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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D1. 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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	985	985	-	144	285	556	45	126	107	97	83	128	137	147	114
	49%	100%	-	24%	43%	75%	47%	48%	54%	46%	48%	57%	44%	45%	55%
		b			a	ab			gh			dgh			gh
Female	1025	-	1025	461	374	189	51	136	90	114	90	95	177	180	91
	51%	-	100%	76%	57%	25%	53%	52%	46%	54%	52%	43%	56%	55%	44%
			a	bc	c					fi			cfi	cfi	
Other	5	-	-	4	-	1	-	-	-	-	1	-	-	1	3
	*	-	-	1%	-	*	-	-	-	-	1%	-	-	*	1%
				b											bg
Prefer not to say	1	-	-	1	-	-	-	-	-	-	-	-	-	1	-
	*	-	-	*	-	-	-	-	-	-	-	-	-	*	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	985	87	243	183	119	75	278	513	472	868	14	49	30	7	5	106
	49%	55%	51%	40%	48%	34%	60%	47%	51%	50%	33%	44%	38%	72%	37%	41%
		ce	ce		e		bcdegh	ce	ce	bdg						
Female	1025	71	235	267	129	142	181	573	452	858	30	63	49	3	9	154
	51%	45%	49%	59%	52%	65%	39%	53%	49%	50%	67%	56%	62%	28%	63%	59%
			f	abfgh	f	abdfgh		f	f		a		a			a
Other	5	-	1	2	-	1	1	3	2	5	-	-	-	-	-	-
	*	-	*	*	-	*	*	*	*	*	-	-	-	-	-	-
Prefer not to say	1	-	-	-	-	1	-	-	1	1	-	-	-	-	-	-
	*	-	-	-	-	*	-	-	*	*	-	-	-	-	-	-
						g										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D1. 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	985	730	121	104	225	24	26	352	80	39	38	42	18	38	328	50
	49%	58%	37%	30%	34%	51%	36%	52%	31%	57%	52%	32%	17%	22%	79%	42%
		bcd	c			dghi	hi	bdghik	hi	bdghik	bdghi	hi			abcdefghik	dhi
Female	1025	520	202	243	445	23	47	320	176	28	35	88	89	134	84	70
	51%	41%	62%	70%	66%	49%	63%	48%	69%	41%	48%	67%	83%	78%	20%	58%
			a	ab	a	j	cej	j	acefjk	j	j	acefj	abcdefgjk	abcdefgjk		cej
Other	5	3	1	-	1	-	1	1	-	1	-	-	1	-	1	1
	*	*	*	-	*	-	1%	*	-	1%	-	-	1%	-	*	1%
							c			cd						
Prefer not to say	1	1	-	-	-	-	-	-	-	-	-	-	1	-	-	-
	*	*	-	-	-	-	-	-	-	-	-	-	1%	-	-	-
													c			

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D1. 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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	985	252	171	76	14	247	267	301	105	98	12	203	313	193	582	188	22	792
	49%	45%	49%	51%	39%	50%	44%	48%	43%	50%	36%	46%	47%	62%	54%	35%	27%	47%
														bcde	cde			cd
Female	1025	310	176	72	23	248	333	324	139	97	21	236	346	120	499	348	59	906
	51%	55%	51%	49%	61%	50%	55%	52%	57%	49%	64%	54%	52%	38%	46%	65%	73%	53%
															a	abe	abe	ab
Other	5	2	1	-	-	1	2	1	1	1	-	2	1	1	3	1	-	4
	*	*	*	-	-	*	*	*	*	1%	-	*	*	*	*	*	-	*
Prefer not to say	1	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	1
	*	-	-	-	-	-	-	-	-	-	-	-	-	-	*	-	-	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D1. Are you...?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	985	139	644	100	200	22	672	286	31	786	199	849	130
	49%	40%	49%	31%	50%	36%	53%	42%	38%	49%	48%	49%	48%
			a		acef		acef	a					
Female	1025	209	672	218	198	40	585	397	49	811	214	871	142
	51%	60%	51%	68%	50%	64%	46%	58%	61%	51%	52%	50%	52%
		b		bde		bd		bd	d				
Other	5	1	2	2	-	-	2	2	-	5	-	4	1
	*	*	*	1%	-	-	*	*	-	*	-	*	*
Prefer not to say	1	-	1	1	1	-	-	1	1	1	-	1	-
	*	-	*	*	*	-	-	*	1%	*	-	*	-
				d					d				

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D1. Are you...?
BASE: All respondents

	Total	|	Number of days active							NET 1-4 days	NET 5 + days	|	Life satisfaction score				|	Covid-19 related worries			
			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	2016		389	197	325	337	255	220	58	235	1114	513		465	568	730	224		618	511	618	244
Total	2016		414	195	326	327	248	213	58	236	1095	508		441	561	755	234		626	510	619	239
	100%		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%		100%	100%	100%	100%		100%	100%	100%	100%
Male	985		222	85	153	145	114	94	34	139	497	266		192	254	408	128		351	225	302	99
	49%		54%	44%	47%	44%	46%	44%	58%	59%	45%	52%		43%	45%	54%	55%		56%	44%	49%	42%
			bdfi							bcdefi		bdfi				ab	ab		bcd			
Female	1025		189	110	173	181	133	119	24	97	596	240		246	305	347	106		273	282	317	138
	51%		46%	56%	53%	55%	54%	56%	42%	41%	54%	47%		56%	54%	46%	45%		44%	55%	51%	58%
				ahj	ah	ahj	h	ahj			ahj			cd	cd					a	a	a
Other	5		2	-	-	1	1	-	-	1	2	1		2	2	1	-		2	2	-	1
	*		*	-	-	*	*	-	-	*	*	*		*	*	*	-		*	*	-	*
Prefer not to say	1		1	-	-	-	-	-	-	-	-	-		1	-	-	-		-	1	-	-
	*		*	-	-	-	-	-	-	-	-	-		*	-	-	-		-	*	-	-

D1. Are you...?
BASE: All respondents

| | | Amount of activity now compared to last year | | |
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Male	985	320	410	248
	49%	46%	55%	45%
			ac	
Female	1025	367	340	302
	51%	53%	45%	55%
		b		b
Other	5	2	1	1
	*	*	*	*
Prefer not to say	1	-	1	-
	*	-	*	-

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D2. How old 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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	22	4	18	22	-	-	1	2	1	2	2	4	5	4	1
	1%	*	2%	4%	-	-	1%	1%	1%	1%	1%	2%	2%	1%	*
			a	bc											
18-24	247	48	197	247	-	-	9	24	18	33	20	23	67	36	17
	12%	5%	19%	41%	-	-	9%	9%	9%	16%	12%	10%	21%	11%	8%
			a	bc						bci			abcefhi		
25-34	341	91	246	341	-	-	19	49	31	32	26	37	59	54	34
	17%	9%	24%	56%	-	-	19%	19%	16%	15%	15%	17%	19%	16%	16%
			a	bc											
35-44	316	108	208	-	316	-	13	38	31	33	36	23	62	52	27
	16%	11%	20%	-	48%	-	13%	14%	16%	16%	21%	10%	20%	16%	13%
			a		ac						fi		f		
45-54	344	177	166	-	344	-	14	54	34	39	32	46	46	52	27
	17%	18%	16%	-	52%	-	15%	20%	17%	19%	18%	20%	15%	16%	13%
					ac			i				i			
55-64	293	178	116	-	-	293	18	44	34	27	18	29	34	55	34
	15%	18%	11%	-	-	39%	19%	17%	17%	13%	10%	13%	11%	17%	16%
		b				ab	eg	g	g					eg	
65+	453	378	74	-	-	453	24	52	48	44	40	60	41	76	69
	22%	38%	7%	-	-	61%	25%	20%	24%	21%	23%	27%	13%	23%	33%
		b				ab	g	g	g	g	g	g		g	bdegh
NET: 16-34	610	144	461	610	-	-	28	76	50	68	48	64	131	94	51
	30%	15%	45%	100%	-	-	29%	29%	25%	32%	28%	29%	42%	28%	25%
			a	bc									abcdefhi		
NET: 35-54	659	285	374	-	659	-	27	91	65	73	68	69	108	104	54
	33%	29%	37%	-	100%	-	28%	35%	33%	34%	39%	31%	34%	32%	26%
			a		ac				i		ai		i		
NET: 55+	747	556	189	-	-	747	42	95	82	71	58	90	75	132	103
	37%	56%	18%	-	-	100%	43%	36%	42%	34%	33%	40%	24%	40%	49%
		b				ab	g	g	g	g	g	g		g	bdegh
Base for stats	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
Mean Score	46.81	54.97	39.06	25.60	44.28	66.38	48.59	47.14	48.23	45.51	46.45	48.26	40.94	47.95	51.38
		b			a	ab	g	g	g	g	g	g		g	bdegh
Standard Deviation	17.838	16.536	15.372	5.286	5.784	7.084	18.614	16.594	17.335	18.054	17.511	17.960	17.282	18.126	17.764
Standard Error	.397	.536	.472	.202	.218	.283	1.767	.992	1.217	1.228	1.294	1.394	.959	1.009	1.229
Error variance	.16	.29	.22	.04	.05	.08	3.12	.98	1.48	1.51	1.68	1.94	.92	1.02	1.51

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	22	4	3	10	3	1	1	17	5	16	-	4	2	-	-	6
	1%	2%	1%	2%	1%	*	*	2%	1%	1%	-	4%	2%	-	-	2%
		fh		bfh	f			fh				a				
18-24	247	24	59	82	39	22	20	165	82	173	14	27	22	2	1	66
	12%	15%	12%	18%	16%	10%	4%	15%	9%	10%	32%	24%	28%	16%	6%	25%
		fh	fh	befh	fh	f		efh	f		a	a	a			a
25-34	341	33	98	77	40	48	45	208	133	271	15	32	20	1	-	68
	17%	21%	21%	17%	16%	22%	10%	19%	14%	16%	34%	29%	25%	9%	-	26%
		fh	fh	f	f	fh		fh	f		a	a	a			a
35-44	316	36	73	73	45	52	37	182	134	257	6	24	19	1	8	58
	16%	23%	15%	16%	18%	24%	8%	17%	14%	15%	14%	22%	24%	9%	54%	22%
		bfh	f	f	f	bcfgh		f	f			a	a			a
45-54	344	24	93	100	46	47	33	218	126	302	6	15	8	4	5	38
	17%	15%	19%	22%	18%	22%	7%	20%	14%	17%	15%	14%	10%	36%	33%	14%
		f	fh	fh	fh	fh		fh	f							
55-64	293	17	58	66	48	31	74	141	152	278	1	5	6	-	1	13
	15%	11%	12%	15%	19%	14%	16%	13%	16%	16%	2%	4%	8%	-	7%	5%
					abg				bg	bcdg						
65+	453	20	94	43	28	18	250	157	296	437	2	5	3	3	-	12
	22%	13%	20%	10%	11%	8%	54%	14%	32%	25%	3%	4%	4%	30%	-	5%
			acdeg				abcdegh	ce	abcdeg	bcdg						
NET: 16-34	610	60	161	170	82	71	66	390	220	459	29	64	43	3	1	140
	30%	38%	34%	37%	33%	32%	14%	36%	24%	27%	66%	57%	55%	25%	6%	54%
		fh	fh	fh	fh	fh		fh	f		a	a	a			a
NET: 35-54	659	61	165	173	90	99	70	399	260	558	13	39	27	4	12	95
	33%	39%	35%	38%	36%	45%	15%	37%	28%	32%	28%	35%	33%	45%	88%	37%
		fh	fh	fh	fh	bdfgh		fh	f							
NET: 55+	747	37	152	109	76	49	323	299	448	714	3	9	9	3	1	25
	37%	23%	32%	24%	30%	22%	70%	27%	48%	41%	6%	8%	12%	30%	7%	10%
			ace		e		abcdegh		abcdeg	bcdg						
Base for stats	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
Mean Score	46.81	41.83	45.32	41.91	43.18	42.62	58.85	43.40	50.82	48.64	32.75	34.41	34.50	48.73	42.18	35.13
			aceg				abcdegh		abcdeg	bcdg						
Standard Deviation	17.838	16.546	17.689	16.449	15.982	14.030	16.893	17.088	17.874	17.648	12.670	13.658	13.975	17.922	9.107	13.880
Standard Error	.397	1.325	.827	.769	.964	.891	.822	.522	.581	.427	1.829	1.236	1.507	5.668	2.351	.828
Error variance	.16	1.76	.68	.59	.93	.79	.68	.27	.34	.18	3.34	1.53	2.27	32.12	5.53	.69

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D2. How old are you?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	22	10	4	4	8	-	1	-	-	-	-	1	21	-	-	1
	1%	1%	1%	1%	1%	-	1%					1%	19%	-	-	1%
							c					c	abcdefgijk			c
18-24	247	140	50	33	82	4	21	55	44	5	9	17	77	15	-	25
	12%	11%	15%	9%	12%	9%	28%	8%	17%	7%	12%	13%	71%	9%	-	21%
			ac			j	acdefgij	j	ceij	j	j	j	abcdefgijk	j		ceij
25-34	341	128	85	112	197	13	22	163	51	7	7	38	8	32	-	34
	17%	10%	26%	32%	29%	27%	29%	24%	20%	11%	10%	29%	8%	19%	-	28%
			a	a	a	efhj	efhj	efhj	hj	j	j	defhij	j	hj		efhij
35-44	316	107	77	115	191	8	17	151	58	15	8	23	2	35	-	24
	16%	9%	24%	33%	29%	16%	23%	22%	22%	21%	11%	18%	2%	20%	-	20%
			a	ab	a	hj	hj	fhj	fhj	hj	hj	hj	j	hj		hj
45-54	344	181	80	67	147	9	5	175	39	13	22	25	-	49	7	14
	17%	14%	25%	19%	22%	18%	7%	26%	15%	19%	31%	19%	-	28%	2%	11%
			a	a	a	bhj	hj	bdhjk	hj	bhj	bdhjk	bhj		bdghjk		hj
55-64	293	252	19	15	34	8	9	99	34	15	8	23	-	35	62	17
	15%	20%	6%	4%	5%	17%	12%	15%	13%	22%	11%	18%	-	20%	15%	14%
		bcd				h	h	h	h	h	h	h		dh	h	h
65+	453	436	9	2	11	6	-	30	30	13	19	4	-	6	344	6
	22%	35%	3%	*	2%	13%	-	5%	12%	20%	26%	3%	-	3%	83%	5%
		bcd	c			bcghi		h	bcghik	bcghik	bcdghik	h		h	abcdefghik	bh
NET: 16-34	610	278	139	149	287	17	43	218	95	12	16	55	106	48	-	60
	30%	22%	43%	43%	43%	35%	58%	32%	37%	18%	22%	42%	98%	28%	-	49%
			a	a	a	ej	acdefgij	ej	efij	j	j	cefij	abcdefgijk	j		cdefij
NET: 35-54	659	288	157	182	339	16	22	327	97	28	30	48	2	84	7	38
	33%	23%	48%	52%	50%	34%	30%	48%	38%	40%	41%	37%	2%	49%	2%	31%
			a	a	a	hj	hj	bdghjk	hj	hj	hj	hj		bdghjk		hj

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D2. How old are you?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 55+	747	688	28	17	45	14	9	129	65	29	27	27	-	41	406	24
	37%	55%	9%	5%	7%	31%	12%	19%	25%	42%	37%	21%	-	24%	98%	19%
		bcd	c			bh	h	h	bch	bcdghik	bcghik	h		bh	abcdefghik	h
Base for stats	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
Mean Score	46.81	52.62	37.62	36.97	37.28	44.01	34.30	42.09	41.96	48.72	49.51	40.63	20.21	43.48	69.60	38.09
		bcd				bhk	h	bhk	bhk	bcdghik	bcdghik	bh		bhk	abcdefghik	h
Standard Deviation	17.838	18.344	12.345	9.956	11.169	15.996	13.074	12.659	16.321	15.045	17.027	14.149	4.361	13.078	6.290	14.995
Standard Error	.397	.523	.680	.531	.428	2.285	1.444	.476	1.003	1.838	2.007	1.179	.387	.954	.354	1.310
Error variance	.16	.27	.46	.28	.18	5.22	2.08	.23	1.01	3.38	4.03	1.39	.15	.91	.13	1.72

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D2. How old 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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	22	-	-	1	-	1	-	-	-	1	-	1	-	-	2	15	5	22
	1%	-	-	1%	-	*	-	-	-	*	-	*	-	-	*	3% abe	7% abce	1% ab
18-24	247	56	40	22	7	62	64	48	44	28	7	72	56	15	100	103	29	232
	12%	10%	11%	15% a	20%	12%	11%	8%	18% af	14% af	22% af	16% af	8%	5%	9% a	19% abe	36% abce	14% ab
25-34	341	128	84	19	6	103	134	138	63	28	11	91	149	37	168	118	17	303
	17%	23% c	24% c	12%	15%	21% c	22% c	22% c	26% c	14%	33% c	21%	23% c	12%	15%	22% abe	21% a	18% a
35-44	316	126	85	22	7	107	133	138	61	34	9	95	147	41	135	128	12	274
	16%	22% c	24% c	14%	19%	21%	22% c	22%	25%	17%	27%	22%	22%	13%	12%	24% abe	15%	16% b
45-54	344	124	81	32	10	113	133	158	47	38	3	85	160	53	163	113	14	290
	17%	22%	23%	21%	26%	23%	22%	25% de	19%	19%	8%	19%	24% de	17%	15%	21% be	18%	17%
55-64	293	89	38	31	3	69	92	102	21	32	3	54	106	66	181	43	3	228
	15%	16% b	11%	21% be	7%	14%	15%	16% b	9%	16% b	10%	12%	16% b	21% cde	17% cde	8%	4%	13% cd
65+	453	42	19	23	4	42	46	42	8	35	-	43	42	100	336	17	-	353
	22%	7%	5%	15% abef	12%	8%	8%	7% b	3%	18% abdef	-	10% bdf	6%	32% cde	31% cde	3%	-	21% cd
NET: 16-34	610	185	124	42	13	166	198	186	107	57	18	164	204	53	271	235	51	557
	30%	33%	36%	28%	35%	33%	33%	30%	44% acf	29%	55% acef	37% acf	31%	17%	25% a	44% abe	64% abce	33% ab
NET: 35-54	659	249	166	53	17	220	266	296	108	72	12	181	307	95	297	241	26	565
	33%	44%	48% c	36%	45%	44%	44%	47% ce	44%	37%	35%	41%	47% c	30%	27%	45% abde	32%	33% b
NET: 55+	747	131	57	54	7	111	138	144	29	67	3	96	148	166	518	60	3	581
	37%	23% b	16%	36% abdef	19%	22% b	23% b	23% b	12%	34% abdef	10%	22% b	22% b	53% cde	48% cde	11% d	4%	34% cd
Base for stats	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D2. How old 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 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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	46.81	42.77	40.84	45.80	41.48	42.33	42.69	43.46	37.70	45.72	34.17	41.27	42.99	53.61	50.63	37.47	31.27	45.56
		b		abef			b	bde		bdef		bd	bde	bcde	cde	d		cd
Standard Deviation	17.838	14.010	13.183	16.360	17.069	14.373	14.204	13.284	12.802	16.934	12.085	15.297	13.373	16.503	17.964	13.452	12.584	17.797
Standard Error	.397	.575	.697	1.331	2.733	.637	.565	.518	.799	1.213	1.987	.719	.508	.930	.554	.568	1.334	.432
Error variance	.16	.33	.49	1.77	7.47	.41	.32	.27	.64	1.47	3.95	.52	.26	.86	.31	.32	1.78	.19

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D2. How old are you?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
16-17	22 1%	5 1%	16 1%	4 1%	3 1%	- -	13 1%	7 1%	- -	17 1%	5 1%	18 1%	3 1%
18-24	247 12%	56 16%	163 12%	63 20% bde	33 8%	12 19% bd	130 10%	95 14% bd	10 13%	197 12%	50 12%	201 12%	38 14%
25-34	341 17%	88 25% b	207 16%	85 26% bdef	42 10%	19 30% bdef	196 16% b	128 19% b	12 14%	289 18% b	52 12%	270 16%	67 24% a
35-44	316 16%	76 22% b	194 15%	55 17% b	38 10%	11 17%	216 17% be	93 14%	9 12%	260 16%	56 13%	255 15%	56 20% a
45-54	344 17%	54 15%	232 18%	62 19%	75 19%	7 11%	218 17%	118 17%	24 29% abcde	281 18%	63 15%	305 18%	39 14%
55-64	293 15%	30 8%	196 15% a	34 11%	87 22% acde	3 4%	184 15% c	102 15% c	21 25% acde	228 14%	65 16%	266 15%	27 10% b
65+	453 22%	40 12%	311 24% a	17 5%	122 30% adef	12 19% af	302 24% af	144 21% af	6 7%	331 21%	122 30% a	410 24%	43 16% b
NET: 16-34	610 30%	149 43% b	386 29%	152 47% bdef	78 19%	31 49% bdef	340 27% b	230 34% bd	22 27%	503 31% b	107 26%	489 28%	108 39% a
NET: 35-54	659 33%	130 37%	426 32%	118 37% b	113 28%	18 28%	434 34% b	210 31%	33 41% b	541 34%	118 29%	560 32%	95 35%
NET: 55+	747 37%	70 20%	507 38% a	51 16%	208 52% acdef	15 23%	486 39% ac	245 36% ac	26 32% a	559 35%	187 45% a	676 39% b	71 26%
Base for stats	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274

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D2. How old are you?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	46.81	40.53	47.21	38.12	52.69	40.89	47.82	45.96	45.44	46.06	49.74	47.68	42.62
			a		acdef		ace	ac	a		a	b	
Standard Deviation	17.838	16.620	17.789	14.394	17.276	17.889	17.574	18.044	14.443	17.473	18.926	17.801	17.209
Standard Error	.397	.875	.493	.772	.875	2.254	.498	.684	1.531	.435	.947	.431	1.011
Error variance	.16	.77	.24	.60	.77	5.08	.25	.47	2.34	.19	.90	.19	1.02

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D2. How old are you?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	22	4	5	3	3	4	3	-	1	15	3	6	6	8	1	9	6	6	-
	1%	1%	2%	1%	1%	2%	1%	-	*	1%	1%	1%	1%	1%	*	1%	1%	1%	-
18-24	247	18	32	46	54	44	24	8	20	176	53	80	79	59	23	87	87	47	17
	12%	4%	17%	14%	16%	18%	11%	14%	9%	16%	10%	18%	14%	8%	10%	14%	17%	8%	7%
			ahj	ah	ahj	ahj	a	a	a	ahj	a	cd	c			cd	cd		
25-34	341	36	33	59	73	50	47	10	33	215	90	67	114	113	37	102	89	107	39
	17%	9%	17%	18%	22%	20%	22%	18%	14%	20%	18%	15%	20%	15%	16%	16%	17%	17%	16%
			a	a	ah	a	ah	a	a	ah	a		ac						
35-44	316	49	20	56	59	43	43	8	37	177	89	75	93	115	29	80	82	102	49
	16%	12%	10%	17%	18%	17%	20%	15%	16%	16%	18%	17%	17%	15%	12%	13%	16%	17%	20%
				ab	ab	ab	ab			ab	ab								a
45-54	344	62	38	59	56	38	40	6	45	191	90	78	96	137	30	97	67	128	51
	17%	15%	19%	18%	17%	15%	19%	10%	19%	17%	18%	18%	17%	18%	13%	15%	13%	21%	21%
																		ab	ab
55-64	293	90	27	35	37	25	27	13	39	124	79	74	74	111	33	83	65	97	45
	15%	22%	14%	11%	11%	10%	13%	22%	17%	11%	16%	17%	13%	15%	14%	13%	13%	16%	19%
		bcdefij						cdei	cei		cei								ab
65+	453	154	41	68	45	42	29	13	61	196	103	62	98	212	81	167	113	132	37
	22%	37%	21%	21%	14%	17%	14%	22%	26%	18%	20%	14%	18%	28%	35%	27%	22%	21%	16%
		bcdefghij	d	df					defi		df			ab	ab	cd	d		
NET: 16-34	610	58	70	107	130	99	74	18	54	406	146	153	199	181	61	198	183	159	56
	30%	14%	36%	33%	40%	40%	35%	32%	23%	37%	29%	35%	36%	24%	26%	32%	36%	26%	24%
			ah	ah	ahj	ahj	ah	a	a	ahj	a	cd	cd			cd	cd		
NET: 35-54	659	112	57	115	115	82	83	14	82	369	179	152	189	251	59	177	149	230	100
	33%	27%	29%	35%	35%	33%	39%	24%	35%	34%	35%	35%	34%	33%	25%	28%	29%	37%	42%
				a	a		abg		a	a	a	d	d	d				ab	ab
NET: 55+	747	244	68	103	82	68	57	26	100	320	182	136	172	323	114	250	178	230	83
	37%	59%	35%	32%	25%	27%	27%	44%	42%	29%	36%	31%	31%	43%	49%	40%	35%	37%	35%
		bcdefghij	d					defi	cdefi		defi			ab	ab				
Base for stats	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
Mean Score	46.81	55.33	45.30	44.99	42.20	42.56	43.38	47.35	49.47	43.66	46.67	43.55	44.17	49.79	51.19	47.57	45.05	47.84	46.88
		bcdefghij		d				d	bcdefij		defi			ab	ab	b		b	
Standard Deviation	17.838	16.474	18.768	17.480	16.781	18.149	15.966	18.479	17.007	17.696	16.967	17.242	17.337	17.619	18.483	18.887	18.659	16.799	15.129
Standard Error	.397	.835	1.337	.970	.914	1.137	1.076	2.426	1.109	.530	.749	.800	.727	.652	1.235	.760	.825	.676	.969
Error variance	.16	.70	1.79	.94	.84	1.29	1.16	5.89	1.23	.28	.56	.64	.53	.43	1.53	.58	.68	.46	.94

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D2. How old are you?
BASE: All respondents

| | Total | Amount of activity now compared to last year | | |
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
16-17	22	9	5	5
	1%	1%	1%	1%
18-24	247	114	57	68
	12%	17%	8%	12%
		bc		b
25-34	341	167	81	89
	17%	24%	11%	16%
		bc		b
35-44	316	111	125	77
	16%	16%	17%	14%
45-54	344	112	134	97
	17%	16%	18%	17%
55-64	293	77	126	85
	15%	11%	17%	15%
			a	a
65+	453	98	224	131
	22%	14%	30%	24%
			ac	a
NET: 16-34	610	290	143	163
	30%	42%	19%	30%
		bc		b
NET: 35-54	659	223	259	173
	33%	32%	34%	31%
NET: 55+	747	175	350	216
	37%	25%	47%	39%
			ac	a
Base for stats	2016	688	752	552
Mean Score	46.81	41.77	51.25	47.62
			ac	a
Standard Deviation	17.838	16.931	17.053	18.195
Standard Error	.397	.635	.632	.777
Error variance	.16	.40	.40	.60

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D3. Which of the following describes where you live?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	96	45	51	28	27	42	96	-	-	-	-	-	-	-	-
	5%	5%	5%	5%	4%	6%	100% bcdefghi	-	-	-	-	-	-	-	-
North West	262	126	136	76	91	95	-	262	-	-	-	-	-	-	-
	13%	13%	13%	12%	14%	13%	-	100% acdefghi	-	-	-	-	-	-	-
Yorkshire and the Humber	197	107	90	50	65	82	-	-	197	-	-	-	-	-	-
	10%	11%	9%	8%	10%	11%	-	-	100% abdefghi	-	-	-	-	-	-
West Midlands	211	97	114	68	73	71	-	-	-	211	-	-	-	-	-
	10%	10%	11%	11%	11%	9%	-	-	-	100% abcefghi	-	-	-	-	-
East Midlands	174	83	90	48	68	58	-	-	-	-	174	-	-	-	-
	9%	8%	9%	8%	10%	8%	-	-	-	-	100% abcdfghi	-	-	-	-
East of England	223	128	95	64	69	90	-	-	-	-	-	223	-	-	-
	11%	13% b	9%	11%	10%	12%	-	-	-	-	-	100% abcdeghi	-	-	-
London	315	137	177	131	108	75	-	-	-	-	-	-	315	-	-
	16%	14%	17% a	22% bc	16% c	10%	-	-	-	-	-	-	100% abcdefhi	-	-
South East	330	147	180	94	104	132	-	-	-	-	-	-	-	330	-
	16%	15%	18%	15%	16%	18%	-	-	-	-	-	-	-	100% abcdefgi	-
South West	208	114	91	51	54	103	-	-	-	-	-	-	-	-	208
	10%	12%	9%	8%	8%	14% ab	-	-	-	-	-	-	-	-	100% abcdefgh
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Prepared by Savanta: ComRes

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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D3. Which of the following describes where you live?
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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	96	6	21	17	12	15	26	44	53	92	2	1	1	-	-	5
	5%	4%	4%	4%	5%	7%	6%	4%	6%	5% cg	5%	1%	1%	-	-	2%
North West	262	17	61	56	33	32	63	134	128	237	3	11	8	1	-	23
	13%	11%	13%	12%	13%	14%	14%	12%	14%	14% g	6%	10%	10%	9%	-	9%
Yorkshire and the Humber	197	19	36	41	28	32	41	96	101	183	4	4	3	-	1	12
	10%	12%	8%	9%	11%	15% bcfg	9%	9%	11%	11% cdg	10%	3%	4%	-	7%	5%
West Midlands	211	24	42	49	23	28	45	115	96	177	2	23	6	2	1	33
	10%	15% b	9%	11%	9%	13%	10%	11%	10%	10%	4%	20% abdg	7%	19%	6%	13%
East Midlands	174	11	40	40	21	18	45	90	84	154	3	8	4	1	2	18
	9%	7%	8%	9%	8%	8%	10%	8%	9%	9%	6%	7%	6%	8%	13%	7%
East of England	223	14	56	46	43	16	48	116	107	210	4	7	1	-	-	12
	11%	9%	12%	10%	17% abcefgh	7%	10%	11%	12%	12% dg	9% d	7%	2%	-	-	5%
London	315	36	92	72	39	30	45	201	114	192	16	42	43	5	10	115
	16%	23% efh	19% fh	16% f	16% f	14%	10%	18% fh	12%	11%	35% a	37% a	54% abc	49%	68%	44% a
South East	330	22	82	82	31	29	84	186	144	285	9	13	12	2	1	37
	16%	14%	17%	18% d	12%	13%	18% d	17%	15%	16%	21%	11%	15%	15%	7%	14%
South West	208	10	47	49	20	20	62	106	102	202	2	3	1	-	-	6
	10%	6%	10%	11%	8%	9%	14% adg	10%	11%	12% cdg	3%	3%	1%	-	-	2%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016 100%	1254 100%	324 100%	347 100%	671 100%	47 100%	74 100%	674 100%	257 100%	68 100%	73 100%	131 100%	108 100%	172 100%	413 100%	121 100%
North East	96 5%	60 5%	20 6% c	10 3%	30 4%	3 7%	3 4%	26 4%	11 4%	1 1%	3 4%	11 8% ce	4 3%	11 6%	24 6%	6 5%
North West	262 13%	167 13%	39 12%	46 13%	85 13%	8 16%	11 15%	87 13%	37 14%	4 6%	9 12%	22 17% e	10 10%	24 14%	52 13%	18 15% e
Yorkshire and the Humber	197 10%	122 10%	34 10%	36 10%	70 10%	2 4%	5 7%	74 11%	26 10%	10 15% agk	6 8%	8 6%	9 8%	16 9%	42 10%	7 6%
West Midlands	211 10%	120 10%	42 13%	43 12%	85 13% a	9 18%	10 14%	66 10%	27 10%	8 12%	6 8%	12 9%	12 11%	21 12%	39 9%	19 15%
East Midlands	174 9%	104 8%	26 8%	33 10%	59 9%	3 6%	6 8%	51 8%	21 8%	7 10%	7 10%	13 10%	9 8%	18 11%	38 9%	9 7%
East of England	223 11%	143 11%	34 10%	36 10%	70 10%	7 15% b	2 3%	69 10% b	29 11% b	10 14% b	6 9%	22 17% bck	10 9%	19 11% b	49 12% b	9 8%
London	315 16%	175 14%	55 17%	61 17%	115 17%	4 9%	18 24% adgij	129 19% dgij	35 14%	13 19% j	16 22% gij	13 10%	31 29% acdgijk	17 10%	38 9%	22 18% ij
South East	330 16%	214 17%	44 14%	59 17%	103 15%	11 24%	14 19%	103 15%	38 15%	8 11%	11 15%	24 18%	17 16%	34 20%	70 17%	25 21%
South West	208 10%	148 12% cd	32 10%	24 7%	55 8%	1 2%	5 6%	69 10% gk	33 13% aghik	8 12% ag	8 11% a	6 5%	6 5%	12 7%	61 15% abcghik	5 5%
Scotland	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
Wales	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -

Savanta: ComRes

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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

D3. Which of the following describes where you live?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	96	25	11	4	2	15	28	29	5	8	1	13	30	16	64	13	3	80
	5%	4%	3%	3%	6%	3%	5%	5%	2%	4%	2%	3%	4%	5% c	6% c	3%	4%	5% c
North West	262	78	35	18	4	54	83	85	20	26	8	46	93	42	154	57	9	221
	13%	14%	10%	12%	12%	11%	14%	14% b	8%	13%	24% be	10%	14% b	13%	14% c	11%	12%	13%
Yorkshire and the Humber	197	65	29	18	3	47	68	67	32	18	1	50	67	30	113	48	7	167
	10%	12%	8%	12%	8%	10%	11%	11%	13%	9%	3%	11%	10%	9%	10%	9%	9%	10%
West Midlands	211	55	38	16	5	54	60	67	31	16	3	47	69	25	110	64	11	186
	10%	10%	11%	11%	14%	11%	10%	11%	13%	8%	8%	11%	11%	8%	10%	12%	14%	11%
East Midlands	174	43	26	16	5	42	48	56	10	18	4	29	60	24	97	44	9	150
	9%	8%	7%	11%	14%	9%	8%	9% b	4%	9% b	11%	7%	9% b	8%	9%	8%	11%	9%
East of England	223	60	35	12	4	47	63	66	20	25	1	46	68	28	124	64	7	195
	11%	11%	10%	8%	10%	10%	11%	11%	8%	13%	4%	10%	10%	9%	11%	12%	9%	11%
London	315	93	76	27	6	103	99	96	64	31	9	95	105	48	138	110	18	266
	16%	16%	22% af	18%	16%	21%	16%	15%	26% acf	16%	28% af	22% af	16%	15%	13%	21% be	23% b	16% b
South East	330	88	55	19	4	74	92	93	36	32	5	68	98	64	160	92	13	265
	16%	16%	16%	13%	10%	15%	15%	15%	15%	16%	14%	15%	15%	21% be	15%	17%	16%	16%
South West	208	58	41	19	4	59	61	67	26	22	2	48	69	36	126	44	3	172
	10%	10%	12%	12%	10%	12%	10%	11%	11%	11%	5%	11%	10%	11% d	12% cd	8%	3%	10% d
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

D3. Which of the following describes where you live?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D3. Which of the following describes where you live?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	96	23	57	13	27	2	57	37	3	68	28	86	11
	5%	7%	4%	4%	7%	4%	5%	5%	4%	4%	7% a	5%	4%
North West	262	36	179	61	63	7	141	114	16	211	51	219	40
	13%	10%	14%	19% d	16% d	12%	11%	17% d	20% d	13%	12%	13%	15%
Yorkshire and the Humber	197	28	139	29	32	3	133	56	8	155	42	175	20
	10%	8%	11%	9%	8%	5%	11%	8%	10%	10%	10%	10%	7%
West Midlands	211	49	131	41	43	6	126	79	9	186	25	193	16
	10%	14% b	10%	13%	11%	10%	10%	11%	12%	12% b	6%	11% b	6%
East Midlands	174	30	118	26	36	11	104	62	7	122	52	156	18
	9%	9%	9%	8%	9%	17% ade	8%	9%	9%	8%	13% a	9%	6%
East of England	223	30	159	32	52	10	137	79	10	151	72	197	25
	11%	8%	12%	10%	13%	15%	11%	12%	13%	9%	17% a	11%	9%
London	315	70	189	34	40	13	216	81	4	299	16	235	73
	16%	20% b	14%	11%	10%	21% abef	17% abef	12% f	4%	19% b	4%	14%	27% a
South East	330	51	209	57	67	4	207	112	16	264	66	277	50
	16%	14%	16%	18% c	17% c	7%	16% c	16%	19% c	16%	16%	16%	18%
South West	208	32	137	29	40	6	138	65	8	146	62	187	21
	10%	9%	10%	9%	10%	9%	11%	10%	10%	9%	15% a	11%	8%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D3. Which of the following describes where you live?
BASE: All respondents

| | Total | Care responsibilities in household not including children | | Longstanding condition or illness | | | | | | Area | | Access to private outdoor space | |
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	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: 21st May - 24th May 2021

D3. Which of the following describes where you live?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	96	23	11	14	14	15	6	2	11	54	19	23	24	36	11	29	23	34	11
	5%	6%	6%	4%	4%	6%	3%	4%	5%	5%	4%	5%	4%	5%	5%	5%	5%	5%	4%
North West	262	45	27	51	41	26	24	7	41	145	72	59	88	82	30	76	64	87	31
	13%	11%	14%	16%	12%	11%	11%	12%	17% ae	13%	14%	13%	16% c	11%	13%	12%	13%	14%	13%
Yorkshire and the Humber	197	36	19	23	39	27	24	4	25	109	53	44	56	74	21	70	47	58	21
	10%	9%	10%	7%	12% c	11%	11%	7%	11%	10%	10%	10%	10%	10%	9%	11%	9%	9%	9%
West Midlands	211	45	22	32	35	24	26	7	20	113	53	51	49	85	21	59	59	57	33
	10%	11%	11%	10%	11%	9%	12%	13%	8%	10%	10%	12%	9%	11%	9%	9%	11%	9%	14% c
East Midlands	174	31	19	27	24	29	21	4	19	98	44	34	41	89	10	49	49	58	18
	9%	7%	10%	8%	7%	12%	10%	7%	8%	9%	9%	8%	7%	12% abd	4%	8%	10%	9%	8%
East of England	223	52	27	35	34	23	18	6	28	119	52	50	77	73	24	79	55	69	19
	11%	13%	14%	11%	11%	9%	9%	10%	12%	11%	10%	11%	14% c	10%	10%	13% d	11%	11%	8%
London	315	62	24	52	65	41	33	8	30	182	71	67	83	114	44	89	89	90	39
	16%	15%	13%	16%	20% bhj	17%	16%	13%	13%	17%	14%	15%	15%	15%	19%	14%	17%	14%	16%
South East	330	85	24	54	55	24	42	13	33	156	88	76	90	125	36	105	74	108	39
	16%	21% behi	12%	16% e	17% e	10%	20% bei	22% e	14%	14% e	17% e	17%	16%	17%	15%	17%	15%	17%	16%
South West	208	34	22	39	20	38	19	7	29	119	55	38	53	78	39	70	50	59	29
	10%	8%	11% d	12% d	6%	15% adfi	9%	12%	12% d	11% d	11% d	9%	9%	10%	17% abc	11%	10%	10%	12%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

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D3. Which of the following describes where you live?
BASE: All respondents

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
North East	96	24	36	35
	5%	3%	5%	6%
				a
North West	262	93	86	78
	13%	13%	11%	14%
Yorkshire and the Humber	197	69	76	49
	10%	10%	10%	9%
West Midlands	211	78	84	46
	10%	11%	11%	8%
East Midlands	174	69	60	45
	9%	10%	8%	8%
East of England	223	77	90	54
	11%	11%	12%	10%
London	315	113	109	89
	16%	16%	14%	16%
South East	330	111	118	98
	16%	16%	16%	18%
South West	208	55	93	56
	10%	8%	12%	10%
			a	
Scotland	-	-	-	-
	-	-	-	-
Wales	-	-	-	-
	-	-	-	-
Northern Ireland	-	-	-	-
	-	-	-	-
Outside of the UK	-	-	-	-
	-	-	-	-

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1254	730	520	278	288	688	60	167	122	120	104	143	175	214	148
	62%	74%	51%	45%	44%	92%	62%	64%	62%	57%	60%	64%	56%	65%	71%
		b				ab			g					g	deg
Yes - children aged 0 to 12 months	99	19	81	67	29	3	8	12	7	8	10	8	24	14	9
	5%	2%	8%	11%	4%	*	8%	4%	4%	4%	6%	4%	7%	4%	4%
			a	bc	c										
Yes - children aged 13 months to 4 years old	198	50	148	117	75	5	6	20	18	28	22	25	35	33	10
	10%	5%	14%	19%	11%	1%	7%	8%	9%	13%	13%	11%	11%	10%	5%
			a	bc	c					bi	i	i	i	i	
Yes - children aged 5 to 10 years old	307	97	210	125	168	14	12	39	39	38	27	29	41	55	26
	15%	10%	20%	20%	26%	2%	12%	15%	20%	18%	16%	13%	13%	17%	12%
			a	c	ac				gi						
Yes - children aged 11 to 15 years old	309	122	185	94	183	32	11	45	33	47	23	27	56	40	28
	15%	12%	18%	15%	28%	4%	11%	17%	17%	22%	13%	12%	18%	12%	13%
			a	c	ac					aefhi			h		
Prefer not to answer	91	30	61	45	33	13	7	11	5	6	11	11	25	13	5
	5%	3%	6%	7%	5%	2%	7%	4%	2%	3%	6%	5%	8%	4%	2%
			a	c	c		ci						cdhi		
NET: Yes	671	225	445	287	339	45	30	85	70	85	59	70	115	103	55
	33%	23%	43%	47%	51%	6%	31%	32%	36%	40%	34%	31%	37%	31%	27%
			a	c	c				i	hi			i		

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1254	67	273	267	144	120	383	607	647	1122	21	51	36	7	6	122
	62%	42%	57%	59%	58%	55%	83%	56%	70%	65%	48%	45%	46%	72%	46%	47%
			a	a	a	a	abcdegh	a	abcdeg	bcdg						
Yes - children aged 0 to 12 months	99	18	26	21	15	11	8	65	34	83	4	6	5	-	1	17
	5%	12%	5%	5%	6%	5%	2%	6%	4%	5%	10%	6%	6%	-	8%	6%
		bcdefgh	f	f	f	f		fh								
Yes - children aged 13 months to 4 years old	198	25	60	45	17	27	24	130	67	158	6	15	14	-	3	38
	10%	16%	12%	10%	7%	12%	5%	12%	7%	9%	14%	14%	17%	-	21%	15%
		cdfh	dfh	f		dfh		dfh					a			a
Yes - children aged 5 to 10 years old	307	34	82	75	38	47	31	190	117	265	5	22	10	-	4	41
	15%	21%	17%	17%	15%	22%	7%	18%	13%	15%	11%	19%	13%	-	27%	16%
		fh	fh	fh	f	fh		fh	f							
Yes - children aged 11 to 15 years old	309	37	94	68	47	40	23	199	110	248	8	28	18	1	3	58
	15%	23%	20%	15%	19%	18%	5%	18%	12%	14%	17%	25%	23%	11%	19%	22%
		cfh	fh	f	fh	fh		fh	f			a	a			a
Prefer not to answer	91	7	13	29	15	11	17	48	43	56	4	11	9	2	-	25
	5%	4%	3%	6%	6%	5%	4%	4%	5%	3%	9%	10%	11%	18%	-	10%
				b	b						a	a	a			a
NET: Yes	671	85	192	156	90	88	60	433	238	554	19	50	35	1	8	113
	33%	54%	40%	35%	36%	40%	13%	40%	26%	32%	43%	45%	44%	11%	54%	43%
		bcdefgh	fh	fh	fh	fh		fh	f			a	a			a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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 of absence because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1254	1254	-	-	-	30	35	344	134	40	47	73	58	97	397	65
	62%	100%	-	-	-	63%	47%	51%	52%	59%	65%	56%	54%	56%	96%	53%
		bcd									bc				abcdefghik	
Yes - children aged 0 to 12 months	99	-	47	53	99	5	11	41	22	4	2	3	3	7	2	16
	5%	-	14%	15%	15%	11%	14%	6%	9%	6%	3%	2%	2%	4%	*	13%
			a	a	a	ghj	cfghij	j	ghj	j	j		j	j		cfghij
Yes - children aged 13 months to 4 years old	198	-	66	132	198	3	12	86	36	6	7	13	8	25	1	15
	10%	-	20%	38%	29%	6%	16%	13%	14%	8%	10%	10%	8%	15%	*	12%
			a	abd	ab	j	j	j	j	j	j	j	j	j		j
Yes - children aged 5 to 10 years old	307	-	83	224	307	6	10	138	53	9	17	25	12	32	5	16
	15%	-	26%	64%	46%	12%	13%	20%	21%	14%	23%	19%	11%	19%	1%	13%
			a	abd	ab	j	j	hjk	hj	j	hj	j	j	j		j
Yes - children aged 11 to 15 years old	309	-	128	181	309	4	13	144	52	10	6	19	24	32	5	17
	15%	-	39%	52%	46%	9%	18%	21%	20%	14%	8%	14%	22%	19%	1%	14%
			a	ab	ab	j	j	afj	fj	j	j	j	afj	fj		j
Prefer not to answer	91	-	-	-	-	3	6	24	10	5	1	12	17	6	6	9
	5%	-	-	-	-	7%	8%	4%	4%	8%	1%	9%	16%	4%	1%	7%
						j	j			fj		cdfij	cdfijk			cj
NET: Yes	671	-	324	347	671	14	33	305	113	23	25	46	33	69	10	48
	33%	-	100%	100%	100%	30%	45%	45%	44%	33%	34%	35%	30%	40%	2%	39%
			a	a	a	j	hj	aghj	hj	j	j	j	j	j		j

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1254	301	170	83	17	253	318	348	94	115	12	209	360	302	785	145	21	951
	62%	53%	49%	56%	45%	51%	53%	56%	38%	59%	35%	47%	55%	96%	72%	27%	26%	56%
								bde		bde		b	bde	bcde	cde			cd
Yes - children aged 0 to 12 months	99	38	28	11	2	39	41	37	31	9	3	40	40	-	43	46	10	99
	5%	7%	8%	7%	7%	8%	7%	6%	12%	5%	9%	9%	6%	-	4%	9%	13%	6%
									acf						a	abe	abe	ab
Yes - children aged 13 months to 4 years old	198	79	47	13	3	60	82	72	42	25	7	67	79	2	69	108	18	195
	10%	14%	13%	9%	7%	12%	14%	12%	17%	13%	20%	15%	12%	1%	6%	20%	23%	11%
									af						a	abe	abe	ab
Yes - children aged 5 to 10 years old	307	108	90	20	2	109	110	122	63	28	9	91	130	1	88	188	31	306
	15%	19%	26%	13%	6%	22%	18%	19%	26%	14%	26%	21%	20%	*	8%	35%	38%	18%
		d	acdf			cd	d		acf						a	abe	abe	ab
Yes - children aged 11 to 15 years old	309	114	73	19	10	92	124	127	53	29	8	83	135	-	88	184	37	309
	15%	20%	21%	13%	27%	19%	21%	20%	22%	15%	23%	19%	20%	-	8%	34%	46%	18%
		c	c		c		c								a	abe	abce	ab
Prefer not to answer	91	21	9	9	6	18	26	22	11	8	3	19	25	8	38	38	8	83
	5%	4%	3%	6%	16%	4%	4%	4%	5%	4%	10%	4%	4%	3%	3%	7%	10%	5%
					abcef											ab	abe	
NET: Yes	671	243	169	56	15	225	258	256	140	74	18	213	274	3	262	354	52	668
	33%	43%	49%	38%	40%	45%	43%	41%	57%	37%	55%	48%	42%	1%	24%	66%	65%	39%
			c						acef		c	acf			a	abe	abe	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1254	138	799	177	301	26	786	435	62	973	281	1044	204
	62%	40%	61%	55%	75%	41%	62%	63%	76%	61%	68%	61%	75%
			a	c	acde		ac	ac	acde		a		a
Yes - children aged 0 to 12 months	99	34	63	22	12	8	60	38	1	89	10	92	7
	5%	10%	5%	7%	3%	13%	5%	5%	1%	6%	2%	5%	3%
		b		bf		bdef				b			
Yes - children aged 13 months to 4 years old	198	57	138	41	18	9	124	64	4	165	32	170	25
	10%	16%	10%	13%	5%	14%	10%	9%	5%	10%	8%	10%	9%
		b		bf		b	b	b					
Yes - children aged 5 to 10 years old	307	76	228	63	36	9	199	96	11	260	47	282	25
	15%	22%	17%	20%	9%	14%	16%	14%	13%	16%	11%	16%	9%
				be			b	b		b		b	
Yes - children aged 11 to 15 years old	309	87	217	57	42	10	199	100	5	262	46	283	24
	15%	25%	16%	18%	11%	16%	16%	15%	7%	16%	11%	16%	9%
		b		bf			bf	f		b		b	
Prefer not to answer	91	26	46	17	13	11	43	33	5	64	27	71	12
	5%	7%	3%	5%	3%	17%	3%	5%	6%	4%	7%	4%	4%
		b				abdef					a		
NET: Yes	671	185	474	127	86	26	430	218	15	565	106	610	58
	33%	53%	36%	40%	21%	42%	34%	32%	18%	35%	26%	35%	21%
		b		bef		bf	bf	bf		b		b	

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	*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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1254	320	123	180	188	133	124	35	150	625	309	284	328	469	162	407	324	377	132
	62%	77%	63%	55%	58%	54%	58%	60%	63%	57%	61%	64%	59%	62%	69%	65%	64%	61%	56%
		bcdefghij	e							e					b	d	d		
Yes - children aged 0 to 12 months	99	8	11	21	21	17	5	1	14	71	21	21	34	31	14	23	30	31	14
	5%	2%	6%	7%	7%	7%	3%	2%	6%	6%	4%	5%	6%	4%	6%	4%	6%	5%	6%
			a	af	af	af			a	af									
Yes - children aged 13 months to 4 years old	198	19	18	45	34	28	26	7	21	124	54	34	61	80	21	61	52	61	23
	10%	5%	9%	14%	10%	11%	12%	11%	9%	11%	11%	8%	11%	11%	9%	10%	10%	10%	10%
			a	a	a	a	a	a	a	a	a								
Yes - children aged 5 to 10 years old	307	34	21	67	51	47	40	11	35	186	87	67	88	122	26	82	76	115	32
	15%	8%	11%	21%	16%	19%	19%	20%	15%	17%	17%	15%	16%	16%	11%	13%	15%	19%	13%
				ab	a	ab	ab	a	a	ab	ab							a	
Yes - children aged 11 to 15 years old	309	42	27	54	54	45	39	10	38	180	87	65	100	116	25	87	75	99	48
	15%	10%	14%	17%	16%	18%	18%	17%	16%	16%	17%	15%	18%	15%	11%	14%	15%	16%	20%
				a	a	a	a		a	a	a		d						a
Prefer not to answer	91	17	9	12	21	12	7	2	11	53	21	14	25	34	10	30	19	21	14
	5%	4%	5%	4%	6%	5%	3%	4%	5%	5%	4%	3%	4%	4%	4%	5%	4%	3%	6%
NET: Yes	671	77	62	134	118	103	82	21	75	416	178	142	208	252	62	189	166	221	92
	33%	19%	32%	41%	36%	41%	38%	36%	32%	38%	35%	32%	37%	33%	27%	30%	33%	36%	38%
			a	abh	a	abh	a	a	a	a	a		d					a	a

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

		Amount of activity now compared to last year		
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
No children aged 15 or under	1254	382	515	347
	62%	55%	69%	63%
			ac	a
Yes - children aged 0 to 12 months	99	40	31	27
	5%	6%	4%	5%
Yes - children aged 13 months to 4 years old	198	93	51	51
	10%	14%	7%	9%
		bc		
Yes - children aged 5 to 10 years old	307	125	97	84
	15%	18%	13%	15%
		b		
Yes - children aged 11 to 15 years old	309	131	100	76
	15%	19%	13%	14%
		bc		
Prefer not to answer	91	32	24	25
	5%	5%	3%	5%
NET: Yes	671	274	213	180
	33%	40%	28%	33%
		bc		

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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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	158	87	71	60	61	37	6	17	19	24	11	14	36	22	10
	8%	9%	7%	10%	9%	5%	6%	6%	9%	11%	6%	6%	12%	7%	5%
				c	c					hi			behi		
Social Grade B	478	243	235	161	165	152	21	61	36	42	40	56	92	82	47
	24%	25%	23%	26%	25%	20%	22%	23%	18%	20%	23%	25%	29%	25%	23%
				c	c								cd		
Social Grade C1	452	183	267	170	173	109	17	56	41	49	40	46	72	82	49
	22%	19%	26%	28%	26%	15%	17%	21%	21%	23%	23%	21%	23%	25%	24%
			a	c	c										
Social Grade C2	248	119	129	82	90	76	12	33	28	23	21	43	39	31	20
	12%	12%	13%	13%	14%	10%	12%	13%	14%	11%	12%	19%	12%	9%	10%
					c							dghi			
Social Grade D	219	75	142	71	99	49	15	32	32	28	18	16	30	29	20
	11%	8%	14%	12%	15%	7%	15%	12%	16%	13%	10%	7%	9%	9%	9%
			a	c	c		f		fghi						
Social Grade E	460	278	181	66	70	323	26	63	41	45	45	48	45	84	62
	23%	28%	18%	11%	11%	43%	27%	24%	21%	21%	26%	21%	14%	26%	30%
		b				ab	g	g		g	g	g		g	cdg
NET: ABC1	1088	513	573	390	399	299	44	134	96	115	90	116	201	186	106
	54%	52%	56%	64%	61%	40%	45%	51%	49%	54%	52%	52%	64%	56%	51%
				c	c								abcdefi	a	
NET: C2DE	928	472	452	220	260	448	53	128	101	96	84	107	114	144	102
	46%	48%	44%	36%	39%	60%	55%	49%	51%	46%	48%	48%	36%	44%	49%
						ab	gh	g	g	g	g	g			g

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BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	158	158	-	-	-	-	-	158	-	119	5	16	9	1	4	36
	8%	100%	-	-	-	-	-	15%	-	7%	12%	14%	12%	9%	27%	14%
		bcdefgh						bcdefh				a				a
Social Grade B	478	-	478	-	-	-	-	478	-	394	14	38	25	5	1	83
	24%	-	100%	-	-	-	-	44%	-	23%	32%	34%	31%	51%	6%	32%
			acdefgh					acdefh				a				a
Social Grade C1	452	-	-	452	-	-	-	452	-	376	14	19	26	4	4	67
	22%	-	-	100%	-	-	-	42%	-	22%	31%	17%	32%	41%	29%	26%
				abdefgh				abdefh				c	ac			
Social Grade C2	248	-	-	-	248	-	-	-	248	219	2	15	8	-	2	26
	12%	-	-	-	100%	-	-	-	27%	13%	3%	13%	10%	-	18%	10%
					abcefgh				abcefg							
Social Grade D	219	-	-	-	-	219	-	-	219	193	4	13	6	-	2	25
	11%	-	-	-	-	100%	-	-	24%	11%	9%	11%	8%	-	14%	9%
						abcdfgh			abcdfg							
Social Grade E	460	-	-	-	-	-	460	-	460	430	5	12	6	-	1	24
	23%	-	-	-	-	-	100%	-	50%	25%	12%	11%	8%	-	7%	9%
							abcdegh		abcdeg	bcdg						
NET: ABC1	1088	158	478	452	-	-	-	1088	-	889	34	73	60	10	9	185
	54%	100%	100%	100%	-	-	-	100%	-	51%	76%	65%	75%	100%	62%	71%
		defh	defh	defh				defh			a	a	a			a
NET: C2DE	928	-	-	-	248	219	460	-	928	843	11	39	20	-	5	75
	46%	-	-	-	100%	100%	100%	-	100%	49%	24%	35%	25%	-	38%	29%
					abcg	abcg	abcg		abcg	bcdg						

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BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	158	67	44	41	85	6	14	72	25	14	6	1	8	3	9	20
	8%	5%	14%	12%	13%	14%	19%	11%	10%	20%	8%	1%	7%	2%	2%	17%
			a	a	a	gij	cdghij	gij	gij	cdfghij	gij		gij			cdghij
Social Grade B	478	273	95	97	192	14	21	224	65	14	30	14	19	22	58	35
	24%	22%	29%	28%	29%	29%	28%	33%	25%	20%	41%	11%	17%	13%	14%	29%
			a	a	a	gij	gij	deghij	gij		deghij					ghij
Social Grade C1	452	267	74	82	156	9	17	197	64	17	14	17	59	20	39	26
	22%	21%	23%	24%	23%	19%	23%	29%	25%	25%	20%	13%	54%	12%	9%	21%
						j	gij	gij	gij	gij	j		abcdefgijk			ij
Social Grade C2	248	144	49	41	90	10	12	99	35	11	12	18	14	19	18	22
	12%	11%	15%	12%	13%	22%	16%	15%	13%	16%	17%	14%	13%	11%	4%	18%
						j	j	j	j	j	j	j	j	j		j
Social Grade D	219	120	31	57	88	8	7	78	64	11	4	15	6	17	9	15
	11%	10%	10%	16%	13%	16%	9%	12%	25%	16%	6%	12%	5%	10%	2%	12%
				ab	a	hj	j	hj	bcfghijk	fhj			j		j	hj
Social Grade E	460	383	31	29	60	-	3	4	4	2	6	66	3	91	281	3
	23%	31%	10%	8%	9%	-	4%	1%	1%	2%	9%	50%	3%	53%	68%	3%
		bcd					c				acd	abcdefhk	c	abcdefhk	abcdefghik	c
NET: ABC1	1088	607	212	220	433	29	52	492	154	45	50	32	85	45	105	81
	54%	48%	66%	63%	65%	62%	70%	73%	60%	65%	69%	24%	79%	26%	25%	67%
			a	a	a	gij	gij	dgij	gij	gij	gij		adegijk			gij
NET: C2DE	928	647	111	127	238	18	22	181	103	24	23	99	23	127	308	40
	46%	52%	34%	37%	35%	38%	30%	27%	40%	35%	31%	76%	21%	74%	75%	33%
		bcd				h			ch	h		abcdefhk		abcdefhk	abcdefhk	h

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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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016 100%	565 100%	348 100%	149 100%	37 100%	496 100%	602 100%	626 100%	245 100%	196 100%	33 100%	441 100%	659 100%	313 100%	1086 100%	537 100%	80 100%	1703 100%
Social Grade A	158 8%	53 9%	46 13%	23 16% af	4 11%	69 14% af	57 10%	53 9%	47 19% af	25 13%	4 11%	72 16% af	57 9%	12 4%	75 7% a	60 11% ab	11 14% ab	146 9% a
Social Grade B	478 24%	126 22%	152 44% acf	50 34% af	13 35%	203 41% af	139 23%	168 27%	83 34% af	80 41% af	9 26%	163 37% af	176 27%	42 13%	273 25% a	150 28% ad	14 17%	436 26% a
Social Grade C1	452 22%	154 27% d	101 29% d	42 28% d	4 10%	143 29% d	158 26% d	194 31% bcde	56 23%	45 23%	5 14%	101 23%	199 30% bde	66 21%	233 21%	133 25%	19 24%	386 23%
Social Grade C2	248 12%	110 19% bce	27 8%	13 9%	7 18% be	40 8%	116 19% bce	103 17% ce	31 13%	21 11%	3 10%	52 12%	107 16% e	18 6%	136 13% a	83 15% a	11 14% a	230 14% a
Social Grade D	219 11%	114 20% bce	20 6%	14 9%	6 16% be	34 7%	120 20% bce	104 17% bce	26 10%	19 9%	7 21% ce	44 10%	111 17% bce	33 10%	101 9%	72 13% b	14 18% be	187 11%
Social Grade E	460 23%	8 1%	2 *	6 4% b	3 9% abef	7 1%	11 2%	4 1%	2 1%	7 4% abf	6 17% abcef	9 2% a	9 1%	143 45% bcde	268 25% cde	39 7%	10 13%	318 19% c
NET: ABC1	1088 54%	334 59%	299 86% acdf	116 78% adf	21 57%	415 84% adf	355 59%	415 66%	186 76% adf	150 76% adf	17 52%	336 76% adf	432 66%	120 38%	581 54% a	343 64% abe	44 55% a	968 57% a
NET: C2DE	928 46%	231 41% bce	48 14%	33 22% b	16 43% bce	81 16%	247 41% bce	211 34% bce	58 24%	47 24%	16 48% bce	105 24%	227 34% bce	194 62% bcde	505 46% c	193 36%	36 45%	734 43% c

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BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	158	47	99	31	28	7	96	60	6	128	30	142	15
	8%	13%	8%	10%	7%	12%	8%	9%	7%	8%	7%	8%	6%
		b											
Social Grade B	478	85	347	47	67	17	344	123	6	367	112	422	51
	24%	24%	26%	15%	17%	27%	27%	18%	7%	23%	27%	24%	19%
					f	abf	abef	f				b	
Social Grade C1	452	67	305	84	76	10	282	148	19	373	79	378	67
	22%	19%	23%	26%	19%	15%	22%	22%	24%	23%	19%	22%	25%
				b									
Social Grade C2	248	49	176	37	47	5	153	82	6	197	51	221	26
	12%	14%	13%	11%	12%	8%	12%	12%	7%	12%	12%	13%	10%
Social Grade D	219	43	139	42	33	4	141	71	9	187	32	181	36
	11%	12%	11%	13%	8%	7%	11%	10%	11%	12%	8%	11%	13%
				b						b			
Social Grade E	460	57	253	79	147	19	244	202	35	351	109	381	77
	23%	16%	19%	25%	37%	31%	19%	30%	43%	22%	26%	22%	28%
				d	ade	d		d	ade				a
NET: ABC1	1088	199	752	162	171	34	722	330	31	868	221	942	134
	54%	57%	57%	51%	43%	55%	57%	48%	38%	54%	53%	55%	49%
				bf		f	abef						
NET: C2DE	928	149	567	158	228	28	538	355	50	735	193	783	140
	46%	43%	43%	49%	57%	45%	43%	52%	62%	46%	47%	45%	51%
				d	ad			d	acd				

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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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	158	18	15	24	25	23	21	8	24	87	53	36	53	54	15	45	50	47	17
	8%	4%	8%	7%	8%	9%	10%	13%	10%	8%	10%	8%	9%	7%	7%	7%	10%	8%	7%
						a	a	a	a	a	a								
Social Grade B	478	69	44	88	86	70	54	15	52	289	121	76	138	215	47	156	120	156	45
	24%	17%	22%	27%	26%	28%	25%	26%	22%	26%	24%	17%	25%	28%	20%	25%	24%	25%	19%
				a	a	a	a			a	a		a	ad					d
Social Grade C1	452	87	46	83	89	52	47	12	36	270	96	105	120	171	48	146	120	123	51
	22%	21%	23%	26%	27%	21%	22%	21%	15%	25%	19%	24%	21%	23%	20%	23%	24%	20%	21%
			h	hj	hj					hj									
Social Grade C2	248	42	22	43	45	32	24	6	34	143	63	52	73	83	37	68	54	85	38
	12%	10%	11%	13%	14%	13%	11%	10%	14%	13%	12%	12%	13%	11%	16%	11%	11%	14%	16%
																			ab
Social Grade D	219	46	18	36	33	25	31	4	27	112	62	67	67	60	23	56	59	74	29
	11%	11%	9%	11%	10%	10%	15%	7%	11%	10%	12%	15%	12%	8%	10%	9%	12%	12%	12%
												cd	c						
Social Grade E	460	152	50	50	49	45	35	14	64	195	113	104	110	174	65	154	106	134	58
	23%	37%	26%	15%	15%	18%	17%	24%	27%	18%	22%	24%	20%	23%	28%	25%	21%	22%	24%
		bcdefhij	cdfi						cdefi		cdi				b				
NET: ABC1	1088	173	104	196	200	146	122	35	112	646	269	218	311	439	110	347	290	326	112
	54%	42%	53%	60%	61%	59%	57%	60%	47%	59%	53%	49%	55%	58%	47%	55%	57%	53%	47%
			a	ahj	ahj	ah	ah	a		ahj	a		d	ad		d	d		
NET: C2DE	928	240	91	130	127	102	91	24	124	449	239	223	250	316	125	279	219	293	126
	46%	58%	47%	40%	39%	41%	43%	40%	53%	41%	47%	51%	45%	42%	53%	45%	43%	47%	53%
		bcdefgij							cdefi		cdi	c			bc				ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Social Grade A	158	83	42	33
	8%	12%	6%	6%
		bc		
Social Grade B	478	184	151	142
	24%	27%	20%	26%
		b		b
Social Grade C1	452	147	161	133
	22%	21%	21%	24%
Social Grade C2	248	91	91	65
	12%	13%	12%	12%
Social Grade D	219	73	85	61
	11%	11%	11%	11%
Social Grade E	460	111	224	118
	23%	16%	30%	21%
			ac	a
NET: ABC1	1088	414	353	308
	54%	60%	47%	56%
		b		b
NET: C2DE	928	275	399	244
	46%	40%	53%	44%
			ac	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	414	222	189	58	112	244	23	45	36	45	31	52	62	85	34
	21%	23%	18%	9%	17%	33%	24%	17%	18%	21%	18%	23%	20%	26%	16%
		b			a	ab								bcei	
1 day	195	85	110	70	57	68	11	27	19	22	19	27	24	24	22
	10%	9%	11%	11%	9%	9%	11%	10%	10%	10%	11%	12%	8%	7%	10%
2 days	326	153	173	107	115	103	14	51	23	32	27	35	52	54	39
	16%	16%	17%	18%	17%	14%	14%	19%	12%	15%	15%	16%	16%	16%	19%
									c						c
3 days	327	145	181	130	115	82	14	41	39	35	24	34	65	55	20
	16%	15%	18%	21%	17%	11%	14%	15%	20%	17%	14%	15%	21%	17%	10%
				c	c				i	i			ei	i	
4 days	248	114	133	99	82	68	15	26	27	24	29	23	41	24	38
	12%	12%	13%	16%	12%	9%	16%	10%	14%	11%	17%	10%	13%	7%	18%
				bc			h		h		bh		h		bdfh
5 days	213	94	119	74	83	57	6	24	24	26	21	18	33	42	19
	11%	10%	12%	12%	13%	8%	6%	9%	12%	12%	12%	8%	11%	13%	9%
				c	c										
6 days	58	34	24	18	14	26	2	7	4	7	4	6	8	13	7
	3%	3%	2%	3%	2%	3%	2%	3%	2%	4%	2%	3%	2%	4%	3%
7 days	236	139	97	54	82	100	11	41	25	20	19	28	30	33	29
	12%	14%	9%	9%	12%	13%	12%	15%	13%	9%	11%	13%	10%	10%	14%
		b			a	a		dgh							
NET: None (0 days)	414	222	189	58	112	244	23	45	36	45	31	52	62	85	34
	21%	23%	18%	9%	17%	33%	24%	17%	18%	21%	18%	23%	20%	26%	16%
		b			a	ab								bcei	
NET: Some (1-4 days)	1095	497	596	406	369	320	54	145	109	113	98	119	182	156	119
	54%	50%	58%	67%	56%	43%	56%	55%	55%	54%	57%	53%	58%	47%	57%
			a	bc	c						h		h		h
NET: Most 5+ days	508	266	240	146	179	182	19	72	53	53	44	52	71	88	55
	25%	27%	23%	24%	27%	24%	20%	28%	27%	25%	26%	23%	23%	27%	27%
Base for stats	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
Median	3	3	3	3	3	2	3	3	3	3	3	2	3	3	3
Mean Score	2.92	2.97	2.88	3.16	3.08	2.58	2.72	3.07	3.09	2.83	3.02	2.75	2.89	2.76	3.14
				c	c										
Standard Deviation	2.252	2.365	2.136	1.951	2.205	2.474	2.286	2.318	2.232	2.212	2.205	2.321	2.132	2.298	2.275
Standard Error	.050	.077	.066	.075	.083	.099	.217	.139	.157	.150	.163	.180	.118	.128	.157
Error variance	*	.01	*	.01	.01	.01	.05	.02	.02	.02	.03	.03	.01	.02	.02

Savanta: ComRes

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
										Social Grade						
										Ethnicity						
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	414	18	69	87	42	46	152	173	240	376	8	7	11	2	4	31
	21%	11%	14%	19%	17%	21%	33%	16%	26%	22%	17%	6%	13%	15%	27%	12%
				a		ab	abcdegh		abcdg	cg	c					
1 day	195	15	44	46	22	18	50	104	91	165	4	15	6	3	-	27
	10%	9%	9%	10%	9%	8%	11%	10%	10%	10%	8%	13%	7%	27%	-	10%
2 days	326	24	88	83	43	36	50	196	130	280	6	26	8	1	3	43
	16%	15%	18%	18%	18%	17%	11%	18%	14%	16%	13%	23%	10%	8%	20%	16%
			fh	fh	f	f		fh				d				
3 days	327	25	86	89	45	33	49	200	127	266	11	20	23	2	3	58
	16%	16%	18%	20%	18%	15%	11%	18%	14%	15%	25%	18%	29%	18%	19%	22%
			fh	fh	f			fh					a			a
4 days	248	23	70	52	32	25	45	146	102	208	12	14	11	1	2	39
	12%	15%	15%	12%	13%	11%	10%	13%	11%	12%	27%	12%	13%	9%	12%	15%
			fh								acg					
5 days	213	21	54	47	24	31	35	122	91	179	2	14	11	2	1	30
	11%	13%	11%	10%	10%	14%	8%	11%	10%	10%	4%	13%	14%	15%	8%	12%
		f				fh		f								
6 days	58	8	15	12	6	4	14	35	24	54	-	4	1	-	-	5
	3%	5%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	1%	-	-	2%
7 days	236	24	52	36	34	27	64	112	124	205	2	13	10	1	2	28
	12%	15%	11%	8%	14%	12%	14%	10%	13%	12%	6%	12%	12%	9%	14%	11%
		c			c		cg		cg							
NET: None (0 days)	414	18	69	87	42	46	152	173	240	376	8	7	11	2	4	31
	21%	11%	14%	19%	17%	21%	33%	16%	26%	22%	17%	6%	13%	15%	27%	12%
				a		ab	abcdegh		abcdg	cg	c					
NET: Some (1-4 days)	1095	87	289	270	143	112	195	646	449	919	32	74	47	6	7	167
	54%	55%	60%	60%	57%	51%	42%	59%	48%	53%	73%	66%	59%	61%	51%	64%
		f	efh	efh	fh	f		efh	f		a	a				a
NET: Most 5+ days	508	53	121	96	63	62	113	269	239	438	4	31	22	2	3	63
	25%	33%	25%	21%	26%	28%	25%	25%	26%	25%	10%	28%	28%	24%	22%	24%
		cfgh				c				b		b	b			b
Base for stats	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
Median	3	3	3	3	3	3	2	3	3	3	3	3	3	2	3	3
Mean Score	2.92	3.48	3.10	2.76	3.07	2.99	2.58	3.02	2.81	2.89	2.76	3.26	3.30	2.65	2.81	3.14
		cefgh	cfh		f	f		cfh								
Standard Deviation	2.252	2.214	2.109	2.081	2.230	2.279	2.502	2.125	2.389	2.279	1.830	2.016	2.077	2.230	2.383	2.031
Standard Error	.050	.177	.099	.097	.134	.145	.122	.065	.078	.055	.264	.183	.224	.705	.615	.121
Error variance	*	.03	.01	.01	.02	.02	.01	*	.01	*	.07	.03	.05	.50	.38	.01

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	414	320	39	38	77	10	5	90	50	12	16	26	11	53	141	15
	21%	26%	12%	11%	11%	20%	7%	13%	19%	18%	22%	20%	10%	31%	34%	12%
		bcd				b			bch	b	bch	bch		bcdeghk	bcdefghk	
1 day	195	123	38	24	62	7	12	52	20	3	10	16	14	20	41	19
	10%	10%	12%	7%	9%	14%	17%	8%	8%	4%	13%	12%	13%	12%	10%	16%
			c				cde						ce			cde
2 days	326	180	63	71	134	10	11	121	37	12	15	22	20	24	54	21
	16%	14%	19%	21%	20%	21%	15%	18%	14%	17%	20%	17%	19%	14%	13%	17%
			a	a	a											
3 days	327	188	56	62	118	6	20	123	52	12	3	19	23	22	46	27
	16%	15%	17%	18%	18%	13%	27%	18%	20%	18%	4%	14%	21%	13%	11%	22%
							fgij	fj	fij	f		f	fj	f		fij
4 days	248	133	48	55	103	8	7	90	36	8	9	20	17	13	41	15
	12%	11%	15%	16%	15%	16%	10%	13%	14%	12%	12%	16%	15%	8%	10%	12%
			a	a	a			i	i			i	i			
5 days	213	124	36	45	82	3	5	96	23	10	12	12	12	14	25	9
	11%	10%	11%	13%	12%	7%	7%	14%	9%	14%	16%	9%	11%	8%	6%	7%
								dijk		j	j					
6 days	58	35	9	11	21	1	5	25	4	1	1	2	3	3	14	5
	3%	3%	3%	3%	3%	2%	6%	4%	2%	1%	1%	2%	2%	2%	3%	5%
							di									
7 days	236	150	36	40	75	3	8	78	34	11	8	14	9	22	50	11
	12%	12%	11%	11%	11%	6%	11%	12%	13%	16%	11%	11%	8%	13%	12%	9%
NET: None (0 days)	414	320	39	38	77	10	5	90	50	12	16	26	11	53	141	15
	21%	26%	12%	11%	11%	20%	7%	13%	19%	18%	22%	20%	10%	31%	34%	12%
		bcd				b			bch	b	bch	bch		bcdeghk	bcdefghk	
NET: Some (1-4 days)	1095	625	204	213	416	30	51	385	145	34	36	76	74	80	182	81
	54%	50%	63%	61%	62%	64%	69%	57%	56%	50%	50%	58%	69%	47%	44%	67%
			a	a	a	ij	cdefij	ij	ij			ij	cdefij			cdefij

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	508	309	81	97	178	7	18	198	62	21	21	28	23	39	89	25
	25%	25%	25%	28%	27%	16%	24%	29%	24%	31%	28%	22%	22%	22%	22%	21%
								ajk								
Base for stats	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
Median	3	3	3	3	3	2	3	3	3	3	2	3	3	2	2	3
Mean Score	2.92	2.76	3.11	3.30	3.21	2.52	3.18	3.26	3.03	3.27	2.81	2.81	3.02	2.49	2.45	2.92
			a	a	a			agij	ij	ij			ij			
Standard Deviation	2.252	2.333	2.085	2.050	2.068	2.025	2.035	2.122	2.242	2.298	2.325	2.199	1.937	2.393	2.432	2.049
Standard Error	.050	.066	.115	.109	.079	.289	.225	.080	.138	.281	.274	.183	.172	.175	.137	.179
Error variance	*	*	.01	.01	.01	.08	.05	.01	.02	.08	.08	.03	.03	.03	.02	.03

Savanta: ComRes

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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016 100%	565 100%	348 100%	149 100%	37 100%	496 100%	602 100%	626 100%	245 100%	196 100%	33 100%	441 100%	659 100%	313 100%	1086 100%	537 100%	80 100%	1703 100%
0 days	414 21%	98 17% be	42 12%	19 13%	5 12%	61 12%	103 17% be	102 16% b	19 8%	37 19% be	3 8%	56 13% b	105 16% b	102 33% bcde	224 21% cd	79 15%	8 10%	311 18%
1 day	195 10%	38 7%	33 10%	18 12% af	3 8%	51 10% af	41 7%	47 7%	28 12% c	12 6%	5 14%	40 9%	51 8%	28 9%	112 10%	45 8%	9 12%	166 10%
2 days	326 16%	83 15%	65 19%	30 20%	9 25%	95 19%	93 15%	104 17%	37 15%	37 19%	8 24%	75 17%	112 17%	43 14%	167 15%	102 19% a	14 17%	283 17%
3 days	327 16%	107 19%	68 20%	21 14%	6 18%	89 18%	114 19%	111 18%	56 23%	35 18%	4 11%	90 20%	115 17%	39 12%	172 16%	98 18% a	17 22% a	288 17% a
4 days	248 12%	63 11%	54 16%	24 16%	6 16%	78 16% af	69 12%	69 11%	41 17% af	27 14%	8 25% af	68 15% a	78 12%	32 10%	126 12%	82 15% ab	8 10%	215 13%
5 days	213 11%	75 13%	48 14%	15 10%	2 5%	63 13%	77 13%	82 13%	35 14%	22 11%	4 11%	57 13%	85 13%	24 8%	120 11%	59 11%	10 12%	189 11%
6 days	58 3%	23 4%	9 2%	3 2%	1 2%	12 2%	23 4%	26 4%	5 2%	5 2%	-	10 2%	26 4%	9 3%	33 3%	15 3%	2 2%	50 3%
7 days	236 12%	76 14% be	28 8%	19 13%	5 14%	48 10%	82 14% be	86 14%	24 10%	22 11%	2 7%	46 10%	89 13%	36 12%	133 12%	56 10%	12 15%	200 12%
NET: None (0 days)	414 21%	98 17% be	42 12%	19 13%	5 12%	61 12%	103 17% be	102 16% b	19 8%	37 19% be	3 8%	56 13% b	105 16% b	102 33% bcde	224 21% cd	79 15%	8 10%	311 18%
NET: Some (1-4 days)	1095 54%	292 52%	220 63% af	92 62% af	24 66%	312 63% af	317 53%	331 53%	163 66% acf	110 56%	25 74% acf	273 62% af	355 54%	142 45%	576 53% a	328 61% abe	48 60% a	953 56% a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	508	174	85	38	8	123	182	194	63	49	6	112	200	69	286	129	24	439
	25%	31%	25%	25%	21%	25%	30%	31%	26%	25%	18%	25%	30%	22%	26%	24%	29%	26%
		be					e	e							a	a	a	a
Base for stats	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
Median	3	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3	3
Mean Score	2.92	3.23	3.09	3.13	3.13	3.11	3.23	3.24	3.28	3.02	3.01	3.17	3.23	2.51	2.94	3.07	3.28	3.00
															a	a	a	a
Standard Deviation	2.252	2.261	1.976	2.163	2.155	2.032	2.253	2.255	1.928	2.182	1.860	2.047	2.236	2.391	2.282	2.088	2.169	2.218
Standard Error	.050	.093	.104	.176	.345	.090	.090	.088	.120	.156	.306	.096	.085	.135	.070	.088	.230	.054
Error variance	*	.01	.01	.03	.12	.01	.01	.01	.01	.02	.09	.01	.01	.02	*	.01	.05	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Care responsibilities in household not including children – Yes	No	Longstanding condition or illness – Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Area – Urban	Rural	Access to private outdoor space – Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
0 days	414 21%	43 12%	262 20% a	58 18%	124 31% acde	6 10%	232 18%	163 24% acd	25 31% acd	317 20%	96 23%	352 20%	59 21%
1 day	195 10%	34 10%	130 10%	43 13% d	41 10%	7 11%	112 9%	76 11%	12 14%	146 9%	48 12%	161 9%	28 10%
2 days	326 16%	52 15%	225 17%	52 16%	50 12%	7 11%	224 18% be	93 14%	14 17%	278 17% b	47 11%	274 16%	50 18%
3 days	327 16%	65 19%	215 16%	56 17%	65 16%	14 22%	197 16%	121 18%	12 14%	268 17%	58 14%	282 16%	43 16%
4 days	248 12%	59 17% b	153 12%	43 14%	41 10%	13 21% bdf	153 12%	88 13%	7 9%	194 12%	54 13%	212 12%	33 12%
5 days	213 11%	45 13%	138 10%	27 8%	32 8%	4 7%	147 12% be	56 8%	5 6%	171 11%	42 10%	187 11%	24 9%
6 days	58 3%	14 4%	35 3%	6 2%	14 4%	3 5%	35 3%	20 3%	1 1%	43 3%	15 4%	52 3%	6 2%
7 days	236 12%	37 11%	160 12%	36 11%	32 8%	8 13%	159 13% b	69 10%	6 8%	185 12%	52 13%	206 12%	30 11%
NET: None (0 days)	414 21%	43 12%	262 20% a	58 18%	124 31% acde	6 10%	232 18%	163 24% acd	25 31% acd	317 20%	96 23%	352 20%	59 21%
NET: Some (1-4 days)	1095 54%	210 60%	723 55%	194 60% bd	196 49%	41 65% b	686 54%	378 55%	44 54%	887 55%	208 50%	928 54%	155 57%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	508	95	334	69	79	16	341	144	12	399	109	445	60
	25%	27%	25%	21%	20%	25%	27%	21%	15%	25%	26%	26%	22%
							abef						
Base for stats	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
Median	3	3	3	3	2	3	3	3	2	3	3	3	2
Mean Score	2.92	3.25	2.93	2.84	2.43	3.40	3.03	2.71	2.16	2.93	2.90	2.95	2.77
		b		bf		bef	bef	f					
Standard Deviation	2.252	2.081	2.252	2.180	2.250	2.076	2.248	2.228	2.120	2.225	2.356	2.259	2.220
Standard Error	.050	.110	.062	.117	.114	.262	.064	.084	.225	.055	.118	.055	.130
Error variance	*	.01	*	.01	.01	.07	*	.01	.05	*	.01	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	\<--- Number of days active ---\> 0	1	2	3	4	5	6	7	NET 1-4 days	NET 5 + days	\<-- Life satisfaction score --\> 0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	\<-- Covid-19 related worries --\> 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	414	414	-	-	-	-	-	-	-	-	-	111	109	137	46	138	109	106	49
	21%	100%	-	-	-	-	-	-	-	-	-	25%	19%	18%	20%	22%	21%	17%	20%
		bcdefghij										bc				c			
1 day	195	-	195	-	-	-	-	-	-	195	-	44	63	69	13	58	45	62	26
	10%	-	100%	-	-	-	-	-	-	18%	-	10%	11%	9%	6%	9%	9%	10%	11%
			acdefghij							acdefghj			d						
2 days	326	-	-	326	-	-	-	-	-	326	-	75	88	132	28	105	74	109	36
	16%	-	-	100%	-	-	-	-	-	30%	-	17%	16%	18%	12%	17%	14%	18%	15%
				abdefghij						abdefghj									
3 days	327	-	-	-	327	-	-	-	-	327	-	61	100	134	31	87	90	108	42
	16%	-	-	-	100%	-	-	-	-	30%	-	14%	18%	18%	13%	14%	18%	17%	18%
					abcefghij					abcefghj									
4 days	248	-	-	-	-	248	-	-	-	248	-	49	80	91	26	61	74	82	31
	12%	-	-	-	-	100%	-	-	-	23%	-	11%	14%	12%	11%	10%	14%	13%	13%
						abcdfghij				abcdfghj							a		
5 days	213	-	-	-	-	-	213	-	-	-	213	41	57	85	27	78	39	70	26
	11%	-	-	-	-	-	100%	-	-	-	42%	9%	10%	11%	12%	12%	8%	11%	11%
							abcdeghij				abcdeghi					b		b	
6 days	58	-	-	-	-	-	-	58	-	-	58	12	10	25	11	14	16	23	6
	3%	-	-	-	-	-	-	100%	-	-	11%	3%	2%	3%	5%	2%	3%	4%	2%
								abcdefhij			abcdefhi				b				
7 days	236	-	-	-	-	-	-	-	236	-	236	46	55	82	52	86	64	60	24
	12%	-	-	-	-	-	-	-	100%	-	47%	10%	10%	11%	22%	14%	13%	10%	10%
									abcdefgij		abcdefgi				abc	c			
NET: None (0 days)	414	414	-	-	-	-	-	-	-	-	-	111	109	137	46	138	109	106	49
	21%	100%	-	-	-	-	-	-	-	-	-	25%	19%	18%	20%	22%	21%	17%	20%
		bcdefghij										bc				c			
NET: Some (1-4 days)	1095	-	195	326	327	248	-	-	-	1095	-	230	331	426	99	311	282	361	135
	54%	-	100%	100%	100%	100%	-	-	-	100%	-	52%	59%	56%	42%	50%	55%	58%	56%
			afghj	afghj	afghj	afghj				afghj		d	ad	d					a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	508	-	-	-	-	-	213	58	236	-	508	100	122	192	90	177	119	153	55
	25%	-	-	-	-	-	100%	100%	100%	-	100%	23%	22%	25%	38%	28%	23%	25%	23%
							abcdei	abcdei	abcdei		abcdei				abc				
Base for stats	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
Median	3	0	1	2	3	4	5	6	7	3	6	2	3	3	3	3	3	3	3
Mean Score	2.92	-	1.00	2.00	3.00	4.00	5.00	6.00	7.00	2.57	6.05	2.68	2.83	2.98	3.54	2.95	2.93	2.97	2.83
							i				fi			a	abc				
Standard Deviation	2.252	-	-	-	-	-	*	-	-	1.027	.941	2.273	2.143	2.186	2.521	2.347	2.274	2.141	2.187
Standard Error	.050	-	-	-	-	-	*	-	-	.031	.042	.105	.090	.081	.168	.094	.101	.086	.140
Error variance	*	-	-	-	-	-	*	-	-	*	*	.01	.01	.01	.03	.01	.01	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016 100%	688 100%	752 100%	552 100%
0 days	414 21%	39 6%	200 27% a	162 29% a
1 day	195 10%	41 6%	74 10% a	78 14% ab
2 days	326 16%	95 14%	104 14%	123 22% ab
3 days	327 16%	135 20% bc	107 14%	83 15%
4 days	248 12%	122 18% bc	71 9%	53 10%
5 days	213 11%	106 15% bc	76 10% c	31 6%
6 days	58 3%	34 5% bc	21 3% c	3 1%
7 days	236 12%	116 17% c	99 13% c	19 3%
NET: None (0 days)	414 21%	39 6%	200 27% a	162 29% a
NET: Some (1-4 days)	1095 54%	393 57% b	356 47%	337 61% b
NET: Most 5+ days	508 25%	256 37% bc	196 26% c	53 10%
Base for stats	2016	688	752	552
Median	3	4	2	2
Mean Score	2.92	3.88 bc	2.77 c	1.98
Standard Deviation	2.252	2.014	2.397	1.817
Standard Error	.050	.076	.089	.078

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Error variance	*	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	215	94	122	102	66	48	5	36	18	26	23	17	45	34	12
		11%	10%	12%	17%	10%	6%	5%	14%	9%	12%	13%	8%	14%	10%	6%
					bc	c			ai		ai	ai		afi		
A bit more	(4.0)	473	226	245	188	157	128	19	57	51	53	46	60	68	77	43
		23%	23%	24%	31%	24%	17%	20%	22%	26%	25%	27%	27%	21%	23%	21%
					bc	c										
About the same	(3.0)	752	410	340	143	259	350	36	86	76	84	60	90	109	118	93
		37%	42%	33%	24%	39%	47%	37%	33%	39%	40%	34%	40%	35%	36%	45%
			b			a	ab									begh
A bit less	(2.0)	285	135	149	85	95	106	21	36	24	31	26	24	45	50	29
		14%	14%	15%	14%	14%	14%	22%	14%	12%	14%	15%	11%	14%	15%	14%
								bcf								
A lot less	(1.0)	267	113	154	78	78	110	14	43	25	15	20	30	44	48	27
		13%	11%	15%	13%	12%	15%	15%	16%	13%	7%	11%	13%	14%	14%	13%
				a				d	d				d	d	d	
Don't know		24	6	16	14	4	5	1	5	3	2	-	2	4	3	3
		1%	1%	2%	2%	1%	1%	2%	2%	1%	1%	-	1%	1%	1%	1%
					bc											
NET: More		688	320	367	290	223	175	24	93	69	78	69	77	113	111	55
		34%	32%	36%	48%	34%	23%	25%	35%	35%	37%	40%	35%	36%	34%	27%
					bc	c			ai		ai	ai		ai		
NET: Less		552	248	302	163	173	216	35	78	49	46	45	54	89	98	56
		27%	25%	29%	27%	26%	29%	37%	30%	25%	22%	26%	24%	28%	30%	27%
				a				cdf	d						d	
Base for stats		1992	978	1009	596	655	741	95	257	194	209	174	221	310	327	205
Mean Score		3.04	3.05	3.03	3.25	3.06	2.86	2.77	3.03	3.07	3.20	3.15	3.05	3.08	3.00	2.92
					bc	c				a	ahi	ai	a	a		
Standard Deviation		1.161	1.101	1.217	1.266	1.124	1.072	1.091	1.259	1.132	1.072	1.172	1.112	1.230	1.179	1.058
Standard Error		.026	.036	.038	.049	.042	.043	.104	.076	.080	.073	.087	.087	.069	.066	.074
Error variance		*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	215	29	60	48	26	21	32	136	79	185	3	10	14	1	1	29
		11%	18%	12%	11%	10%	10%	7%	12%	9%	11%	8%	9%	17%	9%	7%	11%
			cdefgh	fh					fh								
A bit more	(4.0)	473	54	124	100	65	52	79	278	196	393	11	38	18	2	5	74
		23%	34%	26%	22%	26%	24%	17%	26%	21%	23%	25%	34%	22%	19%	33%	28%
			bcefgh	fh		f	f		fh				a				a
About the same	(3.0)	752	42	151	161	91	85	224	353	399	671	17	31	18	3	6	75
		37%	27%	31%	36%	37%	39%	49%	32%	43%	39%	38%	28%	23%	31%	41%	29%
					a	a	a	abcdeg		abcg	cdg						
A bit less	(2.0)	285	19	79	66	36	31	54	164	121	242	3	15	18	1	2	39
		14%	12%	17%	15%	14%	14%	12%	15%	13%	14%	6%	14%	23%	8%	12%	15%
				f										ab			
A lot less	(1.0)	267	15	63	67	29	29	64	144	122	225	10	16	10	3	1	41
		13%	9%	13%	15%	12%	13%	14%	13%	13%	13%	23%	15%	13%	33%	7%	16%
Don't know		24	-	2	11	1	1	8	13	10	16	-	2	2	-	-	3
		1%	-	*	3%	1%	*	2%	1%	1%	1%	-	2%	2%	-	-	1%
					abeh												
NET: More		688	83	184	147	91	73	111	414	275	578	15	48	31	3	6	102
		34%	52%	38%	33%	37%	33%	24%	38%	30%	33%	33%	43%	39%	28%	40%	39%
			bcdefgh	fh	f	fh	f		cfh	f			a				
NET: Less		552	33	142	133	65	61	118	308	244	467	13	32	28	4	3	79
		27%	21%	30%	29%	26%	28%	26%	28%	26%	27%	29%	28%	36%	41%	19%	31%
				a	a												
Base for stats		1992	158	476	441	247	218	453	1075	918	1716	44	110	78	10	14	257
Mean Score		3.04	3.40	3.08	2.99	3.09	3.02	2.91	3.09	2.99	3.04	2.90	3.09	3.08	2.63	3.22	3.04
			bcdefgh	f		f			fh								
Standard Deviation		1.161	1.186	1.205	1.190	1.139	1.147	1.066	1.203	1.107	1.151	1.245	1.196	1.305	1.409	1.013	1.234
Standard Error		.026	.095	.057	.056	.069	.073	.052	.037	.036	.028	.180	.109	.142	.445	.261	.074
Error variance		*	.01	*	*	*	.01	*	*	*	*	.03	.01	.02	.20	.07	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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		2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total		2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	215	117	43	44	88	2	14	95	25	5	3	15	20	18	18	16
		11%	9%	13%	13%	13%	4%	19%	14%	10%	7%	4%	11%	18%	11%	4%	13%
				a		a		adefj	afj	j				j	adefij	j	fj
A bit more	(4.0)	473	265	85	101	186	17	21	169	63	12	22	39	30	33	67	38
		23%	21%	26%	29%	28%	36%	28%	25%	24%	17%	31%	30%	28%	19%	16%	32%
				a	a	a	eij	j	j	j		j	eij	j			eij
About the same	(3.0)	752	515	105	109	213	13	22	235	100	30	22	39	17	72	202	35
		37%	41%	32%	31%	32%	28%	30%	35%	39%	44%	30%	29%	16%	42%	49%	29%
			bcd					h	h	hk	ghk	h	h		ghk	abcdfghk	h
A bit less	(2.0)	285	172	50	45	96	5	11	99	38	10	13	11	16	16	66	16
		14%	14%	16%	13%	14%	11%	14%	15%	15%	15%	18%	9%	15%	10%	16%	13%
												g				gi	
A lot less	(1.0)	267	175	40	44	84	9	5	73	32	10	12	24	16	27	58	14
		13%	14%	12%	13%	13%	19%	7%	11%	12%	15%	17%	18%	15%	16%	14%	12%
							b						bc				
Don't know		24	9	-	4	4	1	1	3	-	1	-	3	9	4	2	2
		1%	1%	-	1%	1%	2%	1%	*	-	1%	-	2%	8%	2%	*	1%
							d				d		cd	bcdfgijk	cdj		
NET: More		688	382	129	145	274	19	35	264	88	16	25	54	50	52	85	54
		34%	30%	40%	42%	41%	40%	48%	39%	34%	24%	35%	41%	47%	30%	21%	45%
				a	a	a	j	deij	eij	j			j	eij	deij	j	deij
NET: Less		552	347	90	89	180	14	16	172	69	21	25	35	32	44	124	30
		27%	28%	28%	26%	27%	30%	22%	26%	27%	30%	35%	27%	29%	25%	30%	25%
Base for stats		1992	1244	324	343	667	46	73	671	257	67	73	128	99	168	411	120
Mean Score		3.04	2.98	3.13	3.16	3.15	2.95	3.39	3.17	3.05	2.86	2.87	3.08	3.23	2.99	2.81	3.22
				a	a	a		adefj	efj	j			j	j			efj
Standard Deviation		1.161	1.136	1.198	1.199	1.198	1.208	1.172	1.173	1.129	1.109	1.148	1.268	1.367	1.179	1.017	1.201
Standard Error		.026	.033	.066	.064	.046	.174	.130	.044	.069	.137	.135	.107	.126	.087	.057	.106
Error variance		*	*	*	*	*	.03	.02	*	*	.02	.02	.01	.02	.01	*	.01

