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Wintry conditions (weather/daylight)	660	215	166	278	325	182
	32%	33%	26%	38%	33%	31%
		b	b	b		
I'm worried about Covid-19	570	192	131	242	297	133
	28%	30%	21%	33%	30%	22%
		b	b	b	b	
Too tired / lacking energy	548	165	127	250	303	143
	27%	26%	20%	34%	31%	24%
		b		ab	b	
I'm not fit enough	355	84	103	163	142	118
	17%	13%	16%	22%	14%	20%
			ab			a
My preferred activities aren't available	312	101	65	146	190	69
	15%	16%	10%	20%	19%	12%
		b		ab	b	
I just don't want to	275	65	98	108	137	80
	13%	10%	16%	15%	14%	13%
			a	a		
I can't exercise with the people I normally would	251	104	42	105	139	69
	12%	16%	7%	14%	14%	12%
		b		b		
Don't have the right space / equipment	240	91	42	105	155	57
	12%	14%	7%	14%	16%	10%
		b		b	b	
Childcare / Homeschooling	217	88	40	87	148	57
	11%	14%	6%	12%	15%	10%
		b		b	b	
I've been unwell or self-isolating	198	53	55	89	85	39
	10%	8%	9%	12%	9%	7%
				ab		
I can't afford the things I need to be active	108	49	33	25	68	25
	5%	8%	5%	3%	7%	4%
		c			b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8X. What are the biggest challenges, if any, that you face to being physically active right now?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Other caring responsibilities

Other commitments (excluding childcare/ caring responsibilities)

Limited or no access to the internet

Other

None of the above

I don't face any challenges to being active

	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Other caring responsibilities	88	29	25	32	52	26
	4%	4%	4%	4%	5%	4%
Other commitments (excluding childcare/ caring responsibilities)	79	30	21	23	43	25
	4%	5%	3%	3%	4%	4%
Limited or no access to the internet	37	13	16	8	19	17
	2%	2%	3%	1%	2%	3%
			c			
Other	80	9	35	36	27	19
	4%	1%	6%	5%	3%	3%
			a	a		
None of the above	55	14	27	12	15	26
	3%	2%	4%	2%	2%	4%
			ac			a
I don't face any challenges to being active	170	51	97	13	60	52
	8%	8%	15%	2%	6%	9%
		c	ac			a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q8Y. Does the rollout of a vaccine for COVID-19 make you feel more or less likely to participate in sport and physical activity, or does it make no difference?**

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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more likely	(5.0)	248	138	110	84	72	91	10	41	14	24	23	22	49	38	26
		12%	14%	11%	14%	11%	12%	10%	15%	7%	11%	13%	10%	15%	12%	13%
			b						c			c		c		
A bit more likely	(4.0)	549	281	267	169	187	193	27	72	43	59	41	55	83	102	67
		27%	28%	26%	27%	28%	26%	28%	27%	22%	28%	23%	24%	26%	31%	32%
															c	ce
No difference	(3.0)	1042	512	526	266	337	439	52	119	125	113	101	132	136	162	101
		51%	51%	51%	43%	50%	58%	53%	45%	63%	53%	57%	59%	42%	49%	48%
						a	ab			bdghi	g	bg	bghi			
A bit less likely	(2.0)	70	21	47	39	24	7	3	12	4	8	6	4	20	10	3
		3%	2%	5%	6%	4%	1%	4%	5%	2%	4%	3%	2%	6%	3%	2%
			a		bc	c								cfi		
Much less likely	(1.0)	49	22	26	19	19	12	1	10	6	6	3	4	13	5	2
		2%	2%	3%	3%	3%	2%	1%	4%	3%	3%	2%	2%	4%	1%	1%
									i					hi		
Don't know		81	20	60	39	29	13	5	12	7	4	3	8	19	14	9
		4%	2%	6%	6%	4%	2%	5%	4%	4%	2%	2%	4%	6%	4%	4%
			a		c	c								de		
NET: More likely		797	419	377	253	260	284	37	113	58	83	64	77	132	140	93
		39%	42%	36%	41%	39%	38%	38%	42%	29%	39%	36%	34%	41%	42%	45%
			b						c		c			c	c	cf
NET: Less likely		119	43	73	58	42	19	4	22	10	13	9	8	33	15	5
		6%	4%	7%	9%	6%	3%	4%	8%	5%	6%	5%	4%	10%	4%	2%
			a		bc	c			fhi					cefhi		
Base for stats		1958	974	976	577	639	742	94	254	193	209	174	218	301	317	199
Mean Score		3.45	3.50	3.40	3.45	3.42	3.46	3.45	3.48	3.29	3.42	3.44	3.40	3.45	3.50	3.57
			b						c					c	c	cf
Standard Deviation		.850	.845	.850	.934	.849	.781	.768	.956	.765	.840	.826	.776	.983	.803	.774
Standard Error		.019	.027	.027	.038	.033	.030	.078	.059	.053	.058	.064	.057	.057	.045	.055
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q8Y. Does the rollout of a vaccine for COVID-19 make you feel more or less likely to participate in sport and physical activity, or does it make no difference?

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%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more likely	(5.0)	248	33	73	45	32	20	45	151	97	204	10	20	9	1	3	42
		12%	22% cdefgh	15% cefh	9%	13%	10%	9%	14% cfh	10%	12%	18%	18%	14%	12%	21%	17% a
A bit more likely	(4.0)	549	43	139	147	65	47	107	330	220	476	15	34	14	3	2	68
		27%	29%	29% fh	31% efh	26%	23%	22%	30% efh	23%	27%	28%	31%	22%	40%	12%	27%
No difference	(3.0)	1042	61	225	238	126	107	285	524	518	927	20	44	30	3	8	105
		51%	41%	48%	50%	50%	53% a	59% abcdg	48% abcg	55%	53% bcg	36%	39%	46%	40%	56%	41%
A bit less likely	(2.0)	70	6	11	15	14	12	12	32	38	52	3	7	4	-	-	14
		3%	4%	2%	3%	6% bfg	6% bfg	2%	3%	4%	3%	5%	7% a	5%	-	-	5% a
Much less likely	(1.0)	49	4	7	14	6	7	12	25	24	36	5	3	2	1	-	10
		2%	3%	2%	3%	2%	3%	2%	2%	3%	2%	9% a	2%	3%	8%	-	4%
Don't know		81	2	17	20	8	10	24	40	41	60	2	3	6	-	2	13
		4%	2%	4%	4%	3%	5%	5%	4%	4%	3%	4%	3%	9% a	-	11%	5%
NET: More likely		797	76	211	193	98	67	152	481	316	680	25	54	23	4	4	111
		39%	51% cdefh	45% efh	40% fh	39% f	33%	31%	44% efh	34%	39%	46%	48% a	36%	51%	33%	44%
NET: Less likely		119	10	18	29	20	19	23	57	62	88	8	10	5	1	-	24
		6%	7%	4%	6%	8% b	9% bfg	5%	5%	7% b	5%	14% a	9%	8%	8%	-	9% a
Base for stats		1958	148	455	459	243	193	461	1062	896	1695	52	108	59	9	12	239
Mean Score		3.45	3.64 cdefh	3.57 cdefh	3.43	3.43	3.32	3.35	3.52 efh	3.37	3.45	3.42	3.56	3.43	3.46	3.60	3.50
Standard Deviation		.850	.962	.844	.832	.878	.869	.791	.859	.832	.824	1.144	.951	.939	1.051	.878	.988
Standard Error		.019	.079	.040	.038	.056	.061	.038	.026	.028	.020	.157	.091	.123	.333	.243	.063
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.11	.06	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q8Y. Does the rollout of a vaccine for COVID-19 make you feel more or less likely to participate in sport and physical activity, or does it make no difference?**

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed												
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293		
2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290		
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
248	139	42	53	95	31	21	84	18	6	16	11	11	12	37	52		
12%	11%	12%	17%	14%	19%	17%	14%	9%	9%	24%	10%	9%	7%	9%	18%		
			a		dghij	dij	ij			cdeghij					dghij		
549	329	103	94	198	47	37	180	61	13	15	32	31	31	102	85		
27%	26%	29%	30%	29%	28%	30%	30%	30%	21%	22%	29%	26%	18%	25%	29%		
					i	i	i	i			i				i		
1042	695	176	142	318	78	53	293	105	28	28	52	51	102	252	131		
51%	55%	49%	45%	47%	47%	43%	48%	52%	45%	41%	47%	43%	59%	62%	45%		
	bcd												abcefgkh	abcdeghk			
70	28	19	12	31	5	5	23	5	5	6	5	8	6	2	10		
3%	2%	5%	4%	5%	3%	4%	4%	2%	9%	8%	5%	7%	3%	*	3%		
		a		a	j	j	j	j	dj	dj	j	j	j		j		
49	30	7	4	11	3	5	12	5	6	2	2	4	3	8	7		
2%	2%	2%	1%	2%	2%	4%	2%	3%	9%	3%	1%	4%	2%	2%	2%		
									acdgiijk								
81	35	12	13	25	3	3	15	8	4	1	9	14	18	6	6		
4%	3%	3%	4%	4%	2%	2%	2%	4%	7%	2%	8%	12%	10%	2%	2%		
									acjk		abcjk	abcdfjk	abcdfjk				
797	468	145	147	293	79	58	265	79	19	31	43	41	43	139	137		
39%	37%	41%	46%	43%	47%	47%	44%	39%	30%	46%	39%	35%	25%	34%	47%		
			a	a	ehij	eij	eij	i		i	i			i	ehij		
119	57	26	17	42	7	10	35	10	11	8	7	12	9	9	17		
6%	5%	7%	5%	6%	4%	8%	6%	5%	18%	11%	6%	10%	5%	2%	6%		
						j	j		abcdgiijk	j	j	aj			j		
1958	1220	347	306	653	164	121	593	194	58	66	103	104	154	401	285		
3.45	3.43	3.45	3.58	3.51	3.61	3.53	3.51	3.42	3.13	3.56	3.45	3.34	3.28	3.40	3.58		
			a	a	dehij	ei	ehij	e		ei	e			e	ehij		
.850	.815	.847	.869	.859	.884	.955	.858	.806	1.060	1.045	.817	.914	.752	.741	.914		
.019	.023	.049	.053	.036	.068	.087	.035	.058	.139	.128	.078	.083	.060	.039	.054		
*	*	*	*	*	*	.01	*	*	.02	.02	.01	.01	*	*	*		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q8Y. Does the rollout of a vaccine for COVID-19 make you feel more or less likely to participate in sport and physical activity, or does it make no difference?**

BASE: All respondents

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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		2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total		2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more likely	(5.0)	248 12%	62 14%	54 13%	22 14%	5 17%	75 14%	66 14%	66 12%	46 17% adf	26 15%	2 4%	72 16% df	68 12%	29 11%	128 11%	78 15% b	12 14%	218 12%
A bit more likely	(4.0)	549 27%	131 30%	120 30%	39 25%	6 22%	159 29%	137 29%	159 29%	89 34% c	40 22%	11 30%	129 29%	170 29%	56 21%	316 27% a	154 30% a	24 26% a	494 28%
No difference	(3.0)	1042 51%	216 49%	193 49%	69 44%	8 29%	262 47%	224 48%	287 53% bde	100 38%	87 49% b	14 35%	187 42%	300 52% bde	156 58% ce	624 54% c	221 43%	41 46%	886 50% c
A bit less likely	(2.0)	70 3%	12 3%	13 3%	13 9% abf	4 14%	26 5%	16 3%	13 2%	17 6% af	10 6% a	3 7%	27 6% af	16 3%	6 2%	36 3%	23 4%	5 5%	64 4%
Much less likely	(1.0)	49 2%	10 2%	6 1%	9 6% abef	2 6%	15 3%	11 2%	7 1%	6 2%	10 6% af	4 10% abef	16 4% a	11 2%	12 4% be	22 2%	12 2%	3 4%	37 2%
Don't know		81 4%	9 2%	13 3%	2 2%	3 12%	15 3%	12 3%	11 2%	6 2%	4 2%	5 13% abcef	10 2%	16 3%	11 4%	38 3%	28 5% b	4 5%	70 4%
NET: More likely		797 39%	193 44%	173 44%	61 39%	10 39%	234 42%	204 44%	225 41%	135 51% acdf	66 37%	13 34%	201 46%	238 41%	85 32%	444 38% a	232 45% ab	36 40%	712 40% a
NET: Less likely		119 6%	22 5%	19 5%	23 15% abef	5 20%	41 7%	27 6%	20 4%	22 8% af	20 11% af	7 18% af	43 10% af	27 5%	18 7%	58 5%	35 7%	8 9%	101 6%
Base for stats		1958	431	385	152	24	537	454	532	257	174	33	431	566	259	1126	488	85	1699
Mean Score		3.45	3.52	3.53	3.33	3.35	3.47	3.51	3.50	3.59	3.36	3.12	3.50	3.47	3.33	3.44	3.54	3.43	3.47
			c	c			c		d	cd		d	d		a	ab		a	
Standard Deviation		.850	.853	.829	1.027	1.172	.893	.872	.795	.931	1.001	1.058	.966	.817	.878	.809	.903	.943	.845
Standard Error		.019	.041	.042	.084	.234	.039	.041	.034	.058	.076	.179	.047	.034	.054	.024	.042	.101	.021
Error variance		*	*	*	.01	.05	*	*	*	*	.01	.03	*	*	*	*	*	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q8Y. Does the rollout of a vaccine for COVID-19 make you feel more or less likely to participate in sport and physical activity, or does it make no difference?**

BASE: All respondents

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
									NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness					
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No	
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320	
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more likely		(5.0)	248	64	151	25	37	10	174	66	6	203	44	217	27
			12%	19%	11%	10%	10%	16%	13%	11%	8%	13%	10%	13%	9%
				b											
A bit more likely		(4.0)	549	111	375	76	100	16	365	176	15	433	117	474	71
			27%	33%	27%	29%	28%	25%	27%	29%	21%	27%	27%	28%	23%
				b											
No difference		(3.0)	1042	122	743	121	189	25	723	292	40	819	223	864	167
			51%	36%	54%	47%	52%	38%	53%	48%	54%	51%	52%	51%	55%
				a		c		c							
A bit less likely		(2.0)	70	25	33	16	10	6	31	28	4	53	17	59	9
			3%	7%	2%	6%	3%	9%	2%	5%	5%	3%	4%	3%	3%
				b		bd		bd		d					
Much less likely		(1.0)	49	8	27	9	12	2	32	18	5	39	10	34	12
			2%	2%	2%	3%	3%	3%	2%	3%	7%	2%	2%	2%	4%
										d				a	
Don't know			81	8	49	13	13	6	43	26	3	64	17	56	16
			4%	2%	4%	5%	3%	9%	3%	4%	5%	4%	4%	3%	5%
							bd								
NET: More likely			797	175	525	101	138	26	539	242	21	636	161	691	98
			39%	52%	38%	39%	38%	41%	39%	40%	29%	39%	38%	41%	32%
				b										b	
NET: Less likely			119	33	60	24	23	7	63	46	9	92	27	93	21
			6%	10%	4%	9%	6%	12%	5%	8%	12%	6%	6%	5%	7%
				b		d		d		d	d				
Base for stats			1958	330	1328	246	349	59	1325	579	69	1547	411	1649	286
Mean Score			3.45	3.60	3.44	3.38	3.40	3.47	3.47	3.42	3.19	3.46	3.41	3.47	3.32
				b				f	f	f				b	
Standard Deviation			.850	.961	.803	.883	.852	1.001	.838	.868	.939	.855	.833	.842	.855
Standard Error			.019	.053	.022	.055	.046	.130	.023	.036	.110	.022	.041	.021	.049
Error variance			*	*	*	*	*	.02	*	*	.01	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q8Y. Does the rollout of a vaccine for COVID-19 make you feel more or less likely to participate in sport and physical activity, or does it make no difference?

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries					
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d	
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443	
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more likely		(5.0)	248	19	22	37	37	33	29	18	53	128	100	76	67	70	34	40	44	84	75
			12%	5%	9%	12%	11%	13%	16%	26%	21%	11%	20%	13%	11%	12%	17%	11%	11%	11%	17%
					a	a	a	a	ab	abcdei	abcdei	a	abcdei				b				abc
A bit more likely		(4.0)	549	86	66	88	102	81	53	16	56	338	125	147	181	175	42	52	105	251	139
			27%	21%	27%	29%	32%	32%	29%	24%	22%	30%	25%	25%	29%	29%	22%	14%	27%	33%	31%
					a	ahj	ahj	a				ahj			d	d			a	ab	a
No difference		(3.0)	1042	263	133	144	148	114	84	31	125	539	240	284	320	320	100	241	201	376	201
			51%	65%	54%	47%	46%	45%	46%	45%	49%	48%	48%	49%	51%	53%	51%	64%	51%	49%	44%
					bcdefghij	e												bcd	d		
A bit less likely		(2.0)	70	4	9	17	15	14	3	-	8	55	11	22	23	14	5	16	17	20	12
			3%	1%	4%	6%	5%	5%	2%	-	3%	5%	2%	4%	4%	2%	3%	4%	4%	3%	3%
					a	afgj	aj	afj			a	aj									
Much less likely		(1.0)	49	10	7	11	7	4	2	2	5	30	9	25	10	8	5	14	10	12	13
			2%	3%	3%	4%	2%	2%	1%	3%	2%	3%	2%	4%	2%	1%	3%	4%	2%	2%	3%
															bc			c			
Don't know			81	24	10	7	11	10	10	2	7	38	19	23	21	11	10	15	17	22	14
			4%	6%	4%	2%	3%	4%	6%	3%	3%	3%	4%	4%	3%	2%	5%	4%	4%	3%	3%
															c		c				
NET: More likely			797	106	88	125	138	114	82	34	109	466	226	222	248	246	76	92	150	335	214
			39%	26%	36%	41%	43%	45%	45%	49%	43%	41%	45%	39%	40%	41%	39%	24%	38%	44%	47%
					a	a	a	ab	ab	ab	a	a	ab						a	a	ab
NET: Less likely			119	14	16	28	23	18	5	2	13	85	20	48	33	23	10	31	27	32	25
			6%	4%	7%	9%	7%	7%	3%	3%	5%	8%	4%	8%	5%	4%	5%	8%	7%	4%	6%
						afj	afj	af				afj		bc				c			
Base for stats			1958	383	237	297	309	246	171	67	247	1090	485	553	601	589	186	364	377	743	440
Mean Score			3.45	3.26	3.37	3.41	3.47	3.50	3.61	3.71	3.59	3.44	3.61	3.41	3.45	3.48	3.50	3.24	3.42	3.51	3.57
						a	a	a	abci	abcdi	abci	a	abcdi						a	a	ab
Standard Deviation			.850	.692	.825	.908	.856	.859	.827	.963	.928	.865	.898	.933	.804	.790	.916	.853	.850	.791	.906
Standard Error			.019	.036	.054	.052	.049	.054	.063	.119	.060	.026	.041	.039	.033	.033	.068	.044	.043	.029	.044
Error variance			*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q8Y. Does the rollout of a vaccine for COVID-19 make you feel more or less likely to participate in sport and physical activity, or does it make no difference?**

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		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
Much more likely	(5.0)	248	125	31	89	160	56
		12%	19%	5%	12%	16%	9%
			bc		b	b	
A bit more likely	(4.0)	549	202	118	226	298	142
		27%	31%	19%	31%	30%	24%
			b		b	b	
No difference	(3.0)	1042	271	414	347	440	334
		51%	42%	66%	47%	45%	56%
				ac	a		a
A bit less likely	(2.0)	70	11	32	24	37	28
		3%	2%	5%	3%	4%	5%
				a			
Much less likely	(1.0)	49	16	10	23	27	12
		2%	2%	2%	3%	3%	2%
Don't know		81	22	23	24	27	25
		4%	3%	4%	3%	3%	4%
NET: More likely		797	328	149	315	457	198
		39%	51%	24%	43%	46%	33%
			bc		b	b	
NET: Less likely		119	27	42	47	63	40
		6%	4%	7%	6%	6%	7%
				a			
Base for stats		1958	625	605	709	961	571
Mean Score		3.45	3.66	3.21	3.47	3.55	3.35
			bc		b	b	
Standard Deviation		.850	.901	.688	.875	.907	.807
Standard Error		.019	.036	.028	.033	.029	.034
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q9. SUMMARY: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I am worried about exercising close to other people	2039 100%	590 29%	820 40%	355 17%	185 9%	88 4%	1411 69%	540 26%
I feel safer exercising at home than in public places	2039 100%	545 27%	842 41%	379 19%	132 6%	142 7%	1387 68%	510 25%
I exercise to help manage my physical health during the outbreak	2039 100%	426 21%	949 47%	385 19%	186 9%	93 5%	1375 67%	571 28%
I exercise to help manage my mental health during the outbreak	2039 100%	425 21%	881 43%	418 21%	202 10%	113 6%	1306 64%	620 30%
I miss the types of physical activity I was able to do before the outbreak	2039 100%	509 25%	715 35%	477 23%	218 11%	121 6%	1223 60%	695 34%
I have more time now to be physically active	2039 100%	397 19%	809 40%	498 24%	245 12%	90 4%	1205 59%	743 36%
I worry about leaving my home to exercise or be active	2039 100%	310 15%	728 36%	571 28%	350 17%	80 4%	1038 51%	921 45%
Since the outbreak I have found new ways to be active	2039 100%	279 14%	707 35%	648 32%	288 14%	117 6%	985 48%	936 46%
I have been encouraged to exercise by the Government's guidance	2039 100%	221 11%	636 31%	648 32%	359 18%	175 9%	857 42%	1007 49%
I feel less worried about doing sport and physical activity now that the vaccine for COVID-19 is being rolled out	2039 100%	168 8%	643 32%	664 33%	301 15%	264 13%	810 40%	965 47%
I feel guilty about wanting to exercise during the outbreak	2039 100%	171 8%	360 18%	712 35%	684 34%	112 5%	531 26%	1396 68%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	279	107	172	132	95	52	9	42	23	29	21	27	58	45	25
		14%	11%	17%	21%	14%	7%	9%	16%	11%	14%	12%	12%	18%	14%	12%
				a	bc	c								ac		
Tend to agree	(3.0)	707	332	369	233	250	224	44	89	61	67	70	72	113	115	76
		35%	33%	36%	38%	37%	30%	45%	33%	31%	32%	39%	32%	35%	35%	37%
					c	c		bcd								
Tend to disagree	(2.0)	648	363	284	140	195	313	30	82	65	68	49	88	84	106	74
		32%	36%	27%	23%	29%	41%	31%	31%	33%	32%	28%	39%	26%	32%	35%
			b			a	ab						eg			g
Strongly disagree	(1.0)	288	152	136	65	96	128	9	36	37	34	26	26	47	47	26
		14%	15%	13%	10%	14%	17%	9%	14%	18%	16%	15%	12%	15%	14%	12%
						a	a			a						
Don't know		117	41	74	46	32	39	6	16	14	14	11	13	18	17	8
		6%	4%	7%	8%	5%	5%	7%	6%	7%	7%	6%	6%	6%	5%	4%
				a	b											
NET: Agree		985	439	540	365	344	276	53	131	84	96	90	99	171	160	101
		48%	44%	52%	59%	52%	37%	54%	49%	42%	45%	51%	44%	53%	48%	49%
				a	bc	c		c						cf		
NET: Disagree		936	515	421	205	291	441	39	119	102	103	76	114	131	154	99
		46%	52%	41%	33%	44%	58%	39%	45%	51%	48%	43%	51%	41%	46%	48%
			b			a	ab			ag			g			
Base for stats		1922	954	961	570	635	717	92	250	186	199	166	214	301	314	200
Mean Score		2.51	2.41	2.60	2.76	2.54	2.28	2.59	2.55	2.37	2.46	2.51	2.47	2.60	2.50	2.50
				a	bc	c			c					c		
Standard Deviation		.917	.887	.939	.935	.922	.840	.799	.937	.937	.943	.906	.869	.968	.916	.872
Standard Error		.021	.029	.030	.038	.036	.033	.082	.058	.066	.066	.071	.064	.056	.051	.062
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	*	*	*	*