Prepared by Savanta: ComRes

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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				
	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	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	215	75	43	16	4	59	79	87	31	18	5	48	92	24	116	61	15	191
	11%	13%	12%	11%	12%	12%	13%	14%	13%	9%	15%	11%	14%	8%	11%	11%	19%	11%
																	abce	
A bit more (4.0)	473	149	86	32	9	118	158	155	71	49	4	120	158	64	238	151	20	409
	23%	26%	25%	22%	26%	24%	26%	25%	29%	25%	11%	27%	24%	21%	22%	28%	25%	24%
									d			d				abe		
About the same (3.0)	752	204	114	53	13	167	218	229	77	76	6	153	235	128	433	177	14	624
	37%	36%	33%	36%	36%	34%	36%	37%	32%	39%	19%	35%	36%	41%	40%	33%	18%	37%
								d		d			d	cd	cd	d		d
A bit less (2.0)	285	76	52	33	6	85	82	90	33	34	9	67	98	44	150	75	16	241
	14%	14%	15%	22%	16%	17%	14%	14%	14%	17%	26%	15%	15%	14%	14%	14%	20%	14%
				af							b							
A lot less (1.0)	267	57	51	15	4	65	61	65	31	18	9	49	74	50	140	65	12	216
	13%	10%	15%	10%	10%	13%	10%	10%	12%	9%	28%	11%	11%	16%	13%	12%	15%	13%
			af								abcef							
Don't know	24	3	2	-	-	2	3	1	2	1	-	3	1	3	9	8	3	21
	1%	1%	*	-	-	*	1%	*	1%	1%	-	1%	*	1%	1%	1%	4%	1%
																	abe	
NET: More	688	224	129	48	14	177	238	242	102	67	9	169	251	88	353	212	35	600
	34%	40%	37%	32%	37%	36%	40%	39%	42%	34%	27%	38%	38%	28%	33%	40%	44%	35%
																ab	ab	a
NET: Less	552	134	103	47	10	150	143	154	64	53	18	116	172	94	290	140	28	457
	27%	24%	30%	32%	26%	30%	24%	25%	26%	27%	54%	26%	26%	30%	27%	26%	34%	27%
			af	af		af					abcef							
Base for stats	1992	562	346	149	37	495	599	625	243	195	33	438	658	310	1076	529	77	1682
Mean Score	3.04	3.19	3.06	3.02	3.12	3.04	3.19	3.18	3.16	3.07	2.61	3.12	3.15	2.89	3.04	3.13	3.14	3.07
		e					e	d	d	d		d				a		a
Standard Deviation	1.161	1.144	1.219	1.126	1.149	1.191	1.144	1.155	1.191	1.080	1.418	1.143	1.175	1.139	1.144	1.167	1.367	1.163
Standard Error	.026	.047	.065	.092	.184	.053	.046	.045	.075	.078	.233	.054	.045	.064	.035	.050	.148	.028
Error variance	*	*	*	.01	.03	*	*	*	.01	.01	.05	*	*	*	*	*	.02	*

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

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total		2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	215	49	138	37	25	5	143	63	4	167	48	184	31
		11%	14%	10%	12%	6%	8%	11%	9%	5%	10%	12%	11%	11%
					b			b						
A bit more	(4.0)	473	97	299	85	82	14	298	158	18	387	86	424	47
		23%	28%	23%	26%	20%	22%	24%	23%	22%	24%	21%	25%	17%
													b	
About the same	(3.0)	752	118	499	98	156	26	490	243	29	589	163	645	104
		37%	34%	38%	31%	39%	41%	39%	35%	35%	37%	39%	37%	38%
						a		a						
A bit less	(2.0)	285	50	188	36	62	10	178	97	8	231	54	239	44
		14%	14%	14%	11%	16%	17%	14%	14%	10%	14%	13%	14%	16%
A lot less	(1.0)	267	30	184	59	70	8	140	118	18	212	55	220	42
		13%	9%	14%	18%	17%	12%	11%	17%	22%	13%	13%	13%	15%
				a	d	d			d	d				
Don't know		24	5	10	6	5	-	11	7	4	16	8	13	6
		1%	2%	1%	2%	1%	-	1%	1%	5%	1%	2%	1%	2%
										bde				a
NET: More		688	146	438	122	106	19	441	221	22	554	134	608	77
		34%	42%	33%	38%	27%	30%	35%	32%	27%	35%	32%	35%	28%
			b		b			b					b	
NET: Less		552	80	372	95	132	18	318	216	26	443	109	459	86
		27%	23%	28%	30%	33%	29%	25%	31%	32%	28%	26%	27%	31%
				a		d			d					
Base for stats		1992	344	1309	315	394	63	1249	679	77	1587	406	1712	267
Mean Score		3.04	3.25	3.01	3.01	2.82	2.97	3.10	2.93	2.78	3.04	3.05	3.07	2.93
			b		b			bef						
Standard Deviation		1.161	1.135	1.166	1.269	1.138	1.109	1.131	1.199	1.207	1.159	1.166	1.152	1.197
Standard Error		.026	.060	.032	.069	.058	.140	.032	.046	.132	.029	.059	.028	.071
Error variance		*	*	*	*	*	.02	*	*	.02	*	*	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	215	10	13	21	34	22	47	17	51	90	115	47	51	83	31	69	56	68	19
	11%	2%	7%	6%	10%	9%	22%	29%	22%	8%	23%	11%	9%	11%	13%	11%	11%	11%	8%
			a	a	a	a	abcdei	abcdei	abcdei	a	abcdei								
A bit more (4.0)	473	29	28	74	101	100	59	17	65	303	141	94	133	193	52	147	130	136	59
	23%	7%	14%	23%	31%	40%	28%	30%	28%	28%	28%	21%	24%	26%	22%	24%	25%	22%	25%
				a	ab	abc	abcdfhij	ab	ab	ab	ab	ab							
About the same (3.0)	752	200	74	104	107	71	76	21	99	356	196	133	201	302	109	254	191	211	89
	37%	48%	38%	32%	33%	29%	35%	36%	42%	33%	39%	30%	36%	40%	47%	41%	38%	34%	37%
		bcdefij	e						cdei		ei			a	ab	c			
A bit less (2.0)	285	47	29	77	56	35	24	1	16	197	41	67	96	100	19	80	67	108	27
	14%	11%	15%	24%	17%	14%	11%	3%	7%	18%	8%	15%	17%	13%	8%	13%	13%	18%	11%
		g	ghj	abdefghij	aghj	ghj	g			afghj		d	d	d				abd	
A lot less (1.0)	267	115	48	46	28	18	7	2	3	140	12	96	75	74	20	68	62	91	43
	13%	28%	25%	14%	8%	7%	3%	3%	1%	13%	2%	22%	13%	10%	8%	11%	12%	15%	18%
		cdefghij	cdefghij	defghj	fhj	hj				defghj		bcd	c					a	ab
Don't know	24	12	2	4	1	2	-	-	2	9	2	4	6	4	2	9	4	3	2
	1%	3%	1%	1%	*	1%	-	-	1%	1%	*	1%	1%	*	1%	1%	1%	1%	1%
		dfij																	
NET: More	688	39	41	95	135	122	106	34	116	393	256	140	184	276	84	216	186	205	78
	34%	9%	21%	29%	41%	49%	50%	58%	49%	36%	51%	32%	33%	36%	36%	35%	36%	33%	33%
			a	ab	abc	abci	abcdi	abcdi	abci	abc	abcdi								
NET: Less	552	162	78	123	83	53	31	3	19	337	53	163	171	174	39	147	129	200	70
	27%	39%	40%	38%	26%	21%	15%	6%	8%	31%	10%	37%	30%	23%	17%	24%	25%	32%	29%
		defghij	defghij	defghij	fghj	ghj	h			efghj		bcd	cd	d				ab	
Base for stats	1992	401	193	322	325	246	213	58	234	1086	505	436	555	752	232	617	506	616	237
Mean Score	3.04	2.43	2.63	2.83	3.18	3.30	3.54	3.78	3.62	3.01	3.61	2.84	2.98	3.15	3.24	3.11	3.10	2.97	2.93
			a	ab	abci	abci	abcdei	abcdei	abcdei	abc	abcdei			ab	ab	cd			
Standard Deviation	1.161	1.058	1.198	1.130	1.100	1.058	1.061	1.003	.936	1.144	.999	1.284	1.148	1.097	1.067	1.115	1.146	1.199	1.187
Standard Error	.026	.055	.086	.063	.060	.067	.072	.132	.061	.034	.044	.060	.048	.041	.072	.045	.051	.048	.076
Error variance	*	*	.01	*	*	*	.01	.02	*	*	*	*	*	*	.01	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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 | | |
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
A lot more (5.0)	215	215	-	-
	11%	31%	-	-
		bc		
A bit more (4.0)	473	473	-	-
	23%	69%	-	-
		bc		
About the same (3.0)	752	-	752	-
	37%	-	100%	-
			ac	
A bit less (2.0)	285	-	-	285
	14%	-	-	52%
				ab
A lot less (1.0)	267	-	-	267
	13%	-	-	48%
				ab
Don't know	24	-	-	-
	1%	-	-	-
NET: More	688	688	-	-
	34%	100%	-	-
		bc		
NET: Less	552	-	-	552
	27%	-	-	100%
				ab
Base for stats	1992	688	752	552
Mean Score	3.04	4.31	3.00	1.52
		c		
Standard Deviation	1.161	.464	-	.500
Standard Error	.026	.017	-	.021
Error variance	*	*	-	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1258	620	636	337	406	515	64	178	126	127	101	134	178	210	140
	62%	63%	62%	55%	62%	69%	66%	68%	64%	60%	58%	60%	56%	64%	67%
					a	ab		eg							g
Running or jogging	392	184	207	199	158	35	9	45	39	48	31	38	102	51	30
	19%	19%	20%	33%	24%	5%	9%	17%	20%	23%	18%	17%	33%	15%	14%
				bc	c			a	a	ahi	a		abcdefhi		
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	308	151	157	115	103	90	9	44	27	25	30	36	58	45	33
	15%	15%	15%	19%	16%	12%	9%	17%	14%	12%	17%	16%	18%	14%	16%
				c				a					ad		
Home activity, fitness or exercise class viewed online or on TV, DVD or video	285	86	199	141	102	42	13	41	21	26	25	28	56	45	31
	14%	9%	19%	23%	15%	6%	14%	16%	10%	12%	14%	12%	18%	14%	15%
			a	bc	c								c		
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	275	104	170	152	94	29	11	30	26	37	25	30	56	34	26
	14%	11%	17%	25%	14%	4%	11%	11%	13%	18%	15%	13%	18%	10%	13%
			a	bc	c					bh			bh		
Cycling (either for leisure or travel)	237	151	86	79	90	68	12	30	19	27	21	31	35	38	24
	12%	15%	8%	13%	14%	9%	13%	11%	10%	13%	12%	14%	11%	12%	12%
		b		c	c										
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	201	86	114	85	81	35	12	27	22	18	13	17	34	39	20
	10%	9%	11%	14%	12%	5%	13%	10%	11%	8%	7%	8%	11%	12%	10%
				c	c										
Swimming	183	61	122	83	71	29	7	16	21	16	15	30	29	26	22
	9%	6%	12%	14%	11%	4%	7%	6%	11%	8%	9%	14%	9%	8%	10%
			a	c	c							bh			
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	133	53	81	69	44	20	6	20	16	15	11	13	25	18	11
	7%	5%	8%	11%	7%	3%	6%	8%	8%	7%	6%	6%	8%	5%	5%
			a	bc	c										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

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

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016 100%	985 100%	1025 100%	610 100%	659 100%	747 100%	96 100%	262 100%	197 100%	211 100%	174 100%	223 100%	315 100%	330 100%	208 100%
Team sports (such as football, cricket, rugby etc.)	112 6%	71 7% b	40 4%	65 11% bc	36 5% c	11 1%	1 1%	11 4%	14 7% af	14 7% af	10 6% a	5 2%	33 10% abfhi	14 4%	10 5%
Golf	72 4%	56 6% b	16 2%	18 3%	22 3%	31 4%	6 6% h	8 3%	8 4%	7 3%	7 4%	8 3%	14 4%	7 2%	7 3%
Gymnastics, trampolining or cheerleading	69 3%	24 2%	46 4% a	46 8% bc	17 3% c	6 1%	3 3%	3 1%	7 4%	9 4% b	7 4%	2 1%	20 6% bf	11 3%	6 3%
Racket sports (such as tennis, badminton, squash etc.)	59 3%	36 4%	23 2%	28 5% c	18 3%	12 2%	1 1%	7 3%	6 3%	7 3%	7 4%	6 3%	17 5% ahi	6 2%	2 1%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	53 3%	34 3% b	19 2%	31 5% c	21 3% c	1 *	2 2%	9 3%	6 3%	6 3%	5 3%	4 2%	14 5% hi	4 1%	3 1%
Water sports (such as surfing, rowing, sailing etc.)	35 2%	21 2%	14 1%	21 3% c	14 2% c	1 *	1 1%	4 2%	3 1%	5 2%	3 1%	4 2%	11 3% h	3 1%	2 1%
Other sport, exercise or physical activity	92 5%	47 5%	45 4%	24 4%	16 2%	51 7% ab	4 4%	11 4%	17 9% befgi	9 4%	6 4%	5 2%	8 2%	23 7% fg	8 4%
I have not done any physical activity in the past week	270 13%	141 14%	127 12%	40 7%	79 12% a	151 20% ab	10 11%	30 11%	26 13%	32 15%	22 13%	41 19% bgi	32 10%	53 16% g	23 11%
NET: Home based activity	650 32%	263 27%	386 38% a	270 44% bc	231 35% c	149 20%	30 31%	92 35% d	58 29%	56 27%	58 33%	67 30%	118 38% d	100 30%	71 34%
NET: Any physical activity in the past week	1746 87%	844 86%	898 88%	570 93% bc	581 88% c	595 80%	86 89%	233 89% f	171 87%	179 85%	152 87%	182 81%	282 90% fh	276 84%	185 89% f

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

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

	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
						Social Grade							**Ethnicity**			
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1258	92	304	290	150	130	292	686	572	1113	20	60	43	5	10	137
	62%	58%	63%	64%	61%	59%	63%	63%	62%	64% bcdg	44%	53%	54%	50%	68%	53%
Running or jogging	392	59	121	108	56	30	18	288	104	296	11	40	31	3	7	91
	19%	37% bcdefgh	25% efh	24% efh	23% efh	14% f	4%	26% efh	11% f	17%	24%	36% a	39% a	34%	46%	35% a
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	308	29	84	72	42	34	47	185	123	254	7	24	16	2	2	51
	15%	18% f	18% fh	16% f	17% f	16% f	10%	17% fh	13%	15%	17%	21%	20%	23%	15%	20% a
Home activity, fitness or exercise class viewed online or on TV, DVD or video	285	30	84	70	36	33	32	184	101	217	8	31	16	2	3	61
	14%	19% fh	18% fh	15% fh	14% f	15% f	7%	17% fh	11% f	13%	18%	28% a	21% a	25%	19%	23% a
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	275	35	84	75	37	25	18	195	80	225	6	22	16	-	1	45
	14%	22% defh	18% efh	17% fh	15% fh	11% f	4%	18% efh	9% f	13%	14%	20% a	20%	-	6%	17% a
Cycling (either for leisure or travel)	237	21	73	41	38	26	37	135	102	201	5	19	8	1	1	34
	12%	13%	15% cfh	9%	15% cfh	12%	8%	12%	11% f	12%	12%	17%	10%	9%	7%	13%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	201	25	58	47	31	21	18	130	71	167	3	18	11	-	-	32
	10%	16% fh	12% fh	10% f	13% fh	10% f	4%	12% fh	8% f	10%	6%	16% a	14%	-	-	12%
Swimming	183	29	43	44	25	20	22	116	67	160	4	11	6	-	1	22
	9%	18% bcdefgh	9% f	10% f	10% f	9% f	5%	11% fh	7%	9%	10%	10%	7%	-	6%	8%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	133	16	40	28	21	11	17	84	49	103	7	12	7	-	2	28
	7%	10% efh	8% fh	6%	9% fh	5%	4%	8% fh	5%	6%	17% a	11% a	8%	-	12%	11% a

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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	112	21	30	25	17	11	8	76	35	81	4	13	9	-	2	28
	6%	13%	6%	6%	7%	5%	2%	7%	4%	5%	9%	12%	12%	-	13%	11%
		bcdefgh	fh	f	fh	f		fh	f			a	a			a
Golf	72	12	22	9	11	4	13	44	28	64	3	3	2	-	-	7
	4%	8%	5%	2%	4%	2%	3%	4%	3%	4%	6%	2%	3%	-	-	3%
		cefgh	c													
Gymnastics, trampolining or cheerleading	69	15	16	18	12	4	4	49	20	50	2	6	9	-	1	18
	3%	9%	3%	4%	5%	2%	1%	4%	2%	3%	4%	6%	11%	-	8%	7%
		bcefgh	f	f	fh			fh					a			a
Racket sports (such as tennis, badminton, squash etc.)	59	11	15	13	11	5	4	39	20	44	2	8	5	-	-	15
	3%	7%	3%	3%	4%	2%	1%	4%	2%	3%	4%	7%	6%	-	-	6%
		bcefgh	f	f	fh			fh				a	a			a
Combat sports, martial arts or target sports (such as shooting, archery etc.)	53	9	20	8	9	5	2	37	16	42	1	6	2	-	2	10
	3%	6%	4%	2%	4%	2%	*	3%	2%	2%	2%	5%	2%	-	12%	4%
		cfh	cfh	f	fh	f		fh	f							
Water sports (such as surfing, rowing, sailing etc.)	35	10	6	6	10	3	-	22	13	26	3	1	5	-	1	9
	2%	6%	1%	1%	4%	1%	-	2%	1%	2%	7%	1%	6%	-	6%	4%
		bcefgh	f	f	bcefgh	f		f	f		ac		ac			a
Other sport, exercise or physical activity	92	4	28	13	10	9	28	45	46	86	-	2	3	-	-	5
	5%	3%	6%	3%	4%	4%	6%	4%	5%	5%	-	1%	4%	-	-	2%
				c				c		g						
I have not done any physical activity in the past week	270	6	38	51	25	38	112	95	175	244	3	6	9	-	1	19
	13%	4%	8%	11%	10%	18%	24%	9%	19%	14%	7%	5%	11%	-	7%	7%
				a	a	abcdg	abcdegh	a	abcdg	cg						
NET: Home based activity	650	62	184	160	86	70	87	406	244	522	16	59	34	5	4	118
	32%	39%	39%	35%	35%	32%	19%	37%	26%	30%	37%	53%	42%	48%	27%	45%
		fh	fh	fh	fh	f		fh	f			a	a			a
NET: Any physical activity in the past week	1746	152	440	401	224	181	348	993	753	1488	41	106	71	10	13	241
	87%	96%	92%	89%	90%	82%	76%	91%	81%	86%	93%	95%	89%	100%	93%	93%
		cdefgh	efh	efh	efh	f		efh	f			a				a

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

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1258	801	207	208	415	34	33	407	165	38	51	85	56	97	292	67
	62%	64%	64%	60%	62%	71%	45%	60%	64%	56%	71%	65%	52%	56%	71%	55%
						bh		b	bh		bhik	bh			bcehik	
Running or jogging	392	166	92	114	206	8	23	213	45	21	11	17	38	11	5	31
	19%	13%	28%	33%	31%	17%	32%	32%	18%	31%	15%	13%	35%	6%	1%	26%
			a	a	a	ij	dfgij	adfgij	ij	dfgij	ij	ij	adfgij	j		gij
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	308	177	57	57	114	10	22	116	47	14	5	17	20	10	48	31
	15%	14%	18%	16%	17%	21%	29%	17%	18%	20%	8%	13%	18%	6%	12%	26%
						fi	cdfgij	fij	fij	fi			fi		i	cfgij
Home activity, fitness or exercise class viewed online or on TV, DVD or video	285	131	69	70	139	7	24	115	45	12	4	22	24	18	13	31
	14%	10%	21%	20%	21%	15%	32%	17%	18%	17%	6%	17%	22%	11%	3%	25%
			a	a	a	j	acdefgij	fij	fij	fj			fj	fij	j	cfij
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	275	125	66	71	137	5	23	140	39	13	6	7	18	9	14	28
	14%	10%	20%	21%	20%	11%	31%	21%	15%	19%	9%	6%	17%	5%	3%	23%
			a	a	a	j	acdfghij	dfgij	gij	gij	j		gij			dfgij
Cycling (either for leisure or travel)	237	126	45	54	98	5	12	106	25	7	8	17	12	11	32	18
	12%	10%	14%	15%	15%	11%	16%	16%	10%	10%	12%	13%	11%	7%	8%	15%
				a	a		ij	dij				i				ij
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	201	79	50	67	117	3	12	88	32	7	9	13	12	11	14	15
	10%	6%	15%	19%	17%	7%	16%	13%	13%	10%	13%	10%	11%	6%	3%	12%
			a	a	a		ij	ij	ij	j	j	j	j			j

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

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

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Swimming	183	84	40	49	89	1	9	73	27	12	7	10	15	12	17	10
	9%	7%	12%	14%	13%	2%	12%	11%	10%	18%	10%	7%	14%	7%	4%	8%
			a	a	a		aj	j	j	agij	j		aj			
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	133	61	32	35	67	3	10	54	23	5	2	10	10	7	10	13
	7%	5%	10%	10%	10%	7%	13%	8%	9%	7%	2%	8%	10%	4%	2%	11%
			a	a	a		fij	j	j			j	j			fij
Team sports (such as football, cricket, rugby etc.)	112	51	25	30	55	2	8	51	16	6	1	5	15	2	6	9
	6%	4%	8%	9%	8%	4%	10%	8%	6%	9%	1%	4%	14%	1%	2%	8%
			a	a	a		fij	fij	ij	fij			acdfgij			fij
Golf	72	46	14	10	24	2	3	33	5	5	3	-	4	1	16	4
	4%	4%	4%	3%	4%	3%	4%	5%	2%	7%	4%	-	4%	1%	4%	3%
						g	g	dgi		dgi	g		gi		gi	g
Gymnastics, trampolining or cheerleading	69	21	21	22	44	2	10	27	8	3	3	2	10	3	2	11
	3%	2%	7%	6%	6%	4%	13%	4%	3%	4%	5%	2%	9%	2%	1%	9%
			a	a	a	j	cdgij	j	j	j	j		cdgij			cdgij
Racket sports (such as tennis, badminton, squash etc.)	59	30	16	9	25	-	4	28	11	4	3	1	2	3	1	4
	3%	2%	5%	3%	4%	-	5%	4%	4%	6%	5%	1%	2%	1%	*	3%
			a				j	j	j	gij	j					j
Combat sports, martial arts or target sports (such as shooting, archery etc.)	53	21	17	14	32	-	8	28	10	2	1	2	2	-	-	8
	3%	2%	5%	4%	5%	-	11%	4%	4%	3%	1%	2%	2%	-	-	7%
			a	a	a		acdfghij	ij	ij	ij			j	j		ghij
Water sports (such as surfing, rowing, sailing etc.)	35	14	12	8	20	-	4	21	6	2	-	1	1	1	-	4
	2%	1%	4%	2%	3%	-	6%	3%	2%	3%	-	1%	1%	*	-	4%
			a		a		fghij	ij	j	j						ij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	92	65	13	11	24	2	1	19	13	-	8	4	9	5	30	3
	5%	5%	4%	3%	4%	5%	1%	3%	5%	-	11%	3%	8%	3%	7%	3%
											bcegik		bceik		bcei	
I have not done any physical activity in the past week	270	214	26	21	47	7	2	60	29	7	7	21	7	44	87	9
	13%	17%	8%	6%	7%	15%	2%	9%	11%	10%	9%	16%	6%	26%	21%	7%
		bcd				bh		b	b			bchk		bcdefghk	bcdefhk	
NET: Home based activity	650	330	132	156	288	17	42	254	100	25	17	44	44	35	72	58
	32%	26%	41%	45%	43%	35%	56%	38%	39%	37%	23%	34%	41%	21%	17%	48%
			a	a	a	ij	acdefghij	fij	fij	ij		ij	fij			cfgij
NET: Any physical activity in the past week	1746	1040	298	326	624	40	72	614	227	62	66	110	101	128	326	112
	87%	83%	92%	94%	93%	85%	98%	91%	89%	90%	91%	84%	94%	74%	79%	93%
			a	a	a		acdgij	gij	ij	ij	ij	i	agij			gij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

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

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1258	354	212	86	19	298	373	391	137	122	16	260	408	179	727	310	43	1080
	62%	63%	61%	58%	51%	60%	62%	63%	56%	62%	49%	59%	62%	57%	67% acd	58%	53%	63% ac
Running or jogging	392	159	105	33	9	138	167	176	86	42	7	128	182	34	178	156	23	358
	19%	28%	30%	22%	24%	28%	28%	28%	35% acf	21%	20%	29% c	28%	11%	16% a	29% abe	28% ab	21% ab
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	308	91	77	22	9	99	100	105	51	37	6	88	112	36	166	89	16	272
	15%	16%	22% af	15%	24%	20%	17%	17%	21%	19%	19%	20%	17%	12%	15% a	17% a	20%	16% a
Home activity, fitness or exercise class viewed online or on TV, DVD or video	285	98	70	20	7	89	106	103	56	30	7	86	110	27	150	88	19	258
	14%	17%	20%	13%	20%	18%	18%	17%	23% acf	15%	21%	20%	17%	9%	14% a	16% a	24% abe	15% a
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	275	106	76	22	10	98	116	110	67	31	10	98	119	14	140	105	16	261
	14%	19%	22%	15%	27%	20%	19%	18%	27% acf	16%	29%	22%	18%	4%	13% a	20% abe	20% a	15% a
Cycling (either for leisure or travel)	237	75	60	18	1	78	77	89	39	26	2	64	91	29	123	74	11	208
	12%	13%	17% d	12%	4%	16% d	13%	14%	16%	13%	7%	15%	14%	9%	11%	14% a	14%	12%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	201	68	54	18	3	72	72	66	49	24	6	73	72	16	95	70	20	184
	10%	12%	16%	12%	9%	14%	12%	11%	20% acf	12%	17%	17% af	11%	5%	9% a	13% ab	24% abce	11% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

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

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Swimming	183	61	40	18	7	58	68	56	45	18	5	63	61	19	88	67	8	163
	9%	11%	12%	12%	19%	12%	11%	9%	18%	9%	14%	14%	9%	6%	8%	13%	10%	10%
									acf			af						abe
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	133	45	35	7	4	42	49	35	32	23	2	55	37	16	63	46	8	118
	7%	8%	10%	5%	12%	9%	8%	6%	13%	12%	6%	12%	6%	5%	6%	9%	11%	7%
									af	af		af				b		
Team sports (such as football, cricket, rugby etc.)	112	40	25	11	2	36	42	43	20	15	2	36	45	11	46	44	10	100
	6%	7%	7%	7%	4%	7%	7%	7%	8%	8%	5%	8%	7%	4%	4%	8%	12%	6%
																ab	abe	
Golf	72	21	12	11	2	23	23	27	13	8	-	21	27	11	45	13	3	61
	4%	4%	4%	7%	5%	5%	4%	4%	5%	4%	-	5%	4%	4%	4%	2%	3%	4%
Gymnastics, trampolining or cheerleading	69	20	17	9	3	26	22	14	23	9	3	32	17	7	23	30	9	63
	3%	4%	5%	6%	7%	5%	4%	2%	9%	5%	8%	7%	3%	2%	2%	6%	12%	4%
									af		af	af				abe	abce	b
Racket sports (such as tennis, badminton, squash etc.)	59	18	21	8	1	29	19	22	20	7	1	28	23	5	32	16	6	54
	3%	3%	6%	5%	2%	6%	3%	4%	8%	4%	3%	6%	4%	2%	3%	3%	7%	3%
			af			af			af			af					abce	
Combat sports, martial arts or target sports (such as shooting, archery etc.)	53	16	22	6	4	28	19	17	22	7	2	29	19	7	24	17	4	45
	3%	3%	6%	4%	10%	6%	3%	3%	9%	4%	6%	7%	3%	2%	2%	3%	5%	3%
			af		af	af			acf			af						
Water sports (such as surfing, rowing, sailing etc.)	35	13	15	5	-	20	13	9	21	3	-	24	9	3	23	8	1	32
	2%	2%	4%	3%	-	4%	2%	1%	9%	1%	-	5%	1%	1%	2%	2%	1%	2%
			f						acf			acf						

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

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	92	19	5	11	2	16	21	18	4	13	3	18	21	15	56	19	1	76
	5%	3%	2%	7%	5%	3%	3%	3%	2%	7%	8%	4%	3%	5%	5%	4%	1%	4%
				abef						abf	b							
I have not done any physical activity in the past week	270	58	22	12	3	33	61	67	9	18	2	27	68	75	137	51	7	195
	13%	10%	6%	8%	8%	7%	10%	11%	4%	9%	6%	6%	10%	24%	13%	10%	8%	11%
		be					be	be		b			be	bcde				
NET: Home based activity	650	208	154	50	14	203	222	228	118	71	13	188	241	71	334	206	38	579
	32%	37%	44%	34%	38%	41%	37%	36%	48%	36%	40%	43%	37%	23%	31%	38%	47%	34%
			acf						acf			af			a	ab	abe	a
NET: Any physical activity in the past week	1746	507	326	137	34	463	541	559	236	179	31	414	591	238	949	486	74	1508
	87%	90%	94%	92%	92%	93%	90%	89%	96%	91%	94%	94%	90%	76%	87%	90%	92%	89%
			af			af			acf			af			a	a	a	a

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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Walking (either for leisure or travel)	1258 62%	178 51%	884 67% a	193 60% c	236 59%	29 47%	819 65% bce	401 58%	50 61%	1014 63%	244 59%	1091 63%	164 60%
Running or jogging	392 19%	90 26% b	258 20%	57 18% b	43 11%	13 21% b	272 22% bef	101 15%	9 11%	332 21% b	60 15%	342 20%	47 17%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	308 15%	71 20% b	193 15%	48 15%	46 12%	9 15%	201 16% b	94 14%	9 11%	241 15%	67 16%	270 16%	36 13%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	285 14%	65 19% b	189 14%	54 17% b	41 10%	10 16%	181 14% b	93 14%	8 10%	239 15% b	46 11%	243 14%	40 14%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	275 14%	86 25% b	170 13%	48 15% bf	38 9%	11 17% f	173 14% bf	88 13% f	3 4%	233 15% b	41 10%	238 14%	33 12%
Cycling (either for leisure or travel)	237 12%	44 13%	157 12%	35 11% c	32 8%	2 3%	169 13% bce	62 9%	7 8%	184 11%	53 13%	221 13% b	14 5%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	201 10%	48 14% b	132 10%	40 12%	35 9%	13 21% bde	118 9%	77 11%	9 11%	158 10%	43 10%	179 10%	21 8%

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

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Swimming	183 9%	53 15% b	106 8%	29 9%	36 9%	13 21% abde	108 9%	67 10%	8 10%	146 9%	37 9%	167 10%	14 5% b
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	133 7%	31 9%	86 7%	27 8%	24 6%	7 11%	74 6%	53 8%	4 5%	97 6%	36 9% a	113 7%	20 7%
Team sports (such as football, cricket, rugby etc.)	112 6%	33 9% b	65 5%	20 6%	13 3%	5 8% b	72 6% b	33 5%	3 4%	97 6% b	14 3%	105 6% b	6 2%
Golf	72 4%	26 7% b	35 3%	6 2%	13 3%	3 5%	51 4%	19 3%	2 2%	55 3%	16 4%	68 4% b	3 1%
Gymnastics, trampolining or cheerleading	69 3%	29 8% b	32 2%	17 5% bd	8 2%	10 16% abdef	33 3%	30 4% bd	2 2%	56 3%	13 3%	58 3%	10 4%
Racket sports (such as tennis, badminton, squash etc.)	59 3%	27 8% b	26 2%	10 3%	5 1%	4 6% b	36 3%	17 2%	1 1%	48 3%	11 3%	51 3%	7 3%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	53 3%	21 6% b	24 2%	15 5% bd	7 2%	5 8% bd	25 2%	24 4% d	1 2%	45 3%	8 2%	46 3%	7 3%
Water sports (such as surfing, rowing, sailing etc.)	35 2%	21 6% b	11 1%	9 3% d	8 2%	4 6% d	13 1%	21 3% d	1 1%	32 2%	3 1%	31 2%	4 1%

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

BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	92	12	63	15	17	3	59	29	5	68	24	85	6
	5%	4%	5%	5%	4%	4%	5%	4%	6%	4%	6%	5%	2%
													b
I have not done any physical activity in the past week	270	31	158	52	92	2	134	122	23	203	67	223	40
	13%	9%	12%	16%	23%	2%	11%	18%	28%	13%	16%	13%	15%
				cd	acde		c	cd	acde				
NET: Home based activity	650	147	422	114	100	26	412	216	19	520	130	566	81
	32%	42%	32%	35%	25%	41%	33%	31%	24%	32%	31%	33%	30%
		b		bf		bf	b	b					
NET: Any physical activity in the past week	1746	318	1161	269	307	61	1126	563	59	1400	346	1502	233
	87%	91%	88%	84%	77%	98%	89%	82%	72%	87%	84%	87%	85%
				bf		abdef	abef	bf					

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

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

	Total	Number of days active										Life satisfaction score				Covid-19 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	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)	1258	148	120	216	215	171	158	44	187	721	389	265	339	488	158	401	319	391	138
	62%	36%	61%	66%	66%	69%	74%	76%	79%	66%	77%	60%	60%	65%	68%	64%	63%	63%	58%
			a	a	a	abdi	ab	abcdei	a	abcdei									
Running or jogging	392	4	19	66	90	71	68	16	58	246	142	85	106	151	47	122	99	114	55
	19%	1%	10%	20%	28%	29%	32%	27%	25%	22%	28%	19%	19%	20%	20%	19%	19%	18%	23%
			a	ab	abc	abci	abci	ab	ab	ab	abci								
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	308	14	27	46	62	54	41	18	45	189	104	56	84	120	45	78	83	107	36
	15%	3%	14%	14%	19%	22%	19%	31%	19%	17%	21%	13%	15%	16%	19%	12%	16%	17%	15%
			a	a	a	abc	a	abcdi	a	a	abc				a			a	
Home activity, fitness or exercise class viewed online or on TV, DVD or video	285	3	19	50	72	49	48	11	33	189	93	57	83	111	34	72	77	94	41
	14%	1%	10%	15%	22%	20%	23%	19%	14%	17%	18%	13%	15%	15%	14%	11%	15%	15%	17%
			a	a	abch	ab	abch	ab	a	ab	ab								a
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	275	6	13	39	60	64	52	10	31	176	93	52	76	106	39	96	69	70	36
	14%	1%	7%	12%	18%	26%	24%	17%	13%	16%	18%	12%	14%	14%	17%	15%	14%	11%	15%
			a	a	abc	abcdhij	abchi	ab	ab	ab	abc					c			
Cycling (either for leisure or travel)	237	5	12	33	53	43	40	11	40	141	91	47	68	83	37	78	58	70	29
	12%	1%	6%	10%	16%	18%	19%	18%	17%	13%	18%	11%	12%	11%	16%	13%	11%	11%	12%
			a	a	abc	abc	abci	ab	abc	ab	abci				c				
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	201	10	13	37	40	34	33	3	31	124	67	51	60	69	20	53	56	69	22
	10%	2%	7%	11%	12%	14%	15%	5%	13%	11%	13%	12%	11%	9%	8%	8%	11%	11%	9%
			a	a	ab	ab	abg		ab	ab	ab								
Swimming	183	7	10	28	46	36	31	9	15	121	55	33	55	73	21	47	54	62	20
	9%	2%	5%	9%	14%	15%	14%	16%	6%	11%	11%	8%	10%	10%	9%	8%	11%	10%	9%
			a	a	abch	abch	abch	abh	a	abh	ab								
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	133	5	8	15	36	30	19	3	17	89	39	28	38	51	15	34	45	39	15
	7%	1%	4%	4%	11%	12%	9%	6%	7%	8%	8%	6%	7%	7%	6%	5%	9%	6%	6%
			a	a	abc	abcij	ac	a	a	ac	a						a		

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

	Total	Number of days active										Life satisfaction score				Covid-19 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	112	2	7	10	28	19	17	7	21	64	45	19	31	45	17	35	33	30	12
	6%	1%	4%	3%	8%	8%	8%	12%	9%	6%	9%	4%	5%	6%	7%	6%	6%	5%	5%
			a	a	abc	ac	ac	abc	abc	ac	abci								
Golf	72	2	3	12	20	8	10	4	13	44	26	9	23	27	13	24	21	17	8
	4%	*	2%	4%	6%	3%	5%	6%	5%	4%	5%	2%	4%	4%	6%	4%	4%	3%	3%
				a	ab	a	a	a	ab	a	ab				a				
Gymnastics, trampolining or cheerleading	69	1	4	13	19	9	12	4	7	45	24	14	23	24	8	16	12	31	10
	3%	*	2%	4%	6%	4%	6%	8%	3%	4%	5%	3%	4%	3%	3%	3%	2%	5%	4%
			a	a	ab	a	ab	ab	a	a	a							ab	
Racket sports (such as tennis, badminton, squash etc.)	59	1	3	10	11	8	9	3	15	31	26	15	16	19	9	15	14	22	7
	3%	*	2%	3%	3%	3%	4%	5%	6%	3%	5%	3%	3%	3%	4%	2%	3%	4%	3%
				a	a	a	a	a	abi	a	abi								
Combat sports, martial arts or target sports (such as shooting, archery etc.)	53	2	1	6	9	16	8	3	8	32	18	7	16	18	11	14	12	16	10
	3%	1%	*	2%	3%	6%	4%	5%	3%	3%	4%	2%	3%	2%	5%	2%	2%	3%	4%
					a	abcdi	ab	ab	ab	ab	ab				a				
Water sports (such as surfing, rowing, sailing etc.)	35	1	1	5	15	7	4	2	2	27	8	6	9	12	9	7	13	8	7
	2%	*	*	1%	4%	3%	2%	3%	1%	2%	2%	1%	2%	2%	4%	1%	3%	1%	3%
					abchj	a	a	a		a	a				c		a		a
Other sport, exercise or physical activity	92	8	6	15	22	13	10	2	16	55	29	20	22	36	12	43	19	21	7
	5%	2%	3%	5%	7%	5%	5%	4%	7%	5%	6%	5%	4%	5%	5%	7%	4%	3%	3%
				a	a	a	a		a	a	a					bcd			
I have not done any physical activity in the past week	270	233	12	3	10	4	3	-	5	29	8	82	69	84	21	88	66	74	32
	13%	56%	6%	1%	3%	2%	1%	-	2%	3%	1%	19%	12%	11%	9%	14%	13%	12%	13%
		bcdefghij	cefhij									bcd							
NET: Home based activity	650	25	52	116	142	109	94	27	84	419	205	129	184	251	82	165	178	224	77
	32%	6%	27%	36%	43%	44%	44%	46%	36%	38%	40%	29%	33%	33%	35%	26%	35%	36%	32%
			a	ab	abc	abc	abc	ab	a	ab	ab						a	a	
NET: Any physical activity in the past week	1746	180	183	322	317	244	211	58	231	1066	500	359	491	672	214	538	444	546	207
	87%	44%	94%	99%	97%	98%	99%	100%	98%	97%	99%	81%	88%	89%	91%	86%	87%	88%	87%
			a	ab	a	ab	ab	a	ab	ab	ab		a	a	a				

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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016 100%	688 100%	752 100%	552 100%
Walking (either for leisure or travel)	1258 62%	479 70% bc	436 58%	339 61%
Running or jogging	392 19%	208 30% bc	113 15%	69 13%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	308 15%	143 21% bc	91 12%	72 13%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	285 14%	152 22% bc	66 9%	65 12%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	275 14%	145 21% bc	77 10%	51 9%
Cycling (either for leisure or travel)	237 12%	117 17% bc	72 10%	47 8%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	201 10%	99 14% bc	48 6%	53 10% b
Swimming	183 9%	86 13% bc	61 8%	33 6%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	133 7%	64 9% b	33 4%	35 6%

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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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	112	54	34	23
	6%	8%	5%	4%
		bc		
Golf	72	35	27	9
	4%	5%	4%	2%
		c	c	
Gymnastics, trampolining or cheerleading	69	39	14	14
	3%	6%	2%	2%
		bc		
Racket sports (such as tennis, badminton, squash etc.)	59	27	22	10
	3%	4%	3%	2%
		c		
Combat sports, martial arts or target sports (such as shooting, archery etc.)	53	28	16	9
	3%	4%	2%	2%
		bc		
Water sports (such as surfing, rowing, sailing etc.)	35	21	12	3
	2%	3%	2%	*
		c		
Other sport, exercise or physical activity	92	38	39	15
	5%	6%	5%	3%
		c	c	
I have not done any physical activity in the past week	270	20	136	104
	13%	3%	18%	19%
			a	a
NET: Home based activity	650	305	181	159
	32%	44%	24%	29%
		bc		
NET: Any physical activity in the past week	1746	669	616	448
	87%	97%	82%	81%
		bc		

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	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	1234	577	655	374	434	426	72	187	127	128	104	99	178	203	136
Total	1258	620	636	337	406	515	64	178	126	127	101	134	178	210	140
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	843	464	377	180	279	384	34	126	85	83	69	91	95	150	110
	67%	75%	59%	53%	69%	75%	54%	71%	67%	66%	68%	68%	53%	71%	78%
		b			a	a		ag	g	g	ag	g		ag	acdg
To get to/from shops or supermarkets	657	318	337	184	209	265	40	87	65	61	47	77	102	105	74
	52%	51%	53%	55%	51%	51%	63%	49%	51%	48%	46%	57%	57%	50%	53%
							bdeh								
To visit friends or family	296	98	198	138	86	73	19	48	31	33	14	29	51	45	28
	24%	16%	31%	41%	21%	14%	29%	27%	25%	26%	13%	21%	29%	21%	20%
			a	bc	c		e	e	e	e			e		
For personal business, e.g. running errands or visiting the doctor	217	97	119	66	77	74	15	30	21	14	14	16	47	36	24
	17%	16%	19%	20%	19%	14%	23%	17%	16%	11%	14%	12%	27%	17%	17%
							d						bcdefhi		
To get to/from my place of work	190	68	121	85	79	26	9	28	17	16	11	18	36	33	21
	15%	11%	19%	25%	19%	5%	15%	16%	14%	13%	11%	13%	20%	16%	15%
			a	c	c								e		
To get to/from school or place of education (including escorting others)	179	47	132	97	69	14	8	25	22	11	18	16	33	31	16
	14%	8%	21%	29%	17%	3%	12%	14%	17%	8%	18%	12%	19%	15%	12%
			a	bc	c				d		d		d		
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	125	66	59	51	47	27	10	17	10	14	5	13	27	21	7
	10%	11%	9%	15%	11%	5%	16%	9%	8%	11%	5%	10%	15%	10%	5%
				c	c		ei						ei		
For journeys made as part of my work	125	50	74	62	40	23	3	10	18	18	6	15	26	17	11
	10%	8%	12%	18%	10%	4%	5%	6%	14%	14%	6%	11%	15%	8%	8%
			a	bc	c				abe	abe			abeh		
To volunteer or provide support to others	42	25	17	9	13	20	1	8	4	7	1	6	7	7	2
	3%	4%	3%	3%	3%	4%	1%	4%	3%	5%	1%	4%	4%	3%	2%
For another purpose	85	40	45	7	25	53	4	6	8	14	6	19	5	15	9
	7%	6%	7%	2%	6%	10%	6%	3%	6%	11%	6%	14%	3%	7%	6%
					a	ab				bg		bcgi			g

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	1234	577	655	374	434	426	72	187	127	128	104	99	178	203	136
Total	1258	620	636	337	406	515	64	178	126	127	101	134	178	210	140
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	806	382	422	241	270	295	47	101	80	76	58	94	131	136	83
	64%	62%	66%	72%	66%	57%	74%	57%	64%	60%	57%	70%	74%	65%	59%
				c	c		bei					be	bdei		
NET: Leisure, fitness & recreation and travel/utility	490	259	229	122	169	199	25	61	40	48	32	67	67	90	60
	39%	42%	36%	36%	42%	39%	38%	34%	32%	38%	32%	50%	38%	43%	43%
		b										bce		c	

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	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	1234	87	287	287	163	148	262	661	573	1083	21	62	45	4	10	142
Total	1258	92	304	290	150	130	292	686	572	1113	20	60	43	5	10	137
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	843	65	226	189	88	71	204	480	363	760	12	34	23	2	6	77
	67%	70%	75%	65%	58%	54%	70%	70%	63%	68%	60%	58%	53%	39%	60%	56%
		e	cdeh	e			de	deh	e	dg						
To get to/from shops or supermarkets	657	46	146	145	73	76	171	337	320	569	11	30	29	4	8	82
	52%	50%	48%	50%	49%	59%	58%	49%	56%	51%	54%	51%	69%	79%	80%	60%
						bg	bcg		bg				a			
To visit friends or family	296	24	58	69	45	39	61	151	145	253	5	24	8	1	3	41
	24%	26%	19%	24%	30%	30%	21%	22%	25%	23%	26%	40%	20%	17%	31%	30%
					bfg	bfg			b			ad				
For personal business, e.g. running errands or visiting the doctor	217	18	51	52	21	25	50	121	96	189	7	9	8	-	3	26
	17%	19%	17%	18%	14%	19%	17%	18%	17%	17%	33%	16%	18%	-	28%	19%
To get to/from my place of work	190	16	39	65	29	38	2	121	69	159	6	10	13	1	-	30
	15%	18%	13%	22%	19%	29%	1%	18%	12%	14%	31%	17%	30%	17%	-	22%
		f	f	bfh	fh	bdfgh		fh	f				a			a
To get to/from school or place of education (including escorting others)	179	15	37	57	28	19	23	109	70	149	4	9	12	-	2	28
	14%	17%	12%	20%	18%	15%	8%	16%	12%	13%	22%	16%	28%	-	22%	20%
		f		bfh	fh	f		f					a			a
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	125	10	33	37	9	13	22	80	45	108	2	6	5	1	2	15
	10%	11%	11%	13%	6%	10%	8%	12%	8%	10%	9%	10%	11%	17%	21%	11%
				dfh				dh								
For journeys made as part of my work	125	12	31	34	20	24	4	77	47	99	5	9	10	-	1	25
	10%	13%	10%	12%	13%	18%	1%	11%	8%	9%	26%	16%	22%	-	10%	18%
		f	f	f	f	bfgh		f	f				a			a
To volunteer or provide support to others	42	5	5	10	7	2	14	19	23	37	1	1	3	-	1	6
	3%	5%	2%	3%	5%	1%	5%	3%	4%	3%	5%	1%	7%	-	10%	4%
							b									
For another purpose	85	5	15	21	10	4	31	40	45	84	-	1	-	-	-	1
	7%	5%	5%	7%	7%	3%	11%	6%	8%	8%	-	1%	-	-	-	1%
							beg			g						

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

BASE: All respondents who walked in the past week

	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	1234	87	287	287	163	148	262	661	573	1083	21	62	45	4	10	142
Total	1258	92	304	290	150	130	292	686	572	1113	20	60	43	5	10	137
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	806	62	181	190	93	97	183	433	374	698	15	41	34	4	9	103
	64%	67%	60%	66%	62%	75%	63%	63%	65%	63%	78%	68%	80%	79%	90%	75%
						bcdfgh							a			a
NET: Leisure, fitness & recreation and travel/utility	490	38	123	116	48	46	119	277	213	432	7	21	19	1	6	54
	39%	41%	40%	40%	32%	35%	41%	40%	37%	39%	38%	35%	45%	17%	60%	40%

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

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	1234	769	209	209	418	34	37	419	168	38	50	93	65	107	223	71
Total	1258	801	207	208	415	34	33	407	165	38	51	85	56	97	292	67
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	843	566	130	123	253	21	26	280	106	31	33	54	22	48	222	47
	67%	71%	63%	59%	61%	64%	78%	69%	64%	80%	65%	63%	39%	50%	76%	71%
		bcd				h	hi	hi	hi	hi	h	h			cdghi	hi
To get to/from shops or supermarkets	657	423	114	102	216	16	19	204	87	15	26	55	31	54	150	35
	52%	53%	55%	49%	52%	48%	57%	50%	53%	38%	50%	64%	56%	56%	51%	53%
												cej				
To visit friends or family	296	146	69	69	139	9	11	91	43	10	8	29	26	23	46	19
	24%	18%	34%	33%	33%	27%	32%	22%	26%	25%	16%	34%	47%	23%	16%	29%
			a	a	a		j	j	j			cfj	cdefijk			j
For personal business, e.g. running errands or visiting the doctor	217	131	42	40	82	6	4	71	34	10	14	12	8	18	42	9
	17%	16%	20%	19%	20%	17%	11%	17%	20%	25%	27%	14%	14%	19%	14%	14%
											j					
To get to/from my place of work	190	99	48	37	84	4	12	103	43	10	4	2	9	-	3	16
	15%	12%	23%	18%	20%	11%	36%	25%	26%	26%	7%	2%	16%	-	1%	24%
			a	a	a	gij	afghij	fgij	fgij	fgij	ij		gij			fgij
To get to/from school or place of education (including escorting others)	179	38	51	79	130	3	7	55	33	4	9	16	32	14	5	10
	14%	5%	25%	38%	31%	10%	21%	14%	20%	12%	18%	18%	58%	14%	2%	16%
			a	ab	a	j	j	j	j	j	j	j	abcdefgijk	j		j
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	125	60	33	23	56	2	8	55	15	4	4	6	3	8	19	10
	10%	7%	16%	11%	13%	7%	24%	14%	9%	10%	7%	7%	6%	8%	7%	15%
			a		a		dfghij	j								j

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	1234	769	209	209	418	34	37	419	168	38	50	93	65	107	223	71
Total	1258	801	207	208	415	34	33	407	165	38	51	85	56	97	292	67
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For journeys made as part of my work	125	60	36	20	56	1	6	66	35	7	-	3	4	-	1	7
	10%	7%	17%	10%	14%	2%	18%	16%	21%	20%	-	4%	8%	-	*	10%
			ac		a		afgij	afgij	afghijk	afgij		ij	fij			fij
To volunteer or provide support to others	42	26	6	9	14	-	3	15	6	1	-	4	1	2	11	3
	3%	3%	3%	4%	3%	-	10%	4%	4%	2%	-	4%	2%	2%	4%	5%
							fi									
For another purpose	85	70	4	10	14	2	2	16	8	2	5	4	1	14	30	4
	7%	9%	2%	5%	3%	6%	5%	4%	5%	6%	9%	5%	2%	15%	10%	5%
		bd												cdghk	cdh	
NET: Travel/utility	806	506	143	131	274	20	23	273	118	25	31	58	38	60	162	43
	64%	63%	69%	63%	66%	59%	70%	67%	71%	64%	60%	68%	68%	62%	55%	64%
								j	j			j				
NET: Leisure, fitness & recreation and travel/utility	490	325	76	75	150	10	19	166	67	20	18	36	15	26	112	29
	39%	41%	37%	36%	36%	30%	56%	41%	40%	52%	36%	43%	27%	27%	39%	43%
							ahij	hi	i	hi		hi			i	i

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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	1234	367	214	85	20	299	387	403	142	120	18	262	421	174	691	322	47	1060
Total	1258	354	212	86	19	298	373	391	137	122	16	260	408	179	727	310	43	1080
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	843	236	150	65	12	214	248	275	89	90	7	180	283	114	513	194	22	728
	67%	67%	70%	75%	62%	72%	67%	70%	65%	74%	46%	69%	69%	64%	71% cd	62%	50%	67% d
To get to/from shops or supermarkets	657	180	108	35	12	143	192	200	68	60	8	128	209	114	361	156	27	544
	52%	51%	51%	41%	62%	48%	52%	51%	49%	49%	51%	49%	51%	64% bce	50%	50%	62%	50%
To visit friends or family	296	91	45	16	4	61	95	82	46	23	6	70	89	37	144	97	18	260
	24%	26%	21%	18%	23%	20%	26%	21%	34% acf	19%	39%	27%	22%	21%	20%	31% abe	43% abe	24% b
For personal business, e.g. running errands or visiting the doctor	217	74	34	16	2	51	76	71	28	21	6	49	77	39	114	54	10	178
	17%	21%	16%	19%	13%	17%	20%	18%	20%	17%	35%	19%	19%	22%	16%	17%	24%	16%
To get to/from my place of work	190	113	33	14	7	47	121	101	35	27	5	61	106	21	103	51	14	168
	15%	32% bce	16%	16%	38%	16%	32% bce	26%	25%	22%	28%	24%	26%	12%	14%	17%	33% abce	16%
To get to/from school or place of education (including escorting others)	179	58	33	10	2	44	59	51	32	17	4	49	55	4	68	89	17	175
	14%	16%	16%	12%	10%	15%	16%	13%	24% acf	14%	23%	19% a	13%	2%	9% a	29% abe	41% abe	16% ab
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	125	36	36	7	4	43	40	41	25	15	3	40	44	10	74	33	8	114
	10%	10%	17% af	8%	21%	14%	11%	11%	18% af	12%	16%	15%	11%	6%	10%	11%	18% a	11%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	1234	367	214	85	20	299	387	403	142	120	18	262	421	174	691	322	47	1060
Total	1258	354	212	86	19	298	373	391	137	122	16	260	408	179	727	310	43	1080
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For journeys made as part of my work	125	78	18	12	4	29	82	64	24	20	4	44	69	13	62	41	9	112
	10%	22%	8%	14%	21%	10%	22%	16%	18%	16%	27%	17%	17%	7%	9%	13%	21%	10%
		be					be									ab	abe	
To volunteer or provide support to others	42	14	6	4	-	10	14	12	8	5	-	13	12	10	21	8	4	33
	3%	4%	3%	5%	-	3%	4%	3%	6%	4%	-	5%	3%	5%	3%	2%	9%	3%
																	bce	
For another purpose	85	19	11	2	-	13	19	16	8	8	-	16	16	14	59	10	2	71
	7%	5%	5%	2%	-	4%	5%	4%	6%	7%	-	6%	4%	8%	8%	3%	5%	7%
														c	c			c
NET: Travel/utility	806	253	135	48	15	184	268	261	96	81	13	178	273	131	443	196	36	675
	64%	72%	64%	57%	79%	62%	72%	67%	70%	66%	78%	68%	67%	74%	61%	63%	84%	63%
		bce					bce							bce			bce	
NET: Leisure, fitness & recreation and travel/utility	490	153	89	30	9	119	161	164	58	56	5	114	168	77	276	120	18	413
	39%	43%	42%	35%	45%	40%	43%	42%	42%	46%	28%	44%	41%	43%	38%	39%	42%	38%

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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	f	a	b	a	b
Unweighted Total	1234	181	860	210	231	27	788	404	56	1004	230	1061	170
Total	1258	178	884	193	236	29	819	401	50	1014	244	1091	164
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	843	106	610	112	151	20	575	246	33	669	173	740	101
	67%	60%	69% a	58%	64%	69%	70% ae	61%	67%	66%	71%	68%	61%
To get to/from shops or supermarkets	657	92	442	102	122	16	427	209	28	558	99	555	100
	52%	52%	50%	53%	52%	55%	52%	52%	57%	55% b	41%	51%	61% a
To visit friends or family	296	60	193	67	58	8	167	115	15	255	41	261	33
	24%	34% b	22%	35% bd	25%	26%	20%	29% d	30%	25% b	17%	24%	20%
For personal business, e.g. running errands or visiting the doctor	217	34	140	44	47	4	124	83	12	176	41	183	33
	17%	19%	16%	23% d	20%	12%	15%	21% d	24%	17%	17%	17%	20%
To get to/from my place of work	190	30	135	34	22	7	128	53	8	162	27	161	28
	15%	17%	15%	17% b	9%	23%	16% b	13%	16%	16%	11%	15%	17%
To get to/from school or place of education (including escorting others)	179	32	138	37	25	3	107	57	7	147	32	156	23
	14%	18%	16%	19% bd	10%	12%	13%	14%	14%	14%	13%	14%	14%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	125	33	81	25	28	3	76	46	9	104	21	115	8
	10%	18% b	9%	13%	12%	12%	9%	11%	18% d	10%	9%	11% b	5%

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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	f	a	b	a	b
Unweighted Total	1234	181	860	210	231	27	788	404	56	1004	230	1061	170
Total	1258	178	884	193	236	29	819	401	50	1014	244	1091	164
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For journeys made as part of my work	125	26	84	26	15	4	79	39	5	104	20	105	17
	10%	15%	10%	14%	6%	12%	10%	10%	9%	10%	8%	10%	11%
		b		b									
To volunteer or provide support to others	42	13	18	7	14	2	18	20	1	39	3	36	6
	3%	8%	2%	3%	6%	5%	2%	5%	2%	4%	1%	3%	4%
		b			d			d					
For another purpose	85	6	64	9	30	4	42	40	-	60	25	77	8
	7%	4%	7%	5%	13%	13%	5%	10%	-	6%	10%	7%	5%
					adf			adf			a		
NET: Travel/utility	806	118	543	133	147	20	519	261	34	677	130	681	123
	64%	66%	62%	69%	62%	68%	63%	65%	68%	67%	53%	62%	75%
										b			a
NET: Leisure, fitness & recreation and travel/utility	490	64	341	75	89	14	323	154	21	408	82	417	71
	39%	36%	39%	39%	38%	46%	39%	38%	42%	40%	34%	38%	43%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Number of days active 0	1	2	3	4	5	6	7	NET 1-4 days	NET 5 + days	Life satisfaction score 0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Covid-19 related worries 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	1234	136	118	207	217	171	161	43	181	713	385	279	335	465	145	390	311	383	140
Total	1258	148	120	216	215	171	158	44	187	721	389	265	339	488	158	401	319	391	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	843	58	67	144	138	131	116	36	153	480	305	163	218	354	105	274	214	262	89
	67%	39%	56%	67%	64%	77%	73%	81%	82%	67%	78%	62%	64%	73%	66%	68%	67%	67%	64%
			a	a	a	abcdi	ab	abdi	abcdi	ab	abcdi			ab					
To get to/from shops or supermarkets	657	81	53	105	115	92	90	20	102	365	211	141	185	251	76	202	170	217	63
	52%	55%	45%	48%	54%	54%	57%	45%	54%	51%	54%	53%	55%	51%	48%	51%	53%	55%	46%
							b												d
To visit friends or family	296	26	19	46	57	40	50	6	51	163	107	69	79	99	45	81	76	93	40
	24%	18%	16%	22%	26%	24%	32%	14%	27%	23%	27%	26%	23%	20%	28%	20%	24%	24%	29%
					b		abcgi		ab		abg				c				a
For personal business, e.g. running errands or visiting the doctor	217	27	13	29	37	39	30	7	35	118	73	54	63	78	20	64	47	82	21
	17%	18%	11%	13%	17%	23%	19%	17%	19%	16%	19%	20%	19%	16%	12%	16%	15%	21%	15%
						bci					b	d						b	
To get to/from my place of work	190	21	5	24	36	29	40	6	29	94	74	48	59	66	15	57	63	53	15
	15%	14%	4%	11%	17%	17%	25%	13%	16%	13%	19%	18%	17%	13%	10%	14%	20%	14%	11%
		b		b	b	b	abcdhi		b	b	bci	d	d				cd		
To get to/from school or place of education (including escorting others)	179	16	14	25	38	26	30	5	26	102	61	49	51	60	17	58	50	56	14
	14%	11%	11%	12%	18%	15%	19%	10%	14%	14%	16%	19%	15%	12%	11%	14%	16%	14%	10%
							c					cd							
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	125	10	11	16	26	18	18	2	23	71	43	31	29	48	15	47	36	28	11
	10%	7%	10%	7%	12%	10%	11%	5%	12%	10%	11%	12%	9%	10%	9%	12%	11%	7%	8%
																c			
For journeys made as part of my work	125	12	6	9	21	27	25	5	20	63	50	39	41	27	15	41	35	30	16
	10%	8%	5%	4%	10%	16%	16%	10%	11%	9%	13%	15%	12%	6%	9%	10%	11%	8%	12%
					c	abci	abci		c	c	bci	c	c						
To volunteer or provide support to others	42	1	3	5	12	4	7	2	9	23	18	13	8	17	4	16	6	15	5
	3%	1%	2%	2%	6%	2%	4%	4%	5%	3%	5%	5%	3%	4%	2%	4%	2%	4%	4%
					a				a										

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

BASE: All respondents who walked in the past week

	Total	Number of days active								NET 1-4 days	NET 5 + days	Life satisfaction score				Covid-19 related worries			
		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	1234	136	118	207	217	171	161	43	181	713	385	279	335	465	145	390	311	383	140
Total	1258	148	120	216	215	171	158	44	187	721	389	265	339	488	158	401	319	391	138
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For another purpose	85	18	6	8	11	8	15	5	13	33	34	17	25	29	13	20	24	33	8
	7%	12%	5%	4%	5%	5%	10%	12%	7%	5%	9%	6%	7%	6%	8%	5%	8%	9%	6%
		cdei					ci	ci			ci							a	
NET: Travel/utility	806	98	66	127	138	117	117	24	119	449	260	177	232	298	95	252	209	255	82
	64%	66%	56%	59%	64%	69%	74%	54%	64%	62%	67%	67%	69%	61%	60%	63%	66%	65%	59%
						b	bcdghi				b		c						
NET: Leisure, fitness & recreation and travel/utility	490	32	30	73	80	86	79	17	93	269	189	95	140	198	54	149	132	160	46
	39%	22%	25%	34%	37%	51%	50%	38%	50%	37%	49%	36%	41%	41%	34%	37%	41%	41%	33%
				a	ab	abcdi	abcdi	a	abcdi	ab	abcdi								

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

BASE: All respondents who walked in the past week

		Amount of activity now compared to last year		
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	1234	484	413	332
Total	1258	479	436	339
	100%	100%	100%	100%
For leisure, fitness, or recreation	843	349	292	199
	67%	73%	67%	59%
		bc	c	
To get to/from shops or supermarkets	657	255	211	187
	52%	53%	48%	55%
To visit friends or family	296	144	78	72
	24%	30%	18%	21%
		bc		
For personal business, e.g. running errands or visiting the doctor	217	86	68	62
	17%	18%	16%	18%
To get to/from my place of work	190	88	51	51
	15%	18%	12%	15%
		b		
To get to/from school or place of education (including escorting others)	179	78	45	54
	14%	16%	10%	16%
		b		b
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	125	55	36	33
	10%	11%	8%	10%
For journeys made as part of my work	125	62	29	33
	10%	13%	7%	10%
		b		
To volunteer or provide support to others	42	23	10	9
	3%	5%	2%	3%
For another purpose	85	29	33	22
	7%	6%	8%	7%
NET: Travel/utility	806	318	260	224
	64%	66%	60%	66%
		b		

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

		Amount of activity now compared to last year		
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	1234	484	413	332
Total	1258	479	436	339
	100%	100%	100%	100%
NET: Leisure, fitness & recreation and travel/utility	490	221	152	113
	39%	46%	35%	33%
		bc		

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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	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	245	155	90	88	98	59	15	33	20	28	23	24	35	40	27
Total	237	151	86	79	90	68	12	30	19	27	21	31	35	38	24
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	166	104	62	48	70	48	6	22	15	19	17	25	19	28	16
	70%	69%	72%	60%	77% a	71%	46%	72%	79%	72%	81%	80%	54%	72%	65%
To get to/from shops or supermarkets	59	44	15	17	25	17	2	7	5	9	5	7	9	12	3
	25%	29%	18%	22%	28%	25%	18%	23%	26%	36%	23%	23%	27%	31%	11%
To get to/from my place of work	52	35	17	21	22	9	2	7	3	7	3	10	5	10	5
	22%	23%	20%	27%	24%	14%	20%	23%	17%	28%	13%	31%	16%	25%	21%
To visit friends or family	45	24	22	27	13	5	2	3	4	6	3	7	12	5	2
	19%	16%	25%	35% bc	14%	8%	19%	11%	23%	22%	14%	23%	34% bh	14%	10%
For personal business, e.g. running errands or visiting the doctor	21	15	5	9	6	6	-	1	3	6	-	5	2	2	3
	9%	10%	6%	11%	7%	8%	-	3%	14%	21%	-	16%	4%	5%	11%
For journeys made as part of my work	20	14	6	12	8	1	2	2	2	4	1	4	1	3	2
	9%	9%	7%	15% c	8%	1%	20%	6%	9%	15%	4%	12%	3%	8%	7%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	18	13	5	11	5	2	-	3	1	2	1	3	3	2	3
	8%	9%	6%	14% bc	5%	2%	-	11%	4%	9%	4%	8%	8%	5%	14%
To get to/from school or place of education (including escorting others)	15	9	6	9	5	1	1	2	1	2	-	-	4	1	4
	6%	6%	6%	11% c	6%	1%	12%	6%	5%	9%	-	-	11%	2%	15%
To volunteer or provide support to others	13	8	6	8	4	2	1	2	-	4	-	1	4	-	2
	6%	5%	6%	10%	4%	2%	7%	6%	-	15%	-	4%	10% h	-	9%
For another purpose	7	5	2	2	-	5	1	1	-	-	1	1	-	-	3
	3%	3%	2%	2%	-	8% b	12%	3%	-	-	4%	4%	-	-	11%

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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	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	245	155	90	88	98	59	15	33	20	28	23	24	35	40	27
Total	237	151	86	79	90	68	12	30	19	27	21	31	35	38	24
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	107	72	35	38	41	27	6	11	9	15	8	17	16	18	7
	45%	48%	40%	48%	46%	39%	51%	37%	48%	58%	36%	52%	45%	48%	29%
NET: Leisure, fitness & recreation and travel/utility	53	35	17	17	23	13	2	5	6	8	4	10	5	9	3
	22%	23%	20%	21%	25%	19%	14%	17%	31%	29%	18%	33%	16%	24%	14%

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	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	245	22	72	41	44	30	36	135	110	209	5	18	8	1	1	33
Total	237	21	73	41	38	26	37	135	102	201	5	19	8	1	1	34
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	166	12	60	31	23	17	23	102	63	142	4	10	6	1	1	22
	70%	54%	82% dfh	76%	61%	65%	62%	76% h	62%	71%	72%	55%	78%	100%	100%	65%
To get to/from shops or supermarkets	59	6	19	7	6	10	12	32	27	46	2	6	4	1	1	13
	25%	27%	26%	18%	16%	36% d	31%	24%	27%	23%	35%	30%	49%	100%	100%	39%
To get to/from my place of work	52	8	10	13	13	7	1	32	21	41	3	5	3	-	-	11
	22%	40%	14%	32% bf	33% bf	28% f	2%	23% f	20% f	21%	63%	25%	38%	-	-	33%
To visit friends or family	45	6	13	4	10	7	5	23	22	35	1	5	1	1	1	9
	19%	29%	17%	11%	26%	26%	14%	17%	22%	17%	28%	25%	14%	100%	100%	27%
For personal business, e.g. running errands or visiting the doctor	21	4	7	1	5	2	1	12	8	16	-	2	1	-	1	4
	9%	20%	10%	3%	13%	7%	4%	9%	8%	8%	-	13%	14%	-	100%	13%
For journeys made as part of my work	20	3	8	3	5	2	-	14	7	14	-	4	2	-	-	6
	9%	16%	10% f	7%	13% f	6%	-	10% f	7%	7%	-	21%	27%	-	-	18% a
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	18	1	3	1	6	6	1	6	12	13	-	2	3	-	-	5
	8%	5%	5%	3%	15% fg	22% bcfg	2%	4%	12% g	7%	-	10%	37%	-	-	14%
To get to/from school or place of education (including escorting others)	15	4	4	3	2	2	1	10	5	12	-	1	-	-	1	2
	6%	17%	5%	6%	6%	7%	2%	7%	5%	6%	-	5%	-	-	100%	6%
To volunteer or provide support to others	13	1	9	2	2	-	-	11	2	11	-	3	-	-	-	3
	6%	5%	12% fh	4%	6%	-	-	8%	2% h	5%	-	15%	-	-	-	9%
For another purpose	7	-	2	-	-	-	5	2	5	7	-	-	-	-	-	-
	3%	-	3%	-	-	-	12% cdg	2%	5%	3%	-	-	-	-	-	-

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	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	245	22	72	41	44	30	36	135	110	209	5	18	8	1	1	33
Total	237	21	73	41	38	26	37	135	102	201	5	19	8	1	1	34
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	107	12	31	17	19	16	12	60	47	84	4	11	5	1	1	22
	45%	58%	42%	41%	48%	61%	33%	44%	46%	42%	83%	60%	63%	100%	100%	66%
						f										a
NET: Leisure, fitness & recreation and travel/utility	53	6	20	8	7	8	3	35	18	40	3	5	3	1	1	13
	22%	29%	27%	21%	17%	32%	8%	26%	18%	20%	55%	25%	40%	100%	100%	37%
			f			f		f								a

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	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	245	131	44	56	100	6	14	113	26	7	10	18	14	13	24	20
Total	237	126	45	54	98	5	12	106	25	7	8	17	12	11	32	18
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	166	89	34	35	69	5	9	73	21	4	4	13	7	9	21	13
	70%	71%	76%	66%	70%	87%	72%	69%	82%	59%	52%	75%	61%	75%	66%	76%
To get to/from shops or supermarkets	59	30	11	16	26	2	3	25	2	5	2	6	1	2	10	5
	25%	24%	25%	29%	27%	37%	27%	23%	10%	71%	28%	35%	12%	15%	33%	30%
To get to/from my place of work	52	19	16	14	30	2	6	33	7	-	1	1	3	1	-	7
	22%	15%	35%	27%	30%	30%	48%	31%	26%	-	10%	5%	25%	11%	-	43%
			a		a											
To visit friends or family	45	16	13	11	24	1	5	18	5	2	3	3	5	1	3	6
	19%	12%	29%	21%	25%	17%	42%	17%	19%	28%	39%	15%	39%	7%	9%	35%
			a		a											
For personal business, e.g. running errands or visiting the doctor	21	9	7	5	12	-	3	8	2	1	1	1	1	-	3	3
	9%	7%	15%	9%	12%	-	28%	8%	7%	14%	10%	6%	11%	-	9%	20%
For journeys made as part of my work	20	8	8	3	11	1	1	14	2	1	1	-	1	-	-	2
	9%	7%	18%	6%	11%	17%	6%	13%	9%	12%	10%	-	7%	-	-	10%
			a													
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	18	10	5	2	7	-	2	11	2	-	2	-	-	1	-	2
	8%	8%	10%	5%	7%	-	13%	11%	10%	-	19%	-	-	8%	-	9%
To get to/from school or place of education (including escorting others)	15	6	5	5	9	-	3	6	-	2	-	-	2	1	1	3
	6%	5%	11%	9%	9%	-	22%	6%	-	28%	-	-	19%	7%	3%	15%

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

BASE: All respondents who cycled in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	245	131	44	56	100	6	14	113	26	7	10	18	14	13	24	20
Total	237	126	45	54	98	5	12	106	25	7	8	17	12	11	32	18
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To volunteer or provide support to others	13	8	5	-	5	-	3	8	-	-	1	-	1	-	2	3
	6%	7%	12% c	-	5%	-	22%	7%	-	-	10%	-	7%	-	5%	15%
For another purpose	7	5	-	1	1	-	-	-	-	-	-	1	1	1	4	-
	3%	4%	-	2%	1%	-	-	-	-	-	-	7%	7%	7%	13%	-
NET: Travel/utility	107	52	22	28	50	3	9	49	12	6	3	7	4	3	12	11
	45%	41%	50%	52%	51%	49%	71%	46%	48%	83%	38%	40%	30%	25%	38%	64%
NET: Leisure, fitness & recreation and travel/utility	53	23	16	12	27	2	6	22	8	3	1	3	2	1	6	8
	22%	19%	35% a	22%	28%	37%	49%	20%	30%	42%	9%	15%	18%	8%	20%	45%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	245	80	64	19	2	83	82	94	42	27	3	69	97	32	123	78	12	213
Total	237	75	60	18	1	78	77	89	39	26	2	64	91	29	123	74	11	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	166	51	46	11	-	57	51	68	25	16	1	41	68	17	92	47	10	149
	70%	68%	77%	61%	-	73%	66%	76%	64%	63%	34%	63%	75%	58%	75%	64%	86%	72%
To get to/from shops or supermarkets	59	17	16	3	1	19	18	22	14	1	1	15	23	10	28	18	3	49
	25%	22%	27%	15%	51%	25%	23%	25%	37%	4%	32%	23%	25%	36%	23%	24%	31%	24%
To get to/from my place of work	52	28	12	4	-	17	28	26	13	5	-	18	26	4	28	19	1	48
	22%	38% be	20%	24%	-	21%	37% be	29%	34%	18%	-	28%	29%	15%	23%	26%	7%	23%
To visit friends or family	45	13	12	8	-	21	13	14	10	8	1	18	15	2	22	19	2	43
	19%	17%	21%	45%	-	27%	16%	16%	26%	30%	34%	28%	16%	8%	18%	26% a	14%	21%
For personal business, e.g. running errands or visiting the doctor	21	6	7	2	-	9	6	9	5	2	-	7	9	2	10	8	1	18
	9%	8%	12%	10%	-	12%	8%	10%	12%	8%	-	10%	10%	8%	8%	10%	7%	9%
For journeys made as part of my work	20	10	8	-	-	8	10	9	7	3	-	10	9	-	11	8	1	20
	9%	13%	14%	-	-	11%	13%	10%	17%	12%	-	15%	10%	-	9%	11%	7%	10%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	18	8	7	1	1	8	9	6	6	6	-	11	6	2	9	6	1	16
	8%	11%	12%	4%	49%	10%	12%	6%	15%	22%	-	17% af	6%	5%	8%	8%	7%	8%
To get to/from school or place of education (including escorting others)	15	4	4	3	-	7	4	3	5	3	-	8	3	3	4	7	1	12
	6%	6%	7%	15%	-	8%	6%	3%	14% af	11%	-	13% af	3%	12% b	3%	10% b	7%	6%

Prepared by Savanta: ComRes

Savanta:
ComRes

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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	245	80	64	19	2	83	82	94	42	27	3	69	97	32	123	78	12	213
Total	237	75	60	18	1	78	77	89	39	26	2	64	91	29	123	74	11	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To volunteer or provide support to others	13	6	5	-	-	5	6	3	5	3	-	8	3	2	7	4	1	12
	6%	8%	8%	-	-	6%	8%	3%	13%	11%	-	12%	3%	6%	5%	6%	7%	6%
									af			af						
For another purpose	7	-	-	-	-	-	-	-	-	-	-	-	-	1	5	1	-	6
	3%	-	-	-	-	-	-	-	-	-	-	-	-	3%	4%	1%	-	3%
NET: Travel/utility	107	41	28	7	1	35	41	42	23	11	1	34	42	13	55	36	3	94
	45%	54%	47%	40%	51%	45%	54%	47%	61%	42%	32%	53%	47%	44%	45%	48%	31%	45%
NET: Leisure, fitness & recreation and travel/utility	53	19	16	3	-	19	19	23	11	4	-	16	23	4	32	14	3	49
	22%	25%	27%	18%	-	25%	24%	26%	29%	17%	-	24%	25%	14%	26%	19%	24%	23%

Savanta: ComRes

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	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	245	48	158	39	34	2	171	66	8	192	53	227	16
Total	237	44	157	35	32	2	169	62	7	184	53	221	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	166	25	120	22	22	2	122	39	7	128	37	157	8
	70%	57%	76% a	64%	68%	100%	72%	63%	100%	70%	71%	71%	58%
To get to/from shops or supermarkets	59	16	33	10	13	-	37	21	2	50	10	56	3
	25%	36% b	21%	30%	39% d	-	22%	34%	24%	27%	18%	25%	24%
To get to/from my place of work	52	17	28	12	5	-	35	16	1	46	7	48	5
	22%	39% b	18%	34%	14%	-	21%	25%	12%	25%	13%	22%	31%
To visit friends or family	45	15	28	11	8	-	24	18	2	41	5	44	1
	19%	34% b	18%	31% d	26%	-	15%	29% d	24%	22% b	9%	20%	6%
For personal business, e.g. running errands or visiting the doctor	21	6	11	3	3	1	14	6	1	19	2	19	2
	9%	14%	7%	9%	8%	58%	8%	10%	12%	10%	3%	9%	11%
For journeys made as part of my work	20	12	7	5	4	-	11	9	1	16	4	20	-
	9%	27% b	5%	15%	13%	-	6%	14%	12%	9%	7%	9%	-
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	18	8	6	5	2	-	11	6	1	16	2	16	1
	8%	18% b	4%	14%	6%	-	7%	9%	12%	9%	3%	7%	6%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	245	48	158	39	34	2	171	66	8	192	53	227	16
Total	237	44	157	35	32	2	169	62	7	184	53	221	14
	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)	15	5	6	4	2	1	8	7	1	12	3	14	1
	6%	12%	4%	13%	8%	58%	5%	12%	12%	6%	6%	6%	7%
		b											
To volunteer or provide support to others	13	5	5	4	2	1	6	6	1	13	-	11	2
	6%	12%	4%	12%	5%	58%	4%	10%	12%	7%	-	5%	11%
		b		d						b			
For another purpose	7	-	6	1	2	-	4	3	-	6	1	6	1
	3%	-	4%	2%	8%	-	2%	5%	-	3%	3%	3%	6%
NET: Travel/utility	107	29	60	20	15	1	71	34	2	89	18	98	8
	45%	65%	38%	56%	46%	58%	42%	55%	24%	48%	34%	44%	53%
		b											
NET: Leisure, fitness & recreation and travel/utility	53	12	35	10	8	1	34	18	2	46	7	48	4
	22%	29%	22%	28%	26%	58%	20%	28%	24%	25%	13%	22%	29%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	245	5	12	31	54	47	44	11	41	144	96	53	70	84	37	83	61	70	30
Total	237	5	12	33	53	43	40	11	40	141	91	47	68	83	37	78	58	70	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	166	-	6	20	40	25	33	8	34	91	74	29	44	65	26	58	38	54	16
	70%	-	50%	62%	76% e	57%	83% cei	72%	85% cei	65%	82% cei	62%	65%	78%	69% a	74% d	65%	77% d	53%
To get to/from shops or supermarkets	59	2	6	10	18	12	6	2	4	46	12	14	17	19	9	18	14	19	8
	25%	39%	45%	32% hj	33% fhj	28% hj	15%	16%	10%	32% fhj	13%	30%	25%	23%	24%	23%	23%	27%	28%
To get to/from my place of work	52	3	1	5	13	13	6	3	9	32	18	9	17	17	9	13	15	20	4
	22%	59%	6%	15%	24%	31%	14%	28%	23%	22%	20%	19%	25%	20%	25%	16%	26%	29%	15%
To visit friends or family	45	1	4	5	9	13	5	2	7	31	14	9	14	15	8	10	15	14	6
	19%	16%	32%	15%	17%	30% fj	12%	15%	18%	22%	15%	18%	20%	18%	21%	13%	25%	20%	21%
For personal business, e.g. running errands or visiting the doctor	21	1	-	3	6	2	3	-	6	11	9	4	3	8	6	3	3	10	5
	9%	16%	-	8%	11%	5%	7%	-	15%	8%	10%	8%	5%	9%	15% a	4%	5%	14% a	15% a
For journeys made as part of my work	20	-	-	1	4	5	4	3	4	10	11	5	6	3	6	5	4	7	4
	9%	-	-	3%	7%	12%	10%	28%	9%	7%	12%	12%	9%	3%	15% c	6%	8%	11%	12%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	18	-	1	-	5	7	3	1	2	13	5	4	5	4	4	4	4	8	3
	8%	-	6%	-	10%	16% cj	7%	7%	4%	9%	5%	9%	7%	5%	11%	5%	6%	11%	9%
To get to/from school or place of education (including escorting others)	15	1	2	-	3	4	2	-	4	9	5	5	2	3	5	3	3	2	6
	6%	19%	14%	-	6%	9%	5%	-	9%	6%	6%	11%	3%	3%	14% bc	4%	5%	2%	22% abc
To volunteer or provide support to others	13	-	-	-	3	6	-	1	4	9	5	3	3	4	4	1	3	4	5
	6%	-	-	-	6% cf	13% cf	-	8%	10% f	6%	5%	6%	4%	5%	10%	1%	5%	6%	18% ab
For another purpose	7	1	1	1	1	2	-	-	-	6	-	1	4	1	1	-	1	2	4
	3%	23% j	7%	4%	3%	5% j	-	-	-	4% j	-	2%	5%	1%	4%	-	1%	3%	13% ab

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

	Total	Number of days active										Life satisfaction score				Covid-19 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	245	5	12	31	54	47	44	11	41	144	96	53	70	84	37	83	61	70	30
Total	237	5	12	33	53	43	40	11	40	141	91	47	68	83	37	78	58	70	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	107	4	6	15	27	25	13	3	13	74	29	22	32	33	19	29	30	34	13
	45%	81%	50%	47%	52%	57%	32%	28%	33%	52%	32%	46%	48%	40%	52%	37%	52%	49%	44%
					j	fhj				fhj									
NET: Leisure, fitness & recreation and travel/utility	53	-	2	5	17	10	8	1	8	35	18	9	16	18	10	14	15	21	3
	22%	-	20%	16%	33%	23%	20%	8%	21%	25%	19%	18%	24%	22%	27%	18%	25%	30%	12%

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

		Amount of activity now compared to last year		
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	245	125	74	45
Total	237	117	72	47
	100%	100%	100%	100%
For leisure, fitness, or recreation	166	85	50	30
	70%	72%	70%	65%
To get to/from shops or supermarkets	59	31	15	14
	25%	26%	21%	30%
To get to/from my place of work	52	32	15	6
	22%	27%	20%	12%
		c		
To visit friends or family	45	27	10	8
	19%	23%	14%	17%
For personal business, e.g. running errands or visiting the doctor	21	15	3	3
	9%	12%	4%	6%
For journeys made as part of my work	20	16	2	3
	9%	13%	2%	6%
		b		
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	18	9	7	3
	8%	7%	9%	6%
To get to/from school or place of education (including escorting others)	15	10	3	1
	6%	9%	3%	2%
To volunteer or provide support to others	13	9	1	3
	6%	8%	1%	7%
For another purpose	7	1	2	4
	3%	1%	3%	8%
				a
NET: Travel/utility	107	58	28	21
	45%	49%	39%	44%

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

BASE: All respondents who cycled in the past week

		Amount of activity now compared to last year		
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	245	125	74	45
Total	237	117	72	47
	100%	100%	100%	100%
NET: Leisure, fitness & recreation and travel/utility	53	33	12	8
	22%	28%	16%	17%

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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)	1258	652	494	189	606
	100%	52%	39%	15%	48%
Cycling (either for leisure or travel)	237	165	57	22	72
	100%	70%	24%	9%	30%
Running or jogging	392	267	111	24	125
	100%	68%	28%	6%	32%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	285	213	58	25	72
	100%	75%	20%	9%	25%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	308	236	50	26	72
	100%	77%	16%	8%	23%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	201	51	65	98	150
	100%	25%	32%	49%	75%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	133	30	60	55	103
	100%	23%	45%	42%	77%
Team sports (such as football, cricket, rugby etc.)	112	8	88	25	104
	100%	7%	78%	23%	93%
Racket sports (such as tennis, badminton, squash etc.)	59	10	43	8	48
	100%	18%	74%	13%	82%
Golf	72	20	48	4	51
	100%	28%	67%	5%	72%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	275	157	105	17	118
	100%	57%	38%	6%	43%
Swimming	183	88	66	45	95
	100%	48%	36%	24%	52%

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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.)	53 100%	15 28%	33 62%	7 13%	38 72%
Water sports (such as surfing, rowing, sailing etc.)	35 100%	11 32%	20 57%	5 13%	24 68%
Gymnastics, trampolining or cheerleading	69 100%	26 38%	29 41%	17 25%	43 62%
Other sport, exercise or physical activity	92 100%	50 54%	39 42%	6 7%	42 46%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	1234	577	655	374	434	426	72	187	127	128	104	99	178	203	136
Total	1258	620	636	337	406	515	64	178	126	127	101	134	178	210	140
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	652	354	296	157	201	294	38	95	63	63	54	70	91	103	75
	52%	57%	47%	47%	49%	57%	60%	53%	50%	50%	53%	52%	51%	49%	53%
		b				ab									
With another adult or adults	494	244	250	135	145	213	20	69	53	45	39	56	66	90	56
	39%	39%	39%	40%	36%	41%	32%	39%	42%	36%	38%	42%	37%	43%	40%
With a child or children	189	51	139	74	91	25	10	27	20	27	15	9	36	30	14
	15%	8%	22%	22%	22%	5%	16%	15%	16%	22%	15%	7%	20%	14%	10%
			a	c	c					f	fi		fi		
NET: With somebody else	606	266	340	180	206	221	25	83	63	63	48	64	87	107	66
	48%	43%	53%	53%	51%	43%	40%	47%	50%	50%	47%	48%	49%	51%	47%
			a	c	c										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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 | 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	1234	87	287	287	163	148	262	661	573	1083	21	62	45	4	10	142
Total	1258	92	304	290	150	130	292	686	572	1113	20	60	43	5	10	137
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	652	41	146	155	74	72	164	342	310	567	12	33	26	5	5	80
	52%	45%	48%	53%	49%	55%	56%	50%	54%	51%	59%	55%	61%	100%	50%	59%
With another adult or adults	494	41	132	106	62	39	113	280	214	445	8	21	14	-	2	45
	39%	45%	44%	37%	41%	30%	39%	41%	37%	40%	41%	36%	33%	-	20%	33%
		e	e		e			e								
With a child or children	189	16	44	50	28	31	21	110	80	167	4	10	6	-	3	22
	15%	17%	14%	17%	19%	24%	7%	16%	14%	15%	19%	16%	13%	-	31%	16%
		f	f	f	f	bfgh		f	f							
NET: With somebody else	606	51	158	135	76	58	127	344	262	546	8	27	17	-	5	57
	48%	55%	52%	47%	51%	45%	44%	50%	46%	49%	41%	45%	39%	-	50%	41%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	1234	769	209	209	418	34	37	419	168	38	50	93	65	107	223	71
Total	1258	801	207	208	415	34	33	407	165	38	51	85	56	97	292	67
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	652	466	79	85	164	16	17	208	83	18	25	45	28	46	165	33
	52%	58% bcd	38%	41%	40%	48%	52%	51%	50%	47%	49%	52%	51%	48%	57%	50%
With another adult or adults	494	329	79	70	150	9	16	159	62	17	21	32	22	33	123	25
	39%	41%	38%	34%	36%	27%	48%	39%	37%	44%	41%	38%	39%	35%	42%	38%
With a child or children	189	18	76	88	164	8	4	69	39	9	7	18	8	20	8	12
	15%	2%	37% a	42% a	39% a	25% j	12% j	17% j	23% j	23% j	13% j	21% j	15% j	21% j	3%	18% j
NET: With somebody else	606	335	128	123	251	18	16	199	82	20	26	41	27	51	126	34
	48%	42%	62% a	59% a	60% a	52%	48%	49%	50%	53%	51%	48%	49%	52%	43%	50%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	1234	367	214	85	20	299	387	403	142	120	18	262	421	174	691	322	47	1060
Total	1258	354	212	86	19	298	373	391	137	122	16	260	408	179	727	310	43	1080
	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	652	192	93	45	11	138	204	199	67	61	10	128	209	147	345	143	17	505
	52%	54%	44%	52%	59%	46%	55%	51%	49%	50%	60%	49%	51%	82%	47%	46%	40%	47%
		be					be							bcde				
With another adult or adults	494	132	96	29	6	125	137	152	56	49	6	105	159	28	330	119	17	466
	39%	37%	45%	34%	30%	42%	37%	39%	41%	40%	40%	41%	39%	16%	45%	38%	40%	43%
			f												ac	a	a	a
With a child or children	189	62	43	14	2	56	64	71	32	15	3	47	74	4	87	85	14	185
	15%	17%	20%	16%	10%	19%	17%	18%	23%	12%	18%	18%	18%	2%	12%	27%	32%	17%
									c						a	abe	abe	ab
NET: With somebody else	606	162	119	41	8	160	169	192	71	61	6	132	199	32	382	167	26	574
	48%	46%	56%	48%	41%	54%	45%	49%	51%	50%	40%	51%	49%	18%	53%	54%	60%	53%
			af			af									a	a	a	a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	1234	181	860	210	231	27	788	404	56	1004	230	1061	170
Total	1258	178	884	193	236	29	819	401	50	1014	244	1091	164
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	652	84	411	97	135	14	416	215	25	537	115	556	96
	52%	47%	47%	50%	57%	48%	51%	54%	49%	53%	47%	51%	58%
With another adult or adults	494	68	392	76	87	12	333	150	23	381	112	434	57
	39%	38%	44%	40%	37%	41%	41%	37%	47%	38%	46%	40%	35%
											a		
With a child or children	189	44	140	34	26	3	122	59	5	160	30	172	18
	15%	25%	16%	18%	11%	11%	15%	15%	9%	16%	12%	16%	11%
		b											
NET: With somebody else	606	94	473	97	101	15	404	185	25	477	129	535	69
	48%	53%	53%	50%	43%	52%	49%	46%	51%	47%	53%	49%	42%

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	1234	136	118	207	217	171	161	43	181	713	385	279	335	465	145	390	311	383	140
Total	1258	148	120	216	215	171	158	44	187	721	389	265	339	488	158	401	319	391	138
	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	652	86	67	99	109	81	84	23	105	355	211	142	197	228	80	217	173	189	66
	52%	58%	56%	46%	51%	47%	53%	51%	56%	49%	54%	54%	58%	47%	51%	54%	54%	48%	48%
		c							c				c						
With another adult or adults	494	51	42	95	88	71	59	21	66	297	145	101	110	213	68	158	114	165	55
	39%	35%	36%	44%	41%	42%	37%	47%	35%	41%	37%	38%	32%	44%	43%	39%	36%	42%	40%
														b	b				
With a child or children	189	20	13	35	31	29	28	4	29	108	61	41	45	80	23	53	46	65	25
	15%	14%	11%	16%	14%	17%	18%	9%	16%	15%	16%	15%	13%	16%	14%	13%	14%	17%	18%
NET: With somebody else	606	63	53	117	106	90	74	22	82	365	178	123	142	260	78	183	146	202	72
	48%	42%	44%	54%	49%	53%	47%	49%	44%	51%	46%	46%	42%	53%	49%	46%	46%	52%	52%
				ah										b					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	1234	484	413	332
Total	1258	479	436	339
	100%	100%	100%	100%
Nobody, I did this on my own	652	231	241	177
	52%	48%	55%	52%
			a	
With another adult or adults	494	198	161	134
	39%	41%	37%	39%
With a child or children	189	80	59	50
	15%	17%	13%	15%
NET: With somebody else	606	248	195	162
	48%	52%	45%	48%
		b		

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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	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	245	155	90	88	98	59	15	33	20	28	23	24	35	40	27
Total	237	151	86	79	90	68	12	30	19	27	21	31	35	38	24
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	165	109	56	49	58	58	11	19	12	16	14	26	24	24	19
	70%	72%	65%	62%	64%	86% ab	93%	64%	62%	60%	66%	83%	71%	62%	78%
With another adult or adults	57	31	26	25	22	10	1	9	5	9	6	4	7	13	3
	24%	20%	30%	32% c	24%	14%	7%	30%	23%	33%	31%	13%	21%	33%	14%
With a child or children	22	15	7	6	15	1	-	3	3	3	4	1	4	2	2
	9%	10%	8%	7%	17% ac	1%	-	11%	15%	11%	19%	4%	11%	5%	8%
NET: With somebody else	72	42	30	30	32	10	1	11	7	11	7	5	10	15	5
	30%	28%	35%	38% c	36% c	14%	7%	36%	38%	40%	34%	17%	29%	38%	22%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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 | 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	245	22	72	41	44	30	36	135	110	209	5	18	8	1	1	33
Total	237	21	73	41	38	26	37	135	102	201	5	19	8	1	1	34
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	165	13	45	31	26	18	32	89	76	143	3	12	4	1	1	21
	70%	63%	61%	77%	67%	71%	84% bg	66%	74%	71%	60%	63%	48%	100%	100%	61%
With another adult or adults	57	8	21	8	8	6	6	37	20	49	1	5	2	-	-	8
	24%	37%	29%	18%	22%	23%	16%	27%	20%	24%	20%	25%	27%	-	-	23%
With a child or children	22	-	10	4	5	2	-	14	7	14	1	3	3	-	-	7
	9%	-	14% f	10%	13% f	9%	-	11% f	7%	7%	20%	17%	37%	-	-	21% a
NET: With somebody else	72	8	28	9	12	8	6	46	26	58	2	7	4	-	-	13
	30%	37%	39% f	23%	33%	29%	16%	34% f	26%	29%	40%	37%	52%	-	-	39%

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	245	131	44	56	100	6	14	113	26	7	10	18	14	13	24	20
Total	237	126	45	54	98	5	12	106	25	7	8	17	12	11	32	18
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	165	100	25	32	56	4	6	65	20	4	7	13	10	9	28	10
	70%	79% bcd	56%	59%	58%	81%	49%	61%	79%	59%	81%	73%	86%	76%	87%	59%
With another adult or adults	57	26	12	16	28	1	5	30	3	3	2	5	1	3	4	6
	24%	21%	26%	31%	29%	19%	42%	28%	14%	41%	19%	27%	7%	24%	13%	35%
With a child or children	22	-	10	10	20	-	1	16	3	-	-	-	1	1	-	1
	9%	-	22% a	19% a	21% a	-	8%	15%	12%	-	-	-	7%	9%	-	6%
NET: With somebody else	72	26	20	22	42	1	6	41	5	3	2	5	2	3	4	7
	30%	21%	44% a	41% a	42% a	19%	51%	39%	21%	41%	19%	27%	14%	24%	13%	41%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	245	80	64	19	2	83	82	94	42	27	3	69	97	32	123	78	12	213
Total	237	75	60	18	1	78	77	89	39	26	2	64	91	29	123	74	11	208
	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	165	53	30	15	1	45	54	61	21	16	2	37	63	27	85	45	8	138
	70%	71%	51%	81%	51%	58%	70%	68%	55%	60%	100%	57%	69%	94%	69%	61%	75%	66%
		b					b							bce				
With another adult or adults	57	18	21	3	1	24	19	19	15	8	-	23	19	2	31	22	2	55
	24%	24%	35%	15%	49%	30%	25%	22%	40%	29%	-	36%	21%	6%	25%	30%	17%	26%
									af			af			a	a		a
With a child or children	22	7	11	1	1	11	8	12	3	4	-	7	12	-	9	11	2	22
	9%	9%	18%	5%	49%	15%	10%	13%	8%	17%	-	11%	13%	-	7%	14%	18%	10%
																a		
NET: With somebody else	72	22	29	4	1	33	23	28	17	10	-	28	28	2	38	29	3	70
	30%	29%	49%	19%	49%	42%	30%	32%	45%	40%	-	43%	31%	6%	31%	39%	25%	34%
			af												a	a		a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	245	48	158	39	34	2	171	66	8	192	53	227	16
Total	237 100%	44 100%	157 100%	35 100%	32 100%	2 100%	169 100%	62 100%	7 100%	184 100%	53 100%	221 100%	14 100%
Nobody, I did this on my own	165 70%	22 49%	112 71% a	25 70%	26 80%	1 42%	117 70%	44 71%	7 100%	129 70%	36 68%	151 68%	14 94%
With another adult or adults	57 24%	19 44% b	33 21%	9 25%	6 17%	- -	42 25%	14 23%	- -	40 22%	17 32%	55 25%	1 6%
With a child or children	22 9%	4 9%	18 11%	2 5%	1 3%	1 58%	16 10%	4 6%	- -	18 10%	4 8%	22 10%	- -
NET: With somebody else	72 30%	22 51% b	45 29%	10 30%	7 20%	1 58%	51 30%	18 29%	- -	55 30%	17 32%	70 32%	1 6%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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	245	5	12	31	54	47	44	11	41	144	96	53	70	84	37	83	61	70	30
Total	237	5	12	33	53	43	40	11	40	141	91	47	68	83	37	78	58	70	29
	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	165	5	10	25	37	30	25	8	24	102	58	33	53	54	24	55	38	53	19
	70%	100%	81%	76%	71%	69%	62%	79%	62%	72%	64%	69%	77%	65%	65%	70%	65%	75%	65%
With another adult or adults	57	-	2	5	14	10	12	2	11	32	25	12	10	25	11	20	15	14	7
	24%	-	19%	16%	26%	24%	29%	21%	28%	22%	28%	25%	14%	30% b	28%	26%	26%	20%	25%
With a child or children	22	-	-	3	5	3	6	-	6	10	12	4	6	8	3	7	7	4	3
	9%	-	-	8%	9%	7%	14%	-	15%	7%	13%	9%	8%	10%	9%	9%	13%	6%	10%
NET: With somebody else	72	-	2	8	16	13	15	2	15	39	33	15	15	29	13	24	21	17	10
	30%	-	19%	24%	29%	31%	38%	21%	38%	28%	36%	31%	23%	35%	35%	30%	35%	25%	35%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

| | | Amount of activity now compared to last year | | |
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	245	125	74	45
Total	237	117	72	47
	100%	100%	100%	100%
Nobody, I did this on my own	165	71	58	35
	70%	61%	80%	76%
			a	
With another adult or adults	57	34	13	11
	24%	29%	17%	23%
With a child or children	22	16	3	3
	9%	14%	4%	6%
		b		
NET: With somebody else	72	46	15	11
	30%	39%	20%	24%
		b		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	421	201	219	221	166	34	11	52	42	52	37	29	110	54	34
Total	392	184	207	199	158	35	9	45	39	48	31	38	102	51	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	267	135	131	126	115	26	5	32	24	26	25	31	68	36	21
	68%	73%	63%	63%	73%	74%	53%	71%	61%	55%	78%	82%	66%	70%	71%
		b									d				
With another adult or adults	111	44	66	63	40	7	4	12	12	22	7	5	27	14	7
	28%	24%	32%	32%	25%	21%	47%	27%	31%	45%	22%	14%	26%	28%	25%
										eg					
With a child or children	24	10	14	13	8	3	-	2	4	2	1	1	10	4	1
	6%	5%	7%	7%	5%	8%	-	4%	10%	4%	3%	4%	9%	8%	3%
NET: With somebody else	125	49	76	73	43	9	4	13	15	22	7	7	35	15	8
	32%	27%	37%	37%	27%	26%	47%	29%	39%	45%	22%	18%	34%	30%	29%
			a							e					

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	421	58	125	114	67	35	22	297	124	317	11	43	33	4	7	98
Total	392	59	121	108	56	30	18	288	104	296	11	40	31	3	7	91
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	267	35	80	81	35	22	14	196	71	208	10	25	16	3	5	57
	68%	59%	66%	75%	61%	75%	78%	68%	68%	70%	91%	62%	51%	74%	72%	63%
				a						d						
With another adult or adults	111	21	38	21	20	6	4	81	30	78	1	13	13	1	1	29
	28%	36%	31%	20%	36%	20%	22%	28%	29%	26%	9%	34%	43%	26%	13%	32%
		c	c		c								a			
With a child or children	24	6	7	6	3	3	-	19	5	16	-	4	3	-	2	9
	6%	10%	6%	6%	4%	8%	-	7%	5%	5%	-	10%	9%	-	28%	9%
NET: With somebody else	125	24	41	27	22	8	4	92	33	88	1	15	15	1	2	34
	32%	41%	34%	25%	39%	25%	22%	32%	32%	30%	9%	38%	49%	26%	28%	37%
		c											a			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	421	188	94	115	209	9	26	223	48	21	11	20	45	12	6	35
Total	392	166	92	114	206	8	23	213	45	21	11	17	38	11	5	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	267	120	59	77	136	5	12	149	33	11	11	11	23	7	4	17
	68%	72%	64%	68%	66%	65%	51%	70%	73%	54%	100%	66%	61%	68%	81%	54%
With another adult or adults	111	44	27	32	58	3	9	58	8	8	-	6	14	3	1	12
	28%	26%	29%	28%	28%	35%	40%	27%	18%	37%	-	34%	37%	32%	19%	39%
													d			d
With a child or children	24	3	8	12	20	-	3	10	5	4	-	-	3	-	-	3
	6%	2%	9%	10%	10%	-	13%	5%	12%	18%	-	-	7%	-	-	10%
			a	a	a											
NET: With somebody else	125	46	33	36	69	3	12	64	12	10	-	6	15	3	1	14
	32%	28%	36%	32%	34%	35%	49%	30%	27%	46%	-	34%	39%	32%	19%	46%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	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
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	*d	e
Unweighted Total	421	169	108	34	9	142	178	187	88	43	7	131	194	39	192	166	24	382
Total	392	159	105	33	9	138	167	176	86	42	7	128	182	34	178	156	23	358
	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	267	111	72	22	5	94	116	121	58	30	4	88	125	26	124	101	15	240
	68%	70%	69%	67%	62%	68%	69%	69%	67%	71%	60%	69%	69%	77%	69%	65%	66%	67%
With another adult or adults	111	44	25	10	3	35	47	48	24	9	2	33	50	8	46	50	7	103
	28%	28%	24%	30%	38%	25%	28%	28%	27%	22%	25%	26%	27%	23%	26%	32%	29%	29%
With a child or children	24	7	10	3	-	13	7	9	8	3	1	11	10	-	9	12	3	24
	6%	5%	10%	9%	-	10%	4%	5%	10%	7%	15%	9%	6%	-	5%	8%	14%	7%
NET: With somebody else	125	48	33	11	3	44	51	54	28	12	3	40	57	8	55	55	8	117
	32%	30%	31%	33%	38%	32%	31%	31%	33%	29%	40%	31%	31%	23%	31%	35%	34%	33%

Savanta: ComRes

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

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

	Total	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	421	94	277	62	47	13	290	109	10	355	66	365	53
Total	392	90	258	57	43	13	272	101	9	332	60	342	47
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	267	45	188	39	27	7	192	63	7	228	39	221	43
	68%	50%	73%	68%	61%	55%	71%	62%	73%	69%	64%	65%	91%
			a										a
With another adult or adults	111	37	63	16	16	4	70	33	3	89	22	105	4
	28%	42%	25%	28%	36%	29%	26%	33%	27%	27%	36%	31%	9%
		b										b	
With a child or children	24	13	12	4	3	2	14	9	-	23	1	24	-
	6%	14%	4%	7%	6%	15%	5%	9%	-	7%	2%	7%	-
		b										b	
NET: With somebody else	125	46	70	18	17	6	80	38	3	104	22	120	4
	32%	50%	27%	32%	39%	45%	29%	38%	27%	31%	36%	35%	9%
		b										b	

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

	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	421	5	21	70	97	77	71	17	63	265	151	93	113	162	50	130	108	122	58
Total	392	4	19	66	90	71	68	16	58	246	142	85	106	151	47	122	99	114	55
	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	267	4	15	50	58	47	46	9	37	170	92	59	76	104	26	82	66	78	39
	68%	83%	82%	76%	64%	66%	68%	58%	64%	69%	65%	69%	72% d	69%	54%	68%	67%	68%	71%
With another adult or adults	111	1	3	16	29	23	18	5	16	71	39	23	26	44	18	35	29	32	14
	28%	17%	18%	24%	32%	32%	26%	31%	28%	29%	27%	27%	24%	29%	37%	28%	30%	28%	25%
With a child or children	24	-	-	3	3	3	6	2	7	9	15	6	9	4	5	9	6	7	3
	6%	-	-	4%	4%	5%	9%	11%	12% di	4%	10% i	7%	9% c	3%	10% c	7%	6%	6%	5%
NET: With somebody else	125	1	3	16	32	24	21	7	21	75	49	27	30	47	22	40	33	36	16
	32%	17%	18%	24%	36%	34%	32%	42%	36%	31%	35%	31%	28%	31%	46% b	32%	33%	32%	29%

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

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

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	421	224	121	74
Total	392	208	113	69
	100%	100%	100%	100%
Nobody, I did this on my own	267	131	82	52
	68%	63%	72%	75%
With another adult or adults	111	71	24	16
	28%	34%	21%	23%
		b		
With a child or children	24	12	9	3
	6%	6%	8%	4%
NET: With somebody else	125	77	31	18
	32%	37%	28%	25%

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	301	93	208	155	107	39	16	48	23	28	27	21	58	46	34
Total	285	86	199	141	102	42	13	41	21	26	25	28	56	45	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	213	59	154	102	77	34	11	34	15	21	19	17	36	37	24
	75%	69%	77%	72%	75%	81%	82%	81%	73%	81%	78%	62%	64%	83% g	76%
With another adult or adults	58	23	35	33	20	5	2	8	2	3	4	9	17	7	8
	20%	27%	18%	23%	20%	12%	11%	19%	9%	11%	14%	33%	30%	15%	24%
With a child or children	25	9	16	11	10	3	1	3	5	4	3	3	5	2	-
	9%	10%	8%	8%	10%	7%	7%	6%	23%	15%	11%	10%	9%	5%	-
NET: With somebody else	72	27	45	39	25	8	2	8	6	5	5	11	20	8	8
	25%	31%	23%	28%	25%	19%	18%	19%	27%	19%	22%	38%	36% h	17%	24%

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

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

	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	301	31	84	73	40	39	34	188	113	227	9	33	18	3	3	66
Total	285	30	84	70	36	33	32	184	101	217	8	31	16	2	3	61
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	213	19	52	60	30	25	27	130	83	167	5	18	15	2	2	42
	75%	62%	61%	86%	84%	75%	86%	71%	82%	77%	67%	57%	90%	100%	66%	69%
				abg	ab		ab		abg	c						
With another adult or adults	58	8	28	9	6	4	2	46	12	41	3	11	2	-	-	16
	20%	28%	34%	12%	16%	13%	8%	25%	12%	19%	33%	37%	10%	-	-	26%
		fh	cdefh					cfh				a				
With a child or children	25	6	8	2	1	5	3	16	9	17	2	3	1	-	1	7
	9%	20%	9%	3%	2%	15%	9%	9%	8%	8%	23%	10%	5%	-	34%	11%
		cd				c										
NET: With somebody else	72	12	32	10	6	8	4	54	18	50	3	13	2	-	1	19
	25%	38%	39%	14%	16%	25%	14%	29%	18%	23%	33%	43%	10%	-	34%	31%
		cdfh	cdfh					ch				a				

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

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

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	301	144	69	71	140	8	26	121	46	11	5	25	28	20	11	34
Total	285	131	69	70	139	7	24	115	45	12	4	22	24	18	13	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	213	112	46	45	91	5	18	85	30	5	2	19	19	17	12	23
	75%	85% bcd	66%	65%	65%	78%	74%	74%	67%	47%	40%	84%	81%	93%	93%	75%
With another adult or adults	58	19	18	17	35	2	6	24	13	6	3	3	3	-	-	8
	20%	14%	27% a	24%	25% a	22%	26%	20%	28%	53%	60%	12%	11%	-	-	25%
With a child or children	25	1	11	13	24	-	3	9	4	2	-	3	2	1	1	3
	9%	1%	15% a	19% a	17% a	-	11%	7%	9%	19%	-	13%	8%	7%	7%	9%
NET: With somebody else	72	20	23	25	48	2	6	30	15	6	3	4	5	1	1	8
	25%	15%	34% a	35% a	35% a	22%	26%	26%	33%	53%	60%	16%	19%	7%	7%	25%

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

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

	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
Significance Level: 95%		a	b	*c	*d	e	f	a	b	c	*d	e	f	a	b	c	*d	e
Unweighted Total	301	103	72	20	8	92	111	109	58	30	8	88	117	30	158	93	20	271
Total	285	98	70	20	7	89	106	103	56	30	7	86	110	27	150	88	19	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	213	83	40	9	6	49	89	82	34	19	5	52	87	24	115	63	11	189
	75%	85%	58%	44%	77%	55%	84%	79%	60%	61%	77%	61%	79%	88%	77%	71%	60%	73%
		be					be	bce					bce					
With another adult or adults	58	11	26	10	1	37	12	14	21	12	2	33	16	2	30	19	7	56
	20%	11%	38%	51%	10%	41%	11%	14%	38%	39%	23%	38%	14%	9%	20%	21%	34%	22%
			af			af			af	af		af						
With a child or children	25	8	6	2	1	8	9	11	5	1	-	6	11	1	9	11	4	24
	9%	8%	9%	10%	13%	9%	8%	11%	9%	3%	-	7%	10%	3%	6%	12%	22%	9%
NET: With somebody else	72	15	29	11	2	41	17	22	22	12	2	34	23	3	35	26	8	68
	25%	15%	42%	56%	23%	45%	16%	21%	40%	39%	23%	39%	21%	12%	23%	29%	40%	27%
			af			af			af	af		af						

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

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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	301	67	200	59	44	10	189	100	10	253	48	256	43
Total	285 100%	65 100%	189 100%	54 100%	41 100%	10 100%	181 100%	93 100%	8 100%	239 100%	46 100%	243 100%	40 100%
Nobody, I did this on my own	213 75%	31 47%	156 83% a	42 77%	27 65%	5 46%	140 77%	65 70%	7 81%	176 74%	37 80%	179 74%	33 84%
With another adult or adults	58 20%	27 41% b	27 14%	11 21%	9 23%	5 54%	34 19%	23 25%	1 9%	49 20%	9 20%	50 21%	7 16%
With a child or children	25 9%	13 20% b	11 6%	3 5%	6 14%	- -	15 8%	8 8%	1 11%	23 10%	1 3%	23 9%	1 2%
NET: With somebody else	72 25%	34 53% b	33 17%	12 23%	14 35%	5 54%	41 23%	28 30%	2 19%	63 26%	9 20%	64 26%	7 16%

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

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

	Total	*a 0	*b 1	c 2	d 3	e 4	f 5	*g 6	h 7	i NET 1-4 days	j NET 5 + days	a 0-4 (low)	b 5-6 (medium)	c 7-8 (high)	d 9-10 (very high)	a 0-4 (not worried)	b 5-6 (medium)	c 7-8 (very worried)	d 9-10 (most worried)
					Number of days active								Life satisfaction score				Covid-19 related worries		
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	301	3	20	53	77	51	49	12	36	201	97	64	88	115	34	77	82	96	44
Total	285 100%	3 100%	19 100%	50 100%	72 100%	49 100%	48 100%	11 100%	33 100%	189 100%	93 100%	57 100%	83 100%	111 100%	34 100%	72 100%	77 100%	94 100%	41 100%
Nobody, I did this on my own	213 75%	3 100%	15 78%	36 72%	51 71%	35 72%	35 74%	10 91%	28 85%	136 72%	74 80%	46 80%	55 66%	85 77%	27 81%	60 84% c	60 77%	63 67%	29 71%
With another adult or adults	58 20%	- -	3 17%	14 28% hj	17 24% j	13 27% hj	6 13%	1 9%	3 9%	48 25% hj	10 11%	9 15%	21 25%	22 20%	7 19%	11 15%	14 18%	25 26%	9 22%
With a child or children	25 9%	- -	2 10%	2 4%	8 11%	3 6%	8 17% ci	- -	2 6%	15 8%	10 11%	5 8%	12 14% d	8 7%	- -	3 4%	6 7%	11 12%	5 12%
NET: With somebody else	72 25%	- -	4 22%	14 28%	21 29%	14 28%	13 26%	1 9%	5 15%	53 28%	19 20%	12 20%	28 34%	26 23%	7 19%	12 16%	17 23%	31 33% a	12 29%

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

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

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	301	163	68	68
Total	285	152	66	65
	100%	100%	100%	100%
Nobody, I did this on my own	213	109	49	54
	75%	72%	73%	83%
With another adult or adults	58	34	15	9
	20%	22%	22%	15%
With a child or children	25	14	7	4
	9%	9%	10%	6%
NET: With somebody else	72	43	18	11
	25%	28%	27%	17%

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

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

	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	309	146	163	128	108	73	11	47	29	27	29	28	62	43	33
Total	308	151	157	115	103	90	9	44	27	25	30	36	58	45	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	236	115	120	81	74	81	7	37	23	19	26	22	38	39	26
	77%	76%	77%	71%	72%	90% ab	74%	82% g	83%	74%	88%	62%	65%	85% g	80%
With another adult or adults	50	27	23	24	18	8	2	5	2	3	3	10	16	3	6
	16%	18%	15%	21% c	18%	9%	26%	11%	7%	11%	9%	27%	28% bh	8%	17%
With a child or children	26	10	16	11	14	1	-	4	3	4	1	4	7	3	1
	8%	7%	10%	9% c	14% c	1%	-	8%	10%	14%	3%	11%	12%	7%	3%
NET: With somebody else	72	36	36	34	29	9	2	8	5	6	3	14	20	7	6
	23%	24%	23%	29% c	28% c	10%	26%	18%	17%	26%	12%	38%	35% bh	15%	20%

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

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

	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	309	26	81	75	45	39	43	182	127	254	8	24	16	2	2	52
Total	308	29	84	72	42	34	47	185	123	254	7	24	16	2	2	51
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	236	16	61	56	34	27	43	133	103	203	3	15	10	1	-	30
	77%	55%	72%	78%	81%	78%	90%	72%	84%	80%	45%	65%	66%	35%	-	58%
							bg		bg	g						
With another adult or adults	50	11	16	9	6	5	3	36	14	34	4	4	5	2	1	16
	16%	39%	19%	13%	15%	15%	6%	20%	11%	13%	55%	18%	34%	65%	53%	32%
								f								a
With a child or children	26	3	9	6	2	4	2	18	8	19	1	4	1	-	1	7
	8%	10%	11%	9%	4%	13%	4%	10%	6%	8%	13%	17%	6%	-	47%	13%
NET: With somebody else	72	13	23	16	8	8	5	52	20	51	4	8	5	2	2	21
	23%	45%	28%	22%	19%	22%	10%	28%	16%	20%	55%	35%	34%	65%	100%	42%
			fh					fh								a

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

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

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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	309	175	57	57	114	9	24	118	49	13	4	20	24	11	37	33
Total	308 100%	177 100%	57 100%	57 100%	114 100%	10 100%	22 100%	116 100%	47 100%	14 100%	5 100%	17 100%	20 100%	10 100%	48 100%	31 100%
Nobody, I did this on my own	236 77%	151 85% bcd	36 63%	36 63%	72 63%	7 75%	15 68%	79 68%	33 71%	9 63%	4 73%	15 90%	18 91%	9 91%	47 97% cdk	22 70%
With another adult or adults	50 16%	22 13%	13 22%	12 21%	24 21%	2 16%	5 25%	26 22% j	9 18% j	4 31%	1 27%	1 4%	1 4%	- -	1 3%	7 22% j
With a child or children	26 8%	5 3%	9 16% a	11 20% a	21 18% a	1 10%	1 6%	13 11% j	7 15% j	1 6%	- -	1 5%	1 4%	1 9%	- -	2 7%
NET: With somebody else	72 23%	26 15%	21 37% a	21 37% a	42 37% a	2 25%	7 32%	37 32% j	14 29% j	5 37%	1 27%	2 10%	2 9%	1 9%	1 3%	9 30% j

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	309	95	78	21	9	99	104	109	53	35	7	88	116	39	160	93	17	270
Total	308	91	77	22	9	99	100	105	51	37	6	88	112	36	166	89	16	272
	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	236	63	50	16	8	65	71	77	30	25	6	55	83	35	131	59	11	201
	77%	69%	64%	71%	90%	66%	71%	73%	58%	68%	87%	62%	74%	95%	79%	66%	65%	74%
								b					b	bce	c			
With another adult or adults	50	19	18	6	1	24	19	15	17	12	1	28	16	2	25	21	3	48
	16%	20%	24%	29%	10%	25%	19%	14%	32%	32%	13%	32%	14%	5%	15%	24%	16%	18%
									af	af		af				a		a
With a child or children	26	11	10	-	-	10	11	15	6	-	-	6	15	-	12	11	3	26
	8%	12%	13%	-	-	10%	11%	14%	12%	-	-	7%	14%	-	7%	12%	19%	10%
								c	c				c			a		a
NET: With somebody else	72	28	27	6	1	34	29	28	22	12	1	33	29	2	35	30	6	70
	23%	31%	36%	29%	10%	34%	29%	27%	42%	32%	13%	38%	26%	5%	21%	34%	35%	26%
									af							a	ab	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	309	73	190	55	47	9	195	100	11	248	61	269	38
Total	308	71	193	48	46	9	201	94	9	241	67	270	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	236	43	154	37	39	4	155	70	9	185	50	204	32
	77%	60%	80%	77%	84%	38%	77%	75%	100%	77%	75%	76%	87%
			a										
With another adult or adults	50	20	28	7	6	6	32	18	-	39	11	44	4
	16%	28%	14%	14%	12%	62%	16%	19%	-	16%	17%	16%	10%
		b											
With a child or children	26	10	14	4	2	1	17	7	-	20	6	23	3
	8%	14%	7%	8%	4%	12%	9%	7%	-	8%	9%	9%	8%
NET: With somebody else	72	29	39	11	7	6	46	24	-	55	17	66	5
	23%	40%	20%	23%	16%	62%	23%	25%	-	23%	25%	24%	13%
		b											

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

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

	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	309	14	27	46	62	54	41	18	47	189	106	59	86	118	42	80	82	105	38
Total	308	14	27	46	62	54	41	18	45	189	104	56	84	120	45	78	83	107	36
	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	236	12	21	36	49	37	31	15	34	143	81	45	61	93	34	62	65	79	26
	77%	86%	77%	78%	78%	69%	76%	83%	76%	75%	77%	82%	73%	78%	77%	80%	78%	74%	72%
With another adult or adults	50	-	3	10	7	15	8	2	5	34	16	4	17	20	7	13	10	21	6
	16%	-	10%	22%	11%	27%	20%	12%	12%	18%	15%	8%	21%	16%	16%	16%	12%	19%	18%
						d							a						
With a child or children	26	2	4	1	7	4	2	1	5	16	8	8	6	8	3	4	10	8	4
	8%	14%	14%	2%	12%	7%	4%	6%	12%	8%	8%	14%	7%	7%	7%	5%	12%	8%	10%
NET: With somebody else	72	2	6	10	13	17	10	3	11	46	24	10	23	27	10	16	18	28	10
	23%	14%	23%	22%	22%	31%	24%	17%	24%	25%	23%	18%	27%	22%	23%	20%	22%	26%	28%

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

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

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	309	146	88	72
Total	308	143	91	72
	100%	100%	100%	100%
Nobody, I did this on my own	236	102	72	59
	77%	71%	80%	82%
With another adult or adults	50	26	15	9
	16%	18%	17%	12%
With a child or children	26	18	3	5
	8%	12%	3%	7%
		b		
NET: With somebody else	72	41	18	13
	23%	29%	20%	18%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	210	89	120	95	85	30	15	29	24	19	13	13	37	38	22
Total	201	86	114	85	81	35	12	27	22	18	13	17	34	39	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	51	28	23	16	16	18	4	7	4	5	4	8	6	8	5
	25%	33% b	20%	19%	20%	53% ab	31%	25%	20%	30%	28%	47%	17%	20%	24%
With another adult or adults	65	25	39	36	23	6	3	9	6	7	4	4	15	10	8
	32%	29%	34%	42% c	28%	19%	25%	34%	28%	38%	32%	21%	43%	26%	39%
With a child or children	98	36	60	38	48	11	6	14	12	6	6	6	14	24	9
	49%	42%	53%	45%	59% c	32%	49%	53%	56%	37%	47%	32%	42%	62%	46%
NET: With somebody else	150	58	91	69	65	16	8	20	17	12	9	9	28	31	15
	75%	67%	80% a	81% c	80% c	47%	69%	75%	80%	70%	72%	53%	83%	80%	76%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	210	25	57	48	37	24	19	130	80	173	3	20	12	-	-	35
Total	201	25	58	47	31	21	18	130	71	167	3	18	11	-	-	32
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Nobody, I did this on my own	51	8	14	10	7	5	7	32	19	42	1	5	2	-	-	7
	25%	32%	23%	22%	21%	23%	40%	24%	27%	25%	32%	25%	17%	-	-	23%
With another adult or adults	65	6	20	15	15	6	2	42	24	51	1	6	7	-	-	14
	32%	26%	35%	32%	47%	30%	13%	32%	33%	30%	30%	35%	58%	-	-	43%
With a child or children	98	10	30	27	11	11	9	67	30	84	1	9	4	-	-	14
	49%	43%	52%	57% d	34%	51%	47%	52%	43%	50%	38%	50%	32%	-	-	43%
NET: With somebody else	150	17	45	37	25	16	11	98	52	125	2	14	9	-	-	25
	75%	68%	77%	78%	79%	77%	60%	76%	73%	75%	68%	75%	83%	-	-	77%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	210	86	52	66	118	4	13	91	33	7	9	15	15	12	11	17
Total	201	79	50	67	117	3	12	88	32	7	9	13	12	11	14	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	51	32	8	10	17	1	4	22	7	1	3	2	2	2	7	4
	25%	40% bcd	15%	14%	15%	22%	31%	25%	22%	21%	27%	12%	20%	15%	54%	29%
With another adult or adults	65	30	16	16	32	1	3	33	11	5	2	4	4	1	1	4
	32%	38%	33%	24%	28%	22%	29%	38%	35%	79%	20%	27%	33%	8%	7%	27%
With a child or children	98	18	30	48	78	2	5	39	19	1	5	8	6	8	5	7
	49%	23%	60% a	72% a	67% a	56%	40%	44%	57%	15%	53%	60%	53%	77%	40%	44%
NET: With somebody else	150	47	43	57	100	3	8	66	25	5	7	11	10	9	6	11
	75%	60%	85% a	86% a	85% a	78%	69%	75%	78%	79%	73%	88%	80%	85%	46%	71%

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

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

	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
Significance Level: 95%		a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total	210	69	56	18	4	74	73	68	51	24	6	75	74	19	97	73	21	191
Total	201	68	54	18	3	72	72	66	49	24	6	73	72	16	95	70	20	184
	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	51	18	10	5	2	14	20	20	10	6	-	16	20	10	26	10	5	40
	25%	27%	18%	26%	49%	20%	28%	30%	20%	26%	-	22%	28%	61%	27%	14%	25%	22%
															c			
With another adult or adults	65	23	24	7	1	30	23	18	23	11	2	34	20	6	28	26	6	60
	32%	33%	44%	39%	21%	42%	32%	27%	47%	47%	32%	47%	27%	34%	30%	37%	28%	32%
									af			af						
With a child or children	98	33	26	7	1	33	34	36	19	7	5	27	40	1	44	41	11	97
	49%	49%	47%	41%	30%	46%	48%	54%	40%	30%	83%	37%	56%	5%	47%	59%	57%	52%
								e					e					
NET: With somebody else	150	50	44	13	2	57	52	47	39	18	6	57	52	6	69	60	15	144
	75%	73%	82%	74%	51%	80%	72%	70%	80%	74%	100%	78%	72%	39%	73%	86%	75%	78%
																b		

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

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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	*b
Unweighted Total	210	50	137	45	37	13	121	82	11	167	43	186	23
Total	201	48	132	40	35	13	118	77	9	158	43	179	21
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	51	9	30	10	10	6	25	23	3	42	9	44	7
	25%	19%	23%	25%	28%	46%	21%	29%	28%	26%	20%	24%	33%
With another adult or adults	65	24	32	18	14	4	33	31	4	56	10	59	5
	32%	51%	24%	46%	40%	30%	28%	40%	44%	35%	22%	33%	26%
		b		d									
With a child or children	98	17	80	15	12	3	69	27	2	70	27	87	10
	49%	35%	61%	37%	34%	24%	59%	35%	28%	45%	63%	49%	50%
			a				abe				a		
NET: With somebody else	150	39	102	30	25	7	93	55	6	116	34	135	14
	75%	81%	77%	75%	72%	54%	79%	71%	72%	74%	80%	76%	67%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	*a 0	*b 1	c 2	d 3	e 4	f 5	*g 6	h 7	i NET 1-4 days	j NET 5 + days	a 0-4 (low)	b 5-6 (medium)	c 7-8 (high)	*d 9-10 (very high)	a 0-4 (not worried)	b 5-6 (medium)	c 7-8 (very worried)	*d 9-10 (most worried)
		Number of days active										**Life satisfaction score**				**Covid-19 related worries**			
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	*d	a	b	c	*d
Unweighted Total	210	9	13	40	43	37	34	3	31	133	68	55	65	70	19	56	58	72	22
Total	201	10	13	37	40	34	33	3	31	124	67	51	60	69	20	53	56	69	22
	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	51	3	4	10	12	7	7	-	8	33	15	16	14	14	7	14	14	19	4
	25%	29%	33%	27%	29%	20%	21%	-	27%	26%	22%	31%	23%	20%	34%	26%	25%	27%	19%
With another adult or adults	65	1	3	10	14	16	9	2	11	42	22	14	19	22	10	13	19	22	10
	32%	10%	20%	27%	34%	46%	28%	55%	37%	34%	33%	28%	32%	32%	49%	25%	35%	32%	45%
With a child or children	98	7	6	18	16	15	20	2	13	55	35	25	32	36	3	27	28	33	9
	49%	71%	47%	49%	40%	44%	61%	75%	43%	44%	53%	49%	54%	52%	16%	52%	49%	48%	41%
NET: With somebody else	150	7	8	27	29	28	26	3	23	91	52	36	46	55	13	39	42	50	18
	75%	71%	67%	73%	71%	80%	79%	100%	73%	74%	78%	69%	77%	80%	66%	74%	75%	73%	81%

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	210	104	50	55
Total	201	99	48	53
	100%	100%	100%	100%
Nobody, I did this on my own	51	22	17	11
	25%	23%	35%	22%
With another adult or adults	65	32	15	18
	32%	32%	32%	34%
With a child or children	98	49	18	29
	49%	50%	37%	56%
NET: With somebody else	150	76	31	42
	75%	77%	65%	78%

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	141	55	86	77	47	17	7	22	17	15	11	10	26	20	13
Total	133	53	81	69	44	20	6	20	16	15	11	13	25	18	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	30	10	20	19	8	2	1	6	3	4	1	3	5	4	2
	23%	20%	24%	28%	19%	11%	14%	33%	20%	27%	7%	27%	22%	23%	16%
With another adult or adults	60	24	37	34	14	12	2	8	8	4	6	6	14	7	4
	45%	45%	45%	50%	32%	60%	41%	42%	51%	24%	57%	52%	57%	40%	37%
With a child or children	55	20	35	22	26	8	3	7	7	8	6	3	9	7	5
	42%	39%	43%	31%	59%	39%	61%	36%	46%	55%	54%	21%	37%	37%	48%
					a										
NET: With somebody else	103	42	61	49	36	18	5	13	13	11	10	9	19	14	9
	77%	80%	76%	72%	81%	89%	86%	67%	80%	73%	93%	73%	78%	77%	84%

Savanta:
ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	141	16	40	30	24	13	18	86	55	107	8	14	7	-	2	31
Total	133	16	40	28	21	11	17	84	49	103	7	12	7	-	2	28
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	30	4	4	8	3	2	8	16	14	20	3	2	3	-	2	9
	23%	27%	10%	29%	15%	21%	49%	19%	28%	20%	36%	13%	44%	-	100%	32%
				b					b							
With another adult or adults	60	7	22	10	10	6	5	39	21	43	4	8	4	-	-	16
	45%	45%	54%	36%	49%	54%	30%	46%	44%	42%	51%	70%	56%	-	-	58%
With a child or children	55	7	19	12	9	6	3	37	18	47	3	2	2	-	-	7
	42%	41%	47%	42%	41%	57%	21%	44%	38%	46%	37%	17%	30%	-	-	24%
										g						
NET: With somebody else	103	12	36	20	18	9	8	68	35	83	5	11	4	-	-	19
	77%	73%	90%	71%	85%	79%	51%	81%	72%	80%	64%	87%	56%	-	-	68%
			ch													

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	141	65	35	35	70	4	11	58	23	4	2	11	12	8	8	15
Total	133	61	32	35	67	3	10	54	23	5	2	10	10	7	10	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	30	21	5	3	8	1	2	9	3	1	1	4	4	3	2	3
	23%	35% cd	16%	8%	12%	24%	25%	17%	15%	17%	47%	37%	43%	36%	23%	25%
With another adult or adults	60	33	9	15	24	2	6	25	15	2	-	1	3	1	5	8
	45%	54% bd	28%	44%	36%	48%	64%	46%	66%	51%	-	7%	33%	12%	53%	60%
With a child or children	55	8	24	23	46	1	3	26	9	2	1	6	2	4	2	4
	42%	13%	73% a	65% a	69% a	28%	29%	48%	40%	32%	53%	56%	24%	52%	24%	29%
NET: With somebody else	103	40	27	32	59	3	7	45	19	4	1	6	6	5	8	10
	77%	65%	84%	92% a	88% a	76%	75%	83%	85%	83%	53%	63%	57%	64%	77%	75%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	141	47	37	9	4	46	51	38	33	24	2	57	40	19	64	49	9	122
Total	133	45	35	7	4	42	49	35	32	23	2	55	37	16	63	46	8	118
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	30	7	5	4	-	9	7	6	7	3	-	10	6	8	10	9	2	22
	23%	16%	15%	53%	-	22%	14%	18%	21%	14%	-	18%	17%	52%	17%	20%	27%	19%
With another adult or adults	60	25	18	3	2	21	27	18	17	11	2	28	20	7	32	22	-	53
	45%	56%	51%	37%	42%	49%	55%	52%	53%	46%	100%	50%	54%	43%	50%	47%	-	45%
With a child or children	55	21	15	2	3	16	23	18	11	10	-	21	18	1	28	21	6	55
	42%	46%	41%	22%	58%	38%	47%	52%	35%	44%	-	39%	49%	5%	44%	44%	73%	46%
NET: With somebody else	103	38	30	3	4	33	42	28	25	20	2	45	30	8	52	37	6	96
	77%	84%	85%	47%	100%	78%	86%	82%	79%	86%	100%	82%	83%	48%	83%	80%	73%	81%

Savanta:
ComRes

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	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	141	33	88	30	26	6	77	56	5	103	38	119	22
Total	133	31	86	27	24	7	74	53	4	97	36	113	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	30	7	15	6	8	-	16	11	2	22	8	21	9
	23%	23%	17%	22%	32%	-	22%	22%	58%	23%	21%	19%	44%
With another adult or adults	60	17	36	7	9	6	37	20	1	46	14	52	8
	45%	55%	41%	24%	38%	84%	50%	37%	18%	47%	39%	46%	41%
							a						
With a child or children	55	10	44	15	9	1	31	24	1	40	15	52	4
	42%	34%	52%	54%	38%	16%	42%	45%	24%	41%	42%	45%	20%
NET: With somebody else	103	23	71	21	16	7	58	41	2	75	29	92	11
	77%	77%	83%	78%	68%	100%	78%	78%	42%	77%	79%	81%	56%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	141	5	9	16	38	33	19	4	17	96	40	31	41	53	15	35	48	41	16
Total	133 100%	5 100%	8 100%	15 100%	36 100%	30 100%	19 100%	3 100%	17 100%	89 100%	39 100%	28 100%	38 100%	51 100%	15 100%	34 100%	45 100%	39 100%	15 100%
Nobody, I did this on my own	30 23%	2 36%	4 43%	5 34%	7 18%	6 21%	1 4%	2 51%	4 24%	22 24%	7 17%	6 21%	9 24%	12 23%	3 22%	6 17%	12 27%	8 20%	4 28%
With another adult or adults	60 45%	- -	3 36%	3 24%	19 54%	16 52%	9 46%	2 49%	9 50%	41 46%	19 48%	8 28%	17 45%	23 44%	12 78%	14 43%	18 41%	21 54%	6 38%
With a child or children	55 42%	3 64%	2 21%	7 48%	13 36%	13 42%	13 68%	- -	5 31%	34 39%	18 46%	17 60% b	14 36%	23 45%	1 7%	15 46%	17 38%	17 43%	6 40%
NET: With somebody else	103 77%	3 64%	5 57%	10 66%	30 82%	24 79%	18 96%	2 49%	13 76%	68 76%	33 83%	22 79%	29 76%	39 77%	12 78%	28 83%	33 73%	31 80%	11 72%

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	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	141	69	36	35
Total	133	64	33	35
	100%	100%	100%	100%
Nobody, I did this on my own	30	13	11	5
	23%	20%	34%	15%
With another adult or adults	60	32	15	14
	45%	49%	45%	39%
With a child or children	55	27	10	19
	42%	42%	29%	54%
				b
NET: With somebody else	103	52	22	30
	77%	80%	66%	85%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	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	123	78	44	76	38	9	1	12	16	16	12	4	36	15	11
Total	112	71	40	65	36	11	1	11	14	14	10	5	33	14	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	8	6	2	3	5	-	-	-	1	1	1	-	5	1	-
	7%	9%	5%	5%	13%	-	-	-	6%	5%	8%	-	15%	6%	-
With another adult or adults	88	56	31	53	24	11	-	10	9	11	9	5	22	13	9
	78%	79%	78%	80%	68%	100%	-	92%	67%	77%	85%	100%	68%	89%	92%
With a child or children	25	13	12	14	11	-	1	1	5	4	3	1	7	2	2
	23%	19%	31%	22%	31%	-	100%	8%	39%	30%	25%	28%	20%	14%	17%
NET: With somebody else	104	65	38	62	31	11	1	11	13	14	9	5	28	13	10
	93%	91%	95%	95%	87%	100%	100%	100%	94%	95%	92%	100%	85%	94%	100%

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	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	123	22	31	29	20	13	8	82	41	88	5	15	10	-	2	32
Total	112	21	30	25	17	11	8	76	35	81	4	13	9	-	2	28
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	8	3	2	1	1	-	2	6	2	3	2	2	1	-	-	5
	7%	14%	6%	3%	5%	-	21%	7%	7%	4%	38%	14%	12%	-	-	16%
																a
With another adult or adults	88	13	26	20	15	9	5	58	29	66	2	10	7	-	1	19
	78%	60%	85%	79%	91%	84%	67%	76%	84%	81%	43%	74%	77%	-	46%	68%
With a child or children	25	6	7	5	2	4	1	19	7	16	2	5	2	-	1	10
	23%	30%	23%	21%	10%	39%	12%	24%	19%	19%	40%	40%	21%	-	54%	35%
NET: With somebody else	104	18	28	24	16	11	6	71	33	77	3	11	8	-	2	24
	93%	86%	94%	97%	95%	100%	79%	93%	93%	96%	62%	86%	88%	-	100%	84%
										g						

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	123	59	28	30	58	2	8	55	18	7	1	6	19	2	5	10
Total	112	51	25	30	55	2	8	51	16	6	1	5	15	2	6	9
	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	3	3	6	-	1	5	1	-	1	1	-	-	-	1
	7%	5%	11%	10%	10%	-	10%	9%	5%	-	100%	16%	-	-	-	8%
With another adult or adults	88	47	14	22	36	2	7	38	13	5	-	4	11	1	6	9
	78%	92%	54%	75%	65%	100%	90%	76%	84%	73%	-	84%	73%	45%	100%	92%
		cd														
With a child or children	25	2	13	9	21	-	2	12	4	2	-	1	5	1	-	2
	23%	5%	50%	30%	39%	-	23%	23%	23%	27%	-	16%	32%	55%	-	19%
				a	a											
NET: With somebody else	104	49	23	27	50	2	7	46	15	6	-	4	15	2	6	9
	93%	95%	89%	90%	90%	100%	90%	91%	95%	100%	-	84%	100%	100%	100%	92%

Savanta:
ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	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
Significance Level: 95%		a	*b	*c	*d	e	f	a	*b	*c	*d	e	f	*a	b	c	*d	e
Unweighted Total	123	45	27	12	2	39	47	48	22	16	2	38	50	13	51	48	11	110
Total	112	40	25	11	2	36	42	43	20	15	2	36	45	11	46	44	10	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	8	2	4	2	-	5	2	3	2	2	-	3	3	2	3	2	2	6
	7%	5%	15%	15%	-	15%	4%	7%	8%	11%	-	9%	7%	15%	6%	5%	16%	6%
With another adult or adults	88	32	20	7	1	27	33	36	15	11	1	26	37	9	37	33	8	78
	78%	79%	78%	68%	51%	75%	78%	84%	75%	72%	45%	73%	82%	85%	79%	75%	84%	78%
With a child or children	25	9	6	3	1	9	10	9	6	4	1	9	10	-	12	13	1	25
	23%	23%	24%	25%	49%	24%	24%	20%	27%	23%	55%	26%	22%	-	25%	29%	11%	25%
NET: With somebody else	104	38	21	9	2	31	40	40	19	14	2	32	42	9	44	42	8	94
	93%	95%	85%	85%	100%	85%	96%	93%	92%	89%	100%	91%	93%	85%	94%	95%	84%	94%

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total	123	35	72	22	14	6	78	37	4	107	16	116	7
Total	112	33	65	20	13	5	72	33	3	97	14	105	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	8	4	2	1	2	2	3	3	1	5	3	8	-
	7%	13%	3%	4%	12%	31%	4%	10%	22%	6%	18%	8%	-
With another adult or adults	88	22	53	14	8	2	61	22	1	78	10	82	5
	78%	67%	82%	68%	60%	35%	85% e	66%	24%	80%	69%	78%	87%
With a child or children	25	9	16	6	4	2	16	10	2	24	2	24	2
	23%	28%	25%	32%	35%	33%	22%	30%	54%	24%	13%	23%	27%
NET: With somebody else	104	28	63	19	11	4	69	30	3	92	12	97	6
	93%	87%	97%	96%	88%	69%	96%	90%	78%	94%	82%	92%	100%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	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	123	3	9	11	30	21	19	7	23	71	49	22	34	48	19	37	36	34	14
Total	112	2	7	10	28	19	17	7	21	64	45	19	31	45	17	35	33	30	12
	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	8	-	1	2	2	1	1	1	1	5	3	2	1	4	2	1	3	4	1
	7%	-	11%	17%	6%	4%	6%	15%	5%	8%	7%	8%	3%	8%	10%	2%	9%	12%	6%
With another adult or adults	88	2	6	6	23	18	14	5	14	52	34	16	25	34	12	28	26	21	10
	78%	100%	76%	60%	82%	91%	83%	71%	68%	81%	74%	83%	83%	76%	72%	82%	81%	70%	79%
With a child or children	25	-	1	4	5	4	3	1	8	14	11	4	9	9	4	9	6	8	3
	23%	-	13%	37%	19%	22%	16%	14%	37%	22%	25%	18%	29%	21%	22%	25%	19%	26%	21%
NET: With somebody else	104	2	6	8	26	18	16	6	20	59	42	18	30	41	15	34	30	27	12
	93%	100%	89%	83%	94%	96%	94%	85%	95%	92%	93%	92%	97%	92%	90%	98%	91%	88%	94%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	*c
Unweighted Total	123	59	38	26
Total	112	54	34	23
	100%	100%	100%	100%
Nobody, I did this on my own	8	5	3	-
	7%	9%	10%	-
With another adult or adults	88	41	26	21
	78%	76%	75%	89%
With a child or children	25	11	8	6
	23%	20%	24%	26%
NET: With somebody else	104	49	31	23
	93%	91%	90%	100%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	63	39	24	33	19	11	1	8	6	8	7	5	18	7	3
Total	59	36	23	28	18	12	1	7	6	7	7	6	17	6	2
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	10	5	6	5	3	2	-	-	-	2	1	3	4	1	-
	18%	13%	24%	19%	16%	18%	-	-	-	22%	13%	41%	27%	13%	-
With another adult or adults	43	30	14	20	13	10	1	7	6	4	5	4	10	5	2
	74%	84%	59%	72%	72%	82%	100%	100%	100%	65%	76%	59%	60%	70%	100%
With a child or children	8	3	5	4	4	-	-	-	-	1	2	-	4	1	-
	13%	8%	21%	13%	23%	-	-	-	-	13%	26%	-	24%	17%	-
NET: With somebody else	48	31	17	23	15	10	1	7	6	5	6	4	12	6	2
	82%	87%	76%	81%	84%	82%	100%	100%	100%	78%	87%	59%	73%	87%	100%

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

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

	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	63	12	16	13	12	6	4	41	22	47	2	8	6	-	-	16
Total	59	11	15	13	11	5	4	39	20	44	2	8	5	-	-	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%			100%
Nobody, I did this on my own	10	1	1	2	4	1	1	4	6	9	1	1	-	-	-	2
	18%	8%	7%	19%	41%	16%	21%	11%	31%	20%	53%	9%	-	-	-	11%
With another adult or adults	43	9	12	9	6	3	3	31	13	30	1	7	5	-	-	13
	74%	83%	79%	74%	59%	68%	79%	78%	65%	69%	47%	91%	100%	-	-	89%
With a child or children	8	2	2	2	-	2	-	6	2	6	-	1	1	-	-	2
	13%	18%	14%	16%	-	34%	-	16%	8%	13%	-	13%	17%	-	-	13%
NET: With somebody else	48	10	14	10	6	4	3	35	14	35	1	7	5	-	-	13
	82%	92%	93%	81%	59%	84%	79%	89%	69%	80%	47%	91%	100%	-	-	89%

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

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

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	*b	*c	*d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	63	33	17	9	26	-	4	31	12	5	3	1	3	3	1	4
Total	59	30	16	9	25	-	4	28	11	4	3	1	2	3	1	4
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	10	5	3	2	5	-	1	2	7	-	1	-	-	-	-	1
	18%	17%	19%	23%	21%	-	22%	6%	61%	-	24%	-	-	-	-	22%
With another adult or adults	43	25	10	6	16	-	2	24	4	4	3	1	2	2	1	2
	74%	83%	62%	65%	63%	-	47%	86%	39%	83%	76%	100%	100%	63%	100%	47%
With a child or children	8	-	5	2	7	-	1	3	-	2	1	-	-	1	-	1
	13%	-	30%	24%	28%	-	31%	10%	-	40%	31%	-	-	37%	-	31%
NET: With somebody else	48	25	13	7	20	-	3	27	4	4	3	1	2	3	1	3
	82%	83%	81%	77%	79%	-	78%	94%	39%	100%	76%	100%	100%	100%	100%	78%

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

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

	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
Significance Level: 95%		*a	*b	*c	*d	e	*f	*a	*b	*c	*d	e	*f	*a	b	*c	*d	e
Unweighted Total	63	20	22	9	1	31	21	23	24	7	1	31	24	6	33	17	7	57
Total	59	18	21	8	1	29	19	22	20	7	1	28	23	5	32	16	6	54
	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	10	5	4	1	-	5	5	3	5	2	-	7	3	-	5	3	2	10
	18%	29%	20%	10%	-	17%	28%	14%	27%	24%	-	26%	14%	-	16%	17%	41%	19%
With another adult or adults	43	11	16	6	1	22	12	17	14	5	1	19	18	5	24	12	3	39
	74%	59%	75%	81%	100%	77%	61%	76%	70%	62%	100%	68%	77%	100%	74%	76%	47%	72%
With a child or children	8	3	3	1	-	4	3	3	2	2	-	4	3	-	4	3	1	8
	13%	16%	15%	9%	-	13%	15%	13%	9%	29%	-	14%	13%	-	12%	20%	12%	14%
NET: With somebody else	48	13	17	7	1	24	14	19	15	6	1	21	20	5	27	13	4	43
	82%	71%	80%	90%	100%	83%	72%	86%	73%	76%	100%	74%	86%	100%	84%	83%	59%	81%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	63	28	28	11	5	4	38	18	1	50	13	54	8
Total	59 100%	27 100%	26 100%	10 100%	5 100%	4 100%	36 100%	17 100%	1 100%	48 100%	11 100%	51 100%	7 100%
Nobody, I did this on my own	10 18%	7 28%	3 12%	3 28%	2 35%	1 30%	5 13%	5 29%	1 100%	9 18%	2 15%	8 17%	2 27%
With another adult or adults	43 74%	16 61%	21 81%	6 61%	3 65%	2 51%	28 78%	10 60%	-	35 73%	8 78%	38 74%	5 73%
With a child or children	8 13%	4 15%	4 14%	1 11%	-	1 20%	6 17%	2 11%	-	7 15%	1 7%	7 14%	1 12%
NET: With somebody else	48 82%	19 72%	23 88%	7 72%	3 65%	3 70%	31 87%	12 71%	-	39 82%	9 85%	42 83%	5 73%

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

	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	63	1	3	10	12	9	10	3	15	34	28	16	17	20	10	17	16	22	8
Total	59	1	3	10	11	8	9	3	15	31	26	15	16	19	9	15	14	22	7
	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	10	1	1	2	2	3	-	-	2	7	2	4	2	1	3	3	3	1	3
	18%	100%	28%	17%	19%	33%	-	-	16%	23%	9%	29%	13%	5%	36%	20%	18%	6%	48%
With another adult or adults	43	-	2	8	8	4	8	2	11	22	21	9	14	15	5	11	11	17	4
	74%	-	72%	83%	71%	57%	88%	67%	78%	71%	80%	65%	87%	80%	53%	74%	77%	80%	52%
With a child or children	8	-	-	2	1	2	1	1	1	5	3	1	2	4	1	2	1	5	-
	13%	-	-	21%	10%	21%	12%	33%	7%	15%	11%	6%	12%	21%	11%	13%	5%	23%	-
NET: With somebody else	48	-	2	8	9	5	9	3	12	24	24	10	14	18	6	12	12	20	4
	82%	-	72%	83%	81%	67%	100%	100%	84%	77%	91%	71%	87%	95%	64%	80%	82%	94%	52%

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

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

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		*a	*b	*c
Unweighted Total	63	29	23	11
Total	59	27	22	10
	100%	100%	100%	100%
Nobody, I did this on my own	10	6	4	1
	18%	22%	17%	8%
With another adult or adults	43	20	15	8
	74%	74%	69%	85%
With a child or children	8	1	4	3
	13%	3%	20%	26%
NET: With somebody else	48	21	18	9
	82%	78%	83%	92%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	70	53	17	20	24	26	5	9	8	7	7	6	14	7	7
Total	72	56	16	18	22	31	6	8	8	7	7	8	14	7	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	20	14	6	6	9	6	-	3	1	2	1	1	9	2	1
	28%	26%	36%	31%	38%	19%	-	35%	18%	24%	13%	16%	66%	25%	18%
With another adult or adults	48	40	7	12	11	25	6	6	7	5	5	6	3	5	6
	67%	73%	45%	64%	49%	81%	100%	65%	82%	65%	73%	84%	20%	75%	82%
With a child or children	4	1	3	1	3	-	-	-	-	1	1	-	2	-	-
	5%	2%	18%	5%	13%	-	-	-	-	12%	14%	-	14%	-	-
NET: With somebody else	51	41	10	13	14	25	6	6	7	5	6	6	5	5	6
	72%	74%	64%	69%	62%	81%	100%	65%	82%	76%	87%	84%	34%	75%	82%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

| | 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	70	12	21	10	12	5	10	43	27	61	3	3	2	-	-	8
Total	72	12	22	9	11	4	13	44	28	64	3	3	2	-	-	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Nobody, I did this on my own	20	3	6	5	4	-	3	14	6	18	1	-	1	-	-	2
	28%	24%	28%	51%	33%	-	21%	32%	23%	29%	30%	-	49%	-	-	25%
With another adult or adults	48	8	16	3	7	3	10	27	21	42	2	3	-	-	-	4
	67%	68%	72%	28%	67%	78%	79%	62%	74%	67%	70%	100%	-	-	-	61%
With a child or children	4	1	-	2	-	1	-	3	1	3	-	-	1	-	-	1
	5%	8%	-	20%	-	22%	-	7%	3%	4%	-	-	51%	-	-	14%
NET: With somebody else	51	9	16	5	7	4	10	30	21	45	2	3	1	-	-	6
	72%	76%	72%	49%	67%	100%	79%	68%	77%	71%	70%	100%	51%	-	-	75%

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

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

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	*b	*c	*d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	70	44	14	10	24	2	3	35	5	5	2	-	5	1	12	5
Total	72	46	14	10	24	2	3	33	5	5	3	-	4	1	16	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
Nobody, I did this on my own	20	10	7	2	9	-	2	10	-	2	1	-	2	-	4	2
	28%	22%	51%	20%	39%	-	66%	29%	-	39%	42%	-	39%	-	26%	41%
With another adult or adults	48	34	5	8	13	2	1	23	5	2	1	-	1	1	12	2
	67%	74%	35%	80%	53%	100%	34%	69%	100%	40%	58%	-	18%	100%	74%	59%
With a child or children	4	2	2	-	2	-	-	1	-	1	-	-	2	-	-	-
	5%	4%	13%	-	8%	-	-	3%	-	21%	-	-	43%	-	-	-
NET: With somebody else	51	36	7	8	15	2	1	24	5	3	1	-	3	1	12	2
	72%	78%	49%	80%	61%	100%	34%	71%	100%	61%	58%	-	61%	100%	74%	59%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	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
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	b	*c	*d	e
Unweighted Total	70	23	12	11	2	23	25	28	13	8	-	21	28	11	42	14	3	59
Total	72	21	12	11	2	23	23	27	13	8	-	21	27	11	45	13	3	61
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	20	6	4	3	-	7	6	8	6	1	-	7	8	4	11	3	3	16
	28%	30%	31%	27%	-	29%	27%	28%	46%	12%	-	33%	28%	35%	24%	23%	100%	27%
With another adult or adults	48	14	8	7	2	15	16	19	6	6	-	12	19	7	31	9	-	40
	67%	66%	69%	63%	100%	66%	69%	72%	48%	75%	-	58%	72%	65%	70%	69%	-	67%
With a child or children	4	1	-	1	-	1	1	-	1	1	-	2	-	-	3	1	-	4
	5%	4%	-	9%	-	4%	4%	-	7%	13%	-	9%	-	-	6%	8%	-	6%
NET: With somebody else	51	15	8	8	2	16	17	19	7	7	-	14	19	7	34	10	-	44
	72%	70%	69%	73%	100%	71%	73%	72%	54%	88%	-	67%	72%	65%	76%	77%	-	73%

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

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

	Total	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	70	25	34	7	12	3	49	19	2	55	15	66	4
Total	72	26	35	6	13	3	51	19	2	55	16	68	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	20	9	7	2	4	2	13	7	1	19	1	20	-
	28%	35%	21%	38%	35%	72%	26%	37%	45%	34%	8%	30%	-
With another adult or adults	48	15	26	3	7	1	36	10	1	34	14	45	2
	67%	58%	73%	45%	59%	28%	71%	53%	55%	61%	85%	66%	70%
With a child or children	4	2	2	1	1	-	2	2	-	3	1	3	1
	5%	7%	5%	16%	7%	-	4%	10%	-	5%	6%	4%	30%
NET: With somebody else	51	17	27	4	8	1	38	12	1	36	15	48	3
	72%	65%	79%	62%	65%	28%	74%	63%	55%	66%	92%	70%	100%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	70	2	3	13	19	9	10	3	11	44	24	9	22	27	12	23	21	16	9
Total	72	2	3	12	20	8	10	4	13	44	26	9	23	27	13	24	21	17	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	20	-	-	4	8	1	4	-	3	13	7	-	8	7	5	6	4	6	3
	28%	-	-	34%	40%	10%	40%	-	26%	30%	27%	-	36%	24%	40%	24%	19%	37%	35%
With another adult or adults	48	2	3	7	11	7	6	3	9	29	17	9	12	19	8	18	15	9	5
	67%	100%	100%	58%	56%	90%	60%	72%	68%	66%	65%	100%	55%	69%	60%	76%	72%	52%	65%
With a child or children	4	-	-	1	1	-	-	1	1	2	2	-	2	2	-	-	2	2	-
	5%	-	-	8%	4%	-	-	28%	7%	4%	7%	-	9%	6%	-	-	9%	11%	-
NET: With somebody else	51	2	3	8	12	7	6	4	10	31	19	9	14	20	8	18	17	11	5
	72%	100%	100%	66%	60%	90%	60%	100%	74%	70%	73%	100%	64%	76%	60%	76%	81%	63%	65%

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

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

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	*b	*c
Unweighted Total	70	35	26	9
Total	72	35	27	9
	100%	100%	100%	100%
Nobody, I did this on my own	20	9	6	5
	28%	27%	22%	52%
With another adult or adults	48	24	20	3
	67%	68%	75%	36%
With a child or children	4	2	1	1
	5%	5%	3%	11%
NET: With somebody else	51	26	21	4
	72%	73%	78%	48%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	293	113	179	168	97	28	13	35	29	40	28	24	60	36	28
Total	275	104	170	152	94	29	11	30	26	37	25	30	56	34	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	157	66	90	83	59	16	6	16	13	23	15	19	30	23	11
	57%	64%	53%	55%	63%	54%	60%	53%	52%	62%	59%	64%	55%	66%	43%
With another adult or adults	105	34	71	63	30	12	4	14	12	13	9	11	17	10	13
	38%	33%	42%	42%	32%	40%	40%	47%	48%	35%	37%	36%	31%	31%	50%
With a child or children	17	5	12	9	6	2	1	-	-	1	1	1	8	2	3
	6%	5%	7%	6%	7%	7%	8%	-	-	3%	4%	5%	14%	6%	10%
													b		
NET: With somebody else	118	38	80	69	35	14	4	14	12	14	11	11	25	11	15
	43%	36%	47%	45%	37%	46%	40%	47%	48%	38%	41%	36%	45%	34%	57%

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	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	293	36	85	81	44	29	18	202	91	239	7	24	17	-	1	49
Total	275	35	84	75	37	25	18	195	80	225	6	22	16	-	1	45
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	157	18	48	41	18	18	15	107	50	133	3	12	6	-	-	21
	57%	51%	56%	55%	50%	71%	80%	55%	63%	59%	43%	53%	40%	-	-	46%
With another adult or adults	105	14	32	31	18	6	4	77	27	83	3	10	7	-	1	21
	38%	38%	39%	41%	48%	25%	20%	40%	34%	37%	45%	47%	42%	-	100%	46%
With a child or children	17	4	5	6	1	1	-	15	2	11	1	1	4	-	-	6
	6%	11%	7%	7%	2%	4%	-	8%	2%	5%	13%	6%	25%	-	-	14%
		h														a
NET: With somebody else	118	18	37	34	18	7	4	88	29	92	4	10	10	-	1	24
	43%	49%	44%	45%	50%	29%	20%	45%	37%	41%	57%	47%	60%	-	100%	54%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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	293	139	68	71	139	6	24	148	43	13	7	8	22	10	12	30
Total	275	125	66	71	137	5	23	140	39	13	6	7	18	9	14	28
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	157	73	35	41	75	5	8	85	18	7	4	5	11	6	9	13
	57%	58%	53%	57%	55%	85%	36%	61%	46%	53%	55%	73%	61%	60%	63%	46%
With another adult or adults	105	51	28	22	50	1	11	49	20	5	2	2	6	4	5	12
	38%	41%	42%	31%	37%	15%	50%	35%	51%	41%	28%	27%	35%	40%	37%	43%
With a child or children	17	2	5	8	14	-	3	9	1	1	1	-	2	-	-	3
	6%	2%	8%	12%	10%	-	13%	7%	3%	7%	17%	-	9%	-	-	11%
			a	a	a											
NET: With somebody else	118	52	31	31	61	1	15	55	21	6	3	2	7	4	5	15
	43%	42%	47%	43%	45%	15%	64%	39%	54%	47%	45%	27%	39%	40%	37%	54%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	293	114	78	24	11	102	125	117	70	33	11	103	128	15	149	111	18	278
Total	275	106	76	22	10	98	116	110	67	31	10	98	119	14	140	105	16	261
	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	157	64	40	9	5	49	70	62	34	17	5	51	68	10	80	59	9	147
	57%	61%	53%	39%	53%	50%	60%	57%	51%	53%	55%	52%	57%	74%	57%	56%	54%	56%
With another adult or adults	105	38	31	10	5	41	43	44	27	12	3	39	48	4	56	40	5	101
	38%	36%	41%	47%	47%	42%	37%	40%	41%	37%	35%	40%	40%	26%	40%	38%	33%	39%
With a child or children	17	4	6	3	-	9	4	5	6	3	1	9	6	-	6	9	2	17
	6%	4%	8%	14%	-	9%	4%	5%	9%	9%	10%	9%	5%	-	4%	8%	13%	6%
NET: With somebody else	118	41	36	13	5	49	46	47	33	15	4	47	52	4	60	46	7	114
	43%	39%	47%	61%	47%	50%	40%	43%	49%	47%	45%	48%	43%	26%	43%	44%	46%	44%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	293	90	182	51	39	11	185	92	4	249	44	253	36
Total	275 100%	86 100%	170 100%	48 100%	38 100%	11 100%	173 100%	88 100%	3 100%	233 100%	41 100%	238 100%	33 100%
Nobody, I did this on my own	157 57%	49 57%	95 56%	22 46%	23 62%	6 54%	106 61% a	45 51%	2 71%	133 57%	24 57%	137 58%	17 52%
With another adult or adults	105 38%	28 33%	71 42%	22 45%	12 33%	2 18%	64 37%	35 40%	1 29%	88 38%	17 41%	90 38%	14 42%
With a child or children	17 6%	9 11% b	8 4%	4 9%	3 8%	3 29%	5 3%	9 11% d	- -	15 7%	2 4%	14 6%	3 9%
NET: With somebody else	118 43%	37 43%	75 44%	26 54% d	14 38%	5 46%	67 39%	43 49%	1 29%	100 43%	18 43%	101 42%	16 48%

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	*a 0	*b 1	c 2	d 3	e 4	f 5	*g 6	h 7	NET 1-4 days i	NET 5 + days j	0-4 (low) a	5-6 (medium) b	7-8 (high) c	9-10 (very high) d	0-4 (not worried) a	5-6 (medium) b	7-8 (very worried) c	9-10 (most worried) d
		Number of days active										**Life satisfaction score**				**Covid-19 related worries**			
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	293	7	15	42	64	67	55	11	32	188	98	56	82	112	41	103	74	75	38
Total	275	6	13	39	60	64	52	10	31	176	93	52	76	106	39	96	69	70	36
	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	157	3	6	21	33	36	34	6	17	97	57	31	48	56	19	53	38	42	21
	57%	49%	47%	55%	56%	57%	66%	65%	54%	55%	62%	60%	63%	53%	50%	55%	55%	60%	57%
With another adult or adults	105	3	7	15	24	23	16	3	14	68	33	18	27	42	17	41	27	25	11
	38%	51%	53%	38%	39%	36%	30%	35%	46%	39%	36%	36%	36%	40%	43%	43%	39%	36%	32%
With a child or children	17	-	1	3	4	5	3	-	1	13	4	2	1	10	4	3	4	6	4
	6%	-	6%	7%	7%	8%	5%	-	4%	7%	4%	4%	1%	9% b	10% b	3%	6%	8%	11%
NET: With somebody else	118	3	7	18	27	28	18	3	14	79	35	21	28	49	19	43	31	28	15
	43%	51%	53%	45%	44%	43%	34%	35%	46%	45%	38%	40%	37%	47%	50%	45%	45%	40%	43%

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	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	293	156	79	55
Total	275	145	77	51
	100%	100%	100%	100%
Nobody, I did this on my own	157	83	43	29
	57%	57%	57%	57%
With another adult or adults	105	54	31	18
	38%	37%	41%	36%
With a child or children	17	10	4	3
	6%	7%	5%	6%
NET: With somebody else	118	62	33	22
	43%	43%	43%	43%

Savanta:
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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	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	189	65	124	91	71	27	9	19	23	18	18	23	31	27	21
Total	183	61	122	83	71	29	7	16	21	16	15	30	29	26	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	88	32	56	35	36	17	3	9	9	6	6	10	14	13	17
	48%	52%	46%	42%	50%	58%	43%	53%	44%	37%	42%	34%	47%	51%	78%
With another adult or adults	66	20	46	34	20	11	3	4	7	6	7	17	10	9	2
	36%	33%	38%	41%	29%	39%	46%	25%	33%	40%	47%	57%	35%	33%	8%
With a child or children	45	14	31	24	18	2	2	4	5	6	4	7	6	7	3
	24%	23%	25%	29%	26%	7%	24%	22%	26%	39%	29%	22%	21%	28%	14%
NET: With somebody else	95	29	66	48	35	12	4	8	12	10	9	20	15	13	5
	52%	48%	54%	58%	50%	42%	57%	47%	56%	63%	58%	66%	53%	49%	22%

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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	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	189	28	42	45	30	23	21	115	74	164	5	11	6	-	1	23
Total	183	29	43	44	25	20	22	116	67	160	4	11	6	-	1	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	88	13	21	15	15	13	11	48	39	76	2	7	2	-	1	11
	48%	44%	49%	33%	61%	66%	51%	41%	59%	47%	37%	64%	31%	-	100%	51%
				c					cg							
With another adult or adults	66	8	17	21	7	3	9	46	20	57	3	4	2	-	-	9
	36%	29%	38%	48%	29%	17%	41%	40%	29%	36%	63%	36%	32%	-	-	39%
				h												
With a child or children	45	8	10	15	3	5	3	33	12	39	1	1	3	-	-	5
	24%	28%	23%	34%	14%	26%	14%	28%	17%	24%	20%	13%	52%	-	-	24%
				h												
NET: With somebody else	95	16	22	30	10	7	11	68	27	84	3	4	4	-	-	11
	52%	56%	51%	67%	39%	34%	49%	59%	41%	53%	63%	36%	69%	-	-	49%
				dh					h							

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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	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	189	90	39	49	88	1	11	76	28	12	8	10	16	12	15	12
Total	183	84	40	49	89	1	9	73	27	12	7	10	15	12	17	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	88	51	13	19	32	-	3	37	14	6	2	3	6	7	9	3
	48%	61% bcd	33%	39%	36%	-	34%	51%	53%	52%	33%	26%	40%	56%	51%	30%
With another adult or adults	66	31	17	13	30	1	6	18	7	6	3	4	9	4	7	7
	36%	37%	42%	27%	33%	100%	66%	24%	24%	48%	47%	46%	60%	36%	43%	70%
With a child or children	45	5	15	24	39	-	1	22	9	2	1	5	3	1	1	1
	24%	5%	37% a	49% a	44% a	-	10%	30%	34%	17%	20%	51%	17%	8%	6%	9%
NET: With somebody else	95	33	27	30	57	1	6	36	12	6	5	7	9	5	8	7
	52%	39%	67% a	61% a	64% a	100%	66%	49%	47%	48%	67%	74%	60%	44%	49%	70%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	189	64	41	19	8	60	72	60	46	19	5	65	65	22	90	68	9	167
Total	183	61	40	18	7	58	68	56	45	18	5	63	61	19	88	67	8	163
	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	88	33	18	10	2	28	35	26	25	6	3	32	29	14	41	28	3	73
	48%	54%	46%	57%	29%	49%	52%	47%	57%	35%	62%	50%	48%	73%	47%	42%	44%	45%
With another adult or adults	66	12	14	7	4	21	16	14	14	8	2	22	16	5	33	25	4	61
	36%	20%	35%	39%	60%	36%	24%	25%	31%	45%	38%	35%	26%	23%	37%	37%	45%	37%
						a												
With a child or children	45	20	10	3	1	13	21	21	7	6	-	13	21	1	20	22	1	44
	24%	33%	26%	16%	12%	23%	31%	37%	16%	32%	-	21%	35%	4%	23%	33%	11%	27%
								be					b					
NET: With somebody else	95	28	22	8	5	29	33	30	20	12	2	32	32	5	47	39	5	90
	52%	46%	54%	43%	71%	51%	48%	53%	43%	65%	38%	50%	52%	27%	53%	58%	56%	55%

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	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	189	55	107	31	36	13	111	68	8	154	35	172	16
Total	183 100%	53 100%	106 100%	29 100%	36 100%	13 100%	108 100%	67 100%	8 100%	146 100%	37 100%	167 100%	14 100%
Nobody, I did this on my own	88 48%	20 38%	50 47%	9 29%	19 51%	5 39%	55 51% a	28 42%	3 44%	69 47%	19 52%	80 48%	7 47%
With another adult or adults	66 36%	22 42%	38 36%	17 59% d	15 41%	7 54%	30 28%	33 50% d	4 45%	54 37%	12 33%	59 35%	7 48%
With a child or children	45 24%	16 30%	28 27%	7 23%	6 16%	3 26%	31 29%	11 17%	2 27%	38 26%	7 18%	42 25%	2 17%
NET: With somebody else	95 52%	33 62%	56 53%	21 71% d	18 49%	8 61%	53 49%	39 58%	4 56%	78 53%	18 48%	88 52%	8 53%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	189	7	10	28	49	38	32	10	15	125	57	33	58	77	20	47	56	64	22
Total	183	7	10	28	46	36	31	9	15	121	55	33	55	73	21	47	54	62	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	88	3	7	14	20	20	13	4	7	61	24	19	28	33	7	23	26	31	8
	48%	38%	63%	49%	44%	54%	43%	44%	47%	50%	44%	58%	52%	45%	35%	49%	48%	50%	37%
With another adult or adults	66	4	4	6	20	13	11	3	5	43	19	11	18	27	9	16	21	16	12
	36%	62%	37%	20%	43%	37%	34%	31%	34%	35%	34%	32%	34%	37%	42%	34%	40%	26%	59%
With a child or children	45	1	-	9	11	5	9	4	5	25	19	3	11	23	7	10	8	20	6
	24%	13%	-	30%	25%	14%	30%	45%	36%	21%	34%	10%	19%	32%	35%	22%	15%	33%	28%
											e			a				b	
NET: With somebody else	95	4	4	14	26	16	17	5	8	61	31	14	26	40	14	24	28	31	13
	52%	62%	37%	51%	56%	46%	57%	56%	53%	50%	56%	42%	48%	55%	65%	51%	52%	50%	63%

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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	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	189	92	61	34
Total	183	86	61	33
	100%	100%	100%	100%
Nobody, I did this on my own	88	40	33	14
	48%	46%	54%	42%
With another adult or adults	66	28	25	12
	36%	32%	40%	37%
With a child or children	45	26	9	10
	24%	30%	14%	29%
		b		
NET: With somebody else	95	47	28	19
	52%	54%	46%	58%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	59	39	20	35	23	1	2	11	7	7	6	3	16	4	3
Total	53	34	19	31	21	1	2	9	6	6	5	4	14	4	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	15	10	5	9	6	-	-	3	1	1	2	-	5	1	1
	28%	30%	25%	28%	29%	-	-	28%	12%	26%	51%	-	37%	29%	38%
With another adult or adults	33	21	12	21	11	1	1	6	4	4	2	4	9	2	1
	62%	61%	65%	67%	54%	100%	52%	63%	58%	74%	49%	100%	63%	51%	29%
With a child or children	7	4	3	2	4	-	1	2	3	-	-	-	-	1	1
	13%	12%	14%	8%	22%	-	48%	18%	45%	-	-	-	-	20%	33%
NET: With somebody else	38	24	14	22	15	1	2	7	6	4	2	4	9	3	2
	72%	70%	75%	72%	71%	100%	100%	72%	88%	74%	49%	100%	63%	71%	62%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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 | 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	59	10	21	8	12	6	2	39	20	48	1	6	2	-	2	11
Total	53	9	20	8	9	5	2	37	16	42	1	6	2	-	2	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	15	4	3	3	3	2	-	9	6	11	-	2	1	-	1	3
	28%	39%	15%	33%	33%	50%	-	25%	35%	27%	-	31%	50%	-	51%	34%
With another adult or adults	33	5	14	5	5	2	1	25	8	26	1	4	1	-	1	7
	62%	61%	71%	67%	58%	34%	52%	68%	50%	61%	100%	69%	50%	-	49%	66%
With a child or children	7	-	4	-	1	1	1	4	2	7	-	-	-	-	-	-
	13%	-	22%	-	9%	16%	48%	12%	15%	16%	-	-	-	-	-	-
NET: With somebody else	38	5	17	5	6	3	2	27	10	31	1	4	1	-	1	7
	72%	61%	85%	67%	67%	50%	100%	75%	65%	73%	100%	69%	50%	-	49%	66%

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

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

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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	59	26	18	15	33	-	9	31	11	2	1	3	2	-	-	9
Total	53	21	17	14	32	-	8	28	10	2	1	2	2	-	-	8
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Nobody, I did this on my own	15	6	4	5	8	-	5	6	2	1	1	-	1	-	-	5
	28%	30%	22%	32%	27%	-	59%	22%	15%	50%	100%	-	45%	-	-	59%
With another adult or adults	33	13	11	9	20	-	2	19	8	1	-	2	1	-	-	2
	62%	62%	63%	61%	62%	-	21%	69%	85%	50%	-	67%	55%	-	-	21%
With a child or children	7	2	3	2	4	-	2	5	-	-	-	1	-	-	-	2
	13%	11%	15%	13%	14%	-	20%	16%	-	-	-	33%	-	-	-	20%
NET: With somebody else	38	15	14	10	23	-	3	22	8	1	-	2	1	-	-	3
	72%	70%	78%	68%	73%	-	41%	78%	85%	50%	-	100%	55%	-	-	41%

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

	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
Significance Level: 95%		*a	*b	*c	*d	e	*f	*a	*b	*c	*d	e	*f	*a	*b	*c	*d	e
Unweighted Total	59	18	23	7	4	30	22	19	24	8	2	32	21	9	27	18	5	50
Total	53	16	22	6	4	28	19	17	22	7	2	29	19	7	24	17	4	45
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	15	5	7	2	-	9	5	4	6	4	-	10	4	2	7	4	1	12
	28%	33%	30%	39%	-	32%	26%	26%	26%	52%	-	33%	24%	33%	29%	27%	18%	27%
With another adult or adults	33	10	14	2	3	15	13	11	14	3	2	17	13	5	14	11	3	28
	62%	67%	63%	30%	75%	56%	69%	64%	66%	34%	100%	58%	67%	67%	56%	64%	82%	61%
With a child or children	7	-	3	2	1	4	1	2	3	1	1	4	2	-	4	3	-	7
	13%	-	12%	30%	25%	16%	5%	10%	12%	14%	42%	13%	13%	-	18%	15%	-	15%
NET: With somebody else	38	10	15	4	4	19	14	12	16	4	2	20	14	5	17	12	3	33
	72%	67%	70%	61%	100%	68%	74%	74%	74%	48%	100%	67%	76%	67%	71%	73%	82%	73%

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

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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		*a	*b	*a	*b	*c	*d	*e	*f	a	*b	a	*b
Unweighted Total	59	22	27	16	8	6	28	27	2	50	9	51	8
Total	53	21	24	15	7	5	25	24	1	45	8	46	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	15	5	6	4	3	2	7	7	1	13	2	11	4
	28%	26%	26%	24%	47%	34%	28%	29%	100%	29%	22%	23%	61%
With another adult or adults	33	14	14	10	4	3	14	17	-	29	3	30	3
	62%	66%	59%	71%	53%	66%	55%	68%	-	65%	45%	66%	39%
With a child or children	7	2	5	1	-	-	6	1	-	4	2	7	-
	13%	8%	22%	5%	-	-	24%	3%	-	10%	32%	15%	-
NET: With somebody else	38	15	18	11	4	3	18	17	-	32	6	35	3
	72%	74%	74%	76%	53%	66%	72%	71%	-	71%	78%	77%	39%

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

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

	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)
						Number of days active							Life satisfaction score				Covid-19 related worries		
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	*a	*b	*c	*d	*a	*b	*c	*d
Unweighted Total	59	3	1	7	10	18	9	3	8	36	20	8	19	20	12	16	14	18	11
Total	53	2	1	6	9	16	8	3	8	32	18	7	16	18	11	14	12	16	10
	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	15	2	-	3	3	4	1	-	3	9	4	3	7	3	2	4	4	5	2
	28%	69%	-	42%	30%	25%	10%	-	40%	29%	21%	44%	44%	16%	15%	30%	29%	32%	17%
With another adult or adults	33	-	1	3	6	9	6	3	5	19	14	4	8	12	8	9	7	8	8
	62%	-	100%	43%	70%	58%	79%	100%	60%	60%	75%	56%	51%	65%	78%	62%	59%	52%	83%
With a child or children	7	1	-	1	-	4	2	-	-	4	2	-	2	4	1	2	2	3	-
	13%	31%	-	15%	-	23%	21%	-	-	14%	9%	-	10%	24%	7%	13%	13%	21%	-
NET: With somebody else	38	1	1	4	6	12	7	3	5	23	14	4	9	16	9	10	9	11	8
	72%	31%	100%	58%	70%	75%	90%	100%	60%	71%	79%	56%	56%	84%	85%	70%	71%	68%	83%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	*b	*c
Unweighted Total	59	31	18	10
Total	53	28	16	9
	100%	100%	100%	100%
Nobody, I did this on my own	15	8	4	3
	28%	28%	27%	29%
With another adult or adults	33	17	9	6
	62%	63%	56%	71%
With a child or children	7	4	3	-
	13%	15%	17%	-
NET: With somebody else	38	20	12	6
	72%	72%	73%	71%

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	39	24	15	23	15	1	1	5	3	6	3	3	12	3	3
Total	35	21	14	21	14	1	1	4	3	5	3	4	11	3	2
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	11	7	4	8	3	-	1	2	1	1	2	1	3	1	1
	32%	33%	31%	38%	26%	-	100%	37%	35%	15%	64%	30%	25%	34%	33%
With another adult or adults	20	13	8	11	8	1	-	3	2	4	1	3	5	1	2
	57%	59%	54%	54%	60%	100%	-	63%	65%	85%	36%	70%	50%	33%	67%
With a child or children	5	3	2	2	3	-	-	1	-	-	-	-	3	1	-
	13%	12%	14%	8%	22%	-	-	22%	-	-	-	-	25%	33%	-
NET: With somebody else	24	14	10	13	10	1	-	3	2	4	1	3	8	2	2
	68%	67%	69%	62%	74%	100%	-	63%	65%	85%	36%	70%	75%	66%	67%

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

	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	39	10	7	6	13	3	-	23	16	29	3	1	5	-	1	10
Total	35	10	6	6	10	3	-	22	13	26	3	1	5	-	1	9
	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	5	-	-	7	5	8	2	-	1	-	-	3
	32%	29%	29%	30%	46%	-	-	29%	37%	32%	65%	-	21%	-	-	32%
With another adult or adults	20	7	3	4	5	2	-	14	6	16	1	1	2	-	1	5
	57%	71%	39%	70%	46%	66%	-	62%	50%	60%	35%	100%	42%	-	100%	50%
With a child or children	5	-	2	1	1	1	-	3	2	3	-	-	2	-	-	2
	13%	-	32%	15%	8%	34%	-	13%	13%	11%	-	-	37%	-	-	18%
NET: With somebody else	24	7	5	4	6	3	-	16	8	18	1	1	4	-	1	6
	68%	71%	71%	70%	54%	100%	-	71%	63%	68%	35%	100%	79%	-	100%	68%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	39	17	13	8	21	-	5	23	6	2	-	1	1	1	-	5
Total	35	14	12	8	20	-	4	21	6	2	-	1	1	1	-	4
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	-	100%	100%	100%	-	100%
Nobody, I did this on my own	11	5	4	3	6	-	2	7	1	-	-	-	1	1	-	2
	32%	34%	30%	35%	32%	-	39%	34%	13%	-	-	-	100%	100%	-	39%
With another adult or adults	20	9	8	3	11	-	2	12	4	2	-	1	-	-	-	2
	57%	60%	63%	39%	54%	-	39%	58%	68%	100%	-	100%	-	-	-	39%
With a child or children	5	1	2	2	4	-	1	2	2	-	-	-	-	-	-	1
	13%	6%	15%	25%	19%	-	22%	8%	35%	-	-	-	-	-	-	22%
NET: With somebody else	24	9	9	5	14	-	3	14	5	2	-	1	-	-	-	3
	68%	66%	70%	65%	68%	-	61%	66%	87%	100%	-	100%	-	-	-	61%

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

	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
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e
Unweighted Total	39	15	16	5	-	21	15	10	23	3	-	26	10	4	25	9	1	35
Total	35 100%	13 100%	15 100%	5 100%	-	20 100%	13 100%	9 100%	21 100%	3 100%	-	24 100%	9 100%	3 100%	23 100%	8 100%	1 100%	32 100%
Nobody, I did this on my own	11 32%	4 33%	4 28%	1 21%	-	5 26%	4 33%	3 30%	7 32%	-	-	7 29%	3 30%	1 23%	7 31%	3 34%	1 100%	11 33%
With another adult or adults	20 57%	8 61%	9 59%	3 59%	-	12 59%	8 61%	5 61%	11 54%	3 100%	-	14 59%	5 61%	2 52%	14 61%	5 55%	-	19 58%
With a child or children	5 13%	1 6%	2 13%	2 41%	-	4 19%	1 6%	1 9%	3 14%	1 33%	-	4 16%	1 9%	1 25%	3 13%	1 11%	-	4 12%
NET: With somebody else	24 68%	9 67%	11 72%	4 79%	-	15 74%	9 67%	6 70%	14 68%	3 100%	-	17 71%	6 70%	2 77%	16 69%	6 66%	-	22 67%

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

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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		*a	*b	*a	*b	*c	*d	*e	*f	a	*b	a	*b
Unweighted Total	39	22	13	10	9	4	15	22	1	35	4	35	4
Total	35	21	11	9	8	4	13	21	1	32	3	31	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	11	6	4	4	3	-	4	7	1	11	-	9	2
	32%	30%	39%	47%	41%	-	33%	34%	100%	35%	-	30%	50%
With another adult or adults	20	12	7	5	5	3	6	13	-	17	3	19	1
	57%	56%	61%	53%	59%	71%	47%	61%	-	53%	100%	62%	22%
With a child or children	5	4	-	-	-	2	3	2	-	5	-	4	1
	13%	18%	-	-	-	53%	20%	10%	-	14%	-	11%	28%
NET: With somebody else	24	15	7	5	5	4	9	14	-	21	3	22	2
	68%	70%	61%	53%	59%	100%	67%	66%	-	65%	100%	70%	50%

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

	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	39	1	1	5	16	7	5	2	2	29	9	6	10	13	10	7	14	10	8
Total	35	1	1	5	15	7	4	2	2	27	8	6	9	12	9	7	13	8	7
	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	-	3	3	3	2	-	-	9	2	2	2	5	3	1	5	2	3
	32%	100%	-	61%	23%	41%	39%	-	-	33%	21%	34%	19%	43%	29%	11%	36%	28%	49%
With another adult or adults	20	-	1	2	10	2	3	2	2	14	6	2	7	7	4	5	7	5	4
	57%	-	100%	39%	66%	30%	61%	100%	100%	53%	79%	34%	81%	57%	51%	74%	49%	63%	51%
With a child or children	5	-	-	-	3	2	-	-	-	5	-	2	-	1	2	1	3	1	-
	13%	-	-	-	18%	29%	-	-	-	17%	-	32%	-	8%	20%	14%	22%	9%	-
NET: With somebody else	24	-	1	2	11	4	3	2	2	18	6	4	7	7	6	6	8	6	4
	68%	-	100%	39%	77%	59%	61%	100%	100%	67%	79%	66%	81%	57%	71%	89%	64%	72%	51%