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	279	33	88	68	31	23	35	190	89	216	13	28	12	1	2	56
		14%	22%	19%	14%	12%	11%	7%	17%	9%	12%	25%	25%	18%	12%	11%	22%
			cdefh	defh	fh	f			efh			a	a				a
Tend to agree	(3.0)	707	58	174	168	94	72	140	400	306	603	17	39	31	4	6	97
		35%	39%	37%	35%	38%	35%	29%	36%	33%	34%	31%	35%	47%	44%	45%	38%
			f	f	f	f			f					a			
Tend to disagree	(2.0)	648	32	143	147	80	63	183	321	327	591	13	25	7	2	5	51
		32%	21%	30%	31%	32%	31%	38%	29%	35%	34%	24%	22%	10%	18%	37%	20%
				a	a	a	a	abcg	a	ag	cdg						
Strongly disagree	(1.0)	288	21	48	64	31	31	93	133	156	252	5	11	11	2	1	31
		14%	14%	10%	13%	12%	15%	19%	12%	17%	14%	10%	10%	17%	27%	6%	12%
						b		bcdg		bg							
Don't know		117	6	19	32	14	13	33	57	60	93	6	8	5	-	-	18
		6%	4%	4%	7%	6%	7%	7%	5%	6%	5%	10%	7%	8%	-	-	7%
NET: Agree		985	91	262	237	125	95	175	590	395	819	30	67	42	5	8	153
		48%	61%	56%	49%	50%	47%	36%	54%	42%	47%	56%	61%	65%	55%	56%	60%
			cdefh	efh	fh	fh	f		fh	f			a	a			a
NET: Disagree		936	53	191	210	111	95	277	454	482	843	18	36	18	4	6	81
		46%	35%	40%	44%	44%	47%	57%	41%	51%	48%	34%	32%	27%	45%	44%	32%
							a	abcdegh		abcdg	bcdg						
Base for stats		1922	144	453	447	236	189	452	1044	877	1662	49	103	60	9	14	234
Mean Score		2.51	2.71	2.67	2.54	2.53	2.46	2.26	2.62	2.37	2.47	2.79	2.82	2.72	2.39	2.61	2.76
			efh	cefh	fh	fh	f		efh	f		a	a	a			a
Standard Deviation		.917	.985	.907	.917	.880	.909	.873	.924	.890	.902	.979	.959	.986	1.070	.799	.962
Standard Error		.021	.082	.043	.043	.057	.064	.042	.029	.030	.022	.138	.094	.128	.338	.206	.062
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.11	.04	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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											
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total		2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	279	130	68	60	128	24	33	102	27	13	9	10	21	18	22	56
		14%	10%	19%	19%	19%	14%	26%	17%	14%	21%	14%	9%	18%	10%	5%	19%
				a	a	a	j	acdfgij	gij	j	gij	j		gj	j		gij
Tend to agree	(3.0)	707	409	141	119	260	71	44	233	80	16	14	41	43	43	121	115
		35%	33%	39%	37%	38%	43%	36%	38%	39%	26%	21%	37%	36%	25%	30%	40%
				a	a	a	efij	fi	efij	efij	26%	21%	37%	36%	25%	30%	40%
Tend to disagree	(2.0)	648	442	92	95	187	51	31	183	60	14	28	34	23	54	169	81
		32%	35%	26%	30%	28%	30%	25%	30%	30%	23%	41%	30%	20%	31%	42%	28%
			bd				h		h	h		behk			h	abcdeghik	
Strongly disagree	(1.0)	288	203	43	31	73	14	11	69	22	13	10	21	13	40	73	26
		14%	16%	12%	10%	11%	9%	9%	11%	11%	22%	15%	19%	11%	23%	18%	9%
			cd								abcdk		abck		abcdhk	abcdk	
Don't know		117	70	16	14	30	7	5	21	12	6	6	6	17	17	21	12
		6%	6%	4%	5%	4%	4%	4%	4%	6%	9%	9%	6%	14%	10%	5%	4%
											c	c		abcdgjk	acjk		
NET: Agree		985	540	208	179	387	95	77	335	107	29	24	51	64	61	143	172
		48%	43%	58%	56%	57%	57%	62%	55%	53%	46%	35%	46%	54%	35%	35%	59%
				a	a	a	fij	efgij	fij	fij			j	fij			fgij
NET: Disagree		936	645	134	126	260	65	42	252	83	28	38	54	37	94	243	107
		46%	51%	37%	39%	38%	39%	34%	41%	41%	45%	56%	49%	31%	55%	60%	37%
			bcd						h			abcdhk	bhk		abcdhk	abcdeghk	
Base for stats		1922	1185	343	305	647	160	119	587	190	57	62	105	101	155	386	279
Mean Score		2.51	2.39	2.68	2.68	2.68	2.65	2.82	2.63	2.59	2.50	2.38	2.38	2.72	2.25	2.24	2.72
				a	a	a	fgij	cdefgij	fgij	gij	j			fgij			fgij
Standard Deviation		.917	.896	.929	.903	.916	.841	.945	.904	.878	1.095	.936	.907	.946	.970	.824	.889
Standard Error		.021	.025	.054	.056	.039	.066	.087	.037	.064	.145	.119	.085	.087	.077	.044	.053
Error variance		*	*	*	*	*	*	.01	*	*	.02	.01	.01	.01	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Significance Level: 95%	Total	a	b	c	*d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Unweighted Total	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759	
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	279 14%	69 16%	66 17%	31 20%	9 36%	97 18%	79 17%	91 17%	53 20%	24 14%	8 22%	77 18%	99 17%	22 8%	144 12%	96 19% abe	16 18% a	256 14% a
Tend to agree	(3.0)	707 35%	156 35%	166 42% c	45 29%	8 32%	211 38% c	164 35%	206 38%	95 36%	65 37%	9 24%	161 36%	215 37%	91 34%	400 34%	178 35%	37 41%	615 35%
Tend to disagree	(2.0)	648 32%	138 31%	116 29%	46 30%	3 11%	162 29%	141 30%	161 30%	83 31%	53 30%	10 26%	136 31%	171 29%	92 34%	379 33%	152 29%	26 28%	556 31%
Strongly disagree	(1.0)	288 14%	52 12%	38 10%	25 16% b	5 19%	63 11%	57 12%	62 11%	24 9%	26 14%	9 24% abef	50 11%	71 12%	48 18% cd	176 15% c	57 11%	7 8%	240 14%
Don't know		117 6%	25 6%	13 3%	7 5%	1 3%	20 4%	26 6%	25 5%	8 3%	10 5%	2 5%	18 4%	26 5%	16 6%	65 6%	33 6%	4 5%	101 6%
NET: Agree		985 48%	225 51%	232 58% a	76 49%	18 67%	308 56%	243 52%	296 55%	149 56%	89 50%	18 46%	238 54%	314 54%	113 42%	544 47%	274 53% ab	53 59% ab	872 49% a
NET: Disagree		936 46%	189 43%	154 39%	71 46%	8 30%	225 41%	197 42%	223 41%	106 40%	79 44%	19 50%	185 42%	242 42%	140 52% cde	555 48% cd	208 40%	33 37%	796 45%
Base for stats	1922	415	386	147	26	533	441	519	255	168	37	423	556	254	1099	483	86	1668	
Mean Score	2.51	2.59	2.67	2.56	2.87	2.64	2.60	2.63	2.70	2.52	2.46	2.63	2.62	2.35	2.47	2.65 abe	2.72 ab	2.53 a	
Standard Deviation	.917	.910	.873	1.008	1.136	.913	.926	.907	.905	.921	1.113	.914	.922	.886	.912	.929	.871	.919	
Standard Error	.021	.044	.045	.084	.219	.040	.044	.040	.057	.071	.181	.045	.039	.055	.028	.043	.093	.023	
Error variance	*	*	*	.01	.05	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
					Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness					
		Total	Yes	No							Urban	Rural	Yes	No	
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320	
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	279	79	175	37	43	7	189	79	6	222	57	242	31
			14%	23% b	13%	14%	12%	11%	14%	13%	9%	14%	13%	14%	10%
Tend to agree		(3.0)	707	109	488	88	98	19	500	187	18	580	127	598	100
			35%	32%	35%	34%	27%	29%	37% bef	31%	25%	36% b	30%	35%	33%
Tend to disagree		(2.0)	648	89	454	66	116	18	450	182	17	498	150	550	91
			32%	26%	33% a	25%	32%	29%	33% a	30%	23%	31%	35%	32%	30%
Strongly disagree		(1.0)	288	44	188	50	78	13	164	114	23	226	62	223	61
			14%	13%	14%	19% d	22% d	19%	12%	19% d	32% abde	14%	14%	13%	20% a
Don't know			117	17	72	17	27	8	65	43	8	86	32	92	19
			6%	5%	5%	7%	7% d	12% d	5%	7% d	11% d	5%	7%	5%	6%
NET: Agree			985	188	663	125	141	26	689	266	24	801	184	840	131
			48%	56% b	48%	48% bf	39%	40%	50% bef	44%	33%	50% b	43%	49%	43%
NET: Disagree			936	133	642	116	194	31	614	297	40	724	212	772	152
			46%	39%	47% a	45%	54% ad	48%	45%	49%	55%	45%	50%	45%	50%
Base for stats		1922	321	1305	241	335	57	1303	562	64	1525	396	1612	284	
Mean Score		2.51	2.69 b	2.50	2.47 f	2.32	2.36	2.55 bef	2.41 f	2.11	2.52	2.45	2.53 b	2.36	
Standard Deviation		.917	.990	.898	.990	.970	.969	.889	.965	1.021	.915	.923	.909	.940	
Standard Error		.021	.056	.025	.062	.053	.128	.025	.041	.123	.023	.047	.023	.054	
Error variance		*	*	*	*	*	.02	*	*	.02	*	*	*	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	279	18	17	37	36	43	45	23	59	133	127	67	80	78	49	43	62	82	83
		14%	5%	7%	12%	11%	17%	25%	33%	23%	12%	25%	12%	13%	13%	25%	11%	16%	11%	18%
					ab	a	abi	abcdei	abcdei	abcdi	ab	abcdei				abc		c		ac
Tend to agree	(3.0)	707	59	76	124	146	99	75	22	106	444	203	176	223	233	61	126	134	283	155
		35%	14%	31%	41%	46%	39%	42%	32%	42%	39%	40%	30%	36%	39%	31%	33%	34%	37%	34%
				a	ab	abgi	a	ab	a	ab	ab	ab		a	a					
Tend to disagree	(2.0)	648	158	104	104	94	76	44	15	54	377	113	189	203	197	49	117	132	269	119
		32%	39%	42%	34%	29%	30%	24%	22%	21%	33%	22%	33%	33%	33%	25%	31%	33%	35%	26%
			defghj	defghij	fghj	hj	hj				fghj		d	d	d			d	d	
Strongly disagree	(1.0)	288	130	38	29	33	22	8	2	27	122	37	109	88	58	28	71	47	93	70
		14%	32%	15%	9%	10%	9%	5%	3%	10%	11%	7%	19%	14%	10%	14%	19%	12%	12%	15%
			bcdefghij	cefgij		f			3%	f	fj		bc	c			bc			
Don't know		117	43	13	11	12	15	9	7	8	51	24	35	29	34	9	21	19	38	28
		6%	10%	5%	4%	4%	6%	5%	10%	3%	5%	5%	6%	5%	6%	5%	6%	5%	5%	6%
			bcdefhij						cdhi											
NET: Agree		985	77	93	161	182	142	120	45	165	578	330	243	303	311	110	169	196	365	237
		48%	19%	38%	53%	57%	56%	66%	65%	65%	51%	66%	42%	49%	52%	56%	45%	50%	48%	52%
				a	ab	ab	ab	abcdei	abi	abcdei	ab	abcdei		a	a	a				a
NET: Disagree		936	288	142	132	127	98	52	17	80	499	150	298	291	255	77	188	179	362	189
		46%	71%	57%	43%	40%	38%	29%	25%	32%	44%	30%	52%	47%	43%	39%	50%	45%	47%	42%
			bcdefghij	cdefghij	fghj	fgj	fgj				fghj		cd				d			
Base for stats		1922	365	235	293	309	240	172	62	245	1077	480	541	594	566	187	357	375	727	426
Mean Score		2.51	1.91	2.31	2.58	2.60	2.68	2.91	3.05	2.81	2.55	2.87	2.37	2.50	2.59	2.70	2.40	2.56	2.49	2.59
				a	ab	ab	abi	abcdei	abcdei	abcdi	ab	abcdei		a	a	ab		a		a
Standard Deviation		.917	.843	.828	.834	.829	.875	.838	.873	.927	.850	.891	.942	.903	.851	1.018	.937	.912	.855	.980
Standard Error		.021	.044	.054	.048	.047	.056	.064	.113	.060	.026	.041	.040	.037	.036	.076	.049	.047	.032	.048
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
			NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		Total	a	b	c	a	b
Unweighted Total		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	279	167	64	43	184	76
		14%	26%	10%	6%	19%	13%
		bc	c	b			
Tend to agree	(3.0)	707	305	171	224	388	182
		35%	47%	27%	30%	39%	30%
		bc		b			
Tend to disagree	(2.0)	648	116	240	286	268	208
		32%	18%	38%	39%	27%	35%
			a	a		a	
Strongly disagree	(1.0)	288	36	109	138	100	96
		14%	6%	17%	19%	10%	16%
			a	a		a	
Don't know		117	23	43	42	48	34
		6%	4%	7%	6%	5%	6%
			a				
NET: Agree		985	472	236	267	571	258
		48%	73%	38%	36%	58%	43%
		bc		b			
NET: Disagree		936	152	349	425	368	304
		46%	23%	56%	58%	37%	51%
			a	a		a	
Base for stats		1922	624	585	692	940	562
Mean Score		2.51	2.97	2.33	2.25	2.70	2.42
			bc		b		
Standard Deviation		.917	.826	.902	.845	.903	.927
Standard Error		.021	.033	.038	.032	.029	.039
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	397 19%	189 19%	205 20%	163 26% bc	117 18%	116 15%	16 16%	59 22% e	35 17%	41 19%	23 13%	44 19%	74 23% e	63 19%	41 20%
Tend to agree	(3.0)	809 40%	408 41%	397 38%	223 36%	260 39%	326 43% a	42 43%	93 35%	87 43%	82 39%	77 44%	83 37%	131 41%	138 42%	75 36%
Tend to disagree	(2.0)	498 24%	254 25%	243 24%	133 22%	169 25%	196 26%	26 27%	66 25%	48 24%	51 24%	49 28% g	63 28% g	63 20%	74 22%	57 28% g
Strongly disagree	(1.0)	245 12%	104 10%	141 14% a	67 11%	94 14%	85 11%	7 7%	32 12%	26 13%	28 13%	21 12%	30 13%	35 11%	41 12%	27 13%
Don't know		90 4%	40 4%	50 5%	29 5%	28 4%	33 4%	7 7%	15 6%	5 2%	10 5%	7 4%	7 3%	16 5%	14 4%	8 4%
NET: Agree		1205 59%	597 60%	601 58%	386 63% b	377 56%	442 58%	58 59%	152 57%	122 61%	124 58%	101 57%	126 56%	205 64% i	202 61%	116 56%
NET: Disagree		743 36%	357 36%	384 37%	200 33%	263 39% a	280 37%	33 34%	98 37%	73 37%	79 37%	69 39%	93 41% g	98 31%	115 35%	84 40% g
Base for stats		1949	954	986	587	640	722	92	251	195	203	170	219	303	317	200
Mean Score		2.70	2.71	2.68	2.82 bc	2.63	2.66	2.74	2.72	2.67	2.68	2.61	2.64	2.81 e	2.71	2.65
Standard Deviation		.933	.905	.960	.966	.946	.885	.838	.968	.919	.952	.871	.951	.939	.930	.952
Standard Error		.021	.030	.030	.039	.037	.034	.086	.060	.063	.066	.068	.069	.054	.052	.068
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade									Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Unweighted Total		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258	
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	397	41	101	95	47	36	77	237	160	318	17	34	17	1	2	72	
		19%	27% defh	21% fh	20%	19%	18%	16%	22% fh	17%	18%	32% a	31% a	26%	12%	18%	29% a	
Tend to agree		809	62	192	182	94	80	200	436	373	700	23	42	22	4	6	97	
		40%	41%	41%	38%	37%	39%	41%	40%	40%	40%	43%	38%	33%	51%	42%	38%	
Tend to disagree		498	34	110	123	65	50	116	267	231	447	6	20	12	2	5	46	
		24%	23%	23%	26%	26%	25%	24%	24%	25%	25% bg	12%	18%	19%	20%	35%	18%	
Strongly disagree		245	10	51	56	38	28	62	117	128	217	4	11	9	2	-	27	
		12%	7%	11%	12%	15% ag	14% a	13% a	11% ag	14% ag	12%	8%	10%	14%	18%	-	11%	
Don't know		90	4	18	23	7	9	30	45	46	74	3	3	4	-	1	11	
		4%	3%	4%	5%	3%	4%	6% d	4%	5%	4%	5%	3%	7%	-	6%	4%	
NET: Agree		1205	102	293	278	141	116	276	672	533	1017	41	76	39	5	8	169	
		59%	68% cdefh	62%	58%	56%	57%	57%	61%	57%	58%	75% a	68% a	60%	63%	59%	67% a	
NET: Disagree		743	44	161	179	103	78	178	384	359	664	11	32	22	3	5	72	
		36%	29%	34%	37%	41% a	38%	37%	35%	38% a	38% bg	20%	29%	34%	37%	35%	29%	
Base for stats		1949	146	454	457	244	194	454	1057	892	1681	52	108	61	9	13	241	
Mean Score		2.70	2.91 cdefh	2.75 h	2.69	2.61	2.64	2.64	2.75 dfh	2.63	2.67	3.04 a	2.92 a	2.77	2.57	2.82	2.89 a	
Standard Deviation		.933	.883	.927	.936	.968	.948	.919	.927	.938	.927	.906	.965	1.034	.968	.753	.960	
Standard Error		.021	.073	.044	.043	.061	.066	.044	.029	.031	.023	.124	.092	.133	.306	.201	.061	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.09	.04	*	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293	
2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
397	242	61	74	134	54	32	109	29	14	11	21	33	18	75	86	
19%	19%	17%	23%	20%	32%	26%	18%	15%	23%	16%	19%	28%	10%	18%	30%	
					cdgij	cdi	i		i		i	cdij		i	cdgij	
809	510	149	109	259	70	49	228	93	22	25	51	41	61	169	120	
40%	41%	42%	34%	38%	42%	40%	37%	46%	36%	37%	46%	34%	35%	42%	41%	
								chi								
498	307	89	76	165	24	30	161	50	11	23	19	33	43	104	54	
24%	24%	25%	24%	24%	15%	24%	27%	25%	17%	34%	17%	28%	25%	26%	19%	
						a	agk	a		aegk		agk	a	ak		
245	139	48	48	96	16	7	93	19	9	6	15	6	30	44	23	
12%	11%	13%	15%	14%	10%	5%	15%	10%	15%	9%	13%	5%	17%	11%	8%	
							bdhjk		bh		bh		abdhjk			
90	57	12	12	24	2	6	17	10	6	3	5	6	21	15	8	
4%	5%	3%	4%	4%	1%	5%	3%	5%	9%	4%	4%	5%	12%	4%	3%	
						a		a	ack			a	abcdghjk			
1205	752	210	183	393	124	81	337	122	37	36	72	73	79	244	206	
59%	60%	59%	57%	58%	75%	66%	55%	61%	59%	53%	65%	62%	46%	60%	71%	
					cdefhij	ci	i	i			i	i		i	cdffj	
743	446	136	124	260	40	37	255	69	20	29	34	39	72	148	77	
36%	36%	38%	39%	38%	24%	29%	42%	34%	32%	43%	31%	33%	42%	36%	26%	
							abgk	a		ak			abk	ak		
1949	1198	347	307	654	165	118	591	191	57	64	107	112	151	392	283	
2.70	2.71	2.64	2.68	2.66	2.99	2.91	2.60	2.69	2.73	2.62	2.74	2.89	2.44	2.70	2.95	
					cdgij	cdffj		i			i	cdij		i	cdgij	
.933	.918	.926	1.006	.964	.932	.864	.963	.852	1.023	.883	.937	.894	.938	.905	.904	
.021	.026	.054	.062	.041	.072	.080	.039	.062	.135	.109	.088	.078	.076	.048	.054	
*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	.01	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759	
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	397 19%	64 15%	84 21% af	36 23% af	8 28% af	120 22% af	72 15%	83 15%	57 22% af	47 26% adf	4 11% af	104 24% af	87 15%	50 19%	211 18%	113 22%	22 24%	347 20%
Tend to agree	(3.0)	809 40%	164 37%	171 43%	54 35%	12 44%	225 41% 38%	175	212 39%	113 43%	62 35%	16 41%	174 40% 39%	227	111 41%	473 41%	193 38%	31 35%	698 39%
Tend to disagree	(2.0)	498 24%	123 28% b	88 22%	45 29%	6 24%	133 24% 28%	129 28%	154 28% be	57 22%	44 25%	10 26%	101 23% b	165 28%	64 24%	288 25%	126 25%	20 23%	434 25%
Strongly disagree	(1.0)	245 12%	73 17% bce	41 10%	15 10%	1 4%	57 10% 16% be	74	78 14%	27 10%	20 11%	6 15%	47 11% 14%	84	32 12%	140 12%	63 12%	11 13%	214 12%
Don't know		90 4%	16 4%	15 4%	4 2%	- -	19 3% 3%	16	17 3%	10 4%	6 3%	2 6%	15 4% 3%	19	14 5%	52 4%	20 4%	5 6%	76 4%
NET: Agree		1205 59%	228 52%	254 64% af	90 58%	19 73%	344 62% af	247 53%	295 54%	170 64% af	109 61%	20 52%	278 63% af	315 54%	161 60%	684 59%	307 60%	53 59%	1044 59%
NET: Disagree		743 36%	196 45% be	129 32%	61 39%	7 27%	190 34% 44% be	203	232 43% be	84 32%	63 36%	16 42%	147 33% 43% be	248	95 35%	428 37%	189 37%	32 35%	648 37%
Base for stats	1949	424	383	151	27	534	450	527	254	172	36	426	563	256	1112	496	85	1693	
Mean Score	2.70	2.52	2.77 af	2.73 af	2.97	2.76 af	2.54	2.57	2.79 af	2.79 af	2.51	2.79 af	2.57	2.70	2.68	2.72	2.75	2.70	
Standard Deviation	.933	.949	.911 af	.940 af	.834	.919 af	.948	.925	.913 af	.972 af	.920	.936 af	.924	.923	.922	.955	.992	.935	
Standard Error	.021	.046	.047	.077	.158	.040	.044	.040	.058	.075	.149	.046	.039	.057	.028	.044	.107	.023	
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
									NET: Longstanding physical and mental condition or illness					
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	397	74	268	56	62	16	268	120	10	328	69	343	49
		19%	22%	19%	22%	17%	24%	20%	20%	14%	20%	16%	20%	16%
			b											
Tend to agree	(3.0)	809	129	550	91	132	14	573	212	25	635	174	680	120
		40%	38%	40%	35%	37%	21%	42%	35%	34%	39%	41%	40%	40%
			c											
Tend to disagree	(2.0)	498	83	338	60	93	16	333	152	16	385	113	427	62
		24%	25%	25%	23%	26%	25%	24%	25%	23%	24%	26%	25%	20%
Strongly disagree	(1.0)	245	40	167	38	59	13	145	92	15	190	56	191	50
		12%	12%	12%	15%	16%	20%	11%	15%	21%	12%	13%	11%	17%
			d											
Don't know		90	12	54	14	16	6	49	29	6	74	17	63	21
		4%	3%	4%	6%	4%	10%	4%	5%	8%	5%	4%	4%	7%
			d											
NET: Agree		1205	203	818	146	194	29	841	332	35	963	243	1023	169
		59%	60%	59%	57%	54%	45%	61%	55%	48%	60%	57%	60%	56%
			bcef											
NET: Disagree		743	123	505	98	152	29	478	244	31	575	169	618	112
		36%	37%	37%	38%	42%	45%	35%	40%	43%	36%	39%	36%	37%
			d											
Base for stats		1949	326	1323	244	346	58	1319	576	66	1537	411	1641	281
Mean Score		2.70	2.73	2.69	2.67	2.57	2.56	2.73	2.63	2.45	2.72	2.62	2.72	2.60
			b											
Standard Deviation		.933	.951	.933	.995	.971	1.115	.907	.987	1.008	.936	.919	.925	.976
Standard Error		.021	.053	.026	.062	.053	.146	.025	.041	.120	.024	.046	.023	.057
Error variance		*	*	*	*	*	.02	*	*	.01	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	397	48	31	50	64	58	49	19	78	203	146	113	113	108	52	70	72	122	121
		19%	12%	12%	16%	20%	23%	27%	27%	31%	18%	29%	20%	18%	18%	27%	19%	18%	16%	27%
					ab	ab	abci	abc	abcdei	ab	abcdi					abc				abc
Tend to agree	(3.0)	809	142	109	129	133	101	74	29	92	472	195	218	260	259	61	132	175	328	165
		40%	35%	44%	42%	42%	39%	41%	42%	36%	42%	39%	38%	42%	43%	31%	35%	44%	43%	36%
				a	a						a			d	d			ad	ad	
Tend to disagree	(2.0)	498	95	67	83	70	71	41	17	56	291	113	139	156	158	42	102	100	194	93
		24%	23%	27%	27%	22%	28%	22%	24%	22%	26%	22%	24%	25%	26%	21%	27%	25%	25%	21%
																d				
Strongly disagree	(1.0)	245	92	27	32	42	15	12	4	21	117	36	84	71	54	32	64	31	95	51
		12%	23%	11%	11%	13%	6%	6%	5%	8%	10%	7%	15%	11%	9%	16%	17%	8%	12%	11%
			bcdefghij	e	efj						ej		c			c	bcd		b	
Don't know		90	31	14	10	12	10	6	2	6	46	14	23	22	22	10	10	17	26	23
		4%	8%	6%	3%	4%	4%	3%	2%	2%	4%	3%	4%	4%	4%	5%	3%	4%	3%	5%
			cdfhij	j																
NET: Agree		1205	189	140	179	197	159	123	48	170	675	341	331	373	366	113	202	247	450	287
		59%	46%	56%	59%	61%	62%	68%	69%	67%	60%	68%	57%	60%	61%	57%	53%	63%	59%	63%
				a	a	a	a	abci	a	abci	a	abci						a		a
NET: Disagree		743	187	94	115	112	87	52	20	77	407	149	223	227	212	74	166	131	289	145
		36%	46%	38%	38%	35%	34%	29%	29%	30%	36%	30%	39%	37%	35%	38%	44%	33%	38%	32%
			bcdefghij	j	fj						j						bcd		d	
Base for stats		1949	376	234	294	309	246	175	68	247	1082	491	554	600	579	186	368	377	739	431
Mean Score		2.70	2.38	2.61	2.67	2.71	2.82	2.92	2.93	2.92	2.70	2.92	2.65	2.69	2.73	2.71	2.57	2.76	2.65	2.83
				a	a	a	abc	abcdi	abci	abcdi	a	abcdi						ac		ac
Standard Deviation		.933	.991	.858	.885	.946	.866	.881	.858	.939	.895	.906	.969	.911	.871	1.053	.989	.853	.904	.973
Standard Error		.021	.051	.056	.051	.054	.055	.066	.106	.060	.027	.041	.041	.037	.037	.078	.051	.043	.033	.047
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			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		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	397	210	71	111	243	84
		19%	32%	11%	15%	25%	14%
			bc	b	b		
Tend to agree	(3.0)	809	285	243	272	405	222
		40%	44%	39%	37%	41%	37%
			c				
Tend to disagree	(2.0)	498	110	172	211	212	162
		24%	17%	27%	29%	21%	27%
				a	a		a
Strongly disagree	(1.0)	245	30	105	108	93	102
		12%	5%	17%	15%	9%	17%
				a	a		a
Don't know		90	13	38	32	36	25
		4%	2%	6%	4%	4%	4%
				a	a		
NET: Agree		1205	494	314	383	647	306
		59%	76%	50%	52%	66%	51%
			bc			b	
NET: Disagree		743	140	277	319	305	264
		36%	22%	44%	43%	31%	44%
				a	a		a
Base for stats		1949	635	590	702	952	571
Mean Score		2.70	3.06	2.47	2.55	2.84	2.50
			bc			b	
Standard Deviation		.933	.831	.920	.934	.918	.951
Standard Error		.021	.033	.038	.035	.029	.040
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	221 11%	103 10%	117 11%	98 16% bc	69 10% c	54 7%	7 7%	31 12%	18 9%	27 12%	23 13%	20 9%	44 14% h	26 8%	25 12%
Tend to agree	(3.0)	636 31%	316 32%	318 31%	189 31%	213 32%	234 31%	33 33%	76 29%	66 33%	55 26%	54 31%	73 32%	106 33%	118 36% di	55 26%
Tend to disagree	(2.0)	648 32%	328 33%	316 31%	175 28%	212 32%	261 35% a	36 37% g	85 32%	65 33%	76 36% g	54 31%	76 34%	83 26%	100 30%	73 35% g
Strongly disagree	(1.0)	359 18%	182 18%	175 17%	98 16%	110 16%	150 20%	13 13%	47 18%	33 16%	39 18%	35 20%	38 17%	59 18%	59 18%	36 17%
Don't know		175 9%	66 7%	109 11% a	55 9%	64 10%	56 7%	9 9%	27 10%	19 9%	16 8%	11 6%	18 8%	28 9%	29 9%	19 9%
NET: Agree		857 42%	419 42%	435 42%	287 47% c	283 42%	288 38%	40 41%	107 40%	83 42%	82 38%	77 44%	94 41%	150 47% d	144 43%	80 39%
NET: Disagree		1007 49%	510 51%	491 47%	274 44%	322 48%	412 55% ab	49 50%	132 50%	98 49%	115 54% g	89 50%	115 51%	142 44%	158 48%	109 52%
Base for stats		1864	929	926	561	604	699	89	239	181	197	166	208	292	302	189
Mean Score		2.39	2.37	2.41	2.51 bc	2.40 c	2.27	2.38	2.38	2.38	2.35	2.40	2.36	2.46	2.37	2.37
Standard Deviation		.927	.920	.934	.976	.914	.885	.831	.945	.892	.950	.971	.892	.979	.892	.941
Standard Error		.022	.031	.030	.040	.037	.035	.086	.060	.063	.067	.076	.067	.058	.051	.069
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	221	21	68	53	27	16	37	142	79	180	2	17	13	1	3	36
		11%	14% fh	14% efh	11%	11%	8%	8%	13% efh	8%	10%	3%	16% b	20% ab	12%	20%	14% ab
Tend to agree	(3.0)	636	54	149	153	81	63	136	356	281	527	21	40	24	5	5	96
		31%	36%	32%	32%	32%	31%	28%	32%	30%	30%	39%	36%	37%	61%	40%	38% a
Tend to disagree	(2.0)	648	44	136	154	84	67	164	333	315	582	14	30	14	1	2	61
		32%	29%	29%	32%	33%	33%	34%	30%	34%	33% dg	25%	27%	21%	9%	18%	24%
Strongly disagree	(1.0)	359	27	82	65	40	35	110	174	185	315	13	14	10	2	2	41
		18%	18%	17%	14%	16%	17%	23% bcdg	16%	20% cg	18%	24%	12%	16%	18%	16%	16%
Don't know		175	5	37	54	19	21	38	96	78	151	4	10	3	-	1	19
		9%	3% a	8% a	11% a	7%	11% a	8% a	9% a	8% a	9%	8%	9%	5%	-	6%	7%
NET: Agree		857	75	217	206	108	79	173	498	359	707	23	57	38	6	8	132
		42%	50% efh	46% fh	43% f	43% f	39%	36%	45% fh	38%	40%	43%	52% a	58% a	72%	60%	52% a
NET: Disagree		1007	71	217	219	124	103	273	507	500	897	27	43	24	2	5	101
		49%	47%	46%	46%	49%	51%	56% abcg	46%	53% bcg	51% cdg	49%	39%	37%	28%	33%	40%
Base for stats		1864	145	434	425	232	181	446	1005	859	1604	50	101	62	9	13	234
Mean Score		2.39	2.47 fh	2.47 fh	2.46 fh	2.41 f	2.32	2.22	2.46 fh	2.29	2.36	2.24	2.60 ab	2.66 ab	2.65	2.69	2.55 ab
Standard Deviation		.927	.957	.970	.898	.905	.887	.911	.938	.907	.920	.890	.929	1.001	.967	1.029	.953
Standard Error		.022	.080	.047	.043	.059	.064	.044	.030	.031	.023	.125	.092	.128	.306	.275	.062
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.09	.08	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total		2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	221	115	53	33	86	27	17	70	22	5	9	6	18	13	32	45
		11%	9%	15%	10%	13%	16%	14%	12%	11%	8%	14%	5%	15%	8%	8%	15%
				a		a	gij	g	g			g		gij			gij
Tend to agree	(3.0)	636	373	123	108	231	48	47	208	69	16	19	37	35	46	111	95
		31%	30%	34%	34%	34%	29%	38%	34%	34%	26%	29%	33%	30%	27%	27%	33%
								ij	j								
Tend to disagree	(2.0)	648	419	104	99	202	52	36	191	58	23	18	32	32	48	157	88
		32%	33%	29%	31%	30%	31%	29%	31%	29%	37%	26%	29%	27%	28%	39%	30%
																cdhik	
Strongly disagree	(1.0)	359	237	55	54	109	26	14	92	37	9	14	25	14	46	81	40
		18%	19%	15%	17%	16%	15%	12%	15%	18%	15%	21%	22%	12%	27%	20%	14%
													bhk		abcdhk	bhk	
Don't know		175	111	24	26	50	14	9	46	15	9	7	12	19	19	26	22
		9%	9%	7%	8%	7%	8%	7%	8%	7%	14%	10%	10%	16%	11%	6%	8%
											j			abcdjk	j		
NET: Agree		857	488	176	140	316	75	65	279	91	21	29	43	53	59	143	140
		42%	39%	49%	44%	47%	45%	52%	46%	45%	34%	43%	38%	45%	34%	35%	48%
				a		a	ij	egij	ij	ij				ij			ej
NET: Disagree		1007	656	159	153	312	78	50	284	95	32	32	57	46	94	238	128
		49%	52%	44%	48%	46%	47%	41%	47%	47%	52%	47%	51%	39%	55%	59%	44%
			bd										h		bhk	abcdhk	
Base for stats		1864	1144	334	294	628	153	115	562	187	54	61	100	99	153	381	268
Mean Score		2.39	2.32	2.52	2.40	2.47	2.50	2.59	2.46	2.41	2.32	2.40	2.24	2.58	2.17	2.25	2.54
				a		a	gij	gij	gij	ij				gij			gij
Standard Deviation		.927	.913	.948	.914	.933	.975	.895	.910	.939	.883	1.013	.899	.944	.961	.884	.941
Standard Error		.022	.026	.056	.057	.040	.078	.084	.038	.069	.120	.130	.087	.088	.077	.048	.057
Error variance		*	*	*	*	*	.01	.01	*	*	.01	.02	.01	.01	.01	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Significance Level: 95%	Total	a	b	c	*d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Unweighted Total	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759	
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	221 11%	55 13%	40 10%	21 13%	5 20%	61 11%	61 13%	64 12%	30 11%	21 12%	8 21%	51 12%	72 12%	21 8%	122 10%	67 13% a	12 14%	201 11%
Tend to agree	(3.0)	636 31%	138 31%	143 36%	58 38%	9 32%	201 36%	147 31%	176 32%	96 36%	66 37%	11 29%	162 37%	187 32%	75 28%	367 32%	160 31%	34 37%	561 32%
Tend to disagree	(2.0)	648 32%	137 31%	123 31%	43 28%	7 25%	166 30%	143 31%	159 29%	84 32%	56 32%	12 31%	140 32%	171 29%	87 32%	381 33%	154 30%	25 28%	561 32%
Strongly disagree	(1.0)	359 18%	75 17%	62 16%	21 14%	3 11%	83 15%	78 17%	95 18%	41 16%	22 13%	4 10%	63 14%	99 17%	60 22% bde	196 17%	93 18%	11 12%	299 17%
Don't know		175 9%	34 8%	31 8%	11 7%	3 12%	42 8%	38 8%	50 9% be	13 5%	12 7%	3 9%	25 6%	53 9% be	27 10%	98 8%	41 8%	9 10%	148 8%
NET: Agree	857 42%	193 44%	183 46%	79 51%	14 52%	262 47%	207 44%	239 44%	126 48%	88 49%	19 50%	213 48%	259 44%	96 36%	489 42% a	227 44% a	46 51% a	761 43% a	
NET: Disagree	1007 49%	212 48%	184 46%	64 42%	10 36%	249 45%	221 47%	255 47%	125 47%	78 44%	16 41%	203 46%	270 46%	147 54% d	577 50%	247 48%	36 40%	860 49%	
Base for stats	1864	405	368	143	24	511	429	494	250	166	35	416	529	243	1066	474	81	1621	
Mean Score	2.39	2.43	2.44	2.55	2.69	2.47	2.44	2.42	2.46	2.52	2.68	2.48	2.44	2.23	2.39 a	2.42 a	2.58 a	2.41 a	
Standard Deviation	.927	.943	.897	.917	.984	.903	.946	.943	.904	.882	.964	.894	.945	.919	.913	.959	.902	.927	
Standard Error	.022	.047	.047	.077	.197	.040	.045	.042	.057	.069	.158	.044	.041	.058	.028	.045	.099	.023	
Error variance	*	*	*	.01	.04	*	*	*	*	*	*	.03	*	*	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
		Yes	No	Mental condition or illness	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		334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total		338	1377	258	362	64	1368	605	73	1611	428	1704	302
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	221	137	24	32	6	157	57	4	181	40	184	33
		11%	10%	9%	9%	9%	11%	9%	6%	11%	9%	11%	11%
		b											
Tend to agree	(3.0)	636	433	78	102	13	441	178	15	507	129	538	90
		31%	31%	30%	28%	20%	32% cf	29%	20%	31%	30%	32%	30%
Tend to disagree	(2.0)	648	450	71	113	19	452	176	26	491	157	556	84
		32%	33%	27%	31%	30%	33%	29%	36%	30%	37% a	33%	28%
Strongly disagree	(1.0)	359	239	53	84	15	218	128	21	292	66	286	65
		18%	17%	21%	23% d	23%	16%	21% d	29% d	18%	15%	17%	21% a
Don't know		175	117	33	31	12	100	66	7	139	35	139	31
		9%	8%	13% d	8%	18% bd	7%	11% d	9%	9%	8%	8%	10%
NET: Agree		857	571	102	134	19	598	235	19	688	169	722	123
		42%	41%	39% f	37%	29%	44% bcef	39% f	26%	43%	39%	42%	41%
NET: Disagree		1007	690	124	197	34	670	305	47	783	224	843	149
		49%	50% a	48%	54%	53%	49%	50%	65% ade	49%	52%	49%	49%
Base for stats		1864	1260	226	331	53	1268	540	66	1472	393	1565	272
Mean Score		2.39	2.37	2.32	2.25	2.20	2.42	2.30	2.04	2.39	2.36	2.40	2.33
		b		f			bef	f					
Standard Deviation		.927	.912	.951	.944	.977	.914	.949	.904	.939	.881	.917	.971
Standard Error		.022	.026	.062	.052	.134	.026	.041	.108	.024	.045	.023	.057
Error variance		*	*	*	*	.02	*	*	.01	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	221	20	13	35	33	34	28	12	46	115	87	67	66	57	26	34	49	62	73
		11%	5%	5%	11%	10%	13%	16%	18%	18%	10%	17%	12%	11%	10%	13%	9%	12%	8%	16%
					ab	ab	ab	abi	ab	abcdi	ab	abcdi						c		ac
Tend to agree	(3.0)	636	81	84	92	110	98	68	21	82	384	171	141	211	214	63	90	118	267	155
		31%	20%	34%	30%	34%	38%	38%	30%	32%	34%	34%	25%	34%	36%	32%	24%	30%	35%	34%
			a	a	a	a	ac	a	a	a	a	a	a	a	a	a	a	a	a	a
Tend to disagree	(2.0)	648	144	94	105	110	72	43	14	65	381	123	182	201	198	55	127	141	250	113
		32%	35%	38%	35%	34%	28%	24%	20%	26%	34%	24%	32%	32%	33%	28%	33%	36%	33%	25%
			fghj	efghj	fghj	fghj					fghj						d	d	d	
Strongly disagree	(1.0)	359	107	40	50	44	33	26	15	45	166	86	136	98	83	39	99	54	122	80
		18%	26%	16%	16%	14%	13%	15%	21%	18%	15%	17%	24%	16%	14%	20%	26%	14%	16%	18%
			bcdefhij										bc			c	bcd			
Don't know		175	56	16	22	24	19	15	8	15	81	38	51	47	47	14	30	33	64	33
		9%	14%	7%	7%	7%	8%	8%	11%	6%	7%	8%	9%	8%	8%	7%	8%	8%	8%	7%
			bcdehij																	
NET: Agree		857	101	97	127	143	132	97	33	128	499	258	208	277	271	88	123	167	329	227
		42%	25%	39%	42%	45%	52%	53%	48%	50%	44%	51%	36%	44%	45%	45%	33%	42%	43%	50%
			a	a	a	a	abci	abci	a	abc	a	abci		a	a	a		a	a	abc
NET: Disagree		1007	251	134	155	154	104	70	28	110	547	208	318	299	282	94	225	195	372	193
		49%	62%	54%	51%	48%	41%	38%	41%	43%	49%	41%	55%	48%	47%	48%	60%	49%	49%	43%
			cdefghij	efhj	efj	f					efj		bc				bcd	d	d	
Base for stats		1864	352	232	282	297	236	166	62	238	1046	466	526	575	553	182	348	361	701	421
Mean Score		2.39	2.04	2.30	2.40	2.44	2.56	2.59	2.50	2.54	2.43	2.55	2.26	2.42	2.44	2.41	2.17	2.45	2.38	2.52
			a	a	a	a	abci	abci	a	ab	a	abci		a	a			a	a	ac
Standard Deviation		.927	.873	.820	.918	.876	.901	.951	1.066	1.007	.885	.994	.983	.902	.870	.979	.949	.906	.873	.989
Standard Error		.022	.047	.054	.054	.051	.058	.074	.139	.066	.027	.046	.042	.038	.038	.074	.050	.047	.033	.049
Error variance		*	*	*	*	*	*	.01	.02	*	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			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		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	221 11%	127 20% bc	44 7%	46 6%	129 13%	68 11%
Tend to agree	(3.0)	636 31%	242 37% bc	185 29%	201 27%	337 34% b	173 29%
Tend to disagree	(2.0)	648 32%	155 24%	220 35% a	267 36% a	286 29%	192 32%
Strongly disagree	(1.0)	359 18%	76 12%	134 21% a	146 20% a	153 15%	115 19% a
Don't know		175 9%	47 7%	46 7%	74 10%	83 8%	49 8%
NET: Agree		857 42%	369 57% bc	229 36%	247 34%	466 47% b	241 40%
NET: Disagree		1007 49%	231 36%	353 56% a	412 56% a	439 44%	306 51% a
Base for stats		1864	600	582	660	905	547
Mean Score		2.39	2.70 bc	2.24	2.22	2.49 b	2.35
Standard Deviation		.927	.942	.891	.870	.935	.947
Standard Error		.022	.038	.037	.034	.031	.040
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	509	236	271	184	173	151	18	71	34	59	30	52	97	92	57
		25%	24%	26%	30% c	26% c	20%	18%	27% ce	17%	28% ce	17%	23%	30% ace	28% ce	27% ce
Tend to agree	(3.0)	715	342	370	230	242	243	33	97	66	78	72	68	107	118	76
		35%	34%	36%	37% c	36%	32%	34%	37%	33%	37%	41% f	30%	33%	36%	37%
Tend to disagree	(2.0)	477	236	238	126	143	208	30	57	51	43	39	68	72	78	38
		23%	24%	23%	20%	21%	28% ab	31% di	22%	25%	20%	22%	30% bdi	23%	24%	18%
Strongly disagree	(1.0)	218	132	85	36	64	119	8	25	29	25	25	30	26	27	22
		11%	13% b	8%	6%	10% a	16% ab	8%	9%	15% gh	12%	14% gh	13%	8%	8%	11%
Don't know		121	49	72	41	46	35	9	16	20	8	10	8	18	17	15
		6%	5%	7%	7%	7%	5%	9%	6%	10% dfh	4%	6%	4%	6%	5%	7%
NET: Agree		1223	578	641	414	416	394	51	168	100	137	102	120	203	209	133
		60%	58%	62%	67% c	62% c	52%	52%	63% cf	50%	64% acf	58%	53%	64% acf	63% acf	64% acf
NET: Disagree		695	368	323	162	207	326	38	82	80	68	65	98	98	105	60
		34%	37% b	31%	26%	31%	43% ab	39%	31%	40% bghi	32%	37%	43% bdghi	31%	32%	29%
Base for stats		1918	946	964	575	622	720	90	250	180	205	166	218	302	314	194
Mean Score		2.79	2.72	2.86	2.98	2.84	2.59	2.68	2.85	2.58	2.84	2.64	2.65	2.91	2.87	2.87
				a	bc	c			cef		c			acef	cef	cef
Standard Deviation		.962	.990	.929	.888	.946	.996	.899	.944	.973	.982	.950	.993	.949	.932	.969
Standard Error		.022	.032	.030	.036	.038	.039	.093	.059	.069	.068	.075	.073	.055	.052	.071
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade									Ethnicity						
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	509	60	141	114	57	50	87	315	194	429	18	34	16	2	7	77
		25%	40%	30%	24%	23%	25%	18%	29%	21%	24%	34%	30%	25%	19%	52%	30%
			bcd efgh	cd fh	f		f		cd fh								a
Tend to agree	(3.0)	715	47	166	185	99	73	145	398	317	614	19	40	19	4	3	85
		35%	31%	35%	39%	39%	36%	30%	36%	34%	35%	34%	36%	30%	52%	24%	34%
					f	f			f								
Tend to disagree	(2.0)	477	29	104	108	58	45	132	241	236	410	10	26	22	1	1	60
		23%	19%	22%	23%	23%	22%	27%	22%	25%	23%	19%	23%	35%	9%	6%	24%
								ag						a			
Strongly disagree	(1.0)	218	13	37	40	19	17	93	90	128	198	2	7	5	1	2	17
		11%	9%	8%	8%	7%	8%	19%	8%	14%	11%	4%	6%	8%	8%	18%	7%
								abcde gh		bcde g	g						
Don't know		121	2	23	33	18	18	27	58	63	104	5	5	2	1	-	13
		6%	1%	5%	7%	7%	9%	6%	5%	7%	6%	9%	5%	3%	12%	-	5%
				a	a	a	ag	a	a	a							
NET: Agree		1223	106	307	299	156	123	232	713	511	1043	37	73	36	6	10	162
		60%	71%	65%	62%	62%	61%	48%	65%	54%	59%	68%	66%	55%	71%	75%	64%
			efh	fh	fh	fh	f		fh	f							
NET: Disagree		695	42	141	148	77	62	225	330	364	608	13	32	28	2	3	77
		34%	28%	30%	31%	31%	30%	47%	30%	39%	35%	23%	29%	43%	18%	25%	31%
								abcde gh		abcde g				b			
Base for stats		1918	148	448	447	233	185	457	1043	875	1651	49	106	63	8	14	240
Mean Score		2.79	3.03	2.92	2.84	2.83	2.85	2.49	2.90	2.66	2.77	3.08	2.95	2.74	2.92	3.09	2.93
			cd fh	fh	fh	fh	fh		fh	f		a					a
Standard Deviation		.962	.977	.933	.911	.890	.925	1.019	.931	.981	.968	.871	.907	.939	.891	1.186	.926
Standard Error		.022	.080	.045	.042	.058	.066	.049	.029	.033	.024	.122	.088	.119	.297	.306	.059
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.09	.09	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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												
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic		
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed											
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total		2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293	
Total		2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	509	288	106	92	198	50	44	179	46	14	16	24	27	31	75	94
		25%	23%	30%	29%	29%	30%	36%	29%	23%	23%	24%	22%	23%	18%	18%	33%	
				a	a	a	ij	dghij	ij								dghij	
Tend to agree		(3.0)	715	416	127	127	254	68	46	216	79	16	22	46	48	52	123	114
		35%	33%	35%	40%	37%	41%	38%	35%	39%	26%	32%	41%	41%	30%	30%	39%	
					a		eij			j			ej	ej			eij	
Tend to disagree		(2.0)	477	315	81	62	144	34	22	136	47	14	20	26	23	39	117	56
		23%	25%	23%	20%	21%	20%	18%	22%	23%	22%	29%	23%	20%	23%	29%	19%	
															abchk			
Strongly disagree		(1.0)	218	166	25	17	42	9	8	49	13	10	7	10	9	31	73	16
		11%	13%	7%	5%	6%	5%	6%	8%	6%		16%	10%	9%	8%	18%	18%	6%
			bcd								abcdk				abcdghk	abcdghk		
Don't know			121	69	19	21	41	6	4	29	17	9	3	6	10	19	18	10
		6%	6%	5%	7%	6%	3%	3%	5%	8%	k	14%	5%	6%	9%	11%	4%	3%
										k	abcjk				k	abcjk		
NET: Agree			1223	705	233	219	451	118	90	395	125	30	38	70	75	83	199	209
		60%	56%	65%	69%	67%	71%	73%	65%	62%		49%	57%	62%	64%	48%	49%	72%
				a	a	a	efij	defij	eij	ij				ij	eij			cdefij
NET: Disagree			695	481	106	79	186	43	30	184	60	23	26	36	33	70	190	72
		34%	38%	30%	25%	27%	26%	24%	30%	30%		37%	39%	32%	28%	41%	47%	25%
			bcd								k		abk		abcdhk	abcdghk		
Base for stats			1918	1186	339	298	637	161	120	579	185	54	64	105	108	153	389	281
Mean Score			2.79	2.70	2.92	2.99	2.95	2.99	3.06	2.91	2.86	2.65	2.75	2.79	2.87	2.55	2.52	3.02
				a	a	a	eij	efgij	ij	ij			ij	ij				defgij
Standard Deviation			.962	.989	.920	.864	.894	.865	.897	.934	.878	1.071	.958	.904	.894	1.036	1.008	.878
Standard Error			.022	.028	.054	.054	.038	.068	.082	.039	.065	.146	.119	.085	.080	.083	.054	.052
Error variance			*	*	*	*	*	*	.01	*	*	.02	.01	.01	.01	.01	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759	
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	509 25%	111 25%	128 32% af	43 28%	6 24%	172 31% af	117 25%	151 28% d	86 33% d	53 30% d	5 12%	139 32% d	155 27% d	51 19%	292 25% a	142 27% a	24 27%	457 26% a
Tend to agree	(3.0)	715 35%	167 38% c	145 36% c	40 26%	11 40%	185 33% c	177 38% c	193 35% c	102 39% c	47 27% c	19 50% ce	150 34% c	212 36% c	86 32%	394 34%	194 38%	41 46% ab	629 36%
Tend to disagree	(2.0)	477 23%	97 22%	78 20%	47 30% abef	7 26%	125 23%	104 22%	120 22%	50 19%	50 28% b	10 26%	100 23%	130 22%	71 26% d	277 24% d	117 23%	12 14%	406 23% d
Strongly disagree	(1.0)	218 11%	33 7%	32 8%	17 11%	2 7%	49 9%	35 7%	46 8%	20 8%	13 7%	3 9%	33 8%	49 8%	45 17% bcde	131 11% c	35 7%	7 8%	173 10% c
Don't know		121 6%	32 7% be	15 4%	7 5%	1 3%	22 4% be	33 7% be	34 6% b	5 2%	14 8% b	1 3%	19 4% b	35 6% b	18 7%	70 6%	28 5%	6 6%	103 6%
NET: Agree		1223 60%	277 63%	273 69% c	83 54%	17 64%	357 65% c	294 63% c	344 63%	188 72% acf	101 57%	24 62%	289 65% c	368 63%	137 51%	686 59% a	336 65% ab	65 72% abe	1087 61% a
NET: Disagree		695 34%	130 30%	111 28%	64 41% abef	9 32%	174 32%	139 30%	166 31%	71 27%	63 35%	13 35%	133 30%	179 31%	116 43% bcde	408 35% cd	152 29%	19 21%	579 33% d
Base for stats	1918	407	384	147	26	531	433	510	259	163	37	422	547	252	1094	488	84	1665	
Mean Score	2.79	2.87	2.96 c	2.75	2.84	2.90	2.87	2.88	2.98	2.86	2.68	2.93	2.87	2.56	2.77 a	2.91 ab	2.98 a	2.82 a	
Standard Deviation	.962	.905	.935	1.006	.894	.959	.903	.938	.918	.967	.821	.938	.931	1.006	.974	.900	.875	.950	
Standard Error	.022	.045	.048	.084	.172	.042	.043	.041	.057	.076	.131	.046	.039	.062	.029	.041	.094	.023	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
					Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
		Total	Yes	No							Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	509	94	354	71	73	13	356	140	16	406	103	431	68
		25%	28%	26%	27% b	20%	21%	26% b	23%	22%	25%	24%	25%	22%
Tend to agree	(3.0)	715	117	500	96	115	25	486	210	26	584	130	610	98
		35%	35%	36%	37%	32%	39%	36%	35%	35%	36% b	30%	36%	32%
Tend to disagree	(2.0)	477	81	312	50	83	10	329	129	15	364	112	399	68
		23%	24%	23%	19%	23%	16%	24%	21%	20%	23%	26%	23%	23%
Strongly disagree	(1.0)	218	32	136	25	66	11	124	89	10	165	53	167	49
		11%	9%	10%	10%	18% ad	17% d	9%	15% ad	14%	10%	12%	10%	16% a
Don't know		121	15	76	17	24	4	72	38	6	91	30	97	20
		6%	4%	6%	7%	7%	7%	5%	6%	9%	6%	7%	6%	6%
NET: Agree		1223	211	854	167	189	39	842	350	42	990	233	1041	166
		60%	62%	62%	65% b	52%	60%	62% b	58%	58%	61% b	54%	61% b	55%
NET: Disagree		695	113	447	74	149	21	453	217	24	529	165	565	117
		34%	33%	32%	29%	41% ad	33%	33%	36% a	34%	33%	39% a	33%	39%
Base for stats		1918	323	1301	242	338	60	1295	567	66	1520	398	1607	283
Mean Score		2.79	2.84	2.82	2.88 be	2.58	2.69	2.83 be	2.71	2.73	2.81	2.71	2.81 b	2.65
Standard Deviation		.962	.955	.948	.948	1.034	1.023	.940	1.007	1.000	.952	.994	.947	1.027
Standard Error		.022	.053	.026	.059	.057	.131	.026	.042	.119	.024	.050	.024	.059
Error variance		*	*	*	*	*	.02	*	*	.01	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	509	86	43	81	82	68	53	19	76	275	148	169	157	126	48	95	93	172	144
		25%	21%	17%	27%	26%	27%	29%	27%	30%	24%	29%	29%	25%	21%	25%	25%	24%	22%	32%
					b	b	b	ab		ab	b	abi	c							abc
Tend to agree	(3.0)	715	107	103	126	128	97	53	21	79	455	153	208	230	219	46	101	144	309	148
		35%	26%	42%	42%	40%	38%	29%	30%	31%	40%	30%	36%	37%	37%	24%	27%	37%	40%	33%
				afhj	afhj	afhj	aj				afhj		d	d	d			a	ad	
Tend to disagree	(2.0)	477	98	61	66	63	68	47	15	59	258	121	109	147	169	42	97	106	169	90
		23%	24%	25%	22%	20%	27%	26%	22%	23%	23%	24%	19%	24%	28%	21%	26%	27%	22%	20%
						d								a	a			d		
Strongly disagree	(1.0)	218	82	24	16	27	12	21	9	26	79	56	55	57	61	43	63	30	71	52
		11%	20%	10%	5%	9%	5%	11%	14%	10%	7%	11%	10%	9%	10%	22%	17%	8%	9%	11%
			bcd	efhij	ce			cei	cei	ce		cei				abc	bcd			
Don't know		121	34	16	14	20	11	7	6	13	61	26	37	33	25	17	23	22	43	21
		6%	8%	6%	5%	6%	4%	4%	8%	5%	5%	5%	6%	5%	4%	9%	6%	6%	6%	5%
				eij												c				
NET: Agree		1223	193	147	208	210	165	106	39	155	730	301	376	386	345	94	195	237	481	291
		60%	47%	59%	68%	66%	65%	59%	57%	61%	65%	60%	65%	62%	58%	48%	52%	60%	63%	64%
				a	abfj	a	a	a		a	aj	a	cd	d	d			a	a	a
NET: Disagree		695	180	85	82	90	80	68	25	86	337	178	164	203	230	85	160	136	241	142
		34%	44%	34%	27%	28%	31%	37%	35%	34%	30%	35%	28%	33%	38%	43%	42%	34%	32%	31%
			bcd	ehij				cdi				cdi			ab	ab	bcd			
Base for stats		1918	373	232	290	300	245	174	64	241	1067	478	540	590	575	179	355	372	722	433
Mean Score		2.79	2.53	2.72	2.94	2.88	2.91	2.80	2.76	2.85	2.87	2.82	2.91	2.83	2.71	2.56	2.64	2.80	2.81	2.88
			a	ab	ab	ab	a	a		a	ab	a	cd	cd				a	a	a
Standard Deviation		.962	1.074	.888	.854	.915	.862	1.008	1.036	.991	.883	1.002	.957	.932	.925	1.126	1.059	.905	.912	1.003
Standard Error		.022	.056	.058	.050	.053	.055	.076	.133	.064	.027	.046	.041	.038	.039	.086	.056	.046	.034	.049
Error variance		*	*	*	*	*	*	.01	.02	*	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	509	165	83	256	295
		25%	25%	13%	35%	30%
			b	ab	b	
Tend to agree	(3.0)	715	249	190	272	383
		35%	38%	30%	37%	39%
			b	b	b	
Tend to disagree	(2.0)	477	159	189	119	184
		23%	25%	30%	16%	19%
			c	ac		a
Strongly disagree	(1.0)	218	46	124	42	69
		11%	7%	20%	6%	7%
			ac	a		
Don't know		121	28	43	45	58
		6%	4%	7%	6%	6%
				a		
NET: Agree		1223	414	273	527	677
		60%	64%	43%	72%	69%
			b	ab	b	
NET: Disagree		695	205	313	161	253
		34%	32%	50%	22%	26%
			c	ac		a
Base for stats		1918	619	585	689	930
Mean Score		2.79	2.86	2.40	3.08	2.97
			b	ab	b	
Standard Deviation		.962	.896	.973	.886	.900
Standard Error		.022	.036	.040	.034	.029
Error variance		*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	310	148	158	100	117	94	11	47	29	28	23	39	57	49	28
		15%	15%	15%	16% c	17% c	12%	11%	18%	15%	13%	13%	17%	18%	15%	13%
Tend to agree	(3.0)	728	348	377	227	234	267	39	89	58	85	70	54	124	131	78
		36%	35%	36%	37%	35%	35%	39% f	33% f	29%	40% cf	40% cf	24%	39% cf	40% cf	37% f
Tend to disagree	(2.0)	571	293	278	158	171	243	32	75	52	51	47	95	71	86	61
		28%	29%	27%	26%	26%	32% ab	33% g	28%	26%	24%	27%	42% bcdeghi	22%	26%	30%
Strongly disagree	(1.0)	350	184	164	99	118	133	10	44	47	43	32	35	56	53	30
		17%	19%	16%	16%	18%	18%	11%	17%	24% afhi	20% a	18%	16%	18%	16%	14%
Don't know		80	22	58	33	28	19	6	11	13	7	5	3	12	12	11
		4%	2%	6% a	5% c	4%	3%	6% f	4%	7% f	3%	3%	1%	4%	4%	5% f
NET: Agree		1038	496	535	326	350	361	50	136	87	113	93	93	181	180	106
		51%	50%	52%	53%	52%	48%	50%	51% f	44%	53% f	53% f	41%	57% cf	54% cf	51%
NET: Disagree		921	477	442	257	289	375	43	119	100	93	79	131	127	139	91
		45%	48% b	43%	42%	43%	50% ab	44%	45%	50% g	44%	45%	58% abdeghi	40%	42%	44%
Base for stats		1959	973	977	583	640	736	92	255	187	206	172	223	308	319	197
Mean Score		2.51	2.47	2.54	2.56 c	2.54 c	2.44	2.54	2.54	2.37	2.47	2.49	2.43	2.59 c	2.55 c	2.53
Standard Deviation		.961	.966	.953	.964	.992	.929	.846	.984	1.029	.967	.942	.958	.989	.941	.917
Standard Error		.022	.031	.030	.039	.039	.036	.086	.061	.072	.067	.073	.069	.057	.052	.066
Error variance		*	*	*	*	*	*	.01	*	.01	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade									Ethnicity						
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	310	27	82	74	35	26	66	183	127	254	10	26	10	2	5	52
		15%	18%	17%	15%	14%	13%	14%	17%	14%	14%	18%	23% a	15%	19%	33%	21% a
Tend to agree	(3.0)	728	59	162	163	110	72	160	384	343	624	22	49	15	4	3	92
		36%	40%	34%	34%	44% bcfgh	36%	33%	35%	37%	36%	40% d	44% d	22%	51%	22%	37% d
Tend to disagree	(2.0)	571	37	143	134	48	60	149	314	258	515	9	19	20	-	2	51
		28%	25%	30% d	28% d	19%	30% d	31% d	28% d	27% d	29% bcg	16%	17%	31% bc	-	18%	20%
Strongly disagree	(1.0)	350	25	76	88	45	29	87	189	161	300	12	10	18	3	3	45
		17%	17%	16%	18%	18%	14%	18%	17%	17%	17% c	22% c	9%	27% ac	29%	22%	18% c
Don't know		80	1	9	21	12	15	22	31	49	62	2	7	3	-	1	13
		4%	1%	2%	4% ab	5% ab	8% abg	5% ab	3% abg	5% abg	4%	5%	6%	4%	-	6%	5%
NET: Agree		1038	87	244	237	146	98	226	568	470	877	32	75	24	6	7	144
		51%	58% f	52%	49%	58% cefh	48%	47%	52%	50%	50% d	58% d	67% ad	37%	71%	55%	57% ad
NET: Disagree		921	62	219	222	93	89	236	503	419	816	20	29	38	3	5	95
		45%	42%	46% d	46% d	37%	44%	49% d	46% d	45% d	46% cg	37%	26%	59% bcg	29%	39%	38% c
Base for stats		1959	149	463	459	239	187	462	1071	888	1693	52	104	62	9	13	239
Mean Score		2.51	2.59	2.54	2.49	2.57	2.51	2.44	2.52	2.49	2.49	2.58	2.88 adg	2.26	2.61	2.70	2.63 ad
Standard Deviation		.961	.976	.966	.978	.959	.919	.953	.973	.948	.951	1.050	.894	1.044	1.171	1.220	1.021
Standard Error		.022	.080	.046	.045	.062	.065	.045	.030	.032	.023	.144	.087	.134	.370	.326	.065
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.14	.11	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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										
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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		None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%																
Unweighted Total		2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total		2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	310	174	55	63	118	29	24	96	27	7	9	17	18	35	49
		15%	14%	15%	20%	17%	17%	19%	16%	14%	11%	13%	15%	15%	20%	12%
				a	a			j						j		j
Tend to agree	(3.0)	728	437	136	119	255	59	52	229	68	18	24	33	41	54	150
		36%	35%	38%	37%	38%	36%	42%	38%	34%	29%	36%	30%	35%	31%	37%
Tend to disagree	(2.0)	571	376	95	78	173	53	30	159	62	16	20	37	26	42	126
		28%	30%	26%	25%	26%	32%	24%	26%	31%	26%	30%	33%	22%	24%	31%
			d													
Strongly disagree	(1.0)	350	225	59	46	105	22	16	104	36	18	14	18	22	27	73
		17%	18%	16%	14%	16%	13%	13%	17%	18%	29%	21%	16%	18%	16%	18%
										abcgijk						
Don't know		80	42	14	13	26	3	2	21	7	3	1	7	11	15	10
		4%	3%	4%	4%	4%	2%	1%	3%	4%	6%	1%	6%	10%	9%	2%
												jk	abcdfjk	abcdfjk		
NET: Agree		1038	612	191	182	373	88	76	324	95	25	33	50	59	89	198
		51%	49%	53%	57%	55%	53%	61%	53%	47%	40%	49%	45%	50%	52%	49%
				a	a			degj	e							
NET: Disagree		921	601	154	124	278	75	46	263	99	34	34	54	48	69	199
		45%	48%	43%	39%	41%	45%	37%	43%	49%	55%	50%	49%	41%	40%	49%
			cd						b	bi					bi	
Base for stats		1959	1213	345	306	651	163	122	588	194	59	67	105	107	158	397
Mean Score		2.51	2.46	2.54	2.65	2.59	2.58	2.69	2.54	2.44	2.23	2.42	2.47	2.51	2.61	2.44
				a	a		e	dej	e					e		dej
Standard Deviation		.961	.953	.955	.972	.963	.932	.938	.964	.953	1.025	.967	.960	.999	1.018	.928
Standard Error		.022	.027	.055	.060	.041	.072	.085	.040	.069	.133	.118	.091	.089	.081	.049
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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		2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total		2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	310 15%	56 13%	70 18%	27 17%	5 18%	97 18%	61 13%	72 13%	53 20%	28 16%	7 18%	81 18%	79 14%	41 15%	162 14%	83 16%	24 26%	269 15%
							a			af			af				abce		
Tend to agree	(3.0)	728 36%	160 36%	155 39%	54 35%	7 26%	209 38%	167 36%	197 36%	105 40%	61 34%	12 30%	166 38%	208 36%	89 33%	410 35%	194 38%	34 38%	638 36%
Tend to disagree	(2.0)	571 28%	135 31%	95 24%	43 28%	5 19%	138 25%	140 30%	162 30%	58 22%	52 29%	9 23%	110 25%	170 29%	75 28%	346 30%	135 26%	15 17%	496 28%
			be				b		b				b		d	d		d	
Strongly disagree	(1.0)	350 17%	72 16%	70 18%	26 17%	9 32%	97 18%	81 17%	95 18%	41 15%	35 20%	8 21%	76 17%	104 18%	52 19%	207 18%	82 16%	9 10%	298 17%
															d				
Don't know		80 4%	17 4%	8 2%	4 3%	1 4%	12 2%	18 4%	18 3%	6 2%	2 1%	3 7%	8 2%	21 4%	13 5%	38 3%	21 4%	7 8%	67 4%
												ce						be	
NET: Agree		1038 51%	216 49%	225 57%	81 52%	12 45%	306 55%	228 49%	269 49%	158 60%	89 50%	19 48%	247 56%	288 49%	130 48%	572 49%	277 54%	58 65%	907 51%
				af			af			acf			af				abe		
NET: Disagree		921 45%	207 47%	165 41%	69 45%	14 51%	234 42%	221 47%	257 47%	99 38%	87 49%	17 44%	186 42%	274 47%	127 47%	553 48%	217 42%	24 27%	795 45%
									b		b		b		d	cd	d	d	
Base for stats		1959	423	390	150	26	541	448	526	257	176	36	433	562	257	1126	494	83	1702
Mean Score		2.51	2.47	2.58	2.54	2.32	2.57	2.46	2.47	2.66	2.46	2.49	2.58	2.47	2.46	2.47	2.56	2.88	2.52
										acf								abce	
Standard Deviation		.961	.926	.983	.981	1.151	.982	.940	.942	.977	.985	1.067	.984	.950	.988	.952	.957	.955	.958
Standard Error		.022	.045	.050	.081	.221	.042	.044	.041	.061	.075	.175	.048	.040	.061	.028	.044	.104	.023
Error variance		*	*	*	.01	.05	*	*	*	*	.01	.03	*	*	*	*	*	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
									NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness					
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No	
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320	
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	310	77	186	57	90	13	158	143	14	251	59	260	44
			15%	23%	14%	22%	25%	21%	12%	24%	19%	16%	14%	15%	15%
				b		d	d	d		d					
Tend to agree		(3.0)	728	123	495	91	123	27	488	213	27	571	156	605	108
			36%	36%	36%	35%	34%	41%	36%	35%	38%	35%	37%	36%	36%
Tend to disagree		(2.0)	571	84	403	50	71	12	439	121	11	442	129	491	74
			28%	25%	29%	19%	20%	18%	32%	20%	16%	27%	30%	29%	25%
								abcef							
Strongly disagree		(1.0)	350	42	249	43	59	12	244	97	15	282	68	285	62
			17%	13%	18%	17%	16%	18%	18%	16%	21%	17%	16%	17%	21%
				a											
Don't know			80	12	44	17	19	1	38	31	5	65	15	63	14
			4%	3%	3%	6%	5%	2%	3%	5%	7%	4%	4%	4%	5%
					d	d				d	d				
NET: Agree			1038	200	682	149	213	40	647	356	41	822	216	865	152
			51%	59%	49%	58%	59%	62%	47%	59%	56%	51%	50%	51%	50%
				b		d	d	d		d					
NET: Disagree			921	126	651	93	130	23	683	218	26	724	197	776	136
			45%	37%	47%	36%	36%	36%	50%	36%	36%	45%	46%	46%	45%
				a				abcef							
Base for stats			1959	326	1333	242	343	63	1330	574	67	1546	413	1641	288
Mean Score			2.51	2.72	2.46	2.67	2.71	2.66	2.42	2.70	2.59	2.51	2.50	2.51	2.46
				b		d	d	d		d					
Standard Deviation			.961	.968	.950	1.029	1.036	1.015	.922	1.023	1.051	.969	.933	.956	.994
Standard Error			.022	.054	.026	.065	.056	.127	.025	.043	.125	.025	.046	.024	.057
Error variance			*	*	*	*	*	.02	*	*	.02	*	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Number of days active										Life satisfaction score				Covid-19 related worries					
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d	
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443	
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	310	72	35	41	42	38	30	11	41	156	82	110	90	69	36	27	40	81	155
			15%	18%	14%	14%	13%	15%	16%	16%	16%	14%	16%	19% bc	14%	12%	18% c	7%	10%	11%	34% abc
Tend to agree		(3.0)	728	125	114	126	122	95	53	21	71	457	145	207	232	221	56	90	120	333	174
			36%	31%	46% afghj	42% afhj	38% ahj	37% hj	29%	30%	28%	41% afhj	29%	36%	37% d	37% d	29%	24%	30% a	44% ab	38% ab
Tend to disagree		(2.0)	571	98	55	85	92	82	61	23	76	314	159	137	168	207	48	112	144	231	76
			28%	24%	22%	28%	29%	32% ab	34% ab	33%	30% b	28% ab	32% ab	24%	27%	34% abd	25%	29% d	37% acd	30% d	17%
Strongly disagree		(1.0)	350	82	34	40	52	38	34	12	58	163	104	99	108	91	47	141	74	94	37
			17%	20% bci	14%	13%	16%	15%	19%	18%	23% bcdei	14% bci	21% bci	17%	17%	15%	24% abc	37% bcd	19% cd	12% d	8%
Don't know			80	30	10	12	13	2	3	2	8	37	13	24	24	12	8	9	16	26	12
			4%	7% cefhij	4% e	4% e	4% e	1%	2%	3%	3%	3% e	3%	4% c	4%	2%	4%	2%	4%	3%	3%
NET: Agree			1038	197	149	168	163	133	83	32	112	613	228	317	322	291	92	117	160	414	329
			51%	48% adfgjhj	60% fhj	55% fhj	51%	52%	46%	47%	44%	54% afhj	45%	55% c	52%	48%	47%	31%	41% a	54% ab	73% abc
NET: Disagree			921	180	89	125	144	120	95	35	133	477	264	236	277	298	96	252	218	325	112
			45%	44% b	36%	41%	45% b	47% b	53% bci	51% b	53% abci	42% abcdi	52%	41%	44%	50% a	49%	67% bcd	55% cd	42% d	25%
Base for stats			1959	377	238	293	307	253	178	68	246	1090	492	553	599	588	188	369	378	738	442
Mean Score			2.51	2.49	2.63	2.58	2.50	2.53	2.44	2.46	2.39	2.56	2.42	2.59	2.51	2.46	2.43	2.01	2.34	2.54	3.01
					fhj	hj						hj		c					a	ab	abc
Standard Deviation			.961	1.034	.905	.896	.927	.923	.986	.982	1.023	.913	1.002	1.000	.956	.891	1.067	.958	.911	.850	.926
Standard Error			.022	.054	.059	.052	.053	.058	.074	.122	.066	.028	.046	.042	.039	.037	.079	.049	.046	.032	.045
Error variance			*	*	*	*	*	*	.01	.01	*	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
			Total	NET: More	About the same	NET: Less	Yes
Significance Level: 95%			a	b	c	a	b
Unweighted Total		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	310	112	65	128	174	69
		15%	17%	10%	17%	18%	12%
		b	b	b			
Tend to agree	(3.0)	728	226	198	299	370	201
		36%	35%	31%	41%	38%	34%
				ab			
Tend to disagree	(2.0)	571	181	207	178	246	187
		28%	28%	33%	24%	25%	31%
				c		a	
Strongly disagree	(1.0)	350	116	129	98	159	120
		17%	18%	20%	13%	16%	20%
		c	c		a		
Don't know		80	12	30	31	38	19
		4%	2%	5%	4%	4%	3%
				a	a		
NET: Agree		1038	338	263	427	545	270
		51%	52%	42%	58%	55%	45%
			b	ab	b		
NET: Disagree		921	297	336	276	405	307
		45%	46%	53%	38%	41%	52%
			c	ac		a	
Base for stats		1959	635	599	703	950	577
Mean Score		2.51	2.53	2.33	2.65	2.59	2.38
			b	ab	b		
Standard Deviation		.961	.986	.934	.934	.972	.945
Standard Error		.022	.039	.038	.035	.031	.039
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	171	73	96	87	66	18	3	24	17	19	15	15	36	24	19
		8%	7%	9%	14% bc	10% c	2%	3%	9% a	8%	9% a	9% a	7%	11% a	7%	9% a
Tend to agree	(3.0)	360	162	196	163	124	73	17	48	27	35	37	23	72	63	38
		18%	16%	19%	27% bc	19% c	10%	17%	18% f	14%	17%	21% f	10%	22% cf	19% f	18% f
Tend to disagree	(2.0)	712	358	353	179	223	310	39	90	70	80	63	82	104	115	69
		35%	36%	34%	29%	33%	41% ab	39%	34%	35%	38%	36%	36%	33%	35%	33%
Strongly disagree	(1.0)	684	360	321	150	216	319	34	82	71	72	55	97	89	110	74
		34%	36% b	31%	24%	32% a	42% ab	34%	31%	36%	34%	31%	43% begh	28%	33%	35%
Don't know		112	42	69	37	39	36	7	22	14	7	7	8	19	19	9
		5%	4%	7% a	6%	6%	5%	7%	8% df	7%	3%	4%	4%	6%	6%	4%
NET: Agree		531	235	292	250	190	90	19	71	44	54	52	39	108	87	57
		26%	24%	28% a	41% bc	28% c	12%	19%	27% f	22%	25% f	30% f	17%	34% acdfh	26% f	27% f
NET: Disagree		1396	718	675	328	439	629	73	172	141	152	118	179	193	225	143
		68%	72% b	65%	53%	66% a	83% ab	74% g	65%	71% g	71% g	67%	79% bceghi	60%	68% g	69%
Base for stats		1927	953	966	579	629	719	92	244	185	207	170	218	300	312	199
Mean Score		2.01	1.95	2.07	2.32	2.06	1.71	1.87	2.05	1.95	2.00	2.07	1.80	2.18	2.00	2.01
				a	bc	c			f		f	f		acdfh	f	f
Standard Deviation		.947	.923	.964	1.019	.979	.747	.808	.961	.948	.944	.950	.891	.992	.928	.969
Standard Error		.022	.030	.031	.041	.039	.029	.082	.061	.067	.065	.074	.065	.058	.052	.069
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	171	25	45	44	19	16	22	114	57	136	4	21	5	1	1	32
		8%	17% bcdefgh	9% fh	9% fh	7% fh	8% fh	5% fh	10% fh	6% fh	8% fh	8% fh	19% a	8% fh	12% a	5% a	13% a
Tend to agree	(3.0)	360	35	89	95	57	41	42	220	140	278	19	36	13	2	5	74
		18%	23% fh	19% f	20% fh	23% fh	20% f	9% fh	20% fh	15% f	16% fh	34% a	32% a	20% a	28% a	36% a	29% a
Tend to disagree	(2.0)	712	47	167	162	81	73	182	376	337	633	13	30	21	4	3	70
		35%	31% cg	35% cg	34% cg	32% cg	36% cg	38% cg	34% cg	36% cg	36% cg	24% cg	27% cg	32% cg	42% cg	19% cg	28% cg
Strongly disagree	(1.0)	684	39	150	151	80	58	206	339	345	616	14	20	26	1	3	64
		34%	26% abcdegh	32% abcdegh	31% abcdegh	32% abcdegh	29% abcdegh	43% abcdegh	31% aceg	37% aceg	35% cg	25% cg	18% cg	40% cg	8% cg	22% cg	25% cg
Don't know		112	4	22	26	13	15	32	52	59	92	5	5	-	1	2	12
		5%	3% d	5% d	6% d	5% d	7% d	7% d	5% d	6% d	5% d	8% d	4% d	- d	9% d	18% d	5% d
NET: Agree		531	60	134	140	76	57	64	334	197	414	23	56	18	3	6	107
		26%	40% bcdefgh	28% fh	29% fh	30% fh	28% fh	13% fh	30% fh	21% f	24% a	42% a	51% ad	28% ad	40% ad	42% ad	42% ad
NET: Disagree		1396	86	316	313	161	131	389	715	681	1249	27	50	47	4	5	134
		68%	57% a	67% a	65% a	64% a	65% a	80% abcdegh	65% abcdegh	73% abcdeg	71% bcg	49% bcg	45% bcg	72% bcg	51% bcg	40% bcg	53% bcg
Base for stats		1927	146	450	453	238	188	453	1049	878	1663	50	106	65	8	11	240
Mean Score		2.01	2.32	2.06	2.07	2.06	2.08	1.73	2.10	1.90	1.96	2.27	2.54	1.96	2.48	2.31	2.31
Standard Deviation		.947	1.049	.962	.966	.946	.930	.821	.979	.895	.929	.972	1.018	.962	.888	.980	1.009
Standard Error		.022	.087	.046	.045	.061	.066	.039	.030	.030	.023	.136	.098	.120	.296	.283	.065
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.09	.08	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total		2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	171	77	37	40	77	19	16	64	15	9	4	4	21	10	9	35
		8%	6%	10%	12%	11%	11%	13%	11%	7%	14%	7%	4%	17%	6%	2%	12%
				a	a	a	gi	gij	gi	j	gij	j		cdfgij	j		gij
Tend to agree	(3.0)	360	168	83	78	161	36	32	136	39	6	8	19	28	22	33	68
		18%	13%	23%	24%	24%	22%	26%	22%	19%	10%	12%	17%	24%	13%	8%	23%
				a	a	a	ij	efij	efij	j			j	efij			efij
Tend to disagree	(2.0)	712	446	121	117	238	62	32	210	80	21	31	40	25	49	163	94
		35%	35%	34%	37%	35%	37%	26%	35%	40%	33%	45%	35%	21%	29%	40%	32%
							bh		h	bhi		bhik	h			bhik	h
Strongly disagree	(1.0)	684	492	100	73	173	42	38	172	58	24	20	39	32	78	180	80
		34%	39%	28%	23%	26%	25%	30%	28%	29%	39%	29%	35%	27%	46%	44%	28%
			bcd								a				abcdfhk	abcdfhk	
Don't know		112	72	17	12	29	7	6	26	9	2	5	9	12	12	22	14
		5%	6%	5%	4%	4%	4%	5%	4%	5%	3%	7%	8%	10%	7%	5%	5%
														acdjk			
NET: Agree		531	245	120	117	237	55	48	200	54	15	12	24	49	32	42	103
		26%	20%	33%	37%	35%	33%	39%	33%	27%	25%	18%	21%	41%	19%	10%	35%
				a	a	a	fgij	dfgij	fgij	j	j		j	defgij	j		dfgij
NET: Disagree		1396	938	222	190	411	104	70	382	139	45	50	79	57	128	343	174
		68%	75%	62%	59%	61%	63%	56%	63%	69%	72%	75%	71%	48%	74%	84%	60%
			bcd				h		h	bhk	bh	bhk	bhk		abchk	abcdeghik	h
Base for stats		1927	1183	342	307	649	159	118	582	193	61	63	103	106	160	385	277
Mean Score		2.01	1.86	2.17	2.27	2.22	2.20	2.22	2.16	2.05	2.00	1.95	1.89	2.36	1.77	1.67	2.21
				a	a	a	gij	gij	gij	ij	j	j	j	cdefgij			gij
Standard Deviation		.947	.894	.972	.967	.970	.966	1.047	.973	.901	1.057	.857	.860	1.108	.912	.732	.999
Standard Error		.022	.025	.057	.059	.041	.076	.097	.040	.065	.135	.108	.082	.100	.072	.039	.060
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	.01	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759	
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	171 8%	38 9%	43 11%	16 11%	6 24%	59 11%	45 10%	50 9%	39 15% acf	14 8%	3 7%	53 12%	53 9%	13 5%	75 6%	61 12% abe	22 25% abce	159 9% ab
Tend to agree	(3.0)	360 18%	98 22%	75 19%	31 20%	9 35%	106 19%	107 23%	107 20%	71 27% acf	28 16%	10 25%	99 22%	116 20%	30 11%	185 16% a	119 23% abe	27 30% abe	330 19% a
Tend to disagree	(2.0)	712 35%	166 38%	138 35%	58 38%	4 16%	196 35%	170 37%	212 39% be	75 28%	67 38% b	12 31%	142 32%	224 38% be	98 36% d	422 36% d	172 33%	21 23%	615 35% d
Strongly disagree	(1.0)	684 34%	113 26%	130 33% af	47 30%	5 18%	177 32% af	117 25%	153 28%	72 27%	61 34%	11 28%	132 30%	164 28%	118 44% bcde	417 36% cde	134 26%	15 17%	566 32% cd
Don't know		112 5%	25 6% ce	13 3%	2 1%	2 6%	14 3%	27 6% ce	23 4%	7 3%	9 5%	3 8%	15 3%	26 4%	12 4%	65 6%	29 6%	6 6%	100 6%
NET: Agree		531 26%	136 31%	118 30%	48 31%	16 59%	165 30%	152 33%	157 29%	110 42% acef	42 23%	12 32%	152 34% c	169 29%	43 16%	260 22% a	180 35% abe	49 54% abce	488 28% ab
NET: Disagree		1396 68%	279 63%	268 67%	105 68%	9 35%	373 68%	288 62%	364 67% b	147 56%	128 72% be	23 59%	274 62%	387 66% b	216 80% bcde	839 72% cde	306 59% d	36 40%	1180 67% cd
Base for stats	1927	415	386	153	25	539	440	521	257	169	35	426	556	259	1098	486	84	1669	
Mean Score	2.01	2.15	2.08	2.11	2.70	2.09	2.18	2.10	2.30 acf	1.97	2.13	2.17 c	2.11	1.76	1.93 a	2.22 abe	2.66 abce	2.05 ab	
Standard Deviation	.947	.926	.985	.966	1.077	.979	.943	.934	1.037	.925	.953	1.006	.935	.843	.903	.990	1.056	.957	
Standard Error	.022	.045	.050	.079	.211	.042	.045	.041	.065	.071	.159	.049	.039	.051	.027	.046	.114	.024	
Error variance	*	*	*	.01	.04	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	171	53	100	30	26	7	106	54	6	136	36	145	20
		8%	16% b	7%	11% d	7%	10%	8%	9%	9%	8%	8%	9%	7%
Tend to agree	(3.0)	360	100	215	49	52	16	236	109	7	282	78	292	59
		18%	30% b	16%	19%	14%	25% bf	17%	18%	10%	18%	18%	17%	20%
Tend to disagree	(2.0)	712	111	495	87	125	18	491	204	25	563	150	608	95
		35%	33%	36%	34%	35%	28%	36%	34%	34%	35%	35%	36%	32%
Strongly disagree	(1.0)	684	62	493	78	141	17	471	202	31	543	141	570	109
		34%	18%	36% a	30%	39% a	26%	34%	33%	42% c	34%	33%	33%	36%
Don't know		112	12	74	15	19	6	65	36	4	88	23	89	18
		5%	4%	5%	6%	5%	10%	5%	6%	5%	5%	5%	5%	6%
NET: Agree		531	153	315	79	78	23	341	163	14	418	113	437	79
		26%	45% b	23%	30% bf	22%	36% bf	25%	27%	19%	26%	27%	26%	26%
NET: Disagree		1396	172	988	165	266	35	962	406	55	1105	291	1178	205
		68%	51%	72% a	64%	73% ace	54%	70% ac	67% c	76% ac	69%	68%	69%	68%
Base for stats		1927	326	1303	244	343	58	1303	569	69	1523	405	1615	284
Mean Score		2.01	2.44 b	1.94	2.12 bdf	1.89	2.22 bf	1.98	2.03 b	1.85	2.01	2.02	2.01	1.96
Standard Deviation		.947	.977	.921	.999	.924	.999	.931	.964	.951	.948	.946	.945	.937
Standard Error		.022	.055	.026	.062	.050	.131	.026	.040	.111	.024	.047	.024	.054
Error variance		*	*	*	*	*	.02	*	*	.01	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	171	23	11	33	29	21	20	10	23	95	53	51	42	48	23	22	37	43	64
		8%	6%	5%	11% ab	9% b	8% ab	11% ab	15% ab	9% b	8% ab	11% ab	9% b	7% c	8% ad	12% b	6% c	9% c	6% a	14% abc
Tend to agree	(3.0)	360	35	42	62	67	69	27	11	48	240	85	98	127	93	34	51	87	139	75
		18%	9% a	17% a	20% a	21% a	27% abfhij	15% a	15% a	19% a	21% afj	17% a	17% a	20% c	15% ad	17% ad	13% ad	22% ad	18% a	17% a
Tend to disagree	(2.0)	712	135	103	114	112	85	62	23	78	414	163	185	234	226	54	120	138	299	141
		35%	33% ahj	42% ahj	38% ahj	35% ahj	33% ahj	34% ahj	34% ahj	31% ahj	37% ahj	32% ahj	32% ahj	38% ad	38% ad	28% ad	32% ad	35% ad	39% ad	31% ad
Strongly disagree	(1.0)	684	180	75	81	97	71	64	22	95	324	180	208	189	207	73	172	115	248	140
		34% bcdefgij	44% bcdefgij	30% bcdefgij	27% bcdefgij	30% bcdefgij	28% bcdefgij	35% bcdefgij	31% bcdefgij	37% bcdefgij	29% bcdefgij	36% bcdefgij	36% bcdefgij	36% b	30% b	34% b	37% b	45% bcd	29% bcd	32% bcd
Don't know		112	34	17	13	15	10	9	4	10	55	22	35	31	26	11	13	17	35	33
		5% cehij	8% cehij	7% cehij	4% cehij	5% cehij	4% cehij	5% cehij	5% cehij	4% cehij	5% cehij	4% cehij	4% cehij	6% cehij	5% cehij	4% cehij	6% cehij	4% cehij	4% cehij	5% cehij
NET: Agree		531	58	53	95	97	90	47	21	70	335	139	149	169	141	57	73	124	182	140
		26%	14%	21% a	31% ab	30% ab	35% abfj	26% a	30% a	28% a	30% ab	27% a	26% a	27% a	23% a	29% a	19% a	31% ac	24% ac	31% ac
NET: Disagree		1396	315	178	196	208	156	125	45	173	738	344	393	422	433	128	292	253	548	281
		68%	77% cdefghij	72% e	64% e	65% e	61% e	69% e	65% e	68% e	65% e	68% e	68% e	68% e	72% e	65% e	77% bcd	64% bcd	72% bd	62% bd
Base for stats		1927	373	231	291	305	246	172	66	244	1072	482	542	592	574	185	365	377	729	421
Mean Score		2.01	1.73	1.96	2.16	2.10	2.16	2.02	2.14	1.99	2.10	2.02	1.99	2.04	1.97	2.04	1.79	2.12	1.97	2.15
				a	abh	a	ab	a	a	a	ab	a						ac	a	ac
Standard Deviation		.947	.866	.839	.963	.957	.943	1.000	1.051	.982	.933	.997	.971	.905	.924	1.045	.900	.958	.875	1.049
Standard Error		.022	.045	.055	.056	.055	.060	.076	.132	.064	.028	.046	.041	.037	.039	.078	.047	.049	.033	.052
Error variance		*	*	*	*	*	*	.01	.02	*	*	*	*	*	*	.01	*	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			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%		Total	a	b	c	a	b
Unweighted Total		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	171	79	31	56	121	40
		8%	12%	5%	8%	12%	7%
			bc		b	b	
Tend to agree	(3.0)	360	137	104	113	201	115
		18%	21%	17%	15%	20%	19%
			bc				
Tend to disagree	(2.0)	712	207	218	279	325	218
		35%	32%	35%	38%	33%	37%
					a		
Strongly disagree	(1.0)	684	205	235	236	287	192
		34%	32%	37%	32%	29%	32%
				ac			
Don't know		112	19	39	49	53	31
		5%	3%	6%	7%	5%	5%
				a	a		
NET: Agree		531	216	136	169	323	154
		26%	33%	22%	23%	33%	26%
			bc		b		
NET: Disagree		1396	412	453	515	612	411
		68%	64%	72%	70%	62%	69%
				a	a		a
Base for stats		1927	628	589	684	934	565
Mean Score		2.01	2.14	1.88	1.98	2.17	2.00
			bc		b	b	
Standard Deviation		.947	1.015	.882	.917	1.007	.909
Standard Error		.022	.040	.037	.035	.033	.038
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	426	205	219	163	128	135	19	70	42	39	33	40	78	63	43
		21%	21%	21%	26% bc	19%	18%	19%	26% dfh	21%	18%	18%	18%	25%	19%	21%
Tend to agree	(3.0)	949	480	464	264	307	377	50	110	81	91	88	120	133	168	106
		47%	48%	45%	43%	46%	50% a	51%	41%	41%	43%	50%	53% bcdg	42%	51% bcg	51% bcg
Tend to disagree	(2.0)	385	180	204	107	141	137	16	44	43	45	34	45	62	66	31
		19%	18%	20%	17%	21%	18%	16%	17%	21%	21%	19%	20%	19%	20%	15%
Strongly disagree	(1.0)	186	100	85	49	55	82	7	27	24	27	17	13	28	21	23
		9%	10%	8%	8%	8%	11%	7%	10%	12% fh	13% fh	10%	6%	9%	6%	11%
Don't know		93	29	63	33	36	24	7	15	9	12	5	9	18	14	5
		5%	3%	6% a	5% c	5% c	3%	7%	6%	5%	6%	3%	4%	6%	4%	3%
NET: Agree		1375	685	683	427	436	512	69	180	124	130	121	160	212	231	149
		67%	69%	66%	69%	65%	68%	70%	68%	62%	61%	69%	71% d	66%	70% d	72% cd
NET: Disagree		571	281	289	156	197	219	23	71	67	72	51	58	90	87	53
		28%	28%	28%	25%	29%	29%	23%	27%	34%	34%	29%	26%	28%	26%	26%
Base for stats		1946	966	972	583	632	731	92	251	191	201	172	218	301	317	203
Mean Score		2.83	2.82	2.84	2.93 bc	2.80	2.77	2.88	2.89 d	2.74	2.70	2.79	2.86 d	2.87 d	2.86 d	2.84
Standard Deviation		.878	.885	.873	.891	.860	.878	.816	.934	.945	.929	.865	.776	.905	.808	.889
Standard Error		.020	.029	.028	.036	.034	.034	.083	.058	.065	.065	.067	.057	.052	.045	.063
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	426	51	126	99	48	30	73	276	151	349	11	37	17	2	4	70
		21%	34%	27%	21%	19%	15%	15%	25%	16%	20%	21%	33%	25%	20%	26%	28%
			cdefgh	cdefh	fh				defh				a				a
Tend to agree	(3.0)	949	69	224	229	126	94	207	522	427	829	26	45	26	5	5	107
		47%	46%	47%	48%	50%	46%	43%	47%	46%	47%	48%	40%	40%	62%	37%	42%
Tend to disagree	(2.0)	385	17	80	91	46	46	105	188	197	337	10	18	12	1	2	43
		19%	11%	17%	19%	18%	23%	22%	17%	21%	19%	19%	16%	18%	10%	18%	17%
					a		a	ag		ag							
Strongly disagree	(1.0)	186	9	27	38	21	17	74	74	112	161	5	7	8	1	2	23
		9%	6%	6%	8%	8%	9%	15%	7%	12%	9%	10%	6%	13%	8%	13%	9%
								abcdeg		abcg							
Don't know		93	4	15	23	11	16	25	42	51	79	2	5	2	-	1	9
		5%	3%	3%	5%	4%	8%	5%	4%	5%	5%	3%	4%	3%	-	6%	4%
							abg										
NET: Agree		1375	120	349	328	174	123	280	797	577	1178	37	82	43	7	9	177
		67%	80%	74%	68%	69%	61%	58%	72%	62%	67%	68%	74%	66%	82%	64%	70%
			cdefgh	efh	efh	fh			efh								
NET: Disagree		571	26	107	129	66	63	179	262	309	498	15	25	20	2	4	66
		28%	17%	23%	27%	26%	31%	37%	24%	33%	28%	28%	22%	31%	18%	31%	26%
					a	a	abg	abcdg		abcdg							
Base for stats		1946	146	457	457	240	187	460	1060	886	1676	53	106	63	9	13	243
		2.83	3.11	2.98	2.85	2.84	2.73	2.61	2.94	2.69	2.82	2.82	3.06	2.81	2.93	2.81	2.92
			cdefgh	cdefh	fh	fh			efh				a				
Standard Deviation		.878	.836	.832	.851	.843	.841	.938	.845	.898	.871	.887	.875	.982	.842	1.031	.914
Standard Error		.020	.069	.039	.039	.054	.060	.045	.026	.030	.021	.121	.084	.125	.266	.276	.058
Error variance		*	*	*	*	*	*	*	*	*	*	.01	.01	.02	.07	.08	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total		2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293	
Total		2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	426	244	74	85	159	39	32	146	40	13	15	23	34	18	66	71
			21%	19%	21%	27%	24%	24%	26%	24%	20%	21%	23%	20%	28%	11%	16%	24%
					a	a	ij	ij	ij	ij	i	i	i	i	ij		ij	
Tend to agree		(3.0)	949	598	171	138	309	79	59	289	106	30	35	44	44	68	194	138
			47%	48%	48%	43%	46%	47%	48%	47%	53%	48%	52%	39%	37%	39%	48%	48%
										h	ghi		h			h	h	
Tend to disagree		(2.0)	385	245	68	56	124	34	19	104	37	10	10	27	21	39	85	53
			19%	20%	19%	18%	18%	20%	15%	17%	18%	16%	15%	24%	17%	23%	21%	18%
Strongly disagree		(1.0)	186	125	26	25	51	10	9	45	10	6	6	12	10	28	51	18
			9%	10%	7%	8%	8%	6%	7%	7%	5%	10%	9%	11%	9%	16%	13%	6%
													d			abcdhk	acdk	
Don't know			93	43	19	14	33	5	5	24	9	3	1	6	10	19	10	10
			5%	3%	5%	4%	5%	3%	4%	4%	5%	5%	2%	6%	8%	11%	2%	4%
														acjk		abcdfjk		
NET: Agree			1375	842	246	223	469	118	91	435	146	43	50	66	78	86	261	209
			67%	67%	69%	70%	69%	71%	73%	72%	73%	69%	75%	59%	66%	50%	64%	72%
								gi	gi	gij	gij	i	gi		i		i	gij
NET: Disagree			571	370	94	82	176	43	28	149	46	16	16	39	31	67	136	71
			28%	29%	26%	26%	26%	26%	22%	25%	23%	26%	24%	35%	26%	39%	34%	24%
														bcdk		abcdfhk	bcdk	
Base for stats		1946	1212	340	305	644	162	119	584	192	59	66	105	108	153	397	280	
Mean Score		2.83	2.79	2.87	2.93	2.89	2.92	2.96	2.92	2.92	2.85	2.90	2.73	2.93	2.50	2.69	2.93	
					a	a	ij	ij	gij	ij	i	i	i	ij		i	gij	
Standard Deviation		.878	.880	.843	.891	.866	.828	.849	.856	.770	.889	.855	.926	.936	.926	.899	.836	
Standard Error		.020	.025	.049	.055	.037	.065	.078	.035	.056	.115	.104	.087	.083	.074	.048	.050	
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	.01	.01	.01	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759	
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	426 21%	94 21%	99 25%	33 22%	11 40%	132 24%	105 22%	119 22%	70 26%	42 24%	8 22%	112 25%	128 22%	52 19%	228 20%	125 24% b	21 23%	374 21%
Tend to agree	(3.0)	949 47%	217 49%	196 49%	78 51%	11 43%	274 50%	229 49%	274 50%	120 46%	93 52%	17 43%	213 48%	291 50%	117 43%	567 49% c	221 43%	43 48%	831 47%
Tend to disagree	(2.0)	385 19%	76 17%	69 17%	24 16%	2 8%	94 17%	78 17%	91 17%	45 17%	29 16%	9 22%	74 17%	99 17%	59 22%	212 18%	102 20%	12 14%	327 18%
Strongly disagree	(1.0)	186 9%	31 7%	25 6%	12 8%	2 9%	37 7%	34 7%	37 7%	20 7%	10 6%	4 9%	30 7%	41 7%	34 13% ce	106 9%	37 7%	9 10%	152 9%
Don't know		93 5%	21 5%	10 3%	6 4%	- -	16 3%	21 5%	22 4%	8 3%	4 2%	1 3%	13 3%	23 4%	8 3%	50 4%	30 6%	5 5%	85 5%
NET: Agree	1375 67%	311 71%	294 74%	112 72%	22 83%	406 73%	333 71%	394 72%	190 72%	135 76%	25 65%	325 74%	419 72%	170 63%	795 68%	346 67%	64 71%	1205 68%	
NET: Disagree	571 28%	107 24%	94 24%	37 24%	5 17%	131 24%	112 24%	128 24%	65 25%	39 22%	12 32%	104 24%	140 24%	92 34% bce	319 27%	139 27%	21 24%	479 27%	
Base for stats	1946	418	388	149	27	537	445	522	255	174	37	429	559	262	1114	485	85	1684	
Mean Score	2.83	2.89	2.95	2.89	3.13	2.93	2.91	2.91	2.94	2.96	2.80	2.95	2.90	2.72	2.82	2.90 a	2.89	2.85 a	
Standard Deviation	.878	.834	.830	.847	.929	.834	.841	.826	.871	.799	.908	.842	.832	.929	.864	.873	.899	.869	
Standard Error	.020	.041	.042	.070	.176	.036	.040	.036	.055	.061	.145	.041	.035	.056	.026	.040	.096	.021	
Error variance	*	*	*	*	.03	*	*	*	*	*	.02	*	*	*	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
					Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
		Total	Yes	No							Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	426	80	289	49	61	13	297	116	6	336	90	366	54
		21%	24%	21%	19% f	17%	20% f	22% bf	19% f	9%	21%	21%	21%	18%
Tend to agree	(3.0)	949	130	681	106	142	20	690	239	28	753	196	808	130
		47%	39%	49% a	41%	39%	30%	50% abcef	39%	38%	47%	46%	47%	43%
Tend to disagree	(2.0)	385	79	239	64	85	20	231	142	25	303	82	323	54
		19%	23% b	17%	25% d	23% d	31% d	17%	23% d	35% bde	19%	19%	19%	18%
Strongly disagree	(1.0)	186	37	109	22	63	9	95	82	9	146	39	136	47
		9%	11%	8%	9% ad	17% ad	14% d	7%	14% ad	12%	9% 9%	9%	8% a	16% a
Don't know		93	12	59	17	11	3	54	27	4	73	20	73	16
		5%	4%	4%	7% b	3%	4%	4%	4%	6%	5%	5%	4%	5%
NET: Agree		1375	210	970	155	203	33	988	355	34	1089	286	1173	185
		67%	62%	70% a	60% f	56%	51%	72% abcef	59%	47%	68%	67%	69% b	61%
NET: Disagree		571	116	348	86	148	29	326	224	34	449	122	458	101
		28%	34% b	25%	33% d	41% d	45% d	24%	37% d	47% ad	28%	28%	27% a	34% a
Base for stats		1946	326	1318	241	351	62	1314	579	68	1538	408	1632	286
Mean Score		2.83	2.78	2.87	2.75 bf	2.57	2.60	2.91 abcef	2.67	2.46	2.83	2.83	2.86 b	2.67
Standard Deviation		.878	.945	.847	.882	.976	.989	.826	.952	.840	.876	.884	.858	.965
Standard Error		.020	.053	.023	.055	.052	.126	.023	.039	.099	.022	.044	.021	.055
Error variance		*	*	*	*	*	.02	*	*	.01	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	426	27	17	52	70	71	63	27	99	211	189	107	129	128	56	76	75	146	122
		21%	7%	7%	17%	22%	28%	35%	38%	39%	19%	38%	19%	21%	21%	28%	20%	19%	19%	27%
					ab	ab	abci	abcdi	abcdi	abcdei	ab	abcdei				abc				abc
Tend to agree	(3.0)	949	106	127	170	185	128	92	26	114	611	231	249	304	309	75	165	195	381	197
		47%	26%	51%	56%	58%	50%	51%	38%	45%	54%	46%	43%	49%	51%	38%	44%	49%	50%	43%
				ag	aghj	aghj	a	a		a	aghj	a		d	ad				ad	
Tend to disagree	(2.0)	385	134	67	58	44	37	13	10	22	206	45	130	116	110	23	70	80	158	71
		19%	33%	27%	19%	14%	15%	7%	14%	9%	18%	9%	23%	19%	18%	12%	18%	20%	21%	16%
			cdefghij	cdefghij	fhj	fj	fhj				fhj		d	d	d				d	
Strongly disagree	(1.0)	186	101	23	18	9	10	9	4	12	60	25	67	51	33	30	55	28	55	42
		9%	25%	9%	6%	3%	4%	5%	5%	5%	5%	5%	12%	8%	5%	15%	14%	7%	7%	9%
			bcddefghij	dehij									bc			bc	bcd			
Don't know		93	39	14	7	11	8	4	3	7	40	14	23	23	21	12	13	15	25	22
		5%	10%	6%	2%	4%	3%	2%	5%	3%	4%	3%	4%	4%	3%	6%	4%	4%	3%	5%
			cdefhij	c																
NET: Agree		1375	133	144	222	255	200	155	53	213	821	421	357	433	437	131	241	270	527	319
		67%	33%	58%	73%	80%	78%	85%	76%	84%	73%	83%	62%	69%	73%	67%	64%	68%	69%	70%
				a	ab	abci	ab	abci	ab	abci	ab	abci		a	a					a
NET: Disagree		571	235	90	76	54	47	22	13	34	266	69	197	167	142	53	125	109	213	114
		28%	58%	36%	25%	17%	18%	12%	19%	13%	24%	14%	34%	27%	24%	27%	33%	28%	28%	25%
			bcddefghij	cdefghij	dfhj						dfhj		bc				d			
Base for stats		1946	368	234	297	309	247	177	66	246	1088	490	553	599	580	184	365	379	740	432
Mean Score		2.83	2.16	2.59	2.86	3.02	3.06	3.18	3.15	3.22	2.89	3.19	2.72	2.85	2.92	2.85	2.72	2.84	2.84	2.92
				a	ab	abci	abci	abcdi	abci	abcdei	ab	abcdei		a	a				a	a
Standard Deviation		.878	.911	.765	.767	.703	.776	.779	.872	.799	.770	.801	.912	.853	.794	1.033	.959	.828	.825	.914
Standard Error		.020	.048	.050	.044	.040	.049	.058	.110	.051	.023	.036	.038	.035	.034	.077	.050	.042	.031	.044
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	426	233	100	91	252
		21%	36%	16%	12%	26%
			bc		b	
Tend to agree	(3.0)	949	308	281	353	478
		47%	48%	45%	48%	48%
Tend to disagree	(2.0)	385	64	126	187	165
		19%	10%	20%	25%	17%
			a	ab		20%
Strongly disagree	(1.0)	186	26	91	64	55
		9%	4%	14%	9%	6%
			ac	a		13%
						a
Don't know		93	17	32	39	38
		5%	3%	5%	5%	4%
			a	a		
NET: Agree		1375	541	380	444	730
		67%	84%	61%	61%	74%
			bc		b	
NET: Disagree		571	90	216	251	220
		28%	14%	34%	34%	22%
			a	a		32%
						a
Base for stats		1946	630	597	695	950
Mean Score		2.83	3.19	2.65	2.68	2.98
			bc		b	
Standard Deviation		.878	.777	.931	.817	.818
Standard Error		.020	.031	.038	.031	.026
Error variance		*	*	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	425	170	254	177	143	105	15	62	34	49	30	46	72	74	45
		21%	17%	25%	29%	21%	14%	15%	23%	17%	23%	17%	20%	22%	22%	22%
				a	bc	c										
Tend to agree	(3.0)	881	430	447	246	307	328	49	117	84	87	75	84	137	148	98
		43%	43%	43%	40%	46%	43%	50%	44%	42%	41%	43%	37%	43%	45%	47%
						a		f								f
Tend to disagree	(2.0)	418	235	183	116	119	183	16	40	46	42	47	56	65	66	39
		21%	24%	18%	19%	18%	24%	16%	15%	23%	20%	27%	25%	20%	20%	19%
			b				ab			b		b	b			
Strongly disagree	(1.0)	202	107	93	43	62	97	7	29	25	25	17	30	24	31	15
		10%	11%	9%	7%	9%	13%	7%	11%	12%	12%	10%	13%	7%	9%	7%
							ab					g				
Don't know		113	53	59	34	36	42	11	18	11	10	7	11	22	11	10
		6%	5%	6%	6%	5%	6%	12%	7%	6%	5%	4%	5%	7%	3%	5%
								defhi	h					h		
NET: Agree		1306	600	701	422	450	434	64	179	118	136	105	130	209	223	143
		64%	60%	68%	69%	67%	57%	65%	67%	59%	64%	59%	57%	65%	67%	69%
				a	c	c			f						cf	cf
NET: Disagree		620	342	276	159	182	279	23	69	71	67	64	85	89	97	55
		30%	34%	27%	26%	27%	37%	23%	26%	36%	31%	36%	38%	28%	29%	26%
			b				ab			abi		abgi	abgi			
Base for stats		1926	942	977	582	632	713	87	248	189	203	169	215	297	320	198
Mean Score		2.79	2.70	2.88	2.96	2.84	2.62	2.83	2.85	2.67	2.79	2.69	2.68	2.86	2.83	2.87
				a	bc	c			c					cef	c	cf
Standard Deviation		.903	.893	.903	.894	.886	.897	.802	.928	.918	.945	.879	.961	.874	.895	.852
Standard Error		.021	.029	.029	.036	.035	.035	.084	.058	.064	.066	.068	.071	.051	.050	.061
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	425	42	128	107	49	33	67	277	149	360	14	29	14	1	4	62
		21%	28% defh	27% defh	22% fh	19% f	16% f	14% f	25% efh	16% bcg	21%	25%	26%	22%	12%	30%	24%
Tend to agree	(3.0)	881	62	212	219	110	94	183	493	388	765	24	43	28	6	5	105
		43%	42% f	45% f	46% f	44% f	46% f	38% f	45% f	41% f	44%	43%	38%	43%	71%	40%	42%
Tend to disagree	(2.0)	418	29	85	88	52	39	126	201	217	364	10	21	13	1	2	48
		21%	19%	18%	18%	21%	19%	26% bcg	18% bcg	23% bcg	21%	19%	19%	20%	9%	18%	19%
Strongly disagree	(1.0)	202	11	29	37	27	22	75	78	124	176	2	12	5	1	1	21
		10%	8%	6%	8%	11% bg	11% b	16% abdg	7% bcg	13% bcg	10%	5%	11%	8%	8%	6%	8%
Don't know		113	5	18	29	12	16	32	52	61	91	4	6	5	-	1	16
		6%	4%	4%	6%	5% b	8% b	7% b	5% b	6% b	5%	8%	5%	8%	-	6%	6%
NET: Agree		1306	104	339	326	159	126	250	770	536	1125	37	71	42	7	10	167
		64%	70% fh	72% defh	68% fh	64% f	62% f	52% f	70% defh	57% defh	64%	69%	64%	64%	82%	70%	66%
NET: Disagree		620	40	114	125	79	61	202	279	341	539	13	33	18	2	3	69
		30%	27%	24%	26%	31% bg	30% bg	42% abcdeg	25% abcg	36% abcg	31%	23%	30%	28%	18%	24%	27%
Base for stats		1926	145	453	451	238	187	452	1049	877	1664	50	105	60	9	13	236
Mean Score		2.79	2.93 efh	2.97 defh	2.88 fh	2.76 f	2.74 f	2.54 f	2.92 defh	2.64 defh	2.79	2.97	2.84	2.84	2.85	2.99	2.88
Standard Deviation		.903	.897	.853	.866	.907	.884	.938	.865	.924	.901	.830	.961	.884	.768	.921	.902
Standard Error		.021	.075	.041	.040	.058	.063	.045	.027	.031	.022	.115	.093	.115	.243	.246	.058
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.06	.06	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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												
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic		
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed											
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total		2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293	
Total		2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	425	227	87	86	173	52	35	147	44	9	14	28	24	22	51	87
		21%	18%	24%	27%	26%	31%	28%	24%	22%	14%	21%	25%	20%	13%	13%	30%	
				a	a	a	dehij	eij	ij	ij			ij	j			dehij	
Tend to agree		(3.0)	881	532	166	144	310	73	51	273	101	27	28	48	52	62	164	124
		43%	42%	46%	45%	46%	44%	41%	45%	50%	44%	42%	43%	44%	36%	40%	43%	
									i	ij								
Tend to disagree		(2.0)	418	277	69	50	119	30	26	119	32	9	13	19	25	31	115	56
		21%	22%	19%	16%	18%	18%	21%	20%	16%	14%	19%	17%	21%	18%	28%	19%	
			cd													acdegik		
Strongly disagree		(1.0)	202	149	24	22	46	11	5	46	11	11	5	10	9	37	56	16
		10%	12%	7%	7%	7%	7%	4%	8%	5%	18%	8%	9%	8%	22%	14%	6%	
			bcd								abcdhk				abcdfghjk	abcdk		
Don't know			113	70	11	18	29	1	6	23	13	6	7	7	9	20	21	6
		6%	6%	3%	6%	4%	*	4%	4%	7%	10%	11%	6%	7%	12%	5%	2%	
				a	a	a		a	a	ak	ack	ack	ak	ak	abcjk	a		
NET: Agree			1306	759	254	229	483	125	87	420	145	36	42	76	75	84	215	211
		64%	60%	71%	72%	71%	75%	70%	69%	72%	58%	63%	68%	64%	49%	53%	73%	
			a	a	a	a	ehij	ij	ij	eij			ij	ij			eij	
NET: Disagree			620	426	93	72	165	41	32	165	43	20	18	28	34	68	171	73
		30%	34%	26%	23%	24%	24%	26%	27%	21%	32%	27%	25%	29%	40%	42%	25%	
			bcd												abcdghk	abcdfghk		
Base for stats		1926	1185	347	301	649	166	118	585	188	56	60	104	109	152	386	284	
Mean Score		2.79	2.71	2.91	2.97	2.94	3.00	2.98	2.89	2.95	2.60	2.85	2.90	2.82	2.45	2.55	2.99	
				a	a	a	eij	eij	eij	eij		ij	eij	ij			eij	
Standard Deviation		.903	.919	.851	.861	.855	.875	.843	.871	.799	.989	.889	.899	.873	1.015	.895	.860	
Standard Error		.021	.026	.049	.053	.036	.067	.078	.036	.058	.131	.114	.085	.077	.082	.048	.051	
Error variance		*	*	*	*	*	*	.01	*	*	.02	.01	.01	.01	.01	*	*	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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		2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total		2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	425 21%	98 22%	95 24%	37 24%	8 30%	132 24%	106 23%	126 23%	72 27%	37 21%	8 20%	110 25%	134 23%	46 17%	231 20%	124 24% a	25 28% a	379 21%
Tend to agree	(3.0)	881 43%	197 45%	195 49%	66 43%	9 33%	261 47%	206 44%	239 44%	132 50%	79 45%	14 35%	211 48%	253 43%	119 44%	503 43%	218 42%	40 45%	762 43%
Tend to disagree	(2.0)	418 21%	82 19%	76 19%	26 17%	6 22%	102 18%	88 19%	109 20% b	37 14%	37 21%	10 27% b	74 17%	119 20% b	52 19% d	251 22% d	106 21% d	9 10% d	366 21% d
Strongly disagree	(1.0)	202 10%	37 8%	22 6%	15 10%	3 10%	37 7%	39 8%	42 8%	15 6%	15 8%	3 7%	30 7%	44 8%	37 14% ce	120 10% c	37 7%	9 10%	165 9%
Don't know		113 6%	26 6% b	11 3%	10 6% b	1 5%	21 4%	27 6% b	28 5%	7 3%	9 5%	4 12% be	16 4%	33 6% b	17 6%	59 5%	30 6%	6 7%	96 5%
NET: Agree		1306 64%	294 67%	290 73%	104 67%	17 63%	393 71%	311 67%	365 67%	205 78% acdf	116 65%	21 55%	321 73% df	386 66%	164 61%	734 63%	342 66%	66 73% a	1141 65%
NET: Disagree		620 30%	119 27%	98 25%	41 26%	9 32%	139 25%	128 27%	150 28% b	52 20%	52 29% b	13 33%	104 24%	163 28% b	89 33% d	370 32% d	143 28%	18 20%	531 30% d
Base for stats		1926	413	388	144	25	532	439	515	257	168	34	425	549	253	1104	485	84	1673
Mean Score		2.79	2.86	2.93	2.87	2.87	2.92	2.86	2.87	3.02 acf	2.82	2.77	2.94	2.87	2.68	2.77	2.88 ab	2.98 ab	2.81 a
Standard Deviation		.903	.879	.818	.914	.999	.844	.885	.874	.813	.878	.893	.844	.874	.935	.903	.875	.917	.897
Standard Error		.021	.043	.042	.077	.192	.037	.042	.038	.051	.068	.149	.041	.037	.058	.027	.040	.099	.022
Error variance		*	*	*	.01	.04	*	*	*	*	*	.02	*	*	*	*	*	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total		338	1377	258	362	64	1368	605	73	1611	428	1704	302
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	425	289	58	57	12	298	115	12	332	94	366	53
		21%	21%	23%	16%	19%	22%	19%	16%	21%	22%	21%	18%
				b			b						
Tend to agree	(3.0)	881	618	106	137	21	624	236	27	719	161	741	130
		43%	45%	41%	38%	33%	46%	39%	37%	45%	38%	43%	43%
			a				be			b			
Tend to disagree	(2.0)	418	274	54	94	15	262	142	19	320	98	360	53
		21%	20%	21%	26%	24%	19%	23%	26%	20%	23%	21%	18%
					d			d					
Strongly disagree	(1.0)	202	121	24	50	10	122	73	8	149	53	151	46
		10%	9%	9%	14%	15%	9%	12%	11%	9%	12%	9%	15%
					d			d				a	
Don't know		113	74	17	25	6	61	40	8	91	22	87	21
		6%	5%	7%	7%	9%	4%	7%	11%	6%	5%	5%	7%
								d					
NET: Agree		1306	908	164	193	34	923	351	38	1051	255	1107	183
		64%	66%	63%	53%	52%	67%	58%	53%	65%	60%	65%	60%
				b			bcef			b			
NET: Disagree		620	395	77	144	25	384	215	26	469	151	511	99
		30%	29%	30%	40%	39%	28%	36%	36%	29%	35%	30%	33%
					ad			d			a		
Base for stats		1926	1303	241	337	59	1307	565	65	1520	406	1618	282
Mean Score		2.79	2.83	2.82	2.59	2.61	2.84	2.69	2.65	2.81	2.73	2.82	2.67
				b			be					b	
Standard Deviation		.903	.880	.910	.936	1.001	.882	.936	.917	.887	.960	.888	.962
Standard Error		.021	.025	.057	.051	.129	.024	.039	.111	.023	.048	.022	.056
Error variance		*	*	*	*	.02	*	*	.01	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	425	29	22	58	81	68	56	22	90	228	169	117	131	127	46	69	77	145	128
		21%	7%	9%	19%	25%	27%	31%	32%	36%	20%	33%	20%	21%	21%	23%	18%	19%	19%	28%
					ab	ab	abci	abci	abci	abcdei	ab	abcdi								abc
Tend to agree	(3.0)	881	97	122	155	158	120	80	30	118	556	228	245	290	275	61	143	178	373	175
		43%	24%	49%	51%	49%	47%	44%	43%	46%	49%	45%	43%	47%	46%	31%	38%	45%	49%	39%
			a	a	a	a	a	a	a	a	a	a	d	d	d			a	ad	
Tend to disagree	(2.0)	418	132	64	60	59	42	27	8	28	224	62	101	132	133	43	78	92	162	77
		21%	32%	26%	20%	18%	16%	15%	11%	11%	20%	12%	18%	21%	22%	22%	21%	23%	21%	17%
			cdefghij	defghij	hj	hj					hj				a			d		
Strongly disagree	(1.0)	202	104	26	22	10	16	9	3	13	74	25	75	44	45	31	66	29	55	44
		10%	26%	11%	7%	3%	6%	5%	4%	5%	7%	5%	13%	7%	7%	16%	17%	7%	7%	10%
			bcdefghij	dthij	d						d		bc			bc	bcd			
Don't know		113	45	14	10	13	10	9	7	5	47	21	38	26	21	16	22	18	30	29
		6%	11%	6%	3%	4%	4%	5%	10%	2%	4%	4%	7%	4%	4%	8%	6%	5%	4%	6%
			bcdefhij	h					cdehij				c			bc				
NET: Agree		1306	126	144	213	238	188	137	52	208	783	396	362	420	401	106	212	255	518	303
		64%	31%	58%	70%	74%	74%	75%	74%	82%	69%	79%	63%	68%	67%	54%	56%	65%	68%	67%
				a	ab	ab	ab	ab	ab	abcdei	ab	abci	d	d	d			a	a	a
NET: Disagree		620	236	90	81	69	57	35	11	41	298	87	177	177	178	74	144	121	216	121
		30%	58%	36%	27%	22%	22%	20%	15%	16%	26%	17%	31%	28%	30%	38%	38%	31%	28%	27%
			bcdefghij	cdefghij	hj						ghj					bc	bcd			
Base for stats		1926	362	234	294	307	246	172	62	249	1081	483	539	597	579	180	357	376	735	425
Mean Score		2.79	2.14	2.60	2.85	3.00	2.98	3.07	3.13	3.15	2.87	3.12	2.75	2.85	2.84	2.67	2.60	2.80	2.83	2.91
			a	a	ab	abci	ab	abci	abci	abcdei	ab	abcei		d	d			a	a	a
Standard Deviation		.903	.927	.807	.819	.767	.839	.829	.817	.812	.821	.818	.950	.846	.854	1.038	1.001	.850	.829	.946
Standard Error		.021	.049	.053	.047	.044	.053	.063	.105	.052	.025	.037	.040	.035	.036	.078	.052	.043	.031	.046
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	425	234	90	268	102
		21%	36%	14%	27%	17%
			bc		b	
Tend to agree	(3.0)	881	280	259	445	245
		43%	43%	41%	45%	41%
Tend to disagree	(2.0)	418	89	146	164	144
		21%	14%	23%	17%	24%
			a	a		a
Strongly disagree	(1.0)	202	26	96	65	69
		10%	4%	15%	7%	12%
			ac	a		a
Don't know		113	18	38	45	36
		6%	3%	6%	5%	6%
			a	a		
NET: Agree		1306	514	349	713	347
		64%	79%	56%	72%	58%
			bc		b	
NET: Disagree		620	115	241	230	213
		30%	18%	38%	23%	36%
			a	a		a
Base for stats		1926	629	590	942	560
Mean Score		2.79	3.15	2.58	2.97	2.68
			bc		b	
Standard Deviation		.903	.812	.934	.858	.911
Standard Error		.021	.032	.039	.028	.038
Error variance		*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	590	302	286	155	191	245	20	78	46	56	60	65	93	106	66
		29%	30%	28%	25%	29%	32% a	20%	29%	23%	26%	34% ac	29%	29%	32% ac	32% ac
Tend to agree	(3.0)	820	397	420	227	282	312	48	102	75	90	65	99	125	131	87
		40%	40%	41%	37%	42% a	41%	48%	38%	37%	42%	37%	44%	39%	40%	42%
Tend to disagree	(2.0)	355	181	172	131	102	122	13	50	43	38	31	34	56	55	33
		17%	18%	17%	21% bc	15%	16%	14%	19%	21%	18%	18%	15%	18%	17%	16%
Strongly disagree	(1.0)	185	84	101	62	66	57	11	21	26	23	15	21	29	27	11
		9%	8%	10%	10%	10%	8%	11%	8%	13% i	11% i	8%	9%	9%	8%	5%
Don't know		88	31	56	41	27	20	6	15	11	6	6	8	16	11	10
		4%	3%	5% a	7% bc	4%	3%	6%	6%	5%	3%	3%	4%	5%	3%	5%
NET: Agree		1411	699	706	382	473	557	68	180	121	146	124	163	218	237	154
		69%	70%	68%	62%	71% a	74% a	69%	68%	60%	68%	70% c	72% c	68%	72% c	74% c
NET: Disagree		540	264	273	193	168	179	24	71	69	62	46	55	85	83	45
		26%	27%	26%	31% bc	25%	24%	25%	27%	34% fhi	29%	26%	24%	27%	25%	22%
Base for stats		1951	964	979	575	641	735	92	251	189	207	171	218	304	320	198
Mean Score		2.93	2.95	2.91	2.83	2.93 a	3.01 a	2.84	2.95 c	2.74	2.86	2.99 c	2.95 c	2.93 c	2.99 c	3.05 acd
Standard Deviation		.927	.921	.935	.949	.930	.900	.906	.918	.979	.943	.944	.913	.935	.921	.857
Standard Error		.021	.030	.030	.038	.037	.034	.092	.057	.068	.065	.073	.067	.054	.051	.061
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	*	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258	
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	590	43	141	126	75	50	155	310	281	514	14	41	11	4	3	73	
		29%	28%	30%	26%	30%	25%	32% c	28%	30%	29% d	27%	37% d	18%	42%	20%	29%	
Tend to agree	(3.0)	820	66	198	206	91	72	187	470	351	715	23	36	29	2	5	94	
		40%	44%	42%	43% h	36%	36%	39%	43% h	37%	41%	42%	32%	45%	20%	33%	37%	
Tend to disagree	(2.0)	355	25	77	83	48	48	73	186	169	306	7	20	12	2	3	44	
		17%	17%	16%	17%	19%	24% bcfg	15%	17%	18%	17%	12%	18%	19%	18%	24%	17%	
Strongly disagree	(1.0)	185	16	43	43	22	19	41	102	83	147	10	8	10	2	3	32	
		9%	11%	9%	9%	9%	10%	9%	9%	9%	8%	18% ac	7%	15%	20%	22%	13% a	
Don't know		88	1	12	21	15	12	27	34	54	73	1	7	2	-	-	10	
		4%	1%	3%	4% a	6% abg	6% abg	6% abg	3%	6% abg	4%	2%	6%	3%	-	-	4%	
NET: Agree		1411	108	339	332	166	123	343	780	631	1229	37	76	41	5	7	167	
		69%	72% e	72% e	69% e	66%	61%	71% e	71% e	67%	70%	68%	69%	63%	62%	54%	66%	
NET: Disagree		540	41	120	126	70	68	114	287	252	453	16	28	22	3	6	76	
		26%	27%	25%	26%	28%	33% bfg	24%	26%	27%	26%	30%	25%	34%	38%	46%	30%	
Base for stats		1951	149	460	458	236	190	457	1067	884	1682	53	104	63	9	14	242	
Mean Score		2.93	2.90	2.95	2.91	2.93	2.81	3.00 e	2.93	2.94	2.95 d	2.78	3.05 d	2.67	2.84	2.52	2.86	
Standard Deviation		.927	.940	.920	.907	.947	.945	.929	.917	.939	.914	1.045	.941	.954	1.246	1.089	.996	
Standard Error		.021	.077	.044	.042	.061	.067	.044	.028	.032	.022	.141	.092	.121	.394	.281	.063	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.16	.08	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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												
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work		NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic		
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed							Student		Retired			
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293		
2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290		
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%		
590	374	89	101	190	54	47	169	49	9	16	34	29	54	128	101		
29%	30%	25%	32%	28%	32%	38%	28%	25%	15%	24%	30%	24%	31%	31%	35%		
					e	cdeh	e				e		e	e	cdeh		
820	513	155	114	269	71	48	250	82	23	33	40	43	56	173	119		
40%	41%	43%	36%	40%	43%	39%	41%	41%	37%	49%	36%	37%	32%	43%	41%		
					i		i			i				i			
355	211	68	62	129	29	18	113	40	13	13	18	21	29	61	47		
17%	17%	19%	19%	19%	18%	14%	19%	20%	21%	19%	16%	18%	17%	15%	16%		
185	111	32	31	63	11	8	53	20	13	5	12	13	19	30	19		
9%	9%	9%	10%	9%	7%	6%	9%	10%	22%	7%	11%	11%	11%	7%	7%		
									abdcfhijk								
88	47	15	12	27	1	3	22	10	4	1	8	12	15	14	4		
4%	4%	4%	4%	4%	1%	2%	4%	5%	6%	1%	7%	10%	9%	3%	1%		
						a	a	ak	ak		ak	abcfjk	abcfjk				
1411	886	244	215	458	125	95	420	132	32	49	74	72	110	302	221		
69%	71%	68%	67%	68%	75%	77%	69%	65%	52%	73%	66%	61%	64%	74%	76%		
					dehi	dehi	e			e				dehi	cdeghi		
540	322	100	93	193	40	26	167	60	27	18	30	34	47	92	66		
26%	26%	28%	29%	28%	24%	21%	27%	30%	43%	26%	27%	29%	27%	23%	23%		
									abcfghijk								
1951	1208	344	307	651	166	121	586	192	59	67	104	106	157	393	287		
2.93	2.95	2.87	2.92	2.90	3.01	3.11	2.91	2.84	2.47	2.91	2.92	2.83	2.92	3.02	3.06		
					e	cdeh	e	e		e	e	e	e	de	cdeh		
.927	.922	.905	.964	.933	.882	.891	.917	.928	1.016	.858	.983	.966	.999	.890	.886		
.021	.026	.053	.059	.039	.068	.081	.038	.067	.132	.105	.093	.087	.079	.047	.052		
*	*	*	*	*	*	.01	*	*	.02	.01	.01	.01	.01	*	*		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759	
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	590	127	111	42	6	152	133	159	66	45	14	111	173	85	346	134	25	505
	29%	29%	28%	27%	21%	28%	28%	29%	25%	25%	36%	25%	30%	32%	30%	26%	28%	29%	
Tend to agree	(3.0)	820	168	172	62	13	234	181	221	114	78	8	192	229	106	471	213	31	714
	40%	38%	43%	40%	48%	42%	39%	41%	43%	44%	20%	43%	39%	39%	40%	41%	34%	40%	
								d	d	d		d	d						
Tend to disagree	(2.0)	355	87	71	25	5	96	93	93	55	31	10	86	104	42	209	92	13	313
	17%	20%	18%	16%	20%	17%	20%	17%	17%	21%	17%	26%	19%	18%	15%	18%	18%	14%	18%
Strongly disagree	(1.0)	185	42	32	20	3	53	44	48	25	20	6	44	54	26	96	52	11	159
	9%	9%	8%	13%	11%	10%	10%	9%	9%	11%	16%	10%	9%	10%	10%	8%	10%	12%	9%
Don't know		88	15	13	5	-	18	15	22	3	5	1	8	23	11	43	24	11	78
	4%	3%	3%	3%	-	3%	3%	4%	1%	3%	2%	2%	4%		4%	4%	5%	12%	4%
								be					be				abce		
NET: Agree		1411	295	283	104	18	386	314	380	180	123	21	303	402	192	817	347	56	1219
	69%	67%	71%	67%	69%	70%	67%	70%	68%	69%	56%	69%	69%	71%	70%	67%	62%	69%	
NET: Disagree		540	129	103	45	8	148	137	141	80	50	16	130	157	68	304	144	24	472
	26%	29%	26%	29%	31%	27%	29%	26%	30%	28%	42%	29%	27%	25%	26%	28%	26%	27%	
											af								
Base for stats	1951	425	386	149	27	535	451	521	260	173	38	433	559	259	1121	491	79	1691	
Mean Score	2.93	2.90	2.94	2.84	2.79	2.91	2.89	2.94	2.85	2.86	2.77	2.85	2.93	2.97	2.95	2.87	2.89	2.93	
Standard Deviation	.927	.943	.896	.988	.916	.922	.941	.921	.911	.935	1.122	.920	.935	.947	.913	.934	1.008	.924	
Standard Error	.021	.046	.046	.082	.173	.040	.044	.040	.057	.072	.180	.044	.039	.058	.027	.043	.112	.023	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
					Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness					
		Total	Yes	No							Urban	Rural	Yes	No	
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320	
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	590	101	395	86	131	13	378	200	27	470	120	518	67
			29%	30%	29%	33%	36%	20%	28%	33%	38%	29%	28%	30%	22%
					c	cd				cd	c			b	
Tend to agree		(3.0)	820	124	573	88	134	27	567	227	21	654	166	700	110
			40%	37%	42%	34%	37%	42%	41%	37%	28%	41%	39%	41%	36%
								af							
Tend to disagree		(2.0)	355	71	234	44	51	12	252	94	12	274	81	286	65
			17%	21%	17%	17%	14%	18%	18%	16%	16%	17%	19%	17%	22%
								b						a	
Strongly disagree		(1.0)	185	34	118	28	29	10	121	59	8	145	40	137	42
			9%	10%	9%	11%	8%	15%	9%	10%	10%	9%	9%	8%	14%
														a	
Don't know			88	8	57	13	17	3	50	26	5	67	21	63	19
			4%	2%	4%	5%	5%	4%	4%	4%	7%	4%	5%	4%	6%
														a	
NET: Agree			1411	225	968	174	265	40	945	427	48	1125	286	1218	176
			69%	66%	70%	67%	73%	62%	69%	71%	66%	70%	67%	71%	58%
														b	
NET: Disagree			540	105	352	72	80	21	373	153	19	419	120	423	107
			26%	31%	26%	28%	22%	33%	27%	25%	27%	26%	28%	25%	35%
				b				b						a	
Base for stats			1951	330	1320	246	345	62	1318	580	67	1544	407	1641	283
Mean Score			2.93	2.88	2.94	2.94	3.06	2.71	2.91	2.98	3.00	2.94	2.90	2.97	2.71
							cd			c				b	
Standard Deviation			.927	.962	.912	.993	.930	.981	.916	.955	1.023	.925	.936	.908	.988
Standard Error			.021	.053	.025	.062	.050	.125	.025	.039	.121	.024	.047	.023	.057
Error variance			*	*	*	*	*	.02	*	*	.01	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	590	127	65	81	80	78	53	19	88	303	161	182	180	158	64	41	80	237	225
		29%	31%	26%	27%	25%	30%	29%	27%	35%	27%	32%	31%	29%	26%	33%	11%	20%	31%	50%
										bcdi		di						a	ab	abc
Tend to agree	(3.0)	820	129	113	126	147	100	74	27	104	486	205	214	261	281	56	115	163	379	153
		40%	32%	45%	42%	46%	39%	41%	39%	41%	43%	41%	37%	42%	47%	28%	30%	41%	50%	34%
				a	a	a	a	a		a	a	a	d	d	ad			ad	abd	
Tend to disagree	(2.0)	355	61	37	61	59	51	35	11	39	208	85	90	112	105	38	121	107	87	33
		17%	15%	15%	20%	18%	20%	19%	16%	16%	18%	17%	16%	18%	18%	20%	32%	27%	11%	7%
																	cd	cd	d	
Strongly disagree	(1.0)	185	59	21	24	25	17	14	9	15	87	38	68	47	38	28	86	24	41	30
		9%	15%	9%	8%	8%	7%	8%	13%	6%	8%	8%	12%	8%	6%	14%	23%	6%	5%	7%
			bcd										bc			bc	bcd			
Don't know		88	31	13	11	10	9	5	4	6	43	15	23	23	17	10	15	20	21	14
		4%	8%	5%	4%	3%	4%	3%	6%	2%	4%	3%	4%	4%	3%	5%	4%	5%	3%	3%
																		c		
NET: Agree		1411	256	177	207	227	178	127	46	193	789	366	396	440	440	120	156	243	616	378
		69%	63%	72%	68%	71%	70%	70%	66%	76%	70%	73%	69%	71%	73%	61%	41%	62%	81%	83%
				a		a				ac	a	a		d	d			a	ab	ab
NET: Disagree		540	120	58	86	84	68	49	20	55	295	124	159	159	143	66	208	131	128	62
		26%	30%	23%	28%	26%	27%	27%	28%	22%	26%	25%	27%	26%	24%	34%	55%	33%	17%	14%
			h													bc	bcd	cd		
Base for stats		1951	376	235	293	310	246	177	66	248	1085	490	554	599	583	186	363	374	744	440
Mean Score		2.93	2.86	2.94	2.90	2.91	2.97	2.94	2.86	3.07	2.93	3.00	2.92	2.96	2.96	2.84	2.30	2.80	3.09	3.30
										acdi		a						a	ab	abc
Standard Deviation		.927	1.054	.890	.901	.872	.894	.908	.991	.874	.888	.905	.990	.895	.844	1.063	.958	.848	.805	.875
Standard Error		.021	.055	.058	.052	.050	.057	.068	.125	.056	.027	.041	.041	.037	.035	.079	.050	.043	.030	.042
Error variance		*	*	*	*	*	*	*	.02	*	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	590	211	151	224	304
		29%	33%	24%	31%	22%
			b	b	b	
Tend to agree	(3.0)	820	264	243	305	407
		40%	41%	39%	42%	41%
Tend to disagree	(2.0)	355	109	124	119	167
		17%	17%	20%	16%	17%
						21%
						a
Strongly disagree	(1.0)	185	47	74	59	76
		9%	7%	12%	8%	8%
				ac		12%
						a
Don't know		88	16	37	26	34
		4%	3%	6%	4%	3%
				ac		5%
NET: Agree		1411	475	394	529	711
		69%	73%	63%	72%	72%
			b	b	b	
NET: Disagree		540	156	198	178	243
		26%	24%	31%	24%	25%
				ac		33%
						a
Base for stats		1951	631	591	707	954
Mean Score		2.93	3.01	2.79	2.98	2.98
			b	b	b	
Standard Deviation		.927	.898	.962	.907	.901
Standard Error		.021	.036	.040	.034	.029
Error variance		*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	545	227	314	202	172	171	22	74	53	60	45	59	86	80	65
		27%	23%	30%	33%	26%	23%	23%	28%	27%	28%	25%	26%	27%	24%	31%
				a	bc											
Tend to agree	(3.0)	842	421	418	230	283	329	51	104	71	91	75	93	130	138	88
		41%	42%	40%	37%	42%	44%	52%	39%	35%	43%	43%	41%	41%	42%	42%
							a	bc								
Tend to disagree	(2.0)	379	205	171	111	126	142	16	50	42	31	38	47	58	62	33
		19%	21%	16%	18%	19%	19%	16%	19%	21%	15%	22%	21%	18%	19%	16%
			b													
Strongly disagree	(1.0)	132	65	67	42	39	51	6	18	19	18	10	10	20	25	7
		6%	7%	6%	7%	6%	7%	6%	7%	10%	8%	5%	4%	6%	8%	3%
										fi	i				i	
Don't know		142	76	66	32	47	63	4	19	14	13	8	18	25	25	15
		7%	8%	6%	5%	7%	8%	4%	7%	7%	6%	5%	8%	8%	7%	7%
							a									
NET: Agree		1387	649	732	432	456	499	73	179	124	151	120	152	216	219	153
		68%	65%	71%	70%	68%	66%	74%	67%	62%	71%	68%	67%	68%	66%	74%
				a				c			c					c
NET: Disagree		510	270	237	153	165	192	21	68	62	49	48	57	78	87	40
		25%	27%	23%	25%	25%	25%	22%	26%	31%	23%	27%	25%	24%	26%	19%
			b							i					i	
Base for stats		1897	919	969	584	621	692	94	247	186	200	168	208	294	306	193
		2.95	2.88	3.01	3.01	2.95	2.90	2.95	2.95	2.85	2.97	2.93	2.96	2.96	2.90	3.10
				a	c											ch
Standard Deviation		.873	.861	.881	.908	.855	.857	.803	.893	.956	.902	.851	.833	.873	.886	.802
		.020	.029	.028	.036	.034	.034	.081	.056	.067	.063	.066	.062	.051	.050	.058
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258	
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	545	48	142	128	74	46	108	317	228	460	15	40	21	2	1	78	
		27%	32% f	30% fh	27% f	30% f	23% f	22% fh	29% fh	24% fh	26% f	27% f	36% a	32% f	23% f	6% f	31% f	
Tend to agree	(3.0)	842	63	175	220	112	78	194	458	384	738	19	44	21	3	7	93	
		41%	42% b	37% b	46% b	45% b	38% b	40% b	42% b	41% b	42% b	35% b	39% b	32% b	39% b	49% b	37% b	
Tend to disagree	(2.0)	379	26	91	77	37	44	103	194	184	329	11	17	14	1	1	44	
		19%	17% cd	19% cd	16% cd	15% cd	22% cd	21% cd	18% cd	20% cd	19% cd	21% cd	15% cd	22% cd	9% cd	6% cd	18% cd	
Strongly disagree	(1.0)	132	9	30	27	14	17	34	67	65	107	7	5	6	2	3	22	
		6%	6% a	6% a	6% a	5% a	8% a	7% a	6% a	7% a	6% a	13% a	5% a	9% a	18% a	21% a	9% a	
Don't know		142	4	33	27	14	17	45	65	77	121	2	5	4	1	2	15	
		7%	3% ag	7% ag	6% ag	6% ag	9% ag	9% acg	6% ag	8% ag	7% ag	4% ag	5% ag	6% ag	12% ag	18% ag	6% ag	
NET: Agree		1387	110	317	348	186	124	302	775	612	1198	34	83	41	5	7	171	
		68%	74% efh	67% efh	73% efh	74% befh	61% befh	62% efh	70% efh	65% efh	68% efh	62% efh	75% efh	63% efh	61% efh	54% efh	68% efh	
NET: Disagree		510	35	122	104	51	61	137	261	249	436	18	23	20	2	4	67	
		25%	24% cdg	26% cdg	22% cdg	20% cdg	30% cdg	28% cd	24% cd	27% cd	25% cd	34% cd	20% cd	30% cd	27% cd	27% cd	26% cd	
Base for stats		1897	146	438	452	237	185	439	1036	861	1634	52	106	61	8	11	238	
Mean Score		2.95	3.02 ef	2.98 f	2.99 ef	3.04 efh	2.83 efh	2.85 efh	2.99 efh	2.90 efh	2.95 efh	2.80 b	3.11 b	2.92 b	2.75 b	2.48 b	2.95 b	
Standard Deviation		.873	.873	.900	.834	.837	.911	.880	.867	.878	.862	1.005	.856	.973	1.125	.996	.943	
Standard Error		.020	.072	.044	.039	.054	.065	.043	.027	.030	.021	.137	.083	.126	.375	.287	.061	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.14	.08	*	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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											
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total		2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	545	320	96	101	197	48	45	168	36	17	16	39	47	53	77	93
		27%	25%	27%	32% a	29%	29% dj	36% dj	28% dj	18%	27%	24%	35% dj	40% acdfj	31% dj	19%	32% dj
Tend to agree	(3.0)	842	532	142	126	268	67	50	259	100	22	23	39	42	64	177	117
		41%	42%	40%	39%	40%	40%	40%	43%	50% efghik	35%	34%	35%	35%	37%	44%	40%
Tend to disagree	(2.0)	379	225	74	63	137	41	17	103	39	12	18	22	16	24	88	58
		19%	18%	21%	20%	20%	24% bchi	14%	17%	19%	19%	27% bchi	20%	14%	14%	22% hi	20%
Strongly disagree	(1.0)	132	82	28	12	40	6	9	49	14	5	5	6	2	10	25	15
		6%	7%	8% c	4%	6%	3%	7% h	8% ah	7% h	8% h	7% h	6%	2%	6%	6%	5%
Don't know		142	97	19	16	35	5	4	29	12	7	5	6	11	22	41	9
		7%	8% d	5%	5%	5%	3%	3%	5%	6%	11% abck	8%	5%	9% abck	13% abcdgk	10% abck	3%
NET: Agree		1387	851	238	227	465	115	94	427	136	38	39	77	88	116	254	209
		68%	68%	66%	71%	69%	69%	76% efj	70% fj	68%	61%	58%	69%	75% efj	67%	63%	72% fj
NET: Disagree		510	306	102	76	178	46	26	152	53	17	23	28	19	34	112	72
		25%	24%	28%	24%	26%	28% h	21%	25% h	26% h	27%	34% bhi	25%	16%	19%	28% hi	25% h
Base for stats		1897	1158	340	303	642	161	120	580	189	55	62	106	107	150	366	282
Mean Score		2.95	2.94	2.90	3.04	2.97	2.98	3.08 dj	2.94	2.84	2.90	2.81	3.04 j	3.24 acdefjk	3.06 dj	2.84	3.02 dj
Standard Deviation		.873	.866	.906	.842	.878	.832	.903	.898	.824	.948	.917	.909	.793	.876	.832	.863
Standard Error		.020	.025	.053	.052	.037	.065	.083	.037	.060	.127	.115	.086	.071	.071	.046	.051
Error variance		*	*	*	*	*	*	.01	*	*	.02	.01	.01	.01	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Unweighted Total	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759	
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	545 27%	110 25%	114 29%	40 26%	9 33%	154 28%	119 25%	146 27%	75 28%	44 25%	8 21%	119 27%	154 27%	63 23%	299 26%	150 29%	33 37% abe	482 27%
Tend to agree	(3.0)	842 41%	195 44%	169 43%	64 41%	8 29%	233 42%	203 43%	248 46%	109 41%	68 38%	14 36%	177 40%	262 45%	107 40%	489 42%	210 41%	35 39%	735 42%
Tend to disagree	(2.0)	379 19%	75 17%	70 18%	25 16%	8 29%	95 17%	83 18%	85 16%	48 18%	37 21%	11 29% af	86 19%	96 16%	56 21%	208 18%	100 19%	14 16%	322 18%
Strongly disagree	(1.0)	132 6%	36 8%	22 5%	21 14% abef	2 6%	43 8%	37 8%	36 7%	19 7%	21 12% af	4 10%	40 9%	40 7%	22 8% d	81 7% d	28 5%	1 1% d	110 6% d
Don't know		142 7%	23 5%	24 6%	4 3%	1 3%	28 5%	24 5%	28 5%	12 5%	8 5%	2 4%	20 5%	30 5%	22 8%	86 7%	27 5%	6 7%	119 7%
NET: Agree		1387 68%	305 69%	283 71%	104 67%	16 62%	387 70%	321 69%	395 73% cd	184 70%	112 63%	22 56%	296 67%	416 72% cd	170 63%	788 68%	360 70% a	69 77% a	1217 69% a
NET: Disagree		510 25%	111 25%	92 23%	47 30%	9 35%	138 25%	121 26%	121 22%	68 26%	58 33% af	15 39% af	125 28% a	136 23%	78 29% d	290 25%	128 25%	15 17%	433 24%
Base for stats	1897	416	375	150	26	525	442	516	252	170	37	421	552	248	1077	488	84	1649	
Mean Score	2.95	2.91	3.00	2.81	2.91	2.95	2.91	2.98	2.95	2.80	2.70	2.89	2.96	2.85	2.93	2.99	3.21	2.96	
Standard Deviation	.873	.885	.850	.987	.958	.894	.888	.855	.893	.964	.938	.924	.863	.900	.877	.862	.754	.868	
Standard Error	.020	.043	.044	.081	.184	.039	.042	.037	.057	.074	.152	.045	.036	.056	.027	.040	.082	.021	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
		Yes	No	Mental condition or illness	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		334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total		338	1377	258	362	64	1368	605	73	1611	428	1704	302
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	545	375	89	114	14	336	190	24	441	104	473	66
		27%	27%	34%	32%	21%	25%	31%	33%	27%	24%	28%	22%
				cd	d			d				b	
Tend to agree	(3.0)	842	596	89	133	20	606	216	25	660	182	712	117
		41%	43%	34%	37%	31%	44%	36%	34%	41%	42%	42%	39%
			a				abce						
Tend to disagree	(2.0)	379	231	41	59	17	262	105	13	296	83	313	59
		19%	17%	16%	16%	26%	19%	17%	18%	18%	19%	18%	20%
			b										
Strongly disagree	(1.0)	132	81	24	27	8	76	53	5	99	32	98	30
		6%	6%	9%	8%	12%	6%	9%	8%	6%	8%	6%	10%
				d		d		d				a	
Don't know		142	94	15	28	6	88	42	6	115	27	108	30
		7%	7%	6%	8%	9%	6%	7%	8%	7%	6%	6%	10%
												a	
NET: Agree		1387	971	178	247	34	942	406	48	1102	285	1185	183
		68%	71%	69%	68%	53%	69%	67%	67%	68%	67%	70%	61%
			a	c	c		c	c				b	
NET: Disagree		510	312	66	87	25	338	158	18	395	115	411	89
		25%	23%	25%	24%	38%	25%	26%	25%	25%	27%	24%	30%
			b			abde						a	
Base for stats		1897	1283	244	334	58	1280	563	67	1496	401	1597	272
Mean Score		2.95	2.99	3.00	3.00	2.68	2.94	2.96	3.00	2.96	2.89	2.98	2.80
			a	c	c		c	c				b	
Standard Deviation		.873	.851	.969	.922	.979	.838	.947	.943	.870	.882	.859	.933
Standard Error		.020	.024	.061	.051	.127	.024	.040	.112	.022	.044	.022	.055
Error variance		*	*	*	*	.02	*	*	.01	*	*	*	*

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	545	91	52	75	86	76	55	23	87	289	165	168	160	138	69	64	83	200	189
		27%	22%	21%	25%	27%	30%	30%	33%	34%	26%	33%	29%	26%	23%	35%	17%	21%	26%	42%
							ab	ab	b	abci		abci	c			bc			a	abc
Tend to agree	(3.0)	842	152	127	130	139	104	78	22	89	501	189	224	269	272	63	124	178	360	161
		41%	37%	51%	43%	43%	41%	43%	31%	35%	44%	37%	39%	43%	45%	32%	33%	45%	47%	36%
				aceghij		h				aghj				d	ad			ad	ad	
Tend to disagree	(2.0)	379	77	36	67	56	50	31	15	47	209	92	101	116	122	37	104	83	128	60
		19%	19%	15%	22%	17%	20%	17%	21%	18%	19%	18%	17%	19%	20%	19%	27%	21%	17%	13%
					b												bcd	d		
Strongly disagree	(1.0)	132	40	15	15	23	9	8	5	18	62	30	48	35	30	14	63	23	28	15
		6%	10%	6%	5%	7%	4%	4%	7%	7%	5%	6%	8%	6%	5%	7%	17%	6%	4%	3%
			cefi j										c				bcd			
Don't know		142	47	17	18	16	16	10	5	13	66	28	35	42	38	13	24	27	48	30
		7%	12%	7%	6%	5%	6%	6%	8%	5%	6%	6%	6%	7%	6%	7%	6%	7%	6%	7%
			cdefhij																	
NET: Agree		1387	243	180	205	225	181	132	45	177	791	354	392	429	410	132	189	260	560	350
		68%	60%	73%	67%	70%	71%	73%	64%	70%	70%	70%	68%	69%	68%	67%	50%	66%	73%	77%
				a	a	a	a	a		a	a	a						a	ab	ab
NET: Disagree		510	118	51	81	79	59	39	20	64	270	122	149	151	152	51	166	106	156	75
		25%	29%	21%	27%	25%	23%	21%	28%	25%	24%	24%	26%	24%	25%	26%	44%	27%	20%	16%
			b														bcd	cd		
Base for stats		1897	360	231	287	304	240	171	64	241	1061	476	541	580	562	183	355	367	716	424
Mean Score		2.95	2.81	2.94	2.93	2.95	3.03	3.05	2.98	3.02	2.96	3.03	2.95	2.95	2.92	3.02	2.54	2.87	3.02	3.23
							a	a		a	a	a						a	ab	abc
Standard Deviation		.873	.939	.801	.834	.876	.824	.826	.946	.922	.837	.890	.923	.848	.820	.947	.983	.832	.784	.820
Standard Error		.020	.050	.053	.049	.050	.053	.063	.120	.060	.026	.041	.039	.035	.035	.071	.052	.043	.030	.040
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
			Total	NET: More	About the same	NET: Less	Yes
Significance Level: 95%			a	b	c	a	b
Unweighted Total		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	545	211	139	191	306	124
		27%	33%	22%	26%	31%	21%
			bc			b	
Tend to agree	(3.0)	842	261	244	325	404	264
		41%	40%	39%	44%	41%	44%
				b			
Tend to disagree	(2.0)	379	118	134	122	172	115
		19%	18%	21%	17%	17%	19%
				c			
Strongly disagree	(1.0)	132	28	54	45	49	58
		6%	4%	9%	6%	5%	10%
				a		a	
Don't know		142	28	57	50	56	35
		7%	4%	9%	7%	6%	6%
				a	a		
NET: Agree		1387	472	383	516	710	388
		68%	73%	61%	70%	72%	65%
			b		b	b	
NET: Disagree		510	147	188	167	222	173
		25%	23%	30%	23%	22%	29%
				ac			a
Base for stats		1897	619	571	683	932	561
Mean Score		2.95	3.06	2.82	2.97	3.04	2.81
			b		b	b	
Standard Deviation		.873	.845	.908	.851	.851	.896
Standard Error		.020	.034	.038	.033	.028	.038
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q9.13. I feel less worried about doing sport and physical activity now that the vaccine for COVID-19 is being rolled out: To what extent do you agree or disagree with each statement?

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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	168	76	91	79	54	34	8	17	7	23	19	18	32	19	24
		8%	8%	9%	13% bc	8% c	5%	8%	7%	3%	11% ch	11% ch	8% c	10% ch	6%	12% bch
Tend to agree	(3.0)	643	332	309	203	216	223	31	89	59	70	59	51	108	123	52
		32%	33%	30%	33%	32%	30%	32%	34% fi	29%	33% f	33% f	22%	34% fi	37% fi	25%
Tend to disagree	(2.0)	664	322	338	186	207	270	32	84	65	64	56	89	102	97	76
		33%	32%	33%	30%	31%	36% a	33%	31%	32%	30%	32%	39% dh	32%	29%	36%
Strongly disagree	(1.0)	301	151	149	69	99	134	10	39	39	33	21	43	44	47	26
		15%	15%	14%	11%	15% a	18% a	10%	15%	20% ae	15%	12%	19%	14%	14%	13%
Don't know		264	114	149	79	91	94	17	37	31	23	22	25	34	45	30
		13%	11%	14%	13%	14%	12%	17%	14%	16%	11%	13%	11%	11%	14%	14%
NET: Agree		810	408	400	282	271	257	39	107	65	94	78	69	140	142	76
		40%	41%	39%	46% c	41% c	34%	40%	40% f	33%	44% cf	44% cf	31%	44% cf	43% cf	37%
NET: Disagree		965	473	487	255	306	404	43	122	104	97	76	132	146	144	102
		47%	48%	47%	41%	46%	54% ab	43%	46%	52%	45%	43%	58% abdegh	46%	43%	49%
Base for stats		1775	880	887	537	577	661	82	229	169	191	154	201	285	286	178
Mean Score		2.38	2.38	2.38	2.55 bc	2.39 c	2.24	2.46 cf	2.37 c	2.19	2.44 cf	2.50 cf	2.23	2.45 cf	2.40 cf	2.42 cf
Standard Deviation		.874	.867	.882	.894	.878	.831	.838	.853	.837	.917	.875	.887	.883	.838	.902
Standard Error		.021	.029	.029	.037	.036	.034	.091	.055	.061	.066	.071	.068	.053	.049	.068
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q9.13. I feel less worried about doing sport and physical activity now that the vaccine for COVID-19 is being rolled out: 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
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	168	22	48	34	19	20	24	105	63	129	6	17	12	-	3	38
		8%	15%	10%	7%	8%	10%	5%	10%	7%	7%	12%	15%	18%	-	20%	15%
			cd fgh	fh			f		fh				a	a			a
Tend to agree	(3.0)	643	57	154	148	88	48	147	359	284	544	23	41	14	5	3	86
		32%	38%	33%	31%	35%	24%	30%	33%	30%	31%	42%	37%	21%	61%	21%	34%
			e	e		e			e			d	d				
Tend to disagree	(2.0)	664	46	154	163	82	64	155	363	301	590	11	31	18	3	4	66
		33%	31%	33%	34%	33%	31%	32%	33%	32%	34%	20%	28%	28%	31%	31%	26%
											bg						
Strongly disagree	(1.0)	301	16	58	64	36	36	91	139	162	260	10	13	13	1	3	39
		15%	11%	12%	13%	14%	18%	19%	13%	17%	15%	18%	12%	20%	8%	22%	16%
							abcg		bg								
Don't know		264	9	56	71	26	35	67	136	128	233	5	9	8	-	1	23
		13%	6%	12%	15%	10%	17%	14%	12%	14%	13%	9%	9%	12%	-	6%	9%
				a	a		ad	a	a	a							
NET: Agree		810	79	202	182	107	69	171	463	347	672	29	58	26	5	6	124
		40%	53%	43%	38%	43%	34%	35%	42%	37%	38%	53%	52%	40%	61%	41%	49%
			bcdefgh	efh					efh			a	a				a
NET: Disagree		965	62	213	226	118	99	246	502	463	850	20	44	31	3	7	106
		47%	41%	45%	47%	47%	49%	51%	46%	49%	48%	37%	39%	48%	39%	53%	42%
								a			g						
Base for stats		1775	141	415	408	225	168	417	965	810	1522	49	102	57	9	13	229
Mean Score		2.38	2.60	2.46	2.37	2.40	2.32	2.25	2.45	2.31	2.36	2.52	2.61	2.43	2.52	2.41	2.53
			cd fgh	fh	f	f			fh				a				a
Standard Deviation		.874	.888	.874	.847	.853	.942	.860	.867	.877	.861	.955	.914	1.070	.686	1.111	.963
Standard Error		.021	.075	.044	.041	.056	.071	.043	.028	.031	.022	.135	.090	.143	.217	.297	.063
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.05	.09	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q9.13. I feel less worried about doing sport and physical activity now that the vaccine for COVID-19 is being rolled out: 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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293	
2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
168	82	32	40	72	22	9	61	16	7	7	3	17	11	14	32	
8%	7%	9%	13%	11%	13%	7%	10%	8%	12%	10%	3%	14%	6%	3%	11%	
			a	a	gij		gj	j	gj	gj		dgij			gi	
643	376	113	118	231	45	50	221	61	8	17	25	37	44	134	96	
32%	30%	31%	37%	34%	27%	41%	36%	30%	13%	26%	22%	31%	25%	33%	33%	
			a		e	aefgi	aegi	e				e	e	eg	eg	
664	430	125	84	209	59	37	189	72	25	26	44	33	42	137	96	
33%	34%	35%	26%	31%	36%	30%	31%	36%	40%	38%	39%	28%	24%	34%	33%	
	c	c			i			i	i	i	i			i	i	
301	201	43	43	85	27	17	70	25	12	10	19	9	40	72	44	
15%	16%	12%	13%	13%	16%	14%	12%	12%	19%	14%	17%	8%	23%	18%	15%	
					h				h		h		bcdhk	ch	h	
264	166	45	35	80	13	10	68	27	10	7	20	22	35	50	23	
13%	13%	13%	11%	12%	8%	8%	11%	14%	16%	11%	18%	19%	20%	12%	8%	
								k	k		abck	abck	abcjk			
810	458	145	158	303	68	60	281	77	15	24	28	54	55	148	127	
40%	37%	40%	49%	45%	41%	48%	46%	38%	24%	36%	25%	46%	32%	36%	44%	
			ab	a	eg	egij	degij	eg				egi		g	egi	
965	631	168	127	295	86	54	259	97	37	36	63	42	82	209	140	
47%	50%	47%	40%	44%	52%	44%	43%	48%	59%	53%	56%	36%	48%	51%	48%	
	cd				ch			h	bch	h	bch		h	ch	h	
1775	1089	313	285	598	154	114	540	174	52	60	91	96	137	357	267	
2.38	2.31	2.43	2.54	2.48	2.41	2.46	2.50	2.39	2.21	2.36	2.14	2.65	2.18	2.25	2.43	
		a	a	a	gi	gij	egij	gi				adefgijk			gij	
.874	.858	.851	.913	.882	.943	.846	.858	.842	.953	.896	.790	.883	.951	.820	.902	
.021	.025	.052	.058	.039	.075	.080	.037	.064	.131	.116	.080	.083	.081	.046	.055	
*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	.01	*	*	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q9.13. I feel less worried about doing sport and physical activity now that the vaccine for COVID-19 is being rolled out: To what extent do you agree or disagree with each statement?**

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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	168 8%	39 9%	34 8%	19 13%	4 13%	53 10%	46 8%	32 12%	17 10%	4 12%	49 11%	50 9%	20 7%	81 7%	58 11% be	9 10%	148 8%
Tend to agree	(3.0)	643 32%	151 34%	139 35%	47 31%	7 25%	186 34%	168 31%	111 42% acf	55 31%	10 26%	166 38% af	178 31%	81 30%	352 30%	179 35%	31 35%	562 32%
Tend to disagree	(2.0)	664 33%	145 33%	129 32%	52 34%	13 48%	181 33%	189 35%	81 31%	56 32%	16 40%	137 31%	205 35%	83 31%	399 34%	155 30%	26 29%	580 33%
Strongly disagree	(1.0)	301 15%	55 13%	45 11%	26 17%	1 3%	72 13%	69 13%	25 10%	32 18% bf	2 6%	57 13%	71 12%	57 21% bcde	169 15%	64 12%	11 12%	244 14%
Don't know		264 13%	49 11%	52 13% c	9 6%	3 10%	61 11%	72 13% be	15 6%	17 10%	6 16% b	33 7% be	78 13% be	29 11%	163 14%	59 11%	13 14%	235 13%
NET: Agree		810 40%	190 43%	173 43%	67 43%	10 39%	239 43%	214 39%	142 54% acf	72 41%	14 37%	215 49% af	229 39%	101 37%	432 37%	237 46% abe	40 45%	710 40%
NET: Disagree		965 47%	200 46%	174 44%	78 51%	14 51%	252 46%	258 47%	106 40%	88 50%	18 46%	194 44%	276 47%	140 52% c	569 49% c	219 42%	37 41%	824 47%
Base for stats	1775	390	347	145	24	491	414	472	248	160	32	409	504	241	1001	456	77	1534
Mean Score	2.38	2.44	2.46	2.41	2.55	2.45	2.45	2.41	2.60 acf	2.36	2.51	2.50	2.41	2.26	2.34	2.51 abe a	2.51 a	2.40 a
Standard Deviation	.874	.857	.841	.938	.800	.870	.853	.853	.837	.919	.830	.877	.852	.912	.852	.888	.878	.867
Standard Error	.021	.043	.045	.078	.160	.039	.042	.039	.053	.073	.142	.044	.038	.058	.027	.042	.099	.022
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.02	*	*	*	*	*	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q9.13. I feel less worried about doing sport and physical activity now that the vaccine for COVID-19 is being rolled out: 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		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	168 8%	45 13% b	98 7%	21 8%	28 8%	5 8%	114 8%	48 8%	5 7%	136 8%	32 7%	146 9%	17 6%
Tend to agree	(3.0)	643 32%	123 36% b	421 31%	88 34%	101 28%	18 28%	437 32%	185 31%	20 28%	498 31%	145 34%	547 32%	82 27%
Tend to disagree	(2.0)	664 33%	99 29%	470 34%	70 27%	111 31%	21 33%	464 34% a	184 30%	18 25%	523 32%	140 33%	552 32%	103 34%
Strongly disagree	(1.0)	301 15%	46 14%	190 14%	40 15%	72 20% d	11 17%	185 13%	107 18% d	14 19%	249 15%	51 12%	240 14%	58 19% a
Don't know		264 13%	24 7%	198 14% a	39 15%	49 14%	10 15%	170 12%	81 13%	15 20% d	205 13%	59 14%	219 13%	43 14%
NET: Agree		810 40%	169 50% b	519 38%	109 42%	129 36%	23 36%	550 40%	234 39%	26 35%	634 39%	177 41%	694 41% b	98 33%
NET: Disagree		965 47%	145 43%	660 48%	111 43%	184 51% a	32 50%	648 47%	291 48%	32 44%	773 48%	192 45%	792 46%	161 53% a
Base for stats		1775	314	1179	220	313	55	1198	525	58	1406	369	1485	259
Mean Score		2.38	2.53 b	2.36	2.41	2.27	2.31	2.40 b	2.33	2.30	2.37	2.43	2.40 b	2.22
Standard Deviation		.874	.915	.848	.898	.919	.892	.859	.904	.944	.884	.835	.873	.867
Standard Error		.021	.052	.025	.059	.052	.119	.025	.039	.121	.024	.044	.023	.052
Error variance		*	*	*	*	*	.01	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q9.13. I feel less worried about doing sport and physical activity now that the vaccine for COVID-19 is being rolled out: To what extent do you agree or disagree with each statement?**

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree		(4.0)	168	14	12	32	27	23	24	5	30	94	43	39	52	27	33	38	50	45
		8%	3%	5%	11%	8%	9%	13%	7%	12%	8%	12%	7%	6%	9%	14%	9%	10%	7%	10%
					ab	a	a	abi		ab	a	abi				abc				c
Tend to agree		(3.0)	643	91	69	101	109	87	68	27	92	366	176	198	201	61	114	144	250	125
		32%	22%	28%	33%	34%	34%	37%	38%	36%	32%	37%	30%	32%	33%	31%	30%	37%	33%	28%
					a	a	a	ab	a	ab	a	ab						d		
Tend to disagree		(2.0)	664	138	89	107	112	81	57	14	66	390	175	225	211	45	111	133	278	134
		33%	34%	36%	35%	35%	32%	31%	20%	26%	35%	27%	30%	36%	35%	23%	29%	34%	36%	30%
			ghj	ghj	ghj	ghj					ghj			ad	d				ad	
Strongly disagree		(1.0)	301	90	37	32	40	36	20	7	41	67	115	79	68	34	72	34	89	100
		15%	22%	15%	11%	12%	14%	11%	10%	16%	13%	13%	20%	13%	11%	17%	19%	9%	12%	22%
			bcdefgij										bc			c	bc			bc
Don't know		264	75	41	32	32	28	13	17	26	133	56	69	82	69	29	49	45	98	50
		13%	18%	16%	10%	10%	11%	7%	24%	10%	12%	11%	12%	13%	11%	15%	13%	11%	13%	11%
			cdefhij	cdfhij					cdefhij											
NET: Agree		810	105	81	133	136	110	92	32	122	460	246	219	236	253	87	147	182	299	170
		40%	26%	33%	44%	42%	43%	51%	46%	48%	41%	49%	38%	38%	42%	45%	39%	46%	39%	37%
					ab	ab	ab	abi	ab	abi	ab	abi						acd		
NET: Disagree		965	227	126	139	152	117	76	21	106	534	203	289	304	279	80	183	167	367	234
		47%	56%	51%	46%	48%	46%	42%	30%	42%	47%	40%	50%	49%	46%	41%	48%	42%	48%	52%
			cdefghij	ghj	g	gj	g				gj		d	d						b
Base for stats		1775	332	207	272	288	227	168	52	228	994	449	508	541	531	167	330	349	666	404
Mean Score		2.38	2.09	2.27	2.49	2.43	2.43	2.57	2.58	2.49	2.41	2.53	2.29	2.36	2.45	2.48	2.33	2.53	2.39	2.29
				a	ab	ab	ab	abi	ab	ab	ab	abi			a	a		acd		
Standard Deviation		.874	.840	.818	.850	.844	.876	.878	.842	.934	.850	.902	.910	.817	.836	.994	.925	.814	.810	.961
Standard Error		.021	.046	.057	.051	.050	.058	.068	.119	.063	.027	.043	.040	.035	.037	.078	.050	.043	.032	.048
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q9.13. I feel less worried about doing sport and physical activity now that the vaccine for COVID-19 is being rolled out: 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%		Total	a	b	c	a	b
Unweighted Total		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	168 8%	85 13% bc	41 7%	38 5%	102 10%	47 8%
Tend to agree	(3.0)	643 32%	232 36% bc	183 29%	221 30%	324 33%	186 31%
Tend to disagree	(2.0)	664 33%	192 30%	207 33%	255 35% a	319 32%	206 35%
Strongly disagree	(1.0)	301 15%	69 11%	109 17% a	119 16% a	126 13%	87 15%
Don't know		264 13%	69 11%	87 14%	100 14%	117 12%	69 12%
NET: Agree		810 40%	318 49% bc	224 36%	259 35%	426 43%	233 39%
NET: Disagree		965 47%	261 40%	317 50% a	375 51% a	445 45%	293 49%
Base for stats		1775	578	541	634	871	526
Mean Score		2.38	2.58 bc	2.29	2.28	2.46	2.37
Standard Deviation		.874	.882	.874	.838	.880	.863
Standard Error		.021	.037	.038	.033	.030	.038
Error variance		*	*	*	*	*	*

## **Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021**

**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	2039 100%	399 20%	654 32%	470 23%	440 22%	77 4%	1052 52%	910 45%
The closure of sports facilities has reduced the amount of physical activity I do	2039 100%	370 18%	504 25%	494 24%	578 28%	93 5%	874 43%	1073 53%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205	
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	370	193	176	140	131	99	14	50	29	44	28	31	71	60	42	
		18%	19%	17%	23% c	20% c	13%	15%	19%	15%	21%	16%	14%	22% cf	18%	20%	
Tend to agree	(3.0)	504	214	289	209	182	113	23	74	40	53	44	39	98	81	53	
		25%	22%	28% a	34% bc	27% c	15%	23%	28% cf	20%	25%	25%	17%	31% cf	25% f	25% f	
Tend to disagree	(2.0)	494	237	253	140	167	188	24	56	58	54	36	60	73	89	43	
		24%	24%	24%	23%	25%	25%	25%	21%	29% bei	25%	20%	26%	23%	27%	21%	
Strongly disagree	(1.0)	578	324	252	91	162	325	34	74	58	54	59	92	60	86	61	
		28%	33% b	24%	15%	24% a	43% ab	34% g	28% g	29% g	26%	34% g	40% bcdghi	19%	26% g	29% g	
Don't know		93	26	65	37	26	30	3	13	15	7	9	5	17	14	8	
		5%	3%	6% a	6%	4%	4%	4%	5%	7% f	3%	5%	2%	5%	4%	4%	
NET: Agree		874	407	465	349	313	212	37	123	69	97	72	70	169	141	95	
		43%	41%	45%	57% bc	47% c	28%	38% cf	46% cf	34%	46% cf	41% f	31%	53% acefh	43% cf	46% cf	
NET: Disagree		1073	562	505	230	329	513	58	129	117	108	95	151	134	175	104	
		53%	56% b	49%	37%	49% a	68% ab	59% g	49%	58% bg	51% g	54% g	67% bdeghi	42%	53% g	50%	
Base for stats		1946	969	970	579	642	725	95	253	185	206	168	221	303	317	200	
Mean Score		2.34	2.28	2.40	2.69	2.44	1.98	2.19	2.39	2.21	2.42	2.24	2.04	2.59	2.37	2.38	
			a	a	bc	c		f	f	cf	cf			abcefhi	f	f	
Standard Deviation		1.095	1.128	1.061	1.006	1.078	1.074	1.083	1.105	1.056	1.100	1.113	1.074	1.055	1.075	1.132	
Standard Error		.025	.037	.034	.040	.042	.041	.109	.068	.074	.076	.087	.078	.061	.060	.081	
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	370	36	94	95	42	37	66	225	145	307	12	30	9	3	5	58
		18%	24% fh	20% fh	20% fh	17% fh	18% fh	14% fh	20% fh	15% fh	18% fh	21% fh	27% ad	14% fh	30% fh	37% fh	23% a
Tend to agree	(3.0)	504	50	131	135	66	55	68	316	188	405	17	44	24	2	3	90
		25%	33% fh	28% fh	28% fh	26% fh	27% fh	14% fh	29% fh	20% f	23% fh	31% fh	40% a	36% a	27% fh	22% fh	36% a
Tend to disagree	(2.0)	494	41	113	114	73	52	101	269	225	429	16	24	15	2	2	59
		24%	28% fh	24% fh	24% fh	29% f	26% fh	21% fh	24% fh	24% fh	24% fh	29% fh	21% fh	23% fh	22% fh	18% fh	23% fh
Strongly disagree	(1.0)	578	21	116	112	61	46	222	249	329	539	8	9	14	1	3	35
		28%	14% a	25% a	23% a	24% a	23% a	46% abcdegh	23% a	35% abcdeg	31% bcg	15% fh	8% fh	22% c	10% fh	24% fh	14% fh
Don't know		93	2	17	23	9	13	28	43	50	76	2	4	3	1	-	10
		5%	2% a	4% a	5% a	4% a	6% a	6% a	4% a	5% a	4% a	3% a	4% a	5% a	12% a	- a	4% a
NET: Agree		874	85	225	231	108	92	133	541	333	712	29	74	32	5	8	148
		43%	57% bdefh	48% fh	48% fh	43% fh	45% fh	28% fh	49% fh	36% f	41% fh	53% fh	67% ad	50% ad	57% fh	58% fh	59% a
NET: Disagree		1073	62	230	226	133	98	323	518	555	968	24	33	29	3	6	94
		53%	41% a	49% a	47% a	53% a	48% a	67% abcdegh	47% abcdeg	59% abceg	55% cg	44% fh	29% fh	45% c	32% fh	42% fh	37% fh
Base for stats		1946	148	454	457	242	190	457	1058	888	1679	53	107	62	8	14	242
Mean Score		2.34	2.68 bcdefgh	2.44 fh	2.47 fh	2.37 fh	2.43 fh	1.95 fh	2.49 fh	2.17 f	2.29 a	2.62 a	2.89 ad	2.43 ad	2.86 fh	2.71 fh	2.70 a
Standard Deviation		1.095	.997	1.084	1.076	1.045	1.063	1.100	1.071	1.100	1.101	1.002	.912	1.004	1.083	1.237	.991
Standard Error		.025	.082	.052	.050	.067	.075	.053	.033	.037	.027	.136	.088	.128	.361	.319	.063
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.13	.10	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week		Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work		NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed								Student		Retired	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293	
2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
370	209	83	56	139	30	31	139	31	14	13	21	21	23	47	61	
18%	17%	23%	18%	20%	18%	25%	23%	15%	22%	19%	19%	18%	13%	12%	21%	
		a		a	j	dij	dij		j		j			ij		
504	234	124	116	240	41	47	180	64	10	18	21	45	26	53	88	
25%	19%	35%	36%	35%	25%	38%	30%	32%	16%	26%	19%	38%	15%	13%	30%	
		a	a	a	ij	aegij	egij	egij		ij		acegij			egij	
494	313	78	77	155	53	26	140	55	17	19	30	29	32	93	79	
24%	25%	22%	24%	23%	32%	21%	23%	27%	27%	28%	27%	25%	19%	23%	27%	
					bcij										i	
578	445	61	59	120	36	16	132	42	17	16	31	12	78	198	52	
28%	35%	17%	19%	18%	22%	13%	22%	21%	28%	24%	28%	10%	45%	49%	18%	
					h		bh	h	bh	h	bhk		abcdeghk	abcdeghk	h	
93	54	13	10	23	6	4	17	10	5	2	8	11	13	16	10	
5%	4%	4%	3%	3%	4%	3%	3%	5%	7%	3%	7%	9%	8%	4%	4%	
											c	abcjk	ck			
874	443	207	172	379	71	77	320	95	23	31	42	66	49	100	149	
43%	35%	58%	54%	56%	43%	63%	53%	47%	38%	45%	38%	56%	28%	25%	51%	
		a	a	a	ij	acdefgijk	aegij	ij	j	ij	j	aegij			gij	
1073	758	139	137	276	89	43	272	97	34	35	61	41	110	291	132	
53%	60%	39%	43%	41%	53%	34%	45%	48%	55%	52%	55%	35%	64%	71%	45%	
					bch		bh	bh	bh	bh	bch		bcdhk	abcdeghk	bh	
1946	1201	346	309	655	160	120	591	192	58	65	103	107	159	391	280	
2.34	2.17	2.66	2.55	2.61	2.41	2.77	2.55	2.43	2.34	2.41	2.31	2.71	1.96	1.87	2.56	
		a	a	a	ij	acdefgij	gij	ij	ij	ij	ij	adefgij			gij	
1.095	1.110	1.028	.999	1.015	1.036	.986	1.080	1.005	1.149	1.072	1.115	.908	1.111	1.054	1.028	
.025	.031	.060	.061	.043	.081	.090	.044	.073	.151	.132	.106	.081	.088	.056	.061	
*	*	*	*	*	.01	.01	*	.01	.02	.02	.01	.01	.01	*	*	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		Nature of working location						Nature of working hours						Number of people in household including self					
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759	
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	370	98	86	27	7	113	105	114	62	35	9	97	123	35	219	95	22	335
		18%	22%	21%	18%	27%	20%	23%	21%	24%	20%	22%	22%	21%	13%	19%	18%	24%	19%
															a	a	a	a	
Tend to agree	(3.0)	504	121	128	48	4	177	125	145	93	55	11	149	156	51	261	164	29	453
		25%	28%	32%	31%	17%	32%	27%	27%	35%	31%	30%	34%	27%	19%	22%	32%	32%	26%
										af			af			abe	ab	ab	
Tend to disagree	(2.0)	494	117	88	37	8	126	124	142	58	40	10	98	152	64	264	147	19	431
		24%	27%	22%	24%	29%	23%	27%	26%	22%	23%	26%	22%	26%	24%	23%	29%	21%	24%
																b			
Strongly disagree	(1.0)	578	91	82	35	7	117	99	128	40	40	7	81	135	108	368	93	10	471
		28%	21%	21%	23%	27%	21%	21%	24%	15%	23%	18%	18%	23%	40%	32%	18%	11%	27%
									be				b		bcde	cde		cd	
Don't know		93	12	14	6	-	21	12	15	10	7	1	17	17	14	53	16	10	79
		5%	3%	4%	4%	-	4%	3%	3%	4%	4%	3%	4%	3%	5%	5%	3%	11%	4%
																	abce		
NET: Agree		874	219	214	75	12	289	231	259	155	90	20	246	279	85	479	259	50	789
		43%	50%	54%	49%	44%	52%	49%	48%	59%	51%	52%	56%	48%	32%	41%	50%	56%	45%
										af			af			a	abe	abe	a
NET: Disagree		1073	208	170	73	15	243	223	270	98	80	17	179	287	171	632	240	30	901
		53%	47%	43%	47%	56%	44%	48%	50%	37%	45%	45%	41%	49%	63%	54%	47%	33%	51%
									be				be		bcde	cd	d		d
Base for stats	1946	427	384	148	27	532	454	529	254	171	37	425	566	256	1111	499	80	1690	
Mean Score	2.34	2.53	2.57	2.46	2.44	2.54	2.52	2.46	2.70	2.50	2.58	2.62	2.47	2.05	2.30	2.52	2.77	2.39	
									af			af			a	abe	abce	ab	
Standard Deviation	1.095	1.067	1.058	1.047	1.177	1.055	1.073	1.080	1.012	1.066	1.052	1.038	1.078	1.076	1.125	1.002	.994	1.092	
Standard Error	.025	.051	.054	.087	.222	.046	.050	.047	.064	.082	.169	.051	.045	.066	.034	.046	.110	.027	
Error variance	*	*	*	.01	.05	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		2039	1366	272	358	65	1358	611	77	1617	422	1683	320
Total		2039	1377	258	362	64	1368	605	73	1611	428	1704	302
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	370	247	61	54	14	247	114	13	297	73	309	56
		18%	18%	23%	15%	22%	18%	19%	18%	18%	17%	18%	18%
		b	b	bd									
Tend to agree	(3.0)	504	323	63	60	16	365	125	12	418	86	417	75
		25%	23%	24%	16%	25%	27%	21%	17%	26%	20%	24%	25%
		b		b			be			b			
Tend to disagree	(2.0)	494	341	58	88	16	322	149	12	394	100	433	55
		24%	25%	22%	24%	24%	24%	25%	17%	24%	23%	25%	18%
												b	
Strongly disagree	(1.0)	578	409	62	146	16	376	194	29	432	146	481	95
		28%	30%	24%	40%	25%	28%	32%	40%	27%	34%	28%	31%
			a		acde			ad	ad		a		
Don't know		93	58	15	14	2	58	24	6	70	23	64	22
		5%	4%	6%	4%	3%	4%	4%	8%	4%	5%	4%	7%
												a	
NET: Agree		874	569	123	114	30	611	239	26	715	159	726	131
		43%	41%	48%	31%	47%	45%	39%	35%	44%	37%	43%	43%
		b		be		b	be	b		b			
NET: Disagree		1073	750	120	234	32	699	343	41	826	246	914	149
		53%	54%	46%	65%	50%	51%	57%	57%	51%	58%	54%	49%
			a		acde			ad			a		
Base for stats		1946	1319	243	348	62	1310	582	67	1541	405	1640	280
Mean Score		2.34	2.31	2.50	2.06	2.45	2.37	2.27	2.14	2.38	2.21	2.34	2.33
		b		bef		b	b	b		b			
Standard Deviation		1.095	1.099	1.124	1.100	1.114	1.088	1.122	1.186	1.087	1.119	1.090	1.139
Standard Error		.025	.030	.070	.059	.140	.030	.046	.141	.028	.056	.027	.066
Error variance		*	*	*	*	.02	*	*	.02	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		Number of days active										Life satisfaction score				Covid-19 related worries					
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d	
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443	
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	370	61	49	67	56	46	35	12	43	218	90	131	106	87	44	74	71	124	99
			18%	15%	20%	22% a	18%	18%	19%	17%	17%	19%	18%	23% bc	17%	14%	22% c	19%	18%	16%	22% c
Tend to agree		(3.0)	504	54	58	85	101	80	47	23	56	324	126	143	158	152	40	84	118	198	94
			25%	13%	24% a	28% a	31% abhj	31% ah	26% a	33% a	22% a	29% ah	25% a	25%	25%	25%	20%	22%	30% ad	26% d	21% d
Tend to disagree		(2.0)	494	80	62	79	81	67	48	9	69	289	126	119	169	160	38	89	104	200	92
			24%	20%	25% g	26% ag	25% g	26% ag	26% g	13%	27% ag	26% ag	25% g	21%	27% ad	27% ad	19%	23%	26% d	26% d	20%
Strongly disagree		(1.0)	578	183	71	62	65	56	45	19	77	254	141	161	161	183	66	121	83	217	145
			28%	45% bcdefghij	29% cdi	20%	20%	22%	25%	27%	30%	23%	28% cdi	28%	26%	31%	34% b	32% b	21%	28% b	32% b
Don't know			93	29	8	11	17	6	7	6	8	43	21	24	28	18	8	12	17	26	24
			5%	7% behi	3%	4%	5%	2%	4%	9% behi	3%	4%	4%	4%	5%	3%	4%	3%	4%	3%	5%
NET: Agree			874	116	107	152	157	126	82	35	99	542	216	273	264	239	84	158	190	323	192
			43%	28%	43% a	50% ah	49% ah	49% ah	45% a	51% a	39% a	48% ah	43% a	47% c	42%	40%	43%	42%	48%	42%	42%
NET: Disagree			1073	263	133	141	146	123	93	28	146	543	267	279	330	343	104	209	187	416	238
			53%	65% bcdefgij	54%	46%	46%	48%	51%	40%	57% cdegi	48%	53% d	48%	53%	57% a	53%	55% b	48%	54% b	52%
Base for stats		1946	379	240	293	303	249	175	63	245	1085	483	552	594	582	188	367	377	739	430	
Mean Score		2.34	1.98	2.35	2.54	2.49	2.46	2.41	2.45	2.27	2.47	2.34	2.44	2.35	2.24	2.33	2.30	2.47	2.31	2.34	
				a	ahj	ah	ah	a	a	a	ahj	a	c					ac			
Standard Deviation		1.095	1.131	1.110	1.065	1.027	1.037	1.081	1.114	1.086	1.059	1.089	1.142	1.062	1.056	1.182	1.129	1.036	1.067	1.167	
Standard Error		.025	.058	.072	.062	.059	.065	.082	.143	.070	.032	.050	.048	.044	.045	.088	.058	.053	.040	.057	
Error variance		*	*	.01	*	*	*	.01	.02	*	*	*	*	*	*	.01	*	*	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