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

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		*a	*b	*c
Unweighted Total	39	23	13	3
Total	35	21	12	3
	100%	100%	100%	100%
Nobody, I did this on my own	11	7	4	-
	32%	35%	35%	-
With another adult or adults	20	12	7	2
	57%	56%	58%	66%
With a child or children	5	2	2	1
	13%	9%	15%	34%
NET: With somebody else	24	14	8	3
	68%	65%	65%	100%

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

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

	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	75	26	49	51	18	6	3	4	8	10	7	2	22	12	7
Total	69	24	46	46	17	6	3	3	7	9	7	2	20	11	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	26	8	18	17	6	4	1	2	2	5	1	2	7	4	3
	38%	35%	39%	36%	32%	66%	27%	50%	26%	52%	14%	100%	32%	40%	45%
With another adult or adults	29	11	18	22	5	1	2	2	4	3	4	-	8	5	2
	41%	46%	39%	48%	32%	20%	73%	50%	60%	29%	58%	-	38%	42%	26%
With a child or children	17	4	13	10	6	1	-	-	1	2	3	-	7	3	2
	25%	19%	28%	22%	36%	14%	-	-	14%	19%	42%	-	34%	27%	29%
NET: With somebody else	43	15	28	29	12	2	2	2	5	4	6	-	14	7	3
	62%	65%	61%	64%	68%	34%	73%	50%	74%	48%	86%	-	68%	60%	55%

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	75	15	17	19	14	5	5	51	24	54	2	7	9	-	1	19
Total	69	15	16	18	12	4	4	49	20	50	2	6	9	-	1	18
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	26	4	7	6	7	1	1	18	8	20	1	2	3	-	-	6
	38%	29%	47%	34%	56%	21%	20%	36%	41%	40%	47%	26%	37%	-	-	32%
With another adult or adults	29	5	7	9	5	2	2	20	8	21	1	2	5	-	-	7
	41%	31%	41%	50%	44%	38%	37%	41%	41%	43%	53%	29%	53%	-	-	41%
With a child or children	17	6	4	4	-	2	2	14	4	10	1	3	1	-	1	6
	25%	40%	24%	21%	-	41%	43%	28%	17%	21%	53%	45%	10%	-	100%	32%
NET: With somebody else	43	11	9	12	5	3	3	31	12	30	1	5	5	-	1	12
	62%	71%	53%	66%	44%	79%	80%	64%	59%	60%	53%	74%	63%	-	100%	68%

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	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		*a	*b	*c	d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	75	25	22	23	45	2	11	28	8	3	4	2	12	3	2	13
Total	69	21	21	22	44	2	10	27	8	3	3	2	10	3	2	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	26	9	9	7	16	2	2	10	3	2	2	1	2	1	1	4
	38%	40%	41%	31%	36%	100%	24%	37%	41%	65%	55%	54%	23%	37%	42%	37%
With another adult or adults	29	10	9	8	16	-	5	10	4	1	2	-	5	1	1	5
	41%	47%	41%	34%	37%	-	55%	38%	48%	35%	45%	-	49%	33%	58%	46%
With a child or children	17	3	5	9	14	-	3	7	2	-	-	1	4	1	-	3
	25%	13%	22%	40%	31%	-	30%	26%	26%	-	-	46%	37%	31%	-	26%
NET: With somebody else	43	13	12	15	28	-	7	17	5	1	2	1	8	2	1	7
	62%	60%	59%	69%	64%	-	76%	63%	59%	35%	45%	46%	77%	63%	58%	63%

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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	75	22	18	9	3	27	25	15	25	10	3	35	18	7	25	32	11	68
Total	69	20	17	9	3	26	22	14	23	9	3	32	17	7	23	30	9	63
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	26	6	6	5	2	11	8	3	9	6	1	15	4	3	8	13	2	23
	38%	31%	35%	56%	70%	42%	36%	21%	41%	59%	34%	47%	23%	43%	36%	44%	19%	37%
With another adult or adults	29	9	7	3	1	10	10	6	10	3	2	12	8	4	13	6	6	25
	41%	44%	43%	31%	30%	39%	43%	44%	42%	29%	66%	38%	48%	57%	54%	22%	63%	40%
With a child or children	17	5	4	2	-	6	5	5	4	2	-	6	5	-	3	12	3	17
	25%	24%	22%	23%	-	22%	22%	34%	16%	21%	-	18%	29%	-	13%	38%	27%	27%
NET: With somebody else	43	14	11	4	1	15	14	11	13	4	2	17	13	4	15	17	8	39
	62%	69%	65%	44%	30%	58%	64%	79%	59%	41%	66%	53%	77%	57%	64%	56%	81%	63%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	75	31	35	18	8	11	36	32	2	60	15	63	11
Total	69	29	32	17	8	10	33	30	2	56	13	58	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	26	11	12	6	5	5	10	13	2	19	7	21	5
	38%	39%	38%	35%	60%	50%	31%	42%	100%	34%	54%	36%	53%
With another adult or adults	29	15	9	9	2	3	13	14	-	23	6	26	2
	41%	51%	29%	54%	26%	33%	40%	46%	-	40%	46%	45%	19%
With a child or children	17	5	12	2	1	3	12	5	-	17	-	14	3
	25%	16%	37%	11%	14%	26%	35%	15%	-	31%	-	25%	28%
NET: With somebody else	43	18	20	11	3	5	23	18	-	37	6	38	5
	62%	61%	62%	65%	40%	50%	69%	58%	-	66%	46%	64%	47%

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

	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	75	1	4	13	21	10	13	5	8	48	26	15	25	26	9	18	13	33	11
Total	69	1	4	13	19	9	12	4	7	45	24	14	23	24	8	16	12	31	10
	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	26	-	2	4	6	5	5	1	4	16	10	7	5	12	3	5	5	12	4
	38%	-	41%	31%	30%	52%	40%	19%	65%	36%	43%	48%	21%	51%	31%	30%	45%	40%	36%
With another adult or adults	29	-	2	6	10	2	4	3	2	19	9	6	13	7	3	6	5	15	4
	41%	-	59%	45%	50%	20%	36%	58%	35%	43%	40%	46%	55%	30%	32%	35%	38%	47%	36%
With a child or children	17	1	-	3	6	3	4	1	-	11	5	1	7	7	3	6	2	7	3
	25%	100%	-	24%	30%	28%	31%	23%	-	25%	21%	6%	28%	28%	37%	35%	17%	22%	28%
NET: With somebody else	43	1	2	9	13	4	7	4	2	29	13	7	18	12	6	11	7	19	7
	62%	100%	59%	69%	70%	48%	60%	81%	35%	64%	57%	52%	79%	49%	69%	70%	55%	60%	64%

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

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

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	*b	*c
Unweighted Total	75	43	15	15
Total	69	39	14	14
	100%	100%	100%	100%
Nobody, I did this on my own	26	15	4	6
	38%	38%	25%	43%
With another adult or adults	29	17	6	6
	41%	43%	40%	44%
With a child or children	17	8	7	3
	25%	19%	48%	19%
NET: With somebody else	43	24	11	8
	62%	62%	75%	57%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	88	42	46	27	19	42	4	13	15	9	7	4	8	20	8
Total	92	47	45	24	16	51	4	11	17	9	6	5	8	23	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	21	11	9	30	1	4	9	7	3	2	6	13	4
	54%	60%	48%	44%	56%	58%	21%	37%	51%	79%	52%	47%	78%	57%	48%
With another adult or adults	39	17	21	12	6	20	2	7	8	1	3	3	2	8	4
	42%	37%	48%	52%	39%	39%	59%	63%	49%	12%	48%	53%	22%	37%	52%
With a child or children	6	2	5	3	2	2	1	1	1	1	1	-	-	2	-
	7%	3%	11%	14%	10%	3%	21%	7%	5%	9%	13%	-	-	10%	-
NET: With somebody else	42	19	23	13	7	22	3	7	8	2	3	3	2	10	4
	46%	40%	52%	56%	44%	42%	79%	63%	49%	21%	48%	53%	22%	43%	52%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	88	4	26	12	11	9	26	42	46	81	-	2	4	-	-	6
Total	92	4	28	13	10	9	28	45	46	86	-	2	3	-	-	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	-	-	100%
Nobody, I did this on my own	50	1	13	9	3	5	18	23	27	48	-	1	1	-	-	2
	54%	22%	46%	71%	33%	60%	65%	51%	57%	56%	-	47%	27%	-	-	33%
With another adult or adults	39	2	13	4	7	3	10	20	19	36	-	-	2	-	-	2
	42%	58%	49%	29%	67%	31%	35%	44%	41%	42%	-	-	73%	-	-	49%
With a child or children	6	1	3	-	1	1	1	4	2	5	-	1	-	-	-	1
	7%	19%	12%	-	8%	9%	3%	9%	5%	6%	-	53%	-	-	-	17%
NET: With somebody else	42	3	15	4	7	3	10	22	20	38	-	1	2	-	-	3
	46%	78%	54%	29%	67%	40%	35%	49%	43%	44%	-	53%	73%	-	-	67%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	88	60	14	11	25	2	1	21	13	-	8	5	10	6	22	3
Total	92	65	13	11	24	2	1	19	13	-	8	4	9	5	30	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	50	37	5	7	11	-	-	11	7	-	5	3	5	2	17	-
	54%	57%	36%	62%	48%	-	-	57%	49%	-	58%	64%	53%	47%	59%	-
With another adult or adults	39	26	7	4	11	2	1	8	6	-	2	2	3	3	12	3
	42%	39%	57%	38%	48%	100%	100%	43%	45%	-	23%	36%	38%	53%	41%	100%
With a child or children	6	4	2	1	3	-	-	1	1	-	2	-	3	1	-	-
	7%	6%	13%	8%	11%	-	-	4%	6%	-	19%	-	29%	17%	-	-
NET: With somebody else	42	28	8	4	12	2	1	8	7	-	3	2	4	3	12	3
	46%	43%	64%	38%	52%	100%	100%	43%	51%	-	42%	36%	47%	53%	41%	100%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	88	20	6	10	2	16	22	20	5	12	3	17	23	15	51	21	1	73
Total	92	19	5	11	2	16	21	18	4	13	3	18	21	15	56	19	1	76
	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	8	4	8	1	13	9	10	4	7	1	12	11	10	32	7	-	39
	54%	41%	82%	77%	45%	79%	42%	54%	100%	55%	30%	66%	51%	69%	56%	38%	-	51%
With another adult or adults	39	10	1	1	1	2	11	8	-	5	2	5	10	3	24	11	1	36
	42%	55%	18%	8%	55%	12%	55%	42%	-	34%	70%	26%	45%	21%	42%	58%	100%	47%
With a child or children	6	1	-	2	-	2	1	1	-	2	1	2	2	2	2	3	-	5
	7%	4%	-	14%	-	9%	4%	4%	-	11%	30%	9%	8%	10%	4%	13%	-	6%
NET: With somebody else	42	11	1	2	1	3	12	9	-	6	2	6	10	5	25	12	1	37
	46%	59%	18%	23%	55%	21%	58%	46%	-	45%	70%	34%	49%	31%	44%	62%	100%	49%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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 | 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	88	12	60	16	18	3	54	30	6	66	22	81	6
Total	92	12	63	15	17	3	59	29	5	68	24	85	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	50	9	29	9	10	2	29	18	3	43	7	46	4
	54%	72%	46%	64%	59%	68%	49%	63%	68%	63%	29%	54%	71%
With another adult or adults	39	3	32	5	7	1	27	11	2	24	14	36	2
	42%	28%	51%	36%	41%	32%	46%	37%	32%	36%	61%	43%	29%
With a child or children	6	-	5	-	1	-	6	1	-	3	3	6	1
	7%	-	8%	-	5%	-	9%	3%	-	5%	13%	7%	15%
NET: With somebody else	42	3	34	5	7	1	30	11	2	25	17	39	2
	46%	28%	54%	36%	41%	32%	51%	37%	32%	37%	71%	46%	29%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	88	6	7	14	20	13	11	2	15	54	28	23	23	32	9	41	17	20	9
Total	92	8	6	15	22	13	10	2	16	55	29	20	22	36	12	43	19	21	7
	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	4	3	8	14	8	7	2	4	32	13	13	15	16	5	21	11	12	6
	54%	53%	41%	54%	63%	64%	64%	100%	28%	58%	46%	64%	66%	45%	44%	49%	57%	57%	76%
With another adult or adults	39	2	4	6	7	5	4	-	12	21	15	5	7	20	6	21	7	8	2
	42%	28%	59%	41%	33%	36%	36%	-	72%	39%	54%	24%	30%	55%	56%	49%	35%	39%	24%
With a child or children	6	2	-	1	1	2	1	-	1	3	2	3	3	-	-	3	2	2	-
	7%	20%	-	5%	4%	14%	8%	-	5%	6%	6%	15%	15%	-	-	6%	12%	8%	-
NET: With somebody else	42	4	4	7	8	5	4	-	12	23	15	7	7	20	6	22	8	9	2
	46%	47%	59%	46%	37%	36%	36%	-	72%	42%	54%	36%	34%	55%	56%	51%	43%	43%	24%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	*c
Unweighted Total	88	39	36	13
Total	92	38	39	15
	100%	100%	100%	100%
Nobody, I did this on my own	50	17	22	10
	54%	44%	58%	70%
With another adult or adults	39	20	16	4
	42%	51%	40%	25%
With a child or children	6	4	2	1
	7%	11%	4%	5%
NET: With somebody else	42	21	16	5
	46%	56%	42%	30%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		1756	822	930	638	620	498	99	249	175	184	160	137	295	272	185
Total		1746	844	898	570	581	595	86	233	171	179	152	182	282	276	185
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	230	86	144	112	72	47	6	38	17	24	19	16	54	36	20
		13%	10%	16%	20%	12%	8%	7%	16%	10%	13%	12%	9%	19%	13%	11%
				a	bc	c			af					acfi		
A bit more	(4.0)	493	255	236	171	173	149	22	58	52	56	44	57	77	83	44
		28%	30%	26%	30%	30%	25%	25%	25%	31%	31%	29%	31%	27%	30%	24%
About the same	(3.0)	609	318	289	146	208	256	32	76	60	66	55	70	80	94	76
		35%	38%	32%	26%	36%	43%	37%	33%	35%	37%	36%	39%	28%	34%	41%
			b			a	ab						g			g
A bit less	(2.0)	237	109	128	84	75	77	17	33	26	24	22	19	33	39	25
		14%	13%	14%	15%	13%	13%	19%	14%	15%	13%	14%	11%	12%	14%	13%
A lot less	(1.0)	168	73	96	53	51	64	8	25	15	10	13	20	37	23	19
		10%	9%	11%	9%	9%	11%	10%	11%	9%	5%	8%	11%	13%	8%	10%
														d		
Don't know		8	2	6	5	2	2	1	3	-	-	-	-	2	1	1
		*	*	1%	1%	*	*	2%	1%	-	-	-	-	1%	*	*
NET: More		723	342	380	283	245	196	28	96	70	80	63	72	131	119	64
		41%	41%	42%	50%	42%	33%	32%	41%	41%	45%	41%	40%	47%	43%	35%
					bc	c					ai			ai		
NET: Less		405	182	223	137	127	142	25	58	41	33	34	39	70	62	44
		23%	22%	25%	24%	22%	24%	29%	25%	24%	19%	23%	21%	25%	22%	24%
								d								
Base for stats		1738	842	892	566	579	593	85	229	171	179	152	182	281	275	184
Mean Score		3.22	3.21	3.23	3.36	3.24	3.06	3.01	3.22	3.18	3.34	3.23	3.16	3.28	3.26	3.12
					c	c					ai					
Standard Deviation		1.136	1.071	1.196	1.220	1.105	1.062	1.074	1.200	1.089	1.042	1.106	1.085	1.269	1.113	1.102
Standard Error		.027	.037	.039	.049	.044	.048	.109	.077	.082	.077	.087	.093	.074	.068	.081
Error variance		*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	.01	*	.01

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		1756	149	424	407	249	206	321	980	776	1477	45	115	77	10	14	261
Total		1746	152	440	401	224	181	348	993	753	1488	41	106	71	10	13	241
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	230	27	64	52	32	26	29	143	87	192	6	12	16	2	-	37
		13%	18%	14%	13%	14%	14%	8%	14%	12%	13%	15%	12%	22%	24%	-	15%
			fh	f		f	f		f					a			
A bit more	(4.0)	493	54	129	105	73	51	83	287	206	412	8	35	24	3	8	78
		28%	35%	29%	26%	32%	28%	24%	29%	27%	28%	20%	33%	34%	28%	58%	32%
			cfh			f											
About the same	(3.0)	609	44	137	136	67	63	162	318	292	542	16	30	14	2	3	64
		35%	29%	31%	34%	30%	35%	47%	32%	39%	36%	38%	29%	19%	16%	21%	27%
								abcdegh		abdg	dg	d					
A bit less	(2.0)	237	19	66	61	32	19	40	146	91	193	8	17	9	1	3	37
		14%	13%	15%	15%	14%	10%	12%	15%	12%	13%	20%	16%	12%	9%	20%	15%
A lot less	(1.0)	168	7	44	44	20	21	32	95	73	144	3	11	8	2	-	24
		10%	5%	10%	11%	9%	12%	9%	10%	10%	10%	7%	11%	11%	24%	-	10%
				a	a		a		a	a							
Don't know		8	-	1	3	1	2	2	4	4	5	-	-	1	-	-	1
		*	-	*	1%	*	1%	*	*	1%	*	-	-	1%	-	-	*
NET: More		723	81	192	157	104	76	113	430	293	604	15	47	40	5	8	115
		41%	53%	44%	39%	47%	42%	32%	43%	39%	41%	35%	45%	56%	52%	58%	48%
			bcefgh	f		fh	f		f	f				ab			a
NET: Less		405	26	110	105	52	40	72	241	164	337	11	28	16	3	3	62
		23%	17%	25%	26%	23%	22%	21%	24%	22%	23%	26%	27%	23%	33%	20%	25%
					a												
Base for stats		1738	152	439	398	223	179	347	989	749	1483	41	106	70	10	13	241
Mean Score		3.22	3.50	3.23	3.15	3.29	3.23	3.11	3.24	3.19	3.21	3.17	3.19	3.45	3.19	3.38	3.27
			bcefgh														
Standard Deviation		1.136	1.070	1.173	1.167	1.150	1.181	1.025	1.160	1.103	1.127	1.133	1.167	1.279	1.574	.835	1.195
Standard Error		.027	.088	.057	.058	.073	.083	.057	.037	.040	.029	.169	.109	.147	.498	.223	.074
Error variance		*	.01	*	*	.01	.01	*	*	*	*	.03	.01	.02	.25	.05	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	1756	1030	303	330	633	41	80	642	236	62	66	121	119	139	250	121
Total	1746	1040	298	326	624	40	72	614	227	62	66	110	101	128	326	112
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	230	120	44	53	98	6	15	94	34	6	5	15	24	15	18	21
	13%	12%	15%	16%	16%	15%	21%	15%	15%	9%	7%	13%	24%	11%	6%	19%
				a	a	j	fj	j	j				cdefgij	j		fj
A bit more (4.0)	493	279	84	108	192	16	30	181	60	14	25	33	24	35	74	46
	28%	27%	28%	33%	31%	40%	42%	30%	26%	23%	38%	30%	24%	27%	23%	41%
				a		hj	cdehij	j			hj					cdehij
About the same (3.0)	609	395	92	96	189	8	15	203	79	30	18	31	22	51	152	23
	35%	38%	31%	30%	30%	19%	21%	33%	35%	48%	27%	28%	22%	40%	46%	21%
		bcd						bhk	bhk	abcfghk				abghk	abcdfghk	
A bit less (2.0)	237	134	50	39	89	2	8	89	30	6	11	13	17	17	44	10
	14%	13%	17%	12%	14%	5%	11%	15%	13%	10%	16%	12%	17%	13%	14%	9%
A lot less (1.0)	168	108	26	29	54	6	3	47	25	6	8	16	11	9	37	10
	10%	10%	9%	9%	9%	16%	5%	8%	11%	9%	12%	14%	11%	7%	11%	9%
						b						bc				
Don't know	8	3	1	1	2	2	-	-	-	-	-	1	3	1	1	2
	*	*	*	*	*	4%	-	-	-	-	-	1%	3%	1%	*	2%
						cdj						c	cdj	c		c
NET: More	723	399	128	162	290	22	46	275	94	20	30	48	48	50	92	68
	41%	38%	43%	50%	47%	55%	63%	45%	41%	32%	45%	44%	47%	39%	28%	60%
				a	a	ej	cdefghij	j	j			j	j	j	j	cdefghij
NET: Less	405	243	76	67	143	8	11	136	55	12	18	29	28	26	82	20
	23%	23%	25%	21%	23%	21%	16%	22%	24%	19%	28%	27%	28%	20%	25%	18%
													b			
Base for stats	1738	1037	297	325	622	38	72	614	227	62	66	109	98	127	325	110
Mean Score	3.22	3.16	3.24	3.37	3.31	3.35	3.63	3.30	3.21	3.13	3.12	3.17	3.32	3.23	2.97	3.54
				a	a	j	cdefgij	j	j				j	j		cdefgij
Standard Deviation	1.136	1.121	1.159	1.155	1.157	1.296	1.082	1.125	1.178	1.036	1.137	1.242	1.329	1.055	1.023	1.163
Standard Error	.027	.035	.067	.064	.046	.208	.121	.044	.077	.132	.140	.114	.124	.090	.065	.107
Error variance	*	*	*	*	*	.04	.01	*	.01	.02	.02	.01	.02	.01	*	.01

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	1756	532	337	140	36	477	568	587	247	179	35	426	622	241	925	508	82	1515
Total	1746	507	326	137	34	463	541	559	236	179	31	414	591	238	949	486	74	1508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	230	76	49	16	5	65	81	90	32	20	6	52	97	20	118	76	16	210
	13%	15%	15%	12%	16%	14%	15%	16%	14%	11%	20%	12%	16%	8%	12%	16%	22%	14%
																a	ab	a
A bit more (4.0)	493	157	101	36	10	137	167	166	84	50	4	134	170	73	252	148	22	421
	28%	31%	31%	27%	28%	30%	31%	30%	36%	28%	14%	32%	29%	31%	27%	30%	29%	28%
								d	d			d						
About the same (3.0)	609	176	97	48	11	145	187	187	69	69	8	138	195	96	343	156	15	514
	35%	35%	30%	35%	32%	31%	35%	33%	29%	38%	26%	33%	33%	40%	36%	32%	20%	34%
										b				cd	d	d		d
A bit less (2.0)	237	58	44	29	6	73	65	73	33	27	5	61	78	28	129	66	14	209
	14%	12%	13%	21%	19%	16%	12%	13%	14%	15%	17%	15%	13%	12%	14%	14%	19%	14%
				abf														
A lot less (1.0)	168	39	36	7	2	43	41	44	18	13	7	31	51	21	103	38	6	147
	10%	8%	11%	5%	5%	9%	8%	8%	8%	7%	22%	7%	9%	9%	11%	8%	8%	10%
											abcef							
Don't know	8	-	-	-	-	-	-	-	-	-	-	-	-	1	4	2	2	7
	*	-	-	-	-	-	-	-	-	-	-	-	-	*	*	*	2%	*
NET: More	723	233	150	53	15	203	248	256	116	70	11	185	267	93	370	224	37	631
	41%	46%	46%	38%	44%	44%	46%	46%	49%	39%	34%	45%	45%	39%	39%	46%	51%	42%
									c							b	b	
NET: Less	405	98	79	36	8	115	106	116	51	41	12	92	129	49	232	105	20	356
	23%	19%	24%	26%	24%	25%	20%	21%	22%	23%	40%	22%	22%	21%	24%	22%	27%	24%
						af					abcef							
Base for stats	1738	507	326	137	34	463	541	559	236	179	31	414	591	237	945	484	72	1501
Mean Score	3.22	3.34	3.26	3.19	3.32	3.24	3.34	3.33	3.33	3.20	2.92	3.28	3.31	3.18	3.16	3.32	3.38	3.22
								d	d							b		
Standard Deviation	1.136	1.104	1.192	1.065	1.104	1.155	1.103	1.129	1.112	1.064	1.438	1.092	1.150	1.043	1.146	1.133	1.264	1.150
Standard Error	.027	.048	.065	.090	.184	.053	.046	.047	.071	.080	.243	.053	.046	.067	.038	.050	.141	.030
Error variance	*	*	*	.01	.03	*	*	*	.01	.01	.06	*	*	*	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	
	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	1756	329	1155	292	303	61	1117	576	65	1419	337	1496	248
Total	1746	318	1161	269	307	61	1126	563	59	1400	346	1502	233
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	230	48	157	44	27	4	155	67	7	187	43	195	34
	13%	15%	14%	16% bc	9%	6%	14% b	12%	13%	13%	12%	13%	15%
A bit more (4.0)	493	106	303	83	80	18	320	159	18	404	89	435	57
	28%	33% b	26%	31%	26%	30%	28%	28%	30%	29%	26%	29%	25%
About the same (3.0)	609	98	411	76	109	22	409	184	17	481	128	524	81
	35%	31%	35%	28%	36%	35%	36% a	33%	28%	34%	37%	35%	35%
A bit less (2.0)	237	48	158	35	51	15	138	87	11	182	55	204	31
	14%	15%	14%	13%	16%	25% ad	12%	15%	18%	13%	16%	14%	13%
A lot less (1.0)	168	19	127	30	40	2	97	67	6	140	29	140	26
	10%	6%	11% a	11%	13% cd	4%	9%	12% d	11%	10%	8%	9%	11%
Don't know	8	1	4	-	-	-	6	-	-	7	1	3	3
	*	*	*	-	-	-	*	-	-	*	*	*	1% a
NET: More	723	153	460	127	107	22	476	225	25	591	132	630	91
	41%	48% b	40%	47% be	35%	36%	42% b	40%	42%	42%	38%	42%	39%
NET: Less	405	67	285	66	91	18	235	154	17	321	84	344	57
	23%	21%	25%	24%	30% d	29%	21%	27% d	29%	23%	24%	23%	25%
Base for stats	1738	318	1157	269	307	61	1120	563	59	1393	345	1499	230
Mean Score	3.22	3.36 b	3.18	3.28 b	3.01	3.10	3.27 be	3.13	3.15	3.23	3.18	3.23	3.18
Standard Deviation	1.136	1.092	1.163	1.214	1.143	.981	1.114	1.170	1.193	1.143	1.105	1.127	1.186
Standard Error	.027	.060	.034	.071	.066	.126	.033	.049	.148	.030	.060	.029	.076
Error variance	*	*	*	.01	*	.02	*	*	.02	*	*	*	.01

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	Total	\[Number of days active\] 0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	\[Life satisfaction score\] 0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	\[Covid-19 related worries\] 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	1756	169	183	322	327	251	217	58	229	1083	504	383	498	657	205	537	447	545	214
Total	1746 100%	180 100%	183 100%	322 100%	317 100%	244 100%	211 100%	58 100%	231 100%	1066 100%	500 100%	359 100%	491 100%	672 100%	214 100%	538 100%	444 100%	546 100%	207 100%
A lot more (5.0)	230 13%	12 7%	10 6%	29 9%	39 12% ab	35 14% ab	38 18% abci	14 23% abcdi	53 23% abcdei	114 11% b	104 21% abcdei	55 15%	59 12%	80 12%	33 16%	77 14%	65 15%	65 12%	20 10%
A bit more (4.0)	493 28%	35 19%	29 16%	70 22%	99 31% abc	99 41% abcdhij	71 34% abc	23 39% abc	69 30% abc	296 28% abc	163 33% abc	83 23%	137 28%	210 31% a	61 29%	148 27%	131 30%	150 28%	64 31%
About the same (3.0)	609 35%	81 45% cdei	66 36% e	112 35% e	103 32%	62 25%	77 37% e	19 32%	89 39% e	343 32% e	185 37% e	104 29%	165 34%	247 37% a	90 42% ab	200 37%	151 34%	181 33%	73 35%
A bit less (2.0)	237 14%	18 10%	35 19% afghj	62 19% afghj	56 18% afghj	33 14% ghj	18 9%	2 4%	12 5%	186 17% afghj	33 7%	56 16% d	79 16% d	89 13% d	12 6%	59 11%	63 14%	89 16% a	24 12%
A lot less (1.0)	168 10%	34 19% defghij	43 23% cdefghij	45 14% defghj	19 6% j	15 6% j	6 3%	1 2%	6 3%	122 11% defghj	13 3%	60 17% bcd	50 10% c	43 6%	15 7%	54 10%	32 7%	58 11%	24 12%
Don't know	8 *	- -	- -	5 2% e	1 *	- -	1 *	- -	2 1%	6 1%	2 *	2 *	1 *	2 *	2 1%	1 *	1 *	2 *	2 1%
NET: More	723 41%	47 26%	39 21% b	99 31%	138 44% abc	134 55% abcdi	109 52% abci	36 62% abcdi	122 53% abcdi	410 38% abc	267 53% abcdi	137 38%	196 40%	290 43%	95 44%	225 42%	196 44%	215 39%	84 41%
NET: Less	405 23%	52 29% efghj	77 42% acdefghij	107 33% defghj	75 24% fghj	48 20% fghj	24 11%	3 6%	18 8%	307 29% efghj	46 9%	116 32% cd	129 26% cd	132 20% d	27 13%	113 21%	95 21%	147 27% ab	48 23%
Base for stats	1738	180	183	317	316	244	210	58	230	1060	498	357	491	670	212	537	442	543	205
Mean Score	3.22	2.84	2.61	2.93 b	3.26 abci	3.44 abci	3.56 abcdi	3.78 abcdei	3.66 abcdei	3.09 abc	3.63 abcdei	3.05	3.15	3.29 ab	3.40 ab	3.25	3.30	3.14 c	3.16
Standard Deviation	1.136	1.139	1.169	1.161	1.079	1.082	.976	.911	.975	1.156	.969	1.294	1.144	1.050	1.051	1.139	1.107	1.152	1.127
Standard Error	.027	.088	.086	.065	.060	.068	.066	.120	.065	.035	.043	.066	.051	.041	.074	.049	.052	.049	.077
Error variance	*	.01	.01	*	*	*	*	.01	*	*	*	*	*	*	.01	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		Total	NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		1756	691	602	448
Total		1746	669	616	448
		100%	100%	100%	100%
A lot more	(5.0)	230	193	24	10
		13%	29%	4%	2%
			bc		
A bit more	(4.0)	493	374	77	43
		28%	56%	12%	10%
			bc		
About the same	(3.0)	609	68	468	70
		35%	10%	76%	16%
				ac	a
A bit less	(2.0)	237	24	40	170
		14%	4%	6%	38%
				a	ab
A lot less	(1.0)	168	8	4	154
		10%	1%	1%	34%
					ab
Don't know		8	1	2	2
		*	*	*	*
NET: More		723	567	101	53
		41%	85%	16%	12%
			bc	c	
NET: Less		405	33	44	324
		23%	5%	7%	72%
					ab
Base for stats		1738	668	614	446
Mean Score		3.22	4.08	3.13	2.07
			bc	c	
Standard Deviation		1.136	.804	.602	1.040
Standard Error		.027	.031	.025	.049
Error variance		*	*	*	*

Savanta:
ComRes

Prepared by Savanta: ComRes

W18.1. How often, if at all, did you volunteer to support sport and physical activity before the coronavirus outbreak (i.e. before March 2020)?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Never	1135	595	536	208	346	581	63	150	108	125	105	137	131	194	121
	56%	60%	52%	34%	52%	78%	65%	57%	55%	59%	60%	62%	42%	59%	58%
		b			a	ab	g	g	g	g	g	g		g	g
Rarely - once a year or so	296	130	164	121	108	66	9	30	34	27	22	29	55	51	39
	15%	13%	16%	20%	16%	9%	9%	11%	17%	13%	13%	13%	18%	16%	19%
				c	c								ab		ab
Occasionally - a few times a year	296	144	151	137	111	48	10	42	24	32	18	38	60	48	24
	15%	15%	15%	22%	17%	6%	10%	16%	12%	15%	11%	17%	19%	15%	11%
				bc	c								acei		
Regularly - about once a month or so	129	52	77	72	41	16	5	12	20	15	13	5	31	14	13
	6%	5%	8%	12%	6%	2%	5%	5%	10%	7%	8%	2%	10%	4%	6%
			a	bc	c				bfh	f	f		bfh		
Frequently - on a weekly basis or more often	106	53	53	42	39	25	6	19	4	8	11	9	25	15	9
	5%	5%	5%	7%	6%	3%	6%	7%	2%	4%	6%	4%	8%	5%	5%
				c	c				c			c	c		
Don't know	54	11	43	29	15	11	4	9	7	4	4	5	13	8	2
	3%	1%	4%	5%	2%	1%	4%	3%	3%	2%	2%	2%	4%	2%	1%
			a	bc									i		
NET: Volunteered	827	379	445	373	299	155	30	104	83	82	65	81	171	128	85
	41%	39%	43%	61%	45%	21%	31%	39%	42%	39%	37%	36%	54%	39%	41%
			a	bc	c								abcdefhi		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.1. How often, if at all, did you volunteer to support sport and physical activity before the coronavirus outbreak (i.e. before March 2020)?
BASE: All respondents

	Total	Social Grade A	Social Grade B	Social Grade C1	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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Never	1135	59	235	257	125	116	343	550	585	1046	15	32	21	3	6	77
	56%	37%	49%	57%	51%	53%	75%	51%	63%	60%	33%	29%	26%	32%	42%	30%
			a	abg	a	a	abcdegh	a	abcdeg	bcdg						
Rarely - once a year or so	296	29	91	66	37	34	39	186	110	246	4	24	12	3	3	46
	15%	18%	19%	15%	15%	16%	8%	17%	12%	14%	10%	21%	14%	34%	20%	18%
		fh	fh	f	f	f		fh				a				
Occasionally - a few times a year	296	38	86	64	49	29	29	188	108	220	14	34	23	2	2	74
	15%	24%	18%	14%	20%	13%	6%	17%	12%	13%	31%	30%	28%	16%	12%	28%
		cefgh	fh	f	cfh	f		fh	f		a	a	a			a
Regularly - about once a month or so	129	16	32	29	16	20	17	76	53	92	9	9	13	1	4	35
	6%	10%	7%	6%	7%	9%	4%	7%	6%	5%	19%	8%	17%	9%	26%	14%
		fh				f		f			ac		a			a
Frequently - on a weekly basis or more often	106	16	29	24	15	9	13	69	37	89	2	8	6	1	-	17
	5%	10%	6%	5%	6%	4%	3%	6%	4%	5%	3%	7%	8%	9%	-	6%
		cefh	f		f			fh								
Don't know	54	-	6	13	5	12	19	18	36	39	2	5	5	-	-	11
	3%	-	1%	3%	2%	5%	4%	2%	4%	2%	4%	4%	6%	-	-	4%
				a		abdg	abg		abg				a			a
NET: Volunteered	827	99	238	183	118	92	98	520	307	647	28	75	54	7	8	172
	41%	63%	50%	40%	47%	42%	21%	48%	33%	37%	63%	67%	67%	68%	58%	66%
		bcdefgh	cefh	fh	fh	fh		cfh	f		a	a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.1. How often, if at all, did you volunteer to support sport and physical activity before the coronavirus outbreak (i.e. before March 2020)?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Never	1135	835	142	130	272	27	18	307	128	31	42	83	36	128	336	45
	56%	67%	44%	37%	40%	56%	25%	46%	50%	46%	58%	63%	33%	74%	81%	37%
		bcd				bhk		bh	bhk	b	bhk	bcdehk		abcdefghk	abcdefghk	
Rarely - once a year or so	296	151	54	73	128	6	15	114	45	13	14	16	25	16	34	21
	15%	12%	17%	21%	19%	12%	20%	17%	18%	19%	19%	12%	23%	9%	8%	17%
			a	a	a		ij	ij	ij	ij	ij		gij			ij
Occasionally - a few times a year	296	138	69	75	144	9	19	137	45	16	11	13	19	8	17	28
	15%	11%	21%	21%	21%	19%	26%	20%	18%	24%	15%	10%	18%	5%	4%	23%
			a	a	a	ij	gij	gij	gij	gij	ij	j	ij			gij
Regularly - about once a month or so	129	56	30	34	63	5	11	60	17	4	3	6	10	6	7	16
	6%	4%	9%	10%	9%	11%	14%	9%	6%	5%	5%	5%	9%	3%	2%	13%
			a	a	a	ij	dfgij	ij	j				ij			dgij
Frequently - on a weekly basis or more often	106	48	26	24	50	-	11	43	19	3	3	5	8	6	10	11
	5%	4%	8%	7%	7%	-	14%	6%	7%	4%	4%	3%	7%	4%	2%	9%
			a	a	a		acefgij	j	j				j			aj
Don't know	54	26	3	12	15	1	1	12	3	2	-	8	11	8	9	2
	3%	2%	1%	3%	2%	2%	1%	2%	1%	3%	-	6%	10%	5%	2%	1%
				b								cdfjk	bcdfjk	cd		
NET: Volunteered	827	393	179	206	384	20	55	355	126	35	31	40	61	36	68	75
	41%	31%	55%	59%	57%	42%	74%	53%	49%	52%	42%	31%	57%	21%	16%	62%
			a	a	a	ij	acdefghij	gij	gij	gij	ij	ij	gij			adfgij

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.1. How often, if at all, did you volunteer to support sport and physical activity before the coronavirus outbreak (i.e. before March 2020)?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Never	1135	281	144	63	10	207	291	347	58	85	7	143	354	222	668	220	25	913
	56%	50%	41%	43%	26%	42%	48%	55%	24%	43%	21%	32%	54%	71%	62%	41%	31%	54%
		bde					bde	bcde		bde		b	bcde	bcde	cde			cd
Rarely - once a year or so	296	96	58	34	7	92	103	99	43	46	6	89	106	42	135	103	16	254
	15%	17%	17%	23%	19%	19%	17%	16%	17%	23%	19%	20%	16%	13%	12%	19%	20%	15%
										af						abe	b	
Occasionally - a few times a year	296	99	86	27	8	113	107	96	83	39	8	122	104	23	151	107	15	273
	15%	17%	25%	18%	22%	23%	18%	15%	34%	20%	24%	28%	16%	7%	14%	20%	19%	16%
			af			af			acf			acf			a	abe	a	a
Regularly - about once a month or so	129	41	34	11	7	45	48	35	37	13	8	51	43	15	54	49	10	114
	6%	7%	10%	7%	20%	9%	8%	6%	15%	7%	24%	11%	7%	5%	5%	9%	13%	7%
					abcef				acf		acef	af				abe	abe	
Frequently - on a weekly basis or more often	106	39	22	11	4	33	43	38	23	11	4	33	42	8	53	36	9	98
	5%	7%	6%	7%	10%	7%	7%	6%	9%	5%	11%	8%	6%	3%	5%	7%	11%	6%
																a	ab	a
Don't know	54	9	5	3	1	7	10	11	1	2	-	4	11	4	25	21	5	51
	3%	2%	1%	2%	2%	1%	2%	2%	1%	1%	-	1%	2%	1%	2%	4%	7%	3%
																a	ab	
NET: Volunteered	827	275	200	83	26	282	301	269	185	109	26	294	295	88	392	296	50	739
	41%	49%	57%	56%	71%	57%	50%	43%	76%	56%	79%	67%	45%	28%	36%	55%	63%	43%
			af		af	af			acef	af	acf	acf			a	abe	abe	ab

W18.1. How often, if at all, did you volunteer to support sport and physical activity before the coronavirus outbreak (i.e. before March 2020)?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Never	1135	122	782	164	261	19	721	380	60	891	244	980	151
	56%	35%	59%	51%	65%	30%	57%	55%	73%	56%	59%	57%	55%
			a	c	acde		ac	c	acde				
Rarely - once a year or so	296	51	194	45	36	10	199	84	6	233	63	243	51
	15%	15%	15%	14%	9%	16%	16%	12%	7%	15%	15%	14%	19%
				b			bef						a
Occasionally - a few times a year	296	89	179	60	57	15	169	118	9	253	43	257	36
	15%	26%	14%	19%	14%	24%	13%	17%	11%	16%	10%	15%	13%
		b		d		bdf		d		b			
Regularly - about once a month or so	129	38	74	26	23	10	71	54	2	106	23	111	16
	6%	11%	6%	8%	6%	16%	6%	8%	3%	7%	6%	6%	6%
		b				bdef							
Frequently - on a weekly basis or more often	106	35	60	15	14	8	67	34	2	78	28	91	12
	5%	10%	5%	5%	4%	13%	5%	5%	2%	5%	7%	5%	5%
		b				abdef							
Don't know	54	14	30	9	8	1	32	16	2	42	12	43	8
	3%	4%	2%	3%	2%	1%	3%	2%	3%	3%	3%	3%	3%
NET: Volunteered	827	213	508	147	130	43	507	290	19	670	157	702	115
	41%	61%	38%	46%	33%	69%	40%	42%	24%	42%	38%	41%	42%
		b		bf		abdef	bf	bf					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.1. How often, if at all, did you volunteer to support sport and physical activity before the coronavirus outbreak (i.e. before March 2020)?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Never	1135	344	123	171	130	102	108	29	127	527	264	259	312	430	122	382	275	338	128
	56%	83%	63%	53%	40%	41%	51%	50%	54%	48%	52%	59%	56%	57%	52%	61%	54%	55%	54%
		bcdefghij	cdefhij	de			de		de	de	de					bcd			
Rarely - once a year or so	296	31	28	58	59	45	25	14	35	190	75	66	88	111	30	90	89	87	27
	15%	8%	15%	18%	18%	18%	12%	24%	15%	17%	15%	15%	16%	15%	13%	14%	18%	14%	11%
			a	a	a	a		af	a	af	a						d		
Occasionally - a few times a year	296	11	27	54	76	50	41	6	31	206	79	55	91	109	39	80	73	99	45
	15%	3%	14%	16%	23%	20%	19%	10%	13%	19%	16%	13%	16%	14%	16%	13%	14%	16%	19%
			a	a	abcghj	ah	a	a	a	ah	a								a
Regularly - about once a month or so	129	7	7	19	38	21	14	3	20	85	37	21	29	56	21	27	27	52	23
	6%	2%	4%	6%	12%	8%	6%	6%	8%	8%	7%	5%	5%	7%	9%	4%	5%	8%	10%
				a	abcfij	ab	a	a	a	ab	a				ab			ab	ab
Frequently - on a weekly basis or more often	106	8	4	17	15	23	17	5	16	60	38	25	27	41	12	33	30	34	7
	5%	2%	2%	5%	5%	9%	8%	9%	7%	5%	8%	6%	5%	5%	5%	5%	6%	5%	3%
				a	a	abdi	ab	ab	ab	a	ab								
Don't know	54	13	4	7	8	7	8	1	7	26	16	15	14	9	11	14	16	10	9
	3%	3%	2%	2%	2%	3%	4%	1%	3%	2%	3%	3%	3%	1%	5%	2%	3%	2%	4%
												c			c				
NET: Volunteered	827	57	67	148	188	139	97	28	102	542	228	167	234	317	102	230	219	271	102
	41%	14%	34%	45%	58%	56%	46%	49%	43%	49%	45%	38%	42%	42%	43%	37%	43%	44%	43%
			a	ab	abcfhij	abcfhj	ab	ab	a	ab	ab							a	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.1. How often, if at all, did you volunteer to support sport and physical activity before the coronavirus outbreak (i.e. before March 2020)?
BASE: All respondents

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Never	1135	304	486	336
	56%	44%	65%	61%
			a	a
Rarely - once a year or so	296	131	87	76
	15%	19%	12%	14%
		bc		
Occasionally - a few times a year	296	132	93	71
	15%	19%	12%	13%
		bc		
Regularly - about once a month or so	129	60	40	27
	6%	9%	5%	5%
		bc		
Frequently - on a weekly basis or more often	106	45	29	31
	5%	7%	4%	6%
		b		
Don't know	54	15	17	10
	3%	2%	2%	2%
NET: Volunteered	827	369	249	205
	41%	54%	33%	37%
		bc		

W18.2. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following roles, if any, did you undertake?
BASE: All who volunteered

	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	868	396	470	417	317	134	37	115	88	88	72	62	185	130	91
Total	827 100%	379 100%	445 100%	373 100%	299 100%	155 100%	30 100%	104 100%	83 100%	82 100%	65 100%	81 100%	171 100%	128 100%	85 100%
Fundraising	353 43%	139 37%	212 48% a	181 48% c	124 41% c	49 31%	10 34%	45 43%	39 48%	43 53% eg	23 35%	35 43%	65 38%	54 42%	39 46%
Providing transport (excluding family)	156 19%	74 19%	82 18%	65 17%	54 18%	37 24%	5 18%	23 22%	11 13%	11 14%	13 21%	15 19%	42 25% cdi	23 18%	11 13%
Coach or instructor	150 18%	79 21%	71 16%	89 24% bc	49 16% c	12 8%	6 21%	20 19%	13 15%	14 17%	13 20%	11 13%	33 19%	25 19%	16 19%
Stewarding or marshalling	144 17%	82 22% b	62 14%	42 11%	64 21% a	38 24% a	1 3%	23 22% ag	13 15% a	14 18% a	9 14%	22 27% ag	22 13%	25 19% a	15 18% a
Admin or committee role (e.g. chair, treasurer, social secretary, welfare officer)	118 14%	60 16%	58 13%	44 12%	38 13%	36 23% ab	8 25% bch	11 10%	9 10%	16 19%	9 14%	12 14%	29 17%	13 10%	13 15%
Referee, umpire or official	101 12%	63 17% b	38 9%	54 14% b	28 9%	20 13%	3 10%	13 12%	13 15%	12 15%	5 8%	5 6%	26 15%	16 13%	8 9%
Any other roles not covered above	46 6%	18 5%	28 6%	6 2%	25 8% a	15 9% a	2 8%	8 7%	5 6%	4 5%	1 2%	3 3%	6 3%	11 9% g	7 8%

W18.2. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following roles, if any, did you undertake?
BASE: All who volunteered

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	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	868	101	238	190	134	106	99	529	339	671	31	82	59	7	9	188
Total	827	99	238	183	118	92	98	520	307	647	28	75	54	7	8	172
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Fundraising	353	42	101	78	47	45	41	220	133	282	10	32	19	1	4	66
	43%	42%	42%	43%	40%	49%	42%	42%	43%	44%	36%	43%	36%	12%	45%	39%
Providing transport (excluding family)	156	18	42	42	22	10	22	102	54	112	6	15	18	2	2	43
	19%	19%	18%	23%	19%	11%	22%	20%	18%	17%	23%	20%	34%	28%	20%	25%
				e			e	e					a			a
Coach or instructor	150	33	49	26	25	9	8	109	41	112	7	16	10	-	2	35
	18%	34%	21%	14%	21%	10%	8%	21%	13%	17%	26%	22%	19%	-	22%	21%
		bcdefgh	efh		efh			cefh								
Stewarding or marshalling	144	13	29	40	24	18	20	82	61	120	2	10	7	1	2	22
	17%	14%	12%	22%	20%	19%	21%	16%	20%	19%	7%	13%	13%	13%	23%	13%
				b	b				b							
Admin or committee role (e.g. chair, treasurer, social secretary, welfare officer)	118	20	42	23	8	6	18	86	32	86	6	13	8	2	3	32
	14%	20%	18%	13%	7%	7%	18%	17%	10%	13%	21%	17%	15%	34%	34%	18%
		deh	deh				deh	deh								
Referee, umpire or official	101	17	35	21	16	8	4	73	28	80	2	10	8	-	-	20
	12%	18%	15%	11%	14%	9%	4%	14%	9%	12%	5%	14%	16%	-	-	12%
		fh	fh		f			fh								
Any other roles not covered above	46	1	11	15	3	8	9	27	19	41	1	3	1	1	-	6
	6%	1%	5%	8%	3%	8%	9%	5%	6%	6%	3%	4%	2%	13%	-	3%
				ad		ad	ad		a							

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.2. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following roles, if any, did you undertake?
BASE: All who volunteered

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	868	417	185	209	394	21	61	376	133	36	32	45	71	41	52	82
Total	827	393	179	206	384	20	55	355	126	35	31	40	61	36	68	75
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Fundraising	353	149	82	101	183	7	26	166	49	13	12	14	34	15	18	33
	43%	38%	46%	49%	48%	35%	48%	47%	39%	37%	40%	34%	56%	40%	26%	44%
				a	a		j	j					dgj			j
Providing transport (excluding family)	156	73	33	38	71	5	9	61	20	11	6	5	14	7	18	14
	19%	19%	18%	19%	19%	25%	16%	17%	16%	31%	21%	13%	22%	19%	27%	19%
										cd						
Coach or instructor	150	63	42	39	81	4	19	68	29	5	1	4	10	3	6	23
	18%	16%	24%	19%	21%	20%	34%	19%	23%	13%	3%	11%	17%	9%	9%	30%
			a				cefghij	f	fij				f			cefgij
Stewarding or marshalling	144	75	26	36	62	3	6	59	20	12	7	10	3	6	19	9
	17%	19%	15%	17%	16%	17%	10%	17%	16%	33%	23%	25%	5%	16%	28%	12%
								h	h	bcdhk	h	bh		h	bchk	
Admin or committee role (e.g. chair, treasurer, social secretary, welfare officer)	118	69	21	24	44	3	12	50	14	6	3	5	4	2	20	15
	14%	17%	11%	12%	12%	14%	21%	14%	11%	18%	11%	12%	7%	5%	29%	20%
		d					dhi								cdfghi	hi
Referee, umpire or official	101	48	23	24	47	5	16	42	15	5	5	3	7	-	3	21
	12%	12%	13%	12%	12%	24%	29%	12%	12%	14%	16%	8%	11%	-	5%	28%
							cdghij	i	i	i	i		i			cdghij
Any other roles not covered above	46	24	10	8	18	1	1	15	10	2	-	4	3	6	5	2
	6%	6%	6%	4%	5%	5%	2%	4%	8%	6%	-	10%	4%	15%	8%	3%
														bcfhk		

W18.2. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following roles, if any, did you undertake?
BASE: All who volunteered

	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
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total	868	294	209	86	29	295	323	288	196	110	29	306	317	92	405	315	56	776
Total	827	275	200	83	26	282	301	269	185	109	26	294	295	88	392	296	50	739
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Fundraising	353	119	90	38	15	128	134	110	91	45	15	136	125	28	165	142	18	325
	43%	43%	45%	46%	58%	45%	44%	41%	49%	41%	56%	46%	42%	32%	42%	48% a	37%	44% a
Providing transport (excluding family)	156	51	37	13	5	50	55	40	37	26	3	63	43	21	74	43	18	135
	19%	19%	18%	16%	17%	18%	18%	15%	20%	24% af	13%	21% af	15%	24% c	19%	15%	35%	18% bce
Coach or instructor	150	53	44	16	7	60	59	48	50	18	5	68	53	13	64	59	14	136
	18%	19%	22%	20%	25%	21%	20%	18%	27% acf	17%	18%	23%	18%	15%	16%	20%	28% b	18%
Stewarding or marshalling	144	46	42	11	2	53	47	52	31	18	1	49	52	16	75	41	12	128
	17%	17%	21%	13%	7%	19%	16%	19%	17%	17%	3%	17%	18%	18%	19%	14%	24%	17%
Admin or committee role (e.g. chair, treasurer, social secretary, welfare officer)	118	33	37	10	2	47	34	34	28	15	6	43	40	19	57	35	7	99
	14%	12%	19% af	12%	7%	17%	11%	13%	15%	13%	24%	15%	13%	22% ce	14%	12%	15%	13%
Referee, umpire or official	101	37	25	15	2	40	39	28	31	19	2	50	30	14	41	40	7	87
	12%	14%	12%	18%	8%	14%	13%	11%	17% af	18% f	7%	17% af	10%	16%	10%	14%	13%	12%
Any other roles not covered above	46	16	6	4	-	9	16	20	2	5	-	7	20	9	21	16	1	38
	6%	6%	3%	5%	-	3%	5%	7% be	1%	4%	-	2%	7% be	10%	5%	5%	2%	5%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.2. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following roles, if any, did you undertake?
BASE: All who volunteered

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	*f	a	b	a	b
Unweighted Total	868	225	531	163	134	46	524	309	22	708	160	732	125
Total	827	213	508	147	130	43	507	290	19	670	157	702	115
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Fundraising	353	90	225	72	47	17	216	122	9	283	71	301	49
	43%	42%	44%	49% b	36%	39%	43%	42%	44%	42%	45%	43%	42%
Providing transport (excluding family)	156	49	83	28	33	8	90	60	6	125	31	130	21
	19%	23% b	16%	19%	25%	20%	18%	21%	30%	19%	20%	18%	18%
Coach or instructor	150	52	84	35	27	9	79	66	4	129	21	129	21
	18%	24% b	17%	24% d	20%	20%	16%	23% d	21%	19%	13%	18%	18%
Stewarding or marshalling	144	27	95	23	31	6	83	57	3	112	31	119	21
	17%	13%	19% a	16%	24% d	14%	16%	19%	15%	17%	20%	17%	19%
Admin or committee role (e.g. chair, treasurer, social secretary, welfare officer)	118	38	60	26	22	4	69	46	3	92	26	106	12
	14%	18% b	12%	18%	17%	9%	14%	16%	17%	14%	17%	15%	11%
Referee, umpire or official	101	34	51	15	16	9	60	36	2	89	12	87	13
	12%	16% b	10%	10%	12%	21%	12%	12%	12%	13% b	8%	12%	12%
Any other roles not covered above	46	6	30	4	8	-	32	11	2	40	7	41	5
	6%	3%	6%	3%	6%	-	6%	4%	9%	6%	4%	6%	5%

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W18.2. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following roles, if any, did you undertake?
BASE: All who volunteered

	Total	\<br\>Number of days active\<br\>0	1	2	3	4	5	6	7	NET 1-4 days	NET 5 + days	Life satisfaction score\<br\>0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Covid-19 related worries\<br\>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	868	57	71	156	198	146	103	30	107	571	240	182	249	326	103	240	234	281	108
Total	827	57	67	148	188	139	97	28	102	542	228	167	234	317	102	230	219	271	102
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Fundraising	353	12	32	59	88	66	45	11	40	245	96	76	106	124	45	95	98	116	41
	43%	21%	48%\<br\>a	40%\<br\>a	46%\<br\>a	48%\<br\>a	47%\<br\>a	37%	39%\<br\>a	45%\<br\>a	42%\<br\>a	45%	45%	39%	44%	41%	45%	43%	40%
Providing transport (excluding family)	156	8	7	24	38	30	22	7	19	99	49	28	36	66	20	35	41	46	32
	19%	14%	11%	17%	20%	22%	23%\<br\>b	24%	19%	18%	21%\<br\>b	17%	15%	21%	20%	15%	19%	17%	31%\<br\>abc
Coach or instructor	150	5	13	32	39	24	12	5	20	108	37	27	49	55	17	41	43	48	17
	18%	9%	20%	21%\<br\>a	21%	17%	13%	16%	19%	20%	16%	16%	21%	17%	17%	18%	20%	18%	17%
Stewarding or marshalling	144	11	8	23	32	26	19	2	22	89	43	26	44	59	14	40	29	56	18
	17%	20%	12%	16%	17%	19%	19%	7%	21%	17%	19%	16%	19%	19%	14%	17%	13%	21%\<br\>b	18%
Admin or committee role (e.g. chair, treasurer, social secretary, welfare officer)	118	13	8	17	31	14	14	6	15	70	35	17	28	51	22	30	35	38	15
	14%	23%\<br\>cei	12%	12%	16%	10%	15%	21%	15%	13%	15%	10%	12%	16%	21%\<br\>ab	13%	16%	14%	15%
Referee, umpire or official	101	2	3	16	26	20	14	4	16	65	34	16	31	35	18	31	30	26	13
	12%	3%	5%	11%	14%\<br\>ab	14%\<br\>ab	14%\<br\>ab	15%	16%\<br\>ab	12%\<br\>a	15%\<br\>ab	10%	13%	11%	18%\<br\>a	14%	14%	10%	13%
Any other roles not covered above	46	5	3	7	7	7	8	2	8	24	17	16	9	17	4	16	7	18	5
	6%	9%	5%	5%	4%	5%	8%	6%	7%	4%	7%	10%\<br\>b	4%	5%	4%	7%\<br\>b	3%	7%	5%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.2. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following roles, if any, did you undertake?
BASE: All who volunteered

		Amount of activity now compared to last year		
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	868	393	257	213
Total	827	369	249	205
	100%	100%	100%	100%
Fundraising	353	169	101	81
	43%	46%	41%	40%
Providing transport (excluding family)	156	68	46	41
	19%	19%	18%	20%
Coach or instructor	150	79	38	32
	18%	21%	15%	16%
Stewarding or marshalling	144	62	36	45
	17%	17%	14%	22%
				b
Admin or committee role (e.g. chair, treasurer, social secretary, welfare officer)	118	57	34	28
	14%	15%	14%	14%
Referee, umpire or official	101	51	24	26
	12%	14%	10%	13%
Any other roles not covered above	46	21	14	10
	6%	6%	6%	5%

W18.3. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following statements best describes your current situation.

BASE: All who volunteered

	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	868	396	470	417	317	134	37	115	88	88	72	62	185	130	91
Total	827	379	445	373	299	155	30	104	83	82	65	81	171	128	85
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am currently volunteering in sport and physical activity in the same role(s) as before the pandemic and have not taken on additional roles	130	75	55	63	41	26	4	16	16	23	8	14	25	15	8
	16%	20%	12%	17%	14%	17%	13%	15%	20%	28%	13%	18%	15%	12%	9%
		b							i	beghi					
I am currently volunteering in sport and physical activity in the same role(s) as before the pandemic, and have taken on additional role(s)	141	61	80	84	47	11	5	8	11	15	10	11	43	24	14
	17%	16%	18%	22%	16%	7%	16%	8%	14%	19%	16%	13%	25%	18%	16%
				bc	c					b			bcf	b	
I am currently volunteering in sport and physical activity, but in a new or different role(s) to before the pandemic	60	31	28	29	22	9	3	12	4	5	3	5	16	6	6
	7%	8%	6%	8%	7%	6%	9%	12%	4%	6%	4%	7%	10%	5%	7%
								h							
I am not currently volunteering in sport and physical activity, but I intend to return in the next few weeks	91	32	59	43	30	19	4	14	11	5	3	16	12	13	14
	11%	8%	13%	11%	10%	12%	13%	14%	13%	6%	5%	19%	7%	10%	16%
			a									deg			deg
I am not currently volunteering in sport and physical activity, but I intend to return later in the year	135	71	63	50	61	24	5	14	11	12	17	10	31	18	16
	16%	19%	14%	13%	20%	16%	17%	14%	14%	14%	26%	12%	18%	14%	19%
					a						bh				
I am not currently volunteering in sport and physical activity, but I intend to return next year or later	111	44	67	46	44	22	4	18	12	8	6	15	21	18	10
	13%	12%	15%	12%	15%	14%	14%	17%	14%	10%	10%	18%	12%	14%	11%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.3. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following statements best describes your current situation.

BASE: All who volunteered

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	868	396	470	417	317	134	37	115	88	88	72	62	185	130	91
Total	827	379	445	373	299	155	30	104	83	82	65	81	171	128	85
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am not currently volunteering in sport and physical activity, and I do not intend to return	102	44	58	37	32	33	5	14	9	8	13	5	14	24	9
	12%	12%	13%	10%	11%	21% ab	16%	14%	11%	10%	21% fg	7%	8%	19% fg	11%
None of the above	57	22	34	22	24	11	1	7	8	6	4	4	8	10	9
	7%	6%	8%	6%	8%	7%	3%	7%	9%	8%	6%	5%	5%	8%	11%
NET: Currently volunteering	331	166	164	176	109	46	11	36	32	43	21	30	85	45	28
	40%	44% b	37%	47% bc	36%	30%	38%	35%	38%	53% behi	33%	38%	50% behi	35%	32%
NET: Not currently volunteering	439	191	247	175	166	98	18	61	43	32	40	46	78	73	48
	53%	50%	56%	47%	55% a	63% a	60% d	59% dg	52%	39%	61% dg	57% d	46%	57% dg	57% d

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.3. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following statements best describes your current situation.

BASE: All who volunteered

	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	868	101	238	190	134	106	99	529	339	671	31	82	59	7	9	188
Total	827	99	238	183	118	92	98	520	307	647	28	75	54	7	8	172
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am currently volunteering in sport and physical activity in the same role(s) as before the pandemic and have not taken on additional roles	130	26	36	25	20	8	16	86	44	108	7	6	8	1	-	22
	16%	26%	15%	13%	17%	8%	16%	17%	14%	17%	26%	8%	15%	13%	-	13%
		bcegh			e			e		c	c					
I am currently volunteering in sport and physical activity in the same role(s) as before the pandemic, and have taken on additional role(s)	141	28	53	25	20	10	5	106	35	98	9	15	16	-	3	42
	17%	28%	22%	14%	17%	11%	5%	20%	11%	15%	31%	20%	29%	-	34%	25%
		cdefh	cefh	f	f			cefh			a		a			a
I am currently volunteering in sport and physical activity, but in a new or different role(s) to before the pandemic	60	6	16	17	10	8	3	38	22	36	2	8	11	1	2	24
	7%	6%	7%	9%	9%	9%	3%	7%	7%	6%	9%	11%	20%	13%	22%	14%
													a			a
I am not currently volunteering in sport and physical activity, but I intend to return in the next few weeks	91	12	19	19	17	14	10	50	41	75	-	8	4	-	2	14
	11%	12%	8%	10%	15%	15%	10%	10%	13%	12%	-	11%	8%	-	22%	8%
					b					b						
I am not currently volunteering in sport and physical activity, but I intend to return later in the year	135	13	39	31	18	15	18	83	52	110	4	15	2	2	2	24
	16%	13%	17%	17%	15%	17%	19%	16%	17%	17%	16%	19%	4%	24%	22%	14%
										d		d				d
I am not currently volunteering in sport and physical activity, but I intend to return next year or later	111	7	39	27	16	12	10	73	38	89	4	6	9	2	-	20
	13%	7%	16%	15%	14%	13%	10%	14%	12%	14%	13%	8%	16%	28%	-	12%
			a													

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.3. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following statements best describes your current situation.

BASE: All who volunteered

	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	868	101	238	190	134	106	99	529	339	671	31	82	59	7	9	188
Total	827	99	238	183	118	92	98	520	307	647	28	75	54	7	8	172
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am not currently volunteering in sport and physical activity, and I do not intend to return	102	5	25	24	12	16	22	53	49	84	-	12	3	2	-	16
	12%	5%	10%	13%	10%	17%	22%	10%	16%	13%	-	16%	5%	22%	-	10%
				a		ag	abcdg		ag	b		bd				
None of the above	57	4	10	16	4	9	13	30	27	47	2	5	2	-	-	9
	7%	4%	4%	9%	4%	10%	14%	6%	9%	7%	6%	7%	3%	-	-	5%
				b		bd	abdg		b							
NET: Currently volunteering	331	59	105	66	51	26	24	230	101	242	18	29	34	2	5	88
	40%	60%	44%	36%	43%	28%	25%	44%	33%	37%	65%	39%	64%	26%	57%	51%
		bcdefgh	efh		efh			cefh			ac		ac			a
NET: Not currently volunteering	439	36	123	101	63	57	60	259	179	357	8	41	18	5	4	75
	53%	36%	52%	55%	53%	62%	61%	50%	58%	55%	29%	54%	33%	74%	43%	44%
			a	a	a	ag	ag	a	ag	bdg		bd				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.3. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following statements best describes your current situation.

BASE: All who volunteered

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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	868	417	185	209	394	21	61	376	133	36	32	45	71	41	52	82
Total	827	393	179	206	384	20	55	355	126	35	31	40	61	36	68	75
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am currently volunteering in sport and physical activity in the same role(s) as before the pandemic and have not taken on additional roles	130	57	31	35	67	2	12	58	21	6	1	4	7	5	13	15
	16%	14%	18%	17%	17%	12%	22%	16%	17%	18%	3%	9%	12%	14%	19%	20%
							f	f	f	f					f	f
I am currently volunteering in sport and physical activity in the same role(s) as before the pandemic, and have taken on additional role(s)	141	54	38	42	79	3	21	70	22	8	2	3	11	1	1	23
	17%	14%	21%	20%	21%	13%	38%	20%	17%	22%	7%	8%	17%	2%	1%	31%
			a	a	a		cdfghij	ij	ij	ij			ij			cdfghij
I am currently volunteering in sport and physical activity, but in a new or different role(s) to before the pandemic	60	28	12	10	23	2	5	31	5	5	3	3	4	1	2	6
	7%	7%	7%	5%	6%	9%	8%	9%	4%	15%	8%	7%	7%	2%	3%	8%
										dij						
I am not currently volunteering in sport and physical activity, but I intend to return in the next few weeks	91	38	21	26	47	6	4	40	16	6	2	3	6	-	9	10
	11%	10%	12%	13%	12%	31%	7%	11%	13%	16%	5%	8%	9%	-	13%	13%
								i	i	i			i		i	i
I am not currently volunteering in sport and physical activity, but I intend to return later in the year	135	65	27	36	63	2	9	61	22	5	9	6	5	5	11	11
	16%	17%	15%	18%	16%	11%	16%	17%	17%	14%	30%	16%	8%	13%	16%	14%
								h			h					

Savanta: ComRes

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.3. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following statements best describes your current situation.

BASE: All who volunteered

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	868	417	185	209	394	21	61	376	133	36	32	45	71	41	52	82
Total	827	393	179	206	384	20	55	355	126	35	31	40	61	36	68	75
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am not currently volunteering in sport and physical activity, but I intend to return next year or later	111	64	21	23	44	3	1	53	13	2	7	11	9	4	8	3
	13%	16%	12%	11%	11%	13%	1%	15%	10%	7%	23%	28%	14%	12%	12%	5%
		d						bk	b		bdk	bcdek	bk	b	b	
I am not currently volunteering in sport and physical activity, and I do not intend to return	102	56	16	24	39	1	1	28	15	2	6	6	13	10	19	2
	12%	14%	9%	12%	10%	5%	1%	8%	12%	6%	20%	15%	21%	29%	28%	2%
									bk		bck	bk	bcek	bcdek	bcdek	
None of the above	57	31	13	9	22	1	4	13	12	1	1	3	7	10	5	5
	7%	8%	7%	4%	6%	6%	7%	4%	10%	2%	3%	9%	11%	28%	7%	6%
									c				c	bcdefghjk		
NET: Currently volunteering	331	138	82	87	169	7	38	159	48	19	6	10	22	7	16	44
	40%	35%	46%	42%	44%	34%	68%	45%	38%	55%	18%	24%	36%	19%	24%	59%
			a		a		cdfghij	fgij	fi	fgij						cdfghij
NET: Not currently volunteering	439	224	84	109	193	12	14	182	66	15	24	27	32	19	47	26
	53%	57%	47%	53%	50%	60%	25%	51%	53%	43%	78%	67%	52%	54%	69%	34%
		b						bk	bk		bcdehik	bcek	bk	bk	bcdek	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.3. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following statements best describes your current situation.

BASE: All who volunteered

	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
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total	868	294	209	86	29	295	323	288	196	110	29	306	317	92	405	315	56	776
Total	827	275	200	83	26	282	301	269	185	109	26	294	295	88	392	296	50	739
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am currently volunteering in sport and physical activity in the same role(s) as before the pandemic and have not taken on additional roles	130	55	31	6	3	38	57	44	37	11	6	48	50	12	61	43	13	118
	16%	20%	16%	7%	10%	13%	19%	16%	20%	10%	21%	16%	17%	14%	16%	15%	27%	16%
		ce					c		c								abce	
I am currently volunteering in sport and physical activity in the same role(s) as before the pandemic, and have taken on additional role(s)	141	41	49	28	5	77	45	36	48	35	3	83	39	11	59	60	11	130
	17%	15%	25%	34%	17%	27%	15%	14%	26%	32%	11%	28%	13%	12%	15%	20%	22%	18%
			af	af		af			af	af		af						
I am currently volunteering in sport and physical activity, but in a new or different role(s) to before the pandemic	60	16	17	10	4	27	20	12	24	11	1	35	13	5	30	24	1	55
	7%	6%	8%	13%	14%	10%	7%	4%	13%	10%	3%	12%	4%	6%	8%	8%	2%	7%
				a					af	af		af						
I am not currently volunteering in sport and physical activity, but I intend to return in the next few weeks	91	32	21	7	7	28	39	31	21	12	3	33	34	8	44	35	4	83
	11%	12%	10%	9%	25%	10%	13%	12%	11%	11%	13%	11%	12%	9%	11%	12%	8%	11%
I am not currently volunteering in sport and physical activity, but I intend to return later in the year	135	52	36	11	3	48	55	57	21	17	5	38	62	14	64	48	9	121
	16%	19%	18%	14%	10%	17%	18%	21%	11%	16%	20%	13%	21%	16%	16%	16%	17%	16%
								be					be					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.3. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following statements best describes your current situation.
BASE: All who volunteered

	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
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total	868	294	209	86	29	295	323	288	196	110	29	306	317	92	405	315	56	776
Total	827	275	200	83	26	282	301	269	185	109	26	294	295	88	392	296	50	739
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am not currently volunteering in sport and physical activity, but I intend to return next year or later	111	39	21	12	3	34	41	44	16	10	6	27	50	13	55	39	4	98
	13%	14%	11%	15%	10%	12%	14%	16% be	9%	10%	21%	9%	17% be	14%	14%	13%	8%	13%
I am not currently volunteering in sport and physical activity, and I do not intend to return	102	28	15	3	3	18	31	31	9	8	2	17	33	14	49	33	6	88
	12%	10%	8%	3%	10%	6%	10% c	12% be	5%	7%	6%	6%	11% be	16%	13%	11%	11%	12%
None of the above	57	12	8	4	1	13	13	13	9	5	1	14	14	11	30	13	3	46
	7%	4%	4%	5%	3%	5%	4%	5%	5%	4%	4%	5%	5%	13% ce	8%	4%	5%	6%
NET: Currently volunteering	331	112	97	45	11	142	123	92	108	57	9	166	101	28	150	128	25	303
	40%	41%	49%	54% af	42%	50% af	41%	34%	59% af	53% af	35%	56% af	34%	31%	38%	43% a	50% a	41%
NET: Not currently volunteering	439	151	94	33	14	127	166	164	68	47	16	114	179	49	213	155	23	390
	53%	55% ce	47%	40%	55%	45%	55% ce	61% bce	37%	43%	61%	39%	61% bce	56%	54%	52%	45%	53%

Savanta: ComRes

W18.3. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following statements best describes your current situation.
BASE: All who volunteered

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	*f	a	b	a	b
Unweighted Total	868	225	531	163	134	46	524	309	22	708	160	732	125
Total	827	213	508	147	130	43	507	290	19	670	157	702	115
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am currently volunteering in sport and physical activity in the same role(s) as before the pandemic and have not taken on additional roles	130	40	75	26	27	9	72	53	4	108	22	118	11
	16%	19%	15%	18%	21%	21%	14%	18%	22%	16%	14%	17%	10%
												b	
I am currently volunteering in sport and physical activity in the same role(s) as before the pandemic, and have taken on additional role(s)	141	60	67	34	19	13	75	60	2	117	24	122	17
	17%	28%	13%	23%	14%	31%	15%	21%	11%	17%	15%	17%	15%
		b		d		bd		d					
I am currently volunteering in sport and physical activity, but in a new or different role(s) to before the pandemic	60	25	29	12	12	3	32	28	-	49	11	49	9
	7%	12%	6%	8%	9%	8%	6%	10%	-	7%	7%	7%	8%
		b											
I am not currently volunteering in sport and physical activity, but I intend to return in the next few weeks	91	25	58	13	13	5	60	29	2	71	21	78	11
	11%	12%	11%	9%	10%	11%	12%	10%	9%	11%	13%	11%	10%
I am not currently volunteering in sport and physical activity, but I intend to return later in the year	135	26	92	18	17	4	97	36	3	115	20	112	23
	16%	12%	18%	12%	13%	9%	19%	12%	17%	17%	13%	16%	20%
							ae						

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.3. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following statements best describes your current situation.

BASE: All who volunteered

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	*f	a	b	a	b
Unweighted Total	868	225	531	163	134	46	524	309	22	708	160	732	125
Total	827	213	508	147	130	43	507	290	19	670	157	702	115
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am not currently volunteering in sport and physical activity, but I intend to return next year or later	111	15	78	17	18	3	71	34	3	83	28	91	17
	13%	7%	15%	12%	14%	8%	14%	12%	18%	12%	18%	13%	15%
			a										
I am not currently volunteering in sport and physical activity, and I do not intend to return	102	14	72	16	20	3	61	35	3	79	22	85	17
	12%	7%	14%	11%	15%	8%	12%	12%	18%	12%	14%	12%	15%
			a										
None of the above	57	7	37	10	4	2	37	14	1	49	8	46	10
	7%	3%	7%	7%	3%	4%	7%	5%	5%	7%	5%	7%	8%
			a										
NET: Currently volunteering	331	125	171	73	58	26	180	141	6	274	57	289	38
	40%	59%	34%	49%	44%	60%	36%	49%	33%	41%	36%	41%	33%
		b		d		d		d					
NET: Not currently volunteering	439	81	299	65	68	16	289	135	12	348	91	367	68
	53%	38%	59%	44%	53%	36%	57%	47%	62%	52%	58%	52%	59%
			a				ace						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.3. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following statements best describes your current situation.

BASE: All who volunteered

	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	868	57	71	156	198	146	103	30	107	571	240	182	249	326	103	240	234	281	108
Total	827 100%	57 100%	67 100%	148 100%	188 100%	139 100%	97 100%	28 100%	102 100%	542 100%	228 100%	167 100%	234 100%	317 100%	102 100%	230 100%	219 100%	271 100%	102 100%
I am currently volunteering in sport and physical activity in the same role(s) as before the pandemic and have not taken on additional roles	130 16%	6 11%	7 10%	15 10%	38 20% c	25 18% c	21 22% bc	5 17%	13 13%	84 16%	39 17% c	23 14%	35 15%	46 15%	23 22%	47 20% b	26 12%	40 15%	17 17%
I am currently volunteering in sport and physical activity in the same role(s) as before the pandemic, and have taken on additional role(s)	141 17%	2 4%	8 11%	29 20% a	36 19% a	27 20% a	16 16% a	6 21% a	18 17% a	100 18% a	39 17% a	22 13%	43 18%	57 18%	19 18%	39 17%	44 20%	42 15%	16 16%
I am currently volunteering in sport and physical activity, but in a new or different role(s) to before the pandemic	60 7%	3 5%	7 10%	6 4%	16 9%	10 7%	8 8%	2 6%	9 8%	39 7%	18 8%	7 4%	16 7%	24 8%	13 12% a	10 5%	16 7%	25 9%	9 9% a
I am not currently volunteering in sport and physical activity, but I intend to return in the next few weeks	91 11%	1 1%	8 13% a	18 12% a	24 13% a	17 12% a	12 12% a	3 10%	8 8%	67 12% a	23 10% a	22 13%	25 11%	31 10%	13 13%	20 9%	30 14%	32 12%	9 9%
I am not currently volunteering in sport and physical activity, but I intend to return later in the year	135 16%	8 15%	10 14%	28 19%	26 14%	27 20%	17 17%	3 11%	16 16%	90 17%	36 16%	25 15%	40 17%	57 18%	10 10%	33 14%	33 15%	46 17%	20 19%
I am not currently volunteering in sport and physical activity, but I intend to return next year or later	111 13%	8 15%	14 21% d	21 14%	17 9%	18 13%	12 12%	2 6%	19 19%	70 13% d	33 14%	29 17%	27 12%	43 13%	12 12%	32 14%	27 12%	35 13%	16 16%

Prepared by Savanta: ComRes

Savanta:
ComRes

W18.3. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following statements best describes your current situation.
BASE: All who volunteered

	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	868	57	71	156	198	146	103	30	107	571	240	182	249	326	103	240	234	281	108
Total	827	57	67	148	188	139	97	28	102	542	228	167	234	317	102	230	219	271	102
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am not currently volunteering in sport and physical activity, and I do not intend to return	102	19	10	20	21	10	7	8	8	60	23	30	30	33	8	37	26	29	9
	12%	33%	15%	13%	11%	7%	8%	26%	8%	11%	10%	18%	13%	10%	8%	16%	12%	11%	9%
		bcdefhij						defhij				cd							
None of the above	57	9	4	11	11	5	5	1	11	31	16	8	18	26	5	12	16	21	6
	7%	17%	6%	7%	6%	4%	5%	3%	10%	6%	7%	5%	8%	8%	5%	5%	7%	8%	6%
		cdefij							e										
NET: Currently volunteering	331	11	21	50	90	62	45	12	39	223	97	53	94	127	54	96	86	107	42
	40%	20%	31%	34%	48%	45%	46%	43%	39%	41%	42%	32%	40%	40%	53%	42%	39%	39%	41%
				a	abc	a	a	a	a	a	a				abc				
NET: Not currently volunteering	439	36	42	87	87	72	48	15	52	287	115	106	122	164	43	122	117	143	54
	53%	64%	62%	59%	46%	52%	49%	54%	51%	53%	50%	63%	52%	52%	43%	53%	53%	53%	53%
		d	d	d								bcd							

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.3. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following statements best describes your current situation.

BASE: All who volunteered

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	868	393	257	213
Total	827	369	249	205
	100%	100%	100%	100%
I am currently volunteering in sport and physical activity in the same role(s) as before the pandemic and have not taken on additional roles	130	70	42	18
	16%	19%	17%	9%
		c	c	
I am currently volunteering in sport and physical activity in the same role(s) as before the pandemic, and have taken on additional role(s)	141	69	45	25
	17%	19%	18%	12%
		c		
I am currently volunteering in sport and physical activity, but in a new or different role(s) to before the pandemic	60	30	20	10
	7%	8%	8%	5%
I am not currently volunteering in sport and physical activity, but I intend to return in the next few weeks	91	39	23	30
	11%	10%	9%	15%
I am not currently volunteering in sport and physical activity, but I intend to return later in the year	135	60	33	41
	16%	16%	13%	20%
I am not currently volunteering in sport and physical activity, but I intend to return next year or later	111	47	32	31
	13%	13%	13%	15%
I am not currently volunteering in sport and physical activity, and I do not intend to return	102	35	30	37
	12%	9%	12%	18%
				a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.3. You said you volunteered to support sport and physical activity before the coronavirus outbreak. Which of the following statements best describes your current situation.

BASE: All who volunteered

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	868	393	257	213
Total	827	369	249	205
	100%	100%	100%	100%
None of the above	57	18	24	13
	7%	5%	10%	6%
			a	
NET: Currently volunteering	331	169	107	53
	40%	46%	43%	26%
		c	c	
NET: Not currently volunteering	439	181	118	139
	53%	49%	47%	68%
				ab

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18_4. You said you haven't yet returned to volunteering in sport and physical activity that you did before the coronavirus outbreak. Which of the following factors, if any, have affected this?

BASE: All who haven't returned to volunteering

	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	455	195	260	198	175	82	22	67	47	34	44	35	84	72	50
Total	439 100%	191 100%	247 100%	175 100%	166 100%	98 100%	18 100%	61 100%	43 100%	32 100%	40 100%	46 100%	78 100%	73 100%	48 100%
Covid-19 safety measures make it harder / less appealing to volunteer	149 34%	73 38%	76 31%	60 34%	61 37%	29 30%	7 39%	15 25%	19 44% b	12 39%	10 25%	12 27%	26 34%	27 38%	20 41%
I'm worried about Covid-19	120 27%	56 29%	65 26%	48 27%	42 25%	31 32%	4 20%	13 21%	13 30%	13 42% bef	6 16%	6 14%	26 33% ef	23 31%	16 34% f
I'm too busy generally	91 21%	38 20%	53 21%	40 23%	34 21%	16 17%	3 18%	11 18%	10 22%	4 13%	7 18%	6 14%	15 20%	21 29%	13 26%
The activities I used to volunteer for haven't resumed/reopened yet	86 20%	40 21%	46 19%	27 15%	33 20%	27 27% a	2 13%	13 21% g	15 35% dgi	4 12%	9 23% g	16 34% dgi	7 9%	14 19%	6 13%
Work or study commitments	78 18%	33 17%	46 18%	49 28% bc	21 13%	9 9%	3 18%	13 21%	6 13%	4 12%	6 14%	5 11%	20 26%	14 19%	8 16%
Caring responsibilities (children/family/friends)	72 16%	16 8%	55 22% a	38 22% c	32 20% c	1 1%	5 27%	12 21%	5 11%	4 12%	11 28% cfi	4 8%	16 21%	10 14%	4 9%
I can't fit the volunteering in around my schedule/routine	65 15%	20 10%	45 18% a	31 17% c	29 18% c	5 6%	3 18%	11 18%	2 4%	6 20% c	4 9%	6 14%	13 17% c	14 20% c	5 11%
Health concerns / I haven't been well enough	50 11%	25 13%	24 10%	13 7%	14 9%	23 23% ab	2 9%	8 12%	3 6%	2 6%	4 10%	7 15%	6 8%	11 15%	8 17%
I just don't want to	44 10%	16 9%	27 11%	17 9%	17 10%	10 10%	3 17%	5 8%	3 6%	6 19%	3 7%	5 11%	9 11%	7 9%	4 8%
Volunteering is too time consuming	22 5%	12 6%	11 4%	10 5%	10 6%	3 3%	1 5%	3 4%	5 11% d	-	2 5%	1 3%	4 5%	5 7%	1 3%
I don't enjoy volunteering anymore	21 5%	6 3%	16 6%	9 5%	9 5%	3 3%	1 5%	3 5%	1 2%	-	3 8%	3 6%	6 8%	3 5%	1 2%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18_4. You said you haven't yet returned to volunteering in sport and physical activity that you did before the coronavirus outbreak. Which of the following factors, if any, have affected this?

BASE: All who haven't returned to volunteering

	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	455	195	260	198	175	82	22	67	47	34	44	35	84	72	50
Total	439	191	247	175	166	98	18	61	43	32	40	46	78	73	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I now volunteer elsewhere	12	6	6	2	5	5	-	-	-	-	2	3	4	-	3
	3%	3%	3%	1%	3%	6%	-	-	-	-	6%	6%	5%	-	6%
						a					h	bh			bh
Other	3	1	2	2	-	1	-	2	-	-	-	-	-	-	1
	1%	1%	1%	1%	-	1%	-	3%	-	-	-	-	-	-	3%
None of the above	3	-	3	1	1	1	-	-	-	-	-	1	-	-	2
	1%	-	1%	*	*	1%	-	-	-	-	-	3%	-	-	3%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18_4. You said you haven't yet returned to volunteering in sport and physical activity that you did before the coronavirus outbreak. Which of the following factors, if any, have affected this?
BASE: All who haven't returned to volunteering

	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	455	35	122	103	70	67	58	260	195	365	9	46	19	5	4	83
Total	439	36	123	101	63	57	60	259	179	357	8	41	18	5	4	75
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Covid-19 safety measures make it harder / less appealing to volunteer	149	12	53	34	24	12	14	99	50	114	6	17	5	2	4	32
	34%	34%	43%	34%	38%	22%	23%	38%	28%	32%	69%	40%	28%	32%	100%	43%
			efh		e			efh								
I'm worried about Covid-19	120	9	38	27	14	14	18	75	45	83	4	18	4	5	1	32
	27%	26%	31%	27%	22%	24%	30%	29%	25%	23%	48%	44%	23%	100%	23%	42%
												a				a
I'm too busy generally	91	9	19	31	13	13	7	58	32	72	1	9	3	3	-	16
	21%	25%	15%	30%	20%	22%	11%	23%	18%	20%	10%	22%	19%	64%	-	22%
				bfh												
The activities I used to volunteer for haven't resumed/reopened yet	86	7	24	28	9	9	9	59	28	79	1	2	4	-	-	6
	20%	18%	19%	28%	15%	16%	16%	23%	15%	22%	10%	4%	23%	-	-	9%
				dh						cg						
Work or study commitments	78	9	21	21	9	15	4	51	27	57	3	10	7	1	1	21
	18%	24%	17%	21%	14%	26%	7%	20%	15%	16%	35%	24%	40%	17%	23%	28%
		f		f		f		f								a
Caring responsibilities (children/family/friends)	72	6	19	18	9	13	6	43	29	57	1	9	2	-	1	13
	16%	17%	15%	17%	15%	24%	10%	16%	16%	16%	13%	22%	12%	-	27%	17%
I can't fit the volunteering in around my schedule/routine	65	5	17	20	11	7	5	42	23	52	-	6	5	-	1	12
	15%	13%	14%	20%	18%	12%	8%	16%	13%	14%	-	15%	27%	-	27%	16%
				f												
Health concerns / I haven't been well enough	50	2	9	8	8	5	17	19	30	44	-	2	2	1	-	5
	11%	6%	7%	8%	12%	9%	29%	7%	17%	12%	-	5%	10%	17%	-	6%
							abcdegh		bcg							
I just don't want to	44	5	12	5	8	4	11	22	22	35	-	7	2	-	-	9
	10%	14%	10%	5%	12%	6%	18%	8%	12%	10%	-	17%	10%	-	-	12%
							cg		c							
Volunteering is too time consuming	22	1	6	7	2	3	3	14	9	18	1	3	1	-	-	5
	5%	3%	5%	7%	4%	6%	5%	5%	5%	5%	13%	6%	5%	-	-	6%
I don't enjoy volunteering anymore	21	1	4	8	2	2	4	13	8	18	-	3	-	-	-	3
	5%	3%	3%	8%	4%	3%	6%	5%	4%	5%	-	7%	-	-	-	4%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18_4. You said you haven't yet returned to volunteering in sport and physical activity that you did before the coronavirus outbreak. Which of the following factors, if any, have affected this?

BASE: All who haven't returned to volunteering

	Total	Social Grade A	Social Grade B	Social Grade C1	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	455	35	122	103	70	67	58	260	195	365	9	46	19	5	4	83
Total	439	36	123	101	63	57	60	259	179	357	8	41	18	5	4	75
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I now volunteer elsewhere	12	2	1	5	1	1	3	7	5	11	-	-	1	-	-	1
	3%	5%	1%	5%	1%	2%	5%	3%	3%	3%	-	-	6%	-	-	1%
Other	3	-	-	1	-	1	1	1	2	3	-	-	-	-	-	-
	1%	-	-	1%	-	2%	2%	*	1%	1%	-	-	-	-	-	-
None of the above	3	-	-	-	3	-	-	-	3	3	-	-	-	-	-	-
	1%	-	-	-	5%	-	-	-	2%	1%	-	-	-	-	-	-
					bcg				g							

W18_4. You said you haven't yet returned to volunteering in sport and physical activity that you did before the coronavirus outbreak. Which of the following factors, if any, have affected this?

BASE: All who haven't returned to volunteering

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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	455	232	86	112	198	12	16	194	70	15	25	30	37	22	34	28
Total	439	224	84	109	193	12	14	182	66	15	24	27	32	19	47	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Covid-19 safety measures make it harder / less appealing to volunteer	149	81	27	37	64	4	7	70	22	6	3	8	13	5	11	11
	34%	36%	32%	34%	33%	34%	52%	38%	34%	39%	11%	30%	40%	24%	24%	44%
I'm worried about Covid-19	120	67	18	28	46	3	5	43	18	3	5	12	8	7	16	8
	27%	30%	21%	26%	24%	24%	37%	24%	27%	18%	22%	45% c	26%	38%	34%	31%
I'm too busy generally	91	46	14	27	41	1	2	37	13	3	7	4	15	3	6	3
	21%	20%	17%	25%	21%	7%	16%	20%	20%	20%	27%	13%	48% cdgj	15%	12%	12%
The activities I used to volunteer for haven't resumed/reopened yet	86	44	14	24	37	4	1	35	12	4	8	4	7	5	8	4
	20%	20%	16%	22%	19%	30%	6%	19%	18%	27%	32%	13%	23%	24%	18%	17%
Work or study commitments	78	37	17	18	34	2	3	33	15	4	2	2	18	-	-	5
	18%	17%	20%	16%	18%	13%	23%	18% j	22% j	25%	8%	7%	57% cdgj	-	-	19%
Caring responsibilities (children/family/friends)	72	12	17	40	57	3	4	29	11	3	2	8	5	5	1	7
	16%	5%	20% a	36% ab	29% a	23%	28%	16% j	17% j	18%	10%	31% cj	17%	27% j	2%	26%
I can't fit the volunteering in around my schedule/routine	65	23	14	23	37	-	4	31	14	3	4	3	5	2	-	4
	15%	10%	17%	21% a	19% a	-	27%	17% j	22% j	19%	16%	10%	16% j	9%	-	14%
Health concerns / I haven't been well enough	50	35	6	8	14	1	1	11	6	-	2	4	3	6	16	2
	11%	16% bcd	7%	8%	7%	9%	6%	6%	9%	-	7%	15%	11%	30%	33% cdh	7%
I just don't want to	44	21	12	9	21	2	1	14	4	3	3	5	3	4	6	3
	10%	9%	14%	8%	11%	16%	5%	7%	6%	23%	12%	18%	8%	19%	13%	10%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18_4. You said you haven't yet returned to volunteering in sport and physical activity that you did before the coronavirus outbreak. Which of the following factors, if any, have affected this?

BASE: All who haven't returned to volunteering

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	*b	c	d	*e	*f	g	h	*i	j	*k
Unweighted Total	455	232	86	112	198	12	16	194	70	15	25	30	37	22	34	28
Total	439	224	84	109	193	12	14	182	66	15	24	27	32	19	47	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Volunteering is too time consuming	22	8	3	10	13	1	-	11	3	2	1	2	1	-	1	1
	5%	4%	4%	9% a	7%	9%	-	6%	5%	15%	3%	6%	3%	-	3%	4%
I don't enjoy volunteering anymore	21	10	4	7	11	-	2	4	3	1	3	1	4	2	2	2
	5%	4%	5%	7%	6%	-	13%	2%	4%	6%	12%	3%	11% c	9%	5%	7%
I now volunteer elsewhere	12	8	1	2	3	-	-	4	3	1	1	-	-	-	3	-
	3%	4%	1%	2%	2%	-	-	2%	5%	8%	3%	-	-	-	6%	-
Other	3	1	2	-	2	1	-	-	-	-	-	1	-	-	1	1
	1%	1%	2%	-	1%	7%	-	-	-	-	-	4% c	-	-	3% c	3%
None of the above	3	2	-	-	-	-	-	2	-	-	-	-	-	-	1	-
	1%	1%	-	-	-	-	-	1%	-	-	-	-	-	-	3%	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18_4. You said you haven't yet returned to volunteering in sport and physical activity that you did before the coronavirus outbreak. Which of the following factors, if any, have affected this?

BASE: All who haven't returned to volunteering

	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
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	*d	e
Unweighted Total	455	162	98	34	16	132	178	174	72	47	18	119	192	49	215	166	25	406
Total	439	151	94	33	14	127	166	164	68	47	16	114	179	49	213	155	23	390
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Covid-19 safety measures make it harder / less appealing to volunteer	149	52	39	12	4	51	56	58	25	17	6	43	65	14	76	47	12	135
	34%	34%	41%	37%	26%	40%	34%	36%	37%	37%	41%	37%	36%	30%	36%	30%	54%	35%
I'm worried about Covid-19	120	32	29	7	3	36	35	40	18	8	5	27	45	16	56	42	7	105
	27%	21%	31%	21%	24%	28%	21%	24%	27%	18%	34%	23%	25%	32%	26%	27%	30%	27%
I'm too busy generally	91	34	15	7	3	22	36	32	15	11	3	26	35	7	35	42	6	84
	21%	22%	16%	21%	20%	18%	22%	20%	22%	23%	17%	22%	19%	14%	17%	27% b	27%	21%
The activities I used to volunteer for haven't resumed/ reopened yet	86	27	19	10	1	30	28	29	15	13	1	28	30	10	40	30	7	77
	20%	18%	21%	31%	5%	23%	17%	18%	22%	28%	6%	25%	17%	19%	19%	20%	29%	20%
Work or study commitments	78	31	12	4	4	17	36	33	7	10	3	17	37	7	32	37	2	71
	18%	21%	13%	13%	30%	13%	22%	20% b	10%	21%	21%	15%	20% b	14%	15%	24% b	8%	18%
Caring responsibilities (children/family/friends)	72	25	16	3	2	19	27	27	7	7	5	15	32	3	25	37	7	69
	16%	17%	17%	8%	13%	15%	16%	17%	11%	16%	29%	13%	18%	6%	12%	24% ab	29%	18% a
I can't fit the volunteering in around my schedule/routine	65	30	17	4	3	21	33	31	11	8	4	20	34	4	23	28	9	61
	15%	20%	18%	11%	22%	16%	20%	19%	17%	18%	22%	17%	19%	9%	11%	18%	41%	16%
Health concerns / I haven't been well enough	50	11	4	3	2	7	13	8	4	7	1	11	9	14	23	11	2	36
	11%	7%	4%	10%	13%	5%	8%	5%	5%	15% af	6%	9%	5%	28% bce	11%	7%	8%	9%
I just don't want to	44	8	8	4	3	12	11	11	6	5	-	12	11	3	25	15	2	41
	10%	5%	8%	13%	19%	9%	7%	7%	10%	12%	-	10%	6%	5%	12%	10%	9%	11%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18_4. You said you haven't yet returned to volunteering in sport and physical activity that you did before the coronavirus outbreak. Which of the following factors, if any, have affected this?

BASE: All who haven't returned to volunteering

	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
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	*d	e
Unweighted Total	455	162	98	34	16	132	178	174	72	47	18	119	192	49	215	166	25	406
Total	439	151	94	33	14	127	166	164	68	47	16	114	179	49	213	155	23	390
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Volunteering is too time consuming	22	7	6	2	2	8	9	10	4	1	2	5	12	3	9	9	2	20
	5%	5%	7%	5%	14%	6%	6%	6%	6%	2%	12%	5%	7%	5%	4%	6%	9%	5%
I don't enjoy volunteering anymore	21	5	4	3	-	7	5	5	4	3	1	6	6	2	7	10	3	19
	5%	3%	5%	8%	-	6%	3%	3%	5%	5%	6%	5%	3%	5%	3%	6%	12%	5%
I now volunteer elsewhere	12	8	1	1	-	2	8	6	3	-	-	3	6	2	6	4	-	10
	3%	5%	1%	2%	-	1%	5%	4%	5%	-	-	3%	3%	4%	3%	3%	-	3%
Other	3	-	-	-	-	-	-	-	-	-	-	-	-	-	2	1	-	3
	1%	-	-	-	-	-	-	-	-	-	-	-	-	-	1%	1%	-	1%
None of the above	3	1	1	-	-	1	1	1	1	-	-	1	1	-	3	-	-	3
	1%	1%	1%	-	-	1%	*	*	1%	-	-	1%	*	-	1%	-	-	1%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18_4. You said you haven't yet returned to volunteering in sport and physical activity that you did before the coronavirus outbreak. Which of the following factors, if any, have affected this?

BASE: All who haven't returned to volunteering

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	455	84	311	72	69	17	296	142	14	365	90	378	72
Total	439 100%	81 100%	299 100%	65 100%	68 100%	16 100%	289 100%	135 100%	12 100%	348 100%	91 100%	367 100%	68 100%
Covid-19 safety measures make it harder / less appealing to volunteer	149 34%	29 36%	100 34%	24 37%	21 31%	2 15%	103 36%	43 32%	5 38%	127 36% b	23 25%	124 34%	24 35%
I'm worried about Covid-19	120 27%	20 24%	82 27%	23 35%	19 27%	7 45%	74 26%	42 31%	5 45%	99 28%	21 23%	100 27%	18 27%
I'm too busy generally	91 21%	12 15%	69 23%	14 22%	11 16%	2 11%	59 20%	25 19%	2 14%	70 20%	21 23%	77 21%	12 18%
The activities I used to volunteer for haven't resumed/reopened yet	86 20%	10 13%	64 22%	11 17%	9 14%	3 18%	62 22%	21 15%	1 8%	67 19%	19 21%	73 20%	12 18%
Work or study commitments	78 18%	14 17%	53 18%	17 26% b	8 12%	2 11%	52 18%	25 18%	2 13%	67 19%	11 12%	61 17%	16 24%
Caring responsibilities (children/family/friends)	72 16%	19 23%	47 16%	16 24% d	11 16%	4 27%	38 13%	28 21%	3 22%	61 17%	11 12%	61 17%	9 13%
I can't fit the volunteering in around my schedule/routine	65 15%	9 11%	48 16%	14 21%	7 10%	2 10%	38 13%	22 16%	1 7%	53 15%	12 14%	55 15%	9 13%
Health concerns / I haven't been well enough	50 11%	6 8%	29 10%	11 17% d	22 32% ad	3 19%	17 6%	31 23% d	5 38%	38 11%	12 13%	39 11%	9 14%
I just don't want to	44 10%	11 13%	31 10%	6 9%	10 14%	3 19%	25 9%	18 13%	1 9%	34 10%	10 11%	36 10%	8 11%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18_4. You said you haven't yet returned to volunteering in sport and physical activity that you did before the coronavirus outbreak. Which of the following factors, if any, have affected this?

BASE: All who haven't returned to volunteering

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	455	84	311	72	69	17	296	142	14	365	90	378	72
Total	439	81	299	65	68	16	289	135	12	348	91	367	68
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Volunteering is too time consuming	22	1	19	4	3	1	16	6	1	16	6	18	4
	5%	1%	6%	5%	4%	5%	6%	5%	8%	5%	7%	5%	6%
I don't enjoy volunteering anymore	21	5	14	6	7	1	10	11	2	16	6	19	2
	5%	6%	5%	10%	10%	7%	3%	8%	20%	4%	6%	5%	3%
				d	d			d					
I now volunteer elsewhere	12	2	6	1	1	-	9	2	-	8	4	9	3
	3%	2%	2%	1%	2%	-	3%	2%	-	2%	4%	2%	5%
Other	3	-	3	2	-	-	1	2	-	3	-	3	-
	1%	-	1%	3%	-	-	*	1%	-	1%	-	1%	-
None of the above	3	2	1	1	2	-	-	3	-	-	3	3	-
	1%	2%	*	1%	3%	-	-	2%	-	-	3%	1%	-
					d			d			a		

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18_4. You said you haven't yet returned to volunteering in sport and physical activity that you did before the coronavirus outbreak. Which of the following factors, if any, have affected this?

BASE: All who haven't returned to volunteering

	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	455	35	43	91	90	75	50	16	55	299	121	114	129	167	41	125	124	146	56
Total	439 100%	36 100%	42 100%	87 100%	87 100%	72 100%	48 100%	15 100%	52 100%	287 100%	115 100%	106 100%	122 100%	164 100%	43 100%	122 100%	117 100%	143 100%	54 100%
Covid-19 safety measures make it harder / less appealing to volunteer	149 34%	7 21%	13 31%	35 41% a	29 33%	28 39%	14 30%	2 11%	20 39%	105 37%	37 32%	33 31%	43 35%	59 36%	13 31%	30 25%	42 36%	58 41% a	19 36%
I'm worried about Covid-19	120 27%	8 23%	12 28%	27 31%	24 27%	22 31%	12 25%	3 22%	12 24%	84 29%	28 24%	27 25%	38 31%	43 26%	12 27%	15 13%	23 19%	58 41% ab	24 45% ab
I'm too busy generally	91 21%	6 18%	8 20%	13 15%	18 21%	10 13%	9 19%	7 47%	19 36% cdei	49 17%	35 30% cei	26 25%	25 20%	26 16%	13 31% c	31 26% d	23 19%	27 19%	7 13%
The activities I used to volunteer for haven't resumed/ reopened yet	86 20%	3 7%	8 19%	17 20%	17 20%	13 19%	12 25% a	4 29%	12 23%	56 19%	28 24% a	26 25%	19 16%	33 20%	8 18%	27 22%	24 20%	29 21%	6 11%
Work or study commitments	78 18%	3 9%	12 30% a	15 18%	15 18%	13 18%	9 18%	2 10%	9 18%	56 19%	19 17%	26 24% d	20 16%	30 18%	3 8%	24 20%	29 25% cd	21 15%	5 8%
Caring responsibilities (children/family/friends)	72 16%	7 18%	8 19%	18 20% j	10 12%	16 22%	7 14%	2 13%	5 9%	52 18%	13 12%	18 17%	19 16%	31 19%	3 7%	20 17%	22 19%	23 16%	6 11%
I can't fit the volunteering in around my schedule/ routine	65 15%	7 21% d	6 15%	11 13%	7 8%	9 12%	14 29% cdei	1 5%	10 20% d	33 11%	25 22% di	13 13%	23 19%	22 13%	6 13%	24 20% d	15 13%	23 16%	3 6%
Health concerns / I haven't been well enough	50 11%	8 23% dij	5 12%	9 11%	7 8%	10 14%	5 10%	1 6%	4 8%	32 11%	10 8%	19 18% c	13 10%	15 9%	3 7%	10 8%	15 13%	19 14%	5 10%
I just don't want to	44 10%	4 11%	5 13%	8 9%	8 10%	3 5%	6 13%	1 6%	8 15% e	25 9%	15 13%	11 10%	11 9%	16 10%	6 13%	14 11%	10 9%	14 10%	6 11%
Volunteering is too time consuming	22 5%	2 4%	3 6%	4 4%	9 10% e	1 2%	3 5%	- -	2 4%	16 6%	5 4%	6 6%	8 6%	8 5%	1 2%	10 8% c	7 6%	4 3%	1 2%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18_4. You said you haven't yet returned to volunteering in sport and physical activity that you did before the coronavirus outbreak. Which of the following factors, if any, have affected this?

BASE: All who haven't returned to volunteering

	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	455	35	43	91	90	75	50	16	55	299	121	114	129	167	41	125	124	146	56
Total	439	36	42	87	87	72	48	15	52	287	115	106	122	164	43	122	117	143	54
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I don't enjoy volunteering anymore	21	-	2	4	4	4	4	1	3	14	8	11	4	5	1	8	2	10	1
	5%	-	5%	5%	4%	5%	8%	7%	5%	5%	7%	10% bc	4%	3%	2%	7%	2%	7%	1%
I now volunteer elsewhere	12	-	-	-	3	6	2	-	2	8	4	3	5	2	2	7	2	3	1
	3%	-	-	-	3%	8% ci	4%	-	4%	3%	3%	3%	4%	1%	4%	5%	2%	2%	2%
Other	3	-	2	-	-	-	-	-	1	2	1	2	-	1	-	1	-	1	1
	1%	-	5% cdi	-	-	-	-	-	3%	1%	1%	2%	-	1%	-	1%	-	1%	2%
None of the above	3	1	1	-	-	-	-	-	1	1	1	-	-	1	2	1	-	-	2
	1%	4% i	2%	-	-	-	-	-	2%	*	1%	-	-	1%	4% ab	1%	-	-	4% bc

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18_4. You said you haven't yet returned to volunteering in sport and physical activity that you did before the coronavirus outbreak. Which of the following factors, if any, have affected this?

BASE: All who haven't returned to volunteering

		Amount of activity now compared to last year		
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	455	195	118	141
Total	439	181	118	139
	100%	100%	100%	100%
Covid-19 safety measures make it harder / less appealing to volunteer	149	62	37	50
	34%	34%	31%	36%
I'm worried about Covid-19	120	49	27	43
	27%	27%	23%	31%
I'm too busy generally	91	38	21	32
	21%	21%	18%	23%
The activities I used to volunteer for haven't resumed/reopened yet	86	31	19	36
	20%	17%	16%	26%
				a
Work or study commitments	78	40	15	23
	18%	22%	13%	17%
		b		
Caring responsibilities (children/family/friends)	72	35	14	23
	16%	19%	12%	17%
I can't fit the volunteering in around my schedule/routine	65	31	12	22
	15%	17%	10%	16%
Health concerns / I haven't been well enough	50	19	14	17
	11%	10%	12%	12%
I just don't want to	44	17	15	12
	10%	9%	12%	9%
Volunteering is too time consuming	22	11	5	6
	5%	6%	4%	4%
I don't enjoy volunteering anymore	21	9	3	9
	5%	5%	3%	7%
I now volunteer elsewhere	12	7	4	1
	3%	4%	3%	1%
Other	3	-	1	2
	1%	-	1%	1%

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W18_4. You said you haven't yet returned to volunteering in sport and physical activity that you did before the coronavirus outbreak. Which of the following factors, if any, have affected this?

BASE: All who haven't returned to volunteering

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	455	195	118	141
Total	439	181	118	139
	100%	100%	100%	100%
None of the above	3	1	1	1
	1%	*	1%	1%

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W18.5. Which, if any, of the following do you think would help you to return to or continue volunteering in sport and physical activity?

BASE: All who volunteered

	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	868	396	470	417	317	134	37	115	88	88	72	62	185	130	91
Total	827	379	445	373	299	155	30	104	83	82	65	81	171	128	85
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More flexible opportunities to volunteer	250	110	140	130	83	37	6	26	25	26	12	27	52	44	32
	30%	29%	31%	35%	28%	24%	21%	25%	30%	31%	18%	34%	31%	34%	38%
				bc								e		e	e
Greater adherence to Covid-19 protocols by others (e.g. members, participants, other volunteers)	203	103	100	88	79	35	6	25	17	26	14	14	46	31	23
	25%	27%	22%	24%	27%	23%	20%	24%	20%	32%	22%	18%	27%	24%	27%
Advice on implementing Covid-19 safety measures	199	93	106	95	83	21	5	26	20	21	13	17	49	28	20
	24%	25%	24%	25%	28%	14%	18%	25%	24%	26%	20%	21%	29%	22%	24%
				c	c										
Less time-consuming opportunities to volunteer	157	61	95	80	56	20	8	15	12	24	8	17	33	28	12
	19%	16%	21%	22%	19%	13%	27%	14%	15%	29%	12%	21%	19%	22%	14%
				c						bcei					
Better communication to volunteers from the club / group / activity	151	71	78	77	52	22	7	18	16	17	10	18	33	17	16
	18%	19%	17%	21%	17%	14%	24%	17%	19%	20%	15%	22%	19%	14%	18%
Opportunities to learn or be trained in new approaches or procedures	129	51	78	76	44	9	8	17	12	10	11	13	33	14	11
	16%	13%	17%	20%	15%	6%	27%	16%	15%	12%	16%	16%	20%	11%	12%
				c	c		h						h		
Practical tools and resources for volunteers to use e.g. Risk Assessment templates	107	51	56	53	42	13	5	7	9	17	10	13	27	9	10
	13%	13%	13%	14%	14%	8%	15%	7%	10%	21%	16%	16%	16%	7%	12%
										bh	bh	bh	bh		
Other	12	8	5	4	5	3	-	3	1	1	-	-	2	3	2
	1%	2%	1%	1%	2%	2%	-	3%	1%	1%	-	-	1%	2%	2%
None of the above	88	51	37	17	31	41	3	11	8	10	9	12	7	19	9
	11%	14%	8%	5%	10%	26%	11%	11%	10%	12%	14%	15%	4%	15%	11%
		b			a	ab		g		g	g	g		g	g
Don't know	46	19	27	16	16	13	4	4	8	4	6	6	7	5	2
	6%	5%	6%	4%	6%	8%	13%	3%	10%	5%	10%	7%	4%	4%	3%
							bghi		g						

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.5. Which, if any, of the following do you think would help you to return to or continue volunteering in sport and physical activity?
BASE: All who volunteered

	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Social Grade										**Ethnicity**						
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	868	101	238	190	134	106	99	529	339	671	31	82	59	7	9	188
Total	827	99	238	183	118	92	98	520	307	647	28	75	54	7	8	172
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More flexible opportunities to volunteer	250	37	81	55	31	29	17	174	77	202	7	21	14	2	3	47
	30%	37%	34%	30%	26%	32%	17%	33%	25%	31%	27%	28%	25%	28%	31%	27%
		fh	fh	f		f		fh								
Greater adherence to Covid-19 protocols by others (e.g. members, participants, other volunteers)	203	24	69	43	27	16	23	137	66	155	3	20	16	3	2	43
	25%	24%	29%	24%	23%	18%	23%	26%	22%	24%	10%	27%	29%	39%	22%	25%
			eh										b			
Advice on implementing Covid-19 safety measures	199	26	72	45	24	19	14	143	57	141	9	23	15	3	3	53
	24%	26%	30%	25%	21%	20%	14%	27%	18%	22%	32%	31%	27%	39%	42%	31%
		f	fh	f				fh								a
Less time-consuming opportunities to volunteer	157	25	53	34	20	13	12	111	45	122	6	20	8	1	-	35
	19%	25%	22%	19%	17%	14%	13%	21%	15%	19%	20%	27%	14%	15%	-	20%
		efh	fh					fh								
Better communication to volunteers from the club / group / activity	151	17	44	38	27	16	9	99	52	109	5	17	15	2	3	41
	18%	18%	18%	21%	23%	17%	10%	19%	17%	17%	17%	23%	27%	28%	34%	24%
			f	f	f			f					a			a
Opportunities to learn or be trained in new approaches or procedures	129	16	43	31	20	14	6	90	39	89	7	15	12	1	3	38
	16%	16%	18%	17%	17%	15%	6%	17%	13%	14%	24%	20%	22%	15%	34%	22%
		f	f	f	f	f		f								a
Practical tools and resources for volunteers to use e.g. Risk Assessment templates	107	19	39	21	13	11	5	79	28	74	8	8	12	2	1	32
	13%	20%	16%	11%	11%	12%	5%	15%	9%	11%	29%	11%	23%	28%	12%	18%
		fh	fh					fh			ac		a			a
Other	12	-	3	4	2	2	2	7	6	10	1	1	-	1	-	2
	1%	-	1%	2%	1%	2%	2%	1%	2%	2%	3%	1%	-	13%	-	1%
None of the above	88	5	19	16	13	10	25	41	48	79	-	5	2	2	1	9
	11%	5%	8%	9%	11%	11%	25%	8%	16%	12%	-	7%	3%	22%	11%	5%
							abcdegh		abcg	bdg						
Don't know	46	4	5	9	5	11	12	18	28	37	-	5	-	2	-	7
	6%	4%	2%	5%	5%	12%	12%	3%	9%	6%	-	7%	-	26%	-	4%
						abcdg	abcdg		bg			d				

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.5. Which, if any, of the following do you think would help you to return to or continue volunteering in sport and physical activity?
BASE: All who volunteered

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	868	417	185	209	394	21	61	376	133	36	32	45	71	41	52	82
Total	827	393	179	206	384	20	55	355	126	35	31	40	61	36	68	75
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More flexible opportunities to volunteer	250	105	60	73	134	4	18	119	43	8	11	7	25	7	8	23
	30%	27%	34%	36%	35%	21%	33%	34%	34%	22%	35%	17%	41%	19%	12%	30%
				a	a		j	gj	gj				gij			j
Greater adherence to Covid-19 protocols by others (e.g. members, participants, other volunteers)	203	85	52	55	107	6	16	115	20	4	1	11	9	8	14	22
	25%	22%	29%	27%	28%	29%	30%	32%	16%	11%	3%	27%	15%	21%	20%	30%
					a		defh	defh				f		f	f	defh
Advice on implementing Covid-19 safety measures	199	88	49	53	102	8	18	99	22	7	4	11	16	7	8	25
	24%	22%	27%	26%	27%	39%	32%	28%	18%	21%	12%	28%	26%	19%	11%	34%
							dfj	dj					j	j		dfj
Less time-consuming opportunities to volunteer	157	62	40	50	90	3	11	70	25	10	4	4	14	6	8	13
	19%	16%	22%	24%	23%	13%	20%	20%	20%	28%	14%	10%	24%	18%	12%	18%
				a	a					g						
Better communication to volunteers from the club / group / activity	151	65	35	45	80	3	14	66	19	7	4	7	20	4	7	17
	18%	17%	20%	22%	21%	17%	25%	18%	15%	19%	13%	18%	32%	12%	10%	23%
							j						cdfij			
Opportunities to learn or be trained in new approaches or procedures	129	45	40	35	76	3	17	59	19	9	2	5	6	6	2	20
	16%	12%	23%	17%	20%	14%	31%	17%	15%	25%	6%	14%	11%	18%	2%	27%
			a		a		cdfghj	j	j	fhj			j		j	cdfhj
Practical tools and resources for volunteers to use e.g. Risk Assessment templates	107	44	27	29	56	5	10	54	15	7	4	1	5	4	2	16
	13%	11%	15%	14%	15%	27%	18%	15%	12%	20%	11%	3%	8%	11%	3%	21%
							gj	gj		gj						ghj

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.5. Which, if any, of the following do you think would help you to return to or continue volunteering in sport and physical activity?

BASE: All who volunteered

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	868	417	185	209	394	21	61	376	133	36	32	45	71	41	52	82
Total	827	393	179	206	384	20	55	355	126	35	31	40	61	36	68	75
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	12	7	3	3	6	-	-	4	2	1	1	2	-	1	1	-
	1%	2%	2%	1%	1%	-	-	1%	2%	3%	3%	5%	-	2%	2%	-
												ck				
None of the above	88	61	12	10	23	5	1	23	11	4	6	5	3	6	26	6
	11%	16%	7%	5%	6%	23%	2%	7%	8%	10%	18%	12%	6%	16%	38%	7%
		bcd									bch	b		bc	bcdeghik	
Don't know	46	25	6	7	12	-	-	12	7	2	2	7	3	6	7	-
	6%	6%	3%	3%	3%	-	-	3%	5%	5%	8%	17%	5%	15%	11%	-
		d							k	k	bk	bcdhk	k	bcdk	bck	

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.5. Which, if any, of the following do you think would help you to return to or continue volunteering in sport and physical activity?
BASE: All who volunteered

	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
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total	868	294	209	86	29	295	323	288	196	110	29	306	317	92	405	315	56	776
Total	827	275	200	83	26	282	301	269	185	109	26	294	295	88	392	296	50	739
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More flexible opportunities to volunteer	250	86	80	21	9	100	95	82	68	38	8	106	90	18	110	106	16	232
	30%	31%	40%	25%	35%	36%	32%	31%	37%	35%	30%	36%	31%	21%	28%	36%	32%	31%
			c													ab		a
Greater adherence to Covid-19 protocols by others (e.g. members, participants, other volunteers)	203	78	55	17	4	72	82	71	57	25	4	81	75	16	103	70	14	186
	25%	28%	27%	21%	13%	25%	27%	26%	31%	23%	14%	28%	25%	19%	26%	24%	27%	25%
Advice on implementing Covid-19 safety measures	199	68	59	18	4	77	72	70	50	24	5	74	75	19	92	78	10	181
	24%	25%	29%	22%	16%	27%	24%	26%	27%	22%	21%	25%	25%	21%	24%	26%	20%	24%
Less time-consuming opportunities to volunteer	157	46	53	13	5	66	51	53	42	20	6	61	59	11	67	64	14	145
	19%	17%	27%	16%	19%	23%	17%	20%	23%	18%	22%	21%	20%	13%	17%	22%	28%	20%
			acf			af												a
Better communication to volunteers from the club / group / activity	151	49	43	9	4	52	54	42	40	16	9	56	51	11	71	56	13	140
	18%	18%	21%	11%	17%	18%	18%	16%	22%	15%	34%	19%	17%	13%	18%	19%	25%	19%
			c															
Opportunities to learn or be trained in new approaches or procedures	129	48	37	11	5	49	53	45	29	24	6	53	51	8	61	42	17	120
	16%	17%	19%	14%	19%	17%	17%	17%	16%	22%	23%	18%	17%	10%	16%	14%	33%	16%
																	abce	
Practical tools and resources for volunteers to use e.g. Risk Assessment templates	107	41	30	15	3	45	43	35	34	20	2	53	36	11	50	38	9	97
	13%	15%	15%	18%	10%	16%	14%	13%	18%	18%	7%	18%	12%	12%	13%	13%	18%	13%
													f					
Other	12	4	3	-	-	3	4	3	2	-	1	2	4	2	6	3	1	10
	1%	2%	1%	-	-	1%	1%	1%	1%	-	3%	1%	1%	2%	2%	1%	2%	1%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.5. Which, if any, of the following do you think would help you to return to or continue volunteering in sport and physical activity?
BASE: All who volunteered

	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
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e
Unweighted Total	868	294	209	86	29	295	323	288	196	110	29	306	317	92	405	315	56	776
Total	827	275	200	83	26	282	301	269	185	109	26	294	295	88	392	296	50	739
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
None of the above	88	23	6	9	2	15	25	25	6	10	1	16	26	16	52	19	1	72
	11%	8%	3%	10%	8%	5%	8%	9%	3%	9%	4%	5%	9%	18%	13%	7%	2%	10%
		b		b			b	b		b			b	cde	cd			d
Don't know	46	12	3	4	2	6	15	18	-	2	2	2	20	10	20	15	1	35
	6%	5%	1%	4%	9%	2%	5%	7%	-	2%	6%	1%	7%	12%	5%	5%	1%	5%
		b					b	bce					bce	bcde				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.5. Which, if any, of the following do you think would help you to return to or continue volunteering in sport and physical activity?
BASE: All who volunteered

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	*f	a	b	a	b
Unweighted Total	868	225	531	163	134	46	524	309	22	708	160	732	125
Total	827 100%	213 100%	508 100%	147 100%	130 100%	43 100%	507 100%	290 100%	19 100%	670 100%	157 100%	702 100%	115 100%
More flexible opportunities to volunteer	250 30%	65 31%	159 31%	52 35% b	29 22%	13 30%	155 31%	87 30%	4 23%	206 31%	44 28%	219 31%	28 25%
Greater adherence to Covid-19 protocols by others (e.g. members, participants, other volunteers)	203 25%	57 27%	125 25%	36 24%	37 28%	13 29%	121 24%	74 26%	5 27%	173 26%	30 19%	178 25%	24 21%
Advice on implementing Covid-19 safety measures	199 24%	59 28%	119 23%	36 25%	23 18%	9 22%	134 26% b	59 20%	6 30%	165 25%	34 22%	175 25%	23 20%
Less time-consuming opportunities to volunteer	157 19%	47 22%	95 19%	29 19%	28 21%	11 25%	87 17%	60 21%	4 23%	122 18%	34 22%	136 19%	19 16%
Better communication to volunteers from the club / group / activity	151 18%	46 22%	90 18%	37 25% d	22 17%	9 21%	83 16%	62 22%	3 17%	128 19%	23 15%	133 19%	16 14%
Opportunities to learn or be trained in new approaches or procedures	129 16%	43 20%	74 15%	29 20%	19 14%	6 14%	74 15%	51 17%	2 12%	112 17%	17 11%	111 16%	16 13%
Practical tools and resources for volunteers to use e.g. Risk Assessment templates	107 13%	37 18% b	56 11%	22 15%	20 15%	6 15%	60 12%	43 15%	3 14%	88 13%	20 13%	92 13%	14 12%
Other	12 1%	3 1%	8 1%	4 2%	2 2%	- -	6 1%	6 2%	- -	12 2%	- -	11 2%	2 1%

W18.5. Which, if any, of the following do you think would help you to return to or continue volunteering in sport and physical activity?

BASE: All who volunteered

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	*f	a	b	a	b
Unweighted Total	868	225	531	163	134	46	524	309	22	708	160	732	125
Total	827 100%	213 100%	508 100%	147 100%	130 100%	43 100%	507 100%	290 100%	19 100%	670 100%	157 100%	702 100%	115 100%
None of the above	88 11%	11 5%	59 12% a	7 5%	20 15% a	2 5%	61 12% a	26 9%	3 13%	67 10%	21 13%	69 10%	17 15%
Don't know	46 6%	4 2%	30 6% a	4 3%	9 7%	3 6%	27 5%	15 5%	1 4%	35 5%	10 7%	37 5%	8 7%

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W18.5. Which, if any, of the following do you think would help you to return to or continue volunteering in sport and physical activity?
BASE: All who volunteered

	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	868	57	71	156	198	146	103	30	107	571	240	182	249	326	103	240	234	281	108
Total	827	57	67	148	188	139	97	28	102	542	228	167	234	317	102	230	219	271	102
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
More flexible opportunities to volunteer	250	5	19	45	56	49	40	6	29	170	76	57	77	86	29	77	61	85	28
	30%	9%	28%	31%	30%	36%	42%	20%	29%	31%	33%	34%	33%	27%	28%	33%	28%	32%	27%
			a	a	a	a	adgi			a	a	a							
Greater adherence to Covid-19 protocols by others (e.g. members, participants, other volunteers)	203	8	16	36	49	35	26	9	25	135	60	32	55	84	33	36	48	77	41
	25%	14%	23%	25%	26%	25%	26%	31%	25%	25%	26%	19%	23%	26%	32%	16%	22%	28%	40%
											a				a			a	abc
Advice on implementing Covid-19 safety measures	199	5	15	35	50	34	29	5	27	134	61	38	55	84	22	42	45	82	31
	24%	8%	23%	24%	26%	25%	30%	18%	26%	25%	27%	22%	23%	27%	22%	18%	21%	30%	30%
			a	a	a	a	a		a	a	a							ab	a
Less time-consuming opportunities to volunteer	157	6	13	27	40	25	23	5	17	105	45	29	40	62	23	42	38	53	23
	19%	11%	20%	18%	21%	18%	23%	19%	17%	19%	20%	18%	17%	20%	23%	18%	17%	19%	23%
Better communication to volunteers from the club / group / activity	151	5	15	23	28	34	19	5	20	101	45	31	42	57	22	41	45	49	17
	18%	10%	22%	16%	15%	25%	20%	17%	20%	19%	20%	19%	18%	18%	21%	18%	20%	18%	17%
						acd													
Opportunities to learn or be trained in new approaches or procedures	129	3	13	23	28	25	12	5	20	89	37	24	37	48	20	29	34	47	19
	16%	6%	19%	16%	15%	18%	12%	18%	19%	16%	16%	15%	16%	15%	19%	13%	15%	17%	19%
			a			a			a	a	a								
Practical tools and resources for volunteers to use e.g. Risk Assessment templates	107	3	9	14	26	25	9	3	18	74	31	20	30	41	17	24	27	42	15
	13%	5%	14%	10%	14%	18%	9%	12%	18%	14%	13%	12%	13%	13%	17%	10%	12%	15%	14%
						ac			a										
Other	12	3	1	1	3	3	1	-	-	8	1	4	2	4	2	6	3	4	-
	1%	6%	2%	1%	2%	2%	1%	-	-	2%	*	3%	1%	1%	2%	3%	1%	1%	-
		chij																	
None of the above	88	16	6	15	16	6	7	6	16	43	29	16	21	40	10	32	24	25	4
	11%	29%	9%	10%	9%	4%	7%	20%	16%	8%	13%	9%	9%	13%	9%	14%	11%	9%	4%
		bcdefij						efi	defi		ei					d	d		
Don't know	46	7	1	15	8	5	5	2	3	28	10	10	11	18	4	13	13	14	4
	6%	13%	1%	10%	4%	4%	5%	5%	3%	5%	4%	6%	5%	6%	4%	5%	6%	5%	4%
		bdehij		bdehij															

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.5. Which, if any, of the following do you think would help you to return to or continue volunteering in sport and physical activity?

BASE: All who volunteered

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	868	393	257	213
Total	827	369	249	205
	100%	100%	100%	100%
More flexible opportunities to volunteer	250	128	59	62
	30%	35%	24%	30%
		b		
Greater adherence to Covid-19 protocols by others (e.g. members, participants, other volunteers)	203	99	49	56
	25%	27%	20%	27%
		b		
Advice on implementing Covid-19 safety measures	199	103	48	47
	24%	28%	19%	23%
		b		
Less time-consuming opportunities to volunteer	157	77	48	31
	19%	21%	19%	15%
Better communication to volunteers from the club / group / activity	151	72	40	37
	18%	20%	16%	18%
Opportunities to learn or be trained in new approaches or procedures	129	67	30	31
	16%	18%	12%	15%
		b		
Practical tools and resources for volunteers to use e.g. Risk Assessment templates	107	53	25	29
	13%	15%	10%	14%
Other	12	4	5	4
	1%	1%	2%	2%
None of the above	88	22	37	29
	11%	6%	15%	14%
			a	a
Don't know	46	17	13	15
	6%	4%	5%	7%

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Q8. SUMMARY: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I feel that I have the ability to be physically active	2016	460	937	328	180	95	16	1398	274
	100%	23%	46%	16%	9%	5%	1%	69%	14%
I feel that I have the opportunity to be physically active	2016	428	965	356	174	75	18	1392	250
	100%	21%	48%	18%	9%	4%	1%	69%	12%
It is important to me to exercise regularly	2016	490	884	397	159	72	13	1374	232
	100%	24%	44%	20%	8%	4%	1%	68%	11%
I find exercise enjoyable and satisfying	2016	363	796	442	265	137	13	1159	402
	100%	18%	40%	22%	13%	7%	1%	58%	20%
I feel guilty when I don't exercise	2016	312	768	456	312	147	21	1080	459
	100%	15%	38%	23%	15%	7%	1%	54%	23%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	460	231	228	157	170	133	15	67	43	38	44	40	93	75	45
		23%	23%	22%	26%	26%	18%	16%	26%	22%	18%	26%	18%	30%	23%	21%
					c	c			ad			a		acdfhi		
Agree	(4.0)	937	469	467	307	304	326	48	119	103	113	68	105	129	147	104
		46%	48%	46%	50%	46%	44%	50%	46%	52%	54%	39%	47%	41%	45%	50%
					c					eg	egh					eg
Neither agree nor disagree	(3.0)	328	152	176	85	103	141	17	38	26	39	34	34	50	50	39
		16%	15%	17%	14%	16%	19%	18%	15%	13%	19%	20%	15%	16%	15%	19%
							a									
Disagree	(2.0)	180	80	99	41	53	85	10	25	17	12	16	27	26	35	11
		9%	8%	10%	7%	8%	11%	10%	9%	9%	6%	9%	12%	8%	11%	5%
							ab						di		di	
Strongly disagree	(1.0)	95	48	45	10	23	61	5	10	7	7	10	15	13	20	7
		5%	5%	4%	2%	3%	8%	5%	4%	4%	3%	6%	7%	4%	6%	3%
						a	ab									
Don't know		16	5	10	9	7	-	1	3	1	2	1	1	3	3	2
		1%	1%	1%	1%	1%	-	1%	1%	*	1%	*	*	1%	1%	1%
					c	c										
NET: Agree		1398	700	695	465	474	459	63	186	145	151	113	146	222	222	149
		69%	71%	68%	76%	72%	62%	66%	71%	74%	72%	65%	65%	71%	67%	72%
					c	c										
NET: Disagree		274	128	144	52	76	146	15	35	24	19	26	42	39	55	18
		14%	13%	14%	8%	12%	20%	16%	13%	12%	9%	15%	19%	12%	17%	9%
							ab					i	di		di	
Base for stats		2000	980	1015	601	653	747	96	260	196	209	173	222	311	327	206
Mean Score		3.74	3.77	3.72	3.93	3.84	3.51	3.61	3.80	3.80	3.78	3.70	3.58	3.85	3.68	3.82
					c	c			f					af		f
Standard Deviation		1.056	1.052	1.056	.910	1.017	1.153	1.044	1.050	.999	.922	1.126	1.126	1.073	1.124	.950
Standard Error		.024	.034	.033	.035	.039	.046	.100	.063	.070	.063	.083	.088	.060	.063	.066
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	460	51	130	121	50	41	68	302	159	369	11	37	29	3	4	84
		23%	32%	27%	27%	20%	19%	15%	28%	17%	21%	25%	33%	36%	32%	28%	32%
			defh	defh	defh				defh				a	a			a
Agree	(4.0)	937	71	244	213	122	100	187	528	409	818	19	49	34	5	5	112
		46%	45%	51%	47%	49%	46%	41%	49%	44%	47%	43%	44%	42%	51%	38%	43%
				fh		f			fh								
Neither agree nor disagree	(3.0)	328	21	55	59	48	44	102	134	194	296	7	13	6	1	2	29
		16%	13%	11%	13%	19%	20%	22%	12%	21%	17%	16%	11%	8%	8%	14%	11%
						bcg	bcg	abcg		abcg	dg						
Disagree	(2.0)	180	11	36	37	18	24	54	84	96	154	6	8	6	-	2	22
		9%	7%	7%	8%	7%	11%	12%	8%	10%	9%	13%	7%	8%	-	13%	8%
								bdg		g							
Strongly disagree	(1.0)	95	4	11	18	8	8	46	33	61	85	1	2	3	1	1	8
		5%	3%	2%	4%	3%	4%	10%	3%	7%	5%	2%	2%	4%	9%	7%	3%
								abcdegh		abcdg							
Don't know		16	1	2	4	3	2	3	7	8	10	1	3	2	-	-	6
		1%	1%	*	1%	1%	1%	1%	1%	1%	1%	2%	3%	2%	-	-	2%
													a				a
NET: Agree		1398	121	374	334	172	141	255	830	568	1187	30	86	62	8	9	196
		69%	77%	78%	74%	69%	64%	55%	76%	61%	69%	67%	77%	78%	83%	66%	75%
			efh	defh	efh	fh	f		defh	f							a
NET: Disagree		274	15	47	55	25	32	100	117	157	239	6	10	9	1	3	30
		14%	10%	10%	12%	10%	15%	22%	11%	17%	14%	14%	9%	12%	9%	20%	12%
								abcdegh		abcdg							
Base for stats		2000	157	476	448	245	218	457	1081	919	1722	44	109	78	10	14	255
Mean Score		3.74	3.97	3.94	3.85	3.77	3.65	3.39	3.91	3.55	3.71	3.77	4.01	4.01	3.98	3.68	3.95
			defh	defh	efh	fh	f		defh	f			a	a			a
Standard Deviation		1.056	.986	.948	1.037	.956	1.023	1.174	.991	1.097	1.053	1.037	.979	1.074	1.156	1.246	1.038
Standard Error		.024	.079	.044	.049	.058	.065	.057	.030	.036	.026	.151	.090	.117	.366	.322	.063
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.13	.10	*

Q8.1. I feel that I have the ability to be physically active: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	460	273	81	86	167	10	21	197	60	18	15	25	32	19	65	31
	23%	22%	25%	25%	25%	20%	29%	29%	23%	26%	21%	19%	30%	11%	16%	26%
							ij	gij	ij	ij	i	i	gij			ij
Agree (4.0)	937	561	153	181	334	30	32	335	120	28	35	70	56	54	178	62
	46%	45%	47%	52%	50%	63%	43%	50%	47%	41%	48%	54%	52%	31%	43%	51%
				a	a	bdeij		ij	i		i	ij	i		i	i
Neither agree nor disagree (3.0)	328	215	56	42	98	5	12	85	40	12	12	17	10	47	88	18
	16%	17%	17%	12%	15%	11%	17%	13%	16%	18%	16%	13%	9%	27%	21%	14%
		c												acdghk	cgh	
Disagree (2.0)	180	118	28	28	56	2	6	41	24	5	7	10	7	29	48	8
	9%	9%	9%	8%	8%	3%	8%	6%	9%	8%	10%	8%	7%	17%	12%	6%
														acdghk	c	
Strongly disagree (1.0)	95	79	2	10	12	1	1	12	11	3	3	8	-	22	34	2
	5%	6%	1%	3%	2%	2%	1%	2%	4%	5%	4%	6%	-	13%	8%	2%
		bcd		b					ch	h	h	ch		abcdfghk	bchk	
Don't know	16	7	4	2	6	-	2	3	2	2	1	2	3	2	-	2
	1%	1%	1%	1%	1%	-	2%	*	1%	3%	1%	1%	3%	1%	-	2%
							cj			cj			cj			j
NET: Agree	1398	834	234	266	500	39	53	532	179	45	50	95	88	73	243	92
	69%	66%	72%	77%	75%	83%	72%	79%	70%	66%	69%	73%	82%	42%	59%	76%
			a	a	a	eij	ij	defij	ij	i	i	ij	defij		i	ij
NET: Disagree	274	197	30	37	67	3	7	53	35	9	10	18	7	51	82	9
	14%	16%	9%	11%	10%	5%	9%	8%	14%	13%	14%	14%	7%	30%	20%	8%
		bcd							ch			c		abcdefghjk	abcdhk	
Base for stats	2000	1246	320	345	665	47	72	671	254	66	72	130	105	170	413	119
Mean Score	3.74	3.67	3.88	3.88	3.88	3.96	3.92	3.99	3.76	3.77	3.72	3.73	4.08	3.11	3.46	3.94
			a	a	a	ij	ij	dfgij	ij	ij	i	i	defgij		i	ij
Standard Deviation	1.056	1.110	.908	.964	.937	.803	.956	.912	1.049	1.088	1.031	1.054	.817	1.198	1.136	.895
Standard Error	.024	.032	.050	.052	.036	.115	.107	.034	.065	.135	.122	.088	.073	.088	.064	.079
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	.01	*	.01

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Q8.1. I feel that I have the ability to be physically active: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Nature of working location						Nature of working hours						Number of people in household including self				
			I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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		2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total		2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	460	153	105	32	3	137	156	178	64	48	10	112	188	62	240	135	24	399
		23%	27%	30%	21%	7%	28%	26%	28%	26%	24%	30%	25%	29%	20%	22%	25%	29%	23%
			d	cd	d		d	d											
Agree	(4.0)	937	281	167	66	21	233	302	313	126	82	12	207	325	120	526	255	36	817
		46%	50%	48%	44%	57%	47%	50%	50%	51%	42%	35%	47%	49%	38%	48%	47%	45%	48%
									c	c						a	a		a
Neither agree nor disagree	(3.0)	328	76	46	27	6	74	83	68	39	38	9	77	77	69	171	77	11	259
		16%	13%	13%	18%	17%	15%	14%	11%	16%	20%	28%	18%	12%	22%	16%	14%	14%	15%
										a	af	af	af		bce				
Disagree	(2.0)	180	39	19	18	5	37	43	51	10	17	1	27	51	27	102	45	5	152
		9%	7%	5%	12%	12%	7%	7%	8%	4%	9%	2%	6%	8%	9%	9%	8%	7%	9%
					ab				b										
Strongly disagree	(1.0)	95	13	7	4	2	12	15	11	6	8	2	13	13	30	43	18	3	64
		5%	2%	2%	3%	4%	2%	2%	2%	2%	4%	5%	3%	2%	10%	4%	3%	4%	4%
															bce				
Don't know		16	3	3	2	1	4	4	4	-	4	-	4	4	4	3	7	1	11
		1%	*	1%	1%	2%	1%	1%	1%	-	2%	-	1%	1%	1%	*	1%	1%	1%
											b				b		b		
NET: Agree		1398	434	273	98	24	370	458	491	190	129	22	319	513	182	766	390	60	1216
		69%	77%	78%	66%	64%	75%	76%	78%	78%	66%	65%	72%	78%	58%	71%	73%	75%	71%
			c	cd			c	c	ce	c				ce		a	a	a	a
NET: Disagree		274	52	26	22	6	48	58	62	16	24	2	40	64	58	145	62	8	216
		14%	9%	7%	15%	16%	10%	10%	10%	6%	12%	7%	9%	10%	18%	13%	12%	11%	13%
					ab					b					bce				
Base for stats		2000	562	345	147	36	492	598	621	245	192	33	437	655	309	1082	529	80	1691
Mean Score		3.74	3.93	4.00	3.70	3.51	3.91	3.90	3.96	3.95	3.75	3.83	3.86	3.95	3.50	3.76	3.84	3.90	3.79
			cd	cd			cd	cd	c	c				c		a	a	a	a
Standard Deviation		1.056	.943	.920	1.033	.966	.964	.949	.942	.892	1.048	1.054	.967	.948	1.191	1.029	1.009	1.028	1.023
Standard Error		.024	.039	.049	.085	.157	.043	.038	.037	.056	.076	.173	.046	.036	.068	.032	.043	.110	.025
Error variance		*	*	*	.01	.02	*	*	*	*	.01	.03	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	460	87	305	65	46	6	334	108	8	382	78	399	60
	23%	25%	23%	20%	12%	9%	27%	16%	10%	24%	19%	23%	22%
				bcf			abcef			b			
Agree (4.0)	937	164	638	126	131	26	660	254	22	747	190	812	116
	46%	47%	48%	39%	33%	42%	52%	37%	27%	47%	46%	47%	42%
				f			abef						
Neither agree nor disagree (3.0)	328	56	196	63	86	14	168	142	19	262	66	276	50
	16%	16%	15%	20%	22%	22%	13%	21%	24%	16%	16%	16%	18%
				d	d			d	d				
Disagree (2.0)	180	31	118	39	74	9	68	105	16	137	42	155	23
	9%	9%	9%	12%	18%	15%	5%	15%	19%	9%	10%	9%	8%
			a	d	ad	d		d	d				
Strongly disagree (1.0)	95	7	55	23	62	2	23	70	16	62	33	75	19
	5%	2%	4%	7%	16%	4%	2%	10%	20%	4%	8%	4%	7%
			a	d	acde			d	acde		a		
Don't know	16	5	6	4	-	5	6	7	-	12	3	8	6
	1%	1%	*	1%	-	8%	*	1%	-	1%	1%	*	2%
				b		abdef		b					a
NET: Agree	1398	251	944	191	177	32	995	362	30	1130	268	1211	177
	69%	72%	72%	60%	44%	51%	79%	53%	37%	70%	65%	70%	65%
				bef			abcef	bf		b			
NET: Disagree	274	37	173	62	136	12	91	175	32	199	75	230	42
	14%	11%	13%	19%	34%	19%	7%	26%	39%	12%	18%	13%	15%
				d	acde	d		ad	acde		a		
Base for stats	2000	344	1313	317	399	58	1254	678	81	1590	410	1717	268
Mean Score	3.74	3.85	3.78	3.54	3.07	3.41	3.97	3.33	2.88	3.79	3.58	3.76	3.66
				bef		f	abcef	bf		b			
Standard Deviation	1.056	.964	1.034	1.162	1.264	1.023	.883	1.213	1.287	1.027	1.147	1.044	1.126
Standard Error	.024	.051	.029	.063	.064	.135	.025	.046	.136	.026	.058	.025	.067
Error variance	*	*	*	*	*	.02	*	*	.02	*	*	*	*

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	460	28	19	65	80	62	70	23	114	226	207	79	104	193	80	180	105	115	53
	23%	7%	10%	20%	24%	25%	33%	39%	48%	21%	41%	18%	19%	26%	34%	29%	21%	19%	22%
				ab	ab	ab	abcdi	abcdei	abcdefi	ab	abcdei			ab	abc	bc			
Agree (4.0)	937	138	102	174	160	134	108	26	94	571	229	202	262	365	102	287	245	300	102
	46%	33%	52%	54%	49%	54%	51%	44%	40%	52%	45%	46%	47%	48%	43%	46%	48%	48%	43%
			ah	ahj	ah	ahj	ah			ahj	a								
Neither agree nor disagree (3.0)	328	86	44	56	55	34	27	7	19	189	53	71	109	113	27	77	92	106	47
	16%	21%	23%	17%	17%	14%	13%	12%	8%	17%	11%	16%	19%	15%	11%	12%	18%	17%	20%
		efhj	efhj	hj	hj	h				hj			cd				a	a	a
Disagree (2.0)	180	90	19	22	25	10	6	2	6	76	14	51	48	59	19	48	45	60	23
	9%	22%	10%	7%	8%	4%	3%	3%	2%	7%	3%	12%	9%	8%	8%	8%	9%	10%	10%
		bcdefghij	efhj	fhj	fhj					fhj		c							
Strongly disagree (1.0)	95	66	7	7	6	5	1	1	2	25	3	33	33	21	7	29	20	33	10
	5%	16%	4%	2%	2%	2%	*	1%	1%	2%	1%	8%	6%	3%	3%	5%	4%	5%	4%
		bcdefghij	fhj								j	cd	c						
Don't know	16	6	3	1	1	3	-	-	2	8	2	4	5	4	-	4	3	5	3
	1%	1%	2%	*	*	1%	-	-	1%	1%	*	1%	1%	1%	-	1%	1%	1%	1%
NET: Agree	1398	166	121	239	240	197	179	48	208	796	436	281	366	558	182	467	350	415	156
	69%	40%	62%	73%	74%	79%	84%	83%	88%	73%	86%	64%	65%	74%	78%	75%	69%	67%	65%
			a	ab	ab	abi	abcdi	ab	abcdei	ab	abcdei			ab	ab	bcd			
NET: Disagree	274	156	27	29	30	15	7	3	8	101	17	84	80	80	26	77	65	93	34
	14%	38%	14%	9%	9%	6%	3%	4%	3%	9%	3%	19%	14%	11%	11%	12%	13%	15%	14%
		bcdefghij	efhj	fhj	fhj					fhj		bcd	c						
Base for stats	2000	408	191	325	326	245	213	58	235	1087	506	437	556	751	234	622	507	614	236
Mean Score	3.74	2.93	3.55	3.82	3.87	3.98	4.13	4.16	4.33	3.82	4.23	3.56	3.64	3.86	3.98	3.87	3.73	3.66	3.70
			a	ab	ab	abci	abcdei	abcdi	abcdefi	ab	abcdei			ab	ab	bcd			
Standard Deviation	1.056	1.217	.937	.902	.929	.858	.769	.865	.787	.916	.793	1.140	1.063	.980	1.019	1.061	1.015	1.059	1.061
Standard Error	.024	.062	.067	.050	.051	.054	.052	.114	.052	.028	.035	.053	.045	.036	.068	.043	.045	.043	.068
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*	*

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Q8.1. I feel that I have the ability to be physically active: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Amount of activity now compared to last year		
			NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
Strongly agree	(5.0)	460	212	152	94
		23%	31%	20%	17%
			bc		
Agree	(4.0)	937	354	334	241
		46%	51%	44%	44%
			bc		
Neither agree nor disagree	(3.0)	328	81	146	96
		16%	12%	19%	17%
				a	a
Disagree	(2.0)	180	30	69	78
		9%	4%	9%	14%
				a	ab
Strongly disagree	(1.0)	95	8	46	39
		5%	1%	6%	7%
				a	a
Don't know		16	4	7	3
		1%	1%	1%	1%
NET: Agree		1398	567	485	335
		69%	82%	64%	61%
			bc		
NET: Disagree		274	38	115	117
		14%	5%	15%	21%
				a	ab
Base for stats		2000	685	746	548
Mean Score		3.74	4.07	3.64	3.50
			bc	c	
Standard Deviation		1.056	.835	1.094	1.143
Standard Error		.024	.031	.041	.049
Error variance		*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	428	225	202	138	147	143	14	60	45	44	40	38	77	66	44
		21%	23%	20%	23%	22%	19%	14%	23%	23%	21%	23%	17%	25%	20%	21%
														a		
Agree	(4.0)	965	486	479	303	317	345	44	118	95	91	88	101	151	157	119
		48%	49%	47%	50%	48%	46%	46%	45%	48%	43%	50%	45%	48%	48%	57%
																bdfgh
Neither agree nor disagree	(3.0)	356	161	193	103	110	142	22	48	33	54	22	45	50	55	27
		18%	16%	19%	17%	17%	19%	23%	18%	17%	26%	12%	20%	16%	17%	13%
								ei			bceghi					
Disagree	(2.0)	174	72	99	46	52	77	12	23	14	12	14	31	20	37	13
		9%	7%	10%	8%	8%	10%	12%	9%	7%	6%	8%	14%	6%	11%	6%
								d					cdgi		dg	
Strongly disagree	(1.0)	75	34	42	13	24	38	4	8	10	8	10	6	15	11	4
		4%	3%	4%	2%	4%	5%	4%	3%	5%	4%	6%	3%	5%	3%	2%
							a						i			
Don't know		18	8	10	7	10	1	1	6	-	2	1	2	1	5	2
		1%	1%	1%	1%	1%	*	1%	2%	-	1%	*	1%	*	1%	1%
					c	c			cg							
NET: Agree		1392	710	681	441	463	488	58	177	140	135	127	140	229	223	163
		69%	72%	66%	72%	70%	65%	60%	68%	71%	64%	73%	63%	73%	68%	78%
			b		c					a		af		adf		abdfh
NET: Disagree		250	106	141	59	76	115	15	31	24	20	24	37	35	47	17
		12%	11%	14%	10%	12%	15%	16%	12%	12%	9%	14%	16%	11%	14%	8%
				a			ab	i					di		i	
Base for stats		1998	977	1015	603	649	746	96	257	197	209	173	221	314	325	207
Mean Score		3.75	3.81	3.69	3.84	3.78	3.64	3.54	3.77	3.77	3.73	3.76	3.61	3.82	3.71	3.90
			b		c	c			a					af		afh
Standard Deviation		1.009	.984	1.027	.934	1.003	1.063	1.012	1.009	1.040	.978	1.081	1.014	1.029	1.018	.870
Standard Error		.023	.032	.032	.036	.038	.042	.096	.061	.073	.067	.080	.079	.057	.057	.060
Error variance		*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	*

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	428	51	120	94	48	36	80	264	163	356	7	29	27	2	3	67
		21%	32%	25%	21%	19%	16%	17%	24%	18%	21%	16%	26%	33%	17%	21%	26%
			cdefgh	efh					efh					ab			a
Agree	(4.0)	965	63	249	234	121	109	189	546	418	841	18	50	30	7	9	113
		48%	40%	52%	52%	49%	49%	41%	50%	45%	49%	40%	45%	37%	65%	66%	43%
				afh	afh		f		afh		d						
Neither agree nor disagree	(3.0)	356	24	68	61	45	43	114	153	203	307	12	17	14	2	-	45
		18%	15%	14%	13%	18%	20%	25%	14%	22%	18%	26%	15%	17%	18%	-	17%
							cg	abcdg		bcg							
Disagree	(2.0)	174	15	35	40	22	19	44	89	85	153	5	7	4	-	1	17
		9%	9%	7%	9%	9%	9%	10%	8%	9%	9%	11%	6%	6%	-	7%	7%
Strongly disagree	(1.0)	75	3	5	20	10	11	27	27	48	64	3	5	2	-	1	12
		4%	2%	1%	4%	4%	5%	6%	2%	5%	4%	7%	5%	3%	-	7%	5%
					b	b	bg	abg		bg							
Don't know		18	2	3	3	3	2	5	8	10	12	-	4	3	-	-	6
		1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	-	3%	3%	-	-	2%
													a	a			a
NET: Agree		1392	114	368	329	169	144	269	811	582	1197	25	79	56	8	12	181
		69%	72%	77%	73%	68%	66%	58%	74%	63%	69%	56%	71%	71%	82%	86%	69%
			fh	defh	fh	f			defh		b						
NET: Disagree		250	18	39	59	32	30	71	116	133	217	8	12	7	-	2	29
		12%	11%	8%	13%	13%	14%	16%	11%	14%	13%	18%	11%	9%	-	14%	11%
					b	b	b	bg		bg							
Base for stats		1998	156	476	449	246	218	455	1080	918	1720	44	109	77	10	14	254
Mean Score		3.75	3.92	3.93	3.77	3.71	3.63	3.55	3.86	3.61	3.74	3.46	3.84	3.95	4.00	3.86	3.81
			defh	cdefh	fh	f			defh				b	b			b
Standard Deviation		1.009	1.017	.878	1.019	1.009	1.024	1.074	.962	1.046	1.003	1.123	1.048	1.026	.621	1.076	1.050
Standard Error		.023	.082	.041	.048	.061	.065	.053	.030	.034	.024	.162	.096	.113	.196	.278	.063
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	.01	.01	.04	.08	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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		2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total		2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	428	266	71	77	148	10	18	175	53	14	15	20	25	24	73	27
		21%	21%	22%	22%	22%	20%	24% i	26% gij	21%	21%	21%	15%	24% i	14%	18%	23% i
Agree	(4.0)	965	586	157	173	330	22	39	323	122	31	44	65	62	69	190	60
		48%	47%	48%	50%	49%	46%	52%	48%	47%	46%	60% cij	49%	57% ij	40%	46%	50%
Neither agree nor disagree	(3.0)	356	234	56	51	107	10	12	104	36	15	7	30	11	47	84	22
		18%	19%	17%	15%	16%	21% h	16%	15%	14%	22% fh	10%	23% cdfh	10%	27% cdfh	20% cdfh	18%
Disagree	(2.0)	174	106	28	33	61	4	4	53	31	5	4	9	7	16	42	8
		9%	8%	9%	9%	9%	8%	5%	8%	12%	7%	5%	7%	6%	10%	10%	6%
Strongly disagree	(1.0)	75	55	7	10	17	2	1	12	11	3	2	5	2	14	23	3
		4%	4% d	2%	3%	3%	4%	1%	2%	4% c	4%	3%	4%	2%	8% bchk	6% c	2%
Don't know		18	8	4	4	8	-	1	6	4	-	1	2	1	2	-	1
		1%	1%	1%	1%	1%	-	1%	1%	2% j	-	1%	2% j	1%	1%	-	1%
NET: Agree		1392	851	227	250	477	31	56	498	175	45	59	84	87	93	263	88
		69%	68%	70%	72%	71%	66%	76% ij	74% gij	68% i	67%	81% dgij	64%	81% adegij	54%	64% i	72% i
NET: Disagree		250	161	35	43	78	6	5	65	41	7	6	14	9	31	65	10
		12%	13%	11%	12%	12%	12%	6%	10%	16% bchk	11%	8%	11%	9%	18% bchk	16% bchk	9%
Base for stats		1998	1246	319	343	663	47	73	667	252	68	72	129	107	170	413	120
Mean Score		3.75	3.72	3.80	3.80	3.80	3.71	3.94 gij	3.89 dgij	3.70 i	3.73 i	3.91 ij	3.66	3.94 dgij	3.42	3.60	3.85 ij
Standard Deviation		1.009	1.030	.959	.988	.973	1.020	.852	.944	1.065	1.012	.900	.951	.895	1.106	1.069	.924
Standard Error		.023	.029	.053	.053	.038	.146	.095	.036	.066	.124	.107	.080	.080	.081	.060	.081
Error variance		*	*	*	*	*	.02	.01	*	*	.02	.01	.01	.01	.01	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	428	137	91	28	4	120	141	157	62	40	8	103	165	64	226	112	26	363
	21%	24%	26%	19%	10%	24%	23%	25%	25%	21%	23%	23%	25%	21%	21%	21%	32%	21%
		d	d			d											abce	
Agree (4.0)	965	280	172	73	19	246	299	312	117	100	11	217	323	131	546	258	30	834
	48%	50%	50%	49%	51%	50%	50%	50%	48%	51%	35%	49%	49%	42%	50%	48%	37%	49%
															ad	d		ad
Neither agree nor disagree (3.0)	356	74	52	33	9	85	83	88	38	32	7	70	95	77	174	92	13	279
	18%	13%	15%	22%	26%	17%	14%	14%	16%	16%	21%	16%	14%	25%	16%	17%	16%	16%
				abf	af									bce				
Disagree (2.0)	174	50	32	6	3	38	53	48	26	14	4	40	52	24	93	49	8	150
	9%	9%	9%	4%	8%	8%	9%	8%	11%	7%	11%	9%	8%	8%	9%	9%	10%	9%
Strongly disagree (1.0)	75	18	1	5	1	6	19	17	2	6	2	8	18	15	41	16	4	61
	4%	3%	*	3%	2%	1%	3%	3%	1%	3%	5%	2%	3%	5%	4%	3%	5%	4%
		be		b	b		be				b		b					
Don't know	18	6	-	3	1	3	7	5	-	4	2	4	6	3	6	9	-	15
	1%	1%	-	2%	3%	1%	1%	1%	-	2%	5%	1%	1%	1%	1%	2%	-	1%
		b		b	b		b			b	abef					b		
NET: Agree	1392	417	264	102	23	365	439	469	179	140	19	319	488	195	772	370	56	1197
	69%	74%	76%	69%	61%	74%	73%	75%	73%	71%	58%	72%	74%	62%	71%	69%	69%	70%
			d					d					d		a	a		a
NET: Disagree	250	69	32	11	4	43	72	65	27	20	5	47	70	39	134	65	12	211
	12%	12%	9%	7%	10%	9%	12%	10%	11%	10%	16%	11%	11%	12%	12%	12%	15%	12%
Base for stats	1998	559	348	146	36	494	595	621	245	192	32	437	653	311	1080	527	80	1687
Mean Score	3.75	3.83	3.92	3.78	3.60	3.88	3.82	3.88	3.87	3.80	3.62	3.84	3.86	3.66	3.76	3.76	3.82	3.76
			d															
Standard Deviation	1.009	1.003	.890	.921	.887	.900	.997	.964	.937	.956	1.151	.945	.975	1.037	1.001	.988	1.136	1.003
Standard Error	.023	.041	.047	.076	.144	.040	.040	.038	.058	.069	.195	.045	.037	.059	.031	.042	.120	.024
Error variance	*	*	*	.01	.02	*	*	*	*	*	.04	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total		2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Strongly agree	(5.0)	428 21%	84 24%	274 21%	57 18% b	48 12%	8 13%	309 25% abcef	103 15%	8 10%	350 22%	78 19%	376 22%	50 18%
Agree	(4.0)	965 48%	162 47%	656 50%	142 44%	159 40%	28 45%	638 51% abef	291 42%	31 38%	772 48%	193 47%	837 49%	119 43%
Neither agree nor disagree	(3.0)	356 18%	57 16%	213 16%	69 22% d	84 21% d	14 22%	201 16%	143 21% d	20 25% d	280 17%	75 18%	286 17%	65 24% a
Disagree	(2.0)	174 9%	31 9%	117 9%	30 9%	59 15% ad	9 14% d	85 7%	85 12% d	9 11%	132 8%	42 10%	150 9%	22 8%
Strongly disagree	(1.0)	75 4%	8 2%	51 4%	18 6% d	45 11% ad	2 4%	20 2%	54 8% d	11 14% acd	54 3%	21 5%	61 4%	14 5%
Don't know		18 1%	6 2%	8 1%	6 2% d	5 1%	2 3%	7 1%	9 1%	2 2% d	14 1%	3 1%	14 1%	4 1%
NET: Agree		1392 69%	247 71%	930 70%	198 62% bf	207 52%	36 58%	947 75% abcef	394 57%	39 48%	1121 70%	271 66%	1213 70% b	169 62%
NET: Disagree		250 12%	39 11%	169 13%	48 15% d	103 26% ade	11 18% d	105 8%	140 20% ad	20 25% ad	186 12%	63 15% a	212 12%	36 13%
Base for stats		1998	343	1311	315	395	61	1252	677	79	1588	410	1711	270
Mean Score		3.75	3.83	3.75	3.60 bef	3.27	3.50	3.90 abcef	3.45 b	3.19	3.77 b	3.64	3.77 b	3.62
Standard Deviation		1.009	.980	1.010	1.065	1.194	1.021	.901	1.134	1.207	.993	1.063	1.004	1.043
Standard Error		.023	.052	.028	.058	.061	.131	.026	.043	.129	.025	.053	.024	.062
Error variance		*	*	*	*	*	.02	*	*	.02	*	*	*	*

Savanta: ComRes

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)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	428	36	20	43	65	59	72	17	115	188	204	75	93	171	86	169	96	102	54
	21%	9%	10%	13%	20%	24%	34%	28%	49%	17%	40%	17%	17%	23%	37%	27%	19%	16%	23%
				a	abc	abci	abcdei	abci	abcdefgij	ab	abcdei			ab	abc	bc			c
Agree (4.0)	965	144	97	172	178	138	109	36	91	585	236	201	265	390	100	305	248	302	105
	48%	35%	50%	53%	54%	56%	51%	61%	39%	53%	46%	46%	47%	52%	43%	49%	49%	49%	44%
			ah	ah	ah	ahj	ah	ahj		ahj	ah			ad					
Neither agree nor disagree (3.0)	356	106	44	78	53	30	20	3	22	204	45	80	118	118	33	79	95	131	45
	18%	26%	23%	24%	16%	12%	9%	5%	9%	19%	9%	18%	21%	16%	14%	13%	19%	21%	19%
		defghij	efghj	defghij	fghj					efghj			cd					a	a	a
Disagree (2.0)	174	74	23	25	23	13	8	2	5	85	16	51	54	57	11	51	48	51	23
	9%	18%	12%	8%	7%	5%	4%	4%	2%	8%	3%	12%	10%	8%	5%	8%	9%	8%	9%
		cdefghij	efhj	hj	hj					fhj		cd	d						
Strongly disagree (1.0)	75	45	8	7	5	6	3	-	2	25	5	30	24	17	3	18	17	27	10
	4%	11%	4%	2%	2%	2%	2%	-	1%	2%	1%	7%	4%	2%	1%	3%	3%	4%	4%
		bcdefghij	hj									cd	cd						
Don't know	18	9	2	1	2	2	-	1	1	7	2	4	6	3	1	4	4	5	2
	1%	2%	1%	*	1%	1%	-	1%	*	1%	*	1%	1%	*	*	1%	1%	1%	1%
		cfij																	
NET: Agree	1392	179	118	215	243	198	181	52	206	773	440	275	358	560	186	474	345	404	159
	69%	43%	60%	66%	74%	80%	85%	90%	87%	71%	87%	62%	64%	74%	79%	76%	68%	65%	67%
			a	a	abc	abci	abcdi	abcdi	abcdei	ab	abcdei			ab	ab	bcd			
NET: Disagree	250	119	31	32	28	19	12	2	7	110	21	82	78	74	14	69	65	79	33
	12%	29%	16%	10%	9%	7%	5%	4%	3%	10%	4%	19%	14%	10%	6%	11%	13%	13%	14%
		bcdefghij	cdefghij	hj	hj	h				fhj		bcd	cd						
Base for stats	1998	404	193	325	325	246	213	58	235	1088	506	437	554	752	234	621	505	614	236
Mean Score	3.75	3.13	3.51	3.67	3.85	3.95	4.12	4.15	4.33	3.76	4.22	3.54	3.63	3.85	4.09	3.89	3.71	3.65	3.72
			a	a	abc	abci	abcdei	abcdi	abcdefi	ab	abcdei			ab	abc	bcd			
Standard Deviation	1.009	1.150	.979	.876	.877	.882	.848	.704	.794	.909	.812	1.115	1.014	.930	.906	.988	.991	.998	1.053
Standard Error	.023	.059	.070	.049	.048	.056	.057	.093	.052	.027	.036	.052	.043	.035	.061	.040	.044	.040	.068
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		Total	Amount of activity now compared to last year		
			NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
Strongly agree	(5.0)	428	205	143	78
		21%	30%	19%	14%
			bc	c	
Agree	(4.0)	965	356	357	241
		48%	52%	47%	44%
			c		
Neither agree nor disagree	(3.0)	356	88	150	113
		18%	13%	20%	21%
				a	a
Disagree	(2.0)	174	28	64	81
		9%	4%	9%	15%
				a	ab
Strongly disagree	(1.0)	75	7	30	37
		4%	1%	4%	7%
				a	ab
Don't know		18	6	9	2
		1%	1%	1%	*
NET: Agree		1392	561	500	319
		69%	81%	66%	58%
			bc	c	
NET: Disagree		250	35	94	118
		12%	5%	12%	21%
				a	ab
Base for stats		1998	683	744	550
Mean Score		3.75	4.06	3.70	3.44
			bc	c	
Standard Deviation		1.009	.825	1.006	1.108
Standard Error		.023	.031	.038	.047
Error variance		*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	363	186	175	127	130	107	16	55	40	38	25	35	67	52	34
		18%	19%	17%	21% c	20% c	14%	17%	21%	20%	18%	15%	16%	21%	16%	17%
Agree	(4.0)	796	391	405	256	293	248	28	94	80	89	79	77	118	132	98
		40%	40%	40%	42% c	44% c	33%	29%	36%	41% a	42% a	46% abf	35%	37%	40% a	47% abfg
Neither agree nor disagree	(3.0)	442	233	208	117	116	209	26	63	34	49	37	53	59	77	44
		22%	24%	20%	19%	18%	28% ab	26%	24%	17%	23%	21%	24%	19%	23%	21%
Disagree	(2.0)	265	112	151	79	72	115	17	31	25	23	22	39	47	44	18
		13%	11%	15% a	13%	11%	15% b	18% i	12%	13%	11%	13%	17% i	15% i	13%	9%
Strongly disagree	(1.0)	137	57	78	27	45	65	8	16	16	10	9	18	24	23	13
		7%	6%	8%	4%	7% a	9% a	9%	6%	8%	5%	5%	8%	8%	7%	6%
Don't know		13	5	8	6	4	3	1	2	1	3	2	2	1	2	1
		1%	1%	1%	1%	1%	*	1%	1%	*	1%	1%	1%	*	1%	*
NET: Agree		1159	577	580	383	423	354	45	150	120	127	105	112	185	184	132
		58%	59%	57%	63% c	64% c	47%	46%	57%	61% af	60% a	60% a	50%	59% a	56%	64% af
NET: Disagree		402	170	229	105	117	180	26	47	42	33	30	57	71	67	31
		20%	17%	22% a	17%	18%	24% ab	26% di	18%	21%	15%	18%	25% di	22% di	20%	15%
Base for stats		2003	979	1017	604	655	744	96	260	196	208	172	221	314	328	207
Mean Score		3.49	3.55 b	3.44	3.62 c	3.60 c	3.29	3.28	3.55 a	3.52	3.59 af	3.53	3.33	3.50	3.44	3.59 af
Standard Deviation		1.135	1.100	1.162	1.086	1.127	1.153	1.202	1.132	1.192	1.052	1.050	1.174	1.198	1.122	1.061
Standard Error		.025	.036	.036	.042	.043	.046	.115	.068	.084	.072	.078	.091	.067	.063	.074
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	363	42	108	77	46	33	58	227	136	283	8	32	27	1	4	72
		18%	27%	23%	17%	18%	15%	13%	21%	15%	16%	18%	29%	34%	9%	29%	28%
			cdefh	cefh		f			efh				a	a			a
Agree	(4.0)	796	62	198	198	96	85	157	459	338	695	13	40	33	4	4	94
		40%	39%	41%	44%	39%	39%	34%	42%	36%	40%	30%	35%	41%	41%	30%	36%
				f	fh				fh								
Neither agree nor disagree	(3.0)	442	28	93	92	57	54	118	213	229	378	12	27	14	4	4	60
		22%	18%	19%	20%	23%	25%	26%	20%	25%	22%	26%	24%	17%	41%	26%	23%
								bg		bg							
Disagree	(2.0)	265	19	55	53	36	33	69	127	138	242	9	7	4	1	-	20
		13%	12%	11%	12%	15%	15%	15%	12%	15%	14%	19%	6%	4%	9%	-	8%
										g	cdg	cdg					
Strongly disagree	(1.0)	137	7	21	31	13	11	54	58	79	124	2	5	2	-	2	11
		7%	4%	4%	7%	5%	5%	12%	5%	8%	7%	4%	5%	2%	-	14%	4%
								abcdeg		bg							
Don't know		13	-	3	2	1	3	5	5	8	11	1	1	1	-	-	3
		1%	-	1%	*	*	1%	1%	*	1%	1%	2%	1%	1%	-	-	1%
NET: Agree		1159	104	307	275	141	118	215	686	474	978	22	72	60	5	8	166
		58%	66%	64%	61%	57%	54%	47%	63%	51%	56%	48%	64%	75%	50%	60%	64%
			efh	efh	fh	f			efh					ab			ab
NET: Disagree		402	26	76	84	50	44	123	185	217	366	10	13	5	1	2	31
		20%	16%	16%	18%	20%	20%	27%	17%	23%	21%	23%	11%	7%	9%	14%	12%
								abcdg		bcg	cdg	cdg					
Base for stats		2003	158	475	451	247	217	456	1083	919	1722	44	111	79	10	14	258
Mean Score		3.49	3.71	3.67	3.53	3.50	3.44	3.21	3.62	3.34	3.45	3.40	3.77	4.01	3.50	3.61	3.76
			efh	cdefh	fh	fh	f		efh				a	ab			ab
Standard Deviation		1.135	1.116	1.082	1.112	1.115	1.083	1.197	1.101	1.156	1.136	1.134	1.087	.953	.818	1.334	1.075
Standard Error		.025	.089	.051	.052	.067	.069	.059	.034	.038	.028	.165	.099	.103	.259	.345	.064
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	.01	.01	.07	.12	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	363	203	71	75	146	3	20	153	43	16	13	23	18	19	54	23
	18%	16%	22%	21%	22%	7%	27%	23%	17%	24%	18%	17%	17%	11%	13%	19%
			a	a	a		adij	adij		aij						
Agree (4.0)	796	450	132	170	302	23	31	311	100	23	24	60	47	54	124	53
	40%	36%	41%	49%	45%	48%	42%	46%	39%	34%	33%	46%	44%	31%	30%	44%
				ab	a	ij	j	dfij	j			ij	ij			ij
Neither agree nor disagree (3.0)	442	309	60	54	114	9	14	115	56	16	19	19	21	38	133	24
	22%	25%	18%	16%	17%	19%	20%	17%	22%	24%	26%	14%	19%	22%	32%	19%
		bcd									g				bcdghik	
Disagree (2.0)	265	182	42	33	76	6	6	64	39	10	11	17	15	32	64	13
	13%	14%	13%	10%	11%	13%	9%	10%	15%	15%	15%	13%	14%	19%	15%	10%
		cd							c					bck	c	
Strongly disagree (1.0)	137	103	15	14	29	6	2	27	18	1	5	12	6	25	35	8
	7%	8%	5%	4%	4%	12%	2%	4%	7%	1%	7%	9%	6%	15%	8%	6%
		bcd				bce						ce		bcdehjk		ce
Don't know	13	7	3	2	4	-	1	3	1	1	1	1	-	3	3	1
	1%	1%	1%	1%	1%	-	1%	*	*	1%	1%	1%	-	2%	1%	1%
														c		
NET: Agree	1159	653	204	244	448	26	51	464	143	40	37	83	65	73	178	77
	58%	52%	63%	70%	67%	55%	68%	69%	56%	58%	51%	63%	61%	43%	43%	63%
			a	ab	a		dfij	adfij	ij	ij		ij	ij			ij
NET: Disagree	402	285	58	47	105	12	8	91	57	11	16	29	21	57	99	20
	20%	23%	18%	14%	16%	26%	11%	14%	22%	16%	22%	22%	20%	33%	24%	17%
		cd				bc			bc		c	bc		bcdeghjk	bc	
Base for stats	2003	1247	321	345	667	47	73	671	256	67	72	130	108	169	410	120
Mean Score	3.49	3.38	3.63	3.75	3.69	3.24	3.83	3.74	3.43	3.65	3.40	3.49	3.52	3.07	3.24	3.60
			a	a	a		adfghij	adfghij	ij	aij			ij	ij		ij
Standard Deviation	1.135	1.161	1.110	1.028	1.069	1.170	1.008	1.040	1.144	1.054	1.161	1.193	1.109	1.252	1.129	1.108
Standard Error	.025	.033	.061	.055	.041	.167	.112	.039	.070	.130	.138	.100	.098	.092	.064	.097
Error variance	*	*	*	*	*	.03	.01	*	*	.02	.02	.01	.01	.01	*	.01

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
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total		2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	363	126	80	24	4	104	131	141	55	39	7	93	148	43	203	102	16	320
		18%	22%	23%	16%	12%	21%	22%	23%	22%	20%	21%	21%	22%	14%	19% a	19% a	19%	19% a
Agree	(4.0)	796	229	161	61	20	222	249	262	118	77	15	195	277	101	413	242	40	695
		40%	40%	46%	41%	55%	45%	41%	42%	48% c	39%	46%	44%	42%	32%	38%	45% ab	49% ab	41% a
Neither agree nor disagree	(3.0)	442	112	59	38	9	97	121	118	45	44	6	88	125	89	242	97	13	353
		22%	20%	17%	25% b	24%	20%	20%	19%	18%	22%	19%	20%	19%	28% bcde	22% c	18%	17%	21%
Disagree	(2.0)	265	70	29	19	3	48	72	76	16	24	5	40	81	41	152	63	9	224
		13%	12%	8%	13%	8%	10%	12%	12% b	7%	12% b	14%	9%	12% b	13%	14%	12%	11%	13%
Strongly disagree	(1.0)	137	24	18	5	1	23	25	27	10	12	-	22	27	37	68	29	3	100
		7%	4%	5%	3%	2%	5%	4%	4%	4%	6%	-	5%	4%	12% bcde	6%	5%	3%	6%
Don't know		13	3	1	2	-	2	3	2	2	2	-	3	2	2	7	4	-	11
		1%	1%	*	1%	-	1%	1%	*	1%	1%	-	1%	*	1%	1%	1%	-	1%
NET: Agree		1159	355	241	85	24	326	379	403	173	115	22	288	425	144	616	344	55	1015
		58%	63%	69% ac	58%	66%	66%	63%	64%	71% c	59%	67%	65%	65%	46%	57% a	64% ab	69% ab	60% a
NET: Disagree		402	94	47	24	4	71	98	103	26	36	5	62	108	78	220	92	12	324
		20%	17%	14%	16%	10%	14%	16%	16% b	10%	18% b	14%	14%	16% b	25% cde	20%	17%	15%	19%
Base for stats		2003	561	347	147	37	494	598	624	243	195	33	438	657	311	1078	533	80	1692
Mean Score		3.49	3.65	3.74	3.55	3.65	3.68	3.65	3.66	3.79 c	3.54	3.74	3.68	3.67	3.23	3.49 a	3.61 ab	3.70 a	3.54 a
Standard Deviation		1.135	1.091	1.066	1.019	.887	1.055	1.079	1.087	.993	1.127	.960	1.061	1.080	1.197	1.136	1.088	1.018	1.117
Standard Error		.025	.045	.056	.083	.142	.047	.043	.042	.062	.081	.158	.050	.041	.068	.035	.046	.108	.027
Error variance		*	*	*	.01	.02	*	*	*	*	.01	.02	*	*	*	*	*	.01	*

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total		2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Strongly agree	(5.0)	363 18%	76 22%	238 18%	51 16%	46 12%	9 14%	253 20% bef	95 14%	7 9%	303 19% b	60 14%	322 19%	38 14%
Agree	(4.0)	796 40%	152 44%	526 40%	119 37%	134 34%	25 39%	525 42% be	244 36%	28 34%	645 40%	151 37%	684 40%	106 39%
Neither agree nor disagree	(3.0)	442 22%	63 18%	284 22%	64 20%	104 26% ad	18 28%	257 20%	169 25% d	15 18%	336 21%	106 26%	368 21%	70 25% a
Disagree	(2.0)	265 13%	40 11%	180 14%	45 14%	69 17% d	8 13%	149 12%	109 16% d	11 14%	203 13%	62 15%	231 13%	33 12%
Strongly disagree	(1.0)	137 7%	17 5%	81 6%	37 12% cd	44 11% cd	1 1%	72 6%	62 9% cd	19 23% abcde	105 7%	32 8%	111 6%	24 9%
Don't know		13 1%	1 *	9 1%	5 2% d	2 *	2 4% bd	3 *	7 1% d	2 2% d	10 1%	3 1%	10 1%	3 1%
NET: Agree		1159 58%	228 65% b	764 58%	170 53% b	181 45%	34 54%	778 62% abef	339 49%	35 43%	949 59% b	211 51%	1006 58%	144 53%
NET: Disagree		402 20%	57 16%	261 20%	82 25% d	113 28% cd	9 14%	220 17%	171 25% d	30 37% acde	308 19%	94 23%	341 20%	57 21%
Base for stats		2003	348	1310	316	398	60	1256	679	80	1593	410	1715	270
Mean Score		3.49	3.66 b	3.50	3.33 f	3.18	3.55 bf	3.59 abef	3.30 f	2.90	3.53 b	3.35	3.51	3.38
Standard Deviation		1.135	1.090	1.123	1.240	1.179	.953	1.107	1.166	1.345	1.132	1.135	1.133	1.138
Standard Error		.025	.057	.031	.067	.060	.123	.031	.044	.144	.028	.057	.028	.067
Error variance		*	*	*	*	*	.02	*	*	.02	*	*	*	*

Savanta: ComRes

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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	363	17	13	47	58	45	64	18	100	163	182	64	73	148	75	125	86	99	51
	18%	4%	7%	14%	18%	18%	30%	30%	42%	15%	36%	14%	13%	20%	32%	20%	17%	16%	21%
				ab	ab	ab	abcdei	abcdei	abcdefi	ab	abcdei			ab	abc				
Agree (4.0)	796	61	71	141	162	139	102	26	95	512	223	153	228	324	86	246	210	241	91
	40%	15%	36%	43%	49%	56%	48%	44%	40%	47%	44%	35%	41%	43%	37%	39%	41%	39%	38%
			a	a	abh	abchij	ab	a	a	ab	a		a	a					
Neither agree nor disagree (3.0)	442	107	66	86	68	43	32	11	29	262	72	97	137	154	48	130	105	159	46
	22%	26%	34%	26%	21%	17%	15%	19%	12%	24%	14%	22%	24%	20%	20%	21%	21%	26%	19%
		efhj	adefghij	efhj	hj					efhj								abd	
Disagree (2.0)	265	126	32	41	28	13	13	3	10	114	25	79	90	83	10	85	71	74	31
	13%	30%	17%	13%	9%	5%	6%	5%	4%	10%	5%	18%	16%	11%	4%	14%	14%	12%	13%
		bcdefghij	defghij	efhj	hj					efhj		cd	cd	d					
Strongly disagree (1.0)	137	94	12	10	11	7	2	-	1	40	3	47	30	44	13	37	35	42	19
	7%	23%	6%	3%	3%	3%	1%	-	*	4%	1%	11%	5%	6%	6%	6%	7%	7%	8%
		bcdefghij	fhj	hj	hj	hj				fhj		bcd							
Don't know	13	8	1	1	-	2	-	1	1	3	2	2	3	2	2	3	2	4	1
	1%	2%	*	*	-	1%	-	1%	1%	*	*	*	1%	*	1%	*	*	1%	*
		cdfij						d											
NET: Agree	1159	79	84	188	220	184	167	43	195	676	405	216	301	472	161	371	296	340	142
	58%	19%	43%	58%	67%	74%	78%	75%	83%	62%	80%	49%	54%	63%	69%	59%	58%	55%	59%
			a	ab	abc	abci	abcdi	abci	abcdei	ab	abcdi			ab	ab				
NET: Disagree	402	220	44	51	39	20	14	3	11	154	28	126	120	127	23	123	107	116	50
	20%	53%	23%	16%	12%	8%	7%	5%	4%	14%	5%	29%	21%	17%	10%	20%	21%	19%	21%
		bcdefghij	cdefghij	efghj	hj					efghj		bcd	cd	d					
Base for stats	2003	406	194	325	327	246	213	57	235	1092	505	439	558	753	232	623	507	615	238
Mean Score	3.49	2.46	3.21	3.54	3.70	3.82	4.01	4.02	4.21	3.59	4.10	3.24	3.40	3.60	3.86	3.54	3.47	3.46	3.52
			a	ab	abc	abci	abcdei	abcdi	abcdefi	ab	abcdei		a	ab	abc				
Standard Deviation	1.135	1.129	1.002	.988	.969	.896	.877	.839	.841	.985	.860	1.215	1.072	1.099	1.097	1.134	1.136	1.107	1.190
Standard Error	.025	.058	.072	.055	.053	.056	.059	.111	.055	.030	.038	.056	.045	.041	.074	.046	.050	.045	.076
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	.01	*	*	*	.01

Savanta:
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Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?