			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		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	370	121	66	181	225	88
		18%	19%	10%	25%	23%	15%
			b		ab	b	
Tend to agree	(3.0)	504	207	115	177	283	149
		25%	32%	18%	24%	29%	25%
			bc		b		
Tend to disagree	(2.0)	494	154	187	146	240	170
		24%	24%	30%	20%	24%	29%
				ac			
Strongly disagree	(1.0)	578	140	238	195	194	163
		28%	22%	38%	27%	20%	27%
				ac	a		a
Don't know		93	25	23	35	45	27
		5%	4%	4%	5%	5%	4%
NET: Agree		874	328	181	358	509	236
		43%	51%	29%	49%	52%	40%
			b		b	b	
NET: Disagree		1073	294	425	341	434	333
		53%	45%	68%	46%	44%	56%
				ac			a
Base for stats		1946	622	605	699	943	569
Mean Score		2.34	2.50	2.01	2.49	2.57	2.28
			b		b	b	
Standard Deviation		1.095	1.044	1.009	1.152	1.065	1.042
Standard Error		.025	.042	.041	.044	.034	.044
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	399	201	198	145	133	120	15	54	22	44	21	33	83	72	54
		20%	20%	19%	24%	20%	16%	15%	20%	11%	21%	12%	15%	26%	22%	26%
					c				ce		ce			acef	cef	acef
Tend to agree	(3.0)	654	302	349	213	233	207	33	89	64	63	70	63	93	114	65
		32%	30%	34%	35%	35%	27%	34%	33%	32%	30%	39%	28%	29%	35%	31%
					c	c						dfg				
Tend to disagree	(2.0)	470	232	233	137	145	188	29	51	51	56	37	56	71	78	41
		23%	23%	23%	22%	22%	25%	30%	19%	25%	26%	21%	25%	22%	24%	20%
								bi								
Strongly disagree	(1.0)	440	235	203	86	136	219	18	62	53	43	44	67	58	53	42
		22%	24%	20%	14%	20%	29%	19%	23%	27%	20%	25%	30%	18%	16%	20%
			b			a	ab		h	gh		h	adghi			
Don't know		77	24	53	35	20	21	3	11	11	7	4	6	14	13	7
		4%	2%	5%	6%	3%	3%	3%	4%	5%	3%	3%	3%	4%	4%	3%
				a	bc											
NET: Agree		1052	503	546	358	367	327	48	142	86	107	91	97	176	187	119
		52%	51%	53%	58%	55%	43%	49%	53%	43%	50%	51%	43%	55%	56%	57%
					c	c			cf					cf	cf	cf
NET: Disagree		910	468	436	222	281	407	47	113	104	99	81	123	129	131	82
		45%	47%	42%	36%	42%	54%	48%	43%	52%	46%	46%	54%	40%	40%	40%
			b			a	ab			bghi			bghi			
Base for stats		1962	971	983	581	648	734	95	255	189	206	172	220	305	318	201
Mean Score		2.51	2.48	2.55	2.72	2.56	2.31	2.46	2.52	2.29	2.53	2.39	2.29	2.66	2.65	2.65
					bc	c			cf		cf			cef	cef	cef
Standard Deviation		1.051	1.072	1.032	.999	1.039	1.068	.974	1.077	1.000	1.050	1.004	1.060	1.075	1.010	1.086
Standard Error		.024	.035	.033	.040	.041	.041	.098	.066	.070	.073	.077	.077	.062	.056	.077
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	.01	*	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	399	38	108	100	47	29	77	245	153	327	12	35	11	3	6	68
		20%	25%	23%	21%	19%	15%	16%	22%	16%	19%	23%	32%	17%	30%	46%	27%
			efh	efh	h				efh				ad				a
Tend to agree	(3.0)	654	50	156	166	84	73	125	372	282	565	18	30	22	3	4	77
		32%	33%	33%	35%	34%	36%	26%	34%	30%	32%	34%	27%	34%	33%	31%	31%
				f	f	f	f		f								
Tend to disagree	(2.0)	470	33	105	102	61	51	117	240	229	411	12	24	14	2	1	53
		23%	22%	22%	21%	24%	25%	24%	22%	24%	23%	23%	21%	22%	26%	5%	21%
Strongly disagree	(1.0)	440	25	90	92	49	40	146	206	234	395	9	13	15	1	2	41
		22%	17%	19%	19%	19%	20%	30%	19%	25%	22%	16%	12%	23%	12%	18%	16%
							abcdegh		abcg		cg						
Don't know		77	4	13	20	10	9	20	38	39	57	2	8	3	-	-	14
		4%	3%	3%	4%	4%	5%	4%	3%	4%	3%	4%	8%	5%	-	-	5%
													a				
NET: Agree		1052	88	263	266	131	102	202	617	435	892	31	65	33	5	10	145
		52%	59%	56%	55%	52%	50%	42%	56%	46%	51%	57%	59%	51%	62%	77%	57%
			fh	fh	fh	f	f		fh								a
NET: Disagree		910	58	195	194	110	91	262	447	463	806	21	37	29	3	3	94
		45%	39%	41%	40%	44%	45%	54%	41%	49%	46%	39%	33%	45%	38%	23%	37%
								abcdeg		abcg		cg					
Base for stats		1962	146	458	459	241	193	465	1064	899	1698	52	103	62	9	14	239
		2.51	2.69	2.61	2.60	2.54	2.47	2.29	2.62	2.39	2.49	2.66	2.85	2.47	2.80	3.05	2.72
			efh	fh	fh	f	f		fh				ad				a
Standard Deviation		1.051	1.040	1.049	1.037	1.023	.987	1.079	1.042	1.050	1.049	1.030	1.044	1.050	1.053	1.149	1.055
		.024	.086	.050	.048	.065	.069	.051	.032	.035	.026	.140	.103	.134	.333	.297	.068
		*	.01	*	*	*	*	*	*	*	*	*	.02	.01	.02	.11	.09

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		Children aged 15 or under in the household				Current employment status											
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total		2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	399	225	86	68	154	42	28	129	35	11	14	21	23	33	61	70
		20%	18%	24%	21%	23%	25%	23%	21%	18%	18%	21%	19%	20%	19%	15%	24%
				a		a	j	j	j								j
Tend to agree	(3.0)	654	360	129	127	255	60	50	219	72	18	19	34	42	36	104	110
		32%	29%	36%	40%	38%	36%	40%	36%	36%	28%	28%	30%	36%	21%	25%	38%
				a	a	a	ij	ij	ij	ij				ij			ij
Tend to disagree	(2.0)	470	307	78	62	140	30	19	141	55	13	14	25	30	35	108	49
		23%	24%	22%	19%	21%	18%	15%	23%	27%	21%	20%	22%	25%	20%	27%	17%
									k	abk				k		abk	
Strongly disagree	(1.0)	440	318	57	53	110	32	23	109	30	16	15	26	13	50	126	55
		22%	25%	16%	17%	16%	19%	18%	18%	15%	26%	22%	24%	11%	29%	31%	19%
			bcd				h				dh	h	dh		abcdhk	abcdhk	h
Don't know		77	44	8	10	18	2	4	10	9	5	6	5	10	17	8	6
		4%	4%	2%	3%	3%	1%	3%	2%	5%	7%	8%	5%	8%	10%	2%	2%
									c		acjk	acjk	c	acjk	abcdjk		
NET: Agree		1052	585	215	194	409	102	78	348	108	29	33	55	65	70	165	180
		52%	47%	60%	61%	60%	61%	63%	57%	53%	46%	49%	50%	55%	40%	41%	62%
				a	a	a	ej	egij	ij	ij				ij			efgij
NET: Disagree		910	626	136	115	250	62	42	250	85	29	29	51	43	86	234	104
		45%	50%	38%	36%	37%	37%	34%	41%	42%	47%	43%	46%	36%	50%	57%	36%
			bcd												abchk	abcdfghk	
Base for stats		1962	1211	351	309	660	164	120	599	192	58	62	106	108	155	399	284
Mean Score		2.51	2.41	2.70	2.68	2.69	2.68	2.70	2.61	2.59	2.41	2.51	2.47	2.70	2.34	2.25	2.69
				a	a	a	ij	ij	ij	ij				ij			ij
Standard Deviation		1.051	1.067	1.017	1.002	1.009	1.062	1.034	1.017	.961	1.095	1.099	1.076	.945	1.144	1.063	1.049
Standard Error		.024	.030	.059	.061	.042	.082	.095	.041	.070	.144	.140	.101	.084	.092	.056	.062
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
399	91	88	27	4	115	95	120	59	29	6	88	125	42	225	104	27	356
20%	21%	22%	17%	14%	21%	20%	22%	22%	16%	14%	20%	22%	16%	19%	20%	30%	20%
																abce	
654	149	152	53	9	205	158	187	94	72	13	166	200	81	362	182	29	573
32%	34%	38%	34%	33%	37%	34%	34%	36%	40%	33%	38%	34%	30%	31%	35%	33%	32%
470	119	79	31	7	110	126	129	57	38	11	95	140	60	272	122	16	410
23%	27%	20%	20%	27%	20%	27%	24%	22%	21%	30%	22%	24%	22%	23%	24%	18%	23%
	be					be											
440	74	67	37	7	104	81	96	47	31	9	78	105	76	268	90	6	364
22%	17%	17%	24%	25%	19%	17%	18%	18%	17%	23%	18%	18%	28%	23%	17%	7%	21%
													cde	cd	d		d
77	7	12	7	-	19	7	12	6	9	-	15	12	10	37	18	11	66
4%	2%	3%	5%	-	3%	1%	2%	2%	5%	-	3%	2%	4%	3%	3%	13%	4%
			af						af							abce	
1052	240	240	79	13	320	252	307	153	101	18	254	325	123	587	286	56	929
52%	55%	60%	52%	48%	58%	54%	56%	58%	57%	48%	57%	56%	46%	50%	55%	63%	53%
															a	ab	a
910	193	146	68	14	214	207	225	105	68	20	173	245	137	540	212	22	774
45%	44%	37%	44%	52%	39%	44%	41%	40%	38%	52%	39%	42%	51%	46%	41%	25%	44%
	b					b							cde	cd	d		d
1962	433	387	147	27	534	459	532	258	169	38	426	570	260	1127	497	79	1703
2.51	2.59	2.67	2.47	2.37	2.62	2.58	2.62	2.64	2.58	2.39	2.62	2.61	2.34	2.48	2.60	2.98	2.54
		c													ab	abce	a
1.051	1.004	1.012	1.058	1.031	1.028	1.006	1.024	1.030	.974	1.005	1.008	1.024	1.070	1.061	1.010	.939	1.046
.024	.048	.052	.088	.195	.045	.047	.044	.065	.075	.159	.049	.043	.065	.032	.046	.106	.025
*	*	*	.01	.04	*	*	*	*	.01	.03	*	*	*	*	*	.01	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

			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		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320	
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	399	72	278	61	64	14	263	125	13	327	72	341	50
			20%	21%	20%	24%	18%	21%	19%	21%	18%	20%	17%	20%	17%
Tend to agree		(3.0)	654	122	436	82	111	21	445	193	19	530	124	552	96
			32%	36%	32%	32%	31%	33%	33%	32%	26%	33%	29%	32%	32%
Tend to disagree		(2.0)	470	79	319	57	68	13	331	126	12	361	109	397	66
			23%	23%	23%	22%	19%	20%	24% b	21%	16%	22%	25%	23%	22%
Strongly disagree		(1.0)	440	56	300	47	107	14	285	144	23	334	107	362	72
			22%	17%	22% a	18%	29% ade	21%	21%	24% ad	31%	21%	25%	21%	24%
Don't know			77	8	45	11	12	3	45	18	6	60	16	52	18
			4%	2%	3%	4%	3%	4%	3%	3%	8% bde	4%	4%	3%	6% a
NET: Agree			1052	194	714	143	175	35	708	318	32	856	196	893	146
			52%	57%	52%	55%	48%	54%	52%	52%	44%	53% b	46%	52%	48%
NET: Disagree			910	135	618	104	175	27	615	270	34	695	215	759	138
			45%	40%	45%	40%	48%	41%	45%	45%	47%	43% a	50%	45%	46%
Base for stats			1962	330	1332	247	350	62	1323	588	66	1551	412	1652	285
Mean Score			2.51	2.64	2.52	2.64 bf	2.38	2.57	2.52 b	2.51	2.33	2.55 b	2.39	2.53	2.44
Standard Deviation			1.051	1.006	1.057	1.056	1.103	1.072	1.038	1.080	1.146	1.049	1.053	1.049	1.054
Standard Error			.024	.056	.029	.066	.059	.136	.029	.044	.137	.027	.052	.026	.061
Error variance			*	*	*	*	*	.02	*	*	.02	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		Number of days active										Life satisfaction score				Covid-19 related worries					
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d	
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443	
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	399	76	43	72	72	49	32	11	43	236	86	137	107	105	44	67	71	131	126
			20%	19%	17%	24% hj	22%	19%	18%	16%	17%	21%	17%	24% bc	17%	17%	22%	18%	18%	17%	28% abc
Tend to agree		(3.0)	654	92	96	112	116	93	54	22	69	416	146	191	221	186	47	105	138	275	124
			32%	23%	39% ahj	37% ahj	36% ahj	36% ahj	30%	32%	27%	37% ahj	29% a	33% d	36% d	31%	24%	28%	35% ad	36% ad	27% ad
Tend to disagree		(2.0)	470	85	58	69	72	63	47	16	58	262	122	98	154	166	44	99	103	192	68
			23%	21%	24%	23%	22%	25%	26%	24%	23%	23%	24%	17%	25% a	28% a	22%	26% d	26% d	25% d	15%
Strongly disagree		(1.0)	440	131	42	43	47	47	41	16	75	178	132	132	119	129	55	96	71	145	119
			22%	32% bcdefi	17%	14%	15%	18%	23% cdi	23%	30% bcdei	16% bcdei	26% bcdei	23%	19%	21%	28% b	25% bc	18%	19%	26% bc
Don't know			77	23	9	8	15	4	6	4	9	36	18	19	20	14	7	11	12	22	16
			4%	6% ei	4%	3%	5% e	1%	3%	5%	3%	3%	4%	3%	3%	2%	4%	3%	3%	3%	3%
NET: Agree			1052	168	139	184	187	142	87	33	112	652	232	328	329	291	90	172	209	406	251
			52%	41%	56% ahj	61% afhj	58% afhj	55% ahj	48%	48%	44%	58% afhj	46%	57% cd	53%	48%	46%	45%	53% a	53% a	55% a
NET: Disagree			910	216	100	112	118	110	89	32	133	440	254	229	273	295	99	196	173	337	188
			45%	53% bcdei	40%	37%	37%	43%	49% cdi	46%	52% bcdei	39% bcdi	50%	40%	44%	49% a	50% a	52% bcd	44%	44%	41%
Base for stats			1962	384	239	296	306	252	176	66	245	1092	486	558	602	586	189	367	382	743	438
Mean Score			2.51	2.30	2.59	2.72	2.69	2.57	2.44	2.44	2.33	2.65	2.38	2.60	2.53	2.46	2.42	2.39	2.55	2.53	2.59
					ahj	afghj	afhj	ahj				afhj		c					a	a	a
Standard Deviation			1.051	1.136	.975	.991	.995	1.005	1.045	1.041	1.089	.993	1.067	1.099	1.001	1.023	1.137	1.062	.996	.997	1.169
Standard Error			.024	.058	.063	.057	.063	.079	.131	.070	.030	.049		.046	.041	.043	.084	.055	.050	.037	.057
Error variance			*	*	*	*	*	*	.01	.02	*	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

			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		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	399	121	66	209	244	86
		20%	19%	10%	28%	25%	15%
		b		ab	b		
Tend to agree	(3.0)	654	213	168	267	355	184
		32%	33%	27%	36%	36%	31%
		b		b	b		
Tend to disagree	(2.0)	470	167	176	123	198	169
		23%	26%	28%	17%	20%	28%
		c		c		a	
Strongly disagree	(1.0)	440	127	199	107	160	129
		22%	20%	32%	15%	16%	22%
		c		ac		a	
Don't know		77	19	20	28	31	28
		4%	3%	3%	4%	3%	5%
NET: Agree		1052	334	234	475	599	270
		52%	52%	37%	65%	61%	45%
		b		ab	b		
NET: Disagree		910	294	374	230	358	298
		45%	45%	60%	31%	36%	50%
		c		ac		a	
Base for stats		1962	628	608	705	957	568
Mean Score		2.51	2.52	2.17	2.82	2.72	2.40
			b		ab	b	
Standard Deviation		1.051	1.020	1.005	1.022	1.024	1.000
Standard Error		.024	.041	.041	.039	.033	.042
Error variance		*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q10a. On average, how much physical activity and exercise does each child in your household do 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.**

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	585	198	386	249	296	40	32	74	57	73	43	45	93	108	60
Total	678	229	448	280	346	52	35	84	62	81	53	58	112	123	71
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	88 13%	35 15%	53 12%	35 12%	44 13%	9 18%	6 18% i	9 10%	8 13%	8 10%	9 16%	9 16%	20 18% i	15 12%	4 5%
Some, but less than half an hour	271 40%	85 37%	187 42%	118 42%	134 39%	19 37%	14 40%	32 38%	24 39%	37 46% f	21 40%	14 25%	49 44% f	49 40%	31 43%
Between half an hour and an hour	222 33%	77 34%	144 32%	86 31%	120 35%	16 30%	10 28%	30 36%	22 35%	22 28%	16 30%	19 33%	30 27%	46 37%	27 38%
An hour or more	97 14%	32 14%	65 14%	41 15%	48 14%	8 15%	4 13%	14 16%	8 13%	14 17%	7 14%	15 27% gh	12 11%	13 11%	10 14%
NET: Some	590 87%	194 85%	395 88%	245 88%	302 87%	43 82%	28 82%	76 90%	54 87%	73 90%	44 84%	49 84%	92 82%	108 88%	67 95% ag

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q10a. On average, how much physical activity and exercise does each child in your household do 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.**

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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g
Unweighted Total	585	52	182	142	89	73	47	376	209	473	19	52	33	-	3	107
Total	678	60	215	166	100	82	54	441	236	549	23	59	38	-	4	123
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nothing	88	5	20	26	10	24	2	51	36	68	-	12	5	-	2	19
	13%	8%	9%	16%	10%	29%	4%	12%	15%	12%	-	21%	12%	-	67%	16%
				f		abcdfgh			f							
Some, but less than half an hour	271	29	80	65	43	25	29	175	97	213	12	29	14	-	-	55
	40%	48%	37%	39%	43%	31%	53%	40%	41%	39%	52%	50%	36%	-	-	45%
							e									
Between half an hour and an hour	222	24	85	47	32	19	15	156	65	187	7	10	13	-	1	32
	33%	40%	39%	28%	31%	24%	27%	35%	28%	34%	33%	18%	34%	-	33%	26%
		e	ceh							c						
An hour or more	97	3	30	27	15	14	9	59	38	80	4	7	7	-	-	17
	14%	4%	14%	16%	15%	17%	17%	13%	16%	15%	16%	11%	18%	-	-	14%
				a	a	a	a		a							
NET: Some	590	56	195	140	90	58	52	390	200	481	23	46	33	-	1	104
	87%	92%	91%	84%	90%	71%	96%	88%	85%	88%	100%	79%	88%	-	33%	84%
		e	e	e	e		ceh	e	e							

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q10a. On average, how much physical activity and exercise does each child in your household do 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.**

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
Significance Level: 95%		*a	b	c	d	a	b	c	d	*e	*f	g	*h	i	*j	k
Unweighted Total	585	-	308	277	585	68	51	231	83	20	11	30	28	55	8	119
Total	678	-	359	319	678	78	59	270	97	23	13	35	29	64	10	137
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	88	-	58	30	88	17	4	39	10	2	1	4	3	7	-	20
	13%	-	16%	9%	13%	22%	6%	15%	10%	9%	8%	13%	10%	11%	-	15%
			c				b									
Some, but less than half an hour	271	-	140	131	271	25	29	94	38	10	8	14	16	27	9	55
	40%	-	39%	41%	40%	33%	49%	35%	39%	45%	63%	39%	57%	43%	87%	40%
Between half an hour and an hour	222	-	108	114	222	27	18	100	32	5	4	9	8	20	-	45
	33%	-	30%	36%	33%	34%	31%	37%	33%	20%	29%	24%	26%	31%	-	33%
An hour or more	97	-	53	44	97	9	8	36	17	6	-	8	2	9	1	17
	14%	-	15%	14%	14%	11%	14%	13%	17%	25%	-	24%	7%	15%	13%	13%
NET: Some	590	-	301	289	590	61	56	231	87	21	12	31	26	56	10	117
	87%	-	84%	91%	87%	78%	94%	85%	90%	91%	92%	87%	90%	89%	100%	85%
				b			a									

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q10a. On average, how much physical activity and exercise does each child in your household do 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.**

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
585	167	145	57	10	202	177	190	120	54	17	174	207	4	243	293	45	581
678	194	172	66	11	238	205	222	140	63	19	203	241	5	285	338	50	673
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
88	36	14	1	1	16	37	34	12	6	2	18	36	1	37	40	9	86
13%	19%	8%	2%	10%	7%	18%	15%	9%	9%	12%	9%	15%	23%	13%	12%	18%	13%
	bce					bce											
271	63	72	31	6	103	69	79	60	24	10	85	89	2	119	132	17	269
40%	32%	42%	47%	58%	44%	34%	35%	43%	39%	52%	42%	37%	50%	42%	39%	35%	40%
			a		a												
222	67	62	24	2	86	69	75	50	24	4	74	79	1	84	121	15	220
33%	34%	36%	37%	21%	36%	34%	34%	36%	38%	24%	37%	33%	27%	30%	36%	29%	33%
97	29	23	10	1	33	30	35	18	9	2	26	38	-	44	44	9	97
14%	15%	13%	14%	11%	14%	15%	16%	13%	14%	12%	13%	16%	-	16%	13%	18%	14%
590	158	157	65	10	222	168	189	128	57	17	185	205	4	248	297	41	586
87%	81%	92%	98%	90%	93%	82%	85%	91%	91%	88%	91%	85%	77%	87%	88%	82%	87%
		af	af		af												

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q10a. On average, how much physical activity and exercise does each child in your household do 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.**

BASE: All respondents who have children under 16

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%	a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	585	411	89	68	18	415	156	17	482	103	518	63
Total	678	478	101	80	21	481	180	20	557	120	600	73
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	88	66	12	8	3	64	22	1	75	13	75	12
	13%	14%	12%	10%	16%	13%	12%	6%	13%	11%	12%	16%
Some, but less than half an hour	271	173	44	28	7	190	73	6	227	44	245	24
	40%	36%	43%	35%	35%	40%	40%	29%	41%	37%	41%	33%
	b											
Between half an hour and an hour	222	158	36	33	8	154	63	12	183	38	195	25
	33%	33%	36%	42%	38%	32%	35%	59%	33%	32%	33%	34%
An hour or more	97	81	9	11	2	73	21	1	72	25	84	13
	14%	17%	9%	13%	11%	15%	12%	6%	13%	21%	14%	17%
		a								a		
NET: Some	590	412	89	71	18	417	158	19	482	108	525	61
	87%	86%	88%	90%	84%	87%	88%	94%	87%	89%	88%	84%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q10a. On average, how much physical activity and exercise does each child in your household do 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.**

BASE: All respondents who have children under 16

	Total	Number of days active										Life satisfaction score				Covid-19 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	*g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	585	75	77	95	112	77	56	25	68	361	149	156	183	172	63	92	117	226	137
Total	678	89	90	109	129	90	63	29	79	417	171	180	211	201	73	106	133	264	160
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	88 13%	23 26% dehij	13 14% e	15 14% e	11 8% f	4 4% fj	13 21% dei	2 8% f	7 9% f	42 10% fthj	22 13% e	20 11%	22 10%	25 13%	16 22% ab	11 10%	18 13%	32 12%	23 15%
Some, but less than half an hour	271 40%	38 43% fj	38 42% fj	55 51% fhj	51 40% f	40 44% fj	15 24% f	10 35% f	24 30% f	184 44% fthj	49 29%	68 38%	96 45%	77 38%	29 40%	40 38%	59 44% d	120 45% d	51 32%
Between half an hour and an hour	222 33%	15 17%	29 33% a	27 25% ac	49 38% a	35 38% a	25 40% a	13 46% a	28 36% a	140 34% a	66 39% ac	72 40% cd	70 33%	59 29%	18 24%	39 37%	42 32%	77 29%	58 37%
An hour or more	97 14%	13 14%	10 11%	12 11%	17 14%	12 13%	10 16%	3 12%	20 25% bci	51 12% i	33 19%	20 11%	23 11%	40 20% ab	10 14%	16 15%	15 11%	35 13%	28 17%
NET: Some	590 87%	66 74%	77 86%	94 86%	118 92% af	86 96% abcfj	50 79%	27 92%	72 91% a	375 90% af	149 87% a	160 89% d	189 90% d	176 87%	57 78%	95 90%	116 87%	232 88%	136 85%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q10a. On average, how much physical activity and exercise does each child in your household do 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.**

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	
	NET: More	About the same	NET: Less	Yes	No
Total	a	b	c	a	b
Unweighted Total	585	230	140	212	355
Total	678	265	163	247	412
	100%	100%	100%	100%	100%
Nothing	88	26	25	34	48
	13%	10%	15%	14%	12%
Some, but less than half an hour	271	105	71	95	171
	40%	40%	44%	39%	42%
Between half an hour and an hour	222	91	49	81	135
	33%	35%	30%	33%	33%
An hour or more	97	42	18	36	57
	14%	16%	11%	15%	14%
NET: Some	590	238	138	213	364
	87%	90%	85%	86%	88%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		585	198	386	249	296	40	32	74	57	73	43	45	93	108	60
Total		678	229	448	280	346	52	35	84	62	81	53	58	112	123	71
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	53	15	38	27	25	1	2	8	5	2	3	3	12	6	11
		8%	7%	8%	10%	7%	2%	6%	9%	9%	3%	6%	4%	11%	5%	15% dh
A bit more	(4.0)	124	57	67	61	57	6	8	19	11	17	6	6	25	14	18
		18%	25% b	15%	22%	16%	12%	22%	23%	17%	20%	12%	11%	22% h	12%	26% h
Neither more nor less	(3.0)	185	63	122	81	88	16	13	22	17	23	18	20	25	34	13
		27%	27%	27%	29%	25%	30%	38% i	26%	28%	29%	35% i	34%	22%	28%	18%
A bit less	(2.0)	149	43	105	61	79	9	6	23	13	23	10	9	19	33	13
		22%	19%	23%	22%	23%	18%	18%	27%	21%	29%	18%	15%	17%	27%	19%
A lot less	(1.0)	151	48	103	43	90	18	5	11	14	15	14	18	28	31	15
		22%	21%	23%	15%	26% a	35% a	16%	13%	23%	18%	26%	31% b	25% b	25% b	21%
Don't know		16	4	12	7	7	1	-	2	1	1	1	2	3	3	1
		2%	2%	3%	3%	2%	2%	-	2%	1%	1%	2%	4%	3%	3%	2%
NET: More		176	72	104	87	81	8	10	27	16	19	10	9	37	20	29
		26%	31% b	23%	31% bc	24%	15%	29%	32% h	26%	23%	18%	16%	33% fh	17%	41% defh
NET: Less		300	91	208	103	169	27	12	34	27	38	23	27	47	64	28
		44%	40%	47%	37%	49% a	53%	34%	40%	44%	47%	44%	46%	42%	52%	40%
Base for stats		662	225	435	272	338	51	35	82	61	80	52	55	109	119	69
Mean Score		2.66	2.77	2.61	2.88 bc	2.55	2.28	2.86	2.88 fh	2.66	2.61	2.54	2.40	2.76	2.42	2.95 fh
Standard Deviation		1.239	1.229	1.242	1.207	1.249	1.157	1.139	1.189	1.265	1.097	1.205	1.196	1.360	1.154	1.397
Standard Error		.052	.088	.064	.078	.073	.185	.201	.140	.169	.129	.186	.182	.143	.113	.182
Error variance		*	.01	*	.01	.01	.03	.04	.02	.03	.02	.03	.03	.02	.01	.03

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		585	52	182	142	89	73	47	376	209	473	19	52	33	-	3	107	
Total		678	60	215	166	100	82	54	441	236	549	23	59	38	-	4	123	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	
A lot more	(5.0)	53	9	15	12	5	5	7	36	16	36	3	9	5	-	-	17	
		8%	16% dh	7%	7%	5%	6%	12%	8%	7%	6%	11%	16% a	14%	-	-	14% a	
A bit more	(4.0)	124	11	39	40	14	13	6	90	33	93	2	19	9	-	1	31	
		18%	19%	18%	24% h	14%	16%	12%	20%	14%	17%	10%	32% a	23%	-	33%	25% a	
Neither more nor less		(3.0)	185	20	55	41	36	23	12	115	71	151	6	16	9	-	1	32
			27%	32%	25%	24%	36%	28%	22%	26%	30%	27%	27%	27%	24%	-	33%	26%
A bit less	(2.0)	149	13	46	31	23	21	15	90	59	130	6	5	6	-	1	18	
		22%	21%	21%	19%	22%	26%	28%	20%	25%	24% c	26%	8%	17%	-	33%	15%	
A lot less	(1.0)	151	7	55	38	22	16	13	100	51	127	6	9	7	-	-	22	
		22%	12%	26% a	23%	22%	20%	24%	23%	22%	23%	26%	15%	19%	-	-	18%	
Don't know		16	-	5	5	1	4	1	10	6	14	-	1	1	-	-	2	
		2%	-	2%	3%	1%	4%	2%	2%	3%	3%	-	2%	2%	-	-	2%	
NET: More		176	21	54	51	19	18	13	127	50	128	5	28	14	-	1	48	
		26%	35% dh	25%	31% dh	19%	22%	24%	29% h	21%	23%	21%	48% a	37%	-	33%	39% a	
NET: Less		300	20	101	69	44	38	28	190	110	256	12	14	13	-	1	40	
		44%	33%	47%	41%	44%	46%	52%	43%	47%	47% cg	52%	24%	36%	-	33%	33%	
Base for stats		662	60	210	161	99	78	53	431	230	535	23	57	37	-	4	121	
Mean Score		2.66	3.06 bdeh	2.59	2.73	2.57	2.60	2.59	2.71	2.59	2.59	2.54	3.25 a	2.97	-	3.00	3.02 a	
Standard Deviation		1.239	1.231	1.259	1.268	1.134	1.164	1.328	1.265	1.186	1.210	1.313	1.283	1.350	-	.955	1.313	
Standard Error		.052	.171	.094	.108	.121	.139	.196	.066	.083	.056	.301	.180	.239	-	.551	.128	
Error variance		*	.03	.01	.01	.01	.02	.04	*	.01	*	.09	.03	.06	-	.30	.02	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
585	-	308	277	585	68	51	231	83	20	11	30	28	55	8	119	
678	-	359	319	678	78	59	270	97	23	13	35	29	64	10	137	
100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
53	-	25	28	53	3	5	23	9	5	-	2	2	5	-	8	
8%	-	7%	9%	8%	4%	8%	8%	9%	20%	-	7%	7%	7%	-	6%	
124	-	66	57	124	15	11	53	14	4	7	6	8	6	-	26	
18%	-	18%	18%	18%	19%	19%	20%	15%	16%	54%	16%	28%	9%	-	19%	
185	-	108	77	185	22	21	78	29	2	1	4	7	19	3	43	
27%	-	30%	24%	27%	28%	35% g	29%	30%	10%	10%	12%	25%	29%	25%	31% g	
149	-	78	71	149	20	8	55	20	5	5	12	5	15	5	28	
22%	-	22%	22%	22%	25%	14%	20%	20%	24%	36%	33% b	17%	23%	49%	20%	
151	-	70	81	151	16	13	58	24	6	-	10	5	16	3	29	
22%	-	20%	25%	22%	21%	23%	21%	25%	27%	-	28%	16%	26%	26%	21%	
16	-	12	5	16	2	1	4	1	1	-	1	2	4	-	4	
2%	-	3%	1%	2%	3%	2%	1%	1%	4%	-	3%	7%	6% c	-	3%	
176	-	92	85	176	18	16	76	23	8	7	8	10	10	-	34	
26%	-	26%	27%	26%	23%	27%	28%	24%	35%	54%	23%	35%	16%	-	25%	
300	-	148	152	300	36	21	113	44	12	5	22	10	31	8	57	
44%	-	41%	48%	44%	46%	36%	42%	46%	50%	36%	61% bc	33%	49%	75%	42%	
662	-	347	315	662	75	58	267	96	22	13	34	27	60	10	133	
2.66	-	2.71	2.62	2.66	2.60	2.75	2.73	2.62	2.77	3.18	2.39	2.92	2.46	1.99	2.67	
1.239	-	1.197	1.283	1.239	1.153	1.244	1.244	1.268	1.552	.972	1.276	1.225	1.212	.750	1.191	
.052	-	.069	.078	.052	.142	.176	.082	.140	.356	.293	.237	.240	.168	.265	.111	
*	-	*	.01	*	.02	.03	.01	.02	.13	.09	.06	.06	.03	.07	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
585	167	145	57	10	202	177	190	120	54	17	174	207	4	243	293	45	581
678	194	172	66	11	238	205	222	140	63	19	203	241	5	285	338	50	673
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
53	17	17	6	1	23	18	20	14	7	-	21	20	1	17	29	6	52
8%	9%	10%	8%	11%	10%	9%	9%	10%	11%	-	10%	8%	24%	6%	8%	11%	8%
124	39	30	14	4	44	43	37	38	10	3	48	40	1	54	53	16	122
18%	20%	18%	21%	36%	19%	21%	17%	27% af	17%	17%	24%	17%	23%	19%	16%	31% ce	18%
185	59	44	20	2	64	61	71	31	19	5	50	76	-	83	88	14	185
27%	30%	26%	30%	21%	27%	30%	32%	22%	30%	24%	25%	31%	-	29%	26%	28%	28%
149	30	41	16	1	57	31	38	26	17	5	43	44	2	63	75	8	147
22%	15%	24% f	24%	11%	24% af	15%	17%	18%	27%	29%	21%	18%	52%	22%	22%	16%	22%
151	49	37	9	2	46	51	52	31	10	5	41	57	-	57	88	6	151
22%	25%	21%	14%	20%	19%	25%	23%	22%	15%	25%	20%	24%	-	20%	26% d	12%	22%
16	1	2	1	-	4	1	5	-	-	1	-	6	-	9	6	1	16
2%	1%	1%	2%	-	1%	1%	2%	-	-	5%	-	2% e	-	3%	2%	2%	2%
176	56	47	19	5	67	61	57	51	18	3	69	60	2	72	81	21	174
26%	29%	28%	29%	47%	28%	30%	25%	37% af	28%	17%	34% f	25%	48%	25%	24%	42% bce	26%
300	78	78	25	3	103	82	90	57	26	10	84	100	2	120	163	14	298
44%	40%	45%	38%	32%	43%	40%	41%	41%	42%	54%	41%	42%	52%	42%	48% d	28%	44% d
662	193	169	65	11	234	204	218	140	63	18	203	236	5	275	332	49	657
2.66	2.72	2.70	2.85	3.05	2.74	2.74	2.70	2.84	2.82	2.34	2.83	2.67	3.20	2.68	2.57	3.14 bce	2.66
1.239	1.280	1.271	1.176	1.375	1.244	1.284	1.255	1.317	1.220	1.083	1.285	1.245	1.465	1.188	1.270	1.193	1.237
.052	.099	.106	.157	.435	.088	.097	.092	.120	.166	.271	.097	.088	.733	.078	.075	.180	.052
*	.01	.01	.02	.19	.01	.01	.01	.01	.03	.07	.01	.01	.54	.01	.01	.03	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
				Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
Total		Yes	No							Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total		585	411	89	68	18	415	156	17	482	103	518	63
Total		678	478	101	80	21	481	180	20	557	120	600	73
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	53	36	12	6	-	35	16	1	44	9	48	4
		8%	8%	11%	7%	-	7%	9%	6%	8%	7%	8%	6%
A bit more	(4.0)	124	80	15	14	2	94	27	4	105	19	118	6
		18%	17%	15%	17%	11%	20%	15%	22%	19%	16%	20%	8%
												b	
Neither more nor less	(3.0)	185	120	22	20	7	133	45	2	151	34	162	21
		27%	25%	22%	25%	34%	28%	25%	12%	27%	28%	27%	28%
A bit less	(2.0)	149	111	29	21	6	97	50	5	120	29	131	18
		22%	23%	28%	27%	26%	20%	28%	23%	22%	24%	22%	24%
								d					
A lot less	(1.0)	151	120	20	19	6	109	38	7	126	25	127	22
		22%	25%	20%	24%	28%	23%	21%	36%	23%	21%	21%	31%
			a										
Don't know		16	11	3	-	-	13	3	-	11	5	13	2
		2%	2%	3%	-	-	3%	2%	-	2%	4%	2%	3%
NET: More		176	116	27	20	2	129	43	6	149	28	166	10
		26%	24%	27%	25%	11%	27%	24%	29%	27%	23%	28%	14%
												b	
NET: Less		300	231	49	40	12	206	88	12	246	54	259	40
		44%	48%	49%	51%	55%	43%	49%	59%	44%	45%	43%	55%
			a										
Base for stats		662	467	98	80	21	469	177	20	546	116	587	71
Mean Score		2.66	2.57	2.68	2.58	2.28	2.68	2.62	2.39	2.67	2.63	2.71	2.32
			b									b	
Standard Deviation		1.239	1.253	1.293	1.237	1.021	1.242	1.239	1.366	1.246	1.209	1.240	1.188
Standard Error		.052	.062	.139	.150	.241	.062	.100	.331	.057	.122	.055	.152
Error variance		*	*	.02	.02	.06	*	.01	.11	*	.01	*	.02

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			a	b	c	d	e	f	*g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		585	75	77	95	112	77	56	25	68	361	149	156	183	172	63	92	117	226	137
Total		678	89	90	109	129	90	63	29	79	417	171	180	211	201	73	106	133	264	160
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more		(5.0)	53 8%	3 4%	6 7% c	1 1%	7 5%	8 9%	10 16% acdi	6 20%	11 14% acdi	22 5% acdi	12 7%	8 4%	17 9%	16 21% abc	9 9%	10 7%	13 5%	19 12% c
A bit more		(4.0)	124 18%	7 8%	13 14%	22 21% a	31 24% a	22 24% a	12 19%	4 12%	14 18%	87 21% a	30 17%	23 13%	38 18%	47 23% a	14 19%	16 15%	34 25% c	40 25% c
Neither more nor less		(3.0)	185 27%	32 36% b	19 21%	26 24%	36 28%	26 29%	14 22%	13 43%	19 24%	108 26% j	46 27%	34 19%	63 30% a	62 31% a	21 28%	27 25%	47 35% d	80 30% d
A bit less		(2.0)	149 22%	8 9%	24 27% af	39 36% aefj	33 25% a	16 18%	8 12%	3 12%	18 23% a	112 27% afj	29 17%	46 25%	53 25%	35 17%	12 16%	26 25%	24 18%	66 25%
A lot less		(1.0)	151 22%	34 38% cdehij	26 29% d	20 18%	19 14%	18 20%	15 24%	4 13%	15 19%	83 20% j	34 20%	62 35% bcd	43 20%	35 17%	10 14%	27 25% b	18 13%	66 25% b
Don't know			16 2%	5 5% cei	2 2%	- -	4 3%	- -	4 7% cei	- -	1 1%	6 1%	5 3%	2 1%	6 3%	5 2%	1 1%	1 1%	1 1%	7 3%
NET: More			176 26%	10 11%	19 21%	24 22%	37 29% a	29 33% a	22 35% a	9 32%	26 32% a	109 26% a	57 33% a	36 20%	46 22%	64 32% ab	29 40% ab	25 23%	44 33% c	45 17%
NET: Less			300 44%	42 47%	50 56% defj	59 54% defj	51 40%	34 38%	23 37%	7 24%	33 42%	195 47% j	64 37%	108 60% bcd	96 45% cd	70 35%	22 30%	53 50% b	41 31%	133 50% b
Base for stats		662	84	88	109	125	90	59	29	78	412	166	178	205	196	72	105	132	257	156
Mean Score		2.66	2.26	2.41	2.50	2.80 ab	2.84 ab	2.89 a	3.16	2.85 ab	2.65 a	2.92 abci	2.31	2.59 a	2.88 ab	3.17 ab	2.56	2.96 ac	2.45	2.80 c
Standard Deviation		1.239	1.190	1.253	1.052	1.134	1.249	1.445	1.255	1.336	1.175	1.359	1.264	1.125	1.213	1.334	1.264	1.130	1.147	1.384
Standard Error		.052	.141	.145	.108	.109	.142	.200	.251	.163	.062	.113	.102	.104	.094	.169	.132	.105	.077	.120
Error variance		*	.02	.02	.01	.01	.02	.04	.06	.03	*	.01	.01	.01	.01	.03	.02	.01	.01	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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		585	230	140	212	355	179
Total		678	265	163	247	412	207
		100%	100%	100%	100%	100%	100%
A lot more		(5.0)	53	38	5	10	36
			8%	14%	3%	4%	9%
				bc			
A bit more		(4.0)	124	81	19	23	89
			18%	30%	12%	9%	22%
				bc			
Neither more nor less		(3.0)	185	63	76	46	101
			27%	24%	47%	19%	25%
					ac		
A bit less		(2.0)	149	47	37	65	86
			22%	18%	22%	26%	21%
					a		
A lot less		(1.0)	151	34	23	94	90
			22%	13%	14%	38%	22%
					ab		
Don't know			16	2	3	8	9
			2%	1%	2%	3%	2%
NET: More			176	118	24	33	125
			26%	45%	15%	13%	30%
				bc			b
NET: Less			300	81	60	159	176
			44%	31%	37%	65%	43%
					ab		
Base for stats			662	263	160	238	402
Mean Score			2.66	3.16	2.66	2.12	2.74
				bc	c		
Standard Deviation			1.239	1.247	.970	1.163	1.274
Standard Error			.052	.083	.083	.081	.068
Error variance			*	.01	.01	.01	*
					.01		.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	2039 100%	429 21%	760 37%	695 34%	71 4%	36 2%	48 2%	1189 58%	107 5%
Walking, running or cycling for everyday journeys such as to work or to local shops and services	2039 100%	383 19%	720 35%	699 34%	104 5%	70 3%	62 3%	1104 54%	174 9%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	429	182	245	184	151	94	12	68	39	43	37	43	82	63	43
		21%	18%	24%	30%	23%	12%	12%	26%	20%	20%	21%	19%	26%	19%	20%
				a	bc	c			ah					ah		
A bit more	(4.0)	760	376	381	207	255	298	48	90	68	77	62	79	114	137	84
		37%	38%	37%	34%	38%	39%	49%	34%	34%	36%	35%	35%	36%	41%	40%
							a	bcd	efg							
Neither more nor less	(3.0)	695	381	310	157	204	335	34	79	77	74	68	91	98	105	69
		34%	38%	30%	25%	30%	44%	35%	30%	39%	35%	39%	40%	31%	32%	33%
			b			a	ab			b		b	bgh			
A bit less	(2.0)	71	26	44	34	26	12	3	11	6	8	8	7	12	12	5
		4%	3%	4%	5%	4%	2%	3%	4%	3%	4%	4%	3%	4%	4%	3%
					c	c										
A lot less	(1.0)	36	16	19	16	11	9	1	8	4	4	1	1	8	6	2
		2%	2%	2%	3%	2%	1%	1%	3%	2%	2%	*	*	3%	2%	1%
									f							
Don't know		48	12	36	19	22	8	1	10	5	6	1	5	6	9	5
		2%	1%	3%	3%	3%	1%	1%	4%	2%	3%	1%	2%	2%	3%	3%
				a	c	c			e							
NET: More		1189	559	626	391	406	392	60	158	108	120	99	122	196	199	126
		58%	56%	60%	63%	61%	52%	61%	60%	54%	56%	56%	54%	61%	60%	61%
				a	c	c										
NET: Less		107	43	63	49	37	21	4	19	10	12	8	7	20	18	8
		5%	4%	6%	8%	6%	3%	4%	7%	5%	6%	5%	3%	6%	5%	4%
					c	c										
Base for stats		1991	983	999	597	646	748	98	256	195	207	176	221	314	322	203
Mean Score		3.74	3.69	3.79	3.85	3.79	3.61	3.69	3.77	3.68	3.71	3.72	3.71	3.79	3.74	3.78
				a	c	c										
Standard Deviation		.896	.859	.928	1.005	.903	.772	.760	.995	.900	.912	.859	.824	.959	.875	.847
Standard Error		.020	.028	.029	.040	.035	.029	.075	.061	.062	.063	.066	.060	.054	.048	.060
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	429	49	124	105	58	36	57	278	151	345	20	32	21	1	5	79
		21%	32%	26%	22%	23%	18%	12%	25%	16%	20%	37%	29%	32%	10%	39%	31%
			cdefh	efh	fh	fh	f		efh	f		a	a	a			a
A bit more	(4.0)	760	50	196	181	95	73	164	428	333	669	20	35	23	2	4	84
		37%	34%	42%	38%	38%	36%	34%	39%	35%	38%	37%	31%	35%	27%	31%	33%
				fh													
Neither more nor less	(3.0)	695	43	128	145	81	70	228	316	379	625	9	30	13	4	2	58
		34%	29%	27%	30%	32%	34%	47%	29%	40%	36%	16%	27%	20%	45%	12%	23%
							abcdegh		abcdg		bdg						
A bit less	(2.0)	71	6	12	19	9	10	15	37	34	52	3	5	5	2	1	15
		4%	4%	3%	4%	4%	5%	3%	3%	4%	3%	6%	4%	7%	18%	6%	6%
																	a
A lot less	(1.0)	36	1	6	14	3	6	7	20	15	27	1	5	2	-	-	8
		2%	1%	1%	3%	1%	3%	1%	2%	2%	2%	2%	5%	2%	-	-	3%
													a				
Don't know		48	1	5	16	4	8	14	22	26	37	1	3	2	-	2	8
		2%	*	1%	3%	1%	4%	3%	2%	3%	2%	1%	3%	3%	-	12%	3%
					b		ab			b							
NET: More		1189	99	320	286	154	109	221	705	484	1014	40	67	43	3	9	164
		58%	66%	68%	60%	61%	54%	46%	64%	52%	58%	75%	61%	67%	37%	70%	65%
			efh	cefh	fh	fh	f		efh	f		a					a
NET: Less		107	7	19	33	12	15	22	58	49	79	4	10	6	2	1	23
		5%	5%	4%	7%	5%	8%	4%	5%	5%	5%	8%	9%	10%	18%	6%	9%
							b						a				a
Base for stats		1991	149	466	463	247	194	471	1079	912	1718	54	108	63	9	12	245
		3.74	3.94	3.90	3.75	3.80	3.64	3.53	3.84	3.63	3.73	4.04	3.78	3.89	3.30	4.17	3.87
			cefh	cefh	fh	fh			efh	f		a					a
Standard Deviation		.896	.910	.870	.950	.882	.938	.801	.913	.860	.869	.979	1.077	1.033	.930	.952	1.039
Standard Error		.020	.075	.041	.044	.056	.066	.038	.028	.029	.021	.132	.103	.131	.294	.264	.066
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.09	.07	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293	
2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
429	221	91	92	182	32	35	165	37	21	10	29	34	27	37	67	
21%	18%	25%	29%	27%	19%	28%	27%	18%	34%	15%	26%	29%	16%	9%	23%	
		a	a	a	j	dfij	adfij	j	adfij		ij	adfij	j		j	
760	456	158	115	273	81	44	219	87	21	29	40	39	48	151	125	
37%	36%	44%	36%	40%	49%	36%	36%	43%	34%	43%	36%	33%	28%	37%	43%	
		ac			bceghij			i		i				i	chi	
695	494	90	80	170	44	31	181	64	13	24	35	27	75	202	75	
34%	39%	25%	25%	25%	26%	25%	30%	32%	21%	35%	31%	23%	44%	50%	26%	
		bcd											abcdeghk	abcdeghk		
71	35	10	20	30	7	5	20	7	4	3	5	6	5	8	12	
4%	3%	3%	6%	4%	4%	4%	3%	4%	7%	5%	4%	5%	3%	2%	4%	
			ab						j			j				
36	21	6	7	13	1	5	14	2	-	1	1	3	4	4	6	
2%	2%	2%	2%	2%	1%	4%	2%	1%	-	1%	1%	3%	2%	1%	2%	
						j										
48	29	4	6	10	2	3	9	4	3	1	2	8	12	4	5	
2%	2%	1%	2%	1%	1%	2%	1%	2%	4%	1%	2%	7%	7%	1%	2%	
									j			acdjk	acdjk			
1189	677	249	206	455	113	79	384	124	43	39	69	73	76	188	193	
58%	54%	69%	65%	67%	68%	64%	63%	61%	68%	58%	62%	62%	44%	46%	66%	
		a	a	a	ij	ij	ij	ij	ij	i	ij	ij			ij	
107	55	15	27	43	8	10	34	10	4	4	6	10	9	12	18	
5%	4%	4%	9%	6%	5%	8%	6%	5%	7%	6%	5%	8%	5%	3%	6%	
			ab			j						j			j	
1991	1226	354	313	668	165	121	600	197	60	67	110	110	160	403	286	
3.74	3.67	3.90	3.84	3.87	3.83	3.82	3.84	3.75	4.00	3.66	3.84	3.86	3.56	3.52	3.82	
		a	a	a	ij	ij	ij	ij	fij		ij	ij			ij	
.896	.860	.870	.993	.929	.812	1.031	.946	.843	.935	.836	.900	1.025	.903	.734	.910	
.020	.024	.050	.060	.039	.063	.094	.038	.060	.121	.102	.083	.090	.071	.039	.054	
*	*	*	*	*	*	.01	*	*	.01	.01	.01	.01	.01	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
429	105	105	35	12	140	117	149	69	33	8	102	157	50	213	135	30	378
21%	24%	26%	23%	44%	25%	25%	27%	26%	19%	21%	23%	27%	19%	18%	26%	34%	21%
							c					c			abe	abe	b
760	165	160	54	7	214	172	191	106	72	16	179	207	90	443	197	29	670
37%	37%	40%	35%	26%	39%	37%	35%	40%	41%	42%	40%	36%	33%	38%	38%	32%	38%
695	141	106	49	6	155	147	165	65	59	11	124	176	112	424	135	24	584
34%	32%	27%	32%	23%	28%	32%	30%	25%	33%	29%	28%	30%	41%	36%	26%	26%	33%
							b						cde	c			c
71	12	13	12	2	25	14	16	14	8	2	22	18	9	32	27	3	62
4%	3%	3%	8%	7%	5%	3%	3%	5%	5%	5%	5%	3%	3%	3%	5%	3%	4%
			abf												b		
36	8	8	3	-	11	8	11	5	2	1	8	12	4	24	6	1	31
2%	2%	2%	2%	-	2%	2%	2%	2%	1%	3%	2%	2%	2%	2%	1%	1%	2%
48	9	5	2	-	7	9	11	3	3	-	6	11	4	26	14	3	44
2%	2%	1%	1%	-	1%	2%	2%	1%	2%	-	1%	2%	2%	2%	3%	4%	2%
1189	270	266	88	19	354	289	340	176	105	24	281	364	141	656	332	59	1048
58%	61%	67%	57%	70%	64%	62%	63%	67%	59%	63%	64%	63%	52%	56%	65%	66%	59%
		c													abe	a	a
107	19	22	15	2	37	21	28	19	11	3	30	31	13	57	33	4	94
5%	4%	5%	10%	7%	7%	5%	5%	7%	6%	8%	7%	5%	5%	5%	6%	4%	5%
			af														
1991	431	393	152	27	546	457	533	260	175	38	435	572	266	1137	501	87	1725
3.74	3.81	3.87	3.69	4.06	3.82	3.82	3.84	3.85	3.71	3.72	3.79	3.84	3.65	3.69	3.85	3.98	3.75
		c													abe	abe	
.896	.898	.919	.983	.999	.940	.905	.938	.949	.872	.965	.920	.940	.881	.879	.921	.920	.897
.020	.043	.046	.080	.189	.040	.042	.040	.059	.066	.153	.044	.039	.053	.026	.042	.098	.022
*	*	*	.01	.04	*	*	*	*	*	.02	*	*	*	*	*	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