BASE: All respondents

		Total	Amount of activity now compared to last year		
			NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
Strongly agree	(5.0)	363	178	124	61
		18%	26%	16%	11%
			bc	c	
Agree	(4.0)	796	339	250	199
		40%	49%	33%	36%
			bc		
Neither agree nor disagree	(3.0)	442	117	189	130
		22%	17%	25%	24%
				a	a
Disagree	(2.0)	265	43	111	109
		13%	6%	15%	20%
				a	ab
Strongly disagree	(1.0)	137	12	70	50
		7%	2%	9%	9%
				a	a
Don't know		13	1	8	3
		1%	*	1%	*
				a	
NET: Agree		1159	516	374	260
		58%	75%	50%	47%
			bc		
NET: Disagree		402	54	182	159
		20%	8%	24%	29%
				a	a
Base for stats		2003	688	744	549
Mean Score		3.49	3.91	3.33	3.21
			bc		
Standard Deviation		1.135	.908	1.192	1.153
Standard Error		.025	.034	.044	.049
Error variance		*	*	*	*

Savanta:
ComRes

Q8.4. It is important to me to exercise regularly: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	490	258	231	148	171	171	20	65	49	51	46	38	97	72	53
		24%	26%	23%	24%	26%	23%	21%	25%	25%	24%	27%	17%	31%	22%	25%
									f			f		afh		f
Agree	(4.0)	884	427	457	290	300	294	40	116	92	89	69	103	122	154	99
		44%	43%	45%	48%	45%	39%	42%	44%	47%	42%	40%	46%	39%	47%	47%
					c	c									g	g
Neither agree nor disagree	(3.0)	397	187	210	114	115	168	19	53	35	44	38	49	57	61	41
		20%	19%	20%	19%	17%	22%	20%	20%	18%	21%	22%	22%	18%	19%	20%
							b									
Disagree	(2.0)	159	72	85	39	46	75	11	19	13	18	15	18	24	31	10
		8%	7%	8%	6%	7%	10%	12%	7%	6%	8%	9%	8%	8%	10%	5%
							ab	i								
Strongly disagree	(1.0)	72	38	33	10	25	37	6	5	9	7	5	14	13	10	4
		4%	4%	3%	2%	4%	5%	6%	2%	5%	4%	3%	6%	4%	3%	2%
						a	a	bi					bi			
Don't know		13	4	9	8	3	2	-	4	-	3	1	1	2	1	2
		1%	*	1%	1%	*	*	-	2%	-	1%	1%	1%	*	*	1%
					c											
NET: Agree		1374	685	688	438	471	465	60	181	141	139	115	141	219	226	151
		68%	70%	67%	72%	71%	62%	62%	69%	71%	66%	66%	63%	70%	69%	73%
					c	c										f
NET: Disagree		232	110	118	49	71	112	17	24	22	25	19	32	37	41	14
		11%	11%	12%	8%	11%	15%	18%	9%	11%	12%	11%	14%	12%	12%	7%
							ab	bi					i		i	
Base for stats		2003	981	1016	602	657	744	96	258	197	209	173	222	313	329	206
Mean Score		3.78	3.81	3.76	3.88	3.83	3.65	3.59	3.85	3.80	3.76	3.79	3.60	3.85	3.75	3.90
					c	c			af					af		af
Standard Deviation		1.019	1.030	1.001	.912	1.014	1.090	1.129	.947	1.035	1.029	1.018	1.059	1.076	.996	.898
Standard Error		.023	.033	.031	.035	.038	.044	.107	.057	.073	.071	.075	.082	.060	.055	.062
Error variance		*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	*

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	490	52	125	108	65	46	95	285	205	395	11	38	34	3	3	89
		24%	33%	26%	24%	26%	21%	21%	26%	22%	23%	24%	34%	42%	32%	22%	34%
			cefh	f					fh				a	ab			a
Agree	(4.0)	884	65	245	207	107	97	162	517	367	775	15	45	28	6	7	100
		44%	41%	51%	46%	43%	44%	35%	48%	40%	45%	34%	40%	35%	59%	51%	39%
				adfh	fh	f	f		fh								
Neither agree nor disagree	(3.0)	397	28	71	78	44	51	125	178	220	344	12	22	11	-	2	47
		20%	18%	15%	17%	18%	23%	27%	16%	24%	20%	28%	20%	13%	-	13%	18%
							bg	abcdg		bcdg		d					
Disagree	(2.0)	159	9	25	41	23	14	48	74	86	142	5	2	6	1	2	16
		8%	5%	5%	9%	9%	6%	11%	7%	9%	8%	10%	2%	7%	9%	14%	6%
					b	b		bg		bg	c	c					
Strongly disagree	(1.0)	72	4	12	16	8	8	25	31	41	68	2	2	1	-	-	4
		4%	2%	2%	3%	3%	4%	5%	3%	4%	4%	4%	1%	1%	-	-	2%
								bg			g						
Don't know		13	1	-	3	1	4	5	4	9	9	-	3	1	-	-	4
		1%	1%	-	1%	*	2%	1%	*	1%	*	-	3%	1%	-	-	2%
					bg		b			b			a				a
NET: Agree		1374	116	371	315	172	143	257	802	572	1169	26	82	61	9	10	189
		68%	74%	78%	70%	69%	65%	56%	74%	62%	68%	58%	74%	77%	91%	73%	73%
			fh	cdefh	fh	fh	f		efh	f			b	b			b
NET: Disagree		232	12	36	56	31	22	74	105	127	211	6	4	6	1	2	20
		11%	8%	8%	12%	13%	10%	16%	10%	14%	12%	14%	4%	8%	9%	14%	7%
					b	b		abeg		abg	cg	c					
Base for stats		2003	157	478	449	247	216	455	1084	919	1724	44	109	79	10	14	256
Mean Score		3.78	3.97	3.94	3.78	3.80	3.74	3.55	3.88	3.66	3.75	3.65	4.06	4.12	4.15	3.82	3.99
			cefh	cefh	f	f	f		fh				ab	ab			ab
Standard Deviation		1.019	.969	.914	1.023	1.035	.984	1.100	.971	1.061	1.025	1.079	.882	.969	.857	.969	.958
Standard Error		.023	.078	.043	.048	.063	.063	.054	.030	.035	.025	.156	.081	.105	.271	.250	.058
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.06	*

Savanta: ComRes

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	490	307	83	85	167	8	22	202	52	15	18	27	27	24	95	30
	24%	25%	25%	24%	25%	17%	30% i	30% adgij	20%	22%	25% i	21%	25% i	14%	23% i	25% i
Agree (4.0)	884	517	153	166	319	24	39	316	115	28	32	58	51	69	151	63
	44%	41%	47% a	48% a	48% a	51%	53% j	47% j	45% j	41%	44%	44%	47% j	40%	37%	52% ij
Neither agree nor disagree (3.0)	397	264	52	64	116	11	9	95	55	12	16	26	21	48	104	20
	20%	21% bd	16%	18%	17%	24%	12%	14%	21% bc	18%	22%	20%	19%	28% bck	25% bck	16%
Disagree (2.0)	159	105	28	19	46	3	3	43	22	9	3	13	8	15	41	6
	8%	8%	9%	5%	7%	7%	4%	6%	9%	13% bcfk	4%	10%	8%	9%	10% c	5%
Strongly disagree (1.0)	72	54	6	9	16	1	2	14	10	4	3	5	2	11	21	3
	4%	4% bd	2%	3%	2%	2%	2%	2%	4%	5%	5%	3%	2%	6% c	5% c	2%
Don't know	13	7	2	5	6	-	-	3	2	-	-	3	-	4	1	-
	1%	1%	1%	1%	1%	-	-	*	1%	-	-	2% c	-	2% cj	*	-
NET: Agree	1374	824	236	251	487	32	61	519	167	43	50	85	77	93	246	93
	68%	66%	73% a	72% a	73% a	67%	82% degij	77% degij	65% i	64%	69% i	65% i	72% ij	54%	60%	77% dgij
NET: Disagree	232	160	34	28	62	4	4	57	33	13	6	17	10	26	62	9
	11%	13% cd	11%	8%	9%	9%	6%	8%	13% c	19% bck	8%	13%	9%	15% bck	15% bck	7%
Base for stats	2003	1247	322	343	665	47	74	671	255	68	73	128	108	168	412	121
Mean Score	3.78	3.74	3.86 a	3.87 a	3.87 a	3.73	4.04 degij	3.97 degij	3.69 i	3.62	3.82 i	3.71	3.85 ij	3.48	3.63	3.92 deij
Standard Deviation	1.019	1.057	.962	.937	.949	.898	.876	.944	1.021	1.134	1.006	1.023	.936	1.051	1.096	.894
Standard Error	.023	.030	.053	.050	.037	.128	.097	.036	.063	.139	.119	.086	.083	.078	.062	.078
Error variance	*	*	*	*	*	.02	.01	*	*	.02	.01	.01	.01	.01	*	.01

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total		2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	490	160	97	29	9	126	169	183	62	47	8	110	190	64	265	136	25	427
		24%	28% c	28%	20%	24%	25%	28% c	29%	26%	24%	23%	25%	29%	20%	24%	25%	31% a	25%
Agree	(4.0)	884	263	163	69	19	232	281	293	116	89	16	205	309	120	486	245	33	764
		44%	47%	47%	46%	50%	47%	47%	47%	47%	45%	49%	46%	47%	38%	45% a	46% a	41%	45% a
Neither agree nor disagree	(3.0)	397	80	56	38	5	94	85	89	48	29	8	77	97	78	206	99	15	319
		20%	14%	16%	26% abf	14%	19% af	14%	14%	19%	15%	23%	17%	15%	25% bce	19%	18%	18%	19%
Disagree	(2.0)	159	42	21	9	4	30	47	45	10	20	2	30	47	27	95	34	4	132
		8%	7%	6%	6%	11%	6%	8%	7%	4%	10% b	5%	7%	7%	9%	9%	6%	5%	8%
Strongly disagree	(1.0)	72	17	10	3	-	13	17	12	8	11	-	18	12	23	30	16	3	49
		4%	3%	3%	2%	-	3%	3%	2%	3%	5% af	-	4% af	2%	7% bce	3%	3%	3%	3%
Don't know		13	3	1	-	-	1	3	3	1	-	-	1	3	2	4	6	1	11
		1%	*	*	-	-	*	*	*	*	-	-	*	*	1%	*	1%	2%	1%
NET: Agree		1374	423	260	98	27	358	450	476	179	136	24	315	500	183	752	381	58	1191
		68%	75% c	75% c	66%	74%	72%	75% c	76%	73%	69%	71%	71%	76%	58%	69% a	71% a	72% a	70% a
NET: Disagree		232	60	31	12	4	43	64	58	18	31	2	49	60	51	124	50	6	181
		11%	11%	9%	8%	11%	9%	11%	9%	7%	16% abf	5%	11%	9%	16% bcde	11%	9%	8%	11%
Base for stats		2003	562	347	149	37	495	599	623	244	196	33	440	657	312	1082	530	79	1691
Mean Score		3.78	3.90	3.91	3.75	3.87	3.87	3.90	3.94 ce	3.89	3.72	3.88	3.81	3.94 ce	3.55	3.80 a	3.85 a	3.94 a	3.82 a
Standard Deviation		1.019	.998	.963	.915	.919	.950	.993	.953	.941	1.106	.827	1.020	.946	1.134	.996	.978	.995	.991
Standard Error		.023	.041	.051	.074	.147	.042	.040	.037	.059	.079	.136	.048	.036	.064	.031	.042	.106	.024
Error variance		*	*	*	.01	.02	*	*	*	*	.01	.02	*	*	*	*	*	.01	*

Savanta: ComRes

Q8.4. It is important to me to exercise regularly: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	490	92	328	66	70	13	337	135	10	409	81	428	58
	24%	26%	25%	21%	17%	21%	27% abef	20%	12%	26% b	20%	25%	21%
Agree (4.0)	884	160	589	132	166	24	572	286	30	698	186	765	112
	44%	46%	45%	41%	42%	38%	45%	42%	36%	44%	45%	44%	41%
Neither agree nor disagree (3.0)	397	61	249	72	98	20	218	164	22	305	93	326	69
	20%	17%	19%	22% d	24% d	31% d	17%	24% d	27% d	19%	22%	19%	25% a
Disagree (2.0)	159	24	105	31	38	3	89	63	8	128	31	133	24
	8%	7%	8%	10%	9%	5%	7%	9%	10%	8%	8%	8%	9%
Strongly disagree (1.0)	72	10	39	15	26	2	37	33	10	53	19	64	9
	4%	3%	3%	5%	7% d	4%	3%	5% d	12% ade	3%	5%	4%	3%
Don't know	13	2	9	5	2	1	6	5	2	10	3	10	3
	1%	1%	1%	1%	1%	1%	*	1%	3% d	1%	1%	1%	1%
NET: Agree	1374	252	917	198	236	37	909	421	40	1107	267	1193	170
	68%	72%	70%	62% f	59%	59%	72% abcef	61% f	49%	69%	65%	69% b	62%
NET: Disagree	232	34	144	46	64	5	126	96	18	181	50	196	32
	11%	10%	11%	14% d	16% d	9%	10%	14% d	22% cde	11%	12%	11%	12%
Base for stats	2003	347	1310	316	397	62	1253	681	79	1593	410	1715	271
Mean Score	3.78	3.87	3.81	3.64 f	3.54 f	3.68 f	3.86 abef	3.63 f	3.28	3.81 b	3.68	3.79	3.69
Standard Deviation	1.019	.978	.997	1.065	1.091	.990	.988	1.051	1.190	1.015	1.026	1.020	1.004
Standard Error	.023	.052	.028	.058	.055	.126	.028	.040	.128	.025	.052	.025	.059
Error variance	*	*	*	*	*	.02	*	*	.02	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total		2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	490	26	16	53	86	65	82	31	131	220	244	83	113	208	85	159	128	139	61
		24%	6%	8%	16%	26%	26%	38%	53%	55%	20%	48%	19%	20%	28%	36%	25%	25%	22%	26%
					ab	abci	abci	abcdei	abcdefi	abcdefi	ab	abcdefi			ab	abc				
Agree	(4.0)	884	96	102	176	168	139	96	20	88	584	203	191	257	326	102	278	216	279	105
		44%	23%	52%	54%	51%	56%	45%	35%	37%	53%	40%	43%	46%	43%	43%	44%	42%	45%	44%
				aghj	afghj	aghj	afghj	a		a	afghj	a								
Neither agree nor disagree	(3.0)	397	145	61	71	50	29	25	3	12	211	41	103	125	131	27	101	104	132	52
		20%	35%	31%	22%	15%	12%	12%	6%	5%	19%	8%	23%	22%	17%	12%	16%	20%	21%	22%
			cdefghij	cdefghij	defghij	hj	h	h			efghj		cd	cd	d					a
Disagree	(2.0)	159	83	13	20	16	13	7	3	4	62	14	42	47	61	9	57	42	46	14
		8%	20%	7%	6%	5%	5%	3%	5%	2%	6%	3%	10%	8%	8%	4%	9%	8%	7%	6%
			bcdefghij	hj	hj	h	h				hj		d	d	d					
Strongly disagree	(1.0)	72	56	2	3	5	2	3	1	-	12	4	17	15	30	10	29	16	19	5
		4%	13%	1%	1%	1%	1%	2%	1%	-	1%	1%	4%	3%	4%	4%	5%	3%	3%	2%
			bcdefghij																	
Don't know		13	7	1	2	2	-	-	-	1	5	1	5	4	-	1	2	3	5	2
		1%	2%	*	1%	1%	-	-	-	1%	*	*	1%	1%	-	1%	*	1%	1%	1%
			eij										c	c		c				
NET: Agree		1374	122	118	229	253	204	177	51	219	805	447	274	369	534	186	437	344	417	166
		68%	30%	61%	70%	78%	82%	83%	88%	92%	74%	88%	62%	66%	71%	79%	70%	68%	67%	70%
				a	ab	abc	abci	abci	abcdefi	ab	abcdei				a	abc				
NET: Disagree		232	139	15	23	21	15	10	4	4	74	18	59	62	90	19	86	58	66	19
		11%	34%	8%	7%	7%	6%	5%	7%	2%	7%	4%	13%	11%	12%	8%	14%	11%	11%	8%
			bcdefghij	hj	hj	h	h		h		hj						d			
Base for stats		2003	407	194	324	325	248	213	58	235	1090	506	436	556	755	233	624	507	615	237
Mean Score		3.78	2.89	3.60	3.79	3.96	4.02	4.15	4.32	4.47	3.86	4.32	3.64	3.73	3.82	4.04	3.77	3.78	3.77	3.85
				a	ab	abc	abci	abcdi	abcdei	abcdefij	ab	abcdefi			a	abc				
Standard Deviation		1.019	1.112	.785	.822	.869	.810	.871	.914	.678	.840	.805	1.016	.968	1.046	1.018	1.072	1.017	.984	.946
Standard Error		.023	.057	.056	.046	.047	.051	.059	.120	.044	.025	.036	.047	.041	.039	.068	.043	.045	.040	.061
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*	*

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		
		Total	NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
Strongly agree	(5.0)	490	242	166	81
		24%	35%	22%	15%
			bc	c	
Agree	(4.0)	884	322	294	261
		44%	47%	39%	47%
			b		b
Neither agree nor disagree	(3.0)	397	98	160	131
		20%	14%	21%	24%
				a	a
Disagree	(2.0)	159	21	78	56
		8%	3%	10%	10%
				a	a
Strongly disagree	(1.0)	72	3	52	16
		4%	*	7%	3%
				ac	a
Don't know		13	2	3	7
		1%	*	*	1%
					a
NET: Agree		1374	565	460	341
		68%	82%	61%	62%
			bc		
NET: Disagree		232	24	129	73
		11%	3%	17%	13%
				a	a
Base for stats		2003	687	749	545
Mean Score		3.78	4.14	3.59	3.61
			bc		
Standard Deviation		1.019	.801	1.142	.960
Standard Error		.023	.030	.042	.041
Error variance		*	*	*	*

Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?
BASE: All respondents

		Total	Gender Male	Gender Female	Age 16-34	Age 35-54	Age 55+	Region North East	Region North West	Region Yorkshire and the Humber	Region West Midlands	Region East Midlands	Region East of England	Region London	Region South East	Region South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	312	143	168	117	116	79	10	50	31	27	30	25	58	52	27
		15%	15%	16%	19%	18%	11%	10%	19%	16%	13%	17%	11%	18%	16%	13%
					c	c			af					af		
Agree	(4.0)	768	363	403	249	242	277	39	104	75	83	73	75	109	129	81
		38%	37%	39%	41%	37%	37%	40%	40%	38%	39%	42%	34%	35%	39%	39%
Neither agree nor disagree	(3.0)	456	225	230	127	155	174	21	52	42	50	31	57	65	79	59
		23%	23%	22%	21%	24%	23%	22%	20%	21%	24%	18%	25%	21%	24%	28%
																beg
Disagree	(2.0)	312	163	147	79	98	135	15	31	30	34	32	39	54	43	34
		15%	17%	14%	13%	15%	18%	15%	12%	15%	16%	18%	18%	17%	13%	16%
							a									
Strongly disagree	(1.0)	147	83	64	26	44	77	12	18	18	15	8	24	21	25	6
		7%	8%	6%	4%	7%	10%	12%	7%	9%	7%	4%	11%	7%	8%	3%
						a	ab	ei	i	i	i		ei	i	i	
Don't know		21	8	13	12	3	5	-	6	1	2	-	3	8	1	1
		1%	1%	1%	2%	1%	1%	-	2%	*	1%	-	1%	2%	*	*
					bc				eh					eh		
NET: Agree		1080	506	571	366	359	355	49	154	106	110	103	100	167	182	109
		54%	51%	56%	60%	54%	48%	51%	59%	54%	52%	59%	45%	53%	55%	52%
				a	bc	c			f			f			f	
NET: Disagree		459	246	211	105	142	212	26	50	48	49	39	64	75	68	40
		23%	25%	21%	17%	22%	28%	27%	19%	24%	23%	23%	29%	24%	21%	19%
			b			a	ab						bhi			
Base for stats		1995	977	1012	598	656	741	96	256	196	209	174	221	307	329	207
Mean Score		3.39	3.33	3.46	3.59	3.44	3.19	3.22	3.53	3.37	3.35	3.50	3.17	3.42	3.43	3.44
				a	bc	c			af			af		f	f	f
Standard Deviation		1.144	1.165	1.119	1.077	1.142	1.166	1.193	1.151	1.186	1.120	1.113	1.181	1.180	1.132	1.007
Standard Error		.026	.038	.035	.042	.043	.047	.113	.070	.083	.077	.082	.092	.066	.063	.070
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	*

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	312	28	85	71	46	35	47	184	128	249	11	29	18	1	2	61
		15%	18%	18%	16%	19%	16%	10%	17%	14%	14%	25%	26%	23%	11%	15%	24%
			f	f	f	f	f		f				a	a	a		a
Agree	(4.0)	768	61	202	185	86	79	154	448	319	655	15	42	34	2	5	98
		38%	39%	42%	41%	35%	36%	33%	41%	34%	38%	34%	38%	43%	24%	32%	38%
				dfh	fh				dfh								
Neither agree nor disagree	(3.0)	456	33	88	101	56	51	125	223	233	399	11	25	13	2	4	54
		23%	21%	18%	22%	23%	23%	27%	20%	25%	23%	24%	22%	16%	17%	27%	21%
								bg		bg							
Disagree	(2.0)	312	23	72	65	43	40	70	160	152	280	6	9	8	5	2	30
		15%	15%	15%	14%	17%	18%	15%	15%	16%	16%	13%	8%	10%	49%	13%	11%
											cg						
Strongly disagree	(1.0)	147	10	25	27	15	13	57	63	84	131	2	6	5	-	2	15
		7%	6%	5%	6%	6%	6%	12%	6%	9%	8%	4%	6%	6%	-	13%	6%
								abcdeg		bcg							
Don't know		21	2	6	3	2	1	7	10	10	18	-	1	2	-	-	2
		1%	1%	1%	1%	1%	*	2%	1%	1%	1%	-	1%	2%	-	-	1%
NET: Agree		1080	90	286	256	132	114	201	632	448	904	26	71	52	3	7	160
		54%	57%	60%	57%	53%	52%	44%	58%	48%	52%	59%	63%	66%	34%	47%	61%
			fh	efh	fh	f	f		fh				a	a			a
NET: Disagree		459	33	98	92	58	53	126	223	237	411	7	16	13	5	4	44
		23%	21%	20%	20%	23%	24%	27%	20%	26%	24%	16%	14%	16%	49%	26%	17%
								bcg		bcg	cg						
Base for stats		1995	156	473	449	246	218	453	1078	917	1714	44	111	78	10	14	258
Mean Score		3.39	3.48	3.52	3.46	3.43	3.38	3.15	3.49	3.28	3.36	3.64	3.70	3.67	2.96	3.23	3.63
			fh	fh	fh	f	f		fh				a	a			a
Standard Deviation		1.144	1.142	1.114	1.103	1.156	1.132	1.181	1.113	1.169	1.142	1.112	1.113	1.143	1.128	1.272	1.136
Standard Error		.026	.092	.052	.052	.070	.072	.058	.034	.038	.028	.161	.101	.125	.357	.328	.068
Error variance		*	.01	*	*	*	.01	*	*	*	*	.03	.01	.02	.13	.11	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	312	163	75	63	137	5	17	130	37	16	11	19	14	24	39	22
	15%	13%	23%	18%	20%	11%	23%	19%	14%	24%	16%	14%	13%	14%	9%	18%
			a	a	a		j	j		j						j
Agree (4.0)	768	473	122	136	258	17	32	269	99	21	29	45	49	50	157	49
	38%	38%	38%	39%	38%	36%	43%	40%	39%	31%	39%	34%	46%	29%	38%	41%
							i	i	i				ei		i	i
Neither agree nor disagree (3.0)	456	284	63	87	150	16	14	139	57	14	12	37	22	47	97	30
	23%	23%	19%	25%	22%	34%	18%	21%	22%	21%	17%	29%	20%	27%	24%	24%
						bcf						c				
Disagree (2.0)	312	210	47	40	86	4	10	95	41	12	16	17	16	30	71	14
	15%	17%	14%	11%	13%	8%	14%	14%	16%	17%	22%	13%	15%	18%	17%	11%
		cd									ak					
Strongly disagree (1.0)	147	112	16	15	31	4	-	38	20	3	3	13	4	17	45	4
	7%	9%	5%	4%	5%	9%	-	6%	8%	5%	4%	10%	4%	10%	11%	3%
		bcd				b		b	b	b		bk		bchk	bchk	
Don't know	21	12	2	6	8	1	2	2	4	1	2	1	2	3	4	3
	1%	1%	1%	2%	1%	2%	2%	*	1%	2%	2%	1%	2%	2%	1%	2%
							c		c	c	c		c	c		c
NET: Agree	1080	636	196	199	395	22	49	399	136	37	40	63	64	74	196	71
	54%	51%	61%	57%	59%	47%	66%	59%	53%	55%	55%	48%	59%	43%	47%	59%
			a	a	a		adgij	gij	i				ij			ij
NET: Disagree	459	322	63	55	118	8	10	134	60	15	19	29	20	47	116	18
	23%	26%	19%	16%	18%	17%	14%	20%	24%	22%	26%	22%	19%	28%	28%	15%
		bcd							k					bck	bchk	
Base for stats	1995	1242	322	341	663	46	72	672	253	67	71	130	106	169	409	119
Mean Score	3.39	3.29	3.60	3.56	3.58	3.33	3.77	3.53	3.36	3.53	3.42	3.31	3.51	3.20	3.18	3.59
			a	a	a		adfgij	dgij		j			ij			gij
Standard Deviation	1.144	1.162	1.141	1.057	1.098	1.077	.965	1.124	1.147	1.196	1.125	1.161	1.034	1.193	1.161	1.028
Standard Error	.026	.033	.063	.057	.042	.155	.108	.042	.071	.147	.134	.097	.093	.088	.066	.091
Error variance	*	*	*	*	*	.02	.01	*	.01	.02	.02	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	312	91	75	26	10	101	101	107	51	36	10	87	117	43	158	98	13	269
	15%	16%	22%	17%	27%	20%	17%	17%	21%	18%	31%	20%	18%	14%	15%	18%	16%	16%
			a								af					b		
Agree (4.0)	768	226	143	53	13	196	239	244	102	70	16	173	260	90	435	208	34	677
	38%	40%	41%	36%	35%	40%	40%	39%	42%	36%	48%	39%	39%	29%	40%	39%	42%	40%
															a	a	a	a
Neither agree nor disagree (3.0)	456	115	73	31	7	103	122	135	51	36	4	87	139	77	242	119	18	379
	23%	20%	21%	21%	19%	21%	20%	22%	21%	18%	11%	20%	21%	24%	22%	22%	23%	22%
Disagree (2.0)	312	94	37	29	7	67	101	99	34	35	2	68	100	57	171	73	11	255
	15%	17%	11%	20%	19%	13%	17%	16%	14%	18%	5%	16%	15%	18%	16%	14%	13%	15%
		b		b			b			d								
Strongly disagree (1.0)	147	37	16	7	-	23	37	37	6	16	1	22	38	43	74	26	4	104
	7%	6%	4%	5%	-	5%	6%	6%	2%	8%	2%	5%	6%	14%	7%	5%	5%	6%
								b		b			b	bcde				
Don't know	21	2	4	2	-	6	2	4	1	4	1	5	5	3	5	12	-	17
	1%	*	1%	2%	-	1%	*	1%	*	2%	3%	1%	1%	1%	*	2%	-	1%
				af		f										be		
NET: Agree	1080	317	218	79	23	297	340	351	153	106	26	259	377	134	593	306	47	946
	54%	56%	63%	53%	62%	60%	57%	56%	63%	54%	80%	59%	57%	43%	55%	57%	58%	56%
			ac								abcef				a	a	a	a
NET: Disagree	459	131	53	36	7	89	138	136	40	51	2	90	138	100	245	99	15	360
	23%	23%	15%	24%	19%	18%	23%	22%	16%	26%	7%	20%	21%	32%	23%	18%	19%	21%
		be		b			be	d		bd		d	d	bcde				
Base for stats	1995	563	344	146	37	490	600	622	244	193	32	436	654	310	1080	524	80	1685
Mean Score	3.39	3.43	3.65	3.42	3.71	3.58	3.45	3.46	3.65	3.39	4.04	3.54	3.49	3.11	3.40	3.53	3.50	3.45
			acf			af			acf		abcef				a	ab	a	a
Standard Deviation	1.144	1.138	1.074	1.140	1.079	1.098	1.135	1.127	1.037	1.212	.928	1.124	1.124	1.255	1.123	1.097	1.085	1.114
Standard Error	.026	.047	.057	.093	.173	.049	.045	.044	.065	.088	.155	.053	.043	.071	.035	.047	.115	.027
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.02	*	*	.01	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Strongly agree (5.0)	312 15%	60 17%	204 15%	69 21% bde	46 12%	10 16%	189 15%	108 16%	12 15%	255 16%	58 14%	271 16%	37 14%
Agree (4.0)	768 38%	148 42%	515 39%	108 34%	130 33%	26 41% f	506 40% abef	240 35% f	19 23%	615 38%	153 37%	664 38%	97 35%
Neither agree nor disagree (3.0)	456 23%	76 22%	295 22%	72 22%	89 22%	14 22%	284 23%	154 22%	19 23%	356 22%	100 24%	388 23%	64 23%
Disagree (2.0)	312 15%	45 13%	208 16%	41 13%	78 20% ad	8 13%	192 15%	113 16%	12 15%	240 15%	73 18%	265 15%	47 17%
Strongly disagree (1.0)	147 7%	16 5%	86 7%	30 9% d	53 13% cd	1 2%	76 6%	65 9% cd	19 24% abcde	121 8%	26 6%	121 7%	25 9%
Don't know	21 1%	4 1%	11 1%	2 1%	2 1%	3 5% abdef	12 1%	6 1%	- -	17 1%	4 1%	15 1%	4 2%
NET: Agree	1080 54%	207 59%	719 54%	177 55% bf	176 44%	36 58% bf	695 55% bf	348 51% bf	31 38%	869 54%	211 51%	935 54%	134 49%
NET: Disagree	459 23%	62 18%	293 22%	71 22%	131 33% acde	10 15%	268 21%	178 26% d	32 39% acde	361 23%	99 24%	386 22%	72 26%
Base for stats	1995	344	1308	319	397	60	1248	680	81	1586	409	1710	269
Mean Score	3.39	3.55 b	3.42	3.45 bf	3.10	3.59 bf	3.43 bef	3.31 bf	2.91	3.40	3.35	3.41	3.27
Standard Deviation	1.144	1.070	1.126	1.225	1.234	1.004	1.107	1.201	1.394	1.150	1.118	1.138	1.177
Standard Error	.026	.057	.031	.066	.063	.130	.032	.046	.148	.029	.056	.028	.070
Error variance	*	*	*	*	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	312	39	26	40	56	41	48	17	44	163	109	78	78	111	44	79	76	106	49
	15%	9%	13%	12%	17%	17%	22%	30%	19%	15%	22%	18%	14%	15%	19%	13%	15%	17%	21%
					a	a	abci	abcdei	ac	a	abci							a	ab
Agree (4.0)	768	110	67	154	132	107	87	20	92	460	198	173	214	299	76	208	196	257	100
	38%	27%	34%	47%	41%	43%	41%	34%	39%	42%	39%	39%	38%	40%	32%	33%	38%	41%	42%
				abhj	a	a	a		a	ab	a							a	a
Neither agree nor disagree (3.0)	456	82	54	81	73	60	41	7	59	267	106	93	134	158	61	137	121	140	49
	23%	20%	28%	25%	22%	24%	19%	11%	25%	24%	21%	21%	24%	21%	26%	22%	24%	23%	21%
			afg	g		g			g	g									
Disagree (2.0)	312	97	31	36	53	28	32	13	22	148	67	61	97	128	24	132	74	83	23
	15%	23%	16%	11%	16%	11%	15%	22%	9%	14%	13%	14%	17%	17%	10%	21%	14%	13%	10%
		bcdefhij	h		h			ceh					d	d		bcd			
Strongly disagree (1.0)	147	81	17	12	11	8	5	1	13	47	19	32	35	55	22	63	35	32	15
	7%	20%	9%	4%	3%	3%	2%	2%	5%	4%	4%	7%	6%	7%	10%	10%	7%	5%	6%
		bcdefghij	cdefij													c			
Don't know	21	4	1	3	2	3	-	1	7	9	8	4	3	5	8	6	8	2	1
	1%	1%	*	1%	1%	1%	-	1%	3%	1%	2%	1%	*	1%	3%	1%	2%	*	*
									dfi						abc		c		
NET: Agree	1080	149	92	194	188	148	135	37	136	624	308	250	292	409	120	287	272	363	150
	54%	36%	47%	60%	58%	60%	63%	64%	57%	57%	61%	57%	52%	54%	51%	46%	53%	59%	63%
			a	ab	ab	ab	ab	ab	ab	ab	ab							a	a	ab
NET: Disagree	459	178	48	48	63	36	37	14	35	195	86	93	132	183	46	195	109	115	39
	23%	43%	25%	15%	19%	15%	17%	23%	15%	18%	17%	21%	24%	24%	20%	31%	21%	19%	16%
		bcdefghij	cehij													bcd			
Base for stats	1995	409	194	323	324	245	213	57	229	1086	500	436	558	750	227	619	501	617	238
Mean Score	3.39	2.83	3.28	3.54	3.53	3.60	3.66	3.69	3.58	3.50	3.62	3.46	3.36	3.37	3.42	3.17	3.41	3.52	3.61
			a	ab	ab	ab	abi	ab	ab	ab	abi							a	a	ab
Standard Deviation	1.144	1.286	1.145	.977	1.059	1.000	1.059	1.176	1.080	1.043	1.081	1.152	1.112	1.146	1.198	1.201	1.122	1.082	1.112
Standard Error	.026	.066	.082	.054	.058	.063	.071	.156	.071	.031	.048	.054	.047	.043	.081	.049	.050	.044	.071
Error variance	*	*	.01	*	*	*	.01	.02	.01	*	*	*	*	*	.01	*	*	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Strongly agree (5.0)	312	137	77	98
	15%	20%	10%	18%
		b		b
Agree (4.0)	768	303	255	205
	38%	44%	34%	37%
		bc		
Neither agree nor disagree (3.0)	456	141	191	116
	23%	20%	25%	21%
			a	
Disagree (2.0)	312	81	137	90
	15%	12%	18%	16%
			a	a
Strongly disagree (1.0)	147	22	86	36
	7%	3%	11%	7%
			ac	a
Don't know	21	5	8	7
	1%	1%	1%	1%
NET: Agree	1080	440	331	303
	54%	64%	44%	55%
		bc		b
NET: Disagree	459	103	223	126
	23%	15%	30%	23%
			ac	a
Base for stats	1995	684	745	545
Mean Score	3.39	3.66	3.13	3.44
		bc		b
Standard Deviation	1.144	1.028	1.175	1.155
Standard Error	.026	.039	.044	.050
Error variance	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb. SUMMARY: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Ranked 1st	Ranked 2nd	Ranked 3rd	Not ranked	None of the above	I don't face any challenges to being active	NET: Ranked Top 3
Too tired / lacking energy	2016 100%	227 11%	277 14%	199 10%	1126 56%	57 3%	129 6%	704 35%
Bad weather	2016 100%	278 14%	209 10%	163 8%	1180 59%	57 3%	129 6%	650 32%
I'm not fit enough	2016 100%	220 11%	165 8%	115 6%	1330 66%	57 3%	129 6%	499 25%
Working commitments (e.g. location, travel, hours)	2016 100%	338 17%	79 4%	50 2%	1363 68%	57 3%	129 6%	467 23%
I just don't want to	2016 100%	133 7%	122 6%	112 6%	1463 73%	57 3%	129 6%	367 18%
I'm worried about Covid-19	2016 100%	122 6%	120 6%	102 5%	1485 74%	57 3%	129 6%	344 17%
Childcare	2016 100%	80 4%	87 4%	68 3%	1596 79%	57 3%	129 6%	234 12%
I've been unwell or self-isolating	2016 100%	97 5%	81 4%	51 3%	1601 79%	57 3%	129 6%	229 11%
I don't have anyone to exercise with	2016 100%	76 4%	51 3%	67 3%	1636 81%	57 3%	129 6%	194 10%
Don't have the right space / equipment	2016 100%	41 2%	59 3%	55 3%	1675 83%	57 3%	129 6%	155 8%
I can't afford the things I need to be active	2016 100%	40 2%	52 3%	61 3%	1676 83%	57 3%	129 6%	154 8%
My preferred activities aren't available	2016 100%	45 2%	48 2%	46 2%	1692 84%	57 3%	129 6%	138 7%
Other caring responsibilities	2016 100%	36 2%	39 2%	47 2%	1708 85%	57 3%	129 6%	122 6%
Other commitments (excluding childcare/ caring responsibilities)	2016 100%	20 1%	40 2%	51 3%	1719 85%	57 3%	129 6%	111 5%
Difficult to book onto or access the activity I want to do	2016 100%	25 1%	42 2%	36 2%	1728 86%	57 3%	129 6%	102 5%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb. SUMMARY: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Ranked 1st	Ranked 2nd	Ranked 3rd	Not ranked	None of the above	I don't face any challenges to being active	NET: Ranked Top 3
Limited or no access to the internet	2016	12	21	16	1781	57	129	49
	100%	1%	1%	1%	88%	3%	6%	2%
Other	2016	42	25	32	1731	57	129	99
	100%	2%	1%	2%	86%	3%	6%	5%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb. SUMMARY - Ranked Top 3: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Too tired / lacking energy	704	274	428	227	238	239	32	97	67	74	58	72	106	128	70
	35%	28%	42%	37%	36%	32%	33%	37%	34%	35%	33%	32%	34%	39%	34%
			a												
Bad weather	650	355	293	159	206	285	28	85	69	74	60	79	76	98	81
	32%	36%	29%	26%	31%	38%	29%	32%	35%	35%	34%	35%	24%	30%	39%
		b			a	ab			g	g	g	g			gh
I'm not fit enough	499	239	259	127	135	238	33	62	48	54	47	54	62	79	60
	25%	24%	25%	21%	20%	32%	35%	24%	24%	25%	27%	24%	20%	24%	29%
						ab	bgh								g
Working commitments (e.g. location, travel, hours)	467	210	256	186	201	80	18	65	49	50	35	54	80	65	51
	23%	21%	25%	30%	31%	11%	19%	25%	25%	23%	20%	24%	26%	20%	24%
				c	c										
I just don't want to	367	194	171	96	105	166	18	43	36	37	24	47	69	62	31
	18%	20%	17%	16%	16%	22%	19%	16%	18%	18%	14%	21%	22%	19%	15%
						ab							e		
I'm worried about Covid-19	344	198	146	106	111	127	21	33	37	34	39	29	61	54	37
	17%	20%	14%	17%	17%	17%	22%	13%	19%	16%	22%	13%	19%	16%	18%
		b					bf				bf		b		
Childcare	234	67	166	117	108	8	8	30	21	26	19	35	39	41	15
	12%	7%	16%	19%	16%	1%	8%	12%	11%	12%	11%	16%	12%	12%	7%
			a	c	c							i			
I've been unwell or self-isolating	229	114	114	56	62	111	13	20	20	26	22	24	25	44	35
	11%	12%	11%	9%	9%	15%	13%	8%	10%	12%	13%	11%	8%	13%	17%
						ab								bg	bcg
I don't have anyone to exercise with	194	67	125	74	64	56	12	28	17	16	20	15	25	45	16
	10%	7%	12%	12%	10%	8%	13%	11%	9%	7%	11%	7%	8%	14%	8%
			a	c										dfgi	
Don't have the right space / equipment	155	56	98	73	51	30	8	21	16	15	10	14	34	18	18
	8%	6%	10%	12%	8%	4%	8%	8%	8%	7%	6%	6%	11%	6%	8%
			a	bc	c								h		
I can't afford the things I need to be active	154	61	93	70	57	27	9	15	6	19	16	24	24	23	18
	8%	6%	9%	11%	9%	4%	9%	6%	3%	9%	9%	11%	8%	7%	9%
			a	c	c		c			c	c	c	c		c

Q8Xb. SUMMARY - Ranked Top 3: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
My preferred activities aren't available	138	65	74	55	49	34	7	15	13	12	9	6	34	29	13
	7%	7%	7%	9%	7%	5%	7%	6%	6%	5%	5%	3%	11%	9%	6%
				c	c								bdef	f	
Other caring responsibilities	122	48	74	46	38	38	7	15	11	17	7	12	29	17	7
	6%	5%	7%	8%	6%	5%	7%	6%	5%	8%	4%	5%	9%	5%	3%
			a							i			ei		
Other commitments (excluding childcare/ caring responsibilities)	111	60	51	45	30	36	4	12	6	11	11	14	25	18	10
	5%	6%	5%	7%	5%	5%	5%	4%	3%	5%	6%	6%	8%	5%	5%
				b									c		
Difficult to book onto or access the activity I want to do	102	36	66	52	30	20	3	13	11	13	7	14	21	16	3
	5%	4%	6%	9%	5%	3%	3%	5%	6%	6%	4%	6%	7%	5%	2%
			a	bc				i	i	i		i	i		
Limited or no access to the internet	49	22	26	27	20	2	2	4	2	5	3	8	11	9	6
	2%	2%	3%	4%	3%	*	2%	1%	1%	2%	2%	3%	3%	3%	3%
				c	c										
Other	99	62	36	9	27	63	6	17	11	3	8	22	14	14	3
	5%	6%	3%	2%	4%	8%	6%	6%	5%	2%	5%	10%	5%	4%	1%
			b		a	ab	di	di	di			dghi	i	i	

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb. SUMMARY - Ranked Top 3: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
								Social Grade								Ethnicity
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Too tired / lacking energy	704	39	168	173	81	87	156	380	324	621	10	34	21	5	4	74
	35%	25%	35%	38%	33%	40%	34%	35%	35%	36%	22%	30%	27%	51%	26%	28%
			a	a		a		a	a	bg						
Bad weather	650	45	167	150	75	62	151	363	287	582	7	25	22	3	4	61
	32%	29%	35%	33%	30%	28%	33%	33%	31%	34%	16%	23%	28%	26%	28%	24%
										bcg						
I'm not fit enough	499	27	98	109	60	58	148	233	266	452	13	11	11	2	6	43
	25%	17%	20%	24%	24%	26%	32%	21%	29%	26%	30%	10%	14%	15%	41%	16%
						a	abcdg		abg	cdg	cdg					
Working commitments (e.g. location, travel, hours)	467	57	133	136	78	54	8	327	140	385	14	30	30	2	3	78
	23%	36%	28%	30%	31%	25%	2%	30%	15%	22%	31%	26%	38%	25%	19%	30%
		efh	fh	fh	fh	fh		fh	f				a			a
I just don't want to	367	25	78	77	49	45	93	180	187	322	10	13	13	2	2	39
	18%	16%	16%	17%	20%	21%	20%	17%	20%	19%	22%	11%	16%	24%	13%	15%
									g	c						
I'm worried about Covid-19	344	30	83	70	45	34	83	184	161	278	10	27	15	2	6	60
	17%	19%	17%	16%	18%	15%	18%	17%	17%	16%	23%	24%	18%	24%	39%	23%
												a				a
Childcare	234	25	53	64	34	33	25	142	91	194	8	20	9	-	3	40
	12%	16%	11%	14%	14%	15%	5%	13%	10%	11%	19%	18%	11%	-	20%	15%
		fh	f	fh	f	fh		fh	f			a				a
I've been unwell or self-isolating	229	20	48	43	21	20	77	111	118	207	4	11	5	-	1	21
	11%	12%	10%	10%	8%	9%	17%	10%	13%	12%	10%	10%	6%	-	6%	8%
							bcdegh		d							
I don't have anyone to exercise with	194	14	40	41	28	21	50	95	99	166	4	12	6	2	-	24
	10%	9%	8%	9%	11%	10%	11%	9%	11%	10%	10%	11%	8%	17%	-	9%
Don't have the right space / equipment	155	13	30	39	31	16	25	82	72	128	2	12	5	1	4	24
	8%	8%	6%	9%	12%	7%	5%	8%	8%	7%	4%	11%	7%	9%	27%	9%
					bfgh											
I can't afford the things I need to be active	154	10	26	38	23	23	33	75	79	134	1	12	4	-	-	17
	8%	6%	6%	8%	9%	10%	7%	7%	8%	8%	2%	11%	6%	-	-	7%
						b			b							
My preferred activities aren't available	138	20	34	39	11	17	16	94	45	109	8	13	6	-	2	28
	7%	13%	7%	9%	4%	8%	4%	9%	5%	6%	18%	11%	7%	-	12%	11%
		bdfh	f	dfh		f		dfh		a	a					a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb. SUMMARY - Ranked Top 3: 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other caring responsibilities	122	11	34	21	18	18	21	66	56	95	5	16	6	-	-	27
	6%	7%	7%	5%	7%	8%	4%	6%	6%	5%	10%	14%	8%	-	-	10%
												a				a
Other commitments (excluding childcare/ caring responsibilities)	111	12	36	25	14	6	17	73	38	89	1	8	12	-	1	22
	5%	8%	8%	6%	6%	3%	4%	7%	4%	5%	2%	8%	15%	-	7%	9%
		eh	efh					efh					ab			a
Difficult to book onto or access the activity I want to do	102	16	29	20	18	9	10	65	37	74	7	10	8	-	1	26
	5%	10%	6%	4%	7%	4%	2%	6%	4%	4%	16%	9%	10%	-	7%	10%
		cefgh	f		fh			fh			a	a	a			a
Limited or no access to the internet	49	6	14	10	9	6	3	31	18	35	3	7	3	1	1	14
	2%	4%	3%	2%	4%	3%	1%	3%	2%	2%	6%	6%	4%	9%	7%	6%
		f	f		f			f				a				a
Other	99	4	30	18	3	7	38	52	47	94	2	1	2	1	-	5
	5%	3%	6%	4%	1%	3%	8%	5%	5%	5%	3%	1%	3%	9%	-	2%
			d	d			acdegh	d	d	cg						

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Q8Xb. SUMMARY - Ranked Top 3: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Too tired / lacking energy	704	447	114	122	236	19	21	225	95	20	23	56	47	70	128	40
	35%	36%	35%	35%	35%	41%	28%	33%	37%	30%	32%	43%	43%	41%	31%	33%
												bcj	bcj	bj		
Bad weather	650	435	91	99	190	18	17	215	76	23	26	41	27	45	162	35
	32%	35%	28%	28%	28%	37%	23%	32%	30%	34%	36%	31%	25%	26%	39%	29%
		bcd													bcdhik	
I'm not fit enough	499	352	63	64	127	14	17	129	61	11	16	38	19	46	147	31
	25%	28%	19%	18%	19%	30%	23%	19%	24%	16%	23%	29%	18%	27%	36%	26%
		bcd										ceh		c	bcdehik	
Working commitments (e.g. location, travel, hours)	467	237	111	108	219	13	18	285	76	14	8	9	36	3	4	31
	23%	19%	34%	31%	33%	28%	24%	42%	30%	21%	11%	7%	33%	2%	1%	26%
			a	a	a	fgij	fgij	bdefghijk	fgij	gij	ij	ij	fgij			fgij
I just don't want to	367	265	46	42	88	16	13	96	50	9	13	19	22	34	95	29
	18%	21%	14%	12%	13%	33%	18%	14%	20%	13%	18%	15%	20%	20%	23%	24%
		bcd				cdeg			c						cg	cg
I'm worried about Covid-19	344	210	65	54	119	9	18	123	30	13	12	29	19	23	68	28
	17%	17%	20%	16%	18%	20%	25%	18%	12%	19%	16%	22%	18%	13%	16%	23%
							di		d			di				di
Childcare	234	22	71	132	202	5	12	104	51	8	6	20	5	19	3	17
	12%	2%	22%	38%	30%	10%	16%	15%	20%	12%	8%	15%	5%	11%	1%	14%
			a	abd	ab	j	hj	hj	fhij	j	j	hj	j	hj		hj
I've been unwell or self-isolating	229	157	34	29	63	2	9	51	24	7	11	22	8	27	69	11
	11%	13%	11%	8%	9%	4%	12%	8%	9%	10%	15%	17%	7%	16%	17%	9%
		cd										c		acdh	acdh	acdhk
I don't have anyone to exercise with	194	110	38	32	69	8	6	48	28	10	9	21	8	26	30	14
	10%	9%	12%	9%	10%	16%	8%	7%	11%	15%	12%	16%	8%	15%	7%	11%
						cj				c		chj		cj		

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Q8Xb. SUMMARY - Ranked Top 3: 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't have the right space / equipment	155	81	27	34	61	3	8	56	20	2	3	15	23	15	11	11
	8%	6%	8%	10%	9%	7%	10%	8%	8%	3%	4%	11%	21%	9%	3%	9%
				a	a		j	j	j			ej	abcdefgijk	j		j
I can't afford the things I need to be active	154	82	27	37	64	3	7	52	25	7	5	12	6	19	17	10
	8%	7%	8%	11%	10%	6%	10%	8%	10%	10%	7%	9%	6%	11%	4%	8%
				a	a		j	j	j	j		j		j		
My preferred activities aren't available	138	81	27	25	52	5	9	52	24	5	8	11	6	4	14	14
	7%	6%	8%	7%	8%	11%	13%	8%	9%	7%	10%	8%	5%	3%	3%	12%
						ij	ij	ij	ij		ij	ij				ij
Other caring responsibilities	122	55	26	31	57	1	10	39	18	7	7	11	5	10	14	11
	6%	4%	8%	9%	9%	2%	14%	6%	7%	10%	10%	8%	5%	6%	3%	9%
			a	a	a		acdhij			j	j	j				j
Other commitments (excluding childcare/ caring responsibilities)	111	63	20	23	43	2	4	45	15	7	3	3	7	7	18	6
	5%	5%	6%	7%	6%	4%	6%	7%	6%	11%	4%	3%	6%	4%	4%	5%
										gij						
Difficult to book onto or access the activity I want to do	102	50	25	20	45	3	9	41	14	6	1	6	10	5	6	13
	5%	4%	8%	6%	7%	7%	13%	6%	5%	9%	1%	4%	10%	3%	1%	10%
			a		a	j	cdfgij	j	j	fij			j			fij
Limited or no access to the internet	49	13	17	12	29	2	7	23	8	2	1	3	2	1	1	9
	2%	1%	5%	3%	4%	4%	10%	3%	3%	3%	1%	2%	2%	1%	*	7%
			a	a	a	j	cdfghij	ij	j	j			j			cdghij
Other	99	81	9	8	16	2	1	20	7	-	5	8	3	18	36	3
	5%	6%	3%	2%	2%	4%	1%	3%	3%	-	6%	6%	3%	10%	9%	2%
		bcd									e	e		bcdehk	bcdehk	

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb. SUMMARY - Ranked Top 3: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Too tired / lacking energy	704	200	117	42	11	160	210	240	69	48	8	118	248	115	365	192	32	589
	35%	35%	34%	28%	30%	32%	35%	38% bce	28%	25%	23%	27%	38% bce	37%	34%	36%	39%	35%
Bad weather	650	176	115	43	15	158	190	212	76	55	6	130	218	98	375	156	21	552
	32%	31%	33%	29%	39%	32%	32%	34%	31%	28%	19%	30%	33%	31%	35% c	29%	26%	32%
I'm not fit enough	499	118	66	37	4	102	123	127	46	42	7	88	134	86	294	105	15	413
	25%	21%	19%	25%	12%	21%	20%	20%	19%	22%	21%	20%	20%	28% c	27% c	20%	18%	24% c
Working commitments (e.g. location, travel, hours)	467	241	114	32	5	146	246	259	76	48	8	124	267	45	239	160	23	421
	23%	43% bcde	33% cd	21%	13%	29% d	41% bcde	41% bcde	31%	24%	24%	28%	41% bce	14%	22% a	30% abe	29% a	25% a
I just don't want to	367	85	55	27	5	82	90	105	27	36	1	63	106	80	202	77	8	287
	18%	15%	16%	18%	14%	16%	15%	17% bd	11%	18% bd	3%	14%	16% bd	26% bcde	19% cd	14%	10%	17%
I'm worried about Covid-19	344	95	58	24	9	83	103	101	51	31	8	82	108	45	194	86	19	299
	17%	17%	17%	16%	23%	17%	17%	16%	21%	16%	23%	19%	16%	14%	18%	16%	24% a	18%
Childcare	234	95	65	17	1	82	96	95	50	29	7	79	102	4	90	126	14	230
	12%	17% d	19% cd	11%	2%	17% d	16% d	15%	20%	15%	20%	18%	15%	1%	8% a	24% abe	17% ab	14% ab
I've been unwell or self-isolating	229	50	26	19	7	44	56	45	25	24	5	49	50	41	129	50	8	187
	11%	9%	7%	12%	18% b	9%	9%	7%	10%	12% af	15%	11% af	8%	13%	12%	9%	10%	11%
I don't have anyone to exercise with	194	50	28	13	4	41	54	49	23	22	1	44	50	44	89	54	7	150
	10%	9%	8%	9%	11%	8%	9%	8%	9%	11%	3%	10%	8%	14% be	8%	10%	9%	9%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb. SUMMARY - Ranked Top 3: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't have the right space / equipment	155	50	22	13	2	35	52	48	22	14	3	35	51	14	69	60	11	140
	8%	9%	6%	9%	5%	7%	9%	8%	9%	7%	9%	8%	8%	5%	6%	11%	13%	8%
																abe	ab	a
I can't afford the things I need to be active	154	48	33	13	2	46	50	46	28	16	3	44	49	24	79	45	5	129
	8%	9%	10%	9%	5%	9%	8%	7%	12%	8%	8%	10%	7%	8%	7%	8%	6%	8%
									af									
My preferred activities aren't available	138	42	34	13	5	47	47	38	37	14	3	50	41	24	67	41	6	114
	7%	7%	10%	9%	13%	10%	8%	6%	15%	7%	9%	11%	6%	8%	6%	8%	8%	7%
									acf			af						
Other caring responsibilities	122	30	27	16	6	43	36	23	29	24	4	53	27	8	61	43	10	114
	6%	5%	8%	11%	16%	9%	6%	4%	12%	12%	11%	12%	4%	2%	6%	8%	13%	7%
				af	af	a			af	af	a	af				a	abe	a
Other commitments (excluding childcare/ caring responsibilities)	111	32	25	15	2	40	33	29	21	21	3	41	32	11	55	40	6	100
	5%	6%	7%	10%	4%	8%	6%	5%	8%	11%	8%	9%	5%	3%	5%	7%	7%	6%
									af	af		af				a		
Difficult to book onto or access the activity I want to do	102	35	22	9	2	31	37	26	28	12	3	40	29	11	52	34	6	92
	5%	6%	6%	6%	5%	6%	6%	4%	11%	6%	8%	9%	4%	3%	5%	6%	8%	5%
									af			af						
Limited or no access to the internet	49	12	19	7	1	26	13	12	24	3	1	28	13	4	29	14	3	45
	2%	2%	5%	5%	3%	5%	2%	2%	10%	2%	3%	6%	2%	1%	3%	3%	3%	3%
			af			af			acf			acf						
Other	99	16	10	3	1	14	17	23	2	5	1	7	24	21	59	19	-	78
	5%	3%	3%	2%	2%	3%	3%	4%	1%	2%	3%	2%	4%	7%	5%	4%	-	5%
								be					be	cd	d			d

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb. SUMMARY - Ranked Top 3: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Too tired / lacking energy	704 35%	107 31%	471 36%	134 42% cd	145 36%	15 24%	426 34%	252 37%	38 47% cd	575 36%	129 31%	599 35%	101 37%
Bad weather	650 32%	92 26%	454 34% a	98 31%	105 26%	17 28%	445 35% be	190 28%	23 28%	505 32%	145 35%	571 33%	76 28%
I'm not fit enough	499 25%	66 19%	337 26% a	105 33% d	158 40% ad	20 33% d	243 19%	240 35% d	37 46% ade	380 24%	120 29% a	427 25%	71 26%
Working commitments (e.g. location, travel, hours)	467 23%	80 23%	336 25%	70 22% bce	37 9%	4 7%	353 28% abcef	100 15%	11 14% b	382 24%	84 20%	400 23%	64 24%
I just don't want to	367 18%	48 14%	233 18%	54 17%	59 15%	10 16%	251 20% be	106 15%	16 19%	299 19%	68 16%	314 18%	49 18%
I'm worried about Covid-19	344 17%	61 17%	229 17%	50 16%	62 16%	13 21%	224 18%	109 16%	13 16%	268 17%	77 19%	297 17%	42 15%
Childcare	234 12%	66 19% b	162 12%	40 13% b	19 5%	11 17% bf	162 13% bef	65 9%	4 5%	195 12%	39 9%	209 12%	24 9%
I've been unwell or self-isolating	229 11%	34 10%	150 11%	50 16% d	103 26% ade	14 22% d	85 7%	140 20% d	23 28% ad	167 10%	62 15% a	196 11%	32 12%
I don't have anyone to exercise with	194 10%	45 13% b	100 8%	33 10%	35 9%	12 19% abdef	111 9%	72 11%	4 4%	143 9%	51 12% a	161 9%	31 11%

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb. SUMMARY - Ranked Top 3: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Don't have the right space / equipment	155 8%	34 10%	104 8%	31 10% b	18 4%	2 3%	95 8%	46 7% b	4 5%	127 8%	28 7%	127 7%	28 10%
I can't afford the things I need to be active	154 8%	49 14% b	77 6%	40 13% bd	28 7%	3 5%	78 6%	65 10% d	6 7%	124 8%	30 7%	123 7%	30 11% a
My preferred activities aren't available	138 7%	27 8%	85 6%	27 8%	25 6%	3 5%	92 7%	44 6%	10 12%	125 8% b	13 3%	115 7%	21 8%
Other caring responsibilities	122 6%	65 19% b	46 4%	23 7%	24 6%	8 13% bdf	67 5%	51 7%	3 3%	96 6%	26 6%	108 6%	12 4%
Other commitments (excluding childcare/ caring responsibilities)	111 5%	30 9% b	69 5%	15 5%	18 5%	11 18% abdef	73 6%	38 6%	3 4%	90 6%	21 5%	94 5%	16 6%
Difficult to book onto or access the activity I want to do	102 5%	38 11% b	52 4%	17 5%	18 4%	3 4%	65 5%	33 5%	3 4%	85 5%	17 4%	87 5%	14 5%
Limited or no access to the internet	49 2%	22 6% b	21 2%	9 3%	12 3%	2 4%	28 2%	20 3%	2 3%	44 3%	5 1%	40 2%	7 3%
Other	99 5%	3 1%	73 6% a	18 6% d	57 14% acde	1 1%	32 3%	65 10% acd	10 12% acd	79 5%	20 5%	84 5%	15 6%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb. SUMMARY - Ranked Top 3: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Too tired / lacking energy	704	171	73	125	110	75	81	15	54	384	150	192	215	241	51	215	168	235	79
	35%	41%	38%	38%	34%	30%	38%	26%	23%	35%	30%	44%	38%	32%	22%	34%	33%	38%	33%
		deghij	hj	ehj	h		hj			hj		cd	cd	d					
Bad weather	650	74	61	123	123	89	81	19	80	396	180	127	176	276	70	220	161	205	61
	32%	18%	32%	38%	38%	36%	38%	32%	34%	36%	35%	29%	31%	37%	30%	35%	32%	33%	26%
			a	a	a	a	a	a	a	a	a			a		d			d
I'm not fit enough	499	173	59	87	66	48	30	10	26	261	66	147	128	173	45	146	129	149	68
	25%	42%	30%	27%	20%	19%	14%	16%	11%	24%	13%	33%	23%	23%	19%	23%	25%	24%	29%
		bcdefghij	defghij	defhj	hj	hj				fhj		bcd							
Working commitments (e.g. location, travel, hours)	467	56	40	88	93	62	59	15	53	284	126	100	131	181	52	148	116	160	38
	23%	14%	21%	27%	28%	25%	27%	26%	22%	26%	25%	23%	23%	24%	22%	24%	23%	26%	16%
			a	a	ab	a	a	a	a	a	a					d	d	d	
I just don't want to	367	149	33	62	44	32	22	5	18	172	46	97	97	134	35	131	90	107	37
	18%	36%	17%	19%	13%	13%	11%	9%	8%	16%	9%	22%	17%	18%	15%	21%	18%	17%	15%
		bcdefghij	hj	dfhj	hj					fhj		d							
I'm worried about Covid-19	344	41	39	63	63	62	34	6	35	228	76	53	101	149	38	38	84	133	85
	17%	10%	20%	19%	19%	25%	16%	11%	15%	21%	15%	12%	18%	20%	16%	6%	16%	21%	36%
			a	a	a	afghj	a			ahj	a		a	a			a	ab	abc
Childcare	234	18	28	50	39	29	31	8	30	146	69	38	77	95	23	71	61	71	29
	12%	4%	14%	15%	12%	12%	15%	14%	13%	13%	14%	9%	14%	13%	10%	11%	12%	11%	12%
			a	a	a	a	a	a	a	a	a		a	a					
I've been unwell or self-isolating	229	57	28	36	36	27	22	4	18	127	44	62	58	85	24	50	59	79	41
	11%	14%	14%	11%	11%	11%	10%	7%	8%	12%	9%	14%	10%	11%	10%	8%	12%	13%	17%
		hj	hj														a	a	ab
I don't have anyone to exercise with	194	42	12	30	40	18	26	8	18	101	51	46	59	72	14	54	50	63	26
	10%	10%	6%	9%	12%	7%	12%	14%	8%	9%	10%	10%	11%	10%	6%	9%	10%	10%	11%
					b		b												
Don't have the right space / equipment	155	24	10	30	35	16	11	6	23	91	40	38	47	44	21	48	42	46	17
	8%	6%	5%	9%	11%	6%	5%	10%	10%	8%	8%	9%	8%	6%	9%	8%	8%	7%	7%
					abf														
I can't afford the things I need to be active	154	20	15	24	34	22	16	6	17	95	38	46	46	45	15	40	38	56	18
	8%	5%	8%	7%	10%	9%	7%	10%	7%	9%	8%	10%	8%	6%	7%	6%	8%	9%	7%
					a	a				a		c							

Q8Xb. SUMMARY - Ranked Top 3: What are the biggest challenges, if any, that you face to being physically active right now?

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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
My preferred activities aren't available	138	8	13	30	31	18	20	2	15	92	37	25	43	53	17	38	33	49	18
	7%	2%	7%	9%	10%	7%	9%	4%	6%	8%	7%	6%	8%	7%	7%	6%	7%	8%	7%
			a	a	a	a	a		a	a	a								
Other caring responsibilities	122	7	11	15	31	25	13	5	15	81	33	23	34	53	12	34	38	34	15
	6%	2%	5%	5%	9%	10%	6%	9%	6%	7%	7%	5%	6%	7%	5%	5%	7%	5%	6%
			a	a	ac	ac	a	a	a	a	a								
Other commitments (excluding childcare/ caring responsibilities)	111	18	8	21	25	19	9	2	9	72	20	19	30	50	11	33	30	37	9
	5%	4%	4%	6%	8%	8%	4%	4%	4%	7%	4%	4%	5%	7%	5%	5%	6%	6%	4%
					j	j				j									
Difficult to book onto or access the activity I want to do	102	11	6	17	25	13	17	2	10	62	29	23	30	33	15	34	21	32	15
	5%	3%	3%	5%	8%	5%	8%	4%	4%	6%	6%	5%	5%	4%	7%	5%	4%	5%	6%
					ab		ab			a	a								
Limited or no access to the internet	49	2	6	8	14	7	6	1	6	34	13	7	16	16	9	15	12	15	8
	2%	*	3%	2%	4%	3%	3%	1%	3%	3%	2%	2%	3%	2%	4%	2%	2%	2%	3%
			a	a	a	a	a		a	a	a								
Other	99	43	7	8	12	7	7	2	12	34	21	31	25	35	6	40	19	29	10
	5%	10%	4%	2%	4%	3%	3%	3%	5%	3%	4%	7%	5%	5%	3%	6%	4%	5%	4%
		bcdefhij										d				b			

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb. SUMMARY - Ranked Top 3: 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Too tired / lacking energy	704	212	252	235
	35%	31%	33%	43%
				ab
Bad weather	650	227	234	187
	32%	33%	31%	34%
I'm not fit enough	499	122	208	164
	25%	18%	28%	30%
			a	a
Working commitments (e.g. location, travel, hours)	467	202	141	121
	23%	29%	19%	22%
		bc		
I just don't want to	367	71	174	121
	18%	10%	23%	22%
			a	a
I'm worried about Covid-19	344	133	106	102
	17%	19%	14%	18%
		b		b
Childcare	234	103	79	50
	12%	15%	11%	9%
		bc		
I've been unwell or self-isolating	229	82	63	83
	11%	12%	8%	15%
		b		b
I don't have anyone to exercise with	194	69	72	49
	10%	10%	10%	9%
Don't have the right space / equipment	155	58	55	41
	8%	8%	7%	7%
I can't afford the things I need to be active	154	57	57	39
	8%	8%	8%	7%
My preferred activities aren't available	138	53	44	39
	7%	8%	6%	7%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb. SUMMARY - Ranked Top 3: 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Other caring responsibilities	122	55	36	29
	6%	8%	5%	5%
		b		
Other commitments (excluding childcare/ caring responsibilities)	111	36	34	39
	5%	5%	5%	7%
Difficult to book onto or access the activity I want to do	102	44	37	20
	5%	6%	5%	4%
		c		
Limited or no access to the internet	49	22	18	8
	2%	3%	2%	1%
		c		
Other	99	19	37	42
	5%	3%	5%	8%
			a	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.3. Other caring responsibilities: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	36	12	24	13	10	13	3	6	3	6	2	4	4	8	1
	2%	1%	2%	2%	1%	2%	3%	2%	2%	3%	1%	2%	1%	2%	*
			a												
Ranked 2nd	39	18	21	10	16	14	1	5	5	4	3	2	11	4	3
	2%	2%	2%	2%	2%	2%	1%	2%	3%	2%	2%	1%	4%	1%	2%
													h		
Ranked 3rd	47	19	28	23	13	11	3	5	2	7	2	6	13	6	2
	2%	2%	3%	4%	2%	1%	3%	2%	1%	4%	1%	3%	4%	2%	1%
				bc									ci		
Not ranked	1708	819	884	524	570	614	81	222	162	176	152	197	260	283	175
	85%	83%	86%	86%	86%	82%	84%	85%	82%	83%	87%	88%	83%	86%	84%
					c										
None of the above	57	32	24	19	13	25	1	7	4	3	6	8	11	9	7
	3%	3%	2%	3%	2%	3%	1%	3%	2%	2%	4%	4%	3%	3%	4%
I don't face any challenges to being active	129	86	44	21	39	70	7	17	20	14	8	6	16	21	19
	6%	9%	4%	3%	6%	9%	7%	7%	10%	7%	5%	3%	5%	6%	9%
		b			a	ab			efg						f
NET: Ranked Top 3	122	48	74	46	38	38	7	15	11	17	7	12	29	17	7
	6%	5%	7%	8%	6%	5%	7%	6%	5%	8%	4%	5%	9%	5%	3%
			a							i			ei		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.3. Other caring responsibilities: 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	36	1	8	6	6	4	10	16	20	28	1	3	4	-	-	8
	2%	1%	2%	1%	2%	2%	2%	1%	2%	2%	2%	2%	6%	-	-	3%
													a			
Ranked 2nd	39	5	12	7	4	4	7	24	15	30	3	6	-	-	-	9
	2%	3%	2%	2%	2%	2%	2%	2%	2%	2%	6%	6%	-	-	-	3%
											ad	ad				
Ranked 3rd	47	4	13	8	7	10	4	26	21	37	1	7	2	-	-	10
	2%	3%	3%	2%	3%	5%	1%	2%	2%	2%	2%	6%	2%	-	-	4%
			f		f	cf						a				
Not ranked	1708	136	400	395	218	183	376	931	777	1474	39	87	64	10	14	214
	85%	86%	84%	87%	88%	84%	82%	86%	84%	85%	88%	78%	80%	100%	100%	82%
				f	f					c						
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6%	6%	3%	6%	10%	6%	7%	7%	2%	5%	10%	-	-	6%
			d			d	abcdg	d	d							
NET: Ranked Top 3	122	11	34	21	18	18	21	66	56	95	5	16	6	-	-	27
	6%	7%	7%	5%	7%	8%	4%	6%	6%	5%	10%	14%	8%	-	-	10%
												a				a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.3. Other caring responsibilities: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	36	20	6	7	14	-	1	8	5	3	2	2	3	4	7	1
	2%	2%	2%	2%	2%	-	1%	1%	2%	5% c	3%	2%	2%	2%	2%	1%
Ranked 2nd	39	15	10	10	20	-	3	16	5	3	3	3	2	3	3	3
	2%	1%	3% a	3% a	3% a	-	4% j	2%	2%	4% j	4% j	2%	2%	2%	1%	2%
Ranked 3rd	47	19	10	14	23	1	7	15	8	1	2	6	1	3	4	8
	2%	2%	3%	4% a	3% a	2%	9% cdehij	2%	3%	1%	2%	4% j	1%	2%	1%	6% chij
Not ranked	1708	1057	283	299	581	46	58	582	224	51	58	112	95	141	342	104
	85%	84%	87%	86%	87%	96% bcefgijk	79%	86% e	87% e	75%	80%	86%	88% e	82%	83%	86%
None of the above	57	40	6	7	13	-	2	18	4	4	2	2	2	6	15	2
	3%	3%	2%	2%	2%	-	3%	3%	2%	6% d	3%	2%	2%	3%	4%	2%
I don't face any challenges to being active	129	102	9	10	19	1	3	35	11	6	5	6	6	15	41	3
	6%	8% bcd	3%	3%	3%	2%	4%	5%	4%	10% k	7%	4%	5%	9% dk	10% cdgk	3%
NET: Ranked Top 3	122	55	26	31	57	1	10	39	18	7	7	11	5	10	14	11
	6%	4%	8% a	9% a	9% a	2%	14% acdhij	6%	7%	10% j	10% j	8% j	5%	6%	3%	9% j

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.3. Other caring responsibilities: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	36	3	9	6	3	15	5	1	7	10	2	17	3	3	20	11	2	32
	2%	*	3%	4%	7%	3%	1%	*	3%	5%	6%	4%	*	1%	2%	2%	2%	2%
			af	af	af	af			af	af	af	af						
Ranked 2nd	39	14	7	5	2	12	16	13	9	5	1	15	14	1	17	17	4	38
	2%	2%	2%	4%	5%	2%	3%	2%	4%	3%	3%	3%	2%	*	2%	3%	5%	2%
																ab	ab	a
Ranked 3rd	47	14	11	5	2	16	15	10	12	9	1	21	10	3	23	16	5	44
	2%	2%	3%	3%	4%	3%	3%	2%	5%	4%	2%	5%	2%	1%	2%	3%	6%	3%
									af	af		af					ab	
Not ranked	1708	502	295	116	26	411	528	554	206	150	26	357	580	272	912	458	66	1436
	85%	89%	85%	78%	70%	83%	88%	89%	84%	77%	77%	81%	88%	87%	84%	85%	82%	84%
		cde	d				cde	cde	c				ce					
None of the above	57	11	9	4	1	13	12	18	3	6	2	10	19	9	37	9	2	48
	3%	2%	3%	2%	3%	3%	2%	3%	1%	3%	6%	2%	3%	3%	3%	2%	2%	3%
																c		
I don't face any challenges to being active	129	22	17	13	4	29	26	31	6	16	2	22	33	25	76	26	3	105
	6%	4%	5%	8%	11%	6%	4%	5%	3%	8%	6%	5%	5%	8%	7%	5%	3%	6%
				af	a					b								
NET: Ranked Top 3	122	30	27	16	6	43	36	23	29	24	4	53	27	8	61	43	10	114
	6%	5%	8%	11%	16%	9%	6%	4%	12%	12%	11%	12%	4%	2%	6%	8%	13%	7%
				af	af	a			af	af	a	af				a	a	a
																	abe	a

Q8Xb.3. Other caring responsibilities: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Ranked 1st	36 2%	23 7% b	7 1%	7 2%	9 2%	3 5% d	18 1%	17 2%	1 1%	25 2%	11 3%	31 2%	5 2%
Ranked 2nd	39 2%	22 6% b	16 1%	7 2%	5 1%	2 2%	25 2%	13 2%	1 1%	31 2%	8 2%	35 2%	4 1%
Ranked 3rd	47 2%	20 6% b	23 2%	9 3%	11 3%	3 5%	24 2%	21 3%	1 1%	41 3%	6 2%	42 2%	3 1%
Not ranked	1708 85%	265 76%	1145 87% a	284 88% cd	348 87% c	49 78%	1061 84%	592 86%	76 93% cd	1367 85%	341 82%	1453 84%	244 89% a
None of the above	57 3%	9 2%	38 3%	6 2%	10 2%	1 2%	35 3%	15 2%	2 3%	37 2%	20 5% a	47 3%	7 3%
I don't face any challenges to being active	129 6%	10 3%	90 7% a	8 3%	17 4%	4 7%	97 8% abef	28 4%	1 1%	102 6%	27 7%	116 7%	10 4%
NET: Ranked Top 3	122 6%	65 19% b	46 4%	23 7%	24 6%	8 13% bdf	67 5%	51 7%	3 3%	96 6%	26 6%	108 6%	12 4%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.3. Other caring responsibilities: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	36	2	3	3	12	7	3	-	4	26	8	9	11	14	2	10	10	12	4
	2%	1%	2%	1%	4%	3%	2%	-	2%	2%	1%	2%	2%	2%	1%	2%	2%	2%	1%
					acj	a				a									
Ranked 2nd	39	4	2	7	8	6	6	2	4	23	13	8	10	18	4	10	10	12	7
	2%	1%	1%	2%	2%	2%	3%	4%	2%	2%	2%	2%	2%	2%	1%	2%	2%	2%	3%
								a											
Ranked 3rd	47	1	5	5	11	12	4	3	7	33	13	6	13	21	7	13	18	10	5
	2%	*	3%	2%	3%	5%	2%	5%	3%	3%	3%	1%	2%	3%	3%	2%	3%	2%	2%
			a	a	a	ac	a	a	a	a	a						c		
Not ranked	1708	377	169	295	278	205	179	39	166	947	384	391	483	639	178	517	423	544	209
	85%	91%	87%	91%	85%	83%	84%	67%	70%	87%	76%	89%	86%	85%	76%	83%	83%	88%	88%
		defghij	ghj	defghij	ghj	ghj	ghj			ghj		cd	d	d					ab
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3%	3%	2%	1%	2%	2%	5%	7%	2%	5%	2%	1%	3%	7%	4%	3%	1%	3%
		d						d	abcdefi		cdi				abc	c	c		
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7%	19%	16%	4%	13%	4%	6%	6%	12%	8%	6%	5%	3%
							c	abcdefi	abcdefi		abcdefi				abc	d			
NET: Ranked Top 3	122	7	11	15	31	25	13	5	15	81	33	23	34	53	12	34	38	34	15
	6%	2%	5%	5%	9%	10%	6%	9%	6%	7%	7%	5%	6%	7%	5%	5%	7%	5%	6%
			a	a	ac	ac	a	a	a	a	a								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.3. Other caring responsibilities: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

		Amount of activity now compared to last year		
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	36	13	8	15
	2%	2%	1%	3%
				b
Ranked 2nd	39	19	12	7
	2%	3%	2%	1%
Ranked 3rd	47	23	16	8
	2%	3%	2%	1%
		c		
Not ranked	1708	563	628	503
	85%	82%	83%	91%
				ab
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	122	55	36	29
	6%	8%	5%	5%
		b		

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Q8Xb.4. Other commitments (excluding childcare/ caring responsibilities): What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	20	9	11	10	7	2	1	2	2	2	3	1	4	3	3
	1%	1%	1%	2% c	1%	*	1%	1%	1%	1%	2%	1%	1%	1%	1%
Ranked 2nd	40	24	16	16	11	13	2	2	4	5	4	6	8	5	6
	2%	2%	2%	3%	2%	2%	2%	1%	2%	2%	2%	3%	3%	2%	3%
Ranked 3rd	51	27	24	19	11	21	2	8	1	4	4	6	13	10	2
	3%	3%	2%	3%	2%	3%	2%	3% c	*	2%	2%	3%	4% ci	3% c	1%
Not ranked	1719	807	907	526	578	616	84	226	167	182	149	195	264	282	171
	85%	82%	88% a	86%	88% c	82%	87%	86%	85%	86%	85%	88%	84%	86%	82%
None of the above	57	32	24	19	13	25	1	7	4	3	6	8	11	9	7
	3%	3%	2%	3%	2%	3%	1%	3%	2%	2%	4%	4%	3%	3%	4%
I don't face any challenges to being active	129	86	44	21	39	70	7	17	20	14	8	6	16	21	19
	6%	9% b	4%	3%	6% a	9% ab	7%	7%	10% efg	7%	5%	3%	5%	6%	9% f
NET: Ranked Top 3	111	60	51	45	30	36	4	12	6	11	11	14	25	18	10
	5%	6%	5%	7% b	5%	5%	5%	4%	3%	5%	6%	6%	8% c	5%	5%

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Q8Xb.4. Other commitments (excluding childcare/ caring responsibilities): What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	20	3	5	6	2	2	3	13	6	16	-	2	2	-	-	4
	1%	2%	1%	1%	1%	1%	1%	1%	1%	1%	-	2%	2%	-	-	1%
Ranked 2nd	40	5	12	9	5	3	5	26	14	31	1	3	5	-	1	9
	2%	3%	2%	2%	2%	1%	1%	2%	1%	2%	2%	2%	6%	-	7%	4%
													a			
Ranked 3rd	51	4	19	10	7	2	9	34	17	42	-	4	6	-	-	9
	3%	2%	4%	2%	3%	1%	2%	3%	2%	2%	-	3%	7%	-	-	4%
			eh						e				a			
Not ranked	1719	135	398	390	222	195	380	923	796	1481	43	94	58	10	13	219
	85%	85%	83%	86%	89%	89%	83%	85%	86%	85%	96%	84%	73%	100%	93%	84%
					bf	f				d	acdg					d
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6%	6%	3%	6%	10%	6%	7%	7%	2%	5%	10%	-	-	6%
			d			d	abcdg	d	d							
NET: Ranked Top 3	111	12	36	25	14	6	17	73	38	89	1	8	12	-	1	22
	5%	8%	8%	6%	6%	3%	4%	7%	4%	5%	2%	8%	15%	-	7%	9%
		eh	efh					efh					ab			a

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Q8Xb.4. Other commitments (excluding childcare/ caring responsibilities): 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	20	10	3	4	8	1	-	5	5	-	3	1	2	2	1	1
	1%	1%	1%	1%	1%	2%	-	1%	2%	-	4%	1%	2%	1%	*	1%
									j		cj		j			
Ranked 2nd	40	21	7	11	18	-	1	19	5	4	-	1	2	2	6	1
	2%	2%	2%	3%	3%	-	1%	3%	2%	6%	-	1%	2%	1%	1%	1%
										fgijk						
Ranked 3rd	51	32	10	8	17	1	4	21	5	3	-	2	2	3	11	5
	3%	3%	3%	2%	3%	2%	5%	3%	2%	5%	-	1%	2%	2%	3%	4%
Not ranked	1719	1049	288	307	596	45	64	576	227	50	62	120	93	144	338	109
	85%	84%	89%	88%	89%	95%	87%	85%	88%	74%	86%	91%	86%	84%	82%	90%
			a	a	a	ej	e	e	ej			eij	e			ej
None of the above	57	40	6	7	13	-	2	18	4	4	2	2	2	6	15	2
	3%	3%	2%	2%	2%	-	3%	3%	2%	6%	3%	2%	2%	3%	4%	2%
										d						
I don't face any challenges to being active	129	102	9	10	19	1	3	35	11	6	5	6	6	15	41	3
	6%	8%	3%	3%	3%	2%	4%	5%	4%	10%	7%	4%	5%	9%	10%	3%
		bcd								k				dk	cdgk	
NET: Ranked Top 3	111	63	20	23	43	2	4	45	15	7	3	3	7	7	18	6
	5%	5%	6%	7%	6%	4%	6%	7%	6%	11%	4%	3%	6%	4%	4%	5%
										gij						

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.4. Other commitments (excluding childcare/ caring responsibilities): What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	20	5	6	2	1	8	6	4	3	5	2	7	6	2	10	7	1	17
	1%	1%	2%	1%	2%	2%	1%	1%	1%	2% a	5% af	2%	1%	1%	1%	1%	1%	1%
Ranked 2nd	40	12	10	6	1	16	12	10	10	8	1	18	11	4	18	18	-	36
	2%	2%	3%	4%	2%	3%	2%	2%	4% af	4% af	3%	4% af	2%	1%	2%	3%	-	2%
Ranked 3rd	51	15	10	7	-	16	15	16	8	8	-	16	16	4	27	15	5	47
	3%	3%	3%	4%	-	3%	3%	3%	3%	4%	-	4%	2%	1%	3%	3%	6% a	3%
Not ranked	1719	500	297	118	30	415	531	548	214	154	26	368	574	269	917	462	70	1450
	85%	89% ce	85%	79%	83%	84%	88% ce	88% c	88% c	78%	80%	83%	87% c	86%	85%	86%	87%	85%
None of the above	57	11	9	4	1	13	12	18	3	6	2	10	19	9	37	9	2	48
	3%	2%	3%	2%	3%	3%	2%	3%	1%	3%	6%	2%	3%	3%	3% c	2%	2%	3%
I don't face any challenges to being active	129	22	17	13	4	29	26	31	6	16	2	22	33	25	76	26	3	105
	6%	4%	5%	8% af	11% a	6%	4%	5%	3%	8% b	6%	5%	5%	8%	7%	5%	3%	6%
NET: Ranked Top 3	111	32	25	15	2	40	33	29	21	21	3	41	32	11	55	40	6	100
	5%	6%	7%	10%	4%	8%	6%	5%	8% af	11% af	8%	9% af	5%	3%	5%	7% a	7%	6%

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Q8Xb.4. Other commitments (excluding childcare/ caring responsibilities): What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Ranked 1st	20 1%	5 1%	12 1%	3 1%	4 1%	1 1%	12 1%	7 1%	1 1%	15 1%	5 1%	15 1%	4 1%
Ranked 2nd	40 2%	15 4% b	20 1%	6 2%	10 3%	5 8% abde	23 2%	17 2%	2 2%	31 2%	9 2%	34 2%	6 2%
Ranked 3rd	51 3%	10 3%	37 3%	6 2%	4 1%	6 9% abdef	37 3% b	14 2%	1 1%	44 3%	7 2%	46 3%	5 2%
Not ranked	1719 85%	300 86%	1122 85%	291 91% cd	355 89% cd	46 73%	1055 84% c	605 88% cd	75 92% cd	1373 86%	346 84%	1467 85%	240 88%
None of the above	57 3%	9 2%	38 3%	6 2%	10 2%	1 2%	35 3%	15 2%	2 3%	37 2%	20 5% a	47 3%	7 3%
I don't face any challenges to being active	129 6%	10 3%	90 7% a	8 3%	17 4%	4 7%	97 8% abef	28 4%	1 1%	102 6%	27 7%	116 7%	10 4%
NET: Ranked Top 3	111 5%	30 9% b	69 5%	15 5%	18 5%	11 18% abdef	73 6%	38 6%	3 4%	90 6%	21 5%	94 5%	16 6%

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Q8Xb.4. Other commitments (excluding childcare/ caring responsibilities): What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	20	6	4	3	2	3	1	1	2	11	3	4	4	7	3	5	5	6	2
	1%	1%	2%	1%	1%	1%	*	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%
Ranked 2nd	40	5	2	6	12	8	4	2	3	28	8	7	14	14	5	14	8	16	3
	2%	1%	1%	2%	4%	3%	2%	3%	1%	3%	2%	1%	2%	2%	2%	2%	2%	3%	1%
					abj														
Ranked 3rd	51	8	2	12	11	8	4	-	5	34	9	9	12	28	3	14	17	15	5
	3%	2%	1%	4%	3%	3%	2%	-	2%	3%	2%	2%	2%	4%	1%	2%	3%	2%	2%
Not ranked	1719	366	172	290	284	211	183	42	172	956	397	394	487	642	180	518	431	541	215
	85%	88%	88%	89%	87%	85%	86%	72%	73%	87%	78%	89%	87%	85%	77%	83%	85%	87%	90%
		ghj	ghj	ghj	ghj	ghj	ghj			ghj		cd	d	d				a	ab
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3%	3%	2%	1%	2%	2%	5%	7%	2%	5%	2%	1%	3%	7%	4%	3%	1%	3%
		d						d	abcdefi		cdi				abc	c	c		
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7%	19%	16%	4%	13%	4%	6%	6%	12%	8%	6%	5%	3%
							c	abcdefi	abcdefi		abcdefi				abc	d			
NET: Ranked Top 3	111	18	8	21	25	19	9	2	9	72	20	19	30	50	11	33	30	37	9
	5%	4%	4%	6%	8%	8%	4%	4%	4%	7%	4%	4%	5%	7%	5%	5%	6%	6%	4%
					j	j				j									

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.4. Other commitments (excluding childcare/ caring responsibilities): What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

| | | Amount of activity now compared to last year | | |
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	20	6	6	8
	1%	1%	1%	1%
Ranked 2nd	40	15	12	12
	2%	2%	2%	2%
Ranked 3rd	51	15	17	19
	3%	2%	2%	4%
Not ranked	1719	583	629	494
	85%	85%	84%	89%
				ab
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	111	36	34	39
	5%	5%	5%	7%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.5. I've been unwell or self-isolating: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	97	55	42	19	22	56	7	9	5	13	10	12	5	20	15
	5%	6%	4%	3%	3%	8%	7%	3%	3%	6%	6%	6%	2%	6%	7%
						ab	cg			g	g	g		g	cg
Ranked 2nd	81	41	39	27	20	35	4	8	8	9	5	9	15	12	13
	4%	4%	4%	4%	3%	5%	4%	3%	4%	4%	3%	4%	5%	4%	6%
Ranked 3rd	51	19	32	10	21	20	2	3	6	4	8	3	6	12	7
	3%	2%	3%	2%	3%	3%	2%	1%	3%	2%	4%	1%	2%	4%	3%
											b				
Not ranked	1601	753	844	515	545	541	75	217	153	168	137	186	263	256	146
	79%	76%	82%	84%	83%	72%	78%	83%	78%	79%	79%	83%	84%	78%	70%
			a	c	c			i		i		i	i		
None of the above	57	32	24	19	13	25	1	7	4	3	6	8	11	9	7
	3%	3%	2%	3%	2%	3%	1%	3%	2%	2%	4%	4%	3%	3%	4%
I don't face any challenges to being active	129	86	44	21	39	70	7	17	20	14	8	6	16	21	19
	6%	9%	4%	3%	6%	9%	7%	7%	10%	7%	5%	3%	5%	6%	9%
		b			a	ab			efg						f
NET: Ranked Top 3	229	114	114	56	62	111	13	20	20	26	22	24	25	44	35
	11%	12%	11%	9%	9%	15%	13%	8%	10%	12%	13%	11%	8%	13%	17%
						ab								bg	bcg

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.5. I've been unwell or self-isolating: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	97	7	16	17	10	9	38	40	56	90	1	4	2	-	-	6
	5%	4%	3%	4%	4%	4%	8%	4%	6%	5%	2%	4%	2%	-	-	2%
							bcdeg		bg	g						
Ranked 2nd	81	9	20	15	8	7	24	44	38	72	1	3	3	-	1	8
	4%	5%	4%	3%	3%	3%	5%	4%	4%	4%	2%	3%	4%	-	6%	3%
Ranked 3rd	51	4	12	11	3	5	15	27	24	44	3	4	-	-	-	6
	3%	2%	3%	2%	1%	2%	3%	2%	3%	3%	6%	3%	-	-	-	2%
											d					
Not ranked	1601	127	386	373	215	181	320	885	716	1363	39	92	65	10	13	220
	79%	80%	81%	82%	87%	82%	70%	81%	77%	79%	88%	82%	82%	100%	94%	84%
		f	f	fh	bfgh	f		fh	f							a
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6%	6%	3%	6%	10%	6%	7%	7%	2%	5%	10%	-	-	6%
			d			d	abcdg	d	d							
NET: Ranked Top 3	229	20	48	43	21	20	77	111	118	207	4	11	5	-	1	21
	11%	12%	10%	10%	8%	9%	17%	10%	13%	12%	10%	10%	6%	-	6%	8%
							bcdegh		d							

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Q8Xb.5. I've been unwell or self-isolating: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	97	73	10	10	20	-	1	14	8	4	3	8	5	16	38	1
	5%	6%	3%	3%	3%	-	2%	2%	3%	6%	5%	6%	5%	9%	9%	1%
		cd								ck		ck		abcdk	abcdk	
Ranked 2nd	81	52	16	13	28	2	5	23	6	1	4	9	1	8	23	6
	4%	4%	5%	4%	4%	4%	6%	3%	2%	1%	6%	7%	1%	5%	5%	5%
							h					dh			dh	
Ranked 3rd	51	32	8	7	15	-	3	14	9	2	3	6	2	3	9	3
	3%	3%	3%	2%	2%	-	5%	2%	4%	3%	5%	4%	2%	2%	2%	3%
Not ranked	1601	955	274	301	575	45	60	569	218	50	54	101	92	124	287	104
	79%	76%	85%	87%	86%	94%	81%	85%	85%	74%	75%	77%	85%	72%	70%	86%
			a	a	a	befgij	j	efgij	efgij				ij			efij
None of the above	57	40	6	7	13	-	2	18	4	4	2	2	2	6	15	2
	3%	3%	2%	2%	2%	-	3%	3%	2%	6%	3%	2%	2%	3%	4%	2%
										d						
I don't face any challenges to being active	129	102	9	10	19	1	3	35	11	6	5	6	6	15	41	3
	6%	8%	3%	3%	3%	2%	4%	5%	4%	10%	7%	4%	5%	9%	10%	3%
		bcd								k				dk	cdgk	
NET: Ranked Top 3	229	157	34	29	63	2	9	51	24	7	11	22	8	27	69	11
	11%	13%	11%	8%	9%	4%	12%	8%	9%	10%	15%	17%	7%	16%	17%	9%
		cd										c	acdh	acdh	acdhk	

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.5. I've been unwell or self-isolating: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	97	14	7	6	4	13	18	14	9	8	-	17	14	19	54	20	4	77
	5%	2%	2%	4%	11%	3%	3%	2%	4%	4%	-	4%	2%	6%	5%	4%	5%	5%
					abef													
Ranked 2nd	81	24	8	4	1	13	25	20	5	9	3	14	23	13	47	19	2	68
	4%	4%	2%	3%	2%	3%	4%	3%	2%	4%	10%	3%	3%	4%	4%	4%	3%	4%
											abef							
Ranked 3rd	51	12	11	8	2	19	13	11	11	8	2	18	13	9	28	11	2	42
	3%	2%	3%	6%	5%	4%	2%	2%	4%	4%	5%	4%	2%	3%	3%	2%	3%	2%
				af					af			af						
Not ranked	1601	482	296	114	25	410	508	533	210	150	24	360	557	238	844	451	67	1363
	79%	85%	85%	77%	69%	83%	84%	85%	86%	77%	73%	82%	84%	76%	78%	84%	84%	80%
		cd	cd			d	cd	cd	cd				c			abe		
None of the above	57	11	9	4	1	13	12	18	3	6	2	10	19	9	37	9	2	48
	3%	2%	3%	2%	3%	3%	2%	3%	1%	3%	6%	2%	3%	3%	3%	2%	2%	3%
															c			
I don't face any challenges to being active	129	22	17	13	4	29	26	31	6	16	2	22	33	25	76	26	3	105
	6%	4%	5%	8%	11%	6%	4%	5%	3%	8%	6%	5%	5%	8%	7%	5%	3%	6%
				af	a					b								
NET: Ranked Top 3	229	50	26	19	7	44	56	45	25	24	5	49	50	41	129	50	8	187
	11%	9%	7%	12%	18%	9%	9%	7%	10%	12%	15%	11%	8%	13%	12%	9%	10%	11%
					b					af		af						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.5. I've been unwell or self-isolating: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

| | Total | Care responsibilities in household not including children | | Longstanding condition or illness | | | | | | Area | | Access to private outdoor space | |
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Ranked 1st	97 5%	13 4%	62 5%	16 5% d	49 12% ad	7 11% d	35 3%	60 9% ad	10 13% ad	66 4%	30 7%	85 5% a	12 4%
Ranked 2nd	81 4%	11 3%	58 4%	20 6% d	34 9% d	7 11% d	28 2%	52 8% d	7 8% d	63 4%	18 4%	71 4%	10 4%
Ranked 3rd	51 3%	10 3%	30 2%	14 4% d	20 5% d	- -	22 2%	28 4% d	6 7% cd	37 2%	14 3%	40 2%	10 4%
Not ranked	1601 79% b	296 85%	1042 79%	256 80% bef	270 67%	43 69%	1042 83% bcef	503 73% b	55 68%	1297 81% b	304 74%	1365 79%	224 82%
None of the above	57 3%	9 2%	38 3%	6 2%	10 2%	1 2%	35 3%	15 2%	2 3%	37 2%	20 5% a	47 3%	7 3%
I don't face any challenges to being active	129 6%	10 3%	90 7% a	8 3%	17 4%	4 7%	97 8% abef	28 4%	1 1%	102 6%	27 7%	116 7%	10 4%
NET: Ranked Top 3	229 11%	34 10%	150 11%	50 16% d	103 26% ade	14 22% d	85 7%	140 20% d	23 28% ad	167 10%	62 15% a	196 11%	32 12%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.5. I've been unwell or self-isolating: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	97	25	13	13	14	11	9	3	9	51	21	24	22	38	13	21	27	36	13
	5%	6%	7%	4%	4%	4%	4%	5%	4%	5%	4%	5%	4%	5%	6%	3%	5%	6%	6%
																		a	
Ranked 2nd	81	16	11	9	17	9	11	1	8	46	19	20	22	29	10	16	21	29	16
	4%	4%	6%	3%	5%	4%	5%	1%	3%	4%	4%	5%	4%	4%	4%	2%	4%	5%	7%
																		a	a
Ranked 3rd	51	16	4	14	6	7	2	-	2	30	4	18	14	18	1	13	12	14	12
	3%	4%	2%	4%	2%	3%	1%	-	1%	3%	1%	4%	3%	2%	*	2%	2%	2%	5%
		hj		fhj		j				j		d	d						abc
Not ranked	1601	327	151	274	273	203	170	40	163	901	373	352	459	607	166	501	402	499	183
	79%	79%	78%	84%	84%	82%	80%	69%	69%	82%	74%	80%	82%	80%	71%	80%	79%	81%	77%
		h	h	ghj	ghj	ghj	h			ghj		d	d	d					
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3%	3%	2%	1%	2%	2%	5%	7%	2%	5%	2%	1%	3%	7%	4%	3%	1%	3%
		d						d	abcdefi		cdi				abc	c	c		
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7%	19%	16%	4%	13%	4%	6%	6%	12%	8%	6%	5%	3%
							c	abcdefi	abcdefi		abcdefi				abc	d			
NET: Ranked Top 3	229	57	28	36	36	27	22	4	18	127	44	62	58	85	24	50	59	79	41
	11%	14%	14%	11%	11%	11%	10%	7%	8%	12%	9%	14%	10%	11%	10%	8%	12%	13%	17%
		hj	hj														a	a	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.5. I've been unwell or self-isolating: 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	97	30	34	33
	5%	4%	5%	6%
Ranked 2nd	81	34	19	28
	4%	5%	2%	5%
		b		b
Ranked 3rd	51	17	10	22
	3%	3%	1%	4%
				b
Not ranked	1601	537	601	450
	79%	78%	80%	82%
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	229	82	63	83
	11%	12%	8%	15%
		b		b

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.6. I'm not fit enough: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	220	116	102	43	53	123	7	31	28	22	14	27	24	44	24
	11%	12%	10%	7%	8%	17% ab	7%	12%	14% g	10%	8%	12%	8%	13% g	11%
Ranked 2nd	165	82	83	43	45	78	19	14	9	22	19	15	26	20	21
	8%	8%	8%	7%	7%	10% ab	20% bcdefghi	5%	4%	10% bc	11% bc	7%	8%	6%	10% bc
Ranked 3rd	115	40	74	41	37	36	7	16	12	10	14	11	13	15	15
	6%	4%	7% a	7%	6%	5%	8%	6%	6%	5%	8%	5%	4%	5%	7%
Not ranked	1330	628	699	444	473	414	55	176	125	140	112	156	226	221	121
	66%	64%	68% a	73% c	72% c	55%	57%	67% i	63%	66%	65%	70% ai	72% aci	67% i	58%
None of the above	57	32	24	19	13	25	1	7	4	3	6	8	11	9	7
	3%	3%	2%	3%	2%	3%	1%	3%	2%	2%	4%	4%	3%	3%	4%
I don't face any challenges to being active	129	86	44	21	39	70	7	17	20	14	8	6	16	21	19
	6%	9% b	4%	3%	6% a	9% ab	7%	7%	10% efg	7%	5%	3%	5%	6%	9% f
NET: Ranked Top 3	499	239	259	127	135	238	33	62	48	54	47	54	62	79	60
	25%	24%	25%	21%	20%	32% ab	35% bgh	24%	24%	25%	27%	24%	20%	24%	29% g

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Q8Xb.6. I'm not fit enough: 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	220	11	44	42	21	26	75	96	123	198	6	4	3	2	2	17
	11%	7%	9%	9%	9%	12%	16%	9%	13%	11%	13%	4%	4%	15%	13%	6%
							abcdg		abcdg	cdg	c					
Ranked 2nd	165	10	36	34	22	15	48	79	86	149	4	6	4	-	2	17
	8%	6%	8%	7%	9%	7%	10%	7%	9%	9%	10%	6%	5%	-	15%	6%
							g									
Ranked 3rd	115	6	18	34	16	16	24	57	57	105	3	1	3	-	2	10
	6%	4%	4%	7%	7%	7%	5%	5%	6%	6%	8%	1%	4%	-	14%	4%
				b		b				c	c					
Not ranked	1330	120	336	307	176	143	249	763	568	1118	30	92	60	9	8	198
	66%	76%	70%	68%	71%	65%	54%	70%	61%	65%	68%	82%	75%	85%	59%	76%
		efh	fh	fh	fh	f		fh	f			a				a
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6%	6%	3%	6%	10%	6%	7%	7%	2%	5%	10%	-	-	6%
			d			d	abcdg	d	d							
NET: Ranked Top 3	499	27	98	109	60	58	148	233	266	452	13	11	11	2	6	43
	25%	17%	20%	24%	24%	26%	32%	21%	29%	26%	30%	10%	14%	15%	41%	16%
						a	abcdg		abg	cdg	cdg					

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Q8Xb.6. I'm not fit enough: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	220	162	26	23	49	7	7	40	30	5	9	13	7	23	79	14
	11%	13%	8%	7%	7%	15%	9%	6%	12%	8%	13%	10%	6%	13%	19%	11%
		bcd				c			c			c		c	bcdegh	c
Ranked 2nd	165	116	19	24	43	3	5	46	15	3	3	18	7	19	46	8
	8%	9%	6%	7%	6%	7%	6%	7%	6%	5%	4%	13%	6%	11%	11%	7%
		d										cdf		cd	cdf	
Ranked 3rd	115	73	18	17	34	4	5	44	15	2	4	8	6	4	22	9
	6%	6%	5%	5%	5%	8%	7%	7%	6%	3%	6%	6%	5%	3%	5%	8%
								i								i
Not ranked	1330	760	246	266	512	32	52	491	181	47	49	85	80	105	209	84
	66%	61%	76%	77%	76%	68%	70%	73%	70%	69%	67%	65%	75%	61%	51%	70%
			a	a	a	j	j	gij	ij	j	j	j	ij	j		j
None of the above	57	40	6	7	13	-	2	18	4	4	2	2	2	6	15	2
	3%	3%	2%	2%	2%	-	3%	3%	2%	6%	3%	2%	2%	3%	4%	2%
										d						
I don't face any challenges to being active	129	102	9	10	19	1	3	35	11	6	5	6	6	15	41	3
	6%	8%	3%	3%	3%	2%	4%	5%	4%	10%	7%	4%	5%	9%	10%	3%
		bcd								k				dk	cdgk	
NET: Ranked Top 3	499	352	63	64	127	14	17	129	61	11	16	38	19	46	147	31
	25%	28%	19%	18%	19%	30%	23%	19%	24%	16%	23%	29%	18%	27%	36%	26%
		bcd										ceh		c	bcdefhik	

Q8Xb.6. I'm not fit enough: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	220	48	23	17	1	40	49	44	16	22	4	39	48	41	130	46	3	179
	11%	8%	7%	12%	2%	8%	8%	7%	7%	11%	13%	9%	7%	13%	12%	9%	4%	10%
														cd	cd			d
Ranked 2nd	165	36	22	9	-	31	36	40	17	11	-	28	40	27	96	36	6	138
	8%	6%	6%	6%	-	6%	6%	6%	7%	6%	-	6%	6%	9%	9%	7%	8%	8%
Ranked 3rd	115	34	21	10	3	31	38	43	12	9	3	21	45	19	68	23	5	96
	6%	6%	6%	7%	9%	6%	6%	7%	5%	5%	8%	5%	7%	6%	6%	4%	6%	6%
Not ranked	1330	414	256	96	28	352	441	451	189	132	22	321	473	193	679	397	61	1137
	66%	73%	74%	64%	75%	71%	73%	72%	77%	67%	67%	73%	72%	62%	63%	74%	76%	67%
		c	c				c		c							abe	ab	b
None of the above	57	11	9	4	1	13	12	18	3	6	2	10	19	9	37	9	2	48
	3%	2%	3%	2%	3%	3%	2%	3%	1%	3%	6%	2%	3%	3%	3%	2%	2%	3%
																c		
I don't face any challenges to being active	129	22	17	13	4	29	26	31	6	16	2	22	33	25	76	26	3	105
	6%	4%	5%	8%	11%	6%	4%	5%	3%	8%	6%	5%	5%	8%	7%	5%	3%	6%
				af	a					b								
NET: Ranked Top 3	499	118	66	37	4	102	123	127	46	42	7	88	134	86	294	105	15	413
	25%	21%	19%	25%	12%	21%	20%	20%	19%	22%	21%	20%	20%	28%	27%	20%	18%	24%
														c	c			c

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.6. I'm not fit enough: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Ranked 1st	220 11%	27 8%	150 11% a	43 13% d	79 20% ad	9 15%	102 8%	111 16% d	18 22% d	170 11%	50 12%	188 11%	31 11%
Ranked 2nd	165 8%	21 6%	112 8%	37 12% d	49 12% d	4 6%	83 7%	75 11% d	12 15% d	117 7%	48 12% a	144 8%	20 7%
Ranked 3rd	115 6%	18 5%	75 6%	24 8% d	31 8% d	8 12% d	58 5%	53 8% d	8 9% d	93 6%	22 5%	95 5%	20 7%
Not ranked	1330 66% b	264 76%	855 65%	202 63% bf	214 54%	37 58%	885 70% abcef	403 59%	41 50%	1083 68% b	247 60%	1134 66%	185 68%
None of the above	57 3%	9 2%	38 3%	6 2%	10 2%	1 2%	35 3%	15 2%	2 3%	37 2%	20 5% a	47 3%	7 3%
I don't face any challenges to being active	129 6%	10 3%	90 7% a	8 3%	17 4%	4 7%	97 8% abef	28 4%	1 1%	102 6%	27 7%	116 7%	10 4%
NET: Ranked Top 3	499 25%	66 19%	337 26% a	105 33% d	158 40% ad	20 33% d	243 19%	240 35% d	37 46% ade	380 24%	120 29% a	427 25%	71 26%

Q8Xb.6. I'm not fit enough: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	220	88	26	30	25	17	12	6	15	98	33	62	47	80	27	58	61	69	29
	11%	21%	13%	9%	8%	7%	6%	11%	6%	9%	7%	14%	8%	11%	12%	9%	12%	11%	12%
		bcdefhij	defhj									b							
Ranked 2nd	165	51	23	35	23	15	11	3	4	95	18	50	39	62	11	51	39	51	23
	8%	12%	12%	11%	7%	6%	5%	4%	2%	9%	4%	11%	7%	8%	5%	8%	8%	8%	10%
		defhij	efhj	efhj	hj	h	h			hj		bd							
Ranked 3rd	115	34	11	22	18	16	7	1	6	67	14	34	41	30	7	37	30	29	16
	6%	8%	5%	7%	5%	7%	3%	1%	3%	6%	3%	8%	7%	4%	3%	6%	6%	5%	7%
		fhj		hj		hj				hj		cd	cd						
Not ranked	1330	211	120	223	243	182	162	35	155	768	352	267	390	519	146	405	332	429	156
	66%	51%	62%	69%	74%	73%	76%	59%	66%	70%	69%	61%	69%	69%	62%	65%	65%	69%	65%
			a	a	abgh	abg	abgh		a	ab	a		ad	a					
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3%	3%	2%	1%	2%	2%	5%	7%	2%	5%	2%	1%	3%	7%	4%	3%	1%	3%
		d						d	abcdefi		cdi				abc	c	c		
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7%	19%	16%	4%	13%	4%	6%	6%	12%	8%	6%	5%	3%
								c	abcdefi	abcdefi		abcdefi				abc	d			
NET: Ranked Top 3	499	173	59	87	66	48	30	10	26	261	66	147	128	173	45	146	129	149	68
	25%	42%	30%	27%	20%	19%	14%	16%	11%	24%	13%	33%	23%	23%	19%	23%	25%	24%	29%
		bcdefghij	defghij	defhj	hj	hj				fhj		bcd							

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Q8Xb.6. I'm not fit enough: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

		Amount of activity now compared to last year		
			About the	
	Total	NET: More	same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	220	63	86	68
	11%	9%	11%	12%
Ranked 2nd	165	31	70	64
	8%	4%	9%	12%
			a	a
Ranked 3rd	115	29	52	32
	6%	4%	7%	6%
			a	
Not ranked	1330	497	456	369
	66%	72%	61%	67%
		bc		b
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	499	122	208	164
	25%	18%	28%	30%
			a	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.7. Don't have the right space / equipment: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	41	14	26	19	15	7	5	5	4	4	2	1	9	6	5
	2%	1%	3%	3%	2%	1%	5%	2%	2%	2%	1%	1%	3%	2%	2%
				c	c		ef								
Ranked 2nd	59	17	42	33	17	9	2	8	8	5	3	8	12	7	6
	3%	2%	4%	5%	3%	1%	2%	3%	4%	2%	2%	3%	4%	2%	3%
			a	bc											
Ranked 3rd	55	25	30	21	19	14	1	8	4	6	6	5	13	5	7
	3%	3%	3%	3%	3%	2%	2%	3%	2%	3%	3%	2%	4%	2%	3%
Not ranked	1675	811	860	497	557	621	80	216	157	178	149	196	254	282	164
	83%	82%	84%	81%	84%	83%	83%	82%	80%	84%	86%	88%	81%	85%	79%
												ci		i	
None of the above	57	32	24	19	13	25	1	7	4	3	6	8	11	9	7
	3%	3%	2%	3%	2%	3%	1%	3%	2%	2%	4%	4%	3%	3%	4%
I don't face any challenges to being active	129	86	44	21	39	70	7	17	20	14	8	6	16	21	19
	6%	9%	4%	3%	6%	9%	7%	7%	10%	7%	5%	3%	5%	6%	9%
		b			a	ab			efg						f
NET: Ranked Top 3	155	56	98	73	51	30	8	21	16	15	10	14	34	18	18
	8%	6%	10%	12%	8%	4%	8%	8%	8%	7%	6%	6%	11%	6%	8%
			a	bc	c								h		

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Q8Xb.7. Don't have the right space / equipment: 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	41	2	9	11	5	6	8	22	19	31	1	5	2	1	1	10
	2%	1%	2%	2%	2%	3%	2%	2%	2%	2%	2%	4% a	2%	9%	7%	4% a
Ranked 2nd	59	7	9	17	15	3	8	33	26	53	-	3	1	-	-	4
	3%	4%	2%	4%	6% befgh	2%	2%	3%	3%	3%	-	3%	1%	-	-	2%
Ranked 3rd	55	5	11	12	11	7	9	28	27	44	1	4	3	-	3	10
	3%	3%	2%	3%	4%	3%	2%	3%	3%	3%	2%	3%	3%	-	20%	4%
Not ranked	1675	133	404	376	205	185	372	914	761	1441	42	91	65	9	10	217
	83%	84%	84%	83%	83%	84%	81%	84%	82%	83%	93% c	81%	82%	91%	73%	83%
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6% d	6%	3%	6% d	10% abcdg	6% d	7% d	7%	2%	5%	10%	-	-	6%
NET: Ranked Top 3	155	13	30	39	31	16	25	82	72	128	2	12	5	1	4	24
	8%	8%	6%	9%	12% bfgh	7%	5%	8%	8%	7%	4%	11%	7%	9%	27%	9%

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Q8Xb.7. Don't have the right space / equipment: 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	41	21	4	10	14	1	2	13	7	-	-	4	6	6	2	3
	2%	2%	1%	3%	2%	2%	2%	2%	3%	-	-	3%	5%	3%	1%	2%
									j			j	cj	j		
Ranked 2nd	59	28	15	14	29	2	2	18	6	-	2	7	15	7	1	4
	3%	2%	5%	4%	4%	4%	3%	3%	2%	-	2%	5%	14%	4%	*	3%
			a		a	j	j	j	j		j	j	bcdefgijk	j		j
Ranked 3rd	55	32	8	9	17	1	4	26	6	2	1	3	3	2	8	5
	3%	3%	2%	3%	3%	2%	5%	4%	2%	3%	1%	3%	3%	1%	2%	4%
							i									
Not ranked	1675	1031	282	297	578	43	61	564	222	56	63	108	77	136	346	104
	83%	82%	87%	85%	86%	91%	83%	84%	86%	82%	86%	82%	71%	79%	84%	86%
			a		a	h		h	hi			h	h			h
None of the above	57	40	6	7	13	-	2	18	4	4	2	2	2	6	15	2
	3%	3%	2%	2%	2%	-	3%	3%	2%	6%	3%	2%	2%	3%	4%	2%
										d						
I don't face any challenges to being active	129	102	9	10	19	1	3	35	11	6	5	6	6	15	41	3
	6%	8%	3%	3%	3%	2%	4%	5%	4%	10%	7%	4%	5%	9%	10%	3%
		bcd								k				dk	cdgk	
NET: Ranked Top 3	155	81	27	34	61	3	8	56	20	2	3	15	23	15	11	11
	8%	6%	8%	10%	9%	7%	10%	8%	8%	3%	4%	11%	21%	9%	3%	9%
				a	a		j	j	j			ej	abcdefgijk	j		j

Q8Xb.7. Don't have the right space / equipment: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	41	13	6	1	1	7	14	13	5	2	1	7	14	4	17	16	4	37
	2%	2%	2%	1%	3%	1%	2%	2%	2%	1%	3%	2%	2%	1%	2%	3%	5%	2%
																	abe	
Ranked 2nd	59	18	6	4	-	10	18	14	7	6	2	12	16	4	25	26	5	56
	3%	3%	2%	3%	-	2%	3%	2%	3%	3%	6%	3%	2%	1%	2%	5%	6%	3%
																ab	a	a
Ranked 3rd	55	19	10	8	1	19	20	22	10	6	-	16	22	7	27	19	2	48
	3%	3%	3%	6%	2%	4%	3%	3%	4%	3%	-	4%	3%	2%	3%	4%	2%	3%
Not ranked	1675	482	300	119	30	419	512	529	214	160	26	374	555	265	903	442	65	1410
	83%	85%	86%	80%	81%	84%	85%	85%	87%	82%	79%	85%	84%	85%	83%	82%	81%	83%
None of the above	57	11	9	4	1	13	12	18	3	6	2	10	19	9	37	9	2	48
	3%	2%	3%	2%	3%	3%	2%	3%	1%	3%	6%	2%	3%	3%	3%	2%	2%	3%
																c		
I don't face any challenges to being active	129	22	17	13	4	29	26	31	6	16	2	22	33	25	76	26	3	105
	6%	4%	5%	8%	11%	6%	4%	5%	3%	8%	6%	5%	5%	8%	7%	5%	3%	6%
				af	a					b								
NET: Ranked Top 3	155	50	22	13	2	35	52	48	22	14	3	35	51	14	69	60	11	140
	8%	9%	6%	9%	5%	7%	9%	8%	9%	7%	9%	8%	8%	5%	6%	11%	13%	8%
																	abe	ab	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.7. Don't have the right space / equipment: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Ranked 1st	41 2%	7 2%	27 2%	8 2%	4 1%	1 1%	25 2%	11 2%	2 2%	36 2%	4 1%	34 2%	7 3%
Ranked 2nd	59 3%	9 3%	46 3%	10 3% b	4 1%	- -	39 3% b	13 2%	1 1%	49 3%	10 2%	46 3%	14 5% a
Ranked 3rd	55 3%	17 5% b	31 2%	13 4%	10 2%	1 2%	31 2%	22 3%	2 2%	41 3%	13 3%	48 3%	7 3%
Not ranked	1675 83%	296 85%	1088 82%	276 86%	355 89% d	55 88%	1033 82%	597 87% d	74 91% d	1336 83%	339 82%	1434 83%	229 84%
None of the above	57 3%	9 2%	38 3%	6 2%	10 2%	1 2%	35 3%	15 2%	2 3%	37 2%	20 5% a	47 3%	7 3%
I don't face any challenges to being active	129 6%	10 3%	90 7% a	8 3%	17 4%	4 7%	97 8% abef	28 4%	1 1%	102 6%	27 7%	116 7%	10 4%
NET: Ranked Top 3	155 8%	34 10%	104 8%	31 10% b	18 4%	2 3%	95 8% b	46 7%	4 5%	127 8%	28 7%	127 7%	28 10%

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Q8Xb.7. Don't have the right space / equipment: What are the biggest challenges, if any, that you face to being physically active right now?

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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	41	10	2	6	11	3	3	2	4	22	9	11	15	9	3	11	10	13	7
	2%	2%	1%	2%	3%	1%	1%	3%	2%	2%	2%	3%	3% c	1%	1%	2%	2%	2%	3%
Ranked 2nd	59	8	6	11	11	6	6	3	7	34	17	13	19	18	9	23	17	11	8
	3%	2%	3%	4%	3%	3%	3%	5%	3%	3%	3%	3%	3%	2%	4%	4%	3%	2%	3%
Ranked 3rd	55	5	3	12	14	6	2	1	12	35	14	14	13	17	9	14	16	22	3
	3%	1%	1%	4% af	4% af	3%	1%	2%	5% abf	3% a	3%	3%	2%	2%	4%	2%	3%	4%	1% d
Not ranked	1675	360	169	281	274	214	182	38	158	937	378	375	470	648	170	504	419	532	207
	83%	87% ghj	87% ghj	86% ghj	84% ghj	86% ghj	85% ghj	66%	67%	86% ghj	74% h	85% d	84% d	86% d	72%	80%	82%	86% a	87% a
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3% d	3%	2%	1%	2%	2%	5% d	7% abcdefi	2%	5% cdi	2%	1%	3%	7% abc	4% c	3% c	1%	3%
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7% c	19% abcdefi	16% abcdefi	4%	13% abcdefi	4%	6%	6%	12% abc	8% d	6%	5%	3%
NET: Ranked Top 3	155	24	10	30	35	16	11	6	23	91	40	38	47	44	21	48	42	46	17
	8%	6%	5%	9%	11% abf	6%	5%	10%	10%	8%	8%	9%	8%	6%	9%	8%	8%	7%	7%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.7. Don't have the right space / equipment: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

		Amount of activity now compared to last year		
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	41	10	15	16
	2%	1%	2%	3%
Ranked 2nd	59	25	22	11
	3%	4%	3%	2%
Ranked 3rd	55	23	18	14
	3%	3%	2%	2%
Not ranked	1675	561	609	492
	83%	81%	81%	89%
				ab
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	155	58	55	41
	8%	8%	7%	7%

Q8Xb.8. My preferred activities aren't available: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016 100%	985 100%	1025 100%	610 100%	659 100%	747 100%	96 100%	262 100%	197 100%	211 100%	174 100%	223 100%	315 100%	330 100%	208 100%
Ranked 1st	45 2%	24 2%	21 2%	21 3% c	14 2%	10 1%	3 3%	5 2%	6 3%	3 2%	5 3%	3 1%	9 3%	8 2%	3 2%
Ranked 2nd	48 2%	20 2%	27 3%	21 3%	13 2%	13 2%	2 2%	8 3%	4 2%	4 2%	3 2%	1 1%	14 4% f	9 3%	3 1%
Ranked 3rd	46 2%	20 2%	25 2%	13 2%	22 3% c	11 1%	2 2%	3 1%	3 2%	4 2%	2 1%	3 1%	11 3% b	12 4% b	6 3%
Not ranked	1692 84%	802 81%	884 86% a	515 84%	559 85%	618 83%	81 84%	222 85%	160 81%	182 86%	150 86%	203 91% cghi	254 81%	271 82%	169 81%
None of the above	57 3%	32 3%	24 2%	19 3%	13 2%	25 3%	1 1%	7 3%	4 2%	3 2%	6 4%	8 4%	11 3%	9 3%	7 4%
I don't face any challenges to being active	129 6%	86 9% b	44 4%	21 3%	39 6% a	70 9% ab	7 7%	17 7%	20 10% efg	14 7%	8 5%	6 3%	16 5%	21 6%	19 9% f
NET: Ranked Top 3	138 7%	65 7%	74 7%	55 9% c	49 7% c	34 5%	7 7%	15 6%	13 6%	12 5%	9 5%	6 3%	34 11% bdef	29 9% f	13 6%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.8. My preferred activities aren't available: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	45	6	13	10	3	8	5	29	16	36	4	2	2	-	1	9
	2%	4%	3%	2%	1%	4%	1%	3%	2%	2%	10%	1%	2%	-	6%	3%
		f				f					acg					
Ranked 2nd	48	9	8	12	5	6	8	30	18	35	2	7	2	-	-	11
	2%	6%	2%	3%	2%	3%	2%	3%	2%	2%	4%	7%	3%	-	-	4%
		bcdfgh										a				a
Ranked 3rd	46	5	13	17	3	3	4	35	10	38	2	4	2	-	1	8
	2%	3%	3%	4%	1%	1%	1%	3%	1%	2%	4%	3%	2%	-	6%	3%
		fh	fh	fh				fh								
Not ranked	1692	127	400	376	225	184	380	903	789	1460	36	90	65	10	12	213
	84%	80%	84%	83%	91%	84%	83%	83%	85%	84%	80%	80%	81%	100%	88%	82%
					abcefgh											
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6%	6%	3%	6%	10%	6%	7%	7%	2%	5%	10%	-	-	6%
			d			d	abcdg	d	d							
NET: Ranked Top 3	138	20	34	39	11	17	16	94	45	109	8	13	6	-	2	28
	7%	13%	7%	9%	4%	8%	4%	9%	5%	6%	18%	11%	7%	-	12%	11%
		bdfh	f	dfh		f		dfh			a	a				a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.8. My preferred activities aren't available: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	45	22	12	9	21	2	5	19	6	1	3	4	2	2	2	7
	2%	2%	4%	3%	3%	5%	6%	3%	2%	1%	4%	3%	2%	1%	*	6%
			a		a	j	ij	j			j	j				ij
Ranked 2nd	48	27	9	10	19	1	2	16	8	2	3	5	2	2	8	3
	2%	2%	3%	3%	3%	2%	2%	2%	3%	3%	4%	3%	2%	1%	2%	2%
Ranked 3rd	46	31	6	6	12	2	3	18	10	2	2	3	2	1	4	5
	2%	2%	2%	2%	2%	4%	4%	3%	4%	3%	2%	2%	2%	1%	1%	4%
									ij							i
Not ranked	1692	1031	282	305	587	42	60	568	218	53	58	112	94	146	342	101
	84%	82%	87%	88%	87%	88%	81%	84%	85%	77%	80%	85%	87%	85%	83%	83%
			a	a	a											
None of the above	57	40	6	7	13	-	2	18	4	4	2	2	2	6	15	2
	3%	3%	2%	2%	2%	-	3%	3%	2%	6%	3%	2%	2%	3%	4%	2%
										d						
I don't face any challenges to being active	129	102	9	10	19	1	3	35	11	6	5	6	6	15	41	3
	6%	8%	3%	3%	3%	2%	4%	5%	4%	10%	7%	4%	5%	9%	10%	3%
		bcd								k				dk	cdgk	
NET: Ranked Top 3	138	81	27	25	52	5	9	52	24	5	8	11	6	4	14	14
	7%	6%	8%	7%	8%	11%	13%	8%	9%	7%	10%	8%	5%	3%	3%	12%
						ij	ij	ij	ij		ij	ij				ij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.8. My preferred activities aren't available: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	45	11	11	7	4	17	15	13	11	7	2	18	14	6	24	12	3	39
	2%	2%	3%	4%	11%	3%	3%	2%	4%	3%	5%	4%	2%	2%	2%	2%	4%	2%
					abef				a									
Ranked 2nd	48	16	8	5	-	13	16	11	15	2	-	17	11	7	20	20	1	40
	2%	3%	2%	3%	-	3%	3%	2%	6%	1%	-	4%	2%	2%	2%	4%	1%	2%
									acf			af				b		
Ranked 3rd	46	15	15	2	1	17	16	15	11	5	2	16	16	11	23	10	2	35
	2%	3%	4%	1%	2%	3%	3%	2%	5%	3%	5%	4%	2%	3%	2%	2%	2%	2%
Not ranked	1692	490	288	119	27	407	517	539	198	161	26	359	565	255	906	461	69	1436
	84%	87%	83%	80%	74%	82%	86%	86%	81%	82%	79%	81%	86%	82%	83%	86%	86%	84%
		cde					d	e										
None of the above	57	11	9	4	1	13	12	18	3	6	2	10	19	9	37	9	2	48
	3%	2%	3%	2%	3%	3%	2%	3%	1%	3%	6%	2%	3%	3%	3%	2%	2%	3%
																c		
I don't face any challenges to being active	129	22	17	13	4	29	26	31	6	16	2	22	33	25	76	26	3	105
	6%	4%	5%	8%	11%	6%	4%	5%	3%	8%	6%	5%	5%	8%	7%	5%	3%	6%
				af	a					b								
NET: Ranked Top 3	138	42	34	13	5	47	47	38	37	14	3	50	41	24	67	41	6	114
	7%	7%	10%	9%	13%	10%	8%	6%	15%	7%	9%	11%	6%	8%	6%	8%	8%	7%
									acf			af						

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Prepared by Savanta: ComRes

Q8Xb.8. My preferred activities aren't available: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Ranked 1st	45 2%	10 3%	28 2%	9 3%	9 2%	- -	28 2%	16 2%	2 2%	42 3% b	3 1%	40 2%	5 2%
Ranked 2nd	48 2%	10 3%	29 2%	9 3%	10 3%	1 2%	32 3%	15 2%	5 6% e	44 3% b	3 1%	38 2%	9 3%
Ranked 3rd	46 2%	7 2%	28 2%	9 3%	6 2%	2 3%	32 3%	13 2%	3 4%	39 2%	7 2%	37 2%	6 2%
Not ranked	1692 84%	303 87%	1107 84%	279 87% d	347 87% d	54 86%	1036 82%	600 87% d	69 84%	1338 84%	353 85%	1446 84%	235 86%
None of the above	57 3%	9 2%	38 3%	6 2%	10 2%	1 2%	35 3%	15 2%	2 3%	37 2%	20 5% a	47 3%	7 3%
I don't face any challenges to being active	129 6%	10 3%	90 7% a	8 3%	17 4%	4 7%	97 8% abef	28 4%	1 1%	102 6%	27 7%	116 7%	10 4%
NET: Ranked Top 3	138 7%	27 8%	85 6%	27 8%	25 6%	3 5%	92 7%	44 6%	10 12%	125 8% b	13 3%	115 7%	21 8%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.8. My preferred activities aren't available: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	45	3	3	10	9	8	4	1	6	30	11	7	16	18	4	13	11	17	4
	2%	1%	2%	3%	3%	3%	2%	1%	3%	3%	2%	2%	3%	2%	2%	2%	2%	3%	1%
				a		a				a									
Ranked 2nd	48	2	6	13	12	7	4	2	3	37	9	9	12	19	7	10	10	22	5
	2%	*	3%	4%	4%	3%	2%	3%	1%	3%	2%	2%	2%	3%	3%	2%	2%	3%	2%
			a	aj	a	a				a								a	
Ranked 3rd	46	3	4	7	11	3	11	-	6	25	17	9	15	16	7	14	13	10	9
	2%	1%	2%	2%	3%	1%	5%	-	3%	2%	3%	2%	3%	2%	3%	2%	2%	2%	4%
					a		aei				a								c
Not ranked	1692	375	166	280	278	212	172	42	166	936	380	389	475	639	174	513	428	530	206
	84%	91%	85%	86%	85%	86%	81%	71%	70%	85%	75%	88%	85%	85%	74%	82%	84%	86%	87%
		bdefghij	ghj	ghj	ghj	ghj	h			ghj		d	d	d					
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3%	3%	2%	1%	2%	2%	5%	7%	2%	5%	2%	1%	3%	7%	4%	3%	1%	3%
		d						d	abcdefi		cdi				abc	c	c		
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7%	19%	16%	4%	13%	4%	6%	6%	12%	8%	6%	5%	3%
							c	abcdefi	abcdefi		abcdefi				abc	d			
NET: Ranked Top 3	138	8	13	30	31	18	20	2	15	92	37	25	43	53	17	38	33	49	18
	7%	2%	7%	9%	10%	7%	9%	4%	6%	8%	7%	6%	8%	7%	7%	6%	7%	8%	7%
			a	a	a	a	a		a	a	a								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.8. My preferred activities aren't available: 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 | | |
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	45	17	15	12
	2%	2%	2%	2%
Ranked 2nd	48	18	16	15
	2%	3%	2%	3%
Ranked 3rd	46	19	13	13
	2%	3%	2%	2%
Not ranked	1692	565	619	494
	84%	82%	82%	90%
				ab
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	138	53	44	39
	7%	8%	6%	7%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.10. Limited or no access to the internet: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	12	5	7	4	8	-	1	1	1	2	-	-	4	4	-
	1%	1%	1%	1% c	1% c	-	1%	*	*	1%	-	-	1%	1%	-
Ranked 2nd	21	9	12	13	7	1	-	1	-	2	2	5	4	4	3
	1%	1%	1%	2% c	1% c	*	-	*	-	1%	1%	2% c	1%	1%	2%
Ranked 3rd	16	7	8	10	5	1	1	1	2	1	1	2	3	2	3
	1%	1%	1%	2% c	1%	*	1%	1%	1%	*	1%	1%	1%	1%	1%
Not ranked	1781	845	932	543	588	650	86	234	171	188	156	202	277	291	175
	88%	86%	91% a	89%	89%	87%	89%	89%	87%	89%	90%	90%	88%	88%	84%
None of the above	57	32	24	19	13	25	1	7	4	3	6	8	11	9	7
	3%	3%	2%	3%	2%	3%	1%	3%	2%	2%	4%	4%	3%	3%	4%
I don't face any challenges to being active	129	86	44	21	39	70	7	17	20	14	8	6	16	21	19
	6%	9% b	4%	3%	6% a	9% ab	7%	7%	10% efg	7%	5%	3%	5%	6%	9% f
NET: Ranked Top 3	49	22	26	27	20	2	2	4	2	5	3	8	11	9	6
	2%	2%	3%	4% c	3% c	*	2%	1%	1%	2%	2%	3%	3%	3%	3%

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Q8Xb.10. Limited or no access to the internet: 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	12	3	4	1	2	3	-	8	4	8	1	3	-	-	-	4
	1%	2%	1%	*	1%	1%	-	1%	*	*	2%	3%	-	-	-	1%
		cfh				f						a				a
Ranked 2nd	21	2	6	7	2	2	3	15	6	15	-	2	3	-	1	6
	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	-	2%	4%	-	7%	2%
													a			a
Ranked 3rd	16	1	4	3	5	1	1	8	8	11	2	2	-	1	-	5
	1%	1%	1%	1%	2%	1%	*	1%	1%	1%	4%	2%	-	9%	-	2%
					fg						a					a
Not ranked	1781	141	420	405	226	195	393	966	815	1535	41	96	67	9	13	227
	88%	89%	88%	90%	91%	89%	86%	89%	88%	89%	92%	86%	85%	91%	93%	87%
					f											
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6%	6%	3%	6%	10%	6%	7%	7%	2%	5%	10%	-	-	6%
			d			d	abcdg	d	d							
NET: Ranked Top 3	49	6	14	10	9	6	3	31	18	35	3	7	3	1	1	14
	2%	4%	3%	2%	4%	3%	1%	3%	2%	2%	6%	6%	4%	9%	7%	6%
		f	f		f			f				a				a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.10. Limited or no access to the internet: 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	12	2	6	3	9	-	3	4	3	2	-	-	-	-	-	3
	1%	*	2%	1%	1%	-	4%	1%	1%	3%	-	-	-	-	-	2%
			a	a	a		cghij			cghij						ij
Ranked 2nd	21	3	8	8	15	-	3	10	3	-	1	1	1	1	1	3
	1%	*	2%	2%	2%	-	4%	2%	1%	-	1%	1%	1%	1%	*	2%
			a	a	a		ij									j
Ranked 3rd	16	8	4	1	5	2	2	8	1	-	-	2	1	-	-	3
	1%	1%	1%	*	1%	4%	2%	1%	1%	-	-	1%	1%	-	-	3%
						ij	j	j				j				ij
Not ranked	1781	1099	291	319	610	45	62	598	234	56	64	120	98	150	355	106
	88%	88%	90%	92%	91%	95%	83%	89%	91%	81%	89%	92%	91%	87%	86%	88%
				a	a	e			be			e				
None of the above	57	40	6	7	13	-	2	18	4	4	2	2	2	6	15	2
	3%	3%	2%	2%	2%	-	3%	3%	2%	6%	3%	2%	2%	3%	4%	2%
										d						
I don't face any challenges to being active	129	102	9	10	19	1	3	35	11	6	5	6	6	15	41	3
	6%	8%	3%	3%	3%	2%	4%	5%	4%	10%	7%	4%	5%	9%	10%	3%
		bcd								k				dk	cdgk	
NET: Ranked Top 3	49	13	17	12	29	2	7	23	8	2	1	3	2	1	1	9
	2%	1%	5%	3%	4%	4%	10%	3%	3%	3%	1%	2%	2%	1%	*	7%
			a	a	a	j	cdfghij	ij	j	j			j			cdghij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.10. Limited or no access to the internet: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	12	3	9	1	-	9	3	3	8	2	-	9	3	1	7	4	1	11
	1%	*	2%	1%	-	2%	*	*	3%	1%	-	2%	*	*	1%	1%	1%	1%
			af			af			af			af						
Ranked 2nd	21	4	10	3	1	12	5	3	12	1	1	13	4	1	14	6	1	20
	1%	1%	3%	2%	3%	2%	1%	*	5%	*	3%	3%	1%	*	1%	1%	1%	1%
			af			af			acf			acf						
Ranked 3rd	16	6	1	4	-	4	6	6	4	1	-	5	6	2	9	5	1	14
	1%	1%	*	2%	-	1%	1%	1%	2%	*	-	1%	1%	1%	1%	1%	1%	1%
				b														
Not ranked	1781	520	303	125	31	428	551	565	211	171	28	382	594	276	943	488	73	1505
	88%	92%	87%	84%	84%	86%	91%	90%	86%	87%	85%	87%	90%	88%	87%	91%	91%	88%
		bce					bce									b		
None of the above	57	11	9	4	1	13	12	18	3	6	2	10	19	9	37	9	2	48
	3%	2%	3%	2%	3%	3%	2%	3%	1%	3%	6%	2%	3%	3%	3%	2%	2%	3%
																c		
I don't face any challenges to being active	129	22	17	13	4	29	26	31	6	16	2	22	33	25	76	26	3	105
	6%	4%	5%	8%	11%	6%	4%	5%	3%	8%	6%	5%	5%	8%	7%	5%	3%	6%
				af	a					b								
NET: Ranked Top 3	49	12	19	7	1	26	13	12	24	3	1	28	13	4	29	14	3	45
	2%	2%	5%	5%	3%	5%	2%	2%	10%	2%	3%	6%	2%	1%	3%	3%	3%	3%
			af			af			acf			acf						

Q8Xb.10. Limited or no access to the internet: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	12	7	4	-	3	-	9	3	-	11	1	9	3
	1%	2%	*	-	1%	-	1%	*	-	1%	*	1%	1%
		b											
Ranked 2nd	21	9	11	6	5	2	9	12	1	19	2	17	3
	1%	3%	1%	2%	1%	3%	1%	2%	1%	1%	*	1%	1%
		b		d				d					
Ranked 3rd	16	6	6	3	4	1	9	6	1	13	3	14	2
	1%	2%	*	1%	1%	1%	1%	1%	2%	1%	1%	1%	1%
		b											
Not ranked	1781	308	1170	297	361	55	1100	623	76	1419	362	1521	249
	88%	88%	89%	93%	90%	87%	87%	91%	93%	89%	87%	88%	91%
				d				d					
None of the above	57	9	38	6	10	1	35	15	2	37	20	47	7
	3%	2%	3%	2%	2%	2%	3%	2%	3%	2%	5%	3%	3%
											a		
I don't face any challenges to being active	129	10	90	8	17	4	97	28	1	102	27	116	10
	6%	3%	7%	3%	4%	7%	8%	4%	1%	6%	7%	7%	4%
			a				abef						
NET: Ranked Top 3	49	22	21	9	12	2	28	20	2	44	5	40	7
	2%	6%	2%	3%	3%	4%	2%	3%	3%	3%	1%	2%	3%
		b											

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.10. Limited or no access to the internet: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	12	1	1	3	2	4	1	-	1	9	2	1	7	3	1	5	3	4	-
	1%	*	*	1%	1%	2%	*	-	*	1%	*	*	1%	*	*	1%	1%	1%	-
Ranked 2nd	21	-	3	3	7	2	4	-	2	15	6	5	4	8	4	9	1	6	6
	1%	-	2%	1%	2%	1%	2%	-	1%	1%	1%	1%	1%	1%	2%	1%	*	1%	2%
			a		a		a			a	a					b			b
Ranked 3rd	16	1	2	2	5	1	1	1	3	10	5	2	5	5	4	1	9	4	2
	1%	*	1%	1%	2%	*	*	1%	1%	1%	1%	*	1%	1%	2%	*	2%	1%	1%
															a		a		
Not ranked	1781	382	174	303	295	223	186	43	175	994	405	406	502	675	181	537	449	564	216
	88%	92%	89%	93%	90%	90%	87%	74%	74%	91%	80%	92%	89%	89%	77%	86%	88%	91%	91%
		fghj	ghj	fghj	ghj	ghj	ghj			ghj		d	d	d				a	a
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3%	3%	2%	1%	2%	2%	5%	7%	2%	5%	2%	1%	3%	7%	4%	3%	1%	3%
		d						d	abcdefi		cdi				abc	c	c		
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7%	19%	16%	4%	13%	4%	6%	6%	12%	8%	6%	5%	3%
							c	abcdefi	abcdefi		abcdefi				abc	d			
NET: Ranked Top 3	49	2	6	8	14	7	6	1	6	34	13	7	16	16	9	15	12	15	8
	2%	*	3%	2%	4%	3%	3%	1%	3%	3%	2%	2%	3%	2%	4%	2%	2%	2%	3%
			a	a	a	a	a		a	a	a								

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.10. Limited or no access to the internet: 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	12	7	5	1
	1%	1%	1%	*
Ranked 2nd	21	8	9	4
	1%	1%	1%	1%
Ranked 3rd	16	7	4	3
	1%	1%	1%	1%
Not ranked	1781	596	646	525
	88%	87%	86%	95%
				ab
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	49	22	18	8
	2%	3%	2%	1%
		c		

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.11. I can't afford the things I need to be active: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016 100%	985 100%	1025 100%	610 100%	659 100%	747 100%	96 100%	262 100%	197 100%	211 100%	174 100%	223 100%	315 100%	330 100%	208 100%
Ranked 1st	40 2%	16 2%	24 2%	15 2% c	18 3% c	6 1%	2 2%	4 2%	2 1%	4 2%	6 3%	4 2%	9 3%	6 2%	3 1%
Ranked 2nd	52 3%	23 2%	29 3%	29 5% bc	15 2%	9 1%	3 3%	5 2%	2 1%	6 3%	7 4% c	7 3%	7 2%	8 3%	8 4%
Ranked 3rd	61 3%	22 2%	40 4% a	25 4% c	24 4% c	13 2%	4 4%	6 2%	3 1%	9 4%	3 1%	13 6% ce	8 3%	9 3%	7 4%
Not ranked	1676 83%	806 82%	865 84%	501 82%	551 84%	624 84%	79 82%	222 85%	167 85%	174 83%	143 82%	185 83%	264 84%	277 84%	163 78%
None of the above	57 3%	32 3%	24 2%	19 3%	13 2%	25 3%	1 1%	7 3%	4 2%	3 2%	6 4%	8 4%	11 3%	9 3%	7 4%
I don't face any challenges to being active	129 6% b	86 9% b	44 4%	21 3%	39 6% a	70 9% ab	7 7%	17 7%	20 10% efg	14 7%	8 5%	6 3%	16 5%	21 6%	19 9% f
NET: Ranked Top 3	154 8% a	61 6%	93 9% a	70 11% c	57 9% c	27 4%	9 9% c	15 6%	6 3%	19 9% c	16 9% c	24 11% c	24 8% c	23 7%	18 9% c

Q8Xb.11. I can't afford the things I need to be active: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	40	4	4	8	6	7	11	16	24	35	-	2	2	-	-	3
	2%	2%	1%	2%	2%	3%	2%	1%	3%	2%	-	1%	2%	-	-	1%
						b	b		b							
Ranked 2nd	52	3	9	13	9	8	10	25	28	46	1	4	2	-	-	7
	3%	2%	2%	3%	4%	4%	2%	2%	3%	3%	2%	4%	2%	-	-	3%
Ranked 3rd	61	4	14	17	8	7	11	35	27	54	-	6	1	-	-	7
	3%	2%	3%	4%	3%	3%	2%	3%	3%	3%	-	5%	1%	-	-	3%
Not ranked	1676	136	408	378	213	178	364	921	755	1436	43	91	66	10	14	224
	83%	86%	85%	84%	86%	81%	79%	85%	81%	83%	96%	81%	83%	100%	100%	86%
			f		f			fh			acd					
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6%	6%	3%	6%	10%	6%	7%	7%	2%	5%	10%	-	-	6%
			d			d	abcdg	d	d							
NET: Ranked Top 3	154	10	26	38	23	23	33	75	79	134	1	12	4	-	-	17
	8%	6%	6%	8%	9%	10%	7%	7%	8%	8%	2%	11%	6%	-	-	7%
						b			b							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.11. I can't afford the things I need to be active: 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	40	19	4	13	17	2	2	15	6	-	1	3	3	4	4	4
	2%	1%	1%	4%	3%	4%	2%	2%	2%	-	1%	2%	2%	2%	1%	3%
				ab												
Ranked 2nd	52	29	9	11	20	1	3	20	5	2	3	5	1	6	6	3
	3%	2%	3%	3%	3%	2%	3%	3%	2%	3%	4%	4%	1%	4%	1%	3%
Ranked 3rd	61	33	14	13	27	-	3	18	13	5	1	3	3	9	7	3
	3%	3%	4%	4%	4%	-	4%	3%	5%	7%	1%	3%	3%	5%	2%	2%
									cj	j				j		
Not ranked	1676	1030	282	293	575	44	62	568	217	51	60	111	93	131	339	106
	83%	82%	87%	84%	86%	93%	83%	84%	84%	74%	83%	85%	87%	76%	82%	87%
			a			ei		ei	ei				ei			ei
None of the above	57	40	6	7	13	-	2	18	4	4	2	2	2	6	15	2
	3%	3%	2%	2%	2%	-	3%	3%	2%	6%	3%	2%	2%	3%	4%	2%
										d						
I don't face any challenges to being active	129	102	9	10	19	1	3	35	11	6	5	6	6	15	41	3
	6%	8%	3%	3%	3%	2%	4%	5%	4%	10%	7%	4%	5%	9%	10%	3%
		bcd								k				dk	cdgk	
NET: Ranked Top 3	154	82	27	37	64	3	7	52	25	7	5	12	6	19	17	10
	8%	7%	8%	11%	10%	6%	10%	8%	10%	10%	7%	9%	6%	11%	4%	8%
				a	a			j	j	j		j		j		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.11. I can't afford the things I need to be active: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	40	14	8	2	-	10	14	12	7	3	2	10	14	7	15	17	1	33
	2%	2%	2%	1%	-	2%	2%	2%	3%	1%	6%	2%	2%	2%	1%	3% b	1%	2%
Ranked 2nd	52	18	8	7	-	15	18	17	7	5	1	13	17	10	27	12	3	42
	3%	3%	2%	5%	-	3%	3%	3%	3%	3%	2%	3%	3%	3%	2%	2%	4%	2%
Ranked 3rd	61	16	16	5	2	21	18	18	14	8	-	22	18	7	37	17	1	54
	3%	3%	5%	3%	5%	4%	3%	3%	6% af	4%	-	5%	3%	2%	3%	3%	1%	3%
Not ranked	1676	484	289	119	30	408	514	531	207	158	27	365	558	255	894	456	71	1421
	83%	86%	83%	80%	81%	82%	85%	85%	85%	81%	80%	83%	85%	81%	82%	85%	88%	83%
None of the above	57	11	9	4	1	13	12	18	3	6	2	10	19	9	37	9	2	48
	3%	2%	3%	2%	3%	3%	2%	3%	1%	3%	6%	2%	3%	3%	3%	2% c	2%	3%
I don't face any challenges to being active	129	22	17	13	4	29	26	31	6	16	2	22	33	25	76	26	3	105
	6%	4%	5%	8% af	11% a	6%	4%	5%	3%	8% b	6%	5%	5%	8%	7%	5%	3%	6%
NET: Ranked Top 3	154	48	33	13	2	46	50	46	28	16	3	44	49	24	79	45	5	129
	8%	9%	10%	9%	5%	9%	8%	7%	12% af	8%	8%	10%	7%	8%	7%	8%	6%	8%

Q8Xb.11. I can't afford the things I need to be active: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Ranked 1st	40 2%	14 4% b	18 1%	11 3%	6 1%	1 1%	21 2%	17 2%	1 1%	33 2%	6 2%	32 2%	8 3%
Ranked 2nd	52 3%	16 5% b	26 2%	17 5% d	11 3%	2 3%	22 2%	28 4% d	2 2%	38 2%	14 3%	41 2%	12 4%
Ranked 3rd	61 3%	18 5% b	33 3%	12 4%	12 3%	1 1%	35 3%	21 3%	3 4%	52 3%	9 2%	50 3%	11 4%
Not ranked	1676 83%	281 81%	1115 84%	266 83%	344 86%	54 85%	1050 83%	578 84%	72 89%	1340 84%	337 81%	1438 83%	226 83%
None of the above	57 3%	9 2%	38 3%	6 2%	10 2%	1 2%	35 3%	15 2%	2 3%	37 2%	20 5% a	47 3%	7 3%
I don't face any challenges to being active	129 6%	10 3%	90 7% a	8 3%	17 4%	4 7%	97 8% abef	28 4%	1 1%	102 6%	27 7%	116 7%	10 4%
NET: Ranked Top 3	154 8%	49 14% b	77 6%	40 13% bd	28 7%	3 5%	78 6%	65 10% d	6 7%	124 8%	30 7%	123 7%	30 11% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.11. I can't afford the things I need to be active: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	40	1	2	3	12	10	5	2	5	28	11	14	12	10	3	12	12	11	5
	2%	*	1%	1%	4%	4%	2%	3%	2%	3%	2%	3%	2%	1%	1%	2%	2%	2%	2%
					ac	ac	a	a	a	a	a	c							
Ranked 2nd	52	6	9	10	11	7	2	2	5	37	9	13	15	16	7	11	15	16	9
	3%	2%	4%	3%	3%	3%	1%	4%	2%	3%	2%	3%	3%	2%	3%	2%	3%	3%	4%
			af		f					f									
Ranked 3rd	61	13	4	11	11	5	9	2	7	31	18	18	19	19	5	18	12	28	3
	3%	3%	2%	3%	3%	2%	4%	3%	3%	3%	4%	4%	3%	3%	2%	3%	2%	5%	1%
																		bd	
Not ranked	1676	364	164	287	275	207	177	38	164	933	379	368	471	646	175	511	423	522	206
	83%	88%	84%	88%	84%	84%	83%	66%	69%	85%	75%	83%	84%	86%	75%	82%	83%	84%	87%
		ghj	ghj	ghj	ghj	ghj	ghj			ghj		d	d	d					
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3%	3%	2%	1%	2%	2%	5%	7%	2%	5%	2%	1%	3%	7%	4%	3%	1%	3%
		d						d	abcdefi		cdi				abc	c	c		
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7%	19%	16%	4%	13%	4%	6%	6%	12%	8%	6%	5%	3%
							c	abcdefi	abcdefi		abcdefi				abc	d			
NET: Ranked Top 3	154	20	15	24	34	22	16	6	17	95	38	46	46	45	15	40	38	56	18
	8%	5%	8%	7%	10%	9%	7%	10%	7%	9%	8%	10%	8%	6%	7%	6%	8%	9%	7%
					a	a				a		c							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.11. I can't afford the things I need to be active: 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	40	15	15	10
	2%	2%	2%	2%
Ranked 2nd	52	19	21	12
	3%	3%	3%	2%
Ranked 3rd	61	23	21	17
	3%	3%	3%	3%
Not ranked	1676	561	607	494
	83%	82%	81%	90%
				ab
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	154	57	57	39
	8%	8%	8%	7%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.12. I'm worried about Covid-19: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	122	63	58	44	39	38	7	11	10	13	15	9	30	18	9
	6%	6%	6%	7%	6%	5%	8%	4%	5%	6%	9%	4%	10%	5%	4%
													bfhi		
Ranked 2nd	120	75	46	29	37	54	6	12	14	12	15	12	14	24	12
	6%	8%	4%	5%	6%	7%	6%	4%	7%	6%	8%	5%	5%	7%	6%
		b													
Ranked 3rd	102	61	42	33	35	35	8	10	13	9	9	8	17	12	16
	5%	6%	4%	5%	5%	5%	8%	4%	7%	4%	5%	4%	5%	4%	8%
		b													h
Not ranked	1485	669	812	464	497	525	67	204	136	159	120	181	227	246	145
	74%	68%	79%	76%	75%	70%	69%	78%	69%	75%	69%	81%	72%	75%	70%
			a	c	c			cei				acegi			
None of the above	57	32	24	19	13	25	1	7	4	3	6	8	11	9	7
	3%	3%	2%	3%	2%	3%	1%	3%	2%	2%	4%	4%	3%	3%	4%
I don't face any challenges to being active	129	86	44	21	39	70	7	17	20	14	8	6	16	21	19
	6%	9%	4%	3%	6%	9%	7%	7%	10%	7%	5%	3%	5%	6%	9%
		b			a	ab			efg						f
NET: Ranked Top 3	344	198	146	106	111	127	21	33	37	34	39	29	61	54	37
	17%	20%	14%	17%	17%	17%	22%	13%	19%	16%	22%	13%	19%	16%	18%
		b					bf				bf		b		

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Q8Xb.12. I'm worried about Covid-19: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	122	8	32	28	20	15	19	68	54	93	3	12	5	1	4	25
	6%	5%	7%	6%	8%	7%	4%	6%	6%	5%	7%	10%	6%	8%	27%	9%
					f							a				a
Ranked 2nd	120	13	28	19	13	10	37	60	60	97	4	9	6	2	2	23
	6%	8%	6%	4%	5%	5%	8%	6%	7%	6%	10%	8%	8%	16%	13%	9%
							c									a
Ranked 3rd	102	9	23	23	12	9	26	56	47	88	3	6	3	-	-	12
	5%	6%	5%	5%	5%	4%	6%	5%	5%	5%	6%	6%	4%	-	-	5%
Not ranked	1485	116	351	345	191	167	314	812	673	1291	33	76	56	8	9	181
	74%	74%	73%	76%	77%	76%	68%	75%	73%	75%	75%	67%	70%	76%	61%	69%
				f	f	f		f								
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6%	6%	3%	6%	10%	6%	7%	7%	2%	5%	10%	-	-	6%
			d			d	abcdg	d	d							
NET: Ranked Top 3	344	30	83	70	45	34	83	184	161	278	10	27	15	2	6	60
	17%	19%	17%	16%	18%	15%	18%	17%	17%	16%	23%	24%	18%	24%	39%	23%
												a				a

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Q8Xb.12. I'm worried about Covid-19: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016 100%	1254 100%	324 100%	347 100%	671 100%	47 100%	74 100%	674 100%	257 100%	68 100%	73 100%	131 100%	108 100%	172 100%	413 100%	121 100%
Ranked 1st	122 6%	74 6%	18 6%	22 6%	40 6%	5 10% j	7 10% j	44 6%	13 5%	3 4%	4 6%	15 11% dij	10 9% j	7 4%	14 3%	12 10% ij
Ranked 2nd	120 6%	80 6%	22 7%	13 4%	36 5%	1 2%	7 10% dh	43 6%	10 4%	6 8% h	5 7%	7 6%	2 2%	6 4%	32 8% dh	8 7%
Ranked 3rd	102 5%	56 4%	24 7% a	19 6%	43 6%	4 8%	4 6%	36 5%	7 3%	5 7%	2 3%	7 5%	7 6%	10 6%	21 5%	8 6%
Not ranked	1485 74%	902 72%	244 75%	276 79% a	520 77% a	37 79%	51 68%	497 74%	212 83% bcegijk	45 65%	53 74%	94 72%	80 75%	128 74%	288 70%	88 72%
None of the above	57 3%	40 3%	6 2%	7 2%	13 2%	- -	2 3%	18 3%	4 2%	4 6% d	2 3%	2 2%	2 2%	6 3%	15 4%	2 2%
I don't face any challenges to being active	129 6%	102 8% bcd	9 3%	10 3%	19 3%	1 2%	3 4%	35 5%	11 4%	6 10% k	5 7%	6 4%	6 5%	15 9% dk	41 10% cdgk	3 3%
NET: Ranked Top 3	344 17%	210 17%	65 20%	54 16%	119 18%	9 20% di	18 25% di	123 18% d	30 12%	13 19%	12 16%	29 22% di	19 18%	23 13%	68 16%	28 23% di

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Q8Xb.12. I'm worried about Covid-19: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	122	34	19	11	4	29	38	38	19	9	3	29	40	16	69	30	6	106
	6%	6%	5%	7%	10%	6%	6%	6%	8%	5%	8%	6%	6%	5%	6%	6%	8%	6%
Ranked 2nd	120	31	24	8	3	32	35	33	17	15	3	32	35	16	75	25	4	104
	6%	6%	7%	5%	9%	6%	6%	5%	7%	8%	8%	7%	5%	5%	7%	5%	5%	6%
Ranked 3rd	102	30	15	6	2	22	31	30	15	7	3	22	33	13	50	31	8	90
	5%	5%	4%	4%	4%	4%	5%	5%	6%	3%	8%	5%	5%	4%	5%	6%	10%	5%
																	abe	
Not ranked	1485	437	263	108	23	371	461	477	184	143	22	327	498	235	778	416	57	1251
	74%	77%	76%	73%	64%	75%	77%	76%	75%	73%	65%	74%	76%	75%	72%	77%	71%	73%
		d														b		
None of the above	57	11	9	4	1	13	12	18	3	6	2	10	19	9	37	9	2	48
	3%	2%	3%	2%	3%	3%	2%	3%	1%	3%	6%	2%	3%	3%	3%	2%	2%	3%
															c			
I don't face any challenges to being active	129	22	17	13	4	29	26	31	6	16	2	22	33	25	76	26	3	105
	6%	4%	5%	8%	11%	6%	4%	5%	3%	8%	6%	5%	5%	8%	7%	5%	3%	6%
				af	a					b								
NET: Ranked Top 3	344	95	58	24	9	83	103	101	51	31	8	82	108	45	194	86	19	299
	17%	17%	17%	16%	23%	17%	17%	16%	21%	16%	23%	19%	16%	14%	18%	16%	24%	18%
																	a	

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.12. I'm worried about Covid-19: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

| | Total | Care responsibilities in household not including children | | Longstanding condition or illness | | | | | | Area | | Access to private outdoor space | |
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	122	24	76	17	22	5	76	40	4	99	23	100	18
	6%	7%	6%	5%	5%	7%	6%	6%	5%	6%	6%	6%	7%
Ranked 2nd	120	19	82	15	23	6	80	38	4	92	28	105	15
	6%	5%	6%	5%	6%	10%	6%	5%	5%	6%	7%	6%	6%
Ranked 3rd	102	18	71	17	17	3	68	32	5	77	26	92	9
	5%	5%	5%	5%	4%	4%	5%	5%	6%	5%	6%	5%	3%
Not ranked	1485	269	962	257	310	44	904	534	65	1196	290	1264	214
	74%	77%	73%	80%	78%	70%	72%	78%	80%	75%	70%	73%	78%
				d	d			d					
None of the above	57	9	38	6	10	1	35	15	2	37	20	47	7
	3%	2%	3%	2%	2%	2%	3%	2%	3%	2%	5%	3%	3%
											a		
I don't face any challenges to being active	129	10	90	8	17	4	97	28	1	102	27	116	10
	6%	3%	7%	3%	4%	7%	8%	4%	1%	6%	7%	7%	4%
			a				abef						
NET: Ranked Top 3	344	61	229	50	62	13	224	109	13	268	77	297	42
	17%	17%	17%	16%	16%	21%	18%	16%	16%	17%	19%	17%	15%

Q8Xb.12. I'm worried about Covid-19: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	122	12	16	19	20	21	18	1	15	77	34	18	42	45	14	13	30	41	35
	6%	3%	8%	6%	6%	9%	9%	1%	6%	7%	7%	4%	8%	6%	6%	2%	6%	7%	14%
			a	a	a	a	a		a	a	a		a				a	a	abc
Ranked 2nd	120	13	11	24	27	19	11	2	14	80	27	17	33	60	10	12	28	54	25
	6%	3%	6%	7%	8%	8%	5%	4%	6%	7%	5%	4%	6%	8%	4%	2%	6%	9%	11%
				a	a	a				a				a			a	ab	ab
Ranked 3rd	102	17	12	20	16	22	6	3	6	71	15	17	26	44	14	13	25	38	25
	5%	4%	6%	6%	5%	9%	3%	6%	2%	6%	3%	4%	5%	6%	6%	2%	5%	6%	11%
			hj	hj		adfhj				fhj							a	a	abc
Not ranked	1485	343	140	247	246	167	158	38	146	801	342	361	417	542	153	513	378	445	139
	74%	83%	72%	76%	75%	67%	74%	65%	62%	73%	67%	82%	74%	72%	65%	82%	74%	72%	58%
		bcdefghij	h	ehj	ehj		h			hj		bcd	d			bcd	d	d	
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3%	3%	2%	1%	2%	2%	5%	7%	2%	5%	2%	1%	3%	7%	4%	3%	1%	3%
		d						d	abcdefi		cdi				abc	c	c		
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7%	19%	16%	4%	13%	4%	6%	6%	12%	8%	6%	5%	3%
							c	abcdefi	abcdefi		abcdefi				abc	d			
NET: Ranked Top 3	344	41	39	63	63	62	34	6	35	228	76	53	101	149	38	38	84	133	85
	17%	10%	20%	19%	19%	25%	16%	11%	15%	21%	15%	12%	18%	20%	16%	6%	16%	21%	36%
			a	a	a	afghj	a			ahj	a		a	a			a	ab	abc

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Q8Xb.12. I'm worried about Covid-19: 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	122	43	41	35
	6%	6%	5%	6%
Ranked 2nd	120	51	38	30
	6%	7%	5%	5%
Ranked 3rd	102	39	26	37
	5%	6%	3%	7%
		b		b
Not ranked	1485	485	558	431
	74%	71%	74%	78%
				a
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	344	133	106	102
	17%	19%	14%	18%
		b		b

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.13. Too tired / lacking energy: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	227	86	141	71	73	84	8	33	18	23	25	28	29	46	18
	11%	9%	14%	12%	11%	11%	9%	13%	9%	11%	14%	12%	9%	14%	9%
			a												
Ranked 2nd	277	105	173	90	112	76	14	41	31	26	16	28	44	47	30
	14%	11%	17%	15%	17%	10%	14%	16%	16%	12%	9%	13%	14%	14%	14%
			a	c	c										
Ranked 3rd	199	83	114	66	54	79	10	23	18	24	17	16	34	35	22
	10%	8%	11%	11%	8%	11%	10%	9%	9%	11%	10%	7%	11%	11%	11%
			a												
Not ranked	1126	593	530	344	370	412	56	140	106	119	101	137	182	172	111
	56%	60%	52%	56%	56%	55%	58%	54%	54%	57%	58%	62%	58%	52%	53%
		b										h			
None of the above	57	32	24	19	13	25	1	7	4	3	6	8	11	9	7
	3%	3%	2%	3%	2%	3%	1%	3%	2%	2%	4%	4%	3%	3%	4%
I don't face any challenges to being active	129	86	44	21	39	70	7	17	20	14	8	6	16	21	19
	6%	9%	4%	3%	6%	9%	7%	7%	10%	7%	5%	3%	5%	6%	9%
		b			a	ab			efg						f
NET: Ranked Top 3	704	274	428	227	238	239	32	97	67	74	58	72	106	128	70
	35%	28%	42%	37%	36%	32%	33%	37%	34%	35%	33%	32%	34%	39%	34%
			a												

Q8Xb.13. Too tired / lacking energy: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	227	11	53	54	30	21	59	118	110	197	3	14	11	1	1	29
	11%	7%	11%	12%	12%	10%	13%	11%	12%	11%	6%	12%	14%	9%	7%	11%
Ranked 2nd	277	18	65	79	32	41	44	161	116	250	4	9	5	2	3	22
	14%	11%	14%	17%	13%	19%	9%	15%	13%	14%	10%	8%	6%	19%	19%	9%
				fh		afh		f		cdg						
Ranked 3rd	199	10	51	40	20	25	54	101	98	174	3	11	6	2	-	22
	10%	6%	11%	9%	8%	11%	12%	9%	11%	10%	6%	10%	7%	23%	-	8%
Not ranked	1126	107	266	243	155	114	241	616	510	949	34	69	49	5	10	167
	56%	68%	56%	54%	62%	52%	52%	57%	55%	55%	76%	61%	61%	49%	74%	64%
		bcefgh			cefh						a					a
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6%	6%	3%	6%	10%	6%	7%	7%	2%	5%	10%	-	-	6%
			d			d	abcdg	d	d							
NET: Ranked Top 3	704	39	168	173	81	87	156	380	324	621	10	34	21	5	4	74
	35%	25%	35%	38%	33%	40%	34%	35%	35%	36%	22%	30%	27%	51%	26%	28%
			a	a		a	a	a	a	bg						

Q8Xb.13. Too tired / lacking energy: 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	227	151	31	39	70	5	5	58	20	8	9	24	16	29	52	11
	11%	12%	10%	11%	10%	11%	7%	9%	8%	12%	12%	18%	15%	17%	13%	9%
												bcdk	cd	bcdk	cd	
Ranked 2nd	277	166	53	47	100	10	11	100	51	8	7	15	22	21	32	21
	14%	13%	16%	13%	15%	21%	15%	15%	20%	12%	10%	12%	20%	12%	8%	17%
						j		j	fgij				fj			j
Ranked 3rd	199	130	30	36	66	4	5	67	24	4	8	17	8	19	43	9
	10%	10%	9%	10%	10%	9%	6%	10%	9%	6%	11%	13%	8%	11%	10%	7%
Not ranked	1126	665	194	208	403	27	48	396	147	37	42	67	53	80	228	75
	56%	53%	60%	60%	60%	57%	65%	59%	57%	55%	58%	51%	49%	47%	55%	62%
			a	a	a		ghi	hi	i							hi
None of the above	57	40	6	7	13	-	2	18	4	4	2	2	2	6	15	2
	3%	3%	2%	2%	2%	-	3%	3%	2%	6%	3%	2%	2%	3%	4%	2%
										d						
I don't face any challenges to being active	129	102	9	10	19	1	3	35	11	6	5	6	6	15	41	3
	6%	8%	3%	3%	3%	2%	4%	5%	4%	10%	7%	4%	5%	9%	10%	3%
		bcd								k				dk	cdgk	
NET: Ranked Top 3	704	447	114	122	236	19	21	225	95	20	23	56	47	70	128	40
	35%	36%	35%	35%	35%	41%	28%	33%	37%	30%	32%	43%	43%	41%	31%	33%
												bcj	bcj	bj		

Q8Xb.13. Too tired / lacking energy: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	227	43	35	13	2	48	46	54	21	13	2	34	55	41	119	59	8	187
	11%	8%	10%	9%	6%	10%	8%	9%	9%	7%	5%	8%	8%	13%	11%	11%	10%	11%
Ranked 2nd	277	102	50	15	5	65	107	123	27	21	3	48	125	46	135	80	17	231
	14%	18%	14%	10%	14%	13%	18%	20%	11%	11%	8%	11%	19%	15%	12%	15%	21%	14%
		ce					ce	bce					bce					b
Ranked 3rd	199	54	32	15	3	47	58	64	22	15	4	37	67	28	112	53	7	171
	10%	10%	9%	10%	9%	9%	10%	10%	9%	8%	11%	8%	10%	9%	10%	10%	8%	10%
Not ranked	1126	333	204	90	21	295	354	338	166	126	22	292	359	165	607	310	44	961
	56%	59%	59%	61%	57%	59%	59%	54%	68%	64%	65%	66%	54%	52%	56%	58%	55%	56%
									af	af		af						
None of the above	57	11	9	4	1	13	12	18	3	6	2	10	19	9	37	9	2	48
	3%	2%	3%	2%	3%	3%	2%	3%	1%	3%	6%	2%	3%	3%	3%	2%	2%	3%
																c		
I don't face any challenges to being active	129	22	17	13	4	29	26	31	6	16	2	22	33	25	76	26	3	105
	6%	4%	5%	8%	11%	6%	4%	5%	3%	8%	6%	5%	5%	8%	7%	5%	3%	6%
				af	a					b								
NET: Ranked Top 3	704	200	117	42	11	160	210	240	69	48	8	118	248	115	365	192	32	589
	35%	35%	34%	28%	30%	32%	35%	38%	28%	25%	23%	27%	38%	37%	34%	36%	39%	35%
								bce					bce					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.13. Too tired / lacking energy: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Ranked 1st	227 11%	34 10%	149 11%	48 15% d	47 12%	8 12%	134 11%	84 12%	15 18% d	191 12%	37 9%	196 11%	30 11%
Ranked 2nd	277 14%	42 12%	183 14%	49 15% c	60 15% c	3 4%	170 14% c	98 14% c	12 15% c	218 14%	59 14%	238 14%	38 14%
Ranked 3rd	199 10%	30 9%	139 11%	37 12%	38 10%	5 8%	121 10%	69 10%	12 14%	166 10%	33 8%	165 10%	33 12%
Not ranked	1126 56%	223 64% b	721 55%	173 54%	228 57%	42 67% f	701 56%	392 57%	40 49%	888 55%	237 57%	962 56%	155 57%
None of the above	57 3%	9 2%	38 3%	6 2%	10 2%	1 2%	35 3%	15 2%	2 3%	37 2%	20 5% a	47 3%	7 3%
I don't face any challenges to being active	129 6%	10 3%	90 7% a	8 3%	17 4%	4 7%	97 8% abef	28 4%	1 1%	102 6%	27 7%	116 7%	10 4%
NET: Ranked Top 3	704 35%	107 31%	471 36%	134 42% cd	145 36%	15 24%	426 34%	252 37%	38 47% cd	575 36%	129 31%	599 35%	101 37%

Q8Xb.13. Too tired / lacking energy: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	227	57	31	41	29	24	29	3	13	125	46	64	70	73	18	78	46	71	28
	11%	14%	16%	13%	9%	10%	14%	6%	5%	11%	9%	15%	13%	10%	8%	13%	9%	11%	12%
		dhj	deghj	h			h			h		cd	d						
Ranked 2nd	277	71	23	52	44	29	28	4	25	149	58	71	95	92	18	84	65	95	31
	14%	17%	12%	16%	14%	12%	13%	8%	11%	14%	11%	16%	17%	12%	8%	13%	13%	15%	13%
		hj		j								cd	cd						
Ranked 3rd	199	43	19	32	37	22	24	7	15	110	47	57	50	76	16	53	56	69	21
	10%	10%	10%	10%	11%	9%	11%	13%	6%	10%	9%	13%	9%	10%	7%	8%	11%	11%	9%
												bd							
Not ranked	1126	213	106	185	199	154	111	29	128	645	268	221	303	450	140	336	293	343	145
	56%	52%	54%	57%	61%	62%	52%	50%	54%	59%	53%	50%	54%	60%	59%	54%	58%	55%	61%
					afj	afj				aj				ab	a				
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3%	3%	2%	1%	2%	2%	5%	7%	2%	5%	2%	1%	3%	7%	4%	3%	1%	3%
		d						d	abcdefi		cdi				abc	c	c		
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7%	19%	16%	4%	13%	4%	6%	6%	12%	8%	6%	5%	3%
								c	abcdefi	abcdefi		abcdefi				abc	d		
NET: Ranked Top 3	704	171	73	125	110	75	81	15	54	384	150	192	215	241	51	215	168	235	79
	35%	41%	38%	38%	34%	30%	38%	26%	23%	35%	30%	44%	38%	32%	22%	34%	33%	38%	33%
		deghij	hj	ehj	h		hj			hj		cd	cd	d					

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Q8Xb.13. Too tired / lacking energy: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

		Amount of activity now compared to last year		
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	227	69	83	73
	11%	10%	11%	13%
Ranked 2nd	277	86	89	100
	14%	12%	12%	18%
				ab
Ranked 3rd	199	58	80	62
	10%	8%	11%	11%
Not ranked	1126	406	412	297
	56%	59%	55%	54%
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	704	212	252	235
	35%	31%	33%	43%
				ab

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.14. I just don't want to: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	133	82	50	27	35	71	10	14	15	19	7	12	27	19	9
	7%	8%	5%	4%	5%	10%	11%	5%	7%	9%	4%	5%	9%	6%	4%
		b				ab	ei			i			i		
Ranked 2nd	122	66	55	29	34	60	4	13	11	10	11	25	20	18	11
	6%	7%	5%	5%	5%	8%	5%	5%	5%	5%	6%	11%	6%	5%	5%
						ab						abcdhi			
Ranked 3rd	112	46	66	40	37	35	3	16	10	9	6	9	21	25	12
	6%	5%	6%	7%	6%	5%	3%	6%	5%	4%	4%	4%	7%	8%	6%
Not ranked	1463	673	787	475	502	486	70	194	137	156	135	163	220	238	150
	73%	68%	77%	78%	76%	65%	73%	74%	70%	74%	78%	73%	70%	72%	72%
			a	c	c										
None of the above	57	32	24	19	13	25	1	7	4	3	6	8	11	9	7
	3%	3%	2%	3%	2%	3%	1%	3%	2%	2%	4%	4%	3%	3%	4%
I don't face any challenges to being active	129	86	44	21	39	70	7	17	20	14	8	6	16	21	19
	6%	9%	4%	3%	6%	9%	7%	7%	10%	7%	5%	3%	5%	6%	9%
		b			a	ab			efg						f
NET: Ranked Top 3	367	194	171	96	105	166	18	43	36	37	24	47	69	62	31
	18%	20%	17%	16%	16%	22%	19%	16%	18%	18%	14%	21%	22%	19%	15%
						ab							e		

Savanta: ComRes

Q8Xb.14. I just don't want to: 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	133	7	26	29	18	13	39	62	70	111	5	8	5	2	1	20
	7%	4%	5%	7%	7%	6%	8%	6%	8%	6%	11%	7%	6%	15%	7%	8%
Ranked 2nd	122	6	24	25	14	18	35	55	67	111	3	2	5	-	-	9
	6%	4%	5%	6%	5%	8%	8%	5%	7%	6%	7%	2%	6%	-	-	4%
									g	c						
Ranked 3rd	112	13	28	22	17	14	19	62	50	100	2	3	3	1	1	10
	6%	8%	6%	5%	7%	6%	4%	6%	5%	6%	4%	2%	4%	9%	6%	4%
Not ranked	1463	121	356	339	187	156	303	816	646	1247	34	90	58	8	12	202
	73%	77%	74%	75%	75%	71%	66%	75%	70%	72%	76%	81%	72%	76%	87%	77%
		f	f	fh	f			fh				a				
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6%	6%	3%	6%	10%	6%	7%	7%	2%	5%	10%	-	-	6%
			d			d	abcdg	d	d							
NET: Ranked Top 3	367	25	78	77	49	45	93	180	187	322	10	13	13	2	2	39
	18%	16%	16%	17%	20%	21%	20%	17%	20%	19%	22%	11%	16%	24%	13%	15%
									g	c						

Q8Xb.14. I just don't want to: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016 100%	1254 100%	324 100%	347 100%	671 100%	47 100%	74 100%	674 100%	257 100%	68 100%	73 100%	131 100%	108 100%	172 100%	413 100%	121 100%
Ranked 1st	133 7%	101 8% bcd	10 3%	16 5%	26 4%	5 11% c	4 5%	30 4%	18 7%	2 3%	5 7%	7 5%	7 6%	11 6%	45 11% ce	9 7%
Ranked 2nd	122 6%	93 7% cd	14 4%	10 3%	25 4%	7 15% bcdghi	3 4%	36 5%	11 4%	6 8%	5 7%	6 5%	6 6%	7 4%	36 9% cdi	10 8%
Ranked 3rd	112 6%	70 6%	21 7%	16 5%	37 6%	3 6%	7 10% cej	30 5%	22 8% cej	1 2%	3 4%	6 5%	9 8% j	17 10% cej	14 3%	10 8% j
Not ranked	1463 73%	847 68%	263 81% a	288 83% a	551 82% a	31 65%	55 75%	524 78% aij	192 75% j	49 72%	52 72%	104 79% ij	78 72%	116 68%	262 63%	86 71%
None of the above	57 3%	40 3%	6 2%	7 2%	13 2%	- -	2 3%	18 3%	4 2%	4 6% d	2 3%	2 2%	2 2%	6 3%	15 4%	2 2%
I don't face any challenges to being active	129 6%	102 8% bcd	9 3%	10 3%	19 3%	1 2%	3 4%	35 5%	11 4%	6 10% k	5 7%	6 4%	6 5%	15 9% dk	41 10% cdgk	3 3%
NET: Ranked Top 3	367 18%	265 21% bcd	46 14%	42 12%	88 13%	16 33% cdeg	13 18%	96 14%	50 20% c	9 13%	13 18%	19 15%	22 20%	34 20%	95 23% cg	29 24% cg

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.14. I just don't want to: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016 100%	565 100%	348 100%	149 100%	37 100%	496 100%	602 100%	626 100%	245 100%	196 100%	33 100%	441 100%	659 100%	313 100%	1086 100%	537 100%	80 100%	1703 100%
Ranked 1st	133 7%	30 5%	19 5%	8 5%	- -	26 5%	30 5%	42 7% be	8 3%	8 4%	- -	16 4%	42 6% e	33 10% bce	73 7%	24 4%	3 4%	100 6%
Ranked 2nd	122 6%	26 5%	15 4%	11 8% abef	5 14%	26 5%	31 5%	33 5% b	6 2%	14 7% b	1 3%	20 4%	34 5%	24 8% cd	76 7% cd	22 4%	1 1%	99 6% d
Ranked 3rd	112 6%	29 5%	21 6%	8 5%	- -	29 6%	29 5%	30 5%	13 5%	14 7%	- -	28 6%	30 5%	24 8%	54 5%	30 6%	4 5%	88 5%
Not ranked	1463 73%	447 79% c	267 77%	105 71%	27 73%	373 75%	474 79% c	472 75%	208 85% acef	138 70%	28 85%	346 78% c	500 76%	200 64%	770 71% a	425 79% abe	68 84% abe	1263 74% a
None of the above	57 3%	11 2%	9 3%	4 2%	1 3%	13 3%	12 2%	18 3%	3 1%	6 3%	2 6%	10 2%	19 3%	9 3%	37 3% c	9 2%	2 2%	48 3%
I don't face any challenges to being active	129 6%	22 4%	17 5%	13 8% af	4 11% a	29 6%	26 4%	31 5%	6 3%	16 8% b	2 6%	22 5%	33 5%	25 8%	76 7%	26 5%	3 3%	105 6%
NET: Ranked Top 3	367 18%	85 15%	55 16%	27 18%	5 14%	82 16%	90 15%	105 17% bd	27 11%	36 18% bd	1 3%	63 14%	106 16% bd	80 26% bcde	202 19% cd	77 14%	8 10%	287 17%

Q8Xb.14. I just don't want to: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Ranked 1st	133 7%	15 4%	83 6%	17 5%	24 6%	3 5%	92 7%	38 6%	5 6%	109 7%	24 6%	110 6%	22 8%
Ranked 2nd	122 6%	17 5%	80 6%	23 7% b	14 3%	4 6%	87 7% b	35 5%	6 8%	98 6%	25 6%	105 6%	15 6%
Ranked 3rd	112 6%	16 4%	71 5%	14 5%	21 5%	3 5%	73 6%	34 5%	4 5%	93 6%	19 5%	99 6%	12 4%
Not ranked	1463 73%	282 81% b	958 73%	252 79% d	313 78% d	47 74%	876 70%	537 78% d	63 77%	1164 73%	299 72%	1248 72%	207 76%
None of the above	57 3%	9 2%	38 3%	6 2%	10 2%	1 2%	35 3%	15 2%	2 3%	37 2%	20 5% a	47 3%	7 3%
I don't face any challenges to being active	129 6%	10 3%	90 7% a	8 3%	17 4%	4 7%	97 8% abef	28 4%	1 1%	102 6%	27 7%	116 7%	10 4%
NET: Ranked Top 3	367 18%	48 14%	233 18%	54 17%	59 15%	10 16%	251 20% be	106 15%	16 19%	299 19%	68 16%	314 18%	49 18%

Q8Xb.14. I just don't want to: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	133	70	9	22	18	6	5	1	2	56	7	29	37	50	16	53	37	25	16
	7%	17%	5%	7%	6%	3%	2%	2%	1%	5%	1%	7%	7%	7%	7%	8%	7%	4%	7%
		bcdefghij	hj	efhj	hj					hj						c	c		
Ranked 2nd	122	45	13	19	11	17	8	3	8	60	18	36	30	44	11	39	31	36	15
	6%	11%	7%	6%	3%	7%	4%	4%	3%	5%	4%	8%	5%	6%	5%	6%	6%	6%	6%
		cdfhij																	
Ranked 3rd	112	35	11	21	15	10	10	2	9	56	20	31	31	40	8	39	21	46	6
	6%	9%	6%	6%	5%	4%	5%	3%	4%	5%	4%	7%	6%	5%	3%	6%	4%	7%	2%
		dehij														d		bd	
Not ranked	1463	234	146	248	265	197	170	39	163	857	372	317	420	558	156	421	371	471	187
	73%	57%	75%	76%	81%	80%	80%	67%	69%	78%	73%	72%	75%	74%	66%	67%	73%	76%	78%
			a	a	aghj	agh	agh		a	aghj	a		d	d			a	a	a
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3%	3%	2%	1%	2%	2%	5%	7%	2%	5%	2%	1%	3%	7%	4%	3%	1%	3%
		d						d	abcdefi		cdi				abc	c	c		
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7%	19%	16%	4%	13%	4%	6%	6%	12%	8%	6%	5%	3%
							c	abcdefi	abcdefi		abcdefi				abc	d			
NET: Ranked Top 3	367	149	33	62	44	32	22	5	18	172	46	97	97	134	35	131	90	107	37
	18%	36%	17%	19%	13%	13%	11%	9%	8%	16%	9%	22%	17%	18%	15%	21%	18%	17%	15%
		bcdefghij	hj	dfhj	hj					fhj		d							

Q8Xb.14. I just don't want to: 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	133	21	69	43
	7%	3%	9%	8%
			a	a
Ranked 2nd	122	23	57	42
	6%	3%	8%	8%
			a	a
Ranked 3rd	112	27	49	36
	6%	4%	6%	6%
			a	a
Not ranked	1463	547	489	412
	73%	79%	65%	75%
		bc		b
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	367	71	174	121
	18%	10%	23%	22%
			a	a

Q8Xb.19. Bad weather: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	278	155	123	69	82	127	8	44	25	31	27	32	41	32	38
	14%	16%	12%	11%	12%	17%	8%	17%	13%	15%	16%	14%	13%	10%	18%
		b				ab		ah							ah
Ranked 2nd	209	110	98	51	72	86	11	30	20	22	18	15	23	48	22
	10%	11%	10%	8%	11%	11%	11%	11%	10%	10%	10%	7%	7%	14%	11%
														fg	
Ranked 3rd	163	90	72	39	52	72	9	11	24	21	14	33	12	18	21
	8%	9%	7%	6%	8%	10%	9%	4%	12%	10%	8%	15%	4%	5%	10%
						a	bg		bgh	bgh	g	bgh			bgh
Not ranked	1180	512	665	411	402	367	60	152	104	119	100	130	212	202	101
	59%	52%	65%	67%	61%	49%	62%	58%	53%	56%	57%	58%	68%	61%	48%
			a	bc	c		i	i					bcdefi	ci	
None of the above	57	32	24	19	13	25	1	7	4	3	6	8	11	9	7
	3%	3%	2%	3%	2%	3%	1%	3%	2%	2%	4%	4%	3%	3%	4%
I don't face any challenges to being active	129	86	44	21	39	70	7	17	20	14	8	6	16	21	19
	6%	9%	4%	3%	6%	9%	7%	7%	10%	7%	5%	3%	5%	6%	9%
		b			a	ab			efg						f
NET: Ranked Top 3	650	355	293	159	206	285	28	85	69	74	60	79	76	98	81
	32%	36%	29%	26%	31%	38%	29%	32%	35%	35%	34%	35%	24%	30%	39%
		b			a	ab		g	g	g	g	g			gh

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.19. Bad weather: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	278	21	79	54	29	22	73	154	124	244	5	15	10	1	1	32
	14%	13%	17%	12%	12%	10%	16%	14%	13%	14%	10%	13%	13%	11%	8%	12%
			ce				e									
Ranked 2nd	209	11	59	58	19	23	40	128	81	191	3	6	6	2	1	17
	10%	7%	12%	13%	7%	10%	9%	12%	9%	11%	6%	5%	7%	15%	7%	6%
			dh	adfh				dh		cg						
Ranked 3rd	163	13	30	38	27	17	38	81	82	147	-	5	6	-	2	13
	8%	8%	6%	8%	11%	8%	8%	7%	9%	9%	-	5%	7%	-	14%	5%
					b					bg						
Not ranked	1180	101	266	266	161	139	246	634	546	988	36	77	48	7	10	179
	59%	64%	56%	59%	65%	63%	54%	58%	59%	57%	82%	69%	60%	74%	72%	69%
		f			bfg	bf					ad	a				a
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6%	6%	3%	6%	10%	6%	7%	7%	2%	5%	10%	-	-	6%
			d				abcdg	d	d							
NET: Ranked Top 3	650	45	167	150	75	62	151	363	287	582	7	25	22	3	4	61
	32%	29%	35%	33%	30%	28%	33%	33%	31%	34%	16%	23%	28%	26%	28%	24%
										bcg						

Q8Xb.19. Bad weather: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	278	193	36	35	71	5	10	89	29	5	14	20	10	18	78	15
	14%	15% cd	11%	10%	11%	11%	13%	13%	11%	8%	19%	15%	10%	10%	19% cdehi	12%
Ranked 2nd	209	140	31	36	67	7	5	74	31	7	7	15	9	12	43	12
	10%	11%	10%	10%	10%	15%	6%	11%	12%	11%	9%	11%	8%	7%	10%	10%
Ranked 3rd	163	103	24	28	52	5	3	52	16	11	5	6	8	16	41	8
	8%	8%	7%	8%	8%	12%	4%	8%	6%	16% bcdg	7%	4%	8%	9%	10% g	7%
Not ranked	1180	676	217	231	449	29	52	406	166	34	39	82	72	105	194	81
	59%	54%	67% a	67% a	67% a	61%	70% ej	60% j	65% ej	50%	54%	63% j	67% ej	61% j	47%	66% ej
None of the above	57	40	6	7	13	-	2	18	4	4	2	2	2	6	15	2
	3%	3%	2%	2%	2%	-	3%	3%	2%	6% d	3%	2%	2%	3%	4%	2%
I don't face any challenges to being active	129	102	9	10	19	1	3	35	11	6	5	6	6	15	41	3
	6%	8% bcd	3%	3%	3%	2%	4%	5%	4%	10% k	7%	4%	5%	9% dk	10% cdgk	3%
NET: Ranked Top 3	650	435	91	99	190	18	17	215	76	23	26	41	27	45	162	35
	32%	35% bcd	28%	28%	28%	37%	23%	32%	30%	34%	36%	31%	25%	26%	39% bcdhik	29%

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Q8Xb.19. Bad weather: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	278	66	45	23	9	68	74	78	33	28	4	61	82	41	163	63	12	237
	14%	12%	13%	16%	23% af	14%	12%	12%	13%	14%	13%	14%	12%	13%	15%	12%	15%	14%
Ranked 2nd	209	57	47	12	3	60	61	76	27	16	2	43	78	34	120	49	7	175
	10%	10%	14%	8%	9%	12%	10%	12%	11%	8%	6%	10%	12%	11%	11%	9%	8%	10%
Ranked 3rd	163	53	23	7	3	30	56	58	16	10	-	26	58	23	92	45	3	140
	8%	9% e	7%	5%	7%	6%	9%	9% e	6%	5%	-	6%	9%	7%	9%	8%	4%	8%
Not ranked	1180	356	207	89	17	296	374	366	160	120	23	279	389	182	598	345	55	998
	59%	63% d	59%	60%	47%	60%	62%	58%	65%	61%	69%	63%	59%	58%	55%	64% be	68% b	59%
None of the above	57	11	9	4	1	13	12	18	3	6	2	10	19	9	37	9	2	48
	3%	2%	3%	2%	3%	3%	2%	3%	1%	3%	6%	2%	3%	3%	3%	2% c	2%	3%
I don't face any challenges to being active	129	22	17	13	4	29	26	31	6	16	2	22	33	25	76	26	3	105
	6%	4%	5%	8% af	11% a	6%	4%	5%	3%	8% b	6%	5%	5%	8%	7%	5%	3%	6%
NET: Ranked Top 3	650	176	115	43	15	158	190	212	76	55	6	130	218	98	375	156	21	552
	32%	31%	33%	29%	39%	32%	32%	34%	31%	28%	19%	30%	33%	31%	35% c	29%	26%	32%

Q8Xb.19. Bad weather: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Ranked 1st	278 14%	40 11%	196 15%	42 13%	39 10%	8 12%	193 15% be	79 12%	7 8%	216 14%	62 15%	239 14%	37 14%
Ranked 2nd	209 10%	30 9%	144 11%	32 10%	29 7%	5 8%	147 12% be	55 8%	8 10%	168 10%	41 10%	186 11%	23 8%
Ranked 3rd	163 8%	22 6%	113 9%	24 7%	38 9%	5 8%	104 8%	56 8%	7 9%	121 8%	42 10%	146 8%	16 6%
Not ranked	1180 59%	238 68% b	738 56%	208 65% d	267 67% d	40 63%	683 54%	453 66% d	56 68% d	958 60% b	222 54%	990 57%	180 66% a
None of the above	57 3%	9 2%	38 3%	6 2%	10 2%	1 2%	35 3%	15 2%	2 3%	37 2%	20 5% a	47 3%	7 3%
I don't face any challenges to being active	129 6%	10 3%	90 7% a	8 3%	17 4%	4 7%	97 8% abef	28 4%	1 1%	102 6%	27 7%	116 7%	10 4%
NET: Ranked Top 3	650 32%	92 26%	454 34% a	98 31%	105 26%	17 28%	445 35% be	190 28%	23 28%	505 32%	145 35%	571 33%	76 28%

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Q8Xb.19. Bad weather: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	278	23	21	54	58	44	33	6	39	177	78	50	69	130	29	88	73	90	26
	14%	6%	11%	17%	18%	18%	15%	9%	17%	16%	15%	11%	12%	17%	12%	14%	14%	15%	11%
			a	a	ab	ab	a		a	a	a			ab					
Ranked 2nd	209	28	21	40	31	28	28	8	25	121	60	47	58	85	18	77	57	60	15
	10%	7%	11%	12%	10%	11%	13%	13%	10%	11%	12%	11%	10%	11%	8%	12%	11%	10%	6%
				a		a	a			a	a					d	d		
Ranked 3rd	163	23	19	29	33	17	20	6	16	98	42	29	48	62	23	55	31	56	20
	8%	6%	10%	9%	10%	7%	9%	10%	7%	9%	8%	7%	9%	8%	10%	9%	6%	9%	8%
					a					a									
Not ranked	1180	310	118	187	186	141	112	25	101	632	238	287	342	416	121	331	300	373	163
	59%	75%	61%	58%	57%	57%	52%	44%	43%	58%	47%	65%	61%	55%	52%	53%	59%	60%	68%
		bcdefghij	ghj	ghj	hj	hj	h			ghj		cd	cd					a	a	abc
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3%	3%	2%	1%	2%	2%	5%	7%	2%	5%	2%	1%	3%	7%	4%	3%	1%	3%
		d						d	abcdefi		cdi				abc	c	c		
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7%	19%	16%	4%	13%	4%	6%	6%	12%	8%	6%	5%	3%
							c	abcdefi	abcdefi		abcdefi				abc	d			
NET: Ranked Top 3	650	74	61	123	123	89	81	19	80	396	180	127	176	276	70	220	161	205	61
	32%	18%	32%	38%	38%	36%	38%	32%	34%	36%	35%	29%	31%	37%	30%	35%	32%	33%	26%
			a	a	a	a	a	a	a	a	a			a		d		d	

Q8Xb.19. Bad weather: 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	278	98	100	78
	14%	14%	13%	14%
Ranked 2nd	209	82	65	61
	10%	12%	9%	11%
		b		
Ranked 3rd	163	47	69	48
	8%	7%	9%	9%
Not ranked	1180	391	430	346
	59%	57%	57%	63%
				ab
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	650	227	234	187
	32%	33%	31%	34%

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Q8Xb.20. Difficult to book onto or access the activity I want to do: What are the biggest challenges, if any, that you face to being physically active right now?