			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		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	429 21%	81 24%	287 21%	65 25% b	64 18%	12 19%	288 21%	127 21%	12 17%	347 22%	82 19%	360 21%	59 19%
A bit more	(4.0)	760 37%	129 38%	525 38%	98 38%	120 33%	20 32%	532 39% b	213 35%	24 33%	613 38%	147 34%	651 38%	104 34%
Neither more nor less	(3.0)	695 34%	84 25%	482 35% a	73 28%	144 40% ad	23 36%	459 34%	211 35% a	26 36%	523 32%	173 40% a	578 34%	110 36%
A bit less	(2.0)	71 4%	27 8% b	33 2%	8 3%	17 5%	2 3%	43 3%	25 4%	3 4%	60 4%	11 3%	56 3%	12 4%
A lot less	(1.0)	36 2%	10 3%	21 2%	6 2%	7 2%	4 7% bde	20 1%	14 2%	3 5% d	32 2%	4 1%	28 2%	7 2%
Don't know		48 2%	8 2%	30 2%	9 3%	9 2%	3 4%	26 2%	14 2%	4 6% d	37 2%	11 3%	31 2%	12 4% a
NET: More		1189 58%	210 62%	812 59%	163 63% bf	184 51%	33 51%	820 60% b	340 56%	36 50%	960 60% b	229 54%	1010 59%	163 54%
NET: Less		107 5%	37 11% b	54 4%	14 6%	25 7%	6 10%	63 5%	39 6%	6 8%	92 6%	15 4%	85 5%	18 6%
Base for stats		1991	330	1348	250	353	62	1342	591	68	1574	417	1673	291
Mean Score		3.74	3.74	3.76	3.83 bcf	3.61	3.55	3.76 b	3.70	3.58	3.75	3.70	3.75	3.68
Standard Deviation		.896	1.015	.868	.936	.909	1.068	.873	.934	.997	.908	.845	.887	.919
Standard Error		.020	.056	.024	.058	.049	.136	.024	.038	.117	.023	.042	.022	.052
Error variance		*	*	*	*	*	.02	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	429	62	43	67	70	58	39	13	77	237	129	155	115	107	45	80	81	145	115
		21%	15%	17%	22%	22%	23%	22%	19%	30%	21%	26%	27%	19%	18%	23%	21%	21%	19%	25%
					a	a	a			abcdfi	a	abi	bc							c
A bit more	(4.0)	760	123	115	126	142	85	71	26	73	467	170	203	257	241	51	126	138	328	162
		37%	30%	46%	41%	44%	33%	39%	37%	29%	41%	34%	35%	41%	40%	26%	33%	35%	43%	36%
				aejh	ahj	aejh		ah			aejh		d	ad	d				abd	
Neither more nor less	(3.0)	695	185	62	91	86	90	61	28	93	328	182	173	211	212	83	153	139	250	136
		34%	45%	25%	30%	27%	35%	34%	40%	37%	29%	36%	30%	34%	35%	42%	40%	35%	33%	30%
			bcdefhij				bd		bd	bdi		bdi			a	ab	cd			
A bit less	(2.0)	71	8	17	11	14	11	5	1	3	54	9	18	21	24	7	10	19	24	16
		4%	2%	7%	4%	4%	4%	3%	2%	1%	5%	2%	3%	3%	4%	4%	3%	5%	3%	4%
				ahj		hj	h				ahj									
A lot less	(1.0)	36	10	7	4	5	5	2	1	2	21	5	14	8	6	5	5	10	7	14
		2%	2%	3%	1%	2%	2%	1%	1%	1%	2%	1%	2%	1%	1%	3%	1%	2%	1%	3%
																		c		c
Don't know		48	19	5	6	4	6	2	1	6	20	8	13	10	10	4	5	8	11	11
		2%	5%	2%	2%	1%	2%	1%	1%	2%	2%	2%	2%	2%	2%	2%	1%	2%	1%	2%
			cdfij																	
NET: More		1189	184	157	192	212	143	111	39	150	705	300	358	373	348	96	206	219	472	277
		58%	45%	63%	63%	66%	56%	61%	56%	59%	62%	59%	62%	60%	58%	49%	54%	56%	62%	61%
				a	a	ae	a	a		a	a	a	d	d	d				ab	
NET: Less		107	18	24	15	19	16	7	2	5	74	14	32	29	29	12	15	28	31	30
		5%	5%	10%	5%	6%	6%	4%	3%	2%	7%	3%	6%	5%	5%	6%	4%	7%	4%	7%
				acfhj	h	hj	hj				hj							ac		
Base for stats		1991	388	243	299	317	249	179	69	248	1107	496	563	613	590	192	374	386	754	443
Mean Score		3.74	3.56	3.70	3.80	3.81	3.73	3.78	3.72	3.89	3.76	3.83	3.83	3.74	3.71	3.65	3.72	3.68	3.77	3.79
					a	a	a	a		ab	a	a	cd							
Standard Deviation		.896	.875	.936	.876	.881	.936	.861	.843	.891	.905	.874	.951	.846	.841	.972	.874	.940	.827	.972
Standard Error		.020	.045	.060	.050	.049	.059	.064	.104	.057	.027	.040	.039	.034	.035	.071	.045	.047	.030	.047
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	.01	*	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	429	168	58	198	275
		21%	26%	9%	27%	28%
			b	b	b	b
A bit more	(4.0)	760	269	170	315	403
		37%	42%	27%	43%	41%
			b	b	b	b
Neither more nor less	(3.0)	695	169	369	151	240
		34%	26%	59%	21%	24%
			c	ac		a
A bit less	(2.0)	71	23	15	30	30
		4%	4%	2%	4%	3%
A lot less	(1.0)	36	7	5	23	19
		2%	1%	1%	3%	2%
				ab		
Don't know		48	10	12	17	20
		2%	2%	2%	2%	2%
NET: More		1189	437	228	513	678
		58%	68%	36%	70%	69%
			b	b	b	b
NET: Less		107	30	20	53	49
		5%	5%	3%	7%	5%
				ab		
Base for stats		1991	637	616	717	968
Mean Score		3.74	3.89	3.42	3.89	3.91
			b	b	b	b
Standard Deviation		.896	.874	.728	.964	.910
Standard Error		.020	.035	.029	.036	.029
Error variance		*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	383	168	213	155	135	93	16	58	38	38	24	39	75	51	44
		19%	17%	21%	25%	20%	12%	17%	22%	19%	18%	14%	17%	23%	16%	21%
				a	bc	c			eh					eh		
A bit more	(4.0)	720	350	366	208	241	271	41	85	61	85	73	71	101	132	70
		35%	35%	35%	34%	36%	36%	41%	32%	30%	40%	41%	32%	32%	40%	33%
											cg	bcg			bcg	
Neither more nor less	(3.0)	699	392	304	146	218	334	34	85	79	64	63	102	96	102	74
		34%	39%	29%	24%	33%	44%	35%	32%	40%	30%	36%	45%	30%	31%	36%
			b			a	ab			dgh		bdgh				
A bit less	(2.0)	104	40	64	54	31	19	4	15	7	6	9	6	23	24	11
		5%	4%	6%	9%	5%	3%	4%	5%	4%	3%	5%	3%	7%	7%	5%
			a	a	bc	c								df	df	
A lot less	(1.0)	70	26	45	32	18	20	-	15	6	10	5	3	15	11	4
		3%	3%	4%	5%	3%	3%	-	6%	3%	5%	3%	2%	5%	3%	2%
				a	bc				afi		a			a		
Don't know		62	19	44	19	25	18	4	7	8	10	3	4	10	10	6
		3%	2%	4%	3%	4%	2%	4%	3%	4%	5%	2%	2%	3%	3%	3%
			a													
NET: More		1104	519	579	364	376	364	57	144	99	123	97	110	176	184	113
		54%	52%	56%	59%	56%	48%	58%	54%	50%	58%	55%	49%	55%	55%	55%
					c	c										
NET: Less		174	66	109	87	49	39	4	30	13	16	14	10	38	35	15
		9%	7%	11%	14%	7%	5%	4%	11%	7%	7%	8%	4%	12%	11%	7%
				a	bc				af					af	af	
Base for stats		1977	976	992	597	643	737	95	258	192	203	174	222	310	321	202
		3.63	3.61	3.64	3.67	3.69	3.54	3.73	3.60	3.61	3.67	3.59	3.61	3.64	3.59	3.68
					c	c										
Standard Deviation		.970	.907	1.029	1.118	.948	.846	.792	1.079	.952	.974	.885	.859	1.077	.962	.944
		.022	.029	.032	.044	.037	.032	.080	.066	.066	.068	.068	.062	.061	.053	.067
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	383	39	103	89	50	35	67	231	153	315	15	30	18	1	1	66
		19%	26% fh	22% fh	19% f	20% f	17% f	14% f	21% fh	16% f	18% fh	28% a	27% a	28% a	10% a	9% a	26% a
A bit more	(4.0)	720	52	190	175	97	63	143	417	303	623	22	40	17	2	6	87
		35%	35% efh	40% efh	37% f	39% f	31% f	30% f	38% fh	32% fh	36% fh	40% fh	36% fh	27% fh	19% fh	45% fh	34% fh
Neither more nor less	(3.0)	699	41	133	152	87	72	214	326	373	642	10	17	13	4	3	47
		34%	27% bcdg	28% bcdg	32% bcdg	35% bcdg	35% bcdg	44% abcdeg	30% abcg	40% abcg	37% bcdg	19% bcdg	15% bcdg	21% bcdg	43% bcdg	22% bcdg	19% bcdg
A bit less	(2.0)	104	13	22	25	8	16	22	59	45	75	3	10	12	2	2	28
		5%	8% d	5% d	5% d	3% d	8% d	4% d	5% d	5% d	4% d	5% d	9% a	18% ab	18% a	13% a	11% a
A lot less	(1.0)	70	4	12	21	5	9	19	37	33	53	4	9	3	1	-	16
		3%	3% a	3% a	4% a	2% a	4% a	4% a	3% a	3% a	3% a	7% a	8% a	4% a	9% a	- a	6% a
Don't know		62	2	12	17	4	8	19	31	31	47	1	5	1	-	2	9
		3%	1% a	3% a	4% a	2% a	4% a	4% a	3% a	3% a	3% a	2% a	5% a	2% a	- a	11% a	4% a
NET: More		1104	91	293	264	147	98	210	648	455	938	37	70	36	3	7	153
		54%	61% efh	62% cefh	55% fh	59% efh	48% efh	43% efh	59% efh	49% efh	53% efh	68% a	63% a	55% a	30% a	54% a	60% a
NET: Less		174	16	34	46	12	25	41	96	78	128	6	19	15	2	2	44
		9%	11% d	7% d	10% d	5% d	12% bd	8% bd	9% d	8% d	7% d	11% d	17% a	22% a	27% a	13% a	17% a
Base for stats		1977	148	459	463	246	195	465	1070	906	1708	53	106	64	9	12	243
Mean Score		3.63	3.74 efh	3.76 cefh	3.62 f	3.73 efh	3.51 efh	3.47 efh	3.70 efh	3.55 efh	3.63 efh	3.80 efh	3.69 efh	3.58 efh	3.03 efh	3.57 efh	3.65 efh
Standard Deviation		.970	1.023	.939	1.005	.884	1.030	.937	.981	.950	.936	1.123	1.219	1.206	1.140	.896	1.178
Standard Error		.022	.084	.044	.046	.056	.072	.044	.030	.032	.023	.151	.118	.152	.361	.249	.075
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.02	.13	.06	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293	
2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
383	206	75	85	159	36	27	142	27	16	9	24	29	31	42	63	
19%	16%	21%	27%	24%	21%	22%	23%	13%	26%	13%	22%	25%	18%	10%	22%	
			a	a	dj	j	dj		dj		j	dj	j		dj	
720	432	145	109	254	61	51	224	82	21	25	40	37	43	137	112	
35%	34%	40%	34%	37%	37%	41%	37%	41%	34%	36%	36%	31%	25%	34%	38%	
		a			i	i	i	i			i			i	i	
699	488	103	80	183	52	32	188	63	13	23	32	30	72	194	84	
34%	39%	29%	25%	27%	31%	26%	31%	31%	21%	33%	29%	25%	42%	48%	29%	
	bcd												abcdeghk	abcdeghk		
104	48	24	22	46	10	5	24	17	6	7	7	12	6	10	15	
5%	4%	7%	7%	7%	6%	4%	4%	8%	9%	11%	7%	10%	4%	2%	5%	
		a	a	a	j			cj	j	cij	j	bcijk				
70	39	6	18	24	4	6	21	8	2	1	5	3	4	15	10	
3%	3%	2%	6%	3%	3%	5%	4%	4%	3%	2%	4%	3%	2%	4%	3%	
			ab													
62	41	6	6	12	3	4	10	4	4	3	3	7	16	9	7	
3%	3%	2%	2%	2%	2%	3%	2%	2%	6%	5%	2%	6%	9%	2%	2%	
									c			c	abcdgjk			
1104	638	220	193	413	97	78	365	109	38	33	64	66	74	179	174	
54%	51%	61%	61%	61%	58%	63%	60%	54%	60%	49%	58%	56%	43%	44%	60%	
		a	a	a	ij	ij	ij	ij	ij		ij	ij			ij	
174	88	30	40	70	14	10	45	25	8	8	12	15	10	25	25	
9%	7%	8%	12%	10%	9%	8%	7%	12%	12%	12%	11%	13%	6%	6%	9%	
			a	a				cij				cij				
1977	1214	353	313	666	163	120	599	198	59	64	109	111	156	398	283	
3.63	3.59	3.73	3.70	3.72	3.69	3.74	3.74	3.52	3.75	3.50	3.65	3.69	3.58	3.46	3.71	
		a		a	j	j	dj		j		j	j			dj	
.970	.925	.926	1.111	1.016	.968	1.006	.982	.972	1.078	.937	1.044	1.073	.941	.859	.983	
.022	.026	.053	.067	.042	.075	.092	.040	.069	.140	.116	.097	.094	.075	.045	.058	
*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	.01	*	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Nature of working location						Nature of working hours						Number of people in household including self				
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
383	85	93	29	7	122	91	119	66	26	5	92	124	46	193	119	26	337
19%	19%	23%	19%	26%	22%	20%	22%	25%	15%	14%	21%	21%	17%	17%	23%	28%	19%
							c	c				c			be	abe	
720	165	157	59	5	217	170	216	89	68	10	156	226	88	423	177	32	632
35%	37%	39%	38%	18%	39%	36%	40%	34%	38%	26%	35%	39%	33%	36%	34%	36%	36%
699	149	106	45	7	151	156	167	67	63	12	131	179	111	421	145	21	587
34%	34%	27%	29%	26%	27%	34%	31%	26%	36%	30%	30%	31%	41%	36%	28%	23%	33%
	be					be			b				cde	cd			c
104	18	20	12	6	32	24	13	27	9	8	36	21	9	54	35	7	95
5%	4%	5%	8%	23%	6%	5%	2%	10%	5%	20%	8%	4%	3%	5%	7%	7%	5%
								af		acef	af						
70	12	14	7	2	21	14	17	10	7	3	17	20	9	35	25	1	61
3%	3%	4%	4%	6%	4%	3%	3%	4%	4%	7%	4%	3%	4%	3%	5%	1%	3%
62	11	8	2	-	10	11	11	5	4	1	9	12	6	38	15	4	56
3%	2%	2%	1%	-	2%	2%	2%	2%	2%	3%	2%	2%	2%	3%	3%	4%	3%
1104	249	251	88	12	339	261	335	155	94	15	248	351	134	616	296	58	969
54%	57%	63%	57%	44%	61%	56%	62%	59%	53%	40%	56%	60%	50%	53%	57%	64%	55%
		f					cd	d			d	d			a	ab	
174	30	34	19	8	52	38	31	37	17	10	53	41	19	89	59	7	156
9%	7%	8%	12%	30%	9%	8%	6%	14%	9%	27%	12%	7%	7%	8%	12%	8%	9%
			a					af		abcef	af				ab		
1977	429	391	152	27	542	455	533	259	174	37	433	570	264	1126	500	86	1712
3.63	3.68	3.76	3.60	3.34	3.71	3.66	3.76	3.67	3.55	3.21	3.62	3.73	3.58	3.61	3.66	3.87	3.64
							cde	d			d	cd				abe	
.970	.931	.990	1.025	1.285	1.002	.957	.935	1.084	.955	1.156	1.035	.959	.939	.930	1.065	.962	.974
.022	.045	.050	.084	.243	.043	.044	.040	.068	.073	.185	.050	.040	.057	.028	.048	.103	.024
*	*	*	.01	.06	*	*	*	*	.01	.03	*	*	*	*	*	.01	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		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		334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total		338	1377	258	362	64	1368	605	73	1611	428	1704	302
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	383	265	72	60	7	252	123	14	325	59	333	47
		19%	19%	28%	17%	11%	18%	20%	20%	20%	14%	20%	16%
				bcde						b			
A bit more	(4.0)	720	490	86	113	20	510	196	21	579	141	625	90
		35%	36%	33%	31%	31%	37%	32%	29%	36%	33%	37%	30%
							be					b	
Neither more nor less	(3.0)	699	492	62	138	17	478	195	19	527	171	573	118
		34%	36%	24%	38%	26%	35%	32%	27%	33%	40%	34%	39%
			a		a		a	a			a		
A bit less	(2.0)	104	54	14	21	10	61	39	5	80	25	82	16
		5%	4%	5%	6%	15%	4%	6%	7%	5%	6%	5%	5%
			b			abde							
A lot less	(1.0)	70	37	13	17	8	33	32	5	59	12	52	14
		3%	3%	5%	5%	12%	2%	5%	8%	4%	3%	3%	5%
			b	d	d	abde		d	d				
Don't know		62	39	12	13	3	34	20	7	42	20	40	17
		3%	3%	5%	4%	5%	2%	3%	10%	3%	5%	2%	6%
				d				bde			a	a	
NET: More		1104	755	158	173	27	762	319	36	904	200	957	137
		54%	55%	61%	48%	42%	56%	53%	49%	56%	47%	56%	45%
				bce			bc			b		b	
NET: Less		174	91	27	38	17	94	71	10	138	36	134	30
		9%	7%	10%	11%	27%	7%	12%	14%	9%	8%	8%	10%
			b	d	d	abde		d	d				
Base for stats		1977	1338	246	349	61	1334	585	66	1569	408	1664	285
Mean Score		3.63	3.67	3.77	3.51	3.15	3.66	3.58	3.52	3.66	3.52	3.66	3.49
			a	bce	c		bc	c		b		b	
Standard Deviation		.970	.930	1.093	1.004	1.205	.917	1.063	1.167	.982	.911	.954	.998
Standard Error		.022	.026	.068	.054	.153	.025	.044	.140	.025	.046	.024	.057
Error variance		*	*	*	*	.02	*	*	.02	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		Number of days active										Life satisfaction score				Covid-19 related worries					
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d	
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443	
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	383	61	39	57	55	49	42	13	67	200	122	134	100	104	40	63	65	135	119
			19%	15%	16%	19%	17%	19%	23%	19%	26%	18%	24%	23%	16%	17%	20%	17%	16%	18%	26%
									a		abcdi		abdi	bc						abc	
A bit more		(4.0)	720	95	93	129	122	97	72	27	86	440	184	194	244	223	51	117	148	301	147
			35%	23%	38%	42%	38%	38%	40%	39%	34%	39%	37%	34%	39%	37%	26%	31%	38%	39%	32%
					a	ah	a	a	a	a	a	a	a		ad	d			a	ad	
Neither more nor less		(3.0)	699	202	78	82	99	76	53	25	83	335	162	176	203	227	79	149	132	258	143
			34%	50%	31%	27%	31%	30%	29%	36%	33%	30%	32%	31%	33%	38%	40%	39%	34%	34%	31%
				bcd	efghij											a	ab	d			
A bit less		(2.0)	104	10	15	17	31	18	6	1	6	81	13	27	39	26	9	23	25	35	18
			5%	2%	6%	6%	10%	7%	3%	1%	3%	7%	3%	5%	6%	4%	5%	6%	6%	5%	4%
					aj	aj	afghj	ahj				ahj									
A lot less		(1.0)	70	19	15	10	8	8	5	1	6	40	12	25	22	11	8	16	17	19	15
			3%	5%	6%	3%	2%	3%	3%	2%	2%	4%	2%	4%	3%	2%	4%	4%	4%	3%	3%
					dij									c							
Don't know			62	21	8	9	6	7	3	3	5	31	11	20	15	9	9	10	8	17	12
			3%	5%	3%	3%	2%	3%	2%	4%	2%	3%	2%	3%	2%	1%	5%	3%	2%	2%	3%
				dhij										c			c				
NET: More			1104	156	132	186	176	146	114	40	153	641	307	328	344	327	91	180	212	436	266
			54%	38%	53%	61%	55%	57%	63%	57%	60%	57%	61%	57%	55%	55%	47%	47%	54%	57%	59%
					a	a	a	a	ab	a	a	a	a	d	d				a	a	
NET: Less			174	28	29	27	39	26	11	2	12	121	25	53	61	38	16	39	41	54	33
			9%	7%	12%	9%	12%	10%	6%	3%	5%	11%	5%	9%	10%	6%	8%	10%	11%	7%	7%
				afghj	j	afghj	hj					aghj			c				c		
Base for stats			1977	386	239	295	315	248	178	67	249	1097	494	557	608	592	187	368	386	748	442
Mean Score			3.63	3.44	3.53	3.70	3.59	3.65	3.79	3.74	3.81	3.62	3.79	3.69	3.59	3.65	3.57	3.51	3.57	3.67	3.76
					a	a	a	a	abdi	a	abdi	a	abdi						a	a	
Standard Deviation			.970	.950	1.034	.954	.968	.982	.937	.848	.944	.983	.927	1.034	.956	.886	1.007	.992	.985	.911	1.007
Standard Error			.022	.049	.067	.055	.055	.062	.070	.106	.061	.030	.042	.043	.039	.037	.075	.051	.050	.034	.049
Error variance			*	*	*	*	*	*	*	.01	*	*	*	*	*	*	.01	*	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

			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		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
A lot more	(5.0)	383	165	52	166	245	85
		19%	25%	8%	23%	25%	14%
			b		b	b	
A bit more	(4.0)	720	266	181	266	377	201
		35%	41%	29%	36%	38%	34%
			b		b		
Neither more nor less	(3.0)	699	159	332	203	264	234
		34%	25%	53%	28%	27%	39%
				ac			a
A bit less	(2.0)	104	28	28	43	46	38
		5%	4%	5%	6%	5%	6%
A lot less	(1.0)	70	17	18	34	29	23
		3%	3%	3%	5%	3%	4%
				a			
Don't know		62	13	16	22	26	14
		3%	2%	3%	3%	3%	2%
NET: More		1104	431	233	432	622	286
		54%	67%	37%	59%	63%	48%
			bc		b	b	
NET: Less		174	44	47	77	76	61
		9%	7%	7%	10%	8%	10%
				a			
Base for stats		1977	634	612	711	961	582
Mean Score		3.63	3.84	3.36	3.69	3.79	3.49
			bc		b	b	
Standard Deviation		.970	.947	.821	1.043	.977	.957
Standard Error		.022	.038	.033	.039	.031	.040
Error variance		*	*	*	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14V. Have you set yourself any physical activity goals or resolutions for 2021?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Yes

No

	Gender		Age			Region								
Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
714	253	458	362	249	103	32	99	62	73	57	55	145	123	69
35%	25%	44%	59%	37%	14%	32%	37%	31%	34%	32%	24%	45%	37%	33%
		a	bc	c			f		f			abcdeh	f	
1325	741	578	254	419	652	67	167	138	141	119	171	175	208	139
65%	75%	56%	41%	63%	86%	68%	63%	69%	66%	68%	76%	55%	63%	67%
	b			a	ab	g	g	g	g	g	bdgh		g	g

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14V. Have you set yourself any physical activity goals or resolutions for 2021?

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%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	714	75	211	187	82	73	86	474	240	551	27	76	39	3	6	151
	35%	50%	45%	39%	33%	36%	18%	43%	26%	31%	50%	68%	60%	33%	47%	60%
		cdefh	defh	fh	fh	fh		dfh	f		a	ab	a			a
No	1325	75	260	292	169	130	398	628	697	1204	27	35	26	6	7	101
	65%	50%	55%	61%	67%	64%	82%	57%	74%	69%	50%	32%	40%	67%	53%	40%
				a	abg	ab	abcdegh		abcdeg	bcdg	c					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14V. Have you set yourself any physical activity goals or resolutions for 2021?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Yes

No

	Children aged 15 or under in the household				Current employment status										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	714	320	174	161	335	79	63	255	68	29	25	48	72	36	142
	35%	26%	48%	50%	49%	48%	51%	42%	34%	46%	37%	43%	61%	21%	49%
		a	a	a	dij	dij	dij	ij	ij	ij	ij	acdfgijk	j		cdij
No	1325	935	185	158	343	87	61	353	134	33	43	63	46	137	148
	65%	74%	52%	50%	51%	52%	49%	58%	66%	54%	63%	57%	39%	79%	51%
		bcd			h	h	hk	abchk		h	h		abcdeghk	abcdeghik	h

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14V. Have you set yourself any physical activity goals or resolutions for 2021?

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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
714	154	176	73	17	249	172	200	140	71	16	211	217	60	348	252	53	654
35%	35%	44%	47%	65%	45%	37%	37%	53%	40%	43%	48%	37%	22%	30%	49%	59%	37%
		af	af		af			acf			af			a	abe	abe	ab
1325	285	222	81	9	304	295	344	124	106	22	230	366	210	816	263	37	1115
65%	65%	56%	53%	35%	55%	63%	63%	47%	60%	57%	52%	63%	78%	70%	51%	41%	63%
	bce					bce	be		b		be		bcd	cde			cd

Significance Level: 95%

Unweighted Total

Total

Yes

No

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14V. Have you set yourself any physical activity goals or resolutions for 2021?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Yes

No

	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
Unweighted Total	2039	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	714	428	119	107	30	451	232	21	580	134	602	98
	35%	31%	46%	30%	47%	33%	38%	29%	36%	31%	35%	33%
	b		bdef		bdf		bd					
No	1325	949	140	255	34	917	373	51	1031	294	1102	204
	65%	69%	54%	70%	53%	67%	62%	71%	64%	69%	65%	67%
		a		ace		ace	a	ac				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14V. Have you set yourself any physical activity goals or resolutions for 2021?

BASE: All respondents

Significance Level: 95%		Number of days active										Life satisfaction score				Covid-19 related worries			
										NET 1-4 days	NET 5+ days		5-6 (medium)	7-8 (high)	9-10 (very high)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	Total	0	1	2	3	4	5	6	7			0-4 (low)							
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	714	51	65	114	146	123	83	34	99	448	216	209	223	200	71	131	156	252	167
	35%	12%	26%	37%	46%	48%	46%	49%	39%	40%	43%	36%	36%	33%	36%	34%	39%	33%	37%
		a	ab	abc	abchi	ab	ab	ab	ab	ab	ab					c			
No	1325	357	183	190	174	132	98	36	155	680	288	368	400	401	125	248	239	513	287
	65%	88%	74%	63%	54%	52%	54%	51%	61%	60%	57%	64%	64%	67%	64%	66%	61%	67%	63%
		bcdefghij	cdefghij	de				e	e								b		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14V. Have you set yourself any physical activity goals or resolutions for 2021?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Yes

No

	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
2039	651	623	731	1006	599
2039	647	628	734	988	596
100%	100%	100%	100%	100%	100%
714	348	156	201	469	169
35%	54%	25%	27%	47%	28%
	bc			b	
1325	299	472	532	519	427
65%	46%	75%	73%	53%	72%
		a	a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14W. What are these goals or resolutions?

BASE: All those who have set a physical activity goal or resolution for 2021

		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	729	258	468	387	245	97	33	104	71	74	56	49	147	127	68
Total	714	253	458	362	249	103	32	99	62	73	57	55	145	123	69
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More activity / exercise	148 21%	59 23%	90 20%	77 21%	46 19%	25 25%	6 19%	22 22%	15 25%	13 18%	11 20%	10 18%	22 15%	29 24%	19 28% g
Lose weight	128 18%	42 16%	87 19%	60 17%	57 23% ac	12 11%	3 9%	19 19%	12 20%	19 27% agi	15 26% gi	12 23%	17 12%	22 18%	8 12%
Get fit / fitter	103 14%	32 13%	71 15%	49 13%	38 15%	17 16%	6 17%	12 12%	11 17%	8 11%	7 13%	12 22%	22 15%	17 14%	8 12%
Walk more / steps per day	71 10%	31 12%	40 9%	23 6%	21 8%	27 26% ab	2 8%	10 10%	6 10%	11 15% eg	2 4%	11 20% eg	7 5%	12 10%	9 13% g
Be more healthy / eat more healthily	59 8%	15 6%	45 10%	31 8%	24 10%	5 5%	6 19% bf	6 6%	5 7%	6 8%	3 6%	2 3%	18 13%	9 7%	5 7%
Run more	56 8%	19 8%	37 8%	23 6%	23 9%	10 10%	1 4%	12 12% cd	1 1%	3 4%	5 9% c	5 9% c	11 7%	11 9% c	7 10% c
More strength / muscle gain	24 3%	10 4%	14 3%	15 4%	7 3%	2 2%	- -	3 3%	3 5%	2 2%	1 2%	3 6%	5 3%	5 4%	3 4%
Cycle more	20 3%	12 5% b	7 2%	3 1%	7 3% a	11 10% ab	- -	6 6% d	2 3%	- -	1 2%	2 4%	5 3%	2 1%	3 4%
Gym	8 1%	2 1%	6 1%	4 1%	3 1%	1 1%	- -	2 2%	- -	1 1%	2 4% g	- -	- -	3 2%	1 1%
Quit smoking	4 1%	1 *	4 1%	2 1%	1 *	1 1%	- -	1 1%	1 1%	- -	- -	- -	- -	3 2%	- -
More motivation	4 1%	2 1%	2 *	3 1%	1 *	- -	- -	2 2%	- -	1 2%	- -	- -	1 1%	- -	- -
Drink more water	4 1%	1 *	2 *	4 1%	- -	- -	1 3% g	2 2%	- -	- -	- -	- -	- -	1 1%	- -
Yoga	4 1%	2 1%	2 *	3 1%	1 *	- -	- -	2 2%	- -	- -	- -	- -	1 1%	1 1%	- -
Other	29 4%	15 6%	14 3%	14 4%	6 3%	9 9% ab	- -	6 6%	4 6%	5 7%	3 5%	1 2%	4 3%	3 2%	3 4%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14W. What are these goals or resolutions?

BASE: All those who have set a physical activity goal or resolution for 2021

		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	729	258	468	387	245	97	33	104	71	74	56	49	147	127	68
Total	714	253	458	362	249	103	32	99	62	73	57	55	145	123	69
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	42	15	28	21	20	1	2	6	3	3	3	4	13	6	2
	6%	6%	6%	6%	8%	1%	6%	6%	6%	4%	4%	7%	9%	5%	3%
				c	c										
Don't know	132	41	89	83	43	6	9	12	8	13	11	5	38	20	15
	18%	16%	20%	23%	17%	6%	27%	12%	13%	18%	20%	10%	26%	17%	21%
				c	c		bf						bcf		

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14W. What are these goals or resolutions?

BASE: All those who have set a physical activity goal or resolution for 2021

	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	729	76	208	197	86	75	87	481	248	563	28	77	38	3	7	153
Total	714	75	211	187	82	73	86	474	240	551	27	76	39	3	6	151
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More activity / exercise	148 21%	16 21%	46 22%	42 22%	15 18%	13 17%	18 21%	103 22%	45 19%	120 22%	8 31%	10 13%	9 23%	- -	- -	27 18%
Lose weight	128 18%	14 18%	32 15%	42 22%	7 9%	20 27%	13 15%	88 19%	40 17%	106 19%	2 6%	17 22%	3 9%	- -	1 11%	22 15%
				d		bdh		d								
Get fit / fitter	103 14%	9 12%	29 14%	26 14%	13 16%	11 15%	15 17%	64 13%	39 16%	83 15%	2 6%	10 13%	5 12%	2 70%	1 12%	19 13%
Walk more / steps per day	71 10%	2 3%	18 8%	22 12%	6 7%	7 10%	15 18%	42 9%	28 12%	65 12%	- -	2 3%	4 10%	- -	- -	6 4%
				a			abdg		a	cg						
Be more healthy / eat more healthily	59 8%	6 8%	16 8%	20 11%	7 8%	7 10%	5 5%	41 9%	18 8%	44 8%	2 8%	4 5%	5 14%	2 70%	1 14%	14 9%
Run more	56 8%	5 6%	22 10%	15 8%	7 8%	5 7%	3 3%	42 9%	14 6%	50 9%	1 3%	3 4%	2 5%	- -	- -	6 4%
			f							g						
More strength / muscle gain	24 3%	3 4%	7 3%	3 2%	2 2%	4 6%	5 6%	13 3%	12 5%	19 3%	1 3%	2 3%	2 5%	- -	- -	5 3%
						c	c									
Cycle more	20 3%	2 2%	9 4%	3 1%	2 3%	- -	4 5%	13 3%	6 3%	19 3%	- -	- -	- -	- -	- -	- -
										g						
Gym	8 1%	1 1%	1 1%	2 1%	3 3%	- -	1 1%	5 1%	3 1%	7 1%	- -	1 1%	- -	- -	- -	1 1%
Quit smoking	4 1%	- -	- -	2 1%	- -	1 2%	1 1%	2 *	2 1%	4 1%	- -	- -	- -	- -	1 12%	1 *
More motivation	4 1%	1 2%	2 1%	1 *	- -	- -	- -	4 1%	- -	3 1%	- -	1 2%	- -	- -	- -	1 1%
Drink more water	4 1%	- -	2 1%	2 1%	- -	- -	- -	4 1%	- -	3 1%	1 4%	- -	- -	- -	- -	1 1%
Yoga	4 1%	- -	1 *	- -	2 2%	1 1%	- -	1 *	3 1%	4 1%	- -	- -	- -	- -	- -	- -
					cg											
Other	29 4%	- -	14 7%	7 4%	5 6%	1 1%	3 3%	21 4%	8 3%	20 4%	1 4%	5 7%	2 6%	- -	- -	9 6%
			a		a											

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14W. What are these goals or resolutions?

BASE: All those who have set a physical activity goal or resolution for 2021

		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	729	76	208	197	86	75	87	481	248	563	28	77	38	3	7	153
Total	714	75	211	187	82	73	86	474	240	551	27	76	39	3	6	151
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	42	11	14	8	3	3	4	33	10	28	3	5	4	-	1	14
	6%	15%	7%	4%	3%	4%	4%	7%	4%	5%	13%	7%	11%	-	13%	9%
		bcdefgh														
Don't know	132	16	31	28	24	14	19	75	57	85	9	21	7	-	2	39
	18%	22%	15%	15%	29%	19%	22%	16%	24%	15%	33%	27%	17%	-	38%	26%
		bcg										a				a

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14W. What are these goals or resolutions?

BASE: All those who have set a physical activity goal or resolution for 2021

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
729	366	152	141	293	81	62	257	69	30	24	51	83	36	36	143	
714	320	174	161	335	79	63	255	68	29	25	48	72	36	39	142	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
148	78	40	24	64	13	18	51	15	4	3	8	21	7	10	31	
21%	24%	23%	15%	19%	17%	28%	20%	22%	14%	12%	16%	29%	19%	25%	22%	
	c															
128	54	30	40	70	14	10	50	10	5	3	10	11	9	6	24	
18%	17%	17%	25%	21%	17%	16%	19%	15%	18%	11%	22%	15%	25%	15%	17%	
			a													
103	49	26	19	46	16	6	35	8	4	1	10	9	6	8	22	
14%	15%	15%	12%	14%	20%	9%	14%	12%	14%	5%	20%	13%	16%	21%	15%	
71	42	17	10	27	6	3	29	8	-	1	11	3	2	10	8	
10%	13%	10%	6%	8%	7%	4%	11%	11%	-	3%	22%	4%	6%	26%	6%	
	cd						h				abcehik			abcehik		
59	20	14	20	34	6	11	24	3	1	3	4	7	-	-	18	
8%	6%	8%	12%	10%	8%	18%	10%	4%	3%	10%	8%	10%	-	-	12%	
			a			deij						ij			ij	
56	26	10	18	28	9	4	17	9	2	1	1	5	5	2	13	
8%	8%	6%	11%	8%	11%	7%	7%	14%	8%	4%	3%	7%	13%	5%	9%	
							g									
24	14	7	2	9	2	3	5	2	1	-	5	4	-	2	5	
3%	4%	4%	1%	3%	2%	4%	2%	3%	3%	-	11%	6%	-	6%	3%	
											cik					
20	13	1	3	4	1	3	4	3	2	1	-	1	1	4	4	
3%	4%	1%	2%	1%	1%	5%	1%	4%	6%	4%	-	2%	2%	10%	3%	
	bd													acg		
8	5	1	2	3	2	1	4	-	-	-	-	2	-	-	3	
1%	2%	1%	1%	1%	2%	2%	2%	-	-	-	-	2%	-	-	2%	
4	3	-	1	1	1	-	1	2	-	-	-	-	1	-	1	
1%	1%	-	1%	*	1%	-	*	3%	-	-	-	-	3%	-	1%	
								c								

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14W. What are these goals or resolutions?

BASE: All those who have set a physical activity goal or resolution for 2021

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	729	366	152	141	293	81	62	257	69	30	24	51	83	36	36	143
Total	714	320	174	161	335	79	63	255	68	29	25	48	72	36	39	142
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More motivation	4 1%	- -	1 1%	2 1% a	3 1%	1 1%	1 1%	- -	1 2% c	- -	1 5%	- -	- -	- -	- -	2 1%
Drink more water	4 1%	3 1%	1 1%	- - *	1 *	- -	1 2%	2 1%	- -	- -	- -	- -	1 1%	- -	- -	1 1%
Yoga	4 1%	2 1%	1 1%	- - *	1 *	- -	- -	3 1%	- -	1 3%	- -	- -	- -	- -	- -	- -
Other	29 4%	16 5%	3 2%	9 5%	12 4%	2 2%	- -	10 4%	1 1%	1 3%	5 19%	2 3%	7 9%	- -	3 7%	2 1%
													bdk		bk	
Nothing	42 6%	15 5%	11 7%	13 8%	25 7%	6 7%	6 10%	17 6%	6 9%	2 6%	- -	3 6%	2 3%	1 2%	- -	12 8%
Don't know	132 18%	43 13%	39 22% a	23 14%	62 18%	14 17%	12 20%	45 18%	12 18%	8 28% j	8 32%	8 16%	10 14%	13 35% acghjk	2 5%	26 18%

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14W. What are these goals or resolutions?

BASE: All those who have set a physical activity goal or resolution for 2021

	Nature of working location						Nature of working hours						Number of people in household including self				
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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
729	155	176	73	18	249	173	202	136	74	17	210	219	67	357	250	55	662
714	154	176	73	17	249	172	200	140	71	16	211	217	60	348	252	53	654
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
148 21%	33 22%	40 23%	11 16%	3 19%	52 21%	37 21%	52 26% bce	23 17%	9 12%	6 37%	32 15%	58 27% bce	8 13%	88 25% ad	48 19%	5 10%	141 22% d
128 18%	36 23% be	26 15%	11 15%	3 15%	36 15%	38 22% e	42 21%	24 17%	10 14%	1 6%	34 16%	43 20%	12 19%	52 15%	53 21%	11 20%	116 18%
103 14%	24 15%	20 11%	7 9%	- -	26 11%	24 14%	29 14%	16 11%	6 9%	1 5%	22 10%	30 14%	6 9%	58 17%	34 14%	5 9%	97 15%
71 10%	20 13% c	18 10% c	1 1%	1 6%	19 8% c	21 12% c	24 12% c	13 9%	3 4%	- -	16 7%	24 11%	11 18% cde	41 12% c	17 7%	2 3%	60 9%
59 8%	13 8%	17 9%	6 9%	2 11%	23 9%	15 9%	15 7%	18 13%	5 8%	2 12%	23 11%	16 8%	8 13%	25 7%	20 8%	6 11%	52 8%
56 8%	13 8%	18 10%	4 5%	- -	22 9%	13 7%	22 11%	8 6%	5 6%	- -	12 6%	22 10%	4 6%	21 6%	22 9%	10 18% abce	52 8%
24 3%	6 4%	2 1%	3 4%	- -	5 2%	6 3%	7 3%	1 1%	2 3%	- -	4 2%	7 3%	1 1%	16 4%	8 3%	- -	23 4%
20 3%	2 1%	6 3%	2 2%	1 5%	8 3%	3 2%	3 2%	5 3%	3 4%	- -	7 3%	3 1%	5 9% bcde	8 2%	7 3%	- -	14 2%
8 1%	3 2%	1 *	1 1%	- -	2 1%	3 2%	1 1%	2 2%	1 1%	1 5%	3 1%	2 1%	- -	5 2% c	- -	3 5% ce	8 1%
4 1%	1 1%	2 1%	- -	- -	2 1%	1 *	1 *	2 1%	- -	- -	2 1%	1 *	- -	2 *	3 1%	- -	4 1%
4 1%	2 1%	1 1%	- -	- -	1 *	2 1%	1 *	2 2%	- -	- -	2 1%	1 *	- -	1 *	2 1%	1 2%	4 1%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14W. What are these goals or resolutions?

BASE: All those who have set a physical activity goal or resolution for 2021

	Nature of working location						Nature of working hours						Number of people in household including self				
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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
729	155	176	73	18	249	173	202	136	74	17	210	219	67	357	250	55	662
714	154	176	73	17	249	172	200	140	71	16	211	217	60	348	252	53	654
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
4	1	1	1	-	2	1	3	-	-	-	-	3	1	2	1	-	3
1%	1%	*	2%	-	1%	*	1%	-	-	-	-	1%	2%	1%	*	-	*
4	2	1	1	-	2	2	4	-	-	-	-	4	-	2	2	-	4
1%	1%	1%	1%	-	1%	1%	2%	-	-	-	-	2%	-	1%	1%	-	1%
29	3	7	4	2	11	5	7	5	4	-	9	7	2	15	8	5	28
4%	2%	4%	6%	11%	5%	3%	4%	4%	6%	-	4%	3%	3%	4%	3%	9%	4%
42	9	13	4	3	17	12	11	13	5	2	18	12	2	17	21	3	41
6%	6%	7%	6%	17%	7%	7%	5%	10%	7%	11%	9%	6%	3%	5%	8%	6%	6%
132	24	30	23	4	53	28	24	30	22	5	53	29	14	63	45	10	118
18%	15%	17%	32% abf	23%	21%	16%	12%	22% af	31% af	31%	25% af	13%	23%	18%	18%	19%	18%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14W. What are these goals or resolutions?

BASE: All those who have set a physical activity goal or resolution for 2021

	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	729	201	435	124	107	31	457	238	22	592	137	607	106
Total	714	203	428	119	107	30	451	232	21	580	134	602	98
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More activity / exercise	148	30	107	29	19	5	95	49	3	123	25	125	23
	21%	15%	25%	24%	18%	16%	21%	21%	13%	21%	19%	21%	23%
			a										
Lose weight	128	32	81	21	20	4	83	38	5	106	22	107	20
	18%	16%	19%	18%	19%	14%	18%	17%	25%	18%	16%	18%	21%
Get fit / fitter	103	25	68	16	13	4	69	30	3	90	12	92	10
	14%	12%	16%	13%	12%	14%	15%	13%	15%	16%	9%	15%	10%
Walk more / steps per day	71	8	51	7	16	2	47	24	1	54	17	59	12
	10%	4%	12%	6%	15%	8%	10%	10%	6%	9%	13%	10%	12%
			a		a								
Be more healthy / eat more healthily	59	16	34	13	12	2	35	22	5	50	9	50	8
	8%	8%	8%	11%	12%	5%	8%	9%	21%	9%	7%	8%	8%
Run more	56	11	42	4	7	1	45	11	1	48	8	49	7
	8%	5%	10%	3%	6%	3%	10%	5%	5%	8%	6%	8%	7%
							ae						
More strength / muscle gain	24	2	21	6	6	-	14	10	2	22	2	20	4
	3%	1%	5%	5%	6%	-	3%	4%	10%	4%	2%	3%	4%
			a										
Cycle more	20	1	13	3	3	1	14	6	1	13	6	16	3
	3%	*	3%	2%	3%	3%	3%	3%	5%	2%	5%	3%	3%
			a										
Gym	8	4	5	2	2	-	6	2	1	6	3	6	2
	1%	2%	1%	1%	2%	-	1%	1%	4%	1%	2%	1%	2%
Quit smoking	4	-	4	2	1	-	1	3	-	4	-	4	-
	1%	-	1%	2%	1%	-	*	1%	-	1%	-	1%	-
				d									
More motivation	4	2	2	2	-	-	2	2	-	4	-	3	1
	1%	1%	1%	2%	-	-	1%	1%	-	1%	-	1%	1%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14W. What are these goals or resolutions?

BASE: All those who have set a physical activity goal or resolution for 2021

	Care responsibilities in household not including children		Longstanding condition or illness							Area		Access to private outdoor space	
			Mental condition or illness	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	Yes	No	a	b	c	d	e	*f		a	b	a	b
Significance Level: 95%													
Unweighted Total	729	201	435	124	107	31	457	238	22	592	137	607	106
Total	714	203	428	119	107	30	451	232	21	580	134	602	98
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Drink more water	4	1	2	-	-	-	4	-	-	3	1	4	-
	1%	1%	*	-	-	-	1%	-	-	*	1%	1%	-
Yoga	4	2	2	-	-	-	4	-	-	4	-	4	-
	1%	1%	*	-	-	-	1%	-	-	1%	-	1%	-
Other	29	8	19	7	3	1	21	9	2	21	8	23	6
	4%	4%	4%	6%	2%	3%	5%	4%	8%	4%	6%	4%	6%
Nothing	42	24	17	4	8	3	28	14	2	39	3	39	3
	6%	12%	4%	3%	8%	10%	6%	6%	8%	7%	2%	7%	3%
		b											
Don't know	132	60	49	26	20	10	63	55	1	103	29	102	20
	18%	29%	11%	22%	19%	32%	14%	24%	4%	18%	22%	17%	20%
		b		d		d		d					

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14W. What are these goals or resolutions?

BASE: All those who have set a physical activity goal or resolution for 2021

	Number of days active										Life satisfaction score				Covid-19 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
729	53	65	121	147	126	84	34	99	459	217	220	228	198	69	138	161	255	163
714	51	65	114	146	123	83	34	99	448	216	209	223	200	71	131	156	252	167
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
148	11	15	26	30	24	17	4	22	95	42	40	46	46	16	23	30	58	37
21%	22%	23%	23%	21%	20%	20%	11%	22%	21%	19%	19%	21%	23%	23%	18%	19%	23%	22%
128	5	13	26	21	22	14	7	20	82	41	44	45	30	8	21	32	39	34
18%	10%	20%	23%	14%	18%	16%	20%	20%	18%	19%	21%	20%	15%	12%	16%	21%	15%	20%
			a															
103	5	10	14	21	18	12	6	16	63	35	32	29	26	13	18	18	35	30
14%	9%	16%	12%	14%	15%	15%	19%	17%	14%	16%	15%	13%	13%	18%	14%	12%	14%	18%
71	4	6	12	16	10	11	2	10	43	24	18	17	28	7	7	8	37	17
10%	8%	9%	10%	11%	8%	13%	7%	11%	10%	11%	9%	8%	14%	9%	6%	5%	15%	10%
													b				ab	
59	5	5	7	17	8	10	2	6	37	18	16	23	14	7	11	13	16	18
8%	9%	8%	6%	12%	6%	12%	7%	6%	8%	8%	8%	10%	7%	9%	9%	9%	6%	11%
56	2	6	8	13	10	8	3	7	36	18	22	18	13	3	11	15	23	7
8%	4%	9%	7%	9%	8%	10%	7%	7%	8%	8%	10%	8%	6%	4%	9%	10%	9%	4%
24	4	2	2	3	4	1	-	8	12	9	11	7	5	1	6	7	8	3
3%	8%	3%	1%	2%	4%	1%	-	8%	3%	4%	5%	3%	2%	2%	4%	5%	3%	2%
	cfi							cfi										
20	1	1	3	1	3	4	3	4	8	11	6	5	6	2	2	3	7	7
3%	2%	1%	2%	1%	2%	5%	10%	4%	2%	5%	3%	2%	3%	3%	2%	2%	3%	4%
						d	bcdi			di								
8	2	1	2	-	3	1	-	-	6	1	3	3	2	-	1	2	3	3
1%	3%	1%	2%	-	2%	1%	-	-	1%	*	2%	1%	1%	-	1%	1%	1%	2%
	d																	
4	-	1	1	1	-	1	-	1	3	2	-	4	-	-	1	2	-	2
1%	-	2%	1%	1%	-	1%	-	1%	1%	1%	-	2%	-	-	1%	1%	-	1%
												ac						
4	-	1	-	-	1	2	-	-	2	2	-	-	2	2	-	2	2	-
1%	-	1%	-	-	1%	3%	-	-	*	1%	-	-	1%	3%	-	1%	1%	-
						di								ab				
4	-	1	-	-	-	1	1	1	1	3	1	2	1	-	-	2	1	1
1%	-	2%	-	-	-	1%	2%	1%	*	1%	1%	1%	*	-	-	1%	*	1%
						i												
4	1	1	-	1	-	-	-	1	2	1	1	-	1	2	2	-	2	-
1%	2%	2%	-	1%	-	-	-	1%	*	*	*	-	1%	2%	1%	-	1%	-
													b					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14W. What are these goals or resolutions?

BASE: All those who have set a physical activity goal or resolution for 2021

	Total	Number of days active										Life satisfaction score				Covid-19 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	729	53	65	121	147	126	84	34	99	459	217	220	228	198	69	138	161	255	163
Total	714	51	65	114	146	123	83	34	99	448	216	209	223	200	71	131	156	252	167
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	29	4	2	3	6	7	3	1	4	17	8	11	8	9	2	5	5	14	6
	4%	7%	3%	2%	4%	5%	4%	3%	4%	4%	4%	5%	3%	4%	3%	4%	3%	6%	3%
Nothing	42	6	5	2	8	14	2	3	2	29	8	12	12	12	6	10	11	14	7
	6%	12%	8%	1%	6%	11%	3%	9%	2%	6%	4%	6%	5%	6%	8%	8%	7%	6%	4%
		cfhj	c			cfhj		c		c									
Don't know	132	8	13	29	29	18	14	5	17	88	36	26	47	38	13	37	32	38	22
	18%	16%	19%	25%	20%	14%	16%	14%	17%	20%	17%	12%	21%	19%	19%	28%	21%	15%	13%
				e									a			cd			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14W. What are these goals or resolutions?

BASE: All those who have set a physical activity goal or resolution for 2021

	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	729	353	162	203	480	172
Total	714	348	156	201	469	169
	100%	100%	100%	100%	100%	100%
More activity / exercise	148	79	22	46	98	30
	21%	23%	14%	23%	21%	18%
		b	b			
Lose weight	128	56	26	45	91	25
	18%	16%	16%	22%	19%	15%
Get fit / fitter	103	55	19	27	72	20
	14%	16%	12%	14%	15%	12%
Walk more / steps per day	71	36	11	24	40	17
	10%	10%	7%	12%	8%	10%
Be more healthy / eat more healthily	59	34	7	18	48	11
	8%	10%	5%	9%	10%	7%
		b				
Run more	56	31	10	15	40	14
	8%	9%	6%	7%	9%	8%
More strength / muscle gain	24	14	3	7	17	6
	3%	4%	2%	3%	4%	3%
Cycle more	20	11	3	5	12	6
	3%	3%	2%	3%	3%	4%
Gym	8	3	1	5	5	4
	1%	1%	1%	2%	1%	2%
Quit smoking	4	2	1	1	3	-
	1%	1%	1%	1%	1%	-
More motivation	4	2	1	1	3	1
	1%	1%	1%	1%	1%	1%
Drink more water	4	3	-	1	3	1
	1%	1%	-	*	1%	*
Yoga	4	-	-	4	4	-
	1%	-	-	2%	1%	-
			a			
Other	29	11	6	12	17	9
	4%	3%	4%	6%	4%	6%
Nothing	42	19	12	11	27	12
	6%	6%	8%	5%	6%	7%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14W. What are these goals or resolutions?

BASE: All those who have set a physical activity goal or resolution for 2021

Significance Level: 95%

Unweighted Total

Total

Don't know

	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	729	353	162	203	480
Total	714	348	156	201	469
	100%	100%	100%	100%	100%
Don't know	132	57	44	25	79
	18%	17%	29%	12%	17%
		ac			35

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14X. Thinking about 2021, do you have any particular hopes relating to sport, exercise or physical activity?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More activity / exercise	108 5%	45 5%	62 6%	47 8% bc	28 4%	34 4%	6 6%	19 7% df	10 5%	6 3%	12 7%	6 3%	15 5%	19 6%	16 8% df
Get fit / fitter	76 4%	25 3%	51 5% a	25 4%	27 4%	24 3%	6 6% h	10 4%	6 3%	10 5%	9 5%	11 5%	8 3%	7 2%	10 5%
Other sports (excluding yoga, football, golf, swimming, gym)	72 4%	42 4%	30 3%	29 5%	20 3%	22 3%	1 1%	8 3%	5 2%	5 2%	4 2%	6 3%	15 5%	18 6%	10 5%
Gym/ gyms reopening	52 3%	22 2%	29 3%	21 3%	15 2%	15 2%	2 2%	6 2%	6 3%	5 2%	4 2%	3 1%	13 4%	9 3%	3 2%
Lose weight	51 3%	12 1%	39 4% a	21 3% c	17 3%	13 2%	3 3%	5 2%	7 4%	5 2%	2 1%	6 3%	6 2%	11 3%	5 2%
Swimming / pools reopening	44 2%	17 2%	27 3%	10 2%	14 2%	20 3%	2 2%	2 1%	2 1%	7 3% b	4 2%	6 3%	8 2%	9 3%	3 1%
Run more	40 2%	9 1%	30 3% a	23 4% c	13 2% c	3 *	1 1%	4 2%	2 1%	2 1%	3 2%	4 2%	10 3%	9 3%	4 2%
Walk more	35 2%	23 2% b	12 1%	9 1%	4 1%	21 3% b	2 2% h	5 2% h	7 4% eh	2 1%	1 1%	5 2% h	10 3% h	1 *	2 1%
Be more healthy	30 1%	10 1%	20 2%	8 1%	12 2%	11 1%	1 1%	3 1%	3 1%	3 1%	1 1%	2 1%	9 3%	4 1%	4 2%
Football	29 1%	28 3% b	1 *	19 3% bc	8 1%	3 *	1 1%	3 1%	3 1%	3 2%	2 1%	2 1%	10 3% h	3 1%	2 1%
Golf	25 1%	25 3% b	- -	4 1%	1 *	20 3% ab	1 1%	4 2%	1 *	1 *	2 1%	7 3% cd	3 1%	3 1%	2 1%
Exercise with / near other people	20 1%	13 1%	7 1%	5 1%	5 1%	11 1%	- -	5 2%	3 2%	2 1%	1 1%	1 1%	3 1%	2 1%	2 1%
Cycle more	20 1%	15 2% b	5 *	5 1%	7 1%	9 1%	- -	5 2%	2 1%	2 1%	- -	2 1%	4 1%	4 1%	1 *

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14X. Thinking about 2021, do you have any particular hopes relating to sport, exercise or physical activity?

BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More strength / muscle gain / tone up	12 1%	2 *	10 1% a	5 1%	6 1% c	1 *	1 1%	2 1%	1 *	- -	3 1%	1 *	2 1%	2 1%	1 1%
Yoga	5 *	- -	5 * a	3 1%	2 * -	- -	- -	2 1%	1 *	- -	- -	- -	1 *	1 *	- -
Other	100 5%	65 6% b	36 3%	22 4%	30 5%	48 6% a	4 4%	12 5%	9 5%	8 4%	11 6%	9 4%	13 4%	16 5%	18 9% dg
Nothing	52 3%	21 2%	31 3%	28 4% c	17 3% c	8 1%	2 2%	7 3%	4 2%	6 3%	5 3%	8 4%	12 4%	6 2%	2 1%
Don't know	4 *	2 *	3 *	3 1% c	1 * -	- -	- -	- -	1 *	- -	- -	- -	- -	2 1%	2 1%
I have no such hopes	1347 66%	658 66%	681 66%	356 58%	459 69% a	532 70% a	68 69%	177 67%	135 68%	147 69%	119 68%	157 69%	197 62%	216 65%	130 62%

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14X. Thinking about 2021, do you have any particular hopes relating to sport, exercise or physical activity?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More activity / exercise	108 5%	9 6%	34 7% fh	27 6% f	16 6% f	9 5%	14 3%	70 6% fh	39 4%	94 5%	2 4%	6 5%	3 5%	- -	1 6%	12 5%
Get fit / fitter	76 4%	5 4%	22 5% f	20 4%	10 4%	7 3%	11 2%	48 4% f	28 3%	66 4%	2 4%	1 1%	4 6%	- -	1 9%	8 3%
Other sports (excluding yoga, football, golf, swimming, gym)	72 4%	10 7% defh	22 5% h	17 4%	6 2%	5 2%	12 3%	49 4% h	23 2%	55 3%	4 7%	7 6%	4 6%	1 10%	1 6%	16 6% a
Gym/ gyms reopening	52 3%	9 6% bgh	10 2%	14 3%	6 2%	5 3%	7 2%	33 3%	19 2%	45 3%	1 2%	3 3%	- -	- -	1 6%	6 2%
Lose weight	51 3%	4 3%	20 4% fh	16 3% fh	5 2%	3 1%	4 1%	40 4% fh	11 1%	45 3%	1 2%	1 1%	1 2%	1 12%	2 15%	6 2%
Swimming / pools reopening	44 2%	6 4% h	8 2%	13 3%	4 2%	5 2%	8 2%	28 3%	17 2%	40 2%	1 2%	- -	2 3%	1 13%	- -	4 2%
Run more	40 2%	5 3% defh	21 4% cdefh	9 2% eh	2 1%	- -	3 1%	35 3% defh	5 *	29 2%	3 5% a	3 3%	5 8% a	- -	- -	11 4% a
Walk more	35 2%	2 1%	11 2%	9 2%	3 1%	1 *	9 2%	23 2%	12 1%	30 2%	2 3%	3 3%	- -	- -	- -	5 2%
Be more healthy	30 1%	1 1%	11 2%	6 1%	4 2%	2 1%	7 1%	17 2%	13 1%	25 1%	1 1%	1 1%	3 5% a	- -	- -	5 2%
Football	29 1%	8 5% bcdgh	5 1%	7 2%	2 1%	3 2%	3 1%	21 2%	8 1%	20 1%	2 4% a	5 4% a	2 3%	- -	1 6%	9 4% a
Golf	25 1%	1 1%	7 2%	2 1%	2 1%	2 1%	10 2% c	11 1%	14 2%	25 1%	- -	- -	- -	- -	- -	- -
Exercise with / near other people	20 1%	2 1%	2 *	6 1%	6 2% beg	- -	4 1%	10 1%	10 1%	19 1%	- -	1 1%	1 1%	- -	- -	2 1%
Cycle more	20 1%	1 1%	5 1%	5 1%	1 1%	3 2%	4 1%	11 1%	9 1%	15 1%	1 1%	3 3% a	1 1%	- -	- -	5 2%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14X. Thinking about 2021, do you have any particular hopes relating to sport, exercise or physical activity?

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%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More strength / muscle gain / tone up	12	2	3	1	1	3	2	6	6	12	-	-	-	-	-	-
	1%	1%	1%	*	*	2% c	*	1%	1%	1%	-	-	-	-	-	-
Yoga	5	-	-	3	1	-	1	3	2	4	-	1	-	-	-	1
	*	-	-	1%	*	-	*	*	*	*	-	1%	-	-	-	*
Other	100	7	23	25	9	8	28	56	44	93	2	1	3	-	-	7
	5%	5%	5%	5%	3%	4%	6%	5%	5%	5% c	4%	1%	5%	-	-	3%
Nothing	52	12	13	12	5	3	8	36	16	39	1	5	5	-	1	13
	3%	8% bcdefgh	3%	2%	2%	2%	2%	3% h	2%	2%	2%	5% a	8%	-	6%	5% a
Don't know	4	-	3	-	1	1	-	3	2	3	-	-	1	-	-	1
	*	-	1%	-	*	*	-	*	*	*	-	-	1%	-	-	*
I have no such hopes	1347	77	276	304	178	146	367	657	690	1169	34	71	33	6	8	151
	66%	51%	58%	63% a	71% abcg	72% abcg	76% abcg	60% a	74% abcg	67% dg	63%	64%	50%	65%	56%	60%

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14X. Thinking about 2021, do you have any particular hopes relating to sport, exercise or physical activity?

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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More activity / exercise	108 5%	57 5%	22 6%	29 9% a	51 8% a	10 6%	12 10% ij	37 6%	12 6%	2 3%	3 5%	4 4%	7 6%	5 3%	16 4%	22 8% ij
Get fit / fitter	76 4%	40 3%	17 5%	15 5%	32 5%	5 3%	3 2%	26 4%	6 3%	6 9% bdjk	1 2%	6 5%	8 7% jk	5 3%	10 2%	8 3%
Other sports (excluding yoga, football, golf, swimming, gym)	72 4%	42 3%	13 4%	12 4%	26 4%	6 4%	5 4% i	29 5% i	5 2%	3 5% i	2 4%	2 1%	6 5% i	1 1%	13 3%	11 4% i
Gym/ gyms reopening	52 3%	34 3%	12 3%	6 2%	17 3%	- -	5 4% a	19 3% a	5 3% a	1 1%	4 5% ai	3 3% a	5 4% a	2 1%	9 2%	5 2%
Lose weight	51 3%	30 2%	11 3%	10 3%	21 3%	6 3%	6 5% j	16 3%	6 3%	1 2%	1 2%	5 4% j	4 4%	2 1%	5 1%	11 4% j
Swimming / pools reopening	44 2%	24 2%	13 4% a	5 2%	18 3%	7 4%	3 2%	11 2%	3 1%	1 2%	- - cdfhij	8 7%	1 1%	3 2%	8 2%	9 3%
Run more	40 2%	21 2%	10 3%	8 2%	18 3%	3 2% j	1 1%	21 3% gjk	6 3% j	1 1% j	1 1% j	- - gjk	5 4% gjk	2 1% j	- -	3 1% j
Walk more	35 2%	24 2%	4 1%	6 2%	10 1%	1 1%	1 1%	11 2%	1 *	2 4% dg	2 4% dgk	- - adgk	4 4% adgk	2 1%	10 2%	2 1%
Be more healthy	30 1%	16 1%	5 1%	8 3%	13 2%	1 *	3 3%	11 2%	3 2%	1 2%	1 2%	1 1%	2 2%	1 1%	5 1%	4 1%
Football	29 1%	12 1%	7 2%	9 3% a	16 2% a	5 3% dij	3 3% dij	12 2% dj	- -	2 3% dij	1 1%	1 1%	4 3% dij	- -	1 *	8 3% dij

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14X. Thinking about 2021, do you have any particular hopes relating to sport, exercise or physical activity?

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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Golf	25 1%	19 2% c	6 2% c	- - -	6 1%	2 1%	1 1%	7 1%	2 1%	- -	- -	- -	- -	- -	12 3% chi	3 1%
Exercise with / near other people	20 1%	16 1% b	- -	3 1%	3 1%	- -	- -	9 1% k	2 1%	1 1% k	- -	- -	4 3% abgik	- -	4 1%	- -
Cycle more	20 1%	11 1%	4 1%	3 1%	7 1%	2 1%	2 2%	7 1%	- -	- -	1 1%	1 1%	2 2% d	1 1%	4 1%	4 1%
More strength / muscle gain / tone up	12 1%	3 *	4 1%	4 1% a	7 1% a	- -	3 3% acj	2 *	1 1%	1 1%	- -	2 2% cj	1 1%	1 1%	1 *	3 1%
Yoga	5 *	2 *	1 *	1 *	2 *	- -	- -	2 *	- -	1 2% jk	1 1% jk	1 1%	- -	- -	- -	- -
Other	100 5%	69 5%	15 4%	14 4%	29 4%	7 4%	8 7%	31 5%	7 3%	1 1%	5 8%	7 7%	5 4%	4 2%	25 6%	15 5%
Nothing	52 3%	20 2%	15 4% a	13 4% a	29 4% a	5 3%	6 5% ij	23 4% ij	3 2%	1 1%	1 2%	3 3%	2 2%	1 1%	5 1%	12 4% ij
Don't know	4 *	2 *	- -	1 *	1 *	- -	2 1% j	2 *	- -	1 1% j	- -	- -	- -	- -	- -	2 1%
I have no such hopes	1347 66%	864 69% bcd	220 61%	181 57%	401 59%	112 67% bc	64 52%	358 59%	147 73% bchk	40 64%	43 64%	74 66% b	67 56% abcdefghjk	144 84%	298 73% bchk	176 61%

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14X. Thinking about 2021, do you have any particular hopes relating to sport, exercise or physical activity?

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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More activity / exercise	108 5%	29 7%	23 6%	13 8%	2 7%	35 6%	30 7%	28 5%	26 10% af	10 6%	1 2%	36 8% f	29 5%	11 4%	46 4%	47 9% abe	4 5%	98 6%
Get fit / fitter	76 4%	18 4%	17 4%	4 3%	1 3%	21 4%	19 4%	26 5%	11 4%	3 2%	1 2%	14 3%	27 5%	9 3%	39 3%	21 4%	7 8% b	67 4%
Other sports (excluding yoga, football, golf, swimming, gym)	72 4%	20 5%	17 4%	5 3%	1 4%	22 4%	21 5%	24 5%	9 3%	6 4%	4 10% be	15 3%	28 5%	5 2%	40 3%	25 5% a	2 2%	67 4%
Gym/ gyms reopening	52 3%	21 5% e	9 2%	2 1%	- -	11 2%	21 5% e	18 3%	6 2%	6 4%	2 5%	12 3%	20 3%	9 3%	29 3%	9 2%	4 4%	43 2%
Lose weight	51 3%	13 3%	11 3%	3 2%	2 8%	14 3%	15 3%	14 3%	8 3%	4 2%	2 5%	12 3%	17 3%	5 2%	28 2%	15 3%	3 3%	46 3%
Swimming / pools reopening	44 2%	6 1%	11 3% c	- -	- -	11 2%	6 1%	10 2%	6 2%	1 1%	1 2%	7 1%	11 2%	4 1%	26 2%	13 3%	1 1%	41 2%
Run more	40 2%	15 3%	11 3%	3 2%	1 3%	14 3%	15 3%	17 3%	10 4%	3 2%	- -	13 3%	17 3%	1 *	17 1%	20 4% abe	2 2%	39 2% a
Walk more	35 2%	6 1%	7 2%	5 3%	- -	11 2%	6 1%	11 2%	3 1%	3 2%	- -	6 1%	11 2%	6 2%	21 2%	4 1%	3 4% c	29 2%
Be more healthy	30 1%	11 2%	7 2%	- -	1 4%	7 1%	12 3% c	12 2%	6 2%	2 1%	- -	8 2%	12 2%	2 1%	15 1%	13 3%	1 1%	28 2%
Football	29 1%	6 1%	10 2%	3 2%	- -	12 2%	6 1%	10 2%	6 2%	2 1%	1 3%	7 2%	11 2%	- -	16 1%	10 2% a	4 4% ab	29 2% a

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14X. Thinking about 2021, do you have any particular hopes relating to sport, exercise or physical activity?

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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
25	7	4	-	-	4	7	8	3	-	-	3	8	3	21	1	-	22
1%	2%	1%	-	-	1%	1%	1%	1%	-	-	1%	1%	1%	2%	*	-	1%
														c			c
20	6	5	1	-	6	6	6	5	1	-	6	6	1	14	6	-	20
1%	1%	1%	1%	-	1%	1%	1%	2%	*	-	1%	1%	*	1%	1%	-	1%
20	5	3	2	-	5	5	5	2	2	1	4	6	2	11	6	1	18
1%	1%	1%	1%	-	1%	1%	1%	1%	1%	3%	1%	1%	1%	1%	1%	1%	1%
12	3	2	1	-	3	3	3	1	2	-	3	3	-	7	3	2	12
1%	1%	*	1%	-	*	1%	1%	*	1%	-	1%	1%	-	1%	1%	2%	1%
																a	
5	-	3	1	-	4	-	1	2	1	-	3	1	-	3	2	-	5
*	-	1%	1%	-	1%	-	*	1%	1%	-	1%	*	-	*	*	-	*
100	20	26	4	1	30	21	27	14	9	1	23	28	17	55	24	4	83
5%	5%	7%	3%	3%	5%	4%	5%	5%	5%	2%	5%	5%	6%	5%	5%	5%	5%
52	9	20	4	2	24	11	12	20	3	1	22	13	7	23	19	3	45
3%	2%	5% af	3%	7%	4%	2%	2%	7% acf	2%	2%	5% acf	2%	3%	2%	4% b	3%	3%
4	1	2	2	-	3	1	-	2	1	1	3	1	-	1	3	1	4
*	*	*	1%	-	1%	*	-	1% a	*	3% af	1% a	*	-	*	1% b	1% b	*
1347	267	228	102	16	331	283	336	136	121	26	257	362	196	802	293	55	1151
66%	61%	57%	66%	61%	60%	61%	62% b	52%	68% be	67%	58%	62% b	73% cde	69% ce	57%	62%	65% c

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14X. Thinking about 2021, do you have any particular hopes relating to sport, exercise or physical activity?

BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
									NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More activity / exercise	108	22	74	15	18	5	73	35	2	88	21	101	8
	5%	7%	5%	6%	5%	7%	5%	6%	3%	5%	5%	6%	3%
												b	
Get fit / fitter	76	12	54	7	11	3	53	21	-	58	17	67	8
	4%	4%	4%	3%	3%	5%	4%	3%	-	4%	4%	4%	3%
Other sports (excluding yoga, football, golf, swimming, gym)	72	16	51	12	11	1	50	19	4	57	15	66	5
	4%	5%	4%	5%	3%	1%	4%	3%	5%	4%	3%	4%	2%
												b	
Gym/ gyms reopening	52	4	38	4	3	-	46	6	2	42	10	43	9
	3%	1%	3%	2%	1%	-	3% be	1%	2%	3%	2%	3%	3%
Lose weight	51	8	38	7	2	1	41	10	-	44	7	43	8
	3%	2%	3%	3% b	1%	2%	3% b	2%	-	3%	2%	3%	3%
Swimming / pools reopening	44	5	34	7	8	2	30	14	3	39	6	38	6
	2%	2%	2%	3%	2%	3%	2%	2%	4%	2%	1%	2%	2%
Run more	40	15	23	6	6	1	28	11	1	31	9	38	2
	2%	4% b	2%	2%	2%	1%	2%	2%	1%	2%	2%	2%	1%
Walk more	35	8	20	5	9	-	23	12	3	24	11	30	5
	2%	2%	1%	2%	3%	-	2%	2%	4%	1%	3%	2%	2%
Be more healthy	30	3	25	3	4	-	22	8	-	26	4	27	3
	1%	1%	2%	1%	1%	-	2%	1%	-	2%	1%	2%	1%
Football	29	5	24	1	3	-	25	4	-	28	1	24	5
	1%	2%	2%	* e	1%	-	2% e	1%	-	2% b	*	1%	2%
Golf	25	3	19	-	5	1	19	7	-	19	6	20	5
	1%	1%	1%	-	2% a	2% a	1%	1%	-	1%	1%	1%	2%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14X. Thinking about 2021, do you have any particular hopes relating to sport, exercise or physical activity?

BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Exercise with / near other people	20	3	14	2	7	-	12	8	1	15	5	18	2
	1%	1%	1%	1%	2%	-	1%	1%	1%	1%	1%	1%	1%
Cycle more	20	4	15	4	2	1	15	5	1	16	4	17	3
	1%	1%	1%	2%	1%	2%	1%	1%	2%	1%	1%	1%	1%
More strength / muscle gain / tone up	12	1	11	3	3	-	7	5	1	10	2	12	-
	1%	*	1%	1%	1%	-	*	1%	2%	1%	*	1%	-
Yoga	5	1	4	-	1	-	3	1	-	4	1	5	-
	*	*	*	-	*	-	*	*	-	*	*	*	-
Other	100	15	68	18	20	2	60	38	3	78	23	89	11
	5%	4%	5%	7%	6%	3%	4%	6%	4%	5%	5%	5%	4%
Nothing	52	26	19	8	10	1	32	19	-	44	8	45	7
	3%	8%	1%	3%	3%	1%	2%	3%	-	3%	2%	3%	2%
		b											
Don't know	4	3	1	2	-	-	3	2	-	4	-	3	1
	*	1%	*	1%	-	-	*	*	-	*	-	*	*
		b											
I have no such hopes	1347	193	913	164	252	47	889	405	55	1050	297	1094	221
	66%	57%	66%	63%	70%	73%	65%	67%	76%	65%	69%	64%	73%
		a	a					a	a				a

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14X. Thinking about 2021, do you have any particular hopes relating to sport, exercise or physical activity?

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More activity / exercise	108	12	17	16	24	16	12	2	10	73	24	38	33	32	5	16	20	48	25
	5%	3%	7%	5%	7%	6%	7%	2%	4%	6%	5%	7%	5%	5%	3%	4%	5%	6%	5%
			a		a	a	a			a		d							
Get fit / fitter	76	4	11	10	15	11	10	4	11	48	24	21	28	22	5	8	10	42	17
	4%	1%	4%	3%	5%	4%	5%	6%	4%	4%	5%	4%	4%	4%	3%	2%	2%	5%	4%
			a	a	a	a	a	a	a	a	a							ab	
Other sports (excluding yoga, football, golf, swimming, gym)	72	7	4	11	14	11	9	3	13	40	24	12	27	28	4	20	4	34	14
	4%	2%	2%	3%	4%	4%	5%	4%	5%	4%	5%	2%	4%	5%	2%	5%	1%	4%	3%
				a		a	a		a		ab		a	a		b		b	b
Gym/ gyms reopening	52	6	6	6	11	10	2	-	11	33	13	22	12	14	4	12	10	20	10
	3%	1%	2%	2%	3%	4%	1%	-	4%	3%	3%	4%	2%	2%	2%	3%	2%	3%	2%
					a				a			b							
Lose weight	51	2	7	10	10	8	4	3	6	35	14	18	12	15	3	10	9	12	20
	3%	1%	3%	3%	3%	3%	2%	4%	3%	3%	3%	3%	2%	3%	1%	3%	2%	2%	4%
			a	a	a	a	a	a	a	a	a								c
Swimming / pools reopening	44	11	4	6	4	12	2	-	5	27	7	11	17	15	1	7	6	18	12
	2%	3%	2%	2%	1%	5%	1%	-	2%	2%	1%	2%	3%	3%	1%	2%	2%	2%	3%
					dfij														
Run more	40	2	2	6	11	6	5	3	5	25	13	16	14	7	3	8	10	11	11
	2%	*	1%	2%	3%	3%	3%	4%	2%	2%	3%	3%	2%	1%	1%	2%	3%	1%	2%
				a	a	a	a	a		a	a	c							
Walk more	35	5	8	4	10	1	1	-	6	22	8	9	14	10	2	6	11	13	5
	2%	1%	3%	1%	3%	*	1%	-	3%	2%	2%	2%	2%	2%	1%	2%	3%	2%	1%
			e		e				e										
Be more healthy	30	3	4	3	5	3	6	2	2	17	10	5	10	12	2	4	3	15	9
	1%	1%	2%	1%	2%	1%	4%	3%	1%	1%	2%	1%	2%	2%	1%	1%	1%	2%	2%
							ah												
Football	29	2	2	7	5	7	2	1	3	21	6	12	5	10	2	8	7	10	4
	1%	1%	1%	2%	2%	3%	1%	1%	1%	2%	1%	2%	1%	2%	1%	2%	2%	1%	1%
				a		a													
Golf	25	4	3	7	4	3	1	-	3	17	5	5	9	11	-	3	4	12	6
	1%	1%	1%	2%	1%	1%	1%	-	1%	2%	1%	1%	1%	2%	-	1%	1%	2%	1%
Exercise with / near other people	20	-	3	4	7	3	1	1	2	16	4	7	5	8	1	4	3	10	3
	1%	-	1%	1%	2%	1%	*	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%
			a	a	a	a		a		a									



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14X. Thinking about 2021, do you have any particular hopes relating to sport, exercise or physical activity?

BASE: All respondents

	Number of days active											Life satisfaction score				Covid-19 related worries					
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)		
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)		
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d		
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443		
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454		
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%		
Cycle more	20	3	3	1	2	1	2	-	8	7	10	7	3	7	3	2	7	7	4		
	1%	1%	1%	*	1%	*	1%	-	3%	1%	2%	1%	1%	1%	2%	1%	2%	1%	1%		
								acdei			ci										
More strength / muscle gain / tone up	12	-	1	1	3	2	1	-	5	7	5	8	2	1	-	1	4	2	6		
	1%	-	*	*	1%	1%	*	-	2%	1%	1%	1%	*	*	-	*	1%	*	1%		
								a		a	a	bc						c			
Yoga	5	1	1	-	1	-	2	-	-	2	2	1	1	2	1	2	1	1	1		
	*	*	*	-	*	-	1%	-	-	*	*	*	*	*	1%	*	*	*	*		
Other	100	18	10	14	19	12	12	1	13	55	27	33	28	34	5	15	18	40	25		
	5%	4%	4%	4%	6%	5%	7%	2%	5%	5%	5%	6%	4%	6%	3%	4%	5%	5%	6%		
Nothing	52	4	7	9	8	11	2	4	7	35	13	11	19	13	9	8	16	17	10		
	3%	1%	3%	3%	2%	4%	1%	5%	3%	3%	3%	2%	3%	2%	4%	2%	4%	2%	2%		
						a		a		a											
Don't know	4	-	-	1	1	2	1	-	-	3	1	2	1	2	-	2	2	-	1		
	*	-	-	*	*	1%	*	-	-	*	*	*	*	*	-	*	*	-	*		
I have no such hopes	1347	332	166	202	189	144	112	47	154	702	313	363	411	388	147	259	262	488	294		
	66%	81%	67%	66%	59%	56%	62%	68%	61%	62%	62%	63%	66%	65%	75%	68%	66%	64%	65%		
		bcdefghij																			
			e	e											abc						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14X. Thinking about 2021, do you have any particular hopes relating to sport, exercise or physical activity?

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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
More activity / exercise	108	46	20	41	66	29
	5%	7%	3%	6%	7%	5%
		b		b		
Get fit / fitter	76	35	10	31	47	18
	4%	5%	2%	4%	5%	3%
		b		b		
Other sports (excluding yoga, football, golf, swimming, gym)	72	31	13	27	42	18
	4%	5%	2%	4%	4%	3%
		b				
Gym/ gyms reopening	52	19	6	27	26	14
	3%	3%	1%	4%	3%	2%
		b		b		
Lose weight	51	22	6	24	33	17
	3%	3%	1%	3%	3%	3%
		b		b		
Swimming / pools reopening	44	9	9	26	28	7
	2%	1%	2%	3%	3%	1%
				ab	b	
Run more	40	19	13	7	29	11
	2%	3%	2%	1%	3%	2%
		c				
Walk more	35	13	5	16	16	13
	2%	2%	1%	2%	2%	2%
				b		
Be more healthy	30	18	7	6	18	9
	1%	3%	1%	1%	2%	2%
		bc				
Football	29	12	8	9	23	6
	1%	2%	1%	1%	2%	1%
					b	
Golf	25	6	6	14	11	5
	1%	1%	1%	2%	1%	1%
Exercise with / near other people	20	7	7	7	9	7
	1%	1%	1%	1%	1%	1%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14X. Thinking about 2021, do you have any particular hopes relating to sport, exercise or physical activity?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Cycle more

More strength / muscle gain / tone up

Yoga

Other

Nothing

Don't know

I have no such hopes

	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Cycle more	20	8	9	4	11	4
	1%	1%	1%	1%	1%	1%
More strength / muscle gain / tone up	12	10	1	1	9	-
	1%	2%	*	*	1%	-
		bc			b	
Yoga	5	2	2	1	5	-
	*	*	*	*	*	-
Other	100	32	21	47	57	21
	5%	5%	3%	6%	6%	3%
			b	b	b	
Nothing	52	29	11	12	40	11
	3%	4%	2%	2%	4%	2%
		bc			b	
Don't know	4	3	-	2	3	1
	*	*	-	*	*	*
I have no such hopes	1347	361	492	467	556	430
	66%	56%	78%	64%	56%	72%
			ac	a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Y. Again thinking about 2021, do you have any particular fears relating to sport, exercise or physical activity?

BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Covid 19 / catching Covid 19	120	72	48	31	43	46	6	22	11	6	10	11	17	18	19
	6%	7%	5%	5%	6%	6%	6%	8%	5%	3%	6%	5%	5%	5%	9%
		b						d							d
Social distancing / being close to others	44	16	28	17	19	8	2	4	4	7	1	5	8	6	7
	2%	2%	3%	3%	3%	1%	2%	2%	2%	3%	1%	2%	2%	2%	3%
				c	c										
Injury	26	11	15	13	5	8	1	4	3	1	2	-	6	7	2
	1%	1%	1%	2%	1%	1%	1%	2%	2%	*	1%	-	2%	2%	1%
				b										f	
Restrictions / lockdowns	24	16	7	4	6	14	-	3	3	2	-	1	4	9	2
	1%	2%	1%	1%	1%	2%	-	1%	1%	1%	-	1%	1%	3%	1%
														e	
Facilities closing / not reopening	22	11	11	7	5	10	1	4	3	3	1	2	1	3	3
	1%	1%	1%	1%	1%	1%	1%	2%	1%	1%	1%	1%	*	1%	2%
Exercise / activity mentions (ALL)	20	10	10	9	6	5	1	2	1	3	-	1	7	2	2
	1%	1%	1%	1%	1%	1%	1%	1%	*	2%	-	1%	2%	1%	1%
													e		
Fitness levels getting low	18	13	6	4	5	9	-	3	1	2	2	2	5	2	1
	1%	1%	1%	1%	1%	1%	-	1%	*	1%	1%	1%	2%	*	*
Going to a gym / safety of gyms	12	4	8	8	2	1	-	1	1	2	-	3	2	3	-
	1%	*	1%	1%	*	*	-	*	*	1%	-	1%	1%	1%	-
				bc											
Lacking motivation	11	2	9	6	4	1	-	-	-	-	1	2	2	2	4
	1%	*	1%	1%	1%	*	-	-	-	-	1%	1%	1%	*	2%
															bcd
Things may never return to normal	11	8	2	1	5	5	1	1	-	1	-	1	-	2	4
	1%	1%	*	*	1%	1%	1%	*	-	1%	-	1%	-	1%	2%
															cg
Weight gain	7	1	6	6	1	-	1	-	2	1	-	1	1	-	2
	*	*	1%	1%	*	-	1%	-	1%	*	-	*	*	-	1%
				bc											
My health	4	2	2	1	2	1	-	-	1	1	1	-	-	1	-
	*	*	*	*	*	*	-	-	1%	1%	1%	-	-	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Y. Again thinking about 2021, do you have any particular fears relating to sport, exercise or physical activity?

BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	51	29	22	15	13	23	3	12	4	6	7	1	5	5	7
	2%	3%	2%	2%	2%	3%	3%	4%	2%	3%	4%	*	2%	2%	4%
								fgh			f				f
Nothing	103	42	61	46	36	21	7	14	2	12	10	7	22	21	9
	5%	4%	6%	7%	5%	3%	7%	5%	1%	5%	5%	3%	7%	6%	4%
				c	c		c	c		c	c		c	c	c
Don't know	2	1	2	2	1	-	-	-	1	-	-	-	-	2	-
	*	*	*	*	*	-	-	-	*	-	-	-	-	*	-
I have no such hopes	1579	763	808	454	519	607	77	197	167	167	142	188	243	251	148
	77%	77%	78%	74%	78%	80%	78%	74%	83%	78%	80%	83%	76%	76%	71%
						a			bghi		i	bhi			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Y. Again thinking about 2021, do you have any particular fears relating to sport, exercise or physical activity?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Covid 19 / catching Covid 19	120 6%	8 5%	30 6%	30 6%	13 5%	11 6%	28 6%	68 6%	51 5%	106 6%	4 7%	5 4%	2 3%	1 10%	2 12%	13 5%
Social distancing / being close to others	44 2%	6 4% dfh	14 3% fh	13 3%	2 1%	5 3%	5 1%	32 3% fh	12 1%	36 2%	4 7% a	3 3%	1 2%	- -	- -	8 3%
Injury	26 1%	3 2%	5 1%	9 2%	4 2%	3 1%	3 1%	16 1%	10 1%	22 1%	1 2%	1 1%	1 1%	- -	- -	3 1%
Restrictions / lockdowns	24 1%	2 1%	6 1%	4 1%	3 1%	1 1%	9 2%	11 1%	13 1%	22 1%	1 2%	- -	- -	- -	- -	1 *
Facilities closing / not reopening	22 1%	2 1%	5 1%	3 1%	2 1%	4 2%	6 1%	10 1%	12 1%	21 1%	- -	1 1%	- -	- -	- -	1 *
Exercise / activity mentions (ALL)	20 1%	3 2% dh	4 1%	6 1%	- -	3 1%	3 1%	14 1%	6 1%	13 1%	- -	4 4% a	2 4% a	- -	- -	6 3% a
Fitness levels getting low	18 1%	- -	1 *	6 1%	6 2% bg	1 *	5 1%	7 1%	12 1% b	18 1%	- -	- -	- -	- -	- -	- -
Going to a gym / safety of gyms	12 1%	- -	6 1% fh	4 1%	- -	1 1%	1 *	10 1% h	2 * bg	11 1%	- -	1 1%	- -	- -	- -	1 *
Lacking motivation	11 1%	- -	3 1%	3 1%	1 *	2 1%	2 *	6 1%	5 1%	8 *	1 1%	- -	2 4% ac	- -	- -	3 1%
Things may never return to normal	11 1%	- -	- -	2 * b	2 1% b	2 1% b	4 1% b	2 * bg	8 1% bg	9 1%	- -	1 1%	- -	- -	- -	1 *
Weight gain	7 *	4 3% bcdefgh	2 *	1 *	- -	- -	1 *	6 1%	1 *	6 *	1 2%	- -	- -	- -	- -	1 *
My health	4 *	- -	2 *	1 *	1 *	- -	- -	3 *	1 *	3 *	1 2% a	- -	- -	- -	- -	1 *
Other	51 2%	4 3%	9 2%	14 3%	4 1%	3 1%	17 4%	27 2%	24 3%	45 3%	1 2%	4 4%	1 2%	- -	- -	6 3%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Y. Again thinking about 2021, do you have any particular fears relating to sport, exercise or physical activity?

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%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	103	18	33	19	12	6	15	70	33	79	3	10	9	-	1	23
	5%	12%	7%	4%	5%	3%	3%	6%	4%	4%	6%	9%	13%	-	6%	9%
		bcd efgh	cfh					fh				a	a			a
Don't know	2	-	-	1	1	1	-	1	2	2	-	-	1	-	-	1
	*	-	-	*	*	*	-	*	*	*	-	-	1% a	-	-	*
I have no such hopes	1579	102	358	370	202	161	387	829	750	1365	38	83	46	8	11	186
	77%	68%	76%	77%	80%	79%	80%	75%	80%	78%	70%	75%	70%	90%	82%	73%
				a	a	a	ag	a	ag							

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14Y. Again thinking about 2021, do you have any particular fears relating to sport, exercise or physical activity?

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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Covid 19 / catching Covid 19	120 6%	73 6%	17 5%	28 9%	45 7%	7 4%	8 6%	43 7%	9 4%	3 5%	4 6%	6 5%	8 7%	7 4%	24 6%	15 5%
Social distancing / being close to others	44 2%	18 1%	14 4%	10 3%	24 4%	5 3%	5 4%	19 3%	1 *	- -	- -	5 4%	3 2%	2 1%	4 1%	10 4%
			a	a	a	d	dj	dj				dj				dj
Injury	26 1%	14 1%	5 1%	7 2%	11 2%	4 3%	4 3%	8 1%	3 1%	- -	- -	- -	4 3%	1 1%	2 *	9 3%
						j	gj						gj			j
Restrictions / lockdowns	24 1%	19 1%	- -	3 1%	3 1%	1 1%	2 1%	7 1%	2 1%	- -	- -	2 2%	2 1%	1 *	8 2%	3 1%
		b														
Facilities closing / not reopening	22 1%	15 1%	5 1%	1 *	6 1%	- -	2 1%	7 1%	5 2%	- -	- -	2 2%	- -	- -	6 2%	2 1%
									ai							
Exercise / activity mentions (ALL)	20 1%	8 1%	6 2%	5 1%	10 2%	2 1%	3 2%	9 1%	- -	- -	1 1%	1 1%	2 2%	1 1%	1 *	5 2%
							dj						dj			
Fitness levels getting low	18 1%	16 1%	1 *	1 *	2 *	3 2%	- -	4 1%	2 1%	- -	1 1%	1 1%	1 1%	3 2%	5 1%	3 1%
Going to a gym / safety of gyms	12 1%	6 1%	4 1%	1 *	6 1%	1 1%	2 2%	5 1%	- -	- -	- -	1 1%	3 3%	- -	- -	3 1%
							j						cdij			j
Lacking motivation	11 1%	5 *	5 1%	1 *	6 1%	2 1%	- -	2 *	- -	- -	- -	1 1%	4 3%	2 1%	- -	2 1%
						j							bcdjk	j		



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Y. Again thinking about 2021, do you have any particular fears relating to sport, exercise or physical activity?

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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Things may never return to normal	11 1%	5 *	5 1% a	1 * 1%	6 1%	- -	1 1%	2 *	1 1%	- -	- -	3 2% ack	- -	1 1%	2 1%	1 *
Weight gain	7 *	4 *	2 1%	1 * *	3 *	1 *	3 2% cdj	2 *	- -	- -	- -	- -	1 1%	1 1%	- -	4 1% j
My health	4 *	2 *	- -	2 1% *	2 *	- -	1 1%	1 *	1 1%	1 2% cj	- -	- -	- -	- -	- -	1 *
Other	51 2%	33 3%	8 2%	7 2%	15 2%	4 2%	3 2%	14 2%	7 3%	2 3%	2 3%	3 3%	3 2%	1 *	13 3% i	6 2%
Nothing	103 5%	51 4%	23 7%	26 8% a	50 7% a	10 6%	11 9% ij	39 6% j	9 5%	2 3%	3 5%	3 3%	7 6%	5 3%	14 3%	21 7% j
Don't know	2 *	2 *	- -	- -	- -	- -	- -	2 *	- -	- -	- -	- -	- -	- -	- -	- -
I have no such hopes	1579 77%	994 79% cd	268 75%	226 71%	494 73%	127 76%	82 66%	450 74%	164 81% bchk	54 87% bchk	56 83% b	85 77%	85 72%	147 85% abchk	328 81% bchk	208 72%

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14Y. Again thinking about 2021, do you have any particular fears relating to sport, exercise or physical activity?

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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Covid 19 / catching Covid 19	120	23	29	11	3	40	26	32	17	15	4	31	36	11	65	40	4	109
	6%	5%	7%	7%	11%	7%	6%	6%	6%	8%	11%	7%	6%	4%	6%	8%	4%	6%
															a			
Social distancing / being close to others	44	8	15	2	1	17	9	13	10	1	1	11	14	3	27	12	3	42
	2%	2%	4%	1%	4%	3%	2%	2%	4%	1%	3%	3%	2%	1%	2%	2%	4%	2%
									c									
Injury	26	3	9	3	-	12	3	7	4	3	1	7	8	4	9	11	3	23
	1%	1%	2%	2%	-	2%	1%	1%	2%	2%	2%	2%	1%	1%	1%	2%	3%	1%
			af			af										b	b	
Restrictions / lockdowns	24	8	3	-	-	3	8	7	4	-	-	4	7	3	15	5	-	20
	1%	2%	1%	-	-	1%	2%	1%	2%	-	-	1%	1%	1%	1%	1%	-	1%
Facilities closing / not reopening	22	9	5	-	-	5	9	8	3	2	1	5	9	4	15	2	1	18
	1%	2%	1%	-	-	1%	2%	1%	1%	1%	2%	1%	1%	1%	1%	*	1%	1%
Exercise / activity mentions (ALL)	20	7	4	2	-	6	7	5	5	2	-	7	5	-	10	9	1	20
	1%	2%	1%	1%	-	1%	1%	1%	2%	1%	-	2%	1%	-	1%	2%	1%	1%
																a		
Fitness levels getting low	18	2	5	-	-	5	2	3	4	-	-	4	3	5	11	2	-	13
	1%	*	1%	-	-	1%	*	1%	1%	-	-	1%	1%	2%	1%	*	-	1%
Going to a gym / safety of gyms	12	3	4	-	-	4	3	3	1	1	1	2	4	-	7	4	1	12
	1%	1%	1%	-	-	1%	1%	1%	*	1%	3%	1%	1%	-	1%	1%	1%	1%
Lacking motivation	11	1	1	-	-	1	1	2	-	-	-	-	2	1	8	2	-	10
	1%	*	*	-	-	*	*	*	-	-	-	-	*	*	1%	*	-	1%
Things may never return to normal	11	4	-	-	-	-	4	3	1	-	-	1	3	3	6	1	1	8
	1%	1%	-	-	-	-	1%	1%	*	-	-	*	1%	1%	*	*	1%	*
		e					e											

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Y. Again thinking about 2021, do you have any particular fears relating to sport, exercise or physical activity?

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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Weight gain	7 *	3 1%	1 *	- -	- -	1 *	3 1%	3 1%	1 *	- -	- -	1 *	3 1%	1 *	3 *	3 1%	1 1%	6 *
My health	4 *	1 *	2 1%	1 1%	- -	3 1%	1 *	1 *	1 *	2 1% af	- -	3 1%	1 *	- -	2 *	1 *	1 1% b	4 *
Other	51 2%	10 2%	9 2%	6 4%	1 5%	15 3%	11 2%	12 2%	7 3%	5 3%	3 8% af	12 3%	15 3%	6 2%	30 3%	10 2%	5 6% c	45 3%
Nothing	103 5%	28 6%	26 7%	4 3%	3 11%	31 6%	31 7%	26 5%	31 12% acf	5 3%	2 5%	36 8% acf	28 5%	12 4%	50 4%	33 6%	8 9% b	91 5%
Don't know	2 *	- -	2 1%	- -	- -	2 *	- -	1 *	2 1%	- -	- -	2 *	1 *	1 *	1 *	1 *	- -	2 *
I have no such hopes	1579 77%	332 76%	290 73%	125 81%	20 74%	415 75%	352 76%	422 78% b	175 66%	144 81% be	27 69%	319 72%	449 77% b	218 81% d	914 79% d	386 75%	61 68%	1361 77% d

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Y. Again thinking about 2021, do you have any particular fears relating to sport, exercise or physical activity?

BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
									NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Covid 19 / catching Covid 19	120	27	78	19	19	3	76	39	2	94	26	103	16
	6%	8%	6%	8%	5%	5%	6%	6%	3%	6%	6%	6%	5%
Social distancing / being close to others	44	9	32	9	6	-	30	13	1	37	7	38	6
	2%	3%	2%	3%	2%	-	2%	2%	2%	2%	2%	2%	2%
Injury	26	8	14	6	6	1	15	10	2	20	6	24	2
	1%	2%	1%	2%	2%	1%	1%	2%	3%	1%	1%	1%	1%
Restrictions / lockdowns	24	1	20	2	3	-	19	5	1	17	7	21	3
	1%	*	1%	1%	1%	-	1%	1%	1%	1%	2%	1%	1%
Facilities closing / not reopening	22	2	16	-	-	-	22	-	-	15	6	20	2
	1%	1%	1%	-	-	-	2% abe	-	-	1%	1%	1%	1%
Exercise / activity mentions (ALL)	20	10	9	2	5	-	11	7	-	16	4	18	1
	1%	3% b	1%	1%	1%	-	1%	1%	-	1%	1%	1%	*
Fitness levels getting low	18	2	12	3	5	-	13	6	2	15	3	15	3
	1%	*	1%	1%	1%	-	1%	1%	2%	1%	1%	1%	1%
Going to a gym / safety of gyms	12	1	10	2	2	-	8	4	-	10	2	8	4
	1%	*	1%	1%	1%	-	1%	1%	-	1%	*	*	1%
Lacking motivation	11	1	9	3	1	-	6	4	-	10	1	11	-
	1%	*	1%	1%	*	-	*	1%	-	1%	*	1%	-
Things may never return to normal	11	2	6	2	4	-	5	5	1	9	1	9	1
	1%	1%	*	1%	1%	-	*	1%	1%	1%	*	1%	*
Weight gain	7	1	6	-	1	-	7	1	-	6	1	7	-
	*	*	*	-	*	-	*	*	-	*	*	*	-

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Y. Again thinking about 2021, do you have any particular fears relating to sport, exercise or physical activity?

BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
My health	4	1	3	1	2	1	1	3	-	2	2	3	1
	*	*	*	*	1%	2%	*	1%	-	*	1%	*	*
					d	d							
Other	51	16	30	12	17	2	24	27	5	43	7	45	6
	2%	5%	2%	5%	5%	4%	2%	4%	7%	3%	2%	3%	2%
		b		d	d			d	d				
Nothing	103	37	53	15	19	4	65	36	2	86	17	90	13
	5%	11%	4%	6%	5%	6%	5%	6%	2%	5%	4%	5%	4%
		b											
Don't know	2	2	-	2	-	-	1	2	-	2	-	2	1
	*	*	-	1%	-	-	*	*	-	*	-	*	*
		b		d									
I have no such hopes	1579	221	1095	184	272	53	1077	448	58	1240	339	1302	248
	77%	65%	80%	71%	75%	83%	79%	74%	79%	77%	79%	76%	82%
			a				ae						a

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14Y. Again thinking about 2021, do you have any particular fears relating to sport, exercise or physical activity?

BASE: All respondents

	Number of days active										Life satisfaction score				Covid-19 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
120	16	23	26	15	18	7	1	14	81	22	47	35	30	7	2	14	46	58
6%	4%	9%	8%	5%	7%	4%	2%	6%	7%	4%	8%	6%	5%	3%	*	4%	6%	13%
		adfgj	afj						aj		cd					a	a	abc
44	4	8	9	5	7	5	-	5	30	10	16	13	15	-	2	9	14	19
2%	1%	3%	3%	2%	3%	3%	-	2%	3%	2%	3%	2%	2%	-	1%	2%	2%	4%
		a									d	d	d					ac
26	1	1	5	3	5	3	1	8	14	12	8	6	9	3	4	5	9	9
1%	*	*	2%	1%	2%	2%	1%	3%	1%	2%	1%	1%	1%	1%	1%	1%	1%	2%
			a		a			abdi		a								
24	5	3	4	4	2	2	-	4	13	6	9	9	3	1	6	2	8	8
1%	1%	1%	1%	1%	1%	1%	-	2%	1%	1%	2%	1%	1%	1%	1%	*	1%	2%
22	1	1	4	4	5	3	1	4	13	7	4	10	8	-	3	5	8	6
1%	*	*	1%	1%	2%	1%	2%	1%	1%	1%	1%	2%	1%	-	1%	1%	1%	1%
					a													
20	2	-	4	6	1	3	2	1	12	6	9	2	3	5	2	3	4	10
1%	*	-	1%	2%	*	2%	3%	*	1%	1%	2%	*	*	2%	*	1%	*	2%
				b		b	abh				b			bc				ac
18	4	4	3	3	1	3	1	-	11	3	4	7	8	-	3	3	9	4
1%	1%	2%	1%	1%	*	1%	1%	-	1%	1%	1%	1%	1%	-	1%	1%	1%	1%
		h																
12	2	-	3	2	2	-	1	1	8	2	6	5	1	-	1	-	6	5
1%	1%	-	1%	1%	1%	-	2%	*	1%	*	1%	1%	*	-	*	-	1%	1%
							b				c						b	
11	1	4	2	1	1	-	1	1	8	2	7	2	2	-	-	3	7	1
1%	*	2%	1%	*	*	-	2%	*	1%	*	1%	*	*	-	-	1%	1%	*
11	1	1	1	2	1	-	1	4	5	5	5	3	2	-	-	1	5	4
1%	*	*	*	*	*	-	2%	1%	*	1%	1%	1%	*	-	-	*	1%	1%
								i										
7	1	-	3	-	1	1	2	-	4	3	2	2	4	-	-	2	4	1
*	*	-	1%	-	*	*	3%	-	*	1%	*	*	1%	-	-	1%	1%	*
							abdhi											
4	1	1	-	-	-	-	1	1	1	2	1	1	2	-	1	-	3	-
*	*	*	-	-	-	-	2%	*	*	*	*	*	*	-	*	-	*	-
							cdei											

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Y. Again thinking about 2021, do you have any particular fears relating to sport, exercise or physical activity?

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	51	12	3	7	8	11	4	1	5	30	9	13	16	20	2	10	9	21	11
	2%	3%	1%	2%	3%	4%	2%	1%	2%	3%	2%	2%	3%	3%	1%	3%	2%	3%	3%
						bj													
Nothing	103	4	13	19	22	15	13	3	13	69	30	27	33	27	15	23	22	35	23
	5%	1%	5%	6%	7%	6%	7%	5%	5%	6%	6%	5%	5%	5%	8%	6%	6%	5%	5%
			a	a	a	a	a	a	a	a	a								
Don't know	2	-	-	1	1	1	-	-	-	2	-	1	1	1	-	1	-	1	1
	*	-	-	*	*	*	-	-	-	*	-	*	*	*	-	*	-	*	*
I have no such hopes	1579	353	189	221	246	187	139	53	193	842	384	423	484	467	164	321	320	590	302
	77%	87%	76%	73%	77%	73%	76%	77%	76%	75%	76%	73%	78%	78%	84%	85%	81%	77%	67%
		bcd	efghij												a	cd	d	d	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Y. Again thinking about 2021, do you have any particular fears relating to sport, exercise or physical activity?

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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Covid 19 / catching Covid 19	120	41	20	58	70	24
	6%	6%	3%	8%	7%	4%
		b	b		b	
Social distancing / being close to others	44	20	7	16	29	6
	2%	3%	1%	2%	3%	1%
		b			b	
Injury	26	14	6	5	22	2
	1%	2%	1%	1%	2%	*
		c			b	
Restrictions / lockdowns	24	9	2	13	12	6
	1%	1%	*	2%	1%	1%
		b		b		
Facilities closing / not reopening	22	5	2	14	14	4
	1%	1%	*	2%	1%	1%
			b	b		
Exercise / activity mentions (ALL)	20	8	8	3	15	3
	1%	1%	1%	*	1%	1%
Fitness levels getting low	18	5	3	11	10	1
	1%	1%	*	1%	1%	*
				b		
Going to a gym / safety of gyms	12	5	2	5	10	1
	1%	1%	*	1%	1%	*
				b		
Lacking motivation	11	4	1	6	5	4
	1%	1%	*	1%	*	1%
Things may never return to normal	11	2	3	5	6	1
	1%	*	1%	1%	1%	*
Weight gain	7	5	1	2	4	1
	*	1%	*	*	*	*
My health	4	-	2	2	3	1
	*	-	*	*	*	*



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Y. Again thinking about 2021, do you have any particular fears relating to sport, exercise or physical activity?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Other

Nothing

Don't know

I have no such hopes

	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
2039	651	623	731	1006	599
2039	647	628	734	988	596
100%	100%	100%	100%	100%	100%
51	16	12	22	27	15
2%	3%	2%	3%	3%	2%
103	48	22	32	67	22
5%	7%	4%	4%	7%	4%
	bc			b	
2	2	-	1	2	1
*	*	-	*	*	*
1579	467	537	547	704	508
77%	72%	85%	74%	71%	85%
		ac			a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?

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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all worried	(0.0)	67	30	36	25	28	14	4	11	13	5	2	3	15	8	7
		3%	3%	4%	4%	4%	2%	4%	4%	6%	2%	1%	1%	5%	3%	3%
					c	c				defh				ef		
1	(1.0)	39	27	12	10	10	19	5	2	3	5	7	5	5	5	3
		2%	3%	1%	2%	1%	3%	5%	1%	2%	2%	4%	2%	2%	1%	1%
			b					bh				b				
2	(2.0)	69	38	32	20	17	32	3	8	6	8	6	11	8	11	8
		3%	4%	3%	3%	3%	4%	3%	3%	3%	4%	4%	5%	2%	3%	4%
3	(3.0)	106	60	45	37	32	38	9	13	16	5	8	9	19	18	8
		5%	6%	4%	6%	5%	5%	10%	5%	8%	3%	4%	4%	6%	5%	4%
								di		d						
4	(4.0)	97	51	45	35	33	29	3	14	9	15	6	11	11	15	13
		5%	5%	4%	6%	5%	4%	3%	5%	5%	7%	3%	5%	4%	4%	6%
5	(5.0)	179	88	91	78	49	52	6	21	18	18	15	18	33	35	16
		9%	9%	9%	13%	7%	7%	6%	8%	9%	8%	8%	8%	10%	11%	8%
					bc											
6	(6.0)	215	111	103	80	74	61	7	13	22	27	18	25	43	32	27
		11%	11%	10%	13%	11%	8%	7%	5%	11%	13%	10%	11%	14%	10%	13%
					c					b	b	b	b	b	b	b
7	(7.0)	387	181	205	124	122	141	24	56	32	40	36	50	48	64	37
		19%	18%	20%	20%	18%	19%	24%	21%	16%	19%	20%	22%	15%	19%	18%
								g					g			
8	(8.0)	378	184	192	81	130	167	24	54	35	38	35	38	53	65	34
		19%	19%	19%	13%	19%	22%	25%	20%	17%	18%	20%	17%	17%	20%	17%
						a	a									
9	(9.0)	210	104	105	43	69	99	3	30	13	25	21	29	26	39	23
		10%	10%	10%	7%	10%	13%	3%	11%	7%	12%	12%	13%	8%	12%	11%
						a	a		a		a	a	ac		ac	a
10 - Most worried ever	(10.0)	244	107	136	61	89	94	9	37	26	22	20	25	45	33	26
		12%	11%	13%	10%	13%	12%	9%	14%	13%	10%	11%	11%	14%	10%	13%
						a										
Don't know		26	8	17	9	10	7	1	3	2	4	3	2	7	3	2
		1%	1%	2%	1%	2%	1%	1%	1%	1%	2%	2%	1%	2%	1%	1%
Prefer not to say		22	7	15	14	6	2	1	3	4	2	-	-	6	2	4
		1%	1%	1%	2%	1%	*	1%	1%	2%	1%	-	-	2%	1%	2%
					bc					f						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?

BASE: All respondents

		Gender		Age			Region								
									Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	Total	Male	Female	16-34	35-54	55+	North East	North West							
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 0-3	281	154	126	92	87	103	21	35	38	23	23	27	47	42	25
	14%	15%	12%	15%	13%	14%	21%	13%	19%	11%	13%	12%	15%	13%	12%
		b					dfhi		dfhi						
NET: 4-6	491	250	239	193	156	142	16	48	49	59	39	54	87	82	56
	24%	25%	23%	31%	23%	19%	16%	18%	24%	28%	22%	24%	27%	25%	27%
				bc	c					ab			ab	b	ab
NET: 7-10	1219	577	638	309	409	501	60	177	106	125	112	143	173	201	121
	60%	58%	62%	50%	61%	66%	61%	67%	53%	59%	63%	63%	54%	61%	58%
					a	a		cg			cg	cg			
Base for stats	1991	980	1003	593	652	746	97	260	194	208	174	224	307	326	202
Mean Score	6.59	6.47	6.72	6.20	6.69	6.82	6.21	6.78	6.23	6.64	6.73	6.73	6.50	6.64	6.64
			a		a	a		c							
Standard Deviation	2.557	2.581	2.521	2.534	2.586	2.515	2.681	2.593	2.827	2.435	2.469	2.401	2.669	2.441	2.538
Standard Error	.057	.083	.079	.101	.101	.095	.267	.158	.194	.168	.190	.173	.153	.134	.180
Error variance	*	.01	.01	.01	.01	.01	.07	.03	.04	.03	.04	.03	.02	.02	.03

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried 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
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all worried	(0.0)	67	5	12	19	8	8	15	36	31	51	3	4	5	-	1	13
		3%	3%	3%	4%	3%	4%	3%	3%	3%	3%	6%	3%	7% a	-	9%	5%
1	(1.0)	39	2	12	7	2	3	12	21	17	34	3	1	2	-	-	5
		2%	1%	3%	1%	1%	2%	3%	2%	2%	2%	5%	1%	3%	-	-	2%
2	(2.0)	69	8	12	11	10	9	19	31	38	64	2	-	3	-	-	5
		3%	5%	3%	2%	4%	5%	4%	3%	4%	4% c	4% c	-	5% c	-	-	2%
3	(3.0)	106	13	18	27	10	8	30	58	48	90	5	8	3	-	-	16
		5%	9% bde	4%	6%	4%	4%	6%	5%	5%	5%	9%	7%	4%	-	-	6%
4	(4.0)	97	6	24	25	13	9	21	54	43	83	3	4	4	1	-	13
		5%	4%	5%	5%	5%	4%	4%	5%	5%	5%	6%	4%	7%	8%	-	5%
5	(5.0)	179	23	29	41	20	27	39	93	86	152	3	9	7	2	3	23
		9%	15% bcd fgh	6%	9%	8%	13% bfg	8%	8%	9%	9%	5%	8%	11%	23%	20%	9%
6	(6.0)	215	21	65	47	27	16	38	134	81	187	6	9	7	-	2	24
		11%	14% fh	14% efh	10%	11%	8%	8%	12% fh	9%	11%	11%	8%	11%	-	16%	10%
7	(7.0)	387	24	102	97	57	23	83	223	163	342	9	20	8	1	4	42
		19%	16%	22% e	20% e	23% eh	11%	17% e	20% e	17% e	19%	17%	18%	12%	8%	31%	17%
8	(8.0)	378	24	92	85	43	38	95	201	177	335	11	16	8	1	2	38
		19%	16%	19%	18%	17%	19%	20%	18%	19%	19%	20%	15%	13%	9%	11%	15%
9	(9.0)	210	6	49	52	21	25	57	107	102	180	2	19	5	3	-	28
		10%	4% a	10% a	11% a	8%	12% a	12% a	10% a	11% a	10%	4%	17% ab	8%	31%	-	11%
10 - Most worried ever	(10.0)	244	16	50	54	33	30	62	120	124	204	5	17	11	2	2	36
		12%	11%	11%	11%	13%	15%	13%	11%	13%	12%	9%	15%	16%	20%	13%	14%
Don't know		26	1	3	8	5	3	6	12	14	20	1	3	1	-	-	5
		1%	1%	1%	2%	2%	1%	1%	1%	1%	1%	2%	3%	1%	-	-	2%
Prefer not to say		22	1	2	6	1	4	8	9	13	14	1	2	1	-	-	4
		1%	* b	* b	1% b	* b	2% b	2% b	1% b	1% b	1%	2%	1%	2%	-	-	1%
NET: 0-3		281	28	55	64	30	28	76	147	134	239	13	13	12	-	1	40
		14%	19% b	12%	13%	12%	14%	16%	13%	14%	14%	25% ac	11%	19%	-	9%	16%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 4-6	491	50	118	113	60	52	98	281	210	422	12	22	19	3	5	60
	24%	34%	25%	23%	24%	26%	20%	26%	22%	24%	22%	20%	29%	31%	36%	24%
		bcd	fgh					f								
NET: 7-10	1219	70	293	289	155	116	297	652	567	1061	27	72	32	6	8	144
	60%	47%	62%	60%	62%	57%	61%	59%	60%	60%	50%	65%	49%	69%	55%	57%
			a	a	a		a	a	a			d				
Base for stats	1991	148	467	465	244	196	470	1080	911	1722	52	107	63	9	14	244
Mean Score	6.59	6.06	6.69	6.59	6.68	6.62	6.62	6.56	6.64	6.61	5.79	7.02	6.12	7.61	6.31	6.51
			a	a	a	a	a	a	a	b		bd				
Standard Deviation	2.557	2.528	2.422	2.558	2.467	2.726	2.659	2.502	2.621	2.519	2.923	2.501	3.027	2.239	2.592	2.771
Standard Error	.057	.208	.114	.117	.156	.190	.125	.076	.087	.061	.398	.241	.384	.708	.669	.176
Error variance	*	.04	.01	.01	.02	.04	.02	.01	.01	*	.16	.06	.15	.50	.45	.03

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried 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
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total		2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all worried	(0.0)	67	47	9	3	13	3	5	24	3	7	1	5	10	2	8	8
		3%	4% cd	3%	1%	2%	2%	4%	4% i	1%	11% acdfijk	1%	5% i	8% acdfijk	1%	2%	3%
1	(1.0)	39	30	5	3	7	3	1	12	3	1	4	3	2	2	9	4
		2%	2%	1%	1%	1%	2%	1%	2%	1%	1%	6% bdik	3%	2%	1%	2%	1%
2	(2.0)	69	46	14	10	24	3	4	23	8	-	2	1	1	5	22	7
		3%	4%	4%	3%	3%	2%	3%	4%	4%	-	3%	1%	1%	3%	5% aghk	2%
3	(3.0)	106	67	17	15	32	6	7	25	11	5	4	4	6	12	25	13
		5%	5%	5%	5%	5%	4%	6%	4%	6%	8%	6%	4%	5%	7%	6%	5%
4	(4.0)	97	60	16	15	31	3	5	36	10	3	5	6	5	5	20	8
		5%	5%	4%	5%	5%	2%	4%	6% ak	5%	5%	7%	5%	4%	3%	5%	3%
5	(5.0)	179	110	35	27	62	17	7	53	21	5	6	12	12	15	32	23
		9%	9%	10%	9%	9%	10%	5%	9%	10%	8%	9%	11%	10%	9%	8%	8%
6	(6.0)	215	133	35	36	71	18	16	76	17	7	10	7	21	11	31	34
		11%	11%	10%	11%	10%	11%	13% i	13% ij	9%	12%	16% gij	6%	18% dgij	6%	8%	12%
7	(7.0)	387	224	87	59	146	51	17	118	38	13	6	20	28	24	73	67
		19%	18%	24% a	18%	22%	30% bcdfgij	13%	19% f	19%	21%	9%	18%	23% bfi	14%	18%	23% bfi
8	(8.0)	378	246	58	60	118	27	22	105	44	8	13	24	14	38	84	49
		19%	20%	16%	19%	17%	16%	18%	17%	22% h	13%	19%	21% h	12%	22% h	21% h	17%
9	(9.0)	210	129	33	41	74	15	15	65	17	4	7	9	4	14	60	30
		10%	10%	9%	13%	11%	9% h	12% h	11% h	9% h	7%	10% h	8%	3%	8%	15% dhi	10% h
10 - Most worried ever	(10.0)	244	145	43	42	86	23	23	64	21	6	10	17	8	35	39	46
		12%	12%	12%	13%	13%	14% h	19% cdhj	10%	11%	9%	14%	15% h	6%	20% cdehj	10%	16% chj

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried 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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	26	13	3	6	8	-	2	3	6	2	-	1	4	6	2	2
	1%	1%	1%	2%	1%	-	2%	*	3%	3%	-	1%	4%	3%	1%	1%
									acj	ac			acjk	acjk		
Prefer not to say	22	4	4	2	7	-	-	4	3	-	-	3	5	4	3	-
	1%	*	1%	1%	1%	-	-	1%	1%	-	-	3%	4%	2%	1%	-
			a						k			ack	abcjk	ak		
NET: 0-3	281	190	45	30	75	15	17	85	25	13	11	13	19	20	64	32
	14%	15%	13%	10%	11%	9%	14%	14%	12%	21%	16%	12%	16%	12%	16%	11%
		cd								ak					a	
NET: 4-6	491	303	85	78	164	38	28	165	47	16	21	25	38	31	82	65
	24%	24%	24%	25%	24%	23%	23%	27%	24%	26%	31%	22%	32%	18%	20%	23%
								ij			ij		ijk			
NET: 7-10	1219	745	221	203	424	114	77	352	120	31	36	69	52	111	256	191
	60%	59%	62%	64%	63%	69%	62%	58%	60%	50%	53%	62%	44%	64%	63%	66%
						cefh	h	h	h			h		eh	h	cefh
Base for stats	1991	1238	351	311	663	167	122	601	193	61	67	108	109	163	402	288
Mean Score	6.59	6.51	6.63	6.96	6.79	6.92	6.90	6.46	6.66	5.85	6.47	6.69	5.85	7.12	6.62	6.91
				a	a	ceh	eh	h	eh			h		cehj	eh	ceh
Standard Deviation	2.557	2.623	2.442	2.283	2.373	2.211	2.683	2.576	2.379	2.952	2.685	2.675	2.596	2.470	2.549	2.417
Standard Error	.057	.072	.140	.139	.099	.170	.244	.104	.172	.378	.326	.249	.229	.193	.134	.142
Error variance	*	.01	.02	.02	.01	.03	.06	.01	.03	.14	.11	.06	.05	.04	.02	.02

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?

BASE: All respondents

		Nature of working location							Nature of working hours						Number of people in household including self				
		Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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		2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total		2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all worried	(0.0)	67 3%	22 5% be	9 2%	4 2%	- - -	12 2%	22 5% be	25 5% be	4 2%	4 2%	- -	8 2%	25 4% be	16 6% bde	35 3%	16 3%	1 1%	51 3%
1	(1.0)	39 2%	11 3%	7 2%	2 1%	- -	9 2%	11 2%	14 3% b	1 *	6 4% b	- -	7 2%	14 2% b	8 3%	22 2%	8 2%	1 1%	30 2%
2	(2.0)	69 3%	11 3%	19 5%	6 4%	1 3%	25 5%	12 3%	18 3%	11 4%	6 3%	2 4%	17 4%	20 3%	12 4%	39 3%	16 3%	2 3%	57 3%
3	(3.0)	106 5%	18 4%	20 5%	10 6%	4 14%	30 5%	22 5%	19 3%	17 6%	14 8% af	2 5%	31 7% af	21 4%	21 8% be	54 5%	24 5%	7 8%	85 5%
4	(4.0)	97 5%	27 6%	17 4%	12 8%	1 3%	28 5%	28 6%	25 5%	14 5%	17 9% af	1 2%	31 7%	25 4%	13 5%	48 4%	32 6%	4 4%	84 5%
5	(5.0)	179 9%	42 10%	28 7%	14 9%	3 10%	42 8%	45 10%	48 9%	24 9%	15 8%	2 5%	39 9%	50 9%	21 8%	103 9%	47 9%	7 8%	158 9%
6	(6.0)	215 11%	47 11%	51 13%	24 15%	5 17%	74 13%	52 11%	62 11%	34 13%	20 11%	9 22% a	54 12%	71 12%	19 7%	124 11%	62 12% a	10 11%	196 11% a
7	(7.0)	387 19%	70 16%	84 21% f	25 16%	2 8%	109 20%	73 16%	99 18%	42 16%	32 18%	10 25%	73 17%	108 19%	47 17%	233 20%	88 17%	19 21%	340 19%
8	(8.0)	378 19%	93 21% c	73 18%	21 14%	3 11%	93 17%	96 21%	109 20%	51 19%	25 14%	4 11%	76 17%	114 19%	48 18%	221 19%	96 19%	13 15%	330 19%
9	(9.0)	210 10%	42 9%	46 12%	12 7%	4 15%	58 10%	46 10%	64 12% c	29 11%	11 6%	2 4%	40 9%	66 11% c	28 10%	122 10%	51 10%	10 11%	182 10%
10 - Most worried ever	(10.0)	244 12%	48 11%	42 11%	22 14%	4 15%	64 12%	52 11%	54 10%	33 12%	24 14%	7 19%	57 13%	62 11%	29 11%	144 12%	62 12%	9 11%	215 12%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?

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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	26	3	4	1	1	5	4	3	4	4	-	8	3	5	10	8	3	21
	1%	1%	1%	1%	3%	1%	1%	*	2%	2%	-	2%	*	2%	1%	2%	3%	1%
										af		af					b	
Prefer not to say	22	4	-	2	-	2	4	4	-	1	1	1	5	2	10	6	3	19
	1%	1%	-	2%	-	*	1%	1%	-	*	2%	*	1%	1%	1%	1%	4%	1%
				b							b						be	
NET: 0-3	281	63	54	22	5	76	68	76	33	30	4	63	79	57	149	64	11	224
	14%	14%	13%	14%	17%	14%	15%	14%	12%	17%	9%	14%	14%	21%	13%	12%	12%	13%
														bce				
NET: 4-6	491	116	95	49	8	145	124	135	72	51	11	124	146	54	275	141	21	437
	24%	26%	24%	32%	30%	26%	27%	25%	27%	29%	30%	28%	25%	20%	24%	27%	24%	25%
															a			
NET: 7-10	1219	253	245	79	13	325	266	326	154	91	23	246	349	151	720	296	52	1068
	60%	58%	62%	51%	49%	59%	57%	60%	59%	51%	59%	56%	60%	56%	62%	57%	57%	60%
			c					c				c						
Base for stats	1991	433	394	151	26	545	458	537	259	173	38	432	575	262	1143	502	84	1729
Mean Score	6.59	6.44	6.65	6.42	6.65	6.59	6.45	6.53	6.72	6.24	6.95	6.53	6.55	6.18	6.69	6.59	6.69	6.66
															a	a		a
Standard Deviation	2.557	2.671	2.445	2.550	2.503	2.475	2.659	2.619	2.387	2.640	2.157	2.499	2.592	2.888	2.504	2.515	2.319	2.497
Standard Error	.057	.127	.123	.210	.482	.106	.123	.112	.149	.202	.345	.121	.107	.175	.074	.114	.251	.060
Error variance	*	.02	.02	.04	.23	.01	.02	.01	.02	.04	.12	.01	.01	.03	.01	.01	.06	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?

BASE: All respondents

			Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
									NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all worried	(0.0)	67 3%	7 2%	39 3%	14 6% d	11 3%	2 3%	43 3%	22 4%	5 7%	58 4%	9 2%	48 3%	17 6% a
1	(1.0)	39 2%	7 2%	23 2%	8 3%	6 2%	- -	28 2%	11 2%	3 4%	28 2%	11 2%	29 2%	10 3% a
2	(2.0)	69 3%	5 2%	51 4%	7 3%	7 2%	4 7% bf	50 4%	19 3%	- -	46 3%	23 5% a	56 3%	13 4%
3	(3.0)	106 5%	22 7%	61 4%	14 5%	17 5%	5 7%	78 6%	29 5%	5 7%	81 5%	25 6%	83 5%	21 7%
4	(4.0)	97 5%	15 5%	66 5%	12 5%	12 3%	7 11% abdef	66 5%	30 5%	2 3%	71 4%	26 6%	79 5%	17 5%
5	(5.0)	179 9%	41 12% b	112 8%	18 7%	21 6%	4 7%	129 9% bef	41 7%	1 2%	151 9%	28 7%	149 9%	28 9%
6	(6.0)	215 11%	30 9%	162 12%	32 12% b	26 7%	5 7%	158 12% b	53 9%	9 13%	177 11%	38 9%	181 11%	33 11%
7	(7.0)	387 19%	61 18%	271 20%	43 17% f	60 17% f	11 17%	269 20% f	108 18% f	5 7%	309 19%	77 18%	341 20% b	42 14%
8	(8.0)	378 19%	57 17%	266 19%	36 14%	71 20%	9 14%	265 19% a	103 17%	13 18%	299 19%	79 19%	331 19%	47 15%
9	(9.0)	210 10%	33 10%	145 11%	23 9%	47 13%	7 11%	133 10%	70 12%	8 11%	160 10%	50 12%	183 11%	25 8%
10 - Most worried ever	(10.0)	244 12%	55 16% b	154 11%	47 18% d	75 21% d	10 15%	125 9%	111 18% d	19 27% d	194 12%	50 12%	199 12%	38 13%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried 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	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	26	4	13	5	4	-	13	7	2	21	5	13	11
	1%	1%	1%	2%	1%	-	1%	1%	3%	1%	1%	1%	4% a
Prefer not to say	22	1	12	-	2	1	10	3	-	15	7	12	2
	1%	*	1%	-	1%	1%	1%	*	-	1%	2%	1%	1%
NET: 0-3	281	41	175	43	42	11	199	81	13	213	68	216	62
	14%	12%	13%	17%	12%	17%	15%	13%	18%	13%	16%	13%	20% a
NET: 4-6	491	86	341	62	59	16	354	123	12	399	92	409	77
	24%	26%	25%	24% b	16%	25%	26% be	20%	17%	25%	22%	24%	25%
NET: 7-10	1219	206	837	149	254	36	792	391	45	962	256	1054	152
	60%	61%	61%	58%	70% acd	57%	58%	65% ad	62%	60%	60%	62% b	50%
Base for stats	1991	333	1352	254	355	64	1345	595	71	1575	417	1679	290
Mean Score	6.59	6.78	6.65	6.53	7.19 acd	6.42	6.45	6.87 d	6.96	6.61	6.55	6.68 b	6.11
Standard Deviation	2.557	2.493	2.475	2.876	2.589	2.726	2.501	2.683	3.112	2.543	2.611	2.476	2.897
Standard Error	.057	.137	.068	.176	.138	.341	.068	.109	.359	.064	.129	.061	.165
Error variance	*	.02	*	.03	.02	.12	*	.01	.13	*	.02	*	.03

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Significance Level: 95%																				
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all worried	(0.0)	67 3%	18 5%	7 3%	10 3%	9 3%	5 2%	4 2%	5 7% ei	9 3%	31 3%	18 4%	30 5% bc	11 2%	8 1%	17 9% bc	67 18% bcd	- - -	- - -	- - -
1	(1.0)	39 2%	8 2%	6 3%	5 2%	5 2%	2 1%	6 3%	1 1%	5 2%	19 2%	12 2%	11 2%	8 1%	13 2%	6 3%	39 10% bcd	- - -	- - -	- - -
2	(2.0)	69 3%	23 6% bcei	4 2%	5 2%	12 4%	6 2%	7 4%	2 3%	10 4%	28 2%	19 4%	24 4%	18 3%	18 3%	9 4%	69 18% bcd	- - -	- - -	- - -
3	(3.0)	106 5%	29 7% hj	10 4%	16 5%	19 6%	13 5%	8 4%	4 6%	7 3%	58 5%	19 4%	43 7% b	21 3%	33 5%	8 4%	106 28% bcd	- - -	- - -	- - -
4	(4.0)	97 5%	17 4%	9 4%	21 7%	19 6%	11 4%	11 6%	2 3%	9 3%	59 5%	21 4%	23 4%	38 6%	27 5%	8 4%	97 26% bcd	- - -	- - -	- - -
5	(5.0)	179 9%	22 5%	16 6%	29 9% a	41 13% ab	28 11% a	16 9%	7 10%	20 8%	114 10% a	43 9%	43 7%	73 12% ad	51 9% d	7 4%	- - acd	179 45% acd	- - -	- - -
6	(6.0)	215 11%	30 7%	30 12% a	31 10%	31 10%	36 14% a	21 12%	4 6%	31 12% a	129 11% a	57 11% a	59 10% d	80 13% d	66 11% d	9 4%	- - acd	215 55% acd	- - -	- - -
7	(7.0)	387 19%	67 17%	52 21%	58 19%	63 20%	52 20%	43 24% ah	11 15%	41 16%	225 20%	94 19%	88 15%	130 21% a	133 22% a	33 17%	- - -	- - -	387 51% abd	- - -
8	(8.0)	378 19%	79 19% f	57 23% def	67 22% def	49 15%	39 15%	22 12%	14 21%	50 20% f	213 19% f	87 17%	92 16%	107 17%	144 24% abd	31 16%	- - -	- - -	378 49% abd	- - -
9	(9.0)	210 10%	41 10%	24 10%	26 9%	34 11%	33 13%	18 10%	12 17% ch	21 8%	117 10%	52 10%	60 10%	65 10%	59 10%	24 12%	- - -	- - -	- - -	210 46% abc
10 - Most worried ever	(10.0)	244 12%	60 15% i	25 10%	32 10%	34 11%	26 10%	20 11%	6 8%	42 17% bcdei	116 10%	68 14%	93 16% bc	64 10%	44 7%	40 20% bc	- - -	- - -	- - -	244 54% abc
Don't know		26 1%	8 2% c	6 2% c	1 *	2 1%	3 1%	2 1%	1 1%	4 1%	12 1%	6 1%	8 1%	4 1%	3 *	1 *	- - -	- - -	- - -	- - -
Prefer not to say		22 1%	5 1%	2 1%	3 1%	2 1%	2 1%	3 2%	- -	6 2% i	8 1%	9 2%	2 *	4 1%	1 *	4 2% ac	- - -	- - -	- - -	- - -

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries			
										NET 1-4 days	NET 5 + days								
	Total	0	1	2	3	4	5	6	7			0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 0-3	281	79	28	36	45	27	25	12	30	135	67	108	57	73	39	281	-	-	-
	14%	19%	11%	12%	14%	11%	14%	18%	12%	12%	13%	19%	9%	12%	20%	74%	-	-	-
		bcehij										bc			bc	bcd			
NET: 4-6	491	69	54	81	91	75	48	13	60	302	121	125	190	144	24	97	394	-	-
	24%	17%	22%	27%	29%	29%	27%	19%	24%	27%	24%	22%	31%	24%	12%	26%	100%	-	-
		a		a	a	a	a		a	a	a	d	acd	d		cd	acd		
NET: 7-10	1219	247	158	183	181	149	104	43	154	671	301	334	367	379	128	-	-	765	454
	60%	61%	64%	60%	56%	58%	57%	62%	61%	59%	60%	58%	59%	63%	65%	-	-	100%	100%
																		ab	ab
Base for stats	1991	394	240	300	317	251	177	69	244	1108	489	567	614	596	191	379	394	765	454
Mean Score	6.59	6.51	6.76	6.58	6.44	6.69	6.44	6.45	6.83	6.60	6.64	6.48	6.67	6.64	6.59	2.34	5.55	7.49	9.54
																	a	ab	abc
Standard Deviation	2.557	2.849	2.396	2.448	2.498	2.299	2.535	2.860	2.597	2.419	2.615	2.862	2.281	2.271	3.212	1.417	.499	.500	.499
Standard Error	.057	.144	.155	.140	.140	.144	.191	.352	.168	.072	.119	.118	.092	.094	.236	.072	.025	.018	.024
Error variance	*	.02	.02	.02	.02	.02	.04	.12	.03	.01	.01	.01	.01	.01	.06	.01	*	*	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?

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		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
0 - Not at all worried	(0.0)	67	21	24	19	30	28
		3%	3%	4%	3%	3%	5%
1	(1.0)	39	13	14	12	13	21
		2%	2%	2%	2%	1%	3%
							a
2	(2.0)	69	14	32	23	28	17
		3%	2%	5%	3%	3%	3%
				a			
3	(3.0)	106	34	38	34	44	37
		5%	5%	6%	5%	4%	6%
4	(4.0)	97	24	34	38	40	33
		5%	4%	5%	5%	4%	6%
5	(5.0)	179	61	69	48	74	67
		9%	9%	11%	7%	7%	11%
			c	c			a
6	(6.0)	215	76	60	73	115	69
		11%	12%	10%	10%	12%	12%
7	(7.0)	387	130	108	145	217	91
		19%	20%	17%	20%	22%	15%
						b	
8	(8.0)	378	100	121	156	179	103
		19%	15%	19%	21%	18%	17%
				a			
9	(9.0)	210	81	53	76	104	53
		10%	12%	8%	10%	11%	9%
			b				
10 - Most worried ever	(10.0)	244	81	56	102	129	59
		12%	13%	9%	14%	13%	10%
			b		b		
Don't know		26	6	11	5	8	8
		1%	1%	2%	1%	1%	1%
				c			
Prefer not to say		22	4	9	4	7	9
		1%	1%	1%	1%	1%	1%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?