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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	25	8	17	15	7	3	-	3	4	5	2	4	6	2	1
	1%	1%	2%	2%	1%	*	-	1%	2%	2%	1%	2%	2%	1%	*
				bc											
Ranked 2nd	42	17	24	19	12	10	3	5	6	5	2	6	6	8	2
	2%	2%	2%	3%	2%	1%	3%	2%	3%	2%	1%	3%	2%	2%	1%
				c											
Ranked 3rd	36	11	25	19	11	7	1	5	2	4	4	5	9	6	1
	2%	1%	2%	3%	2%	1%	1%	2%	1%	2%	2%	2%	3%	2%	*
			a	c									i		
Not ranked	1728	831	891	518	578	632	85	224	162	180	152	195	267	284	178
	86%	84%	87%	85%	88%	85%	88%	86%	82%	85%	88%	88%	85%	86%	86%
None of the above	57	32	24	19	13	25	1	7	4	3	6	8	11	9	7
	3%	3%	2%	3%	2%	3%	1%	3%	2%	2%	4%	4%	3%	3%	4%
I don't face any challenges to being active	129	86	44	21	39	70	7	17	20	14	8	6	16	21	19
	6%	9%	4%	3%	6%	9%	7%	7%	10%	7%	5%	3%	5%	6%	9%
		b			a	ab			efg						f
NET: Ranked Top 3	102	36	66	52	30	20	3	13	11	13	7	14	21	16	3
	5%	4%	6%	9%	5%	3%	3%	5%	6%	6%	4%	6%	7%	5%	2%
			a	bc				i	i	i		i	i		

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.20. Difficult to book onto or access the activity I want to do: 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	25	1	9	10	4	-	1	20	5	17	2	3	2	-	1	8
	1%	1%	2%	2%	2%	-	*	2%	1%	1%	4%	3%	2%	-	7%	3%
			efh	efh	ef			efh				a				a
Ranked 2nd	42	7	10	5	8	4	7	22	19	31	3	3	2	-	-	8
	2%	5%	2%	1%	3%	2%	2%	2%	2%	2%	7%	3%	2%	-	-	3%
		cfg			c						a					
Ranked 3rd	36	8	11	5	6	5	2	23	13	26	2	4	5	-	-	10
	2%	5%	2%	1%	2%	2%	*	2%	1%	1%	4%	3%	6%	-	-	4%
		cfgh	f		f	f		f					a			a
Not ranked	1728	130	405	396	217	192	387	931	797	1496	37	93	62	10	13	215
	86%	83%	85%	88%	88%	88%	84%	86%	86%	86%	82%	83%	78%	100%	93%	82%
										d						
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6%	6%	3%	6%	10%	6%	7%	7%	2%	5%	10%	-	-	6%
			d			d	abcdg	d	d							
NET: Ranked Top 3	102	16	29	20	18	9	10	65	37	74	7	10	8	-	1	26
	5%	10%	6%	4%	7%	4%	2%	6%	4%	4%	16%	9%	10%	-	7%	10%
		cefgh	f		fh			fh			a	a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.20. Difficult to book onto or access the activity I want to do: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016 100%	1254 100%	324 100%	347 100%	671 100%	47 100%	74 100%	674 100%	257 100%	68 100%	73 100%	131 100%	108 100%	172 100%	413 100%	121 100%
Ranked 1st	25 1%	15 1%	6 2%	3 1%	9 1%	- -	3 4% j	10 1% j	4 1% j	2 3% j	1 1%	1 1%	3 3% j	2 1%	- -	3 2% j
Ranked 2nd	42 2%	22 2%	8 3%	7 2%	15 2%	2 5%	6 7% cdfij	14 2%	4 1%	1 2%	- -	3 3%	4 4%	3 2%	5 1%	8 6% cdfij
Ranked 3rd	36 2%	13 1%	11 3% a	10 3% a	21 3% a	1 2%	1 1%	17 3% j	7 3% j	3 5% ij	- -	2 1%	3 3% j	1 *	1 *	2 2%
Not ranked	1728 86%	1061 85%	284 88%	310 89% a	594 89% a	43 91% e	59 80%	579 86% e	228 89% be	51 75%	65 89% e	117 89% e	89 83%	145 85%	350 85%	103 85%
None of the above	57 3%	40 3%	6 2%	7 2%	13 2%	- -	2 3%	18 3%	4 2%	4 6% d	2 3%	2 2%	2 2%	6 3%	15 4%	2 2%
I don't face any challenges to being active	129 6%	102 8% bcd	9 3%	10 3%	19 3%	1 2%	3 4%	35 5%	11 4%	6 10% k	5 7%	6 4%	6 5%	15 9% dk	41 10% cdgk	3 3%
NET: Ranked Top 3	102 5%	50 4%	25 8% a	20 6%	45 7% a	3 7% j	9 13% cdfgij	41 6% j	14 5% j	6 9% fij	1 1%	6 4%	10 10% fij	5 3%	6 1%	13 10% fij

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.20. Difficult to book onto or access the activity I want to do: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	25	5	8	6	-	14	5	6	9	4	-	13	6	2	10	10	2	22
	1%	1%	2%	4%	-	3%	1%	1%	3%	2%	-	3%	1%	1%	1%	2%	3%	1%
			f	af		af			af			af						
Ranked 2nd	42	15	7	1	1	8	16	9	10	6	-	15	9	6	23	11	1	35
	2%	3%	2%	1%	2%	2%	3%	1%	4%	3%	-	3%	1%	2%	2%	2%	1%	2%
									af			af						
Ranked 3rd	36	15	7	2	1	9	16	11	10	2	3	12	14	2	18	13	3	34
	2%	3%	2%	1%	2%	2%	3%	2%	4%	1%	8%	3%	2%	1%	2%	2%	4%	2%
									a		acf							a
Not ranked	1728	497	300	124	30	424	527	551	207	162	26	369	578	269	921	468	70	1459
	86%	88%	86%	83%	82%	85%	88%	88%	85%	83%	79%	84%	88%	86%	85%	87%	86%	86%
								ce										
None of the above	57	11	9	4	1	13	12	18	3	6	2	10	19	9	37	9	2	48
	3%	2%	3%	2%	3%	3%	2%	3%	1%	3%	6%	2%	3%	3%	3%	2%	2%	3%
																c		
I don't face any challenges to being active	129	22	17	13	4	29	26	31	6	16	2	22	33	25	76	26	3	105
	6%	4%	5%	8%	11%	6%	4%	5%	3%	8%	6%	5%	5%	8%	7%	5%	3%	6%
				af	a					b								
NET: Ranked Top 3	102	35	22	9	2	31	37	26	28	12	3	40	29	11	52	34	6	92
	5%	6%	6%	6%	5%	6%	6%	4%	11%	6%	8%	9%	4%	3%	5%	6%	8%	5%
									af			af						

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Q8Xb.20. Difficult to book onto or access the activity I want to do: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	25	11	11	3	5	1	17	8	1	20	5	20	4
	1%	3%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	2%
		b											
Ranked 2nd	42	11	22	5	8	1	27	12	1	37	4	35	6
	2%	3%	2%	2%	2%	1%	2%	2%	1%	2%	1%	2%	2%
Ranked 3rd	36	15	19	9	5	1	21	13	2	28	8	32	4
	2%	4%	1%	3%	1%	2%	2%	2%	2%	2%	2%	2%	1%
		b											
Not ranked	1728	292	1139	289	355	54	1063	610	75	1378	350	1474	242
	86%	84%	86%	90%	89%	87%	84%	89%	92%	86%	85%	85%	89%
				d	d			d					
None of the above	57	9	38	6	10	1	35	15	2	37	20	47	7
	3%	2%	3%	2%	2%	2%	3%	2%	3%	2%	5%	3%	3%
											a		
I don't face any challenges to being active	129	10	90	8	17	4	97	28	1	102	27	116	10
	6%	3%	7%	3%	4%	7%	8%	4%	1%	6%	7%	7%	4%
			a				abef						
NET: Ranked Top 3	102	38	52	17	18	3	65	33	3	85	17	87	14
	5%	11%	4%	5%	4%	4%	5%	5%	4%	5%	4%	5%	5%
		b											

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.20. Difficult to book onto or access the activity I want to do: What are the biggest challenges, if any, that you face to being physically active right now?

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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	25	2	1	6	4	4	4	1	3	15	8	6	8	11	-	9	7	5	3
	1%	*	*	2%	1%	2%	2%	1%	1%	1%	2%	1%	1%	2%	-	1%	1%	1%	1%
Ranked 2nd	42	7	4	4	11	7	7	2	1	25	9	10	11	13	9	13	9	13	6
	2%	2%	2%	1%	3%	3%	3%	3%	*	2%	2%	2%	2%	2%	4%	2%	2%	2%	2%
					h	h	h												
Ranked 3rd	36	3	2	8	10	2	6	-	7	21	12	8	12	9	7	12	4	13	6
	2%	1%	1%	2%	3%	1%	3%	-	3%	2%	2%	2%	2%	1%	3%	2%	1%	2%	3%
					ae		a		a		a								b
Not ranked	1728	373	173	293	284	217	176	42	171	967	388	390	487	659	175	517	441	547	209
	86%	90%	89%	90%	87%	87%	82%	72%	72%	88%	76%	89%	87%	87%	75%	83%	86%	88%	88%
		fghj	ghj	fghj	ghj	ghj	h			fghj		d	d	d					a
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3%	3%	2%	1%	2%	2%	5%	7%	2%	5%	2%	1%	3%	7%	4%	3%	1%	3%
		d						d	abcdefi		cdi				abc	c	c		
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7%	19%	16%	4%	13%	4%	6%	6%	12%	8%	6%	5%	3%
							c	abcdefi	abcdefi		abcdefi				abc	d			
NET: Ranked Top 3	102	11	6	17	25	13	17	2	10	62	29	23	30	33	15	34	21	32	15
	5%	3%	3%	5%	8%	5%	8%	4%	4%	6%	6%	5%	5%	4%	7%	5%	4%	5%	6%
					ab		ab			a	a								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.20. Difficult to book onto or access the activity I want to do: 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	25	11	11	2
	1%	2%	2%	*
		c	c	
Ranked 2nd	42	16	16	8
	2%	2%	2%	1%
Ranked 3rd	36	16	9	10
	2%	2%	1%	2%
Not ranked	1728	574	626	513
	86%	83%	83%	93%
				ab
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	102	44	37	20
	5%	6%	5%	4%
		c		

Q8Xb.23. Childcare: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	80	18	61	44	34	2	3	6	10	6	4	16	16	14	4
	4%	2%	6%	7%	5%	*	3%	2%	5%	3%	2%	7%	5%	4%	2%
			a	c	c							bei			
Ranked 2nd	87	23	63	37	45	4	2	12	6	12	7	9	11	19	8
	4%	2%	6%	6%	7%	1%	2%	5%	3%	6%	4%	4%	4%	6%	4%
			a	c	c										
Ranked 3rd	68	25	42	36	30	2	3	12	6	7	8	9	12	8	4
	3%	3%	4%	6%	4%	*	3%	5%	3%	3%	5%	4%	4%	2%	2%
				c	c										
Not ranked	1596	800	792	453	500	644	80	207	152	168	140	175	249	259	166
	79%	81%	77%	74%	76%	86%	83%	79%	77%	79%	81%	78%	79%	79%	80%
		b				ab									
None of the above	57	32	24	19	13	25	1	7	4	3	6	8	11	9	7
	3%	3%	2%	3%	2%	3%	1%	3%	2%	2%	4%	4%	3%	3%	4%
I don't face any challenges to being active	129	86	44	21	39	70	7	17	20	14	8	6	16	21	19
	6%	9%	4%	3%	6%	9%	7%	7%	10%	7%	5%	3%	5%	6%	9%
		b			a	ab			efg						f
NET: Ranked Top 3	234	67	166	117	108	8	8	30	21	26	19	35	39	41	15
	12%	7%	16%	19%	16%	1%	8%	12%	11%	12%	11%	16%	12%	12%	7%
			a	c	c							i			

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.23. Childcare: 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	80	9	19	21	11	12	8	48	31	64	2	7	4	-	2	15
	4%	5%	4%	5%	4%	5%	2%	4%	3%	4%	5%	7%	5%	-	13%	6%
		f		f	f	f		f								
Ranked 2nd	87	9	22	23	14	9	10	55	32	75	1	7	4	-	-	12
	4%	6%	5%	5%	5%	4%	2%	5%	3%	4%	2%	6%	5%	-	-	4%
		f	f	f	f			f								
Ranked 3rd	68	7	12	20	9	12	7	39	28	55	5	6	1	-	1	13
	3%	5%	3%	4%	4%	6%	1%	4%	3%	3%	12%	5%	1%	-	7%	5%
		f		f		bf		f			ad					
Not ranked	1596	122	381	352	202	168	372	854	742	1376	35	83	62	10	11	201
	79%	77%	80%	78%	81%	77%	81%	78%	80%	79%	79%	74%	77%	100%	80%	77%
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6%	6%	3%	6%	10%	6%	7%	7%	2%	5%	10%	-	-	6%
			d			d	abcdg	d	d							
NET: Ranked Top 3	234	25	53	64	34	33	25	142	91	194	8	20	9	-	3	40
	12%	16%	11%	14%	14%	15%	5%	13%	10%	11%	19%	18%	11%	-	20%	15%
		fh	f	fh	f	fh		fh	f			a				a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.23. Childcare: 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	80	8	28	38	66	1	5	35	19	5	2	5	2	7	-	6
	4%	1%	9%	11%	10%	2%	6%	5%	7%	8%	3%	4%	2%	4%	-	5%
			a	a	a	j	j	j	hj	hj	j	j	j	j		j
Ranked 2nd	87	7	23	53	75	2	4	37	20	2	1	7	1	8	3	6
	4%	1%	7%	15%	11%	4%	6%	6%	8%	3%	1%	6%	1%	5%	1%	5%
			a	ab	ab		hj	hj	fhj			j		j		j
Ranked 3rd	68	6	19	41	61	2	3	32	12	1	3	8	2	5	-	5
	3%	*	6%	12%	9%	4%	4%	5%	5%	1%	4%	6%	2%	3%	-	4%
			a	ab	a	j	j	j	j	j	j	j	j	j		j
Not ranked	1596	1090	238	198	436	42	57	517	190	50	60	103	94	131	353	99
	79%	87%	74%	57%	65%	88%	77%	77%	74%	73%	82%	78%	88%	76%	85%	81%
		bcd	cd		c	de							bcdegi		cdei	
None of the above	57	40	6	7	13	-	2	18	4	4	2	2	2	6	15	2
	3%	3%	2%	2%	2%	-	3%	3%	2%	6%	3%	2%	2%	3%	4%	2%
										d						
I don't face any challenges to being active	129	102	9	10	19	1	3	35	11	6	5	6	6	15	41	3
	6%	8%	3%	3%	3%	2%	4%	5%	4%	10%	7%	4%	5%	9%	10%	3%
		bcd								k				dk	cdgk	
NET: Ranked Top 3	234	22	71	132	202	5	12	104	51	8	6	20	5	19	3	17
	12%	2%	22%	38%	30%	10%	16%	15%	20%	12%	8%	15%	5%	11%	1%	14%
			a	abd	ab	j	hj	hj	fhij	j	j	hj	j	hj		hj

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.23. Childcare: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	80	36	19	8	1	27	36	33	15	16	1	31	34	3	31	43	3	76
	4%	6%	6%	5%	2%	5%	6%	5%	6%	8%	3%	7%	5%	1%	3%	8%	4%	4%
																abe		ab
Ranked 2nd	87	31	26	7	-	33	31	34	22	6	3	28	37	-	36	45	6	87
	4%	6%	7%	5%	-	7%	5%	5%	9%	3%	9%	6%	6%	-	3%	8%	7%	5%
										c						a	abe	a	ab
Ranked 3rd	68	28	20	2	-	22	28	28	13	7	3	20	31	1	23	39	5	67
	3%	5%	6%	1%	-	4%	5%	4%	5%	4%	9%	5%	5%	*	2%	7%	6%	4%
		c	c												a	abe	ab	ab
Not ranked	1596	437	257	115	31	372	468	483	185	146	22	331	505	276	883	375	62	1320
	79%	77%	74%	78%	84%	75%	78%	77%	76%	74%	67%	75%	77%	88%	81%	70%	77%	78%
														bcde	ce			c
None of the above	57	11	9	4	1	13	12	18	3	6	2	10	19	9	37	9	2	48
	3%	2%	3%	2%	3%	3%	2%	3%	1%	3%	6%	2%	3%	3%	3%	2%	2%	3%
															c			
I don't face any challenges to being active	129	22	17	13	4	29	26	31	6	16	2	22	33	25	76	26	3	105
	6%	4%	5%	8%	11%	6%	4%	5%	3%	8%	6%	5%	5%	8%	7%	5%	3%	6%
				af	a					b								
NET: Ranked Top 3	234	95	65	17	1	82	96	95	50	29	7	79	102	4	90	126	14	230
	12%	17%	19%	11%	2%	17%	16%	15%	20%	15%	20%	18%	15%	1%	8%	24%	17%	14%
		d	cd			d	d								a	abe	ab	ab

Q8Xb.23. Childcare: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Ranked 1st	80 4%	28 8% b	47 4%	15 5% bf	5 1%	5 8% bf	50 4% b	25 4% b	- -	69 4%	11 3%	70 4%	9 3%
Ranked 2nd	87 4%	22 6%	64 5% b	13 4%	6 2%	3 5%	67 5% be	19 3%	3 3%	70 4%	16 4%	80 5%	7 2%
Ranked 3rd	68 3%	16 5%	51 4%	12 4%	7 2%	3 4%	45 4%	21 3%	2 2%	56 3%	12 3%	59 3%	9 3%
Not ranked	1596 79%	264 76%	1029 78%	266 83% d	354 89% acd	46 74%	965 77%	579 84% cd	74 91% cd	1268 79%	328 79%	1353 78%	232 85% a
None of the above	57 3%	9 2%	38 3%	6 2%	10 2%	1 2%	35 3%	15 2%	2 3%	37 2%	20 5% a	47 3%	7 3%
I don't face any challenges to being active	129 6%	10 3%	90 7% a	8 3%	17 4%	4 7%	97 8% abef	28 4%	1 1%	102 6%	27 7%	116 7%	10 4%
NET: Ranked Top 3	234 12%	66 19% b	162 12%	40 13% b	19 5%	11 17% bf	162 13% bef	65 9% b	4 5%	195 12%	39 9%	209 12%	24 9%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.23. Childcare: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	80	6	7	19	13	14	7	4	9	53	20	13	24	35	8	24	19	23	13
	4%	1%	4%	6%	4%	6%	3%	6%	4%	5%	4%	3%	4%	5%	4%	4%	4%	4%	5%
				a	a	a		a		a	a								
Ranked 2nd	87	5	7	17	13	9	17	4	14	45	36	15	27	33	11	27	23	30	6
	4%	1%	4%	5%	4%	3%	8%	7%	6%	4%	7%	3%	5%	4%	4%	4%	5%	5%	3%
				a		a	abdei	a	a	a	aei								
Ranked 3rd	68	7	13	14	14	7	7	-	6	48	13	10	26	27	4	20	19	17	9
	3%	2%	7%	4%	4%	3%	3%	-	3%	4%	3%	2%	5%	4%	2%	3%	4%	3%	4%
			aeghj	a	a					a			ad						
Not ranked	1596	366	151	261	270	200	161	36	151	882	348	376	440	596	168	480	400	507	195
	79%	88%	78%	80%	83%	81%	76%	62%	64%	81%	69%	85%	78%	79%	72%	77%	78%	82%	82%
		bcdefghij	ghj	ghj	fghj	ghj	gh			ghj		bcd	d	d					a
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3%	3%	2%	1%	2%	2%	5%	7%	2%	5%	2%	1%	3%	7%	4%	3%	1%	3%
		d						d	abcdefi		cdi				abc	c	c		
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7%	19%	16%	4%	13%	4%	6%	6%	12%	8%	6%	5%	3%
							c	abcdefi	abcdefi		abcdefi				abc	d			
NET: Ranked Top 3	234	18	28	50	39	29	31	8	30	146	69	38	77	95	23	71	61	71	29
	12%	4%	14%	15%	12%	12%	15%	14%	13%	13%	14%	9%	14%	13%	10%	11%	12%	11%	12%
			a	a	a	a	a	a	a	a	a		a	a					

Q8Xb.23. Childcare: 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	80	35	31	13
	4%	5%	4%	2%
		c		
Ranked 2nd	87	42	29	15
	4%	6%	4%	3%
		bc		
Ranked 3rd	68	26	19	22
	3%	4%	2%	4%
Not ranked	1596	515	584	482
	79%	75%	78%	87%
				ab
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	234	103	79	50
	12%	15%	11%	9%
		bc		

Q8Xb.24. I don't have anyone to exercise with: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	76	22	53	33	24	19	8	9	2	8	9	5	6	17	11
	4%	2%	5%	5%	4%	3%	9%	3%	1%	4%	5%	2%	2%	5%	5%
			a	c			bcfg				c			cg	cg
Ranked 2nd	51	16	35	17	18	15	-	8	7	4	7	6	9	10	1
	3%	2%	3%	3%	3%	2%	-	3%	4%	2%	4%	3%	3%	3%	*
			a					i	ai		ai		i	i	
Ranked 3rd	67	30	38	25	21	22	4	11	8	4	4	4	10	18	4
	3%	3%	4%	4%	3%	3%	4%	4%	4%	2%	3%	2%	3%	6%	2%
														di	
Not ranked	1636	800	832	496	544	596	76	210	156	178	140	194	263	255	165
	81%	81%	81%	81%	83%	80%	79%	80%	79%	84%	80%	87%	84%	77%	79%
												ch	h		
None of the above	57	32	24	19	13	25	1	7	4	3	6	8	11	9	7
	3%	3%	2%	3%	2%	3%	1%	3%	2%	2%	4%	4%	3%	3%	4%
I don't face any challenges to being active	129	86	44	21	39	70	7	17	20	14	8	6	16	21	19
	6%	9%	4%	3%	6%	9%	7%	7%	10%	7%	5%	3%	5%	6%	9%
		b			a	ab			efg						f
NET: Ranked Top 3	194	67	125	74	64	56	12	28	17	16	20	15	25	45	16
	10%	7%	12%	12%	10%	8%	13%	11%	9%	7%	11%	7%	8%	14%	8%
			a	c										dfgi	

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.24. I don't have anyone to exercise with: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	76	4	12	13	13	8	27	28	48	70	1	2	1	1	-	4
	4%	2%	3%	3%	5%	4%	6%	3%	5%	4%	2%	2%	1%	9%	-	2%
							g		bcg							
							bcg		bcg							
Ranked 2nd	51	4	8	12	8	8	10	24	26	42	2	4	2	-	-	8
	3%	3%	2%	3%	3%	4%	2%	2%	3%	2%	4%	4%	2%	-	-	3%
Ranked 3rd	67	6	20	17	7	5	13	42	25	53	1	6	3	1	-	12
	3%	4%	4%	4%	3%	2%	3%	4%	3%	3%	3%	5%	4%	8%	-	4%
Not ranked	1636	133	394	374	208	180	347	901	735	1404	39	91	64	8	14	216
	81%	84%	82%	83%	84%	82%	75%	83%	79%	81%	88%	81%	80%	83%	100%	83%
		f	f	f	f			fh								
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6%	6%	3%	6%	10%	6%	7%	7%	2%	5%	10%	-	-	6%
			d			d	abcdg	d	d							
NET: Ranked Top 3	194	14	40	41	28	21	50	95	99	166	4	12	6	2	-	24
	10%	9%	8%	9%	11%	10%	11%	9%	11%	10%	10%	11%	8%	17%	-	9%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.24. I don't have anyone to exercise with: 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	76	40	19	11	30	1	2	14	10	3	3	11	4	12	15	3
	4%	3%	6%	3%	4%	2%	3%	2%	4%	4%	5%	9%	4%	7%	4%	2%
			a									cdjk		c		
Ranked 2nd	51	30	8	8	16	2	1	15	5	5	3	4	1	7	7	3
	3%	2%	2%	2%	2%	4%	1%	2%	2%	7%	4%	3%	1%	4%	2%	2%
										cdhj						
Ranked 3rd	67	40	11	12	24	5	3	19	13	2	2	6	3	7	8	8
	3%	3%	4%	4%	4%	10%	4%	3%	5%	3%	3%	5%	3%	4%	2%	7%
						chj			j							cj
Not ranked	1636	1002	271	298	569	39	63	572	214	48	56	102	92	125	326	102
	81%	80%	84%	86%	85%	82%	85%	85%	83%	70%	78%	78%	85%	73%	79%	84%
				a	a		ei	egij	ei				ei			ei
None of the above	57	40	6	7	13	-	2	18	4	4	2	2	2	6	15	2
	3%	3%	2%	2%	2%	-	3%	3%	2%	6%	3%	2%	2%	3%	4%	2%
										d						
I don't face any challenges to being active	129	102	9	10	19	1	3	35	11	6	5	6	6	15	41	3
	6%	8%	3%	3%	3%	2%	4%	5%	4%	10%	7%	4%	5%	9%	10%	3%
		bcd								k				dk	cdgk	
NET: Ranked Top 3	194	110	38	32	69	8	6	48	28	10	9	21	8	26	30	14
	10%	9%	12%	9%	10%	16%	8%	7%	11%	15%	12%	16%	8%	15%	7%	11%
						cj				c		chj		cj		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.24. I don't have anyone to exercise with: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	76	15	8	5	-	13	15	15	7	6	1	12	16	20	28	23	4	56
	4%	3%	2%	3%	-	3%	3%	2%	3%	3%	3%	3%	2%	6% be	3%	4%	5%	3%
Ranked 2nd	51	14	11	4	1	15	15	14	7	8	-	15	14	12	24	14	1	39
	3%	2%	3%	2%	2%	3%	2%	2%	3%	4%	-	3%	2%	4%	2%	3%	1%	2%
Ranked 3rd	67	20	9	5	3	14	24	20	9	8	-	17	20	12	36	17	2	55
	3%	4%	3%	3%	9% be	3%	4%	3%	4%	4%	-	4%	3%	4%	3%	3%	2%	3%
Not ranked	1636	483	294	120	28	413	510	529	212	153	28	365	557	235	884	448	69	1400
	81%	85%	84%	80%	75%	83%	85%	84% c	87% c	78%	85%	83%	85% c	75%	81% a	83% a	85% a	82% a
None of the above	57	11	9	4	1	13	12	18	3	6	2	10	19	9	37	9	2	48
	3%	2%	3%	2%	3%	3%	2%	3%	1%	3%	6%	2%	3%	3%	3% c	2%	2%	3%
I don't face any challenges to being active	129	22	17	13	4	29	26	31	6	16	2	22	33	25	76	26	3	105
	6%	4%	5%	8% af	11% a	6%	4%	5%	3%	8% b	6%	5%	5%	8%	7%	5%	3%	6%
NET: Ranked Top 3	194	50	28	13	4	41	54	49	23	22	1	44	50	44	89	54	7	150
	10%	9%	8%	9%	11%	8%	9%	8%	9%	11%	3%	10%	8%	14% be	8%	10%	9%	9%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.24. I don't have anyone to exercise with: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	76	20	33	12	19	6	36	36	1	54	22	62	13
	4%	6%	2%	4%	5%	9%	3%	5%	1%	3%	5%	4%	5%
		b				df		d					
Ranked 2nd	51	11	27	5	5	2	35	12	1	42	9	43	7
	3%	3%	2%	2%	1%	3%	3%	2%	1%	3%	2%	2%	3%
Ranked 3rd	67	14	41	15	10	4	40	25	2	47	21	56	12
	3%	4%	3%	5%	3%	7%	3%	4%	2%	3%	5%	3%	4%
											a		
Not ranked	1636	285	1091	274	338	45	1017	571	75	1320	316	1401	225
	81%	82%	83%	85%	85%	72%	81%	83%	92%	82%	76%	81%	82%
				c	c			c	cde	b			
None of the above	57	9	38	6	10	1	35	15	2	37	20	47	7
	3%	2%	3%	2%	2%	2%	3%	2%	3%	2%	5%	3%	3%
											a		
I don't face any challenges to being active	129	10	90	8	17	4	97	28	1	102	27	116	10
	6%	3%	7%	3%	4%	7%	8%	4%	1%	6%	7%	7%	4%
			a				abef						
NET: Ranked Top 3	194	45	100	33	35	12	111	72	4	143	51	161	31
	10%	13%	8%	10%	9%	19%	9%	11%	4%	9%	12%	9%	11%
		b				abdef					a		

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Q8Xb.24. I don't have anyone to exercise with: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	76	17	4	11	14	9	9	5	7	38	21	17	27	23	7	21	20	24	12
	4%	4%	2%	3%	4%	4%	4%	9%	3%	3%	4%	4%	5%	3%	3%	3%	4%	4%	5%
								bi											
Ranked 2nd	51	11	3	11	11	3	4	-	9	28	12	12	14	18	5	16	12	13	8
	3%	3%	2%	3%	3%	1%	2%	-	4%	3%	2%	3%	3%	2%	2%	3%	2%	2%	4%
Ranked 3rd	67	14	4	8	16	6	13	3	2	35	18	17	17	31	2	18	18	26	5
	3%	3%	2%	3%	5%	3%	6%	5%	1%	3%	4%	4%	3%	4%	1%	3%	4%	4%	2%
					h		chi	h			h	d		d					
Not ranked	1636	342	167	280	269	211	167	36	163	928	366	368	458	620	177	497	411	515	198
	81%	83%	86%	86%	82%	85%	78%	62%	69%	85%	72%	83%	82%	82%	75%	79%	81%	83%	83%
		ghj	fghj	fghj	ghj	ghj	gh			fghj		d	d	d					
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3%	3%	2%	1%	2%	2%	5%	7%	2%	5%	2%	1%	3%	7%	4%	3%	1%	3%
		d						d	abcdefi		cdi				abc	c	c		
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7%	19%	16%	4%	13%	4%	6%	6%	12%	8%	6%	5%	3%
							c	abcdefi	abcdefi		abcdefi				abc	d			
NET: Ranked Top 3	194	42	12	30	40	18	26	8	18	101	51	46	59	72	14	54	50	63	26
	10%	10%	6%	9%	12%	7%	12%	14%	8%	9%	10%	10%	11%	10%	6%	9%	10%	10%	11%
					b		b												

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Q8Xb.24. I don't have anyone to exercise with: 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	76	27	23	24
	4%	4%	3%	4%
Ranked 2nd	51	13	24	13
	3%	2%	3%	2%
Ranked 3rd	67	29	25	12
	3%	4%	3%	2%
		c		
Not ranked	1636	550	591	484
	81%	80%	79%	88%
				ab
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	194	69	72	49
	10%	10%	10%	9%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.25. Working commitments (e.g. location, travel, hours): What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	338	156	182	121	157	60	14	45	32	32	29	39	61	46	39
	17%	16%	18%	20% c	24% c	8%	15%	17%	16%	15%	17%	18%	20%	14%	19%
Ranked 2nd	79	33	46	41	26	12	2	13	9	13	3	9	11	9	9
	4%	3%	4%	7% bc	4% c	2%	2%	5%	5%	6% eh	2%	4%	4%	3%	4%
Ranked 3rd	50	21	28	24	18	8	2	6	8	4	3	5	8	10	2
	2%	2%	3%	4% c	3% c	1%	2%	2%	4%	2%	1%	2%	2%	3%	1%
Not ranked	1363	657	701	385	406	572	70	172	124	144	124	156	208	235	131
	68%	67%	68%	63%	62%	77% ab	72%	66%	63%	68%	71%	70%	66%	71% ci	63%
None of the above	57	32	24	19	13	25	1	7	4	3	6	8	11	9	7
	3%	3%	2%	3%	2%	3%	1%	3%	2%	2%	4%	4%	3%	3%	4%
I don't face any challenges to being active	129	86	44	21	39	70	7	17	20	14	8	6	16	21	19
	6%	9% b	4%	3%	6% a	9% ab	7%	7%	10% efg	7%	5%	3%	5%	6%	9% f
NET: Ranked Top 3	467	210	256	186	201	80	18	65	49	50	35	54	80	65	51
	23%	21%	25%	30% c	31% c	11%	19%	25%	25%	23%	20%	24%	26%	20%	24%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.25. Working commitments (e.g. location, travel, hours): 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	338	47	88	102	56	40	5	238	100	290	9	18	16	2	1	46
	17%	30%	18%	23%	23%	18%	1%	22%	11%	17%	21%	16%	20%	16%	6%	18%
		befgh	fh	fh	fh	fh		fh	f							
Ranked 2nd	79	5	29	19	15	8	3	54	25	56	2	9	9	1	2	22
	4%	3%	6%	4%	6%	3%	1%	5%	3%	3%	4%	8%	12%	9%	13%	9%
		f	fh	f	fh	f		fh	f			a	a			a
Ranked 3rd	50	5	16	14	7	7	1	35	15	39	3	3	5	-	-	10
	2%	3%	3%	3%	3%	3%	*	3%	2%	2%	6%	2%	6%	-	-	4%
		f	fh	fh	f	f		fh	f				a			
Not ranked	1363	90	301	279	158	147	389	670	694	1184	30	73	40	8	11	162
	68%	57%	63%	62%	64%	67%	84%	62%	75%	68%	67%	65%	50%	75%	81%	62%
						a	abcdegh		abcdeg	dg		d				d
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6%	6%	3%	6%	10%	6%	7%	7%	2%	5%	10%	-	-	6%
			d			d	abcdg	d	d							
NET: Ranked Top 3	467	57	133	136	78	54	8	327	140	385	14	30	30	2	3	78
	23%	36%	28%	30%	31%	25%	2%	30%	15%	22%	31%	26%	38%	25%	19%	30%
		efh	fh	fh	fh	fh		fh	f				a			a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.25. Working commitments (e.g. location, travel, hours): What are the biggest challenges, if any, that you face to being physically active right now?

BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	338	163	85	84	169	10	14	217	54	13	4	3	19	3	1	24
	17%	13%	26%	24%	25%	21%	19%	32%	21%	20%	6%	3%	18%	2%	*	20%
			a	a	a	fgij	fgij	bdefghijk	fgij	fgij	j	j	fgij			fgij
Ranked 2nd	79	44	18	14	31	2	3	46	16	-	2	1	7	-	3	5
	4%	3%	6%	4%	5%	3%	5%	7%	6%	-	2%	1%	7%	-	1%	4%
						i	gij	egij	egij				i	egij		gij
Ranked 3rd	50	30	9	10	19	2	1	23	7	1	2	5	10	-	-	3
	2%	2%	3%	3%	3%	4%	1%	3%	3%	1%	3%	4%	9%	-	-	2%
						ij	j	ij	ij		ij	ij	bcdeijk			ij
Not ranked	1363	875	197	223	420	33	51	335	165	43	57	114	64	148	352	84
	68%	70%	61%	64%	63%	70%	69%	50%	64%	64%	79%	87%	60%	86%	85%	69%
		bcd				c	c		c	c	cdeh	abcdehk	c	abcdehk	abcdehk	c
None of the above	57	40	6	7	13	-	2	18	4	4	2	2	2	6	15	2
	3%	3%	2%	2%	2%	-	3%	3%	2%	6%	3%	2%	2%	3%	4%	2%
										d						
I don't face any challenges to being active	129	102	9	10	19	1	3	35	11	6	5	6	6	15	41	3
	6%	8%	3%	3%	3%	2%	4%	5%	4%	10%	7%	4%	5%	9%	10%	3%
		bcd								k				dk	cdgk	
NET: Ranked Top 3	467	237	111	108	219	13	18	285	76	14	8	9	36	3	4	31
	23%	19%	34%	31%	33%	28%	24%	42%	30%	21%	11%	7%	33%	2%	1%	26%
			a	a	a	fgij	fgij	bdefghijk	fgij	gij	ij	ij	fgij			fgij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.25. Working commitments (e.g. location, travel, hours): What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	338	187	85	19	3	104	190	200	57	31	7	87	206	28	178	115	18	310
	17%	33%	24%	13%	9%	21%	32%	32%	23%	16%	20%	20%	31%	9%	16%	21%	22%	18%
		bcde	cd			c	bcde	bce					bce		a	ab	a	a
Ranked 2nd	79	36	20	9	1	29	37	40	13	10	2	23	42	9	36	29	5	70
	4%	6%	6%	6%	2%	6%	6%	6%	5%	5%	5%	5%	6%	3%	3%	5%	6%	4%
																b		
Ranked 3rd	50	18	10	4	1	14	18	19	7	7	-	14	19	8	25	16	1	41
	2%	3%	3%	3%	2%	3%	3%	3%	3%	4%	-	3%	3%	3%	2%	3%	1%	2%
Not ranked	1363	291	207	100	27	308	318	318	159	127	21	286	339	235	734	342	53	1129
	68%	52%	60%	68%	73%	62%	53%	51%	65%	65%	63%	65%	51%	75%	68%	64%	66%	66%
			af	af	af	af			af	af		af		bce				
None of the above	57	11	9	4	1	13	12	18	3	6	2	10	19	9	37	9	2	48
	3%	2%	3%	2%	3%	3%	2%	3%	1%	3%	6%	2%	3%	3%	3%	2%	2%	3%
																c		
I don't face any challenges to being active	129	22	17	13	4	29	26	31	6	16	2	22	33	25	76	26	3	105
	6%	4%	5%	8%	11%	6%	4%	5%	3%	8%	6%	5%	5%	8%	7%	5%	3%	6%
				af	a					b								
NET: Ranked Top 3	467	241	114	32	5	146	246	259	76	48	8	124	267	45	239	160	23	421
	23%	43%	33%	21%	13%	29%	41%	41%	31%	24%	24%	28%	41%	14%	22%	30%	29%	25%
		bcde	cd			d	bcde	bcde					bce		a	abe	a	a

Q8Xb.25. Working commitments (e.g. location, travel, hours): What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Ranked 1st	338 17%	48 14%	258 20% a	48 15% bce	25 6%	1 1%	264 21% abcef	65 9% c	9 12% c	272 17%	66 16%	296 17%	41 15%
Ranked 2nd	79 4%	18 5%	49 4%	11 4%	7 2%	3 5%	54 4% b	21 3%	1 1%	70 4% b	8 2%	64 4%	14 5%
Ranked 3rd	50 2%	13 4%	28 2%	10 3%	4 1%	- -	35 3%	14 2%	1 1%	40 2%	10 2%	40 2%	10 4%
Not ranked	1363 68%	250 72% b	856 65%	237 74% d	335 84% ad	53 84% d	774 61%	543 79% d	67 83% d	1081 67%	282 68%	1161 67%	192 70%
None of the above	57 3%	9 2%	38 3%	6 2%	10 2%	1 2%	35 3%	15 2%	2 3%	37 2%	20 5% a	47 3%	7 3%
I don't face any challenges to being active	129 6%	10 3%	90 7% a	8 3%	17 4%	4 7%	97 8% abef	28 4%	1 1%	102 6%	27 7%	116 7%	10 4%
NET: Ranked Top 3	467 23%	80 23%	336 25%	70 22% bce	37 9%	4 7%	353 28% abcef	100 15%	11 14% b	382 24%	84 20%	400 23%	64 24%

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Q8Xb.25. Working commitments (e.g. location, travel, hours): What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	338	45	30	62	64	41	46	9	41	197	96	74	93	132	39	113	79	119	26
	17%	11%	16%	19%	19%	17%	22%	15%	18%	18%	19%	17%	17%	18%	16%	18%	15%	19%	11%
				a	a	a	a		a	a	a					d		d	
Ranked 2nd	79	7	5	15	18	14	9	2	10	52	20	15	23	31	8	27	24	23	4
	4%	2%	3%	5%	5%	6%	4%	3%	4%	5%	4%	3%	4%	4%	3%	4%	5%	4%	2%
				a	a	a				a	a					d	d		
Ranked 3rd	50	4	5	11	11	7	4	5	1	35	10	11	15	18	6	8	14	18	9
	2%	1%	3%	3%	3%	3%	2%	8%	1%	3%	2%	3%	3%	2%	2%	1%	3%	3%	4%
				ah	ah			afhij		ah								a	a
Not ranked	1363	327	139	222	216	168	134	29	128	745	291	314	386	510	139	403	345	418	186
	68%	79%	71%	68%	66%	68%	63%	50%	54%	68%	57%	71%	69%	68%	59%	64%	68%	68%	78%
		bcdefghij	ghj	ghj	ghj	ghj				ghj		d	d	d					abc
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3%	3%	2%	1%	2%	2%	5%	7%	2%	5%	2%	1%	3%	7%	4%	3%	1%	3%
		d						d	abcdefi		cdi				abc	c	c		
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7%	19%	16%	4%	13%	4%	6%	6%	12%	8%	6%	5%	3%
								c	abcdefi	abcdefi		abcdefi				abc	d			
NET: Ranked Top 3	467	56	40	88	93	62	59	15	53	284	126	100	131	181	52	148	116	160	38
	23%	14%	21%	27%	28%	25%	27%	26%	22%	26%	25%	23%	23%	24%	22%	24%	23%	26%	16%
			a	a	ab	a	a	a	a	a	a					d	d	d	

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Q8Xb.25. Working commitments (e.g. location, travel, hours): 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	338	145	102	89
	17%	21%	14%	16%
		bc		
Ranked 2nd	79	33	27	18
	4%	5%	4%	3%
Ranked 3rd	50	24	12	14
	2%	3%	2%	2%
		b		
Not ranked	1363	417	522	412
	68%	60%	69%	75%
			a	ab
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	467	202	141	121
	23%	29%	19%	22%
		bc		

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Q8Xb.15. Other: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	42	27	15	2	11	29	1	9	8	-	2	12	4	7	-
	2%	3%	1%	*	2%	4%	1%	3%	4%	-	1%	5%	1%	2%	-
		b			a	ab		di	dgi			degi		di	
Ranked 2nd	25	15	9	2	8	15	4	2	2	2	1	7	5	2	1
	1%	2%	1%	*	1%	2%	4%	1%	1%	1%	1%	3%	1%	1%	*
					a	a	bdehi					bhi			
Ranked 3rd	32	20	12	6	8	19	1	6	1	2	6	3	6	5	2
	2%	2%	1%	1%	1%	3%	2%	2%	1%	1%	3%	1%	2%	1%	1%
						a									
Not ranked	1731	805	922	561	581	589	82	221	162	190	151	187	274	286	179
	86%	82%	90%	92%	88%	79%	85%	84%	82%	90%	87%	84%	87%	87%	86%
			a	bc	c					c					
None of the above	57	32	24	19	13	25	1	7	4	3	6	8	11	9	7
	3%	3%	2%	3%	2%	3%	1%	3%	2%	2%	4%	4%	3%	3%	4%
I don't face any challenges to being active	129	86	44	21	39	70	7	17	20	14	8	6	16	21	19
	6%	9%	4%	3%	6%	9%	7%	7%	10%	7%	5%	3%	5%	6%	9%
		b			a	ab			efg						f
NET: Ranked Top 3	99	62	36	9	27	63	6	17	11	3	8	22	14	14	3
	5%	6%	3%	2%	4%	8%	6%	6%	5%	2%	5%	10%	5%	4%	1%
		b			a	ab	di	di	di			i	dghi	i	i

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Q8Xb.15. Other: 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	42	3	13	6	-	4	17	21	21	41	-	-	-	1	-	1
	2%	2%	3%	1%	-	2%	4%	2%	2%	2%	-	-	-	9%	-	*
		d	d			d	cdg	d	d	g						
Ranked 2nd	25	1	10	3	3	1	6	15	9	25	-	-	-	-	-	-
	1%	1%	2%	1%	1%	*	1%	1%	1%	1%	-	-	-	-	-	-
										g						
Ranked 3rd	32	-	7	9	-	2	15	16	17	28	2	1	2	-	-	4
	2%	-	1%	2%	-	1%	3%	1%	2%	2%	3%	1%	3%	-	-	2%
				d			adeg	d	d							
Not ranked	1731	143	404	397	233	194	359	944	787	1476	42	102	68	9	14	236
	86%	90%	85%	88%	94%	89%	78%	87%	85%	85%	94%	91%	86%	91%	100%	91%
		f	f	f	bcefgh	f		f	f							a
None of the above	57	4	15	11	6	5	16	30	27	50	-	3	2	-	-	5
	3%	3%	3%	3%	2%	2%	3%	3%	3%	3%	-	3%	2%	-	-	2%
I don't face any challenges to being active	129	7	30	25	6	13	48	62	67	113	1	6	8	-	-	15
	6%	4%	6%	6%	3%	6%	10%	6%	7%	7%	2%	5%	10%	-	-	6%
			d			d	abcdg	d	d							
NET: Ranked Top 3	99	4	30	18	3	7	38	52	47	94	2	1	2	1	-	5
	5%	3%	6%	4%	1%	3%	8%	5%	5%	5%	3%	1%	3%	9%	-	2%
			d	d			acdegh	d	d	cg						

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Q8Xb.15. Other: 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016 100%	1254 100%	324 100%	347 100%	671 100%	47 100%	74 100%	674 100%	257 100%	68 100%	73 100%	131 100%	108 100%	172 100%	413 100%	121 100%
Ranked 1st	42 2%	37 3% bcd	2 1%	2 1%	5 1%	1 2%	- -	7 1%	5 2%	- -	1 1%	2 2%	1 1%	6 4% c	19 4% c	1 1%
Ranked 2nd	25 1%	19 2%	2 1%	2 1%	5 1%	- -	- -	4 1%	2 1%	- -	2 3% ck	2 2%	1 1%	8 4% cdk	7 2%	- -
Ranked 3rd	32 2%	25 2%	4 1%	3 1%	7 1%	1 2% d	1 1%	9 1%	- -	- -	1 2% d	4 3% d	2 2% d	4 2% d	11 3% d	2 1% d
Not ranked	1731 86%	1031 82% a	300 93% a	322 93% a	622 93% a	45 95% ij	68 92% ij	600 89% ij	235 92% fij	58 85%	61 84%	115 88% ij	96 89% ij	133 77%	320 78%	113 93% fij
None of the above	57 3%	40 3%	6 2%	7 2%	13 2%	- -	2 3%	18 3%	4 2%	4 6% d	2 3%	2 2%	2 2%	6 3%	15 4%	2 2%
I don't face any challenges to being active	129 6%	102 8% bcd	9 3%	10 3%	19 3%	1 2%	3 4%	35 5%	11 4%	6 10% k	5 7%	6 4%	6 5%	15 9% dk	41 10% cdgk	3 3%
NET: Ranked Top 3	99 5%	81 6% bcd	9 3%	8 2%	16 2%	2 4%	1 1%	20 3%	7 3%	- -	5 6% e	8 6% e	3 3%	18 10% bcdehk	36 9% bcdehk	3 2%

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.15. Other: What are the biggest challenges, if any, that you face to being physically active right now?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	42	7	5	1	-	6	7	11	1	2	-	3	11	11	27	4	-	31
	2%	1%	1%	1%	-	1%	1%	2%	*	1%	-	1%	2%	4% ce	2% c	1%	-	2%
Ranked 2nd	25	2	2	1	1	3	3	4	1	1	-	2	4	3	17	5	-	21
	1%	*	*	1%	2%	1%	1%	1%	*	*	-	*	1%	1%	2%	1%	-	1%
Ranked 3rd	32	6	4	1	-	5	6	8	-	2	1	2	9	7	15	11	-	26
	2%	1%	1%	1%	-	1%	1%	1%	-	1%	3% b	1%	1%	2%	1%	2%	-	2%
Not ranked	1731	516	311	129	31	441	547	555	233	170	28	403	583	259	914	483	76	1472
	86%	91%	90%	87%	84%	89%	91%	89%	95% acdf	86%	85%	91%	88%	82%	84%	90% abe	94% abe	86%
None of the above	57	11	9	4	1	13	12	18	3	6	2	10	19	9	37	9	2	48
	3%	2%	3%	2%	3%	3%	2%	3%	1%	3%	6%	2%	3%	3%	3% c	2%	2%	3%
I don't face any challenges to being active	129	22	17	13	4	29	26	31	6	16	2	22	33	25	76	26	3	105
	6%	4%	5%	8% af	11% a	6%	4%	5%	3%	8% b	6%	5%	5%	8%	7%	5%	3%	6%
NET: Ranked Top 3	99	16	10	3	1	14	17	23	2	5	1	7	24	21	59	19	-	78
	5%	3%	3%	2%	2%	3%	3%	4% be	1%	2%	3%	2%	4% be	7% cd	5% d	4%	-	5% d

Q8Xb.15. Other: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	42	2	28	6	24	-	13	27	3	35	7	34	8
	2%	1%	2%	2%	6%	-	1%	4%	3%	2%	2%	2%	3%
					acd			d					
Ranked 2nd	25	-	21	6	18	-	6	19	5	21	4	21	3
	1%	-	2%	2%	4%	-	*	3%	6%	1%	1%	1%	1%
			a	d	ad			d	ad				
Ranked 3rd	32	1	23	6	16	1	13	19	3	23	10	28	4
	2%	*	2%	2%	4%	1%	1%	3%	3%	1%	2%	2%	2%
			a		d			d	d				
Not ranked	1731	326	1119	289	315	56	1096	578	68	1385	346	1478	241
	86%	94%	85%	90%	79%	89%	87%	84%	84%	86%	84%	86%	88%
		b		be			b	b					
None of the above	57	9	38	6	10	1	35	15	2	37	20	47	7
	3%	2%	3%	2%	2%	2%	3%	2%	3%	2%	5%	3%	3%
											a		
I don't face any challenges to being active	129	10	90	8	17	4	97	28	1	102	27	116	10
	6%	3%	7%	3%	4%	7%	8%	4%	1%	6%	7%	7%	4%
			a				abef						
NET: Ranked Top 3	99	3	73	18	57	1	32	65	10	79	20	84	15
	5%	1%	6%	6%	14%	1%	3%	10%	12%	5%	5%	5%	6%
			a	d	acde			acd	acd				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q8Xb.15. Other: What are the biggest challenges, if any, that you face to being physically active right now?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Ranked 1st	42	16	4	5	4	3	3	1	6	16	10	11	12	13	4	17	12	11	1
	2%	4%	2%	1%	1%	1%	1%	2%	3%	1%	2%	2%	2%	2%	2%	3%	2%	2%	*
		di														d	d		
Ranked 2nd	25	15	1	1	4	1	1	-	2	6	3	9	7	8	1	9	5	6	5
	1%	4%	*	*	1%	*	*	-	1%	1%	1%	2%	1%	1%	*	1%	1%	1%	2%
		bcdefij																	
Ranked 3rd	32	12	2	2	5	3	3	1	3	13	8	11	7	14	1	14	2	12	4
	2%	3%	1%	1%	2%	1%	2%	2%	1%	1%	1%	2%	1%	2%	*	2%	*	2%	2%
		ci														b		b	b
Not ranked	1731	341	172	303	297	223	185	42	169	994	396	383	492	657	185	511	442	549	214
	86%	82%	88%	93%	91%	90%	87%	72%	72%	91%	78%	87%	88%	87%	79%	82%	87%	89%	90%
		h	ghj	afghj	aghj	aghj	ghj			aghj		d	d	d			a	a	a
None of the above	57	13	5	5	3	5	5	3	17	19	25	11	8	19	16	24	16	8	7
	3%	3%	3%	2%	1%	2%	2%	5%	7%	2%	5%	2%	1%	3%	7%	4%	3%	1%	3%
		d						d	abcdefi		cdi				abc	c	c		
I don't face any challenges to being active	129	16	10	10	15	13	15	11	39	48	65	16	36	45	28	51	32	34	7
	6%	4%	5%	3%	5%	5%	7%	19%	16%	4%	13%	4%	6%	6%	12%	8%	6%	5%	3%
							c	abcdefi	abcdefi		abcdefi				abc	d			
NET: Ranked Top 3	99	43	7	8	12	7	7	2	12	34	21	31	25	35	6	40	19	29	10
	5%	10%	4%	2%	4%	3%	3%	3%	5%	3%	4%	7%	5%	5%	3%	6%	4%	5%	4%
		bcdefhij										d				b			

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Q8Xb.15. Other: What are the biggest challenges, if any, that you face to being physically active right now?
BASE: All respondents

		Amount of activity now compared to last year		
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Ranked 1st	42	7	20	14
	2%	1%	3%	3%
			a	a
Ranked 2nd	25	6	8	11
	1%	1%	1%	2%
Ranked 3rd	32	6	10	17
	2%	1%	1%	3%
				ab
Not ranked	1731	599	626	490
	86%	87%	83%	89%
		b		b
None of the above	57	19	31	4
	3%	3%	4%	1%
		c	c	
I don't face any challenges to being active	129	51	58	15
	6%	7%	8%	3%
		c	c	
NET: Ranked Top 3	99	19	37	42
	5%	3%	5%	8%
			a	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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 exercise to help manage my physical health during the outbreak	2016	417	941	367	208	83	1358	575
	100%	21%	47%	18%	10%	4%	67%	29%
I feel safer exercising at home than in public places	2016	466	784	444	200	121	1251	644
	100%	23%	39%	22%	10%	6%	62%	32%
I exercise to help manage my mental health during the outbreak	2016	415	827	421	254	99	1242	675
	100%	21%	41%	21%	13%	5%	62%	33%
I feel less worried about doing sport and physical activity now that the vaccine for COVID-19 is being rolled out	2016	284	905	438	221	169	1188	659
	100%	14%	45%	22%	11%	8%	59%	33%
I have more time now to be physically active	2016	333	822	534	241	86	1154	776
	100%	16%	41%	27%	12%	4%	57%	38%
I am worried about exercising close to other people	2016	376	769	496	295	80	1145	792
	100%	19%	38%	25%	15%	4%	57%	39%
Since the outbreak I have found new ways to be active	2016	300	734	596	293	92	1034	890
	100%	15%	36%	30%	15%	5%	51%	44%
I miss the types of physical activity I was able to do before the outbreak	2016	343	639	578	316	140	982	894
	100%	17%	32%	29%	16%	7%	49%	44%
I have been encouraged to exercise by the Government's guidance	2016	189	643	574	455	154	832	1030
	100%	9%	32%	28%	23%	8%	41%	51%
I worry about leaving my home to exercise or be active	2016	246	532	608	565	64	779	1174
	100%	12%	26%	30%	28%	3%	39%	58%
I feel guilty about wanting to exercise during the outbreak	2016	139	353	659	791	74	492	1450
	100%	7%	17%	33%	39%	4%	24%	72%

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Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	300	117	182	145	112	43	14	31	28	29	22	29	75	49	23
		15%	12%	18%	24%	17%	6%	15%	12%	14%	14%	12%	13%	24%	15%	11%
				a	bc	c								abcdefhi		
Tend to agree	(3.0)	734	344	389	241	254	240	37	85	77	83	62	73	112	122	83
		36%	35%	38%	40%	38%	32%	38%	32%	39%	40%	36%	33%	35%	37%	40%
					c	c										
Tend to disagree	(2.0)	596	333	260	137	184	274	26	95	64	73	56	70	64	89	59
		30%	34%	25%	22%	28%	37%	27%	36%	33%	34%	32%	31%	20%	27%	28%
			b			a	ab		gh	g	g	g	g		g	g
Strongly disagree	(1.0)	293	149	143	56	91	146	16	41	24	18	19	42	54	50	29
		15%	15%	14%	9%	14%	20%	16%	16%	12%	9%	11%	19%	17%	15%	14%
						a	ab	d	d				de	d	d	
Don't know		92	42	50	31	18	44	4	10	3	8	14	9	10	19	14
		5%	4%	5%	5%	3%	6%	4%	4%	2%	4%	8%	4%	3%	6%	7%
					b		b					bcg			c	c
NET: Agree		1034	461	571	386	366	283	51	116	105	112	84	103	187	171	106
		51%	47%	56%	63%	55%	38%	53%	44%	53%	53%	48%	46%	59%	52%	51%
				a	bc	c								befhi		
NET: Disagree		890	482	404	193	276	421	42	136	89	91	76	111	118	140	88
		44%	49%	39%	32%	42%	56%	43%	52%	45%	43%	43%	50%	37%	42%	42%
			b			a	ab		ghi				g			
Base for stats		1924	943	975	579	641	703	93	252	194	203	160	214	305	310	194
Mean Score		2.54	2.45	2.63	2.82	2.60	2.25	2.53	2.42	2.56	2.61	2.54	2.42	2.68	2.54	2.51
				a	bc	c				b				bf		
Standard Deviation		.930	.901	.950	.918	.936	.853	.951	.908	.889	.840	.873	.954	1.033	.943	.887
Standard Error		.021	.030	.030	.036	.036	.035	.092	.055	.063	.058	.067	.076	.058	.054	.063
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

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Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Total	Social Grade A	Social Grade B	Social Grade C1	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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	300	29	93	64	44	32	37	186	114	233	12	23	25	1	3	64
		15%	18%	20%	14%	18%	15%	8%	17%	12%	13%	27%	21%	32%	9%	21%	25%
			fh	cfh	f	fh	f		fh	f		a	a	a			a
Tend to agree	(3.0)	734	66	193	174	99	67	136	433	302	610	15	57	29	5	6	113
		36%	42%	40%	39%	40%	30%	29%	40%	33%	35%	35%	51%	37%	48%	46%	44%
			efh	efh	efh	efh			efh				ad				a
Tend to disagree	(2.0)	596	39	132	132	70	72	151	303	293	546	9	16	14	4	1	44
		30%	25%	28%	29%	28%	33%	33%	28%	32%	31%	21%	15%	18%	35%	6%	17%
											cdg						
Strongly disagree	(1.0)	293	17	46	63	28	39	101	126	168	260	7	10	8	1	4	30
		15%	11%	10%	14%	11%	18%	22%	12%	18%	15%	15%	9%	10%	8%	27%	11%
					b		bdg	abcdg		abdg							
Don't know		92	7	15	19	8	8	36	40	52	83	1	5	3	-	-	9
		5%	4%	3%	4%	3%	4%	8%	4%	6%	5%	2%	4%	4%	-	-	3%
								bcdeg		bg							
NET: Agree		1034	95	286	238	143	99	173	619	415	843	27	81	54	6	9	178
		51%	60%	60%	53%	58%	45%	38%	57%	45%	49%	62%	72%	68%	57%	66%	68%
			efh	cefh	fh	efh	f		efh	f			a	a			a
NET: Disagree		890	56	178	195	97	112	252	429	460	806	16	27	22	4	5	74
		44%	36%	37%	43%	39%	51%	55%	39%	50%	47%	36%	24%	28%	43%	34%	28%
							abdg	abcdg		abcdg	cdg						
Base for stats		1924	151	464	434	241	211	424	1048	876	1649	44	108	76	10	14	252
Mean Score		2.54	2.71	2.72	2.55	2.67	2.44	2.26	2.65	2.41	2.49	2.75	2.87	2.94	2.57	2.60	2.84
			efh	cefh	fh	efh	f		efh	f			a	a			a
Standard Deviation		.930	.906	.897	.913	.907	.965	.918	.908	.941	.921	1.036	.864	.965	.807	1.139	.939
Standard Error		.021	.074	.043	.044	.056	.063	.047	.028	.032	.023	.151	.080	.107	.255	.294	.057
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.09	*

Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?
BASE: All respondents

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total		2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	300	142	64	75	138	8	23	134	41	9	6	18	26	16	19	31
		15%	11%	20%	21%	21%	17%	32%	20%	16%	13%	9%	13%	24%	10%	5%	26%
				a	a	a	j	cdefgij	fij	j	j			fgij	j		defgij
Tend to agree	(3.0)	734	411	135	144	279	17	31	263	98	30	27	51	45	55	118	48
		36%	33%	42%	42%	42%	36%	41%	39%	38%	43%	38%	39%	42%	32%	28%	39%
				a	a	a		j	j	j	j		j	j			j
Tend to disagree	(2.0)	596	418	85	74	158	12	12	194	75	16	25	31	23	47	162	24
		30%	33%	26%	21%	24%	25%	16%	29%	29%	24%	34%	23%	21%	28%	39%	20%
			bcd						bk	bk		bhk			b	bcdeghik	
Strongly disagree	(1.0)	293	219	31	41	71	10	7	71	31	9	12	22	6	39	87	17
		15%	17%	9%	12%	11%	20%	10%	10%	12%	14%	16%	17%	6%	22%	21%	14%
			bcd				ch			h		h	ch		bcdh	bcdh	h
Don't know		92	63	10	14	24	1	1	12	11	4	3	10	8	15	28	2
		5%	5%	3%	4%	4%	2%	1%	2%	4%	6%	3%	8%	7%	9%	7%	1%
										c	c		bck	bck	bck	bck	
NET: Agree		1034	553	199	219	418	25	54	397	139	39	34	68	71	71	137	79
		51%	44%	61%	63%	62%	53%	73%	59%	54%	57%	46%	52%	66%	41%	33%	65%
				a	a	a	j	acdefgij	fij	ij	ij	j	j	dfgij			dfgij
NET: Disagree		890	637	115	114	229	21	19	265	107	25	36	53	29	86	249	40
		44%	51%	36%	33%	34%	45%	26%	39%	42%	37%	50%	40%	27%	50%	60%	33%
			bcd				bh		bh	bh		bhk	bh		bchk	abcdeghik	
Base for stats		1924	1191	314	333	647	46	73	661	245	64	70	121	100	157	385	120
Mean Score		2.54	2.40	2.74	2.76	2.75	2.50	2.96	2.70	2.60	2.60	2.40	2.53	2.91	2.31	2.18	2.79
				a	a	a	j	acdefgij	fij	ij	ij	j	j	acdefgij			fgij
Standard Deviation		.930	.920	.893	.936	.915	1.012	.940	.912	.912	.908	.871	.955	.854	.959	.836	.990
Standard Error		.021	.027	.050	.051	.036	.146	.104	.035	.057	.114	.104	.083	.079	.073	.049	.087
Error variance		*	*	*	*	*	.02	.01	*	*	.01	.01	.01	.01	.01	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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				
	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	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	300	109	66	24	8	90	118	109	60	31	8	91	116	30	140	110	19	270
	15%	19%	19%	16%	22%	18%	20%	17%	25%	16%	23%	21%	18%	10%	13%	20%	24%	16%
									acf							abe	abe	ab
Tend to agree (3.0)	734	213	146	62	13	207	226	243	108	81	7	189	250	90	385	229	30	644
	36%	38%	42%	41%	34%	42%	38%	39%	44%	41%	21%	43%	38%	29%	35%	43%	38%	38%
								d	d	d		d	d		a	abe		a
Tend to disagree (2.0)	596	167	88	40	12	128	179	188	56	50	12	105	200	113	343	123	18	484
	30%	30%	25%	27%	32%	26%	30%	30%	23%	25%	37%	24%	30%	36%	32%	23%	23%	28%
								be					be	cde	c			c
Strongly disagree (1.0)	293	63	42	18	1	60	64	73	16	26	5	43	78	67	164	56	6	226
	15%	11%	12%	12%	2%	12%	11%	12%	7%	13%	14%	10%	12%	21%	15%	10%	8%	13%
								b		b			b	bcde	c			
Don't know	92	12	5	5	3	11	15	14	4	9	2	13	15	13	53	19	6	79
	5%	2%	2%	3%	9%	2%	3%	2%	2%	4%	5%	3%	2%	4%	5%	4%	8%	5%
					abef													
NET: Agree	1034	323	212	85	21	297	343	351	168	112	15	280	366	121	526	338	50	914
	51%	57%	61%	57%	56%	60%	57%	56%	69%	57%	44%	64%	56%	38%	48%	63%	62%	54%
									acdf			adf			a	abe	ab	ab
NET: Disagree	890	230	130	58	13	188	243	261	72	76	17	148	278	180	507	179	24	710
	44%	41%	37%	39%	35%	38%	40%	42%	29%	39%	51%	34%	42%	57%	47%	33%	30%	42%
								be		b	be		be	bcde	cde			cd
Base for stats	1924	553	342	143	33	486	587	612	240	188	32	428	644	300	1032	517	74	1623
Mean Score	2.54	2.67	2.69	2.63	2.84	2.67	2.68	2.63	2.88	2.62	2.55	2.77	2.63	2.28	2.49	2.76	2.85	2.59
									acdf			af			a	abe	abe	ab
Standard Deviation	.930	.921	.921	.907	.834	.916	.917	.910	.863	.921	1.029	.897	.915	.924	.917	.909	.908	.924
Standard Error	.021	.038	.049	.075	.139	.041	.037	.036	.054	.068	.174	.043	.035	.053	.029	.039	.100	.023
Error variance	*	*	*	.01	.02	*	*	*	*	*	.03	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	
	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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	300	87	176	70	42	12	181	109	12	236	64	257	39
	15%	25%	13%	22%	10%	19%	14%	16%	14%	15%	16%	15%	14%
		b		bde			b	b	b				
Tend to agree (3.0)	734	142	488	94	119	18	493	213	16	584	151	643	86
	36%	41%	37%	29%	30%	29%	39%	31%	20%	36%	37%	37%	31%
							abef	f					
Tend to disagree (2.0)	596	77	400	84	133	18	378	203	25	475	121	505	88
	30%	22%	30%	26%	33%	28%	30%	30%	31%	30%	29%	29%	32%
			a		a								
Strongly disagree (1.0)	293	34	189	56	75	10	165	118	21	243	51	245	48
	15%	10%	14%	18%	19%	17%	13%	17%	26%	15%	12%	14%	17%
			a	d	d			d	de				
Don't know	92	8	67	16	31	5	43	43	8	66	26	76	13
	5%	2%	5%	5%	8%	7%	3%	6%	9%	4%	6%	4%	5%
			a		d			d	d				
NET: Agree	1034	229	664	164	161	30	674	322	28	819	215	900	125
	51%	66%	50%	51%	40%	48%	54%	47%	34%	51%	52%	52%	46%
		b		bf			bef	bf				b	
NET: Disagree	890	112	588	140	207	28	542	321	46	717	172	749	136
	44%	32%	45%	44%	52%	45%	43%	47%	56%	45%	42%	43%	50%
			a		ad				ad				a
Base for stats	1924	340	1252	304	368	58	1216	643	74	1537	387	1649	261
Mean Score	2.54	2.83	2.52	2.58	2.35	2.54	2.57	2.49	2.25	2.53	2.59	2.55	2.45
		b		bf			bf	bf					
Standard Deviation	.930	.926	.912	1.037	.927	1.021	.902	.978	1.046	.934	.915	.926	.957
Standard Error	.021	.049	.026	.057	.049	.134	.026	.038	.116	.024	.047	.023	.057
Error variance	*	*	*	*	*	.02	*	*	.01	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total		2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	300	17	19	48	50	51	48	16	52	168	115	51	78	109	58	80	80	91	45
		15%	4%	10%	15%	15%	21%	22%	28%	22%	15%	23%	11%	14%	14%	25%	13%	16%	15%	19%
				a	a	a	abi	abcdi	abcdi	abcdi	ab	abcdi				abc				a
Tend to agree	(3.0)	734	82	57	133	149	106	96	23	89	444	208	130	200	314	88	196	196	252	84
		36%	20%	29%	41%	46%	43%	45%	39%	38%	41%	41%	29%	36%	42%	37%	31%	39%	41%	35%
				a	ab	ab	ab	ab	a	a	ab	ab		a	ab	a		a	a	
Tend to disagree	(2.0)	596	163	74	95	87	61	49	16	51	317	116	132	180	226	50	198	152	172	71
		30%	39%	38%	29%	27%	25%	23%	27%	22%	29%	23%	30%	32%	30%	22%	32%	30%	28%	30%
			cdefhij	cdefhij	hj						hj		d	d	d					
Strongly disagree	(1.0)	293	129	37	32	29	22	14	3	29	120	45	100	75	85	30	125	55	77	32
		15%	31%	19%	10%	9%	9%	6%	5%	12%	11%	9%	23%	13%	11%	13%	20%	11%	12%	13%
			bcdefghij	cdefghij						f	f		bcd				bcd			
Don't know		92	23	8	18	12	8	7	1	16	46	23	28	27	22	9	27	26	26	6
		5%	6%	4%	6%	4%	3%	3%	2%	7%	4%	5%	6%	5%	3%	4%	4%	5%	4%	3%
													c							
NET: Agree		1034	99	75	180	199	157	144	39	141	612	323	180	278	423	145	276	276	344	129
		51%	24%	39%	55%	61%	63%	67%	67%	60%	56%	64%	41%	50%	56%	62%	44%	54%	56%	54%
				a	ab	ab	abi	abci	ab	ab	ab	abci		a	ab	ab		a	a	a
NET: Disagree		890	292	111	127	116	83	63	18	80	437	161	232	255	310	80	323	208	249	103
		44%	71%	57%	39%	35%	34%	30%	31%	34%	40%	32%	53%	46%	41%	34%	52%	41%	40%	43%
			bcdefghij	cdefghij	fj						fj		bcd	d			bcd			
Base for stats		1924	390	186	308	315	240	207	57	221	1049	485	412	534	733	226	598	484	593	232
Mean Score		2.54	1.97	2.31	2.64	2.70	2.78	2.86	2.92	2.74	2.63	2.81	2.32	2.53	2.61	2.77	2.39	2.62	2.60	2.61
				a	ab	ab	abi	abcdi	abci	ab	ab	abci		a	a	abc		a	a	a
Standard Deviation		.930	.843	.902	.867	.843	.888	.846	.867	.960	.884	.903	.975	.908	.876	.979	.961	.892	.899	.951
Standard Error		.021	.044	.066	.049	.047	.057	.058	.115	.065	.027	.041	.047	.039	.033	.067	.040	.040	.037	.062
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		Total	NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
Strongly agree	(4.0)	300	175	61	61
		15%	25%	8%	11%
			bc		
Tend to agree	(3.0)	734	331	236	159
		36%	48%	31%	29%
			bc		
Tend to disagree	(2.0)	596	127	268	198
		30%	18%	36%	36%
				a	a
Strongly disagree	(1.0)	293	32	145	113
		15%	5%	19%	20%
				a	a
Don't know		92	24	41	22
		5%	3%	6%	4%
NET: Agree		1034	506	297	219
		51%	74%	40%	40%
			bc		
NET: Disagree		890	159	414	311
		44%	23%	55%	56%
				a	a
Base for stats		1924	665	711	530
Mean Score		2.54	2.98	2.30	2.32
			bc		
Standard Deviation		.930	.804	.890	.934
Standard Error		.021	.031	.034	.041
Error variance		*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	333	150	182	140	99	94	13	44	29	33	23	38	73	54	26
		16%	15%	18%	23%	15%	13%	13%	17%	15%	16%	13%	17%	23%	16%	13%
					bc									abcdehi		
Tend to agree	(3.0)	822	447	374	239	241	342	42	94	88	95	74	74	126	136	94
		41%	45%	36%	39%	37%	46%	44%	36%	44%	45%	43%	33%	40%	41%	45%
			b				ab			f	bf					bf
Tend to disagree	(2.0)	534	252	279	132	205	197	28	74	50	53	46	78	67	84	55
		27%	26%	27%	22%	31%	26%	29%	28%	25%	25%	26%	35%	21%	25%	27%
						a	a						cdgh			
Strongly disagree	(1.0)	241	102	140	74	87	80	10	40	22	21	18	26	39	45	22
		12%	10%	14%	12%	13%	11%	10%	15%	11%	10%	10%	12%	12%	14%	10%
				a												
Don't know		86	34	51	25	27	33	4	12	9	10	13	7	9	12	11
		4%	3%	5%	4%	4%	4%	4%	4%	4%	5%	7%	3%	3%	4%	5%
												g				
NET: Agree		1154	597	556	379	340	436	55	137	117	127	97	112	199	189	120
		57%	61%	54%	62%	52%	58%	57%	52%	59%	60%	56%	50%	63%	57%	58%
			b		b		b				f			bf		
NET: Disagree		776	354	419	206	292	278	38	113	72	74	64	104	106	129	77
		38%	36%	41%	34%	44%	37%	39%	43%	36%	35%	37%	47%	34%	39%	37%
				a		ac			g				cdg			
Base for stats		1930	951	974	585	632	713	93	251	188	201	161	216	305	318	197
Mean Score		2.65	2.68	2.61	2.76	2.56	2.63	2.62	2.56	2.66	2.69	2.63	2.57	2.77	2.62	2.64
					bc									bf		
Standard Deviation		.908	.865	.947	.958	.915	.850	.854	.957	.877	.864	.863	.919	.958	.925	.850
Standard Error		.021	.029	.030	.037	.035	.035	.083	.059	.063	.060	.066	.072	.054	.052	.060
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	333	35	83	69	47	30	69	187	146	254	15	29	27	1	2	74
		16%	22%	17%	15%	19%	14%	15%	17%	16%	15%	33%	26%	34%	9%	15%	28%
			cefh									a	a	a			a
Tend to agree	(3.0)	822	71	197	169	93	86	206	437	385	711	16	45	30	7	5	102
		41%	45%	41%	37%	37%	39%	45%	40%	42%	41%	35%	40%	37%	67%	39%	39%
								c									
Tend to disagree	(2.0)	534	30	120	136	75	69	104	286	248	481	4	23	14	2	4	47
		27%	19%	25%	30%	30%	32%	23%	26%	27%	28%	9%	21%	18%	24%	26%	18%
					af	af	af			a	bdg						
Strongly disagree	(1.0)	241	15	63	65	26	18	54	143	98	216	6	11	4	-	3	24
		12%	10%	13%	14%	10%	8%	12%	13%	11%	12%	12%	10%	6%	-	21%	9%
					eh				e								
Don't know		86	5	16	15	8	16	27	36	50	71	4	4	4	-	-	13
		4%	3%	3%	3%	3%	7%	6%	3%	5%	4%	10%	4%	6%	-	-	5%
							bcdg	g		g							
NET: Agree		1154	107	280	237	140	116	275	624	531	965	30	74	57	8	8	176
		57%	68%	58%	52%	56%	53%	60%	57%	57%	56%	68%	66%	71%	76%	54%	68%
			bcdegh					c					a	a			a
NET: Disagree		776	46	183	200	101	88	158	429	347	697	10	34	19	2	7	71
		38%	29%	38%	44%	41%	40%	34%	39%	37%	40%	22%	30%	23%	24%	46%	27%
				a	afh	a	a		a	a	bcdg						
Base for stats		1930	152	463	437	241	204	433	1053	878	1662	40	108	75	10	14	247
Mean Score		2.65	2.83	2.65	2.55	2.67	2.63	2.67	2.63	2.66	2.60	2.98	2.86	3.05	2.84	2.48	2.91
			bcegh							c		a	a	a			a
Standard Deviation		.908	.901	.928	.926	.911	.844	.890	.927	.884	.897	1.024	.938	.891	.582	1.015	.935
Standard Error		.021	.074	.044	.044	.056	.056	.045	.029	.030	.022	.154	.087	.099	.184	.262	.057
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.03	.07	*

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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		2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total		2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	333	185	57	69	126	11	16	117	35	9	12	27	25	24	57	27
		16%	15%	18%	20%	19%	23%	21%	17%	14%	13%	16%	21%	23%	14%	14%	22%
					a	a								dij			dj
Tend to agree	(3.0)	822	546	123	116	239	21	37	237	102	29	30	54	39	63	210	57
		41%	44%	38%	33%	36%	43%	50%	35%	40%	42%	42%	41%	36%	37%	51%	47%
			cd					ci								cdghi	c
Tend to disagree	(2.0)	534	327	89	99	187	13	13	198	76	21	17	32	28	54	82	26
		27%	26%	27%	28%	28%	27%	17%	29%	30%	30%	23%	25%	26%	32%	20%	21%
									bj	bj					bjk		
Strongly disagree	(1.0)	241	138	44	53	97	1	8	98	33	8	10	11	9	18	44	9
		12%	11%	14%	15%	14%	2%	11%	15%	13%	12%	14%	8%	9%	11%	11%	7%
					a	a			agk	a		a					
Don't know		86	58	11	10	22	2	1	23	10	2	4	7	6	13	19	3
		4%	5%	3%	3%	3%	4%	1%	3%	4%	2%	5%	5%	5%	7%	5%	2%
															bck		
NET: Agree		1154	731	180	185	365	32	52	355	137	38	42	81	64	87	267	84
		57%	58%	56%	53%	54%	67%	71%	53%	53%	55%	58%	62%	60%	51%	65%	69%
							i	cdei					ci			cdi	cdi
NET: Disagree		776	465	132	152	284	14	21	296	110	29	27	43	38	72	127	35
		38%	37%	41%	44%	42%	29%	28%	44%	43%	42%	37%	33%	35%	42%	31%	28%
					a	a			abgjk	bjk					bjk		
Base for stats		1930	1195	313	337	649	45	73	651	246	67	69	124	102	159	394	118
Mean Score		2.65	2.65	2.62	2.60	2.61	2.91	2.83	2.58	2.56	2.57	2.63	2.78	2.78	2.58	2.71	2.86
							cdei	cdi					cdi	cd		cd	cdei
Standard Deviation		.908	.876	.940	.985	.963	.787	.896	.953	.897	.876	.935	.889	.924	.881	.850	.853
Standard Error		.021	.026	.053	.053	.038	.115	.100	.036	.056	.109	.113	.076	.084	.067	.049	.075
Error variance		*	*	*	*	*	.01	.01	*	*	.01	.01	.01	.01	*	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	333	78	70	21	11	91	89	96	51	28	9	79	105	45	166	103	18	287
	16%	14%	20%	14%	29%	18%	15%	15%	21%	14%	27%	18%	16%	14%	15%	19%	23%	17%
			af		acf	a			a							b		
Tend to agree (3.0)	822	186	152	69	10	222	196	215	113	81	8	193	223	141	457	192	32	681
	41%	33%	44%	47%	27%	45%	33%	34%	46%	41%	25%	44%	34%	45%	42%	36%	39%	40%
			adf	adf		adf			adf			adf		c	c			
Tend to disagree (2.0)	534	184	77	37	15	115	200	197	54	57	8	111	205	77	291	147	19	457
	27%	33%	22%	25%	41%	23%	33%	32%	22%	29%	24%	25%	31%	25%	27%	27%	24%	27%
		be			be		be	be					be					
Strongly disagree (1.0)	241	92	41	16	-	57	92	97	20	26	7	46	104	34	126	72	9	208
	12%	16%	12%	11%	-	11%	15%	15%	8%	13%	22%	10%	16%	11%	12%	13%	12%	12%
		de	d	d		d	d	be			be		be					
Don't know	86	24	7	4	1	11	25	21	7	6	1	12	22	16	46	22	2	69
	4%	4%	2%	3%	3%	2%	4%	3%	3%	3%	2%	3%	3%	5%	4%	4%	2%	4%
NET: Agree	1154	264	222	91	21	313	285	310	164	108	17	272	328	186	623	295	50	968
	57%	47%	64%	61%	56%	63%	47%	50%	67%	55%	52%	62%	50%	59%	57%	55%	62%	57%
			af	af		af			acf			af						
NET: Disagree	776	277	118	54	15	172	292	294	75	82	15	157	310	111	417	219	29	665
	38%	49%	34%	36%	41%	35%	49%	47%	30%	42%	46%	36%	47%	35%	38%	41%	36%	39%
		bce					bce	be		b			be					
Base for stats	1930	541	341	144	36	485	577	605	238	191	33	429	637	297	1040	514	79	1633
Mean Score	2.65	2.46	2.74	2.66	2.88	2.72	2.49	2.51	2.81	2.58	2.58	2.71	2.52	2.67	2.64	2.63	2.75	2.64
			af	af	af	af			acf			af						
Standard Deviation	.908	.938	.920	.865	.852	.904	.937	.943	.868	.898	1.133	.888	.953	.870	.891	.957	.950	.915
Standard Error	.021	.039	.049	.072	.138	.041	.038	.037	.055	.065	.189	.042	.037	.051	.028	.041	.102	.023
Error variance	*	*	*	.01	.02	*	*	*	*	*	.04	*	*	*	*	*	.01	*

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total		2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	333	75	206	59	52	9	212	106	12	264	68	286	44
		16%	22%	16%	18%	13%	15%	17%	16%	15%	16%	17%	17%	16%
			b											
Tend to agree	(3.0)	822	131	534	121	160	30	527	272	32	657	165	707	106
		41%	38%	40%	38%	40%	48%	42%	40%	39%	41%	40%	41%	39%
Tend to disagree	(2.0)	534	93	358	86	110	16	330	185	21	432	103	456	75
		27%	27%	27%	27%	27%	26%	26%	27%	25%	27%	25%	26%	27%
Strongly disagree	(1.0)	241	38	169	43	54	7	146	89	12	184	57	209	33
		12%	11%	13%	13%	13%	11%	12%	13%	15%	11%	14%	12%	12%
Don't know		86	11	52	13	24	1	45	33	5	66	20	68	15
		4%	3%	4%	4%	6%	1%	4%	5%	6%	4%	5%	4%	6%
						d								
NET: Agree		1154	207	740	180	212	39	738	379	44	921	233	993	151
		57%	59%	56%	56%	53%	62%	59%	55%	54%	57%	56%	58%	55%
NET: Disagree		776	131	527	128	163	23	476	274	32	616	160	665	107
		38%	38%	40%	40%	41%	36%	38%	40%	40%	38%	39%	39%	39%
Base for stats		1930	338	1267	308	375	62	1214	653	76	1537	393	1657	258
Mean Score		2.65	2.72	2.61	2.64	2.56	2.67	2.66	2.61	2.57	2.65	2.62	2.65	2.63
			b											
Standard Deviation		.908	.935	.911	.945	.901	.867	.901	.917	.937	.901	.936	.909	.913
Standard Error		.021	.050	.026	.052	.047	.110	.026	.036	.103	.023	.048	.022	.055
Error variance		*	*	*	*	*	.01	*	*	.01	*	*	*	*

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	333	34	31	54	46	58	46	14	50	188	110	68	83	126	51	86	84	105	53
	16%	8%	16%	17%	14%	23%	22%	24%	21%	17%	22%	15%	15%	17%	22%	14%	17%	17%	22%
			a	a	a	abcdi	ad	ad	ad	a	adi				ab				a
Tend to agree (3.0)	822	137	72	147	149	99	96	23	99	467	218	157	238	326	93	233	236	257	94
	41%	33%	37%	45%	46%	40%	45%	40%	42%	43%	43%	36%	42%	43%	40%	37%	46%	41%	39%
				a	ab		a		a	a	a		a	a			a		
Tend to disagree (2.0)	534	130	55	83	90	60	48	14	53	289	115	127	147	203	55	186	114	181	50
	27%	31%	29%	26%	28%	24%	22%	25%	23%	26%	23%	29%	26%	27%	24%	30%	22%	29%	21%
		efhj														bd		bd	
Strongly disagree (1.0)	241	84	29	30	30	23	17	6	21	112	45	69	72	77	20	96	55	59	28
	12%	20%	15%	9%	9%	9%	8%	11%	9%	10%	9%	16%	13%	10%	9%	15%	11%	10%	12%
		cdefhij	cdfij									cd				bc			
Don't know	86	28	8	11	11	8	6	-	13	38	19	20	22	23	14	25	20	18	14
	4%	7%	4%	3%	3%	3%	3%	-	6%	4%	4%	5%	4%	3%	6%	4%	4%	3%	6%
		cdefgij													c				c
NET: Agree	1154	171	102	201	195	157	142	37	148	655	328	225	320	452	145	319	320	362	147
	57%	41%	53%	62%	60%	63%	67%	64%	63%	60%	65%	51%	57%	60%	62%	51%	63%	58%	61%
			a	ab	a	ab	ab	a	ab	a	ab			a	a		a	a	a
NET: Disagree	776	214	85	113	120	83	65	21	75	401	161	195	219	280	76	282	169	240	78
	38%	52%	44%	35%	37%	33%	31%	36%	32%	37%	32%	44%	39%	37%	32%	45%	33%	39%	33%
		cdefghij	cefhj								j	cd				bcd			
Base for stats	1930	385	187	314	315	240	207	58	223	1056	489	421	539	732	221	601	490	601	224
Mean Score	2.65	2.31	2.55	2.72	2.67	2.80	2.82	2.78	2.79	2.69	2.80	2.54	2.61	2.68	2.80	2.51	2.71	2.68	2.76
			a	ab	a	ab	abdi	a	ab	ab	abdi			a	ab		a	a	a
Standard Deviation	.908	.912	.944	.859	.841	.915	.872	.947	.898	.885	.891	.949	.900	.879	.903	.925	.880	.875	.952
Standard Error	.021	.048	.069	.049	.047	.058	.060	.124	.060	.027	.040	.045	.039	.033	.062	.038	.040	.036	.063
Error variance	*	*	*	*	*	*	*	.02	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		Total	NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
Strongly agree	(4.0)	333	171	91	69
		16%	25%	12%	12%
			bc		
Tend to agree	(3.0)	822	310	284	221
		41%	45%	38%	40%
			b		
Tend to disagree	(2.0)	534	152	231	148
		27%	22%	31%	27%
				a	a
Strongly disagree	(1.0)	241	44	101	92
		12%	6%	13%	17%
				a	a
Don't know		86	13	45	22
		4%	2%	6%	4%
				a	a
NET: Agree		1154	480	375	290
		57%	70%	50%	52%
			bc		
NET: Disagree		776	195	333	240
		38%	28%	44%	43%
				a	a
Base for stats		1930	675	708	530
Mean Score		2.65	2.90	2.51	2.50
			bc		
Standard Deviation		.908	.852	.891	.927
Standard Error		.021	.032	.034	.040
Error variance		*	*	*	*

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	189	85	104	79	71	39	10	32	15	19	17	18	41	25	13
		9%	9%	10%	13%	11%	5%	10%	12%	8%	9%	10%	8%	13%	8%	6%
					c	c			i					chi		
Tend to agree	(3.0)	643	306	335	227	217	199	25	78	68	64	55	70	105	111	67
		32%	31%	33%	37%	33%	27%	26%	30%	34%	30%	32%	31%	33%	34%	32%
					c	c										
Tend to disagree	(2.0)	574	289	286	143	178	253	31	76	52	63	48	57	81	101	66
		28%	29%	28%	24%	27%	34%	32%	29%	27%	30%	27%	26%	26%	31%	32%
							ab									
Strongly disagree	(1.0)	455	237	216	107	151	196	22	59	44	40	41	67	57	77	48
		23%	24%	21%	18%	23%	26%	22%	22%	22%	19%	24%	30%	18%	23%	23%
						a	a						dg			
Don't know		154	69	85	52	42	59	9	18	18	25	13	12	31	16	14
		8%	7%	8%	9%	6%	8%	9%	7%	9%	12%	7%	5%	10%	5%	7%
										h	bfh			h		
NET: Agree		832	391	438	307	288	238	35	110	83	83	72	87	146	136	80
		41%	40%	43%	50%	44%	32%	36%	42%	42%	39%	42%	39%	46%	41%	38%
					bc	c										
NET: Disagree		1030	526	502	251	329	450	53	135	96	103	89	124	138	178	114
		51%	53%	49%	41%	50%	60%	55%	51%	49%	49%	51%	56%	44%	54%	55%
			b			a	ab	g					g		g	g
Base for stats		1862	916	941	558	617	687	88	245	179	186	161	211	284	314	194
Mean Score		2.30	2.26	2.35	2.50	2.34	2.12	2.27	2.34	2.30	2.33	2.30	2.18	2.46	2.27	2.23
					bc	c								fhi		
Standard Deviation		.951	.946	.953	.960	.973	.889	.961	.985	.936	.926	.969	.976	.973	.921	.900
Standard Error		.022	.032	.031	.038	.038	.037	.096	.061	.069	.067	.074	.078	.057	.053	.065
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	189	27	48	35	30	27	22	111	79	146	12	21	7	-	3	43
		9%	17%	10%	8%	12%	12%	5%	10%	8%	8%	26%	19%	9%	-	22%	16%
			bcfgh	f		f	cf		f	f		ad	ad				a
Tend to agree	(3.0)	643	46	163	145	92	64	133	354	289	535	14	42	35	3	5	99
		32%	29%	34%	32%	37%	29%	29%	33%	31%	31%	31%	37%	44%	33%	38%	38%
						f								a			a
Tend to disagree	(2.0)	574	48	142	133	69	54	128	323	251	513	9	23	14	6	3	54
		28%	30%	30%	29%	28%	25%	28%	30%	27%	30%	20%	20%	18%	59%	21%	21%
											cdg						
Strongly disagree	(1.0)	455	25	98	108	43	47	134	231	225	409	6	16	17	1	2	42
		23%	16%	20%	24%	17%	22%	29%	21%	24%	24%	14%	14%	22%	9%	13%	16%
					ad			abdeg		ad	cg						
Don't know		154	12	27	30	15	26	43	70	85	130	4	11	6	-	1	22
		8%	8%	6%	7%	6%	12%	9%	6%	9%	7%	9%	9%	8%	-	7%	8%
							bcdg	bg		bg							
NET: Agree		832	73	211	181	121	92	155	465	368	681	25	63	42	3	8	142
		41%	46%	44%	40%	49%	42%	34%	43%	40%	39%	57%	56%	53%	33%	60%	54%
			f	f		cfh	f		f	f		a	a	a			a
NET: Disagree		1030	73	240	241	112	102	262	554	475	922	15	39	31	7	5	97
		51%	46%	50%	53%	45%	46%	57%	51%	51%	53%	34%	35%	39%	67%	34%	37%
					d			abdegh			bcdg						
Base for stats		1862	146	451	422	233	193	417	1019	843	1603	40	101	73	10	13	239
Mean Score		2.30	2.52	2.36	2.26	2.46	2.37	2.10	2.34	2.26	2.26	2.76	2.67	2.43	2.24	2.73	2.60
			cfgh	f	f	cfh	f		f	f		a	a				a
Standard Deviation		.951	.985	.938	.934	.936	1.006	.917	.946	.956	.941	1.042	.980	.960	.629	1.008	.978
Standard Error		.022	.082	.045	.045	.058	.068	.047	.030	.033	.024	.157	.093	.108	.199	.269	.061
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.04	.07	*

Savanta:
ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total		2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	189	96	36	43	79	7	15	71	22	9	6	12	14	12	21	22
		9%	8%	11%	12%	12%	14%	20%	11%	9%	13%	8%	9%	13%	7%	5%	18%
				a	a	a	j	cdfgij	j		j			j			cdgij
Tend to agree	(3.0)	643	361	123	123	245	15	23	246	79	17	28	39	43	41	111	38
		32%	29%	38%	35%	37%	32%	31%	36%	31%	25%	39%	29%	40%	24%	27%	32%
				a	a	a			ij			ij		eij			
Tend to disagree	(2.0)	574	375	83	94	178	11	14	190	77	25	21	25	27	46	139	25
		28%	30%	26%	27%	26%	22%	19%	28%	30%	37%	30%	19%	25%	27%	34%	20%
									g	gk	bgk					bgk	
Strongly disagree	(1.0)	455	324	55	65	120	12	17	122	58	12	13	41	19	49	112	29
		23%	26%	17%	19%	18%	25%	23%	18%	23%	18%	17%	32%	17%	28%	27%	24%
			bcd										cdefh		ch	ch	
Don't know		154	99	27	22	49	3	4	45	20	5	4	14	5	24	30	8
		8%	8%	8%	6%	7%	7%	6%	7%	8%	7%	6%	11%	5%	14%	7%	6%
															cdhjk		
NET: Agree		832	457	159	165	324	22	38	317	102	26	34	50	58	53	132	60
		41%	36%	49%	48%	48%	46%	52%	47%	40%	38%	47%	38%	53%	31%	32%	49%
				a	a	a	i	ij	dij			ij		degij			ij
NET: Disagree		1030	698	138	160	298	22	31	312	135	37	34	67	45	94	251	54
		51%	56%	43%	46%	44%	47%	43%	46%	53%	55%	47%	51%	42%	55%	61%	44%
			bcd							h					ch	bcfhk	
Base for stats		1862	1155	297	325	622	44	70	629	237	63	68	117	103	148	383	114
Mean Score		2.30	2.20	2.47	2.44	2.46	2.38	2.51	2.42	2.28	2.35	2.40	2.17	2.52	2.12	2.11	2.46
				a	a	a		gij	dgij	j		ij		dgij			gij
Standard Deviation		.951	.941	.931	.956	.943	1.044	1.091	.928	.942	.955	.891	1.029	.945	.966	.892	1.071
Standard Error		.022	.028	.054	.053	.038	.156	.124	.036	.060	.121	.108	.091	.086	.076	.052	.097
Error variance		*	*	*	*	*	.02	.02	*	*	.01	.01	.01	.01	.01	*	.01

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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				
	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	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	189	62	37	14	5	51	67	58	31	21	8	52	67	21	86	71	12	169
	9%	11%	11%	9%	15%	10%	11%	9%	13%	11%	25% abcef	12%	10%	7%	8%	13% abe	15% ab	10%
Tend to agree (3.0)	643	186	139	44	13	183	199	205	111	56	11	168	216	84	333	194	32	559
	32%	33%	40% acf	30%	34%	37%	33%	33%	46% acf	29%	33%	38% c	33%	27%	31%	36% ab	39% a	33% a
Tend to disagree (2.0)	574	160	91	55	10	146	171	178	62	69	9	130	187	92	331	136	15	483
	28%	28%	26%	37% abf	28%	29%	28%	28%	25%	35% b	27%	30%	28%	29%	30% cd	25%	19%	28%
Strongly disagree