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

	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
NET: 0-3	281	82	107	88	115	103
	14%	13%	17%	12%	12%	17%
			ac			a
NET: 4-6	491	162	163	158	229	170
	24%	25%	26%	22%	23%	28%
						a
NET: 7-10	1219	392	338	479	629	306
	60%	61%	54%	65%	64%	51%
		b		b	b	
Base for stats	1991	637	608	725	973	579
Mean Score	6.59	6.69	6.24	6.83	6.78	6.18
		b		b	b	
Standard Deviation	2.557	2.518	2.624	2.472	2.446	2.709
Standard Error	.057	.100	.107	.092	.078	.112
Error variance	*	.01	.01	.01	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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		2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205	
Total		2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
0 - Not at all satisfied		(0.0)	100	29	71	40	40	20	5	20	4	16	7	6	20	12	8
		5%	3%	7%	6%	6%	3%	5%	8%	2%	7%	4%	3%	6%	4%	4%	
				a	c	c				cfh	cfh			c			
1		(1.0)	44	20	24	10	20	14	3	7	3	5	4	2	6	8	6
		2%	2%	2%	2%	3%	2%	2%	3%	3%	1%	2%	2%	1%	2%	2%	3%
2		(2.0)	97	38	59	25	34	38	3	14	12	12	8	7	14	14	14
		5%	4%	6%	4%	5%	5%	5%	3%	5%	6%	6%	4%	3%	4%	4%	7%
3		(3.0)	148	61	85	44	58	47	7	12	17	11	10	20	29	26	16
		7%	6%	8%	7%	9%	6%	6%	8%	4%	8%	5%	6%	9%	9%	8%	7%
													b	b			
4		(4.0)	188	81	105	68	66	54	6	23	20	9	13	28	41	29	19
		9%	8%	10%	11%	10%	7%	7%	6%	8%	10%	4%	7%	13%	13%	9%	9%
					c						d			d	ad	d	d
5		(5.0)	321	146	174	108	104	109	16	45	24	33	32	30	51	57	32
		16%	15%	17%	17%	16%	14%	14%	16%	17%	12%	15%	18%	13%	16%	17%	15%
6		(6.0)	302	149	151	101	93	107	15	39	28	36	26	35	43	47	31
		15%	15%	15%	16%	14%	14%	14%	16%	15%	14%	17%	15%	16%	14%	14%	15%
7		(7.0)	333	177	156	80	105	147	17	39	31	36	27	40	44	65	35
		16%	18%	15%	13%	16%	20%	20%	17%	15%	16%	17%	15%	18%	14%	20%	17%
							a									g	
8		(8.0)	267	175	92	55	78	134	16	28	33	27	27	37	32	45	22
		13%	18%	9%	9%	12%	18%	18%	16%	11%	17%	12%	15%	16%	10%	13%	10%
			b				ab			g			g				
9		(9.0)	110	62	48	26	33	51	6	15	15	14	12	12	9	15	13
		5%	6%	5%	4%	5%	7%	7%	6%	6%	7%	7%	7%	5%	3%	4%	6%
							a				g	g	g				g
10 - Completely satisfied		(10.0)	86	46	40	34	22	31	2	17	7	9	8	7	18	7	10
		4%	5%	4%	5%	3%	4%	4%	2%	6%	4%	4%	5%	3%	6%	2%	5%
					b					h					h		
Don't know			28	7	20	16	9	3	2	4	1	3	2	2	6	6	1
		1%	1%	2%	3%	1%	*	*	2%	2%	1%	1%	1%	1%	2%	2%	*
				a	c												
Prefer not to say			16	3	12	11	5	-	1	3	3	2	-	-	5	1	1
		1%	*	1%	2%	1%	-	-	1%	1%	2%	1%	-	-	2%	*	*
				a	c	c											



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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								
									Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	Total	Male	Female	16-34	35-54	55+	North East	North West							
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 0-3	389	148	238	118	152	119	18	53	36	44	29	36	69	59	44
	19%	15%	23%	19%	23%	16%	18%	20%	18%	21%	17%	16%	22%	18%	21%
			a		c										
NET: 4-6	810	377	430	277	263	271	37	107	73	78	71	93	136	133	83
	40%	38%	42%	45%	39%	36%	38%	40%	37%	36%	40%	41%	43%	40%	40%
				bc											
NET: 7-10	796	460	336	194	239	363	41	99	86	86	74	95	103	132	80
	39%	46%	32%	32%	36%	48%	41%	37%	43%	40%	42%	42%	32%	40%	38%
		b				ab			g		g	g		g	
Base for stats	1995	984	1004	589	654	752	96	259	196	208	174	224	308	324	206
Mean Score	5.60	5.98	5.23	5.39	5.33	5.99	5.67	5.50	5.83	5.59	5.80	5.79	5.28	5.60	5.54
		b				ab			g		g	g			
Standard Deviation	2.463	2.331	2.533	2.505	2.524	2.323	2.434	2.688	2.364	2.639	2.445	2.233	2.526	2.285	2.502
Standard Error	.055	.075	.079	.100	.098	.088	.243	.164	.162	.182	.187	.161	.145	.126	.176
Error variance	*	.01	.01	.01	.01	.01	.06	.03	.03	.03	.04	.03	.02	.02	.03

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total		2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all satisfied	(0.0)	100	5	19	23	10	16	28	46	54	86	2	4	6	-	1	13
		5%	3%	4%	5%	4%	8% bg	6%	4%	6%	5%	3%	4%	9%	-	6%	5%
1	(1.0)	44	5	9	10	8	4	9	24	20	43	1	-	-	-	-	1
		2%	3%	2%	2%	3%	2%	2%	2%	2%	2%	2%	-	-	-	-	*
2	(2.0)	97	7	23	23	11	5	28	53	44	86	3	6	2	-	-	11
		5%	5%	5%	5%	4%	3%	6%	5%	5%	5%	5%	5%	3%	-	-	4%
3	(3.0)	148	11	28	39	26	17	27	79	69	132	5	6	3	-	2	15
		7%	7%	6%	8%	10% bf	8%	6%	7%	7%	8%	9%	5%	4%	-	15%	6%
4	(4.0)	188	19	54	48	15	15	36	121	66	153	7	14	6	1	2	30
		9%	13% dfh	11% dfh	10%	6%	7%	7%	11% dfh	7%	9%	12%	12%	9%	12%	17%	12%
5	(5.0)	321	23	61	70	44	44	79	153	167	277	9	14	10	1	3	37
		16%	15%	13%	15%	18%	22% bcg	16%	14%	18% bg	16%	17%	13%	15%	9%	25%	15%
6	(6.0)	302	23	70	88	36	28	57	181	121	266	3	15	9	1	3	31
		15%	15%	15%	18% fh	14%	14%	12%	16% fh	13%	15%	6%	14%	13%	10%	24%	12%
7	(7.0)	333	24	100	78	34	23	73	203	130	302	9	9	11	1	-	30
		16%	16%	21% cdefh	16%	14%	11%	15%	18% eh	14%	17%	17%	8%	18%	10%	-	12%
8	(8.0)	267	23	59	55	33	21	77	137	130	227	7	23	5	3	1	39
		13%	15%	13%	11%	13%	10%	16% ce	12%	14%	13%	13%	21% ad	7%	32%	6%	15%
9	(9.0)	110	4	26	19	16	11	34	50	60	94	6	3	4	1	1	15
		5%	3%	5%	4%	6%	5%	7% cg	5%	6%	5%	11% c	3%	6%	9%	6%	6%
10 - Completely satisfied	(10.0)	86	5	14	16	14	13	24	35	51	61	1	12	9	2	-	23
		4%	3%	3%	3%	6%	6% bg	5%	3%	5% bg	3%	1%	11% ab	13% ab	18%	-	9% a
Don't know		28	2	6	4	3	6	7	12	16	19	1	3	2	-	-	6
		1%	1%	1%	1%	1%	3% cg	1%	1%	2%	1%	2%	3%	2%	-	-	2%
Prefer not to say		16	-	2	6	-	2	7	7	8	8	1	2	-	-	-	3
		1%	-	*	1%	-	1%	1%	1%	1%	*	2%	1%	-	-	-	1%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 0-3	389	27	79	95	54	42	91	201	188	347	10	16	10	-	3	39
	19%	18%	17%	20%	22%	21%	19%	18%	20%	20%	19%	14%	16%	-	21%	16%
NET: 4-6	810	65	185	206	96	87	172	456	355	696	19	43	24	3	9	98
	40%	43%	39%	43%	38%	43%	36%	41%	38%	40%	35%	39%	38%	31%	67%	39%
				f				f								
NET: 7-10	796	56	200	169	97	67	208	425	372	684	23	48	29	6	2	107
	39%	37%	42%	35%	39%	33%	43%	39%	40%	39%	43%	43%	44%	69%	12%	42%
			ce				ce									
Base for stats	1995	148	464	469	248	195	471	1082	914	1727	52	106	63	9	14	244
Mean Score	5.60	5.52	5.68	5.47	5.63	5.42	5.72	5.56	5.63	5.55	5.64	6.06	5.90	7.43	4.88	5.91
												a				a
Standard Deviation	2.463	2.314	2.349	2.376	2.525	2.633	2.594	2.356	2.584	2.443	2.443	2.560	2.843	2.041	2.120	2.589
Standard Error	.055	.190	.111	.108	.159	.184	.122	.072	.086	.059	.332	.246	.361	.645	.547	.164
Error variance	*	.04	.01	.01	.03	.03	.01	.01	.01	*	.11	.06	.13	.42	.30	.03

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total		2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293	
Total		2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
0 - Not at all satisfied		(0.0)	100	64	20	10	31	15	6	27	7	2	2	11	6	21	3	22
		5%	5%	6%	3%	5%	9%	5%	4%	4%	3%	3%	10%	5%	12%	1%	7%	
							cdj	j	j	j			cdj	j	bcdefhj		j	
1		(1.0)	44	28	6	9	15	3	7	14	2	1	2	6	2	3	5	10
		2%	2%	2%	3%	2%	2%	5%	2%	1%	1%	3%	5%	2%	2%	1%	3%	
								dj					dj					
2		(2.0)	97	63	14	16	30	10	10	25	5	6	6	5	3	9	19	19
		5%	5%	4%	5%	4%	6%	8%	4%	2%		10%	9%	5%	3%	5%	5%	7%
								d				cdh	d				d	
3		(3.0)	148	92	20	26	45	12	8	42	15	5	3	11	12	18	22	20
		7%	7%	5%	8%	7%	7%	6%	7%	7%	7%	7%	5%	10%	10%	11%	5%	7%
															j			
4		(4.0)	188	112	28	32	59	18	8	45	29	8	9	16	19	12	23	26
		9%	9%	8%	10%	9%	11%	6%	7%		14%	13%	14%	14%	16%	7%	6%	9%
							j				bcij	j	j	bcij	bcijk			
5		(5.0)	321	198	49	59	108	25	16	96	36	10	6	16	25	30	61	41
		16%	16%	14%	18%	16%	15%	13%	16%	16%	18%	15%	9%	14%	22%	17%	15%	14%
														f				
6		(6.0)	302	186	63	40	103	30	24	84	31	13	10	22	18	18	52	53
		15%	15%	18%	13%	15%	18%	19%	14%	14%	15%	22%	14%	20%	15%	10%	13%	18%
								i				i		i			ij	
7		(7.0)	333	214	66	45	111	20	16	118	34	5	10	12	11	22	84	36
		16%	17%	18%	14%	16%	12%	13%	19%	17%	9%	9%	15%	11%	9%	13%	21%	12%
									aeghik	h						abeghik		
8		(8.0)	267	168	49	40	90	20	18	87	16	4	14	7	6	13	82	38
		13%	13%	14%	13%	13%	12%	14%	14%	8%	6%		20%	7%	5%	8%	20%	13%
							h	gh	dghi				deghe			acdeghe	h	
9		(9.0)	110	67	19	20	39	5	6	35	17	1	3	-	3	7	34	11
		5%	5%	5%	6%	6%	3%	5%	6%	8%		1%	4%	-	2%	4%	8%	4%
								g	g	aghk			g			g	aeghk	g

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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											
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed											
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293	
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
10 - Completely satisfied	(10.0)	86	46	17	17	34	5	4	29	7	7	3	2	4	5	20	9
	4%	4%	5%	5%	5%	3%	3%	5%	3%	11%	5%	2%	4%	3%	5%	3%	
										abcdgik							
Don't know	28	12	7	5	11	2	2	4	2	1	-	2	4	10	-	4	
	1%	1%	2%	1%	2%	1%	2%	1%	1%	1%	-	2%	3%	6%	-	2%	
						j	j		j	j		j	cj	acdfjk		j	
Prefer not to say	16	6	-	1	1	1	-	2	2	-	-	1	4	4	2	1	
	1%	1%	-	*	*	*	-	*	1%	-	-	1%	4%	2%	*	*	
													abcjk	cjk			
NET: 0-3	389	247	60	61	121	40	31	108	29	13	13	33	23	51	49	70	
	19%	20%	17%	19%	18%	24%	25%	18%	14%	21%	19%	30%	19%	30%	12%	24%	
						dj	dj	j		j		cdj	j	cdhj		cdj	
NET: 4-6	810	496	140	131	271	74	48	225	95	32	24	54	63	60	136	121	
	40%	40%	39%	41%	40%	44%	38%	37%	47%	50%	36%	48%	53%	35%	33%	42%	
						j			cij	cij		cij	bcfijk			j	
NET: 7-10	796	494	152	122	274	50	44	269	73	17	30	21	25	47	221	94	
	39%	39%	42%	38%	40%	30%	35%	44%	36%	27%	44%	19%	21%	27%	54%	32%	
						g	gh	adeghik	gh		aeghi			abcdeghik		gh	
Base for stats	1995	1237	352	314	665	164	122	603	197	62	67	108	110	158	405	285	
Mean Score	5.60	5.56	5.77	5.63	5.70	5.10	5.34	5.78	5.66	5.39	5.69	4.51	5.03	4.76	6.35	5.21	
							g	aghik	aghik	g	gi			abcdeghik		g	
Standard Deviation	2.463	2.461	2.467	2.453	2.460	2.575	2.606	2.439	2.255	2.494	2.515	2.428	2.232	2.756	2.156	2.587	
Standard Error	.055	.068	.142	.149	.103	.199	.237	.099	.162	.317	.305	.226	.197	.219	.113	.152	
Error variance	*	*	.02	.02	.01	.04	.06	.01	.03	.10	.09	.05	.04	.05	.01	.02	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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																		
Significance Level: 95%			a	b	c	*d	e	f		a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2039	446	397	152	28	549	474		552	261	176	40	437	592	280	1165	502	92	1759
Total		2039	440	398	154	27	553	466		544	263	178	38	441	582	270	1164	515	90	1769
		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)	100	16	11	11	-	22	16		23	11	3	3	14	26	19	51	28	2	81
		5%	4%	3%	7% bf	-	4%	3%		4%	4%	2%	7%	3%	4%	7%	4%	5%	2%	5%
1	(1.0)	44	11	12	2	-	15	11		14	9	2	-	11	14	9	21	14	-	35
		2%	2%	3%	2%	-	3%	2%		3%	3%	1%	-	2%	2%	3%	2%	3%	-	2%
2	(2.0)	97	18	18	11	1	30	19		21	13	12	2	24	23	13	62	22	-	84
		5%	4%	5%	7%	4%	5%	4%		4%	5%	6%	5%	5%	4%	5%	5%	4%	-	5%
																d	d	d		d
3	(3.0)	148	35	26	5	4	31	39		41	16	14	2	30	43	37	71	34	6	111
		7%	8% c	6%	3%	17%	6%	8% c		8%	6%	8%	5%	7%	7%	14%	6%	7%	7%	6%
																bce				
4	(4.0)	188	37	41	18	3	58	40		43	25	22	7	46	50	17	102	54	14	171
		9%	8%	10%	11%	13%	11%	9%		8%	9%	12%	17% a	11%	9%	6%	9%	11% a	16% ab	
5	(5.0)	321	69	57	25	1	82	70		86	45	19	5	64	92	39	178	86	18	281
		16%	16%	14%	16%	3%	15%	15%		16%	17%	11%	14%	15%	16%	15%	15%	17%	20%	16%
6	(6.0)	302	70	55	29	5	84	75		79	39	36	6	75	85	40	165	83	14	262
		15%	16%	14%	19%	18%	15%	16%		15%	15%	20%	15%	17%	15%	15%	14%	16%	16%	15%
7	(7.0)	333	76	80	21	3	102	79		108	40	28	4	68	111	42	212	70	9	292
		16%	17%	20%	14%	11%	18%	17%		20%	15%	16%	10%	16%	19%	15%	18% c	14%	10%	16%
8	(8.0)	267	51	66	17	2	83	52		69	42	24	1	66	70	29	161	63	14	238
		13%	12%	17% af	11%	6%	15%	11%		13% d	16% d	14% d	2%	15% d	12%	11%	14%	12%	16%	13%
9	(9.0)	110	33	16	6	4	23	37		29	16	6	6	22	35	12	69	26	3	98
		5%	7% be	4%	4%	16%	4%	8% be		5%	6%	3%	15% abcef	5%	6%	4%	6%	5%	4%	6%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759	
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
10 - Completely satisfied	(10.0)	86	22	12	5	3	17	25	27	4	9	3	13	30	7	53	21	4	78
	4%	5%	3%	3%	12%	3%	5%	5%	2%	5%	8%	3%	5%	3%	5%	4%	5%	4%	
								b		b	b		b						
Don't know	28	2	4	1	-	5	2	1	4	2	-	6	1	4	12	10	2	24	
	1%	*	1%	1%	-	1%	*	*	1%	1%	-	1%	*	1%	1%	2%	2%	1%	
									af	f		af							
Prefer not to say	16	2	-	2	-	2	2	2	-	1	1	1	2	3	7	3	3	13	
	1%	*	-	2%	-	*	*	*	-	*	2%	*	*	1%	1%	1%	4%	1%	
				b						*	b					bce			
NET: 0-3	389	79	67	30	5	97	85	99	48	31	7	79	106	77	205	99	8	312	
	19%	18%	17%	19%	20%	18%	18%	18%	18%	17%	17%	18%	18%	29%	18%	19%	9%	18%	
														bcde	d	d		d	
NET: 4-6	810	176	153	72	9	225	185	209	109	77	18	186	226	96	445	223	46	714	
	40%	40%	38%	47%	34%	41%	40%	38%	41%	43%	46%	42%	39%	36%	38%	43%	51%	40%	
																a	abe		
NET: 7-10	796	181	175	49	12	224	193	234	102	67	13	170	247	90	495	181	31	707	
	39%	41%	44%	32%	46%	41%	41%	43%	39%	38%	35%	38%	42%	33%	43%	35%	34%	40%	
		c	c				c								ac			ac	
Base for stats	1995	436	395	151	27	545	463	541	260	175	38	435	579	263	1145	502	85	1732	
Mean Score	5.60	5.76	5.73	5.30	6.27	5.61	5.79	5.73	5.57	5.71	5.62	5.63	5.73	5.13	5.74	5.47	5.88	5.67	
		c					c								ac		a	a	
Standard Deviation	2.463	2.421	2.308	2.496	2.563	2.367	2.429	2.432	2.377	2.263	2.777	2.330	2.453	2.574	2.443	2.482	2.038	2.438	
Standard Error	.055	.115	.116	.205	.484	.102	.112	.104	.148	.172	.445	.112	.101	.156	.072	.112	.220	.059	
Error variance	*	.01	.01	.04	.23	.01	.01	.01	.02	.03	.20	.01	.01	.02	.01	.01	.05	*	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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		
									NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness					
		Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No	
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total		2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320	
Total		2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
0 - Not at all satisfied		(0.0)	100	19	59	30	33	6	41	52	14	88	12	78	20
		5%	6%	4%	11%	9%	10%	3%	9%	19%	5%	3%	5%	7%	
					d	d	d		d	bde	b				
1		(1.0)	44	8	27	11	8	1	27	17	2	35	9	32	11
		2%	2%	2%	4%	2%	2%	2%	3%	3%	2%	2%	2%	4%	
					d										
2		(2.0)	97	10	70	15	22	6	57	36	7	73	24	72	25
		5%	3%	5%	6%	6%	10%	4%	6%	9%	5%	6%	4%	8%	
						d			d	d			a		
3		(3.0)	148	15	94	34	34	5	84	59	12	112	36	116	31
		7%	5%	7%	13%	9%	8%	6%	10%	16%	7%	8%	7%	10%	
					d	d			d	d			a		
4		(4.0)	188	40	126	26	28	3	131	52	6	148	40	158	25
		9%	12%	9%	10%	8%	5%	10%	9%	8%	9%	9%	9%	8%	
5		(5.0)	321	60	214	43	54	12	210	99	9	255	66	265	53
		16%	18%	16%	17%	15%	19%	15%	16%	12%	16%	15%	16%	17%	
6		(6.0)	302	53	199	31	56	8	207	85	8	250	52	258	37
		15%	16%	14%	12%	15%	13%	15%	14%	11%	15%	12%	15%	12%	
7		(7.0)	333	42	245	34	49	8	245	84	7	261	72	292	39
		16%	13%	18%	13%	14%	13%	18%	14%	9%	16%	17%	17%	13%	
				a				abef							
8		(8.0)	267	44	191	19	43	5	202	62	4	207	60	241	25
		13%	13%	14%	7%	12%	7%	15%	10%	5%	13%	14%	14%	8%	
								aef					b		
9		(9.0)	110	24	74	6	19	6	81	28	2	86	24	97	13
		5%	7%	5%	2%	5%	9%	6%	5%	3%	5%	6%	6%	4%	
						a	a								



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
		Yes	No	Mental condition or illness	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	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
10 - Completely satisfied	(10.0)	86	60	8	15	3	59	25	1	66	20	72	13
	4%	4%	4%	3%	4%	5%	4%	4%	1%	4%	5%	4%	4%
Don't know	28	5	13	3	2	-	17	4	1	20	8	17	8
	1%	2%	1%	1%	*	-	1%	1%	1%	1%	2%	1%	3%
												a	
Prefer not to say	16	2	5	2	1	1	5	3	1	10	6	6	3
	1%	1%	*	1%	*	1%	*	*	1%	1%	1%	*	1%
NET: 0-3	389	52	251	89	97	18	209	164	34	308	81	298	87
	19%	15%	18%	34%	27%	29%	15%	27%	48%	19%	19%	17%	29%
				bde	d	d		d	abcde				a
NET: 4-6	810	154	539	100	137	23	549	235	23	653	158	681	116
	40%	45%	39%	39%	38%	36%	40%	39%	31%	41%	37%	40%	38%
		b											
NET: 7-10	796	125	570	66	126	22	588	199	14	620	176	702	89
	39%	37%	41%	25%	35%	34%	43%	33%	19%	38%	41%	41%	29%
					af	f	abef	af				b	
Base for stats	1995	331	1359	254	359	64	1345	599	71	1581	415	1681	292
Mean Score	5.60	5.64	5.68	4.55	5.21	5.16	5.85	5.12	3.86	5.57	5.71	5.71	4.99
				f	af	f	abcef	af				b	
Standard Deviation	2.463	2.478	2.423	2.645	2.695	2.840	2.323	2.658	2.759	2.476	2.409	2.421	2.609
Standard Error	.055	.137	.066	.162	.143	.355	.064	.108	.319	.062	.119	.059	.148
Error variance	*	.02	*	.03	.02	.13	*	.01	.10	*	.01	*	.02

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?**

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries				
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total		2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
		100%	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)	100	38	10	14	15	5	8	1	8	44	100	-	-	-	27	12	20	38
			5%	9%	4%	5%	5%	2%	5%	1%	3%	4%	17%	-	-	-	7%	3%	3%	8%
			bcdefghij				e						bcd				bc		bc	
1		(1.0)	44	10	11	6	5	5	3	2	2	27	44	-	-	-	14	5	8	15
			2%	2%	4%	2%	2%	2%	2%	3%	1%	2%	8%	-	-	-	4%	1%	1%	3%
					hj								bcd				bc		bc	
2		(2.0)	97	19	18	13	15	9	9	1	13	55	97	-	-	-	20	14	36	25
			5%	5%	7%	4%	5%	3%	5%	2%	5%	5%	17%	-	-	-	5%	4%	5%	5%
					e								bcd							
3		(3.0)	148	39	23	16	20	17	12	5	15	76	148	-	-	-	36	29	44	38
			7%	10%	9%	5%	6%	7%	7%	8%	6%	7%	26%	-	-	-	10%	7%	6%	8%
				c									bcd				c			
4		(4.0)	188	28	21	30	33	27	16	8	25	111	188	-	-	-	33	43	73	38
			9%	7%	8%	10%	10%	11%	9%	11%	10%	10%	33%	-	-	-	9%	11%	9%	8%
													bcd							
5		(5.0)	321	56	40	50	54	41	27	9	43	185	-	321	-	-	55	77	107	75
			16%	14%	16%	16%	17%	16%	15%	13%	17%	16%	-	52%	-	-	14%	20%	14%	17%
														acd				c		
6		(6.0)	302	51	34	52	49	49	26	13	28	184	-	302	-	-	40	76	131	54
			15%	13%	14%	17%	15%	19%	15%	18%	11%	16%	-	48%	-	-	11%	19%	17%	12%
					h		ahj					h		acd				ad	ad	
7		(7.0)	333	69	32	45	58	54	30	7	40	188	-	-	333	-	52	71	157	51
			16%	17%	13%	15%	18%	21%	17%	10%	16%	17%	-	-	56%	-	14%	18%	21%	11%
							bgj								abd			d	ad	
8		(8.0)	267	47	29	45	36	27	32	13	38	137	-	-	267	-	47	46	119	52
			13%	12%	12%	15%	11%	11%	17%	19%	15%	12%	-	-	44%	-	13%	12%	16%	12%
								ei				adei			abd					
9		(9.0)	110	22	18	16	14	9	6	6	19	58	-	-	-	110	26	11	45	27
			5%	5%	7%	5%	4%	4%	3%	8%	7%	5%	-	-	-	56%	7%	3%	6%	6%
																abc	b		b	b
10 - Completely satisfied		(10.0)	86	17	5	10	11	8	9	4	22	34	-	-	-	86	22	5	18	37
			4%	4%	2%	3%	3%	3%	5%	5%	9%	3%	-	-	-	44%	6%	1%	2%	8%
										abcdei		bcdei				abc	bc			bc
Don't know			28	6	5	4	8	3	-	1	2	20	-	-	-	-	4	6	6	3
			1%	1%	2%	1%	2%	1%	-	1%	1%	2%	-	-	-	-	1%	2%	1%	1%
						fj														

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?**

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Prefer not to say	16	5	2	3	2	3	1	-	-	10	1	-	-	-	-	1	1	1	2
	1%	1%	1%	1%	1%	1%	*	-	-	1%	*	-	-	-	-	*	*	*	*
	j																		
NET: 0-3	389	107	62	50	55	35	33	10	37	202	80	389	-	-	-	98	59	108	116
	19%	26%	25%	16%	17%	14%	18%	14%	15%	18%	16%	67%	-	-	-	26%	15%	14%	25%
		cdefghij	cdehij									bcd				bc			bc
NET: 4-6	810	135	95	132	137	117	70	29	96	480	195	188	623	-	-	128	195	310	167
	40%	33%	38%	43%	43%	46%	39%	42%	38%	43%	39%	33%	100%	-	-	34%	50%	41%	37%
				a	a	a				a		cd	acd				acd	a	
NET: 7-10	796	154	84	116	119	98	77	29	119	417	225	-	-	600	196	148	133	340	167
	39%	38%	34%	38%	37%	38%	43%	42%	47%	37%	45%	-	-	100%	100%	39%	34%	44%	37%
								abcdi		abdi				ab	ab			bd	
Base for stats	1995	396	241	297	311	250	180	68	252	1098	501	577	623	600	196	374	387	758	450
Mean Score	5.60	5.26	5.28	5.65	5.54	5.74	5.72	6.04	6.06	5.56	5.93	2.48	5.48	7.44	9.44	5.38	5.52	5.89	5.37
						ab		ab	abdi	a	abdi		a	ab	abc			abd	
Standard Deviation	2.463	2.737	2.512	2.390	2.365	2.083	2.452	2.319	2.470	2.347	2.444	1.448	.500	.497	.497	2.764	2.044	2.187	2.844
Standard Error	.055	.138	.162	.137	.134	.131	.182	.285	.157	.071	.110	.059	.020	.021	.036	.141	.103	.080	.136
Error variance	*	.02	.03	.02	.02	.02	.03	.08	.02	*	.01	*	*	*	*	.02	.01	.01	.02

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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		2039	651	623	731	1006	599
Total		2039	647	628	734	988	596
		100%	100%	100%	100%	100%	100%
0 - Not at all satisfied	(0.0)	100	23	20	50	60	22
		5%	4%	3%	7% ab	6% b	4%
1	(1.0)	44	12	10	22	23	13
		2%	2%	2%	3%	2%	2%
2	(2.0)	97	31	24	41	56	27
		5%	5%	4%	6%	6%	4%
3	(3.0)	148	41	37	69	78	34
		7%	6%	6%	9% ab	8%	6%
4	(4.0)	188	65	56	65	112	41
		9%	10%	9%	9%	11% b	7%
5	(5.0)	321	101	100	119	153	97
		16%	16%	16%	16%	15%	16%
6	(6.0)	302	91	83	124	149	95
		15%	14%	13%	17%	15%	16%
7	(7.0)	333	107	103	121	148	98
		16%	17%	16%	17%	15%	17%
8	(8.0)	267	112	97	58	122	78
		13%	17% c	15% c	8%	12%	13%
9	(9.0)	110	31	51	27	38	39
		5%	5%	8% ac	4%	4%	7% a
10 - Completely satisfied	(10.0)	86	29	32	24	36	33
		4%	4%	5%	3%	4%	6%
Don't know		28	4	10	11	9	15
		1%	1%	2%	2%	1%	3% a
Prefer not to say		16	2	4	3	5	3
		1%	*	1%	*	1%	1%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
NET: 0-3	389	106	92	182	216	96
	19%	16%	15%	25%	22%	16%
				ab	b	
NET: 4-6	810	256	239	308	413	233
	40%	40%	38%	42%	42%	39%
NET: 7-10	796	279	283	230	345	249
	39%	43%	45%	31%	35%	42%
		c	c			a
Base for stats	1995	641	614	720	974	577
Mean Score	5.60	5.80	5.98	5.14	5.33	5.86
		c	c			a
Standard Deviation	2.463	2.371	2.390	2.488	2.490	2.427
Standard Error	.055	.093	.097	.093	.079	.101
Error variance	*	.01	.01	.01	.01	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	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	805	399	405	266	374	166	39	101	77	79	66	73	143	146	81
	39%	40%	39%	43%	56%	22%	39%	38%	39%	37%	37%	32%	45%	44%	39%
				c	ac								f	f	
Working part time- working between 8 and 29 hours per week	301	79	220	113	121	67	11	46	27	34	25	29	56	46	27
	15%	8%	21%	18%	18%	9%	11%	17%	14%	16%	14%	13%	17%	14%	13%
			a	c	c										
Self-employed- working 30 hours per week or more	80	49	28	25	27	28	1	9	10	11	11	11	10	11	8
	4%	5%	3%	4%	4%	4%	1%	3%	5%	5%	6%	5%	3%	3%	4%
		b													
Self-employed- working between 8 and 29 hours per week	73	33	39	19	26	28	3	10	5	4	7	13	17	7	6
	4%	3%	4%	3%	4%	4%	3%	4%	3%	2%	4%	6%	5%	2%	3%
												h	h		
Not working but seeking work or temporarily unemployed or sick	95	35	59	39	32	24	5	12	12	9	8	10	16	11	13
	5%	4%	6%	6%	5%	3%	5%	4%	6%	4%	5%	4%	5%	3%	6%
			a	c											
Student	127	25	99	116	8	3	7	13	12	13	16	8	27	19	12
	6%	3%	10%	19%	1%	*	8%	5%	6%	6%	9%	3%	9%	6%	6%
			a	bc							f		f		
Not working and not seeking work	156	30	125	37	74	45	8	20	15	14	10	24	14	33	17
	8%	3%	12%	6%	11%	6%	8%	7%	8%	6%	6%	11%	4%	10%	8%
			a		ac							g		g	
Retired	403	343	59	2	5	395	25	55	42	49	34	59	36	58	43
	20%	35%	6%	*	1%	52%	26%	21%	21%	23%	20%	26%	11%	18%	21%
		b				ab	g	g	g	g	g	gh		g	g

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	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	805 39%	79 53% efh	267 57% defh	252 53% efh	122 49% efh	73 36% fh	12 2% f	598 54% efh	207 22% f	687 39%	20 37%	47 42%	30 47%	4 51%	8 58%	109 43%
Working part time- working between 8 and 29 hours per week	301 15%	27 18% f	80 17% f	67 14% f	38 15% f	73 36% abcdfgh	14 3% f	175 16% f	126 13% f	248 14%	9 17%	24 22% a	13 20%	2 18%	1 6%	48 19% a
Self-employed- working 30 hours per week or more	80 4%	8 5% f	23 5% fh	24 5% fh	15 6% fh	6 3% f	5 1% f	55 5% fh	26 3% f	64 4%	1 2%	11 10% ad	1 1%	- -	1 6%	14 5%
Self-employed- working between 8 and 29 hours per week	73 4%	11 7% fh	22 5% fh	20 4% fh	8 3% f	8 4% f	3 1% f	54 5% fh	19 2% f	57 3%	4 7%	6 6%	4 7%	1 9%	- -	15 6% a
Not working but seeking work or temporarily unemployed or sick	95 5%	3 2%	7 1%	15 3%	7 3%	12 6% bg	51 10% abcdg	25 2% f	70 7% abcdg	81 5%	4 7%	3 2%	5 8%	- -	- -	12 5%
Student	127 6%	7 5% f	26 5% fh	66 14% abdefgh	13 5% f	11 6% f	4 1% f	99 9% bdfh	28 3% f	87 5%	12 21% a	12 11% a	7 11% a	- -	2 18%	33 13% a
Not working and not seeking work	156 8%	5 3%	17 4%	16 3%	27 11% abceg	8 4% f	83 17% abcdegh	37 3% f	119 13% abceg	138 8%	2 4%	7 6%	2 4%	1 10%	2 11%	13 5%
Retired	403 20%	10 6%	30 6%	18 4%	21 8% c	12 6% f	312 64% abcdegh	58 5% f	344 37% abcdeg	392 22% bcdg	3 6%	2 2%	1 2%	1 12%	- -	8 3%

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%															
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
	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	805	417	197	159	356	104	64	569	17	12	8	20	1	7	4
	39%	33%	55%	50%	53%	62%	51%	94%	8%	20%	12%	18%	1%	4%	1%
		a	a	a	defghij	defghij	abdefghijk	hj	dhij	hij	dhij		j		defghij
Working part time- working between 8 and 29 hours per week	301	133	72	74	146	47	46	18	163	4	3	7	4	4	5
	15%	11%	20%	23%	22%	28%	37%	3%	81%	6%	4%	6%	3%	2%	1%
		a	a	a	cefg hij	cefg hij	abcefg hijk		j		j				cefg hij
Self-employed- working 30 hours per week or more	80	48	10	15	25	2	6	12	6	32	12	5	-	5	1
	4%	4%	3%	5%	4%	1%	5%	2%	3%	51%	18%	4%	-	3%	*
						ahj	j	hj	abcdghijk	abcdghijk	hj		j		j
Self-employed- working between 8 and 29 hours per week	73	50	8	9	17	1	4	4	6	12	39	2	2	2	1
	4%	4%	2%	3%	3%	1%	3%	1%	3%	19%	57%	2%	1%	1%	*
							cj		cj	abcdghijk	abcdghijk				
Not working but seeking work or temporarily unemployed or sick	95	53	20	12	33	6	3	2	3	3	3	65	2	9	-
	5%	4%	6%	4%	5%	4%	2%	*	1%	4%	4%	58%	1%	5%	-
						cj	cj		j	cj	cj	abcdfghijk	j	cdj	cj
Student	127	78	21	12	33	5	1	2	6	-	3	2	107	2	-
	6%	6%	6%	4%	5%	3%	1%	*	3%	-	4%	2%	90%	1%	-
						cj			cj		cj	abcdfghijk	abcdfghijk		cj
Not working and not seeking work	156	92	23	32	55	2	1	1	1	-	1	10	2	136	2
	8%	7%	6%	10%	8%	1%	1%	*	*	-	1%	9%	2%	79%	1%
											abcdfghijk	c	abcdfghijk		



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Retired

	Children aged 15 or under in the household				Current employment status										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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
2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
403	385	6	6	12	-	-	-	1	-	-	-	1	8	393	-
20%	31%	2%	2%	2%	-	-	-	*	-	-	-	1%	5%	96%	-
	bcd											c	abcdgk	abcdefghik	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

		Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Total		a	b	c	*d	e	f	a	b	c	d	e	f	a	b	c	d	e
Significance Level: 95%																		
Unweighted Total	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	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	805 39%	307 70% ce	293 74% ce	48 31%	9 32%	341 62% c	316 68% ce	413 76% bcde	172 65% cde	59 33%	12 30%	232 53% cd	425 73% bcde	81 30%	446 38% a	248 48% abde	31 34%	724 41% a
Working part time- working between 8 and 29 hours per week	301 15%	100 23%	75 19%	35 23%	5 18%	110 20%	105 23%	104 19%	60 23%	45 26%	9 23%	106 24%	113 19%	19 7%	165 14% a	97 19% ab	19 21% a	282 16% a
Self-employed- working 30 hours per week or more	80 4%	17 4%	13 3%	35 23% abef	2 7%	48 9% abf	19 4%	18 3%	12 4%	34 19% abef	5 14% abf	45 10% abf	23 4%	13 5%	41 4%	25 5%	1 1%	68 4%
Self-employed- working between 8 and 29 hours per week	73 4%	7 2%	14 4%	32 21% abef	7 28%	46 8% abf	14 3%	4 1%	15 6% af	35 20% abef	6 15% abf	50 11% abf	10 2%	13 5%	42 4%	16 3%	2 2%	60 3%
Not working but seeking work or temporarily unemployed or sick	95 5%	1 *	3 1%	2 1%	1 4%	4 1%	2 *	1 *	4 1% a	2 1%	2 5% aef	5 1% a	3 1%	22 8% be	41 3%	29 6% b	4 5%	73 4%
Student	127 6%	6 1%	1 *	1 *	2 8%	2 * be	8 2% be	3 1%	1 *	2 1%	3 7% abcef	2 1% abce	6 1%	6 2%	40 3%	61 12% abe	21 23% abce	121 7% ab
Not working and not seeking work	156 8%	1 *	- -	1 1%	- -	1 * *	1 *	- -	- -	1 1%	1 2% abef	1 * *	1 *	27 10%	85 7%	33 6%	11 12% c	129 7%
Retired	403 20%	- -	- -	- -	1 3%	- -	1 *	- -	- -	- -	1 2% abcef	- - *	1 *	91 34% bcde	304 26% cde	7 1%	1 1%	312 18% cd

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	805	145	571	89	84	19	608	182	10	671	134	687	114
	39%	43%	41%	34%	23%	29%	44%	30%	14%	42%	31%	40%	38%
				bf		f	abcef	bf		b			
Working part time- working between 8 and 29 hours per week	301	66	206	48	38	9	204	85	8	242	59	254	39
	15%	19%	15%	19%	10%	14%	15%	14%	11%	15%	14%	15%	13%
		b		b			b						
Self-employed- working 30 hours per week or more	80	22	43	10	16	3	51	24	5	56	25	59	18
	4%	6%	3%	4%	4%	5%	4%	4%	7%	3%	6%	3%	6%
		b								a		a	
Self-employed- working between 8 and 29 hours per week	73	16	42	9	11	9	41	27	3	55	18	53	14
	4%	5%	3%	4%	3%	14%	3%	4%	4%	3%	4%	3%	5%
						abdef							
Not working but seeking work or temporarily unemployed or sick	95	19	50	19	24	3	49	38	7	82	13	71	22
	5%	5%	4%	7%	7%	5%	4%	6%	10%	5%	3%	4%	7%
				d	d			d	d			a	
Student	127	18	93	27	11	5	84	38	4	98	29	100	24
	6%	5%	7%	11%	3%	7%	6%	6%	6%	6%	7%	6%	8%
				bde			b	b					
Not working and not seeking work	156	33	84	45	61	6	67	78	31	123	32	115	34
	8%	10%	6%	17%	17%	9%	5%	13%	42%	8%	8%	7%	11%
		b		d	d			d	abcde			a	
Retired	403	21	288	11	118	11	264	134	4	285	117	364	37
	20%	6%	21%	4%	33%	16%	19%	22%	6%	18%	27%	21%	12%
			a		acdef	af	af	af		a		b	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	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	805	110	97	135	130	114	81	31	107	476	219	223	245	255	77	133	168	318	179
	39%	27%	39%	44%	41%	45%	45%	45%	42%	42%	43%	39%	39%	42%	39%	35%	43%	42%	39%
			a	a	a	a	a	a	a	a	a						a	a	
Working part time- working between 8 and 29 hours per week	301	41	34	49	59	48	25	11	34	190	70	78	107	77	32	56	53	121	63
	15%	10%	14%	16%	18%	19%	14%	16%	13%	17%	14%	14%	17%	13%	16%	15%	14%	16%	14%
				a	a	a				a			c						
Self-employed- working 30 hours per week or more	80	13	17	15	13	4	9	1	9	49	18	30	29	14	5	26	15	20	16
	4%	3%	7%	5%	4%	2%	5%	2%	3%	4%	4%	5%	5%	2%	2%	7%	4%	3%	4%
			ae	e						e		c	c			bcd			
Self-employed- working between 8 and 29 hours per week	73	13	6	16	12	9	6	4	6	43	17	26	16	26	2	17	14	25	14
	4%	3%	2%	5%	4%	4%	4%	6%	2%	4%	3%	4%	3%	4%	1%	4%	4%	3%	3%
												d		d					
Not working but seeking work or temporarily unemployed or sick	95	20	11	13	18	10	8	2	12	53	22	40	34	14	6	13	22	32	24
	5%	5%	5%	4%	6%	4%	4%	3%	5%	5%	4%	7%	5%	2%	3%	4%	6%	4%	5%
												cd	c						
Student	127	22	14	18	22	23	12	5	12	76	29	51	41	19	8	27	34	42	15
	6%	5%	6%	6%	7%	9%	7%	7%	5%	7%	6%	9%	7%	3%	4%	7%	9%	6%	3%
												cd	c			d	cd		
Not working and not seeking work	156	57	24	22	15	15	8	1	14	76	23	55	42	32	12	23	24	53	46
	8%	14%	10%	7%	5%	6%	4%	1%	6%	7%	5%	10%	7%	5%	6%	6%	6%	7%	10%
		cdefghij	dfgj									c							ab
Retired	403	132	45	36	51	33	33	14	60	164	107	73	109	163	56	83	63	153	98
	20%	32%	18%	12%	16%	13%	18%	20%	24%	15%	21%	13%	17%	27%	28%	22%	16%	20%	22%
		bcddefghij	c				c		cdei		cei		a	ab	ab	b			b

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	805	306	209	284	561	233
	39%	47%	33%	39%	57%	39%
		bc	b		b	
Working part time- working between 8 and 29 hours per week	301	102	93	103	183	108
	15%	16%	15%	14%	19%	18%
Self-employed- working 30 hours per week or more	80	29	25	24	51	26
	4%	4%	4%	3%	5%	4%
Self-employed- working between 8 and 29 hours per week	73	21	22	29	33	32
	4%	3%	3%	4%	3%	5%
						a
Not working but seeking work or temporarily unemployed or sick	95	28	30	35	43	21
	5%	4%	5%	5%	4%	3%
Student	127	55	24	42	75	33
	6%	8%	4%	6%	8%	6%
		b				
Not working and not seeking work	156	23	61	65	22	48
	8%	4%	10%	9%	2%	8%
			a	a		a
Retired	403	84	165	152	22	95
	20%	13%	26%	21%	2%	16%
			ac	a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	167	53	112	76	67	23	5	24	10	16	16	12	35	34	14
	8%	5%	11%	12%	10%	3%	5%	9%	5%	8%	9%	5%	11%	10%	7%
			a	c	c								cf	c	
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	124	51	72	44	53	27	9	15	9	12	6	13	27	18	14
	6%	5%	7%	7%	8%	4%	9%	6%	5%	6%	3%	6%	8%	6%	7%
				c	c		e						e		
Working full time- working 30 hours per week or more	608	311	297	202	282	124	32	74	68	61	51	60	95	107	60
	30%	31%	29%	33%	42%	16%	33%	28%	34%	29%	29%	27%	30%	32%	29%
				c	ac										
Working part time- working between 8 and 29 hours per week	202	53	147	69	85	48	3	37	23	22	18	18	33	28	20
	10%	5%	14%	11%	13%	6%	3%	14%	12%	10%	10%	8%	10%	9%	9%
			a	c	c			afh	a	a	a		a	a	a
Self-employed- working 30 hours per week or more	62	37	25	19	23	21	2	12	5	8	5	8	10	8	3
	3%	4%	2%	3%	3%	3%	2%	5%	3%	4%	3%	4%	3%	3%	1%
Self-employed- working between 8 and 29 hours per week	67	35	33	19	20	29	2	6	5	4	7	12	20	4	8
	3%	3%	3%	3%	3%	4%	2%	2%	3%	2%	4%	5%	6%	1%	4%
											h	h	bdh		
Not working but seeking work or temporarily unemployed or sick	112	38	73	45	40	26	4	13	11	11	11	12	18	19	13
	5%	4%	7%	7%	6%	3%	4%	5%	6%	5%	6%	5%	6%	6%	6%
			a	c	c										
Student	118	23	91	105	8	5	7	12	10	14	11	6	28	16	15
	6%	2%	9%	17%	1%	1%	7%	4%	5%	7%	6%	3%	9%	5%	7%
			a	bc									bth		f
Not working and not seeking work	172	44	128	35	86	51	11	19	16	14	15	28	19	32	18
	8%	4%	12%	6%	13%	7%	11%	7%	8%	6%	9%	12%	6%	10%	9%
			a		ac							dg			
Retired	407	349	57	2	4	401	24	55	41	50	38	56	35	64	43
	20%	35%	6%	*	1%	53%	25%	21%	21%	24%	21%	25%	11%	19%	21%
		b				ab	g	g	g	g	g	g		g	g

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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									
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	
of	a	b	a	b	c	a	b	c	d	e	f	g	h	i	
	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
	290	105	184	120	120	51	14	39	19	28	21	26	62	52	29
	14%	11%	18%	19%	18%	7%	14%	15%	10%	13%	12%	11%	19%	16%	14%
		a	c	c	c								cef	c	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	167	10	46	45	34	23	9	101	66	138	6	10	5	1	5	27
	8%	7%	10%	9%	14%	11%	2%	9%	7%	8%	12%	9%	8%	13%	37%	11%
		f	f	f	afgh	fh		f	f							
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	124	17	40	23	21	19	5	79	44	97	9	12	4	-	1	26
	6%	11%	8%	5%	8%	9%	1%	7%	5%	6%	17%	11%	6%	-	6%	10%
		cfh	cfh	f	fh	cfh		fh	f		a	a				a
Working full time- working 30 hours per week or more	608	56	204	203	87	53	4	464	144	520	14	36	26	3	3	83
	30%	38%	43%	42%	35%	26%	1%	42%	15%	30%	27%	32%	40%	38%	21%	33%
		efh	defh	defh	fh	fh		defh	f							
Working part time- working between 8 and 29 hours per week	202	15	63	48	22	50	4	125	77	171	4	13	8	1	-	26
	10%	10%	13%	10%	9%	25%	1%	11%	8%	10%	8%	12%	12%	9%	-	10%
		f	fh	f	f	abcdfgh		fh	f							
Self-employed- working 30 hours per week or more	62	13	13	23	6	4	3	48	14	51	2	6	3	-	-	11
	3%	8%	3%	5%	3%	2%	1%	4%	1%	3%	4%	5%	4%	-	-	4%
		bdefgh	f	fh	f			fh								
Self-employed- working between 8 and 29 hours per week	67	7	18	22	8	6	5	48	20	54	1	9	1	2	-	12
	3%	5%	4%	5%	3%	3%	1%	4%	2%	3%	1%	8%	1%	18%	-	5%
		fh	f	fh	f			fh				a				
Not working but seeking work or temporarily unemployed or sick	112	7	16	20	9	14	47	42	69	95	2	6	7	-	1	15
	5%	5%	3%	4%	4%	7%	10%	4%	7%	5%	3%	5%	10%	-	6%	6%
							bcdg		bcdg							
Student	118	9	21	61	11	11	5	91	27	81	10	13	8	-	2	32
	6%	6%	5%	13%	4%	5%	1%	8%	3%	5%	18%	11%	12%	-	13%	13%
		fh	f	abdefgh	f	f		bdfh	f		a	a	a			a
Not working and not seeking work	172	5	18	19	30	10	89	43	130	153	3	4	3	1	2	13
	8%	4%	4%	4%	12%	5%	18%	4%	14%	9%	6%	4%	5%	10%	17%	5%
					abceg		abcdegh		abceg							
Retired	407	11	32	17	22	12	314	60	347	395	3	3	1	1	-	9
	20%	7%	7%	4%	9%	6%	65%	5%	37%	23%	6%	3%	2%	12%	-	3%
		c	c		cg		abcdegh		abcdeg	bcdg						



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
290	27	86	68	55	42	14	180	110	235	15	22	9	1	6	53
14%	18%	18%	14%	22%	21%	3%	16%	12%	13%	28%	20%	14%	13%	43%	21%
	fh	fh	f	cfgh	cfh		fh	f		a					a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	167	79	42	36	78	167	-	-	-	-	-	-	-	-	-	167
	8%	6%	12%	11%	11%	100%	-	-	-	-	-	-	-	-	-	57%
			a	a	a	bcdefghijk										bcdefghij
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	124	57	31	28	59	-	124	-	-	-	-	-	-	-	-	124
	6%	5%	9%	9%	9%	-	100%	-	-	-	-	-	-	-	-	43%
			a	a	a	acdefghijk										acdefghij
Working full time- working 30 hours per week or more	608	311	145	125	270	-	-	608	-	-	-	-	-	-	-	-
	30%	25%	41%	39%	40%	-	-	100%	-	-	-	-	-	-	-	-
			a	a	a			abdefghijk								
Working part time- working between 8 and 29 hours per week	202	90	53	44	97	-	-	-	202	-	-	-	-	-	-	-
	10%	7%	15%	14%	14%	-	-	-	100%	-	-	-	-	-	-	-
			a	a	a			abcefgghijk								
Self-employed- working 30 hours per week or more	62	36	12	11	23	-	-	-	-	62	-	-	-	-	-	-
	3%	3%	3%	4%	3%	-	-	-	-	100%	-	-	-	-	-	-
										abcdfghijk						
Self-employed- working between 8 and 29 hours per week	67	50	6	7	13	-	-	-	-	-	67	-	-	-	-	-
	3%	4%	2%	2%	2%	-	-	-	-	-	100%	-	-	-	-	-
		bd									abcdeghijk					

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	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	112 5%	70 6%	19 5%	17 5%	35 5%	- -	- -	- -	- -	- -	- -	112 100%	- -	- -	- -	- -
												abcdefghijkl				
Student	118 6%	72 6%	18 5%	11 3%	29 4%	- -	- -	- -	- -	- -	- -	- -	118 100%	- -	- -	- -
													abcdefghijkl			
Not working and not seeking work	172 8%	100 8%	28 8%	36 11%	64 9%	- -	- -	- -	- -	- -	- -	- -	- -	172 100%	- -	- -
														abcdefghijkl		
Retired	407 20%	390 31%	5 1%	5 2%	10 2%	- -	- -	- -	- -	- -	- -	- -	- -	- -	407 100%	- -
		bcd													abcdefghijkl	
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	290 14%	136 11%	73 20%	64 20%	137 20%	167 100%	124 100%	- -	- -	- -	- -	- -	- -	- -	- -	290 100%
			a	a	a	cdefghij	cdefghij									cdefghij

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	167 8%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	8 3%	92 8%	57 11%	10 11%	158 9%
															a	ab	a	a
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	124 6%	47 11%	47 12%	20 13%	- -	68 12%	47 10%	30 6%	53 20% adf	27 15% af	2 5%	81 18% adf	32 6%	14 5%	69 6%	34 7%	6 7%	110 6%
Working full time- working 30 hours per week or more	608 30%	263 60% c	265 67% acef	55 36%	12 45%	320 58% c	275 59% c	389 72% bcde	137 52% ce	56 32%	15 38%	193 44% c	404 69% bcde	64 24%	331 28% d	198 38% abde	15 17%	544 31% ad
Working part time- working between 8 and 29 hours per week	202 10%	102 23% be	56 14%	24 16%	6 21%	80 14%	108 23% be	103 19%	47 18%	31 18%	9 23%	78 18%	112 19%	13 5%	117 10% a	64 12% a	8 9%	189 11% a
Self-employed- working 30 hours per week or more	62 3%	13 3%	11 3%	28 18% abef	5 19%	39 7% abf	18 4%	16 3%	9 3%	27 15% abef	6 17% abf	36 8% abf	23 4%	8 3%	32 3%	17 3%	5 6%	55 3%
Self-employed- working between 8 and 29 hours per week	67 3%	14 3%	19 5%	27 17% abef	4 15%	46 8% abf	18 4%	4 1%	17 7% af	36 20% abef	6 17% abf	53 12% abf	11 2%	12 4%	37 3%	18 3%	1 1%	55 3%
Not working but seeking work or temporarily unemployed or sick	112 5%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	23 8% be	44 4%	35 7% b	9 10% be	89 5%
Student	118 6%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	6 2%	40 3%	50 10% abe	22 24% abce	112 6% ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
172	-	-	-	-	-	-	-	-	-	-	-	-	30	97	34	12	143
8%	-	-	-	-	-	-	-	-	-	-	-	-	11% c	8%	7%	13% c	8%
407	-	-	-	-	-	-	-	-	-	-	-	-	93	305	8	1	314
20%	-	-	-	-	-	-	-	-	-	-	-	-	34% bcde	26% cde	2%	1% cd	18%
290	47	47	20	-	68	47	30	53	27	2	81	32	22	161	91	17	268
14%	11%	12%	13%	-	12%	10%	6%	20% adf	15% af	5%	18% adf	6%	8%	14% a	18% ab	18% a	15% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
									NET: Longstanding physical and mental condition or illness				
				Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness					
	Total	Yes	No							Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	167	39	118	19	16	4	123	38	1	141	26	148	18
	8%	12%	9%	7% f	4%	6%	9% bef	6%	1%	9%	6%	9%	6%
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	124	30	77	16	20	7	82	39	4	99	25	104	17
	6%	9% b	6%	6%	5%	10%	6%	6%	5%	6%	6%	6%	6%
Working full time- working 30 hours per week or more	608	108	428	69	62	16	457	139	9	508	100	514	91
	30%	32%	31%	27% bf	17%	25%	33% abef	23% bf	13%	32% b	23%	30%	30%
Working part time- working between 8 and 29 hours per week	202	39	141	33	26	5	133	57	6	160	41	169	24
	10%	12%	10%	13% b	7%	8%	10%	9%	8%	10%	10%	10%	8%
Self-employed- working 30 hours per week or more	62	19	33	7	7	7	42	17	3	47	16	46	15
	3%	5% b	2%	3%	2%	10% abde	3%	3%	4%	3%	4%	3%	5% a
Self-employed- working between 8 and 29 hours per week	67	10	45	7	9	3	46	18	2	47	21	51	15
	3%	3%	3%	3%	3%	5%	3%	3%	2%	3%	5%	3%	5%
Not working but seeking work or temporarily unemployed or sick	112	16	68	29	30	3	59	47	14	96	16	87	24
	5%	5%	5%	11% d	8% d	4%	4%	8% d	20% bcde	6%	4%	5%	8% a
Student	118	18	84	24	12	5	76	36	3	91	27	95	20
	6%	5%	6%	9% bd	3%	8%	6%	6%	5%	6%	6%	6%	7%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Not working and not seeking work	172	37	96	43	64	5	80	82	27	133	40	125	40
	8%	11%	7%	17%	18%	8%	6%	14%	37%	8%	9%	7%	13%
		b		d	cd			d	abcde				a
Retired	407	22	288	11	116	11	269	132	4	290	116	367	38
	20%	6%	21%	4%	32%	16%	20%	22%	6%	18%	27%	22%	13%
			a		acdef	af	af	af			a	b	
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	290	70	195	36	35	10	205	77	4	240	51	252	35
	14%	21%	14%	14%	10%	16%	15%	13%	6%	15%	12%	15%	12%
		b					bf						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.**

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	167	25	20	32	28	25	17	4	15	105	36	58	55	40	10	18	34	77	37
	8%	6%	8%	11% ah	9%	10%	10%	6%	6%	9%	7%	10%	9%	7%	5%	5%	9%	10%	8%
												cd					a	a	a
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	124	8	20	21	12	24	13	4	21	78	38	39	40	34	10	22	23	38	38
	6%	2%	8%	7% ad	4%	9% ad	7% a	5%	8% ad	7% ad	8% ad	7%	6%	6%	5%	6%	6%	5%	8%
																			c
Working full time- working 30 hours per week or more	608	84	73	98	106	90	51	23	82	367	157	154	180	206	63	120	129	223	128
	30%	21%	30%	32% a	33% a	35% a	28% a	34% a	32% a	33% a	31% a	27%	29%	34% ab	32%	32%	33%	29%	28%
Working part time- working between 8 and 29 hours per week	202	32	19	32	42	30	17	9	21	122	47	57	67	50	23	34	38	82	39
	10%	8%	8%	10%	13% ab	12%	9%	13%	8%	11%	9%	10%	11%	8%	12%	9%	10%	11%	9%
Self-employed- working 30 hours per week or more	62	8	9	8	9	7	10	5	7	33	21	22	23	9	7	17	13	21	10
	3%	2%	4%	3%	3%	3%	5% a	7% a	3%	3%	4% a	4% c	4% c	2%	4%	4%	3%	3%	2%
Self-employed- working between 8 and 29 hours per week	67	14	7	12	9	6	10	3	7	34	20	22	15	24	6	15	17	19	17
	3%	3%	3%	4%	3%	2%	5%	4%	3%	3%	4%	4%	2%	4%	3%	4%	4%	2%	4%
Not working but seeking work or temporarily unemployed or sick	112	19	14	22	22	10	11	2	11	68	24	49	38	19	2	19	19	44	26
	5%	5%	6%	7%	7%	4%	6%	3%	4%	6%	5%	9% cd	6% cd	3%	1%	5%	5%	6%	6%
Student	118	21	15	18	20	19	11	5	9	72	25	42	44	17	7	24	33	41	11
	6%	5%	6%	6%	6%	7%	6%	7%	4%	6%	5%	7% c	7% c	3%	4%	6% d	8% cd	5% d	2%
Not working and not seeking work	172	62	27	22	22	13	8	1	17	84	26	63	48	35	12	26	26	62	49
	8%	15% cdefghij	11% efgj	7%	7%	5%	5%	1%	7%	7%	5%	11% c	8%	6%	6%	7%	7%	8%	11% ab
Retired	407	133	43	39	50	33	33	14	62	164	109	71	113	166	54	84	62	157	99
	20%	33% bcdefghij	17%	13%	15%	13%	18%	20%	25% cdei	15%	22% cdei	12%	18% a	28% ab	28% ab	22% b	16%	21%	22% b



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

	Number of days active										Life satisfaction score				Covid-19 related worries				
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)	
e	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d	
	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
	290	33	40	53	41	49	31	8	36	183	74	97	95	74	20	40	57	116	75
	14%	8%	16%	18%	13%	19%	17%	11%	14%	16%	15%	17%	15%	12%	10%	11%	15%	15%	17%
		a	a	a	ad	a	a	a	a	a	cd						a	a	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Currently furloughed	167	66	37	60	144	19
	8%	10%	6%	8%	15%	3%
		b			b	
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	124	60	24	38	108	15
	6%	9%	4%	5%	11%	3%
		bc			b	
Working full time- working 30 hours per week or more	608	214	179	212	379	221
	30%	33%	28%	29%	38%	37%
Working part time- working between 8 and 29 hours per week	202	65	71	63	98	96
	10%	10%	11%	9%	10%	16%
					a	
Self-employed- working 30 hours per week or more	62	22	16	21	34	25
	3%	3%	3%	3%	3%	4%
Self-employed- working between 8 and 29 hours per week	67	24	22	22	41	23
	3%	4%	4%	3%	4%	4%
Not working but seeking work or temporarily unemployed or sick	112	31	33	45	54	19
	5%	5%	5%	6%	5%	3%
					b	
Student	118	49	23	39	69	31
	6%	8%	4%	5%	7%	5%
		b				
Not working and not seeking work	172	29	59	76	35	47
	8%	4%	9%	10%	4%	8%
			a	a		a
Retired	407	86	163	157	25	98
	20%	13%	26%	21%	3%	17%
			a	a		a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
2039	651	623	731	1006	599
2039	647	628	734	988	596
100%	100%	100%	100%	100%	100%
290	127	62	98	251	34
14%	20%	10%	13%	25%	6%
	bc		b	b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	1070	494	574	368	466	236	50	150	122	110	86	96	179	171	106	
Total	1064	487	574	353	461	249	48	143	111	108	87	112	184	167	105	
	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	440 41%	208 43%	231 40%	139 39%	193 42%	107 43%	29 61% bfg	56 39%	51 46% gh	49 45% g	39 45%	43 38%	62 34%	66 40%	45 43%	
I mostly travelled to work pre-Covid-19, but now I work more from home	398 37%	191 39%	207 36%	132 37%	177 38%	89 36%	10 21%	47 33%	40 36%	35 32%	27 31%	50 45% abe	80 43% abe	68 41% a	42 40% a	
I mostly worked from home pre-Covid-19, and this is mostly still the case	154 15%	67 14%	86 15%	51 15%	61 13%	42 17%	6 12%	26 18%	12 11%	18 16%	16 18%	13 12%	28 15%	22 13%	13 13%	
I mostly worked from home pre-Covid-19, but now I travel to work more	27 3%	8 2%	18 3%	14 4%	9 2%	4 1%	1 2%	6 4% ei	4 3%	3 2%	- -	3 3%	7 4% i	3 2%	- -	
None of the above	45 4%	13 3%	32 6% a	17 5%	21 5%	6 3%	2 4%	9 6%	4 4%	4 4%	5 6%	2 2%	8 4%	8 5%	4 4%	
NET: Working from home more during COVID-19	553 52%	258 53%	293 51%	183 52%	238 52%	131 53%	16 33%	72 50% a	52 47%	52 49%	43 49%	63 57% a	108 59% a	90 54% a	56 53% a	
NET: Mostly travelling to work during COVID-19	466 44%	217 44%	249 43%	153 43%	202 44%	111 45%	30 63% befghi	63 44%	54 49% g	51 48%	39 45%	46 41%	69 37%	69 41%	45 43%	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	*f	g	h	a	*b	c	d	*e	*f	g
Unweighted Total	1070	106	328	324	149	140	23	758	312	899	29	75	40	7	4	155
Total	1064	108	338	319	144	133	21	765	299	893	30	75	41	6	4	156
	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	440 41%	31 28%	100 30%	121 38% b	95 66% abcg	88 66% abcg	5 22%	252 33%	188 63% abcg	377 42%	9 29%	33 44%	16 39%	1 14%	1 23%	59 38%
I mostly travelled to work pre-Covid-19, but now I work more from home	398 37%	48 44% deh	177 52% cdegh	126 40% deh	23 16%	20 15%	5 24%	351 46% deh	48 16%	342 38%	14 45%	23 30%	13 31%	3 56%	3 77%	55 35%
I mostly worked from home pre-Covid-19, and this is mostly still the case	154 15%	19 17%	51 15%	50 16%	18 12%	15 11%	2 10%	120 16%	34 11%	120 13%	6 20%	15 20%	7 16%	- -	- -	28 18%
I mostly worked from home pre-Covid-19, but now I travel to work more	27 3%	5 5% be	4 1%	11 3%	3 2%	1 1%	3 13%	20 3%	6 2%	20 2%	1 3%	2 3%	3 7%	1 15%	- -	6 4%
None of the above	45 4%	6 5% b	5 2%	11 4%	6 4%	10 7% bg	7 32%	22 3%	23 8% bcg	33 4%	1 3%	3 3%	3 8%	1 16%	- -	8 5%
NET: Working from home more during COVID-19	553 52%	66 61% deh	228 68% cdeh	176 55% deh	40 28%	35 26%	7 34%	471 62% deh	82 27%	463 52%	20 65%	38 50%	19 47%	3 56%	3 77%	83 53%
NET: Mostly travelling to work during COVID-19	466 44%	36 33%	105 31%	131 41% b	98 68% abcg	89 67% abcg	7 34%	272 36%	194 65% abcg	397 44%	10 32%	35 46%	19 46%	2 29%	1 23%	66 42%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	*a	b	c	d	e	f	*g	*h	*i	*j	k
Unweighted Total	1070	608	209	187	396	-	123	616	200	63	68	-	-	-	-	123
Total	1064	545	247	215	462	-	124	608	202	62	67	-	-	-	-	124
	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	440 41%	230 42%	100 41%	94 44%	194 42%	- -	47 38% ef	263 43% ef	102 51% befk	13 21%	14 20%	- -	- -	- -	- -	47 38% ef
I mostly travelled to work pre-Covid-19, but now I work more from home	398 37%	210 39%	96 39%	75 35%	172 37%	- -	47 38% de	265 44% def	56 28%	11 18%	19 28%	- -	- -	- -	- -	47 38% de
I mostly worked from home pre-Covid-19, and this is mostly still the case	154 15%	74 14%	33 13%	33 15%	66 14%	- -	20 16% c	55 9%	24 12%	28 44% bcdk	27 39% bcdk	- -	- -	- -	- -	20 16% c
I mostly worked from home pre-Covid-19, but now I travel to work more	27 3%	13 2%	7 3%	4 2%	11 2%	- -	- -	12 2%	6 3%	5 8% bck	4 6% bck	- -	- -	- -	- -	- -
None of the above	45 4%	17 3%	11 5%	8 4%	19 4%	- -	9 7% c	13 2%	13 7% c	6 9% c	4 6% cd	- -	- -	- -	- -	9 7% c
NET: Working from home more during COVID-19	553 52%	284 52%	129 52%	109 50%	238 51%	- -	68 55% d	320 53% d	80 40%	39 62% d	46 68% cd	- -	- -	- -	- -	68 55% d
NET: Mostly travelling to work during COVID-19	466 44%	243 45%	107 43%	98 46%	205 44%	- -	47 38%	275 45% ef	108 54% bcefk	18 29%	18 26%	- -	- -	- -	- -	47 38%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### D6C. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

		Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%	Total	a	b	c	*d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	1070	446	397	152	28	549	474	552	261	176	40	437	592	122	598	314	36	948
Total	1064	440	398	154	27	553	466	544	263	178	38	441	582	111	586	331	36	953
	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	440 41%	440 100% bcef	- -	- -	- -	- -	440 94% bce	331 61% bcde	61 23%	30 17%	10 26%	91 21%	341 59% bcde	37 33%	241 41%	144 44% a	18 51%	403 42%
I mostly travelled to work pre-Covid-19, but now I work more from home	398 37%	- -	398 100% acef	- -	- -	398 72% acf	- -	169 31% d	163 62% acdef	57 32% d	6 15%	220 50% acdf	175 30% d	46 42%	225 38%	114 35%	12 35%	352 37%
I mostly worked from home pre-Covid-19, and this is mostly still the case	154 15%	- -	- -	154 100% abef	- -	154 28% abf	- -	30 6%	31 12% af	82 46% abdef	9 24% abf	113 26% abf	39 7%	22 20%	83 14%	46 14%	4 10%	132 14%
I mostly worked from home pre-Covid-19, but now I travel to work more	27 3%	- -	- -	- -	27 100%	- -	27 6% abce	5 1%	5 2%	5 3% a	11 28% abcef	11 2% a	16 3% a	2 2%	11 2%	13 4%	1 2%	25 3%
None of the above	45 4%	- -	- -	- -	- -	- -	- -	8 2%	2 1%	4 2%	3 8% abef	6 1%	11 2%	4 4%	26 4%	14 4%	1 2%	41 4%
NET: Working from home more during COVID-19	553 52%	- -	398 100% af	154 100% af	- -	553 100% af	- -	200 37%	195 74% adf	139 78% adf	15 38%	333 76% adf	214 37%	68 62% ce	308 53%	161 48%	16 45%	485 51%
NET: Mostly travelling to work during COVID-19	466 44%	440 100% bce	- -	- -	27 100%	- -	466 100% bce	336 62% bce	67 25%	35 20%	21 54% bce	102 23%	357 61% bce	38 35%	252 43%	157 47% a	19 53% a	428 45% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	1070	202	721	138	126	38	760	276	25	867	203	878	172
Total	1064	206	724	132	125	37	761	270	23	861	203	884	162
	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	440	77	323	46	43	10	339	95	4	363	77	379	60
	41%	37%	45%	35%	34%	28%	45%	35%	16%	42%	38%	43%	37%
						abce							
I mostly travelled to work pre-Covid-19, but now I work more from home	398	67	281	51	44	10	294	95	10	326	73	341	54
	37%	32%	39%	38%	36%	28%	39%	35%	42%	38%	36%	39%	33%
I mostly worked from home pre-Covid-19, and this is mostly still the case	154	48	81	30	31	9	84	60	10	116	39	118	29
	15%	23%	11%	23%	25%	24%	11%	22%	42%	13%	19%	13%	18%
		b		d	d	d		d			a		
I mostly worked from home pre-Covid-19, but now I travel to work more	27	11	12	3	2	6	15	11	-	24	2	20	6
	3%	5%	2%	2%	2%	16%	2%	4%	-	3%	1%	2%	4%
		b				abde							
None of the above	45	4	26	3	5	2	29	9	-	33	12	26	13
	4%	2%	4%	2%	4%	5%	4%	3%	-	4%	6%	3%	8%
												a	
NET: Working from home more during COVID-19	553	114	363	81	75	19	377	155	19	441	111	458	83
	52%	55%	50%	61%	61%	51%	50%	57%	84%	51%	55%	52%	51%
				d	d			d					
NET: Mostly travelling to work during COVID-19	466	88	335	49	44	16	354	106	4	387	79	399	66
	44%	43%	46%	37%	36%	44%	47%	39%	16%	45%	39%	45%	41%
						abe							



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	1070	149	129	175	178	157	103	42	137	639	282	300	331	316	109	217	225	378	229
Total	1064	146	129	171	178	156	101	44	139	634	284	293	325	322	110	209	219	384	232
	100%	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	440 41%	69 47% d	54 42%	79 46%	65 36%	66 42%	43 42%	14 31%	51 37%	263 42%	107 38%	116 40%	139 43%	126 39%	55 50%	90 43%	90 41%	164 43%	90 39%
I mostly travelled to work pre-Covid-19, but now I work more from home	398 37%	49 33%	53 41%	53 31%	66 37%	63 41%	37 37%	21 48% c	55 40%	237 37%	113 40%	108 37% d	112 34%	147 45% abd	28 26%	70 34%	79 36%	157 41%	88 38%
I mostly worked from home pre-Covid-19, and this is mostly still the case	154 15%	22 15%	15 12%	27 16%	32 18% e	15 10%	11 11%	6 13%	27 19% e	89 14%	43 15%	47 16%	54 17%	38 12%	11 10%	34 16%	38 17%	46 12%	34 14%
I mostly worked from home pre-Covid-19, but now I travel to work more	27 3%	1 1%	2 2%	6 4%	6 4%	6 4%	3 3%	- -	2 1%	21 3%	5 2%	9 3%	6 2%	5 1%	7 7% bc	5 3%	7 3%	5 1%	8 3%
None of the above	45 4%	5 3%	4 3%	6 4%	9 5%	5 3%	7 7%	4 8%	4 3%	25 4%	15 5%	13 5%	14 4%	7 2%	8 7% c	9 4%	6 3%	12 3%	12 5%
NET: Working from home more during COVID-19	553 52%	71 49%	68 53%	80 47%	98 55%	79 51%	48 48%	27 61%	81 59%	325 51%	156 55%	155 53% d	166 51% d	184 57% d	40 36%	104 50%	116 53%	203 53%	122 53%
NET: Mostly travelling to work during COVID-19	466 44%	70 48%	56 44%	85 50% ghj	71 40%	72 46%	45 45%	14 31%	53 38%	284 45%	112 40%	125 43%	145 45%	131 41%	62 57% abc	95 46%	97 44%	169 44%	98 42%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	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	1070	387	315	358	662	384
Total	1064	386	313	356	661	381
	100%	100%	100%	100%	100%	100%
I mostly travelled to work pre-Covid-19, and this is mostly still the case	440	156	139	144	199	236
	41%	40%	44%	41%	30%	62% a
I mostly travelled to work pre-Covid-19, but now I work more from home	398	154	101	141	350	43
	37%	40% b	32%	40%	53% b	11%
I mostly worked from home pre-Covid-19, and this is mostly still the case	154	53	51	48	76	74
	15%	14%	16%	14%	11%	19% a
I mostly worked from home pre-Covid-19, but now I travel to work more	27	12	5	9	16	9
	3%	3%	2%	3%	2%	2%
None of the above	45	10	16	13	20	19
	4%	3%	5%	4%	3%	5%
NET: Working from home more during COVID-19	553	208	153	189	426	118
	52%	54%	49%	53%	64% b	31%
NET: Mostly travelling to work during COVID-19	466	168	144	153	215	245
	44%	44%	46%	43%	32%	64% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	1070	494	574	368	466	236	50	150	122	110	86	96	179	171	106	
Total	1064	487	574	353	461	249	48	143	111	108	87	112	184	167	105	
	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	544	251	293	164	247	133	29	75	61	57	47	59	70	85	61	
	51%	51%	51%	46%	54% a	53%	60% g	52% g	55% g	53% g	54% g	53% g	38%	51% g	58% g	
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	263	118	144	102	116	45	11	29	25	25	18	18	63	47	26	
	25%	24%	25%	29% c	25% c	18%	24%	20%	23%	23%	21%	16%	34% bcdef	28% f	25%	
I mostly worked flexible hours pre-Covid-19, and this is still the case	178	91	86	52	67	59	6	28	19	17	14	25	34	24	11	
	17%	19%	15%	15%	15%	24% ab	12%	19% i	17%	16%	17%	22% i	18%	14%	10%	
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	38	13	26	21	12	6	1	8	3	5	3	2	8	6	3	
	4%	3%	4%	6% b	3%	2%	2%	6%	2%	5%	3%	2%	4%	4%	3%	
None of the above	40	15	26	15	19	6	1	4	3	3	4	7	9	5	4	
	4%	3%	4%	4%	4%	2%	2%	3%	3%	3%	5%	6%	5%	3%	3%	
NET: Working more flexible hours during COVID-19	441	209	230	154	183	104	17	57	44	42	33	43	97	71	37	
	41%	43%	40%	44%	40%	42%	36%	40%	40%	39%	38%	39%	53% abcdefi	43%	35%	
NET: Mostly working standard hours during COVID 19	582	264	319	185	259	139	30	83	63	62	50	61	78	91	64	
	55%	54%	55%	52%	56%	56%	62% g	58% g	57% g	58% g	58% g	55% g	42%	55% g	61% g	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	*f	g	h	a	*b	c	d	*e	*f	g
Unweighted Total	1070	106	328	324	149	140	23	758	312	899	29	75	40	7	4	155
Total	1064	108	338	319	144	133	21	765	299	893	30	75	41	6	4	156
	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	544 51%	36 33%	163 48%	182 57%	81 56%	81 60%	2 8%	381 50%	163 55%	480 54%	10 33%	31 41%	15 36%	3 45%	3 77%	61 39%
			a	abg	a	abg		a	a	cdg						
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	263 25%	45 41%	93 28%	71 22%	29 20%	22 16%	4 20%	209 27%	55 18%	213 24%	14 47%	19 25%	15 35%	1 13%	1 23%	49 32%
		bcdegh	eh					eh								a
I mostly worked flexible hours pre-Covid-19, and this is still the case	178 17%	19 18%	68 20%	46 15%	20 14%	19 14%	6 27%	133 17%	45 15%	144 16%	5 15%	19 26%	5 12%	- -	- -	29 18%
												a				
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	38 4%	5 4%	8 3%	11 4%	5 3%	6 4%	3 16%	24 3%	14 5%	29 3%	- -	2 3%	4 9%	2 43%	- -	8 5%
None of the above	40 4%	4 4%	6 2%	8 3%	10 7%	6 4%	6 28%	18 2%	22 7%	28 3%	2 5%	4 5%	3 8%	- -	- -	9 6%
					bcg				bcg							
NET: Working more flexible hours during COVID-19	441 41%	64 59%	161 48%	117 37%	48 34%	41 31%	10 48%	342 45%	100 33%	356 40%	19 62%	38 51%	20 47%	1 13%	1 23%	78 50%
		bcdegh	cdeh					cdeh								a
NET: Mostly working standard hours during COVID 19	582 55%	40 37%	172 51%	193 61%	86 59%	87 65%	5 25%	405 53%	177 59%	509 57%	10 33%	33 44%	18 45%	5 87%	3 77%	69 44%
			a	abg	a	abg		a	ab	cg						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	*a	b	c	d	e	f	*g	*h	*i	*j	k
Unweighted Total	1070	608	209	187	396	-	123	616	200	63	68	-	-	-	-	123
Total	1064	545	247	215	462	-	124	608	202	62	67	-	-	-	-	124
	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	544 51%	298 55% cd	125 51%	98 45%	222 48%	- -	30 25% f	389 64% bdefk	103 51% befk	16 26% f	4 6%	- -	- -	- -	- -	30 25% f
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	263 25%	109 20%	70 28% a	69 32% a	140 30% a	- -	53 43% cdef	137 23%	47 23%	9 14%	17 25%	- -	- -	- -	- -	53 43% cdef
I mostly worked flexible hours pre-Covid-19, and this is still the case	178 17%	106 19% d	34 14%	28 13%	63 14%	- -	27 22% c	56 9%	31 16% c	27 43% bcdk	36 53% bcdk	- -	- -	- -	- -	27 22% c
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	38 4%	17 3%	8 3%	11 5%	19 4%	- -	2 2%	15 2%	9 4%	6 10% bck	6 9% bck	- -	- -	- -	- -	2 2%
None of the above	40 4%	14 3%	10 4%	9 4%	18 4%	- -	11 9% c	11 2%	11 5% c	4 6% c	4 6% c	- -	- -	- -	- -	11 9% c
NET: Working more flexible hours during COVID-19	441 41%	215 40%	105 42%	98 46%	203 44%	- -	81 65% cd	193 32%	78 39%	36 57% cd	53 78% cde	- -	- -	- -	- -	81 65% cd
NET: Mostly working standard hours during COVID 19	582 55%	315 58%	133 54%	109 50%	241 52%	- -	32 26%	404 66% bdefk	112 56% befk	23 37% f	11 16%	- -	- -	- -	- -	32 26%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	1070	446	397	152	28	549	474	552	261	176	40	437	592	122	598	314	36	948
Total	1064	440	398	154	27	553	466	544	263	178	38	441	582	111	586	331	36	953
	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	544 51%	331 75% bce	169 42% ce	30 20%	5 19%	200 36% c	336 72% bce	544 100% bcdef	- -	- -	- -	- -	544 93% bcde	49 44%	317 54%	160 48%	18 50%	495 52%
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	263 25%	61 14%	163 41% acf	31 20%	5 20%	195 35% acf	67 14%	- -	263 100% acdef	- -	- -	263 60% acdf	- -	28 25%	139 24%	88 26%	9 25%	236 25%
I mostly worked flexible hours pre-Covid-19, and this is still the case	178 17%	30 7%	57 14% af	82 53% abef	5 20%	139 25% abf	35 8%	- -	- -	178 100% abdef	- -	178 40% abdf	- -	26 24% be	93 16%	53 16%	6 16%	151 16%
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	38 4%	10 2%	6 1%	9 6% ab	11 40%	15 3% b	21 4% b	- -	- -	- -	38 100% abcef	- -	38 7% abce	3 3%	18 3%	14 4%	2 7%	35 4%
None of the above	40 4%	8 2%	3 1%	2 1%	- -	5 1%	8 2%	- -	- -	- -	- -	- -	- -	4 4%	19 3%	17 5%	1 2%	36 4%
NET: Working more flexible hours during COVID-19	441 41%	91 21%	220 55% af	113 73% abef	11 41%	333 60% af	102 22%	- -	263 100% adf	178 100% adf	- -	441 100% adf	- -	54 49%	232 40%	141 42%	15 41%	387 41%
NET: Mostly working standard hours during COVID 19	582 55%	341 78% bce	175 44% c	39 26%	16 59%	214 39% c	357 77% bce	544 100% bce	- -	- -	38 100% bce	- -	582 100% bce	53 47%	335 57% a	174 53%	20 57%	530 56%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	*f	a	b	a	b
Unweighted Total	1070	202	721	138	126	38	760	276	25	867	203	878	172
Total	1064	206	724	132	125	37	761	270	23	861	203	884	162
	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	544	73	416	58	58	9	418	119	6	444	100	471	72
	51%	36%	57%	43%	47%	24%	55%	44%	26%	52%	49%	53%	44%
			a	c	c		ace	c				b	
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	263	76	156	40	29	7	186	68	8	221	43	218	39
	25%	37%	22%	30%	23%	18%	24%	25%	34%	26%	21%	25%	24%
			b										
I mostly worked flexible hours pre-Covid-19, and this is still the case	178	48	99	28	29	12	107	62	6	137	40	145	29
	17%	23%	14%	21%	23%	33%	14%	23%	27%	16%	20%	16%	18%
			b	d	d	d		d					
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	38	7	26	6	4	6	22	14	3	30	8	28	9
	4%	3%	4%	4%	4%	17%	3%	5%	13%	3%	4%	3%	6%
					abde								
None of the above	40	2	27	1	4	3	27	8	-	29	11	22	13
	4%	1%	4%	1%	3%	8%	4%	3%	-	3%	6%	2%	8%
					a	a						a	
NET: Working more flexible hours during COVID-19	441	123	255	68	58	19	293	130	14	358	83	363	68
	41%	60%	35%	51%	47%	51%	39%	48%	62%	42%	41%	41%	42%
			b	d				d					
NET: Mostly working standard hours during COVID 19	582	80	443	63	62	15	440	132	9	474	108	498	81
	55%	39%	61%	48%	50%	41%	58%	49%	38%	55%	53%	56%	50%
			a				ace						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	1070	149	129	175	178	157	103	42	137	639	282	300	331	316	109	217	225	378	229
Total	1064	146	129	171	178	156	101	44	139	634	284	293	325	322	110	209	219	384	232
	100%	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	544 51%	82 57% d	77 60% def	93 54% d	77 43%	73 47%	47 46%	19 43%	76 55% d	320 50%	142 50%	142 49%	165 51%	177 55%	57 52%	100 48%	110 50%	208 54%	118 51%
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	263 25%	23 15%	21 16%	38 22%	52 29% ab	53 34% abci	28 28% ab	14 32% ab	35 25% a	163 26% ab	77 27% ab	73 25%	84 26%	82 26%	20 18%	47 22%	58 27%	92 24%	62 27%
I mostly worked flexible hours pre-Covid-19, and this is still the case	178 17%	29 20%	22 17%	27 16%	33 18%	20 12%	21 20%	5 11%	21 15%	101 16%	47 17%	52 18%	55 17%	52 16%	15 13%	47 23% cd	35 16%	57 15%	35 15%
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	38 4%	6 4%	5 4%	8 4%	6 4%	4 3%	3 3%	1 3%	4 3%	24 4%	9 3%	13 5% c	11 3%	5 1%	9 8% c	4 2%	11 5%	14 4%	9 4%
None of the above	40 4%	5 4%	3 3%	6 3%	10 6% h	7 5%	2 2%	5 11% bcfhij	2 1%	26 4%	9 3%	12 4%	9 3%	6 2%	10 9% bc	10 5%	5 2%	13 3%	8 3%
NET: Working more flexible hours during COVID-19	441 41%	52 36%	43 33%	65 38%	85 48%	72 46% ab	49 48% ab	19 43%	57 41%	265 42%	125 44% b	125 43% d	140 43% d	135 42%	35 32%	94 45%	93 43%	149 39%	97 42%
NET: Mostly working standard hours during COVID 19	582 55%	88 61% de	82 64% defgij	101 59% d	83 47%	77 49%	50 49%	20 46%	81 58%	344 54%	150 53%	156 53%	176 54%	181 56%	66 60%	105 50%	121 55%	222 58%	127 55%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	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	1070	387	315	358	662	384
Total	1064	386	313	356	661	381
	100%	100%	100%	100%	100%	100%
I mostly worked standard hours pre-Covid-19 and this is still the case	544	196	160	187	300	242
	51%	51%	51%	53%	45%	63% a
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	263	109	72	81	215	45
	25%	28%	23%	23%	33% b	12%
I mostly worked flexible hours pre-Covid-19, and this is still the case	178	55	58	63	101	70
	17%	14%	19%	18%	15%	18%
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	38	14	9	15	24	12
	4%	4%	3%	4%	4%	3%
None of the above	40	12	15	10	20	13
	4%	3%	5%	3%	3%	3%
NET: Working more flexible hours during COVID-19	441	164	130	143	316	114
	41%	42%	42%	40%	48% b	30%
NET: Mostly working standard hours during COVID 19	582	210	168	202	324	253
	55%	54%	54%	57%	49%	67% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205	
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Lives alone	270	169	97	39	70	162	18	41	26	21	25	34	43	41	21	
	13%	17%	9%	6%	10%	21%	18%	16%	13%	10%	14%	15%	13%	12%	10%	
		b			a	ab	di									
2-3	1164	608	553	298	337	529	60	145	112	132	104	126	166	184	135	
	57%	61%	53%	48%	50%	70%	61%	54%	56%	62%	59%	56%	52%	56%	65%	
		b				ab				g					bgh	
4-5	515	188	325	228	230	58	17	70	56	51	40	58	88	92	43	
	25%	19%	31%	37%	34%	8%	17%	26%	28%	24%	23%	26%	28%	28%	21%	
			a	c	c				a				a	a		
6+	90	29	60	52	31	6	4	10	6	8	7	8	23	14	9	
	4%	3%	6%	8%	5%	1%	4%	4%	3%	4%	4%	3%	7%	4%	4%	
			a	bc	c								c			
NET: Lives with others	1769	826	938	578	598	593	80	224	174	192	152	192	277	290	187	
	87%	83%	91%	94%	90%	79%	82%	84%	87%	90%	86%	85%	87%	88%	90%	
			a	bc	c					a					a	
Base for stats	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208	
Mean Score	2.95	2.66	3.23	3.49	3.30	2.20	2.65	3.06	2.84	2.82	2.92	2.77	3.38	2.88	2.87	
			a	c	c								fh			
Standard Deviation	2.403	2.426	2.353	2.204	2.809	1.939	1.345	3.190	1.292	1.308	2.634	1.383	4.144	1.341	1.393	
Standard Error	.053	.078	.073	.086	.108	.073	.133	.192	.087	.089	.201	.099	.233	.073	.097	
Error variance	*	.01	.01	.01	.01	.01	.02	.04	.01	.01	.04	.01	.05	.01	.01	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	270	15	37	56	13	24	126	108	162	247	9	3	5	1	1	19
	13%	10%	8%	12%	5%	12%	26%	10%	17%	14%	17%	3%	8%	10%	6%	8%
				bd		d	abcdegh	d	abcdeg	cg	cg					
2-3	1164	75	259	258	144	115	313	592	572	1052	20	39	28	6	7	101
	57%	50%	55%	54%	58%	57%	65%	54%	61%	60%	37%	35%	44%	72%	55%	40%
							abcg		abcg	bcdg						
4-5	515	52	162	137	81	47	37	351	165	402	23	44	29	2	3	100
	25%	34%	34%	29%	32%	23%	8%	32%	18%	23%	42%	40%	44%	18%	24%	40%
		efh	efh	fh	efh	f		efh	f		a	a	a			a
6+	90	8	15	28	13	17	9	51	39	55	2	25	3	-	2	32
	4%	5%	3%	6%	5%	8%	2%	5%	4%	3%	4%	22%	4%	-	15%	13%
		f		bf	f	bfg		f	f			abd				a
NET: Lives with others	1769	135	435	423	238	179	358	994	775	1508	45	108	60	8	13	233
	87%	90%	92%	88%	95%	88%	74%	90%	83%	86%	83%	97%	92%	90%	94%	92%
		fh	cfh	fh	cefh	fh		fh	f			ab				ab
Base for stats	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
Mean Score	2.95	3.39	3.11	3.20	3.32	3.07	2.16	3.19	2.67	2.77	3.30	4.33	3.45	2.65	7.50	3.99
		fh	fh	fh	fh	fh		fh	f		a	abd	a			a
Standard Deviation	2.403	3.584	1.864	2.949	3.222	1.495	1.118	2.649	2.043	1.858	1.610	2.527	1.205	1.122	14.033	3.817
Standard Error	.053	.293	.087	.133	.201	.102	.052	.080	.067	.044	.215	.238	.151	.355	3.623	.238
Error variance	*	.09	.01	.02	.04	.01	*	.01	*	*	.05	.06	.02	.13	13.13	.06

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	270	256	2	2	5	8	14	64	13	8	12	23	6	30	93	22
	13%	20%	1%	1%	1%	5%	11%	11%	6%	13%	18%	20%	5%	17%	23%	8%
		bcd					a	a		a	adhk	acdhk		acdhk	abcdhk	
2-3	1164	829	247	38	285	92	69	331	117	32	37	44	40	97	305	161
	57%	66%	69%	12%	42%	55%	56%	54%	58%	52%	54%	40%	34%	56%	75%	55%
		cd	cd		c	gh	gh	gh	gh	h	h			gh	abcdefghik	gh
4-5	515	142	97	241	338	57	34	198	64	17	18	35	50	34	8	91
	25%	11%	27%	76%	50%	34%	28%	33%	32%	27%	26%	32%	42%	20%	2%	31%
			a	abd	ab	ij	j	ij	ij	j	j	ij	bcdefijk	j		ij
6+	90	28	12	38	50	10	6	15	8	5	1	9	22	12	1	17
	4%	2%	3%	12%	7%	6%	5%	3%	4%	8%	2%	8%	18%	7%	*	6%
				abd	ab	cj	j	j	j	cj		cj	abcdfgijk	cj		cj
NET: Lives with others	1769	999	356	317	673	158	110	544	189	55	55	89	112	143	314	268
	87%	80%	99%	99%	99%	95%	89%	89%	94%	87%	82%	80%	95%	83%	77%	92%
			a	a	a	bcefgij	j	gij	fgij				fgij			fgij
Base for stats	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
Mean Score	2.95	2.36	3.44	4.41	3.90	3.62	3.05	3.08	3.16	3.18	2.68	3.28	3.96	3.03	1.93	3.38
			a	abd	ab	cj	j	j	fj	fj	j	j	bcdefgij	j		j
Standard Deviation	2.403	1.931	2.884	1.241	2.314	4.271	1.437	2.559	1.282	1.502	1.301	2.584	1.637	3.453	.675	3.375
Standard Error	.053	.053	.164	.075	.096	.328	.130	.103	.091	.189	.158	.237	.139	.261	.035	.197
Error variance	*	*	.03	.01	.01	.11	.02	.01	.01	.04	.02	.06	.02	.07	*	.04

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## D8. Including yourself, how many people in total live in your household?

BASE: All respondents

		Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Total		a	b	c	*d	e	f	a	b	c	d	e	f	a	b	c	d	e
Significance Level: 95%																		
Unweighted Total	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	270 13%	37 8%	46 12%	22 14% af	2 6%	68 12% af	38 8%	49 9%	28 11%	26 15% af	3 9%	54 12%	53 9%	270 100% bcde	- 100% acde	- 100% abde	- 100% abce	- 100% abc
2-3	1164 57%	241 55%	225 57%	83 54%	11 43%	308 56%	252 54%	317 58%	139 53%	93 52%	18 48%	232 53%	335 58%	- 100% acde	1164 100% acde	- 100% abde	- 100% abce	1164 66% acd
4-5	515 25%	144 33%	114 29%	46 30%	13 48%	161 29%	157 34%	160 29%	88 33%	53 30%	14 37%	141 32%	174 30%	- 100% abde	- 100% abde	515 100% abde	- 100% abce	515 29% abd
6+	90 4%	18 4%	12 3%	4 2%	1 3%	16 3%	19 4%	18 3%	9 3%	6 3%	2 6%	15 3%	20 3%	- 100% abce	- 100% abce	- 100% abce	90 100% abce	90 5% abc
NET: Lives with others	1769 87%	403 92% ce	352 88%	132 86%	25 94%	485 88%	428 92% ce	495 91% c	236 89%	151 85%	35 91%	387 88%	530 91% c	- 100% a	1164 100% a	515 100% a	90 100% a	1769 100% a
Base for stats	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
Mean Score	2.95	3.09	2.99	3.17	3.38	3.04	3.11	2.97	3.20	3.13	3.32	3.17	2.99	1.00	2.40	4.24	8.52	3.25
Standard Deviation	2.403	1.308	2.014	3.914	1.251	2.681	1.305	1.299	2.242	3.708	1.493	2.919	1.314	-	.490	.429	8.460	2.447
Standard Error	.053	.062	.101	.317	.236	.114	.060	.055	.139	.279	.236	.140	.054	-	.014	.019	.882	.058
Error variance	*	*	.01	.10	.06	.01	*	*	.02	.08	.06	.02	*	-	*	*	.78	*

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	270	-	-	46	67	5	163	100	17	223	47	173	93
	13%	-	-	18% cd	19% cd	7%	12%	16% d	23% cd	14%	11%	10%	31% a
2-3	1164	194	945	131	226	33	784	350	38	897	267	1001	152
	57%	58%	69% a	51%	62% a	51%	57% a	58% a	52%	56%	62% a	59% b	50%
4-5	515	122	370	68	56	22	363	129	16	421	94	453	48
	25%	36% b	27%	26% b	16%	34% be	27% be	21% b	22%	26%	22%	27% b	16%
6+	90	22	62	13	12	5	57	27	2	70	20	77	10
	4%	6%	5%	5%	3%	7%	4%	4%	3%	4%	5%	5%	3%
NET: Lives with others	1769	338	1377	212	294	60	1205	505	56	1388	381	1532	210
	87%	100%	100%	82%	81%	93% abf	88% abef	84%	77%	86%	89%	90% b	69%
Base for stats	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
Mean Score	2.95	3.74 b	3.08	2.97 b	2.52	3.26 bef	2.98 b	2.77 b	2.57	2.94	2.97	3.02 b	2.37
Standard Deviation	2.403	3.935	1.586	1.966	1.321	1.491	2.455	1.652	1.319	2.333	2.655	2.343	1.354
Standard Error	.053	.215	.043	.119	.070	.185	.067	.067	.150	.058	.129	.057	.076
Error variance	*	.05	*	.01	*	.03	*	*	.02	*	.02	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### D8. Including yourself, how many people in total live in your household?

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	270	76	38	44	32	18	23	6	33	133	61	94	79	70	19	70	41	94	57
	13%	19%	15%	15%	10%	7%	12%	9%	13%	12%	12%	16%	13%	12%	10%	19%	10%	12%	13%
		deij	e	e					e	e	e	cd				bcd			
2-3	1164	247	135	167	178	150	99	36	151	631	285	307	343	373	122	197	227	455	265
	57%	61%	55%	55%	56%	59%	54%	52%	60%	56%	57%	53%	55%	62%	62%	52%	58%	59%	58%
														ab	a			a	
4-5	515	75	61	79	91	74	49	22	63	306	134	153	168	133	47	96	109	184	113
	25%	18%	25%	26%	29%	29%	27%	32%	25%	27%	27%	27%	27%	22%	24%	25%	28%	24%	25%
				a	a	a	a	a		a	a								
6+	90	9	13	13	18	13	11	5	7	58	23	22	32	23	7	15	17	32	19
	4%	2%	5%	4%	6%	5%	6%	7%	3%	5%	5%	4%	5%	4%	4%	4%	4%	4%	4%
			a		a	a	a	a		a									
NET: Lives with others	1769	331	210	260	288	238	159	63	221	995	443	482	543	530	177	308	353	670	397
	87%	81%	85%	85%	90%	93%	88%	91%	87%	88%	88%	84%	87%	88%	90%	81%	90%	88%	87%
					a	abchij				a	a			a	a		a	a	a
Base for stats	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
Mean Score	2.95	2.55	3.10	2.89	3.14	3.05	2.96	3.17	3.08	3.05	3.05	2.87	3.08	2.77	3.04	2.85	3.06	2.88	2.94
			a	a	a	a	a	a	a	a	a		c						
Standard Deviation	2.403	1.267	3.628	1.864	2.228	1.307	1.460	1.454	4.066	2.370	3.059	1.640	2.822	1.286	3.557	1.856	2.971	1.709	2.553
Standard Error	.053	.063	.231	.106	.124	.081	.108	.178	.258	.070	.137	.067	.113	.053	.258	.094	.148	.062	.121
Error variance	*	*	.05	.01	.02	.01	.01	.03	.07	*	.02	*	.01	*	.07	.01	.02	*	.01

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Lives alone	270	62	96	107	97	78
	13%	10%	15%	15%	10%	13%
			a	a		a
2-3	1164	354	383	413	515	351
	57%	55%	61%	56%	52%	59%
			a			a
4-5	515	197	130	180	322	147
	25%	30%	21%	25%	33%	25%
		bc			b	
6+	90	34	19	33	54	20
	4%	5%	3%	4%	5%	3%
NET: Lives with others	1769	585	533	627	891	518
	87%	90%	85%	85%	90%	87%
		bc			b	
Base for stats	2039	647	628	734	988	596
Mean Score	2.95	3.22	2.67	2.94	3.26	2.91
		b		b	b	
Standard Deviation	2.403	3.047	1.312	2.481	2.785	2.307
Standard Error	.053	.119	.053	.092	.088	.094
Error variance	*	.01	*	.01	.01	.01



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	1759	807	947	615	595	549	84	230	190	194	147	164	274	293	183
Total	1769	826	938	578	598	593	80	224	174	192	152	192	277	290	187
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	338	136	201	141	139	58	18	57	29	37	31	28	68	52	19
	19%	17%	21%	24%	23%	10%	23%	25%	16%	19%	20%	15%	25%	18%	10%
			a	c	c		i	cfhi		i	i		cfhi	i	
No	1377	672	701	405	444	528	60	161	141	152	119	159	191	229	165
	78%	81%	75%	70%	74%	89%	75%	72%	81%	79%	79%	83%	69%	79%	88%
		b				ab			bg	g	g	bg		bg	abdegh
Prefer not to say	54	17	37	31	16	7	2	7	5	3	2	4	18	9	4
	3%	2%	4%	5%	3%	1%	2%	3%	3%	2%	1%	2%	7%	3%	2%
			a	bc									defhi		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	1759	135	421	433	242	185	343	989	770	1492	46	109	59	9	14	237
Total	1769	135	435	423	238	179	358	994	775	1508	45	108	60	8	13	233
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	338	41	90	70	39	36	61	202	136	252	13	49	16	2	5	83
	19%	31%	21%	16%	16%	20%	17%	20%	18%	17%	28%	45%	26%	21%	39%	36%
		bcd	efgh								a	abd				a
No	1377	90	338	335	194	141	279	763	614	1227	30	51	42	6	8	136
	78%	67%	78%	79%	82%	79%	78%	77%	79%	81%	66%	47%	69%	79%	61%	59%
			a	a	a	a	a	a	a	bcdg	c		c			
Prefer not to say	54	4	7	18	5	2	18	29	25	30	3	8	3	-	-	13
	3%	3%	2%	4%	2%	1%	5%	3%	3%	2%	6%	7%	5%	-	-	6%
				be			be				a	a				a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 15 or under in your household, please note this should exclude them.**

BASE: All who live with at least one other person

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	1759	1065	306	275	581	161	108	543	186	55	56	93	131	143	283	269
Total	1769	999	356	317	673	158	110	544	189	55	55	89	112	143	314	268
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	338 19%	141 14%	97 27%	84 27%	181 27%	39 25%	30 28%	108 20%	39 21%	19 34%	10 18%	16 18%	18 16%	37 26%	22 7%	70 26%
			a	a	a	j	hj	j	j	cdghj	j	j	j	hj		chj
No	1377 78%	843 84%	253 71%	225 71%	478 71%	118 74%	77 70%	428 79%	141 75%	33 61%	45 81%	68 76%	84 75%	96 67%	288 92%	195 72%
		bcd						beik	e		e	e		abcdeghik		
Prefer not to say	54 3%	15 1%	7 2%	7 2%	14 2%	1 1%	3 3%	8 2%	9 5%	3 6%	1 1%	5 6%	10 9%	9 6%	4 1%	4 2%
								acjk	ac		acjk	abcjk	acjk			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
1759	405	346	129	26	475	431	496	231	149	36	380	532	-	1165	502	92	1759
1769	403	352	132	25	485	428	495	236	151	35	387	530	-	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
338	77	67	48	11	114	88	73	76	48	7	123	80	-	194	122	22	338
19%	19%	19%	36% abef	43%	24%	20%	15%	32% af	31% af	19%	32% af	15%	-	17%	24% be	24%	19%
1377	323	281	81	12	363	335	416	156	99	26	255	443	-	945	370	62	1377
78%	80% c	80% c	61%	49%	75% c	78% c	84% bce	66%	65%	75%	66%	84% bce	-	81% cde	72%	69%	78% c
54	3	4	4	2	8	5	5	4	5	2	9	7	-	24	24	6	54
3%	1%	1%	3%	8%	2%	1%	1%	2%	3%	6% af	2%	1%	-	2%	5% b	6% b	3%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 15 or under in your household, please note this should exclude them.**

BASE: All who live with at least one other person

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%	a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	1759	1366	220	288	60	1190	506	57	1384	375	1510	219
Total	1769	1377	212	294	60	1205	505	56	1388	381	1532	210
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	338	-	81	99	23	151	178	22	271	67	305	29
	19%	-	38%	33%	39%	13%	35%	39%	20%	18%	20%	14%
	b		d	d	d		d	d			b	
No	1377	1377	127	192	33	1040	315	34	1077	300	1196	175
	78%	100%	60%	65%	55%	86%	62%	61%	78%	79%	78%	83%
		a				abcef						
Prefer not to say	54	-	4	4	4	14	12	-	40	14	30	6
	3%	-	2%	1%	7%	1%	2%	-	3%	4%	2%	3%
					bd							

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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 related worries			
		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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	1759	327	207	263	287	239	159	61	216	996	436	495	544	510	170	314	359	659	385
Total	1769	331	210	260	288	238	159	63	221	995	443	482	543	530	177	308	353	670	397
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	338	41	44	54	61	56	27	14	42	214	83	92	114	87	38	56	71	118	88
	19%	12%	21%	21%	21%	23%	17%	22%	19%	22%	19%	19%	21%	16%	22%	18%	20%	18%	22%
			a	a	a	a		a	a	a	a								
No	1377	282	154	199	218	175	127	47	175	746	349	377	413	437	133	241	274	537	299
	78%	85%	73%	77%	76%	74%	80%	75%	79%	75%	79%	78%	76%	82%	75%	78%	78%	80%	75%
		bcdegij												bd					
Prefer not to say	54	9	12	7	8	7	5	2	4	35	10	13	17	7	5	11	8	15	10
	3%	3%	6%	3%	3%	3%	3%	3%	2%	3%	2%	3%	3%	1%	3%	3%	2%	2%	3%
			hj										c						

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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%

Unweighted Total

Total

Yes

No

Prefer not to say

	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
1759	587	525	619	899	517
1769	585	533	627	891	518
100%	100%	100%	100%	100%	100%
338	142	98	95	191	98
19%	24% bc	18%	15%	21%	19%
1377	437	416	512	681	405
78%	75%	78%	82% a	76%	78%
54	7	19	20	18	14
3%	1%	4% a	3% a	2%	3%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	258	82	174	114	97	47	14	36	28	39	24	24	27	40	27
	13%	8%	17%	19%	15%	6%	14%	14%	14%	18%	13%	11%	9%	12%	13%
			a	bc	c				g	fgh					
Yes - physical condition or illness	362	199	162	66	96	200	23	49	43	40	41	45	40	49	31
	18%	20%	16%	11%	14%	26%	23%	18%	22%	19%	23%	20%	13%	15%	15%
		b			a	ab	gh		gh	g	ghi	g			
Yes - other	64	33	31	22	27	15	4	9	3	4	6	11	13	4	10
	3%	3%	3%	4%	4%	2%	4%	4%	2%	2%	3%	5%	4%	1%	5%
					c							ch	h		h
No	1368	689	675	402	462	504	61	175	129	140	113	152	220	238	140
	67%	69%	65%	65%	69%	67%	62%	66%	65%	65%	64%	67%	69%	72%	68%
		b													
Prefer not to say	66	23	41	31	20	15	2	5	7	4	4	5	25	9	5
	3%	2%	4%	5%	3%	2%	2%	2%	4%	2%	2%	2%	8%	3%	2%
			a	c									abcdefhi		
NET: Longstanding condition or illness	605	283	320	183	186	236	35	87	63	70	59	70	74	84	62
	30%	28%	31%	30%	28%	31%	36%	33%	32%	33%	34%	31%	23%	25%	30%
							gh	g	g	g	g				
NET: Longstanding physical and mental condition or illness	73	28	45	16	32	24	5	8	10	12	11	9	4	8	5
	4%	3%	4%	3%	5%	3%	6%	3%	5%	6%	6%	4%	1%	2%	2%
					a		g		g	gh	gh				



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	258 13%	24 16%	52 11%	61 13%	33 13%	29 14%	59 12%	137 12%	122 13%	231 13%	11 21% dg	13 11%	4 6%	- -	- -	28 11%
Yes - physical condition or illness	362 18%	21 14%	52 11%	64 13%	42 17% b	36 18% bg	148 31% abcdegh	136 12%	226 24% abcdg	330 19% bcg	3 5%	13 11%	11 18% b	- -	3 24%	30 12%
Yes - other	64 3%	5 3%	15 3%	18 4%	7 3%	4 2%	16 3%	38 3%	26 3%	50 3%	3 6%	6 5%	1 2%	2 28%	2 13%	14 6% a
No	1368 67%	100 67%	351 74% defh	334 70% fh	166 66%	130 64%	287 59%	785 71% efh	583 62%	1181 67%	38 70%	73 66%	45 69%	6 72%	10 70%	171 68%
Prefer not to say	66 3%	4 3%	13 3%	15 3%	10 4%	9 4%	15 3%	33 3%	33 4%	39 2%	1 1%	8 7% a	4 6%	- -	- -	13 5% a
NET: Longstanding condition or illness	605 30%	45 30%	107 23%	131 27%	75 30% b	64 32% b	182 38% bcdg	283 26%	322 34% bcg	535 30%	16 29%	30 27%	16 25%	2 28%	4 30%	68 27%
NET: Longstanding physical and mental condition or illness	73 4%	4 2%	10 2%	12 2%	7 3%	4 2%	36 7% abcdeg	26 2%	47 5% bceg	70 4%	2 3%	1 1%	- -	- -	- -	3 1%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	258 13%	140 11%	56 16%	45 14%	101 15%	19 12%	16 13%	69 11%	33 16%	7 11%	7 10%	29 26%	24 20%	43 25%	11 3%	36 12%
			a		a	j	j	j	j	j	j	abcdefjk	acjk	abcdefjk		j
Yes - physical condition or illness	362 18%	272 22%	45 12%	35 11%	80 12%	16 9%	20 16%	62 10%	26 13%	7 11%	9 14%	30 27%	12 10%	64 37%	116 28%	35 12%
		bcd										abcdefhk		abcdefhjk	abcdefhk	
Yes - other	64 3%	36 3%	7 2%	14 4%	21 3%	4 2%	7 5%	16 3%	5 3%	7 11%	3 5%	3 2%	5 4%	5 3%	11 3%	10 4%
										acdgi						
No	1368 67%	833 66%	253 70%	228 72%	481 71%	123 74%	82 66%	457 75%	133 66%	42 67%	46 69%	59 53%	76 64%	80 46%	269 66%	205 71%
					a	gi	gi	bdghij	gi	i	gi		i		gi	gi
Prefer not to say	66 3%	27 2%	7 2%	9 3%	16 2%	5 3%	3 3%	13 2%	11 5%	3 5%	3 5%	6 5%	6 5%	10 6%	6 1%	9 3%
									cj		j	cj	cj	cj		
NET: Longstanding condition or illness	605 30%	395 31%	99 28%	81 26%	180 27%	38 23%	39 31%	139 23%	57 28%	17 28%	18 27%	47 42%	36 30%	82 48%	132 32%	77 26%
		cd					c					acdfk		abcdefhjk	ac	
NET: Longstanding physical and mental condition or illness	73 4%	49 4%	9 3%	10 3%	20 3%	1 *	4 3%	9 1%	6 3%	3 5%	2 3%	14 13%	3 3%	27 16%	4 1%	4 2%
										aj		abcdfhjk		abcdfhjk		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	258 13%	46 10%	51 13%	30 20% abf	3 10%	81 15% f	49 10%	58 11%	40 15%	28 16%	6 15%	68 15% af	63 11%	46 17% be	131 11%	68 13%	13 14%	212 12%
Yes - physical condition or illness	362 18%	43 10%	44 11%	31 20% abef	2 7%	75 14% f	44 10%	58 11%	29 11%	29 16%	4 12%	58 13%	62 11%	67 25% bcde	226 19% c	56 11%	12 14%	294 17% c
Yes - other	64 3%	10 2%	10 3%	9 6% a	6 23%	19 3%	16 3%	9 2%	7 3%	12 7% abf	6 16% abef	19 4% a	15 3%	5 2%	33 3%	22 4%	5 5%	60 3%
No	1368 67%	339 77% ce	294 74% c	84 54%	15 56%	377 68% c	354 76% ce	418 77% cde	186 71% c	107 60%	22 57%	293 66%	440 76% cde	163 60%	784 67% a	363 70% a	57 64%	1205 68% a
Prefer not to say	66 3%	5 1%	10 3%	10 6% abf	1 4%	20 4% af	6 1%	7 1%	10 4% a	9 5% af	3 7% af	18 4% af	10 2%	7 3%	29 3%	24 5% b	6 6% b	59 3%
NET: Longstanding condition or illness	605 30%	95 22%	95 24%	60 39% abef	11 40%	155 28% af	106 23%	119 22%	68 26%	62 35% abf	14 35% a	130 29% af	132 23%	100 37% bce	350 30% c	129 25%	27 30%	505 29%
NET: Longstanding physical and mental condition or illness	73 4%	4 1%	10 2%	10 6% abf	- -	19 3% af	4 1%	6 1%	8 3% a	6 4% a	3 8% af	14 3% a	9 2%	17 6% bce	38 3%	16 3%	2 2%	56 3%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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	
			Mental condition or illness	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%	Total	a b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334 1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338 1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100% 100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	258	81 127	258	73	4	-	258	73	214	44	217	41
	13%	24% 9%	100%	20%	6%	-	43%	100%	13%	10%	13%	13%
		b	bcde	cd	d		bcd	bcde				
Yes - physical condition or illness	362	99 192	73	362	6	-	362	73	259	103	309	51
	18%	29% 14%	28%	100%	9%	-	60%	100%	16%	24%	18%	17%
		b	cd	acde	d		acd	acde		a		
Yes - other	64	23 33	4	6	64	-	64	3	48	16	46	15
	3%	7% 2%	1%	2%	100%	-	11%	4%	3%	4%	3%	5%
		b	d	d	abdef		abd	d				a
No	1368	151 1040	-	-	-	1368	-	-	1097	271	1154	206
	67%	45% 75%	-	-	-	100%	-	-	68%	63%	68%	68%
		a				abcef						
Prefer not to say	66	9 22	-	-	-	-	-	-	54	12	40	8
	3%	3% 2%	-	-	-	-	-	-	3%	3%	2%	3%
NET: Longstanding condition or illness	605	178 315	258	362	64	-	605	73	461	145	510	89
	30%	53% 23%	100%	100%	100%	-	100%	100%	29%	34%	30%	29%
		b	d	d	d		d	d		a		
NET: Longstanding physical and mental condition or illness	73	22 34	73	73	3	-	73	73	55	18	57	15
	4%	6% 2%	28%	20%	4%	-	12%	100%	3%	4%	3%	5%
		b	bcde	cde	d		d	abcde				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**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

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	258 13%	54 13%	41 17%	38 12%	35 11%	31 12%	22 12%	11 15%	27 11%	145 13%	60 12%	115 20% bcd	73 12%	52 9%	13 7%	55 15% c	50 13%	79 10%	70 15% c
Yes - physical condition or illness	362 18%	117 29% bcdefghij	53 22% defij	47 15%	41 13%	33 13%	21 12%	9 13%	40 16%	174 15%	71 14%	124 22% c	109 18%	92 15%	34 17%	55 14%	47 12%	131 17% b	123 27% abc
Yes - other	64 3%	10 2%	7 3%	15 5% hj	11 3%	11 4%	6 3%	1 2%	4 1%	44 4%	11 2%	21 4%	20 3%	13 2%	9 5%	18 5%	9 2%	20 3%	17 4%
No	1368 67%	242 59%	146 59%	207 68% ab	231 72% ab	179 70% ab	126 70% ab	49 71%	187 74% ab	763 68% ab	363 72% ab	340 59%	418 67% a	447 75% ab	140 72% a	265 70% d	287 73% d	534 70% d	259 57%
Prefer not to say	66 3%	10 3%	13 5%	9 3%	10 3%	7 3%	7 4%	1 2%	9 3%	39 3%	17 3%	21 4% c	21 3% c	6 1%	3 1%	3 1%	13 3% a	20 3% a	15 3% a
NET: Longstanding condition or illness	605 30%	155 38% cdefhij	88 36% dehij	88 29%	79 25%	69 27%	49 27%	19 27%	58 23%	325 29%	125 25%	216 37% bcd	184 30% c	146 24%	53 27%	111 29%	93 24%	211 28%	181 40% abc
NET: Longstanding physical and mental condition or illness	73 4%	23 6% defi	11 5% f	11 3% f	7 2% f	5 2%	- -	2 3% f	14 5% def	34 3% f	16 3% f	40 7% bcd	17 3%	11 2%	3 2%	15 4%	10 3%	18 2%	27 6% bc

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

**D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?**

BASE: All respondents

	Total	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
		a	b	c	a	b
Significance Level: 95%						
Unweighted Total	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	258	74	72	109	141	67
	13%	11%	12%	15%	14%	11%
Yes - physical condition or illness	362	98	122	138	127	101
	18%	15%	19%	19%	13%	17%
					a	
Yes - other	64	20	11	29	30	21
	3%	3%	2%	4%	3%	3%
			b			
No	1368	460	420	473	691	408
	67%	71%	67%	64%	70%	68%
		c				
Prefer not to say	66	11	26	23	27	22
	3%	2%	4%	3%	3%	4%
			a			
NET: Longstanding condition or illness	605	177	183	238	271	166
	30%	27%	29%	32%	27%	28%
			a			
NET: Longstanding physical and mental condition or illness	73	15	21	35	25	21
	4%	2%	3%	5%	2%	4%
			a			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1755	887	864	470	555	729	95	242	179	185	162	210	194	296	192
	86%	89%	83%	76%	83%	97%	96%	91%	90%	87%	92%	93%	61%	90%	92%
		b			a	ab	cdgh	g	g	g	g	dg		g	g
Mixed	54	15	38	35	13	6	2	3	3	7	4	4	21	7	3
	3%	2%	4%	6%	2%	1%	2%	1%	2%	3%	2%	2%	7%	2%	1%
			a	bc									bcefhi		
Asian	111	50	60	53	51	8	-	14	6	19	2	4	46	12	8
	5%	5%	6%	9%	8%	1%	-	5%	3%	9%	1%	2%	14%	4%	4%
				c	c			aef		acefhi			abcefhi		a
Black	65	24	41	34	23	8	1	3	4	2	4	7	31	10	3
	3%	2%	4%	5%	4%	1%	1%	1%	2%	1%	2%	3%	10%	3%	2%
				c	c								abcdefhi		
Chinese	9	5	4	2	4	2	-	3	-	-	-	-	4	2	-
	*	1%	*	*	1%	*	-	1%	-	-	-	-	1%	1%	-
Other ethnic group	14	4	9	6	7	-	-	-	2	-	-	-	10	1	1
	1%	*	1%	1%	1%	-	-	-	1%	-	-	-	3%	*	*
				c	c								bdefhi		
Prefer not to answer	31	9	20	16	14	2	1	1	6	1	5	1	13	3	1
	2%	1%	2%	3%	2%	*	1%	*	3%	*	3%	*	4%	1%	*
			a	c	c				bdi		bd		bdfhi		
NET: Non-white	252	99	151	130	99	24	3	24	15	28	10	15	112	31	15
	12%	10%	15%	21%	15%	3%	3%	9%	8%	13%	5%	7%	35%	9%	7%
			a	bc	c					aefi			abcdefhi	a	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1755	112	400	409	221	168	446	920	835	1755	-	-	-	-	-	-
	86%	74%	85%	85%	88%	83%	92%	84%	89%	100%	-	-	-	-	-	-
		a	a	a	a		abceg	a	abceg	bcdg						
Mixed	54	7	16	11	8	2	9	35	19	-	54	-	-	-	-	54
	3%	5%	3%	2%	3%	1%	2%	3%	2%	-	100%	-	-	-	-	22%
		eh									acd					acd
Asian	111	16	28	27	11	17	12	72	39	-	-	111	-	-	-	111
	5%	11%	6%	6%	4%	8%	2%	7%	4%	-	-	100%	-	-	-	44%
		bcdfh	f	f		fh		fh				abdg				abd
Black	65	9	21	15	5	9	7	45	20	-	-	-	65	-	-	65
	3%	6%	5%	3%	2%	4%	1%	4%	2%	-	-	-	100%	-	-	26%
		dth	fh			f		fh				abcg				abc
Chinese	9	1	2	2	1	3	1	5	4	-	-	-	-	9	-	9
	*	1%	*	*	*	1%	*	*	*	-	-	-	-	100%	-	3%
						f										ac
Other ethnic group	14	1	2	5	1	3	2	9	5	-	-	-	-	-	14	14
	1%	1%	*	1%	*	1%	*	1%	1%	-	-	-	-	-	100%	5%
																ac
Prefer not to answer	31	4	3	10	5	2	8	17	15	-	-	-	-	-	-	-
	2%	2%	1%	2%	2%	1%	2%	2%	2%	-	-	-	-	-	-	-
		b		b												
NET: Non-white	252	35	70	61	24	33	30	165	88	-	54	111	65	9	14	252
	12%	23%	15%	13%	10%	16%	6%	15%	9%	-	100%	100%	100%	100%	100%	100%
		bcdgh	fh	f		dth		dth	f		a	a	a			a



# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1755	1138	303	246	549	138	97	520	171	51	54	95	81	153	395	235
	86%	91%	84%	77%	81%	83%	78%	85%	85%	82%	81%	85%	68%	89%	97%	81%
		bcd	c			h		bh	h			h		bhk	abcdehghik	h
Mixed	54	27	7	15	23	6	9	14	4	2	1	2	10	3	3	15
	3%	2%	2%	5%	3%	4%	7%	2%	2%	3%	1%	1%	8%	2%	1%	5%
				a		j	cdgij						cdfgij			cj
Asian	111	38	24	34	59	10	12	36	13	6	9	6	13	4	3	22
	5%	3%	7%	11%	9%	6%	10%	6%	6%	9%	13%	5%	11%	2%	1%	8%
			a	a	a	j	ij	j	j	ij	cij	j	cij			ij
Black	65	23	18	19	38	5	4	26	8	3	1	7	8	3	1	9
	3%	2%	5%	6%	6%	3%	3%	4%	4%	5%	1%	6%	6%	2%	*	3%
			a	a	a	j	j	j	j	j		j	ij			j
Chinese	9	8	-	-	-	1	-	3	1	-	2	-	-	1	1	1
	*	1%	-	-	-	1%	-	1%	*	-	2%	-	-	1%	*	*
											j					
Other ethnic group	14	10	4	-	4	5	1	3	-	-	-	1	2	2	-	6
	1%	1%	1%	-	1%	3%	1%	*	-	-	-	1%	1%	1%	-	2%
						cdj							j	j		cdj
Prefer not to answer	31	12	2	4	6	1	1	6	5	1	1	2	5	6	3	2
	2%	1%	1%	1%	1%	1%	1%	1%	3%	1%	2%	1%	5%	3%	1%	1%
													acjk	cjk		
NET: Non-white	252	105	53	69	123	27	26	83	26	11	12	15	32	13	9	53
	12%	8%	15%	22%	18%	16%	21%	14%	13%	17%	17%	14%	27%	8%	2%	18%
			a	ab	a	ij	cij	ij	j	ij	ij	j	acdghijk	j		ij

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## 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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1755	377	342	120	20	463	397	480	213	144	29	356	509	247	1052	402	55	1508
86%	86%	86%	78%	76%	84%	85%	88%	81%	81%	75%	81%	87%	91%	90%	78%	61%	85%
	c	c			c		bcde				bcde		cde	cde	d		cd
54	9	14	6	1	20	10	10	14	5	-	19	10	9	20	23	2	45
3%	2%	3%	4%	3%	4%	2%	2%	5%	3%	-	4%	2%	3%	2%	4%	3%	3%
								af			af				be		
111	33	23	15	2	38	35	31	19	19	2	38	33	3	39	44	25	108
5%	8%	6%	10%	7%	7%	7%	6%	7%	11%	6%	9%	6%	1%	3%	9%	27%	6%
									af						ab	abce	ab
65	16	13	7	3	19	19	15	15	5	4	20	18	5	28	29	3	60
3%	4%	3%	4%	11%	3%	4%	3%	6%	3%	9%	4%	3%	2%	2%	6%	3%	3%
								a		af					abe		
9	1	3	-	1	3	2	3	1	-	2	1	5	1	6	2	-	8
*	*	1%	-	3%	1%	*	*	*	-	6%	*	1%	*	1%	*	-	*
										abcef							
14	1	3	-	-	3	1	3	1	-	-	1	3	1	7	3	2	13
1%	*	1%	-	-	1%	*	1%	*	-	-	*	*	*	1%	1%	2%	1%
31	3	1	6	-	7	3	3	2	5	2	7	5	4	11	13	3	27
2%	1%	*	4%	-	1%	1%	1%	1%	3%	4%	2%	1%	2%	1%	2%	4%	2%
			abef						af	abf					b	b	
252	59	55	28	6	83	66	61	49	29	8	78	69	19	101	100	32	233
12%	14%	14%	18%	24%	15%	14%	11%	19%	16%	21%	18%	12%	7%	9%	19%	36%	13%
								af			af				abe	abce	ab

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1755	252	1227	231	330	50	1181	535	70	1364	391	1492	250
	86%	74%	89%	89%	91%	78%	86%	88%	96%	85%	91%	88%	83%
			a	c	cd			c	cde		a	b	
Mixed	54	13	30	11	3	3	38	16	2	49	5	41	12
	3%	4%	2%	4%	1%	5%	3%	3%	3%	3%	1%	2%	4%
				b		b	b	b		b			
Asian	111	49	51	13	13	6	73	30	1	97	14	91	17
	5%	14%	4%	5%	3%	9%	5%	5%	1%	6%	3%	5%	6%
			b			bf				b			
Black	65	16	42	4	11	1	45	16	-	58	7	51	13
	3%	5%	3%	1%	3%	2%	3%	3%	-	4%	2%	3%	4%
										b			
Chinese	9	2	6	-	-	2	6	2	-	6	2	6	2
	*	*	*	-	-	4%	*	*	-	*	1%	*	1%
						abde							
Other ethnic group	14	5	8	-	3	2	10	4	-	13	1	9	4
	1%	1%	1%	-	1%	3%	1%	1%	-	1%	*	1%	1%
						a							
Prefer not to answer	31	3	14	-	2	-	15	2	-	23	8	14	5
	2%	1%	1%	-	1%	-	1%	*	-	1%	2%	1%	2%
NET: Non-white	252	83	136	28	30	14	171	68	3	223	29	198	48
	12%	25%	10%	11%	8%	22%	13%	11%	4%	14%	7%	12%	16%
		b				abdef	bf			b		a	

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1755	371	211	261	260	214	151	61	226	946	439	500	543	529	155	322	339	677	384
	86%	91%	85%	86%	81%	84%	84%	88%	89%	84%	87%	87%	87%	88%	79%	85%	86%	89%	85%
		bcdefi							di		d	d	d	d				d	
Mixed	54	7	7	8	7	10	5	2	8	32	15	17	12	16	7	17	9	20	7
	3%	2%	3%	3%	2%	4%	3%	3%	3%	3%	3%	3%	2%	3%	3%	4%	2%	3%	2%
																d			
Asian	111	10	13	18	25	18	12	4	10	75	26	29	29	32	15	17	18	36	36
	5%	2%	5%	6%	8%	7%	7%	6%	4%	7%	5%	5%	5%	5%	8%	4%	5%	5%	8%
				a	a	a	a			a	a								abc
Black	65	6	8	7	18	9	10	2	5	42	17	16	18	16	12	17	14	16	15
	3%	1%	3%	2%	6%	4%	6%	3%	2%	4%	3%	3%	3%	3%	6%	4%	4%	2%	3%
				ach			ah			a					abc	c			
Chinese	9	2	1	1	3	1	-	-	1	5	1	1	2	4	2	1	2	2	4
	*	1%	*	*	1%	*	-	-	*	*	*	*	*	1%	1%	*	1%	*	1%
Other ethnic group	14	3	4	3	2	1	1	-	-	9	1	5	7	1	1	1	5	6	2
	1%	1%	2%	1%	1%	*	*	-	-	1%	*	1%	1%	*	*	*	1%	1%	*
			hj										c						
Prefer not to answer	31	8	4	6	6	2	2	-	3	19	5	7	11	2	3	4	7	8	6
	2%	2%	2%	2%	2%	1%	1%	-	1%	2%	1%	1%	2%	*	2%	1%	2%	1%	1%
													c		c				
NET: Non-white	252	29	32	37	54	39	28	8	24	163	61	69	68	69	38	52	48	80	64
	12%	7%	13%	12%	17%	15%	15%	12%	10%	14%	12%	12%	11%	12%	19%	14%	12%	10%	14%
			a	a	ahj	a	a			ah	a				abc				

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

	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	2039	651	623	731	1006	599
Total	2039	647	628	734	988	596
	100%	100%	100%	100%	100%	100%
White	1755	528	565	647	808	525
	86%	82%	90%	88%	82%	88%
			a	a		a
Mixed	54	22	12	20	38	11
	3%	3%	2%	3%	4%	2%
					b	
Asian	111	53	28	26	71	30
	5%	8%	4%	4%	7%	5%
		bc				
Black	65	28	14	21	42	16
	3%	4%	2%	3%	4%	3%
		b				
Chinese	9	3	1	5	5	3
	*	*	*	1%	1%	1%
Other ethnic group	14	6	2	4	10	2
	1%	1%	*	1%	1%	*
Prefer not to answer	31	7	7	10	12	9
	2%	1%	1%	1%	1%	2%
NET: Non-white	252	112	56	76	168	61
	12%	17%	9%	10%	17%	10%
		bc			b	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	2039	979	1051	660	677	702	103	275	219	217	172	194	317	337	205	
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	331	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	732	384	344	256	241	235	30	88	71	76	48	47	215	89	68	
	36%	39%	33%	41%	36%	31%	30%	33%	35%	36%	27%	21%	67%	27%	33%	
		b		bc	c			f	fh	fh			abcdefhi		f	
Urban - Town and Fringe	879	390	486	241	309	329	49	127	80	94	76	101	85	174	93	
	43%	39%	47%	39%	46%	44%	50%	48%	40%	44%	43%	45%	27%	53%	45%	
		a			a		g	g	g	g	g	g		cdeg	g	
Rural - Village	397	200	196	112	108	176	19	47	45	41	50	72	18	64	42	
	19%	20%	19%	18%	16%	23%	19%	18%	22%	19%	28%	32%	6%	19%	20%	
					ab		g	g	g	g	bdgh	abcdghi		g	g	
Rural - Hamlet and Isolated Dwelling	31	20	10	8	9	14	1	4	4	3	4	6	2	3	5	
	2%	2%	1%	1%	1%	2%	1%	1%	2%	1%	2%	3%	1%	1%	3%	
															g	
NET: Urban	1611	775	829	496	551	564	79	215	151	170	123	148	300	263	161	
	79%	78%	80%	81%	82%	75%	80%	81%	76%	80%	70%	66%	94%	80%	77%	
				c	c		f	ef	f	ef			abcdefhi	ef	f	
NET: Rural	428	220	206	120	117	191	20	51	49	43	53	78	19	67	47	
	21%	22%	20%	19%	18%	25%	20%	19%	24%	20%	30%	34%	6%	20%	23%	
					ab		g	g	g	g	bdgh	abcdghi		g	g	

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	732	62	189	170	78	80	152	422	310	591	29	55	38	3	6	131
	36%	41%	40%	36%	31%	39%	31%	38%	33%	34%	53%	49%	59%	32%	44%	52%
		dfh	dfh			f		dfh			a	a	a			a
Urban - Town and Fringe	879	56	197	217	113	87	209	470	409	773	20	42	20	4	7	93
	43%	37%	42%	45%	45%	43%	43%	43%	44%	44%	37%	38%	31%	42%	51%	37%
									dg							
Rural - Village	397	29	78	86	55	31	118	193	204	365	5	13	5	2	1	27
	19%	19%	17%	18%	22%	15%	24%	18%	22%	21%	10%	12%	8%	26%	6%	11%
							bceg		beg	bcdg						
Rural - Hamlet and Isolated Dwelling	31	3	7	6	4	5	6	16	15	25	-	1	2	-	-	2
	2%	2%	1%	1%	2%	2%	1%	1%	2%	1%	-	1%	3%	-	-	1%
NET: Urban	1611	118	386	388	191	167	361	892	719	1364	49	97	58	6	13	223
	79%	79%	82%	81%	76%	82%	74%	81%	77%	78%	90%	87%	89%	74%	94%	88%
			fh	f		f		fh			a	a	a			a
NET: Rural	428	32	85	92	59	36	124	209	219	391	5	14	7	2	1	29
	21%	21%	18%	19%	24%	18%	26%	19%	23%	22%	10%	13%	11%	26%	6%	12%
							bceg		bg	bcdg						

# Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

## D12. Which of the following best describes where you live?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	367	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	407	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	732	432	136	124	261	68	49	261	63	20	23	37	45	47	119	117
	36%	34%	38%	39%	38%	41%	40%	43%	31%	32%	34%	33%	38%	27%	29%	40%
						ij	ij	dij				ij				dij
Urban - Town and Fringe	879	544	164	132	297	73	50	247	97	26	24	58	45	85	172	123
	43%	43%	46%	41%	44%	44%	40%	41%	48%	42%	36%	52% cfh	38%	50% ch	42%	42%
Rural - Village	397	258	54	60	115	24	23	94	37	15	20	14	27	37	107	47
	19%	21% b	15%	19%	17%	14%	18%	16%	18%	24% g	29% acgk	13%	23% cg	21%	26% acdgk	16%
Rural - Hamlet and Isolated Dwelling	31	22	3	2	5	2	2	6	5	1	1	2	1	3	10	4
	2%	2%	1%	1%	1%	1%	2%	1%	2%	1%	1%	2%	1%	2%	2%	1%
NET: Urban	1611	976	301	257	557	141	99	508	160	47	47	96	91	133	290	240
	79%	78%	84% a	80% a	82% a	84% fj	80% fij	83% fj	80% j	75% fj	70% fj	86% fj	77% fj	77% fj	71% fj	83% fj
NET: Rural	428	279	58	62	120	26	25	100	41	16	21	16	27	40	116	51
	21%	22% bd	16%	20%	18%	16%	20%	17%	20%	25% acgk	30% acgk	14%	23% c	23% c	29% acdgk	17%



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
732	162	169	59	10	229	172	211	110	63	17	174	229	116	378	204	34	616
36%	37%	43%	39%	38%	41%	37%	39%	42%	36%	45%	39%	39%	43% be	32%	40% be	37%	35%
879	201	156	56	14	212	215	232	110	74	13	184	245	107	518	217	36	772
43%	46% ce	39%	36%	52%	38%	46% bce	43%	42%	42%	33%	42%	42%	40% 40%	45%	42%	40%	44%
397	74	68	35	2	102	75	94	40	37	8	77	102	44	242	91	19	352
19%	17%	17%	23%	6%	19%	16%	17%	15%	21%	22%	17%	18%	16%	21%	18%	22%	20%
31	3	5	4	1	9	4	6	3	4	-	7	6	2	25	3	1	29
2%	1%	1%	2%	3%	2%	1%	1%	1%	2%	-	2%	1%	1%	2% c	1%	1%	2%
1611	363	326	116	24	441	387	444	221	137	30	358	474	223	897	421	70	1388
79%	83% c	82%	75%	91%	80%	83% c	82%	84%	77%	78%	81%	81%	83% b	77%	82% b	78%	78%
428	77	73	39	2	111	79	100	43	40	8	83	108	47	267	94	20	381
21%	17%	18%	25% af	9%	20%	17%	18%	16%	23%	22%	19%	19%	17%	23% ac	18%	22%	22%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
								NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	732	128	469	91	106	22	511	191	23	732	-	583	141
	36%	38%	34%	35%	29%	34%	37%	32%	32%	45% b	-	34%	47% a
Urban - Town and Fringe	879	143	608	123	152	26	586	270	31	879	-	748	120
	43%	42%	44%	47%	42%	41%	43%	45%	43%	55% b	-	44%	40%
Rural - Village	397	61	280	42	96	15	253	135	16	-	397	347	39
	19%	18%	20%	16%	27% ad	23%	18%	22% ad	22%	-	93% a	20% b	13%
Rural - Hamlet and Isolated Dwelling	31	6	20	3	7	1	19	9	2	-	31	26	2
	2%	2%	1%	1%	2%	1%	1%	2%	3%	-	7% a	2%	1%
NET: Urban	1611	271	1077	214	259	48	1097	461	55	1611	-	1331	261
	79%	80%	78%	83% be	71%	75%	80% be	76%	75%	100% b	-	78%	86% a
NET: Rural	428	67	300	44	103	16	271	145	18	-	428	374	41
	21%	20%	22%	17% ad	29% ad	25%	20%	24% ad	25%	-	100% a	22% b	14%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### D12. Which of the following best describes where you live?

BASE: All respondents

		Number of days active										Life satisfaction score				Covid-19 related worries			
	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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
Total	2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	732	131	99	113	128	84	62	26	90	423	177	197	229	213	76	118	158	267	164
	36%	32%	40%	37%	40%	33%	34%	37%	35%	38%	35%	34%	37%	35%	39%	31%	40%	35%	36%
		a		a												a			
Urban - Town and Fringe	879	183	102	142	126	112	83	30	101	482	214	259	276	255	76	166	169	342	190
	43%	45%	41%	47%	39%	44%	46%	43%	40%	43%	42%	45%	44%	42%	39%	44%	43%	45%	42%
Rural - Village	397	92	42	46	58	57	33	12	58	203	102	109	114	124	40	88	64	145	91
	19%	22%	17%	15%	18%	23%	18%	17%	23%	18%	20%	19%	18%	21%	20%	23%	16%	19%	20%
		ci				c		c								b			
Rural - Hamlet and Isolated Dwelling	31	2	5	4	8	2	4	2	5	19	11	12	4	8	4	6	2	11	9
	2%	*	2%	1%	3%	1%	2%	3%	2%	2%	2%	2%	1%	1%	2%	2%	1%	1%	2%
		a		a		a	a	a	a		a	b							
NET: Urban	1611	314	201	255	254	196	145	55	191	906	391	456	505	468	152	285	327	608	354
	79%	77%	81%	84%	79%	77%	80%	80%	75%	80%	78%	79%	81%	78%	78%	75%	83%	80%	78%
				aejh													a		
NET: Rural	428	93	47	49	66	60	36	14	63	222	113	120	118	132	44	94	67	156	100
	21%	23%	19%	16%	21%	23%	20%	20%	25%	20%	22%	21%	19%	22%	22%	25%	17%	20%	22%
		c				c		c		c						b			

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
Total	NET: More	About the same	NET: Less	Yes	No
	a	b	c	a	b
2039	651	623	731	1006	599
2039	647	628	734	988	596
100%	100%	100%	100%	100%	100%
732	247	211	262	406	181
36%	38%	33%	36%	41% b	30%
879	279	253	338	400	282
43%	43%	40%	46% b	40%	47% a
397	113	153	124	165	127
19%	17%	24% ac	17%	17%	21% a
31	8	11	9	16	6
2%	1%	2%	1%	2%	1%
1611	526	464	600	806	463
79%	81% b	74%	82% b	82%	78%
428	121	165	133	182	133
21%	19%	26% ac	18%	18%	22%

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

	Gender		Age			Region								
Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2039	979	1051	660	677	702	103	275	219	217	172	194	317	205
Total	2039	995	1035	616	668	755	98	266	200	213	177	226	320	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1704	849	851	493	537	674	86	228	168	181	151	200	247	169
	84%	85%	82%	80%	80%	89%	87%	86%	84%	85%	86%	88%	77%	81%
						ab	g	g	g	g	g			
No	302	138	162	105	121	76	12	31	27	31	23	26	65	35
	15%	14%	16%	17%	18%	10%	12%	12%	14%	15%	13%	11%	20%	17%
				c	c							bcd		
Prefer not to say	32	7	22	18	10	5	1	6	5	1	2	1	7	4
	2%	1%	2%	3%	1%	1%	1%	2%	2%	*	1%	*	2%	2%
			a	c										

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2039	150	459	495	256	213	466	1104	935	1746	56	113	64	10	15	258
Total	2039	150	472	480	251	203	484	1101	938	1755	54	111	65	9	14	252
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1704	124	411	393	215	161	401	928	776	1492	41	91	51	6	9	198
	84%	83%	87% ceh	82%	86%	79%	83%	84%	83%	85% bg	75%	82%	79%	64%	69%	79%
No	302	20	53	78	33	41	77	152	151	250	12	17	13	2	4	48
	15%	13%	11%	16% b	13%	20% bdg	16% b	14%	16% b	14%	22%	15%	20%	28%	31% a	19%
Prefer not to say	32	6	8	8	3	1	7	21	11	13	2	3	1	1	-	6
	2%	4% eh	2%	2%	1%	1%	1%	2%	1%	1%	3%	3% a	1%	8%	-	2% a

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%															
Unweighted Total	2039	1330	308	277	585	170	123	616	200	63	68	119	138	175	293
Total	2039	1255	359	319	678	167	124	608	202	62	67	112	118	172	290
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1704	1037	321	278	600	148	104	514	169	46	51	87	95	125	252
	84%	83%	90%	87%	89%	89%	84%	85%	84%	73%	75%	78%	80%	73%	87%
			a	a	efghi	i	efi	i						cdefghi	efgi
No	302	209	36	37	73	18	17	91	24	15	15	24	20	40	35
	15%	17%	10%	12%	11%	11%	14%	15%	12%	24%	23%	22%	17%	23%	12%
		bcd					j		adjk	adjk	adjk	j	abcdjk	9%	
Prefer not to say	32	9	1	3	5	1	2	3	9	2	2	1	3	7	3
	2%	1%	*	1%	1%	1%	2%	1%	5%	3%	2%	1%	3%	4%	1%
								acjk	c			cj	acjk		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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				
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2039	446	397	152	28	549	474	552	261	176	40	437	592	280	1165	502	92	1759
Total	2039	440	398	154	27	553	466	544	263	178	38	441	582	270	1164	515	90	1769
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1704	379	341	118	20	458	399	471	218	145	28	363	498	173	1001	453	77	1532
	84%	86%	85%	76%	76%	83%	86%	87%	83%	82%	72%	82%	86%	64%	86%	88%	86%	87%
		c	c				c	d					d		a	a	a	a
No	302	60	54	29	6	83	66	72	39	29	9	68	81	93	152	48	10	210
	15%	14%	14%	19%	24%	15%	14%	13%	15%	16%	23%	15%	14%	34%	13%	9%	11%	12%
														bcde	c			
Prefer not to say	32	1	4	8	-	12	1	1	6	4	2	10	3	5	10	14	3	27
	2%	*	1%	5%	-	2%	*	*	2%	2%	4%	2%	*	2%	1%	3%	3%	2%
				abf		af			af	af	af	af				b	b	



## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
									NET: Longstanding physical and mental condition or illness				
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2039	334	1366	272	358	65	1358	611	77	1617	422	1683	320
Total	2039	338	1377	258	362	64	1368	605	73	1611	428	1704	302
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1704	305	1196	217	309	46	1154	510	57	1331	374	1704	-
	84%	90%	87%	84%	85%	72%	84%	84%	79%	83%	87%	100%	-
				c	c		c	c			a	b	
No	302	29	175	41	51	15	206	89	15	261	41	-	302
	15%	9%	13%	16%	14%	23%	15%	15%	21%	16%	10%	-	100%
			a							b			a
Prefer not to say	32	4	6	1	2	3	8	6	-	19	14	-	-
	2%	1%	*	*	1%	5%	1%	1%	-	1%	3%	-	-
						abdef					a		

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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%

	Number of days active										Life satisfaction score				Covid-19 related worries			
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)	0-4 (not worried)	5-6 (medium)	7-8 (very worried)	9-10 (most worried)
	a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
2039	404	246	311	321	259	182	67	249	1137	498	595	624	582	190	388	403	754	443
2039	407	248	304	320	255	181	69	254	1128	504	577	623	600	196	379	394	765	454
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1704	333	216	241	267	216	157	56	217	940	430	456	523	533	169	295	330	672	382
84%	82%	87%	79%	83%	85%	87%	81%	85%	83%	85%	79%	84%	89%	86%	78%	84%	88%	84%
		c				c				c		a	ab	a		a	a	a
302	69	28	58	50	33	18	13	32	170	63	113	90	64	25	78	60	88	63
15%	17%	11%	19%	16%	13%	10%	19%	13%	15%	13%	20%	14%	11%	13%	21%	15%	12%	14%
	f		befhj								bcd	c			bcd			
32	5	3	4	3	6	6	-	5	17	10	8	9	3	2	5	4	5	9
2%	1%	1%	1%	1%	2%	3%	-	2%	2%	2%	1%	1%	1%	1%	1%	1%	1%	2%
																		c

## Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 15th January - 18th January 2021

### 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	
Total	NET: More	About the same	NET: Less	Yes	No
	a	b	c	a	b
2039	651	623	731	1006	599
2039	647	628	734	988	596
100%	100%	100%	100%	100%	100%
1704	553	525	612	851	469
84%	85%	83%	83%	86%	79%
				b	
302	90	94	111	129	117
15%	14%	15%	15%	13%	20%
				a	
32	4	9	10	7	10
2%	1%	2%	1%	1%	2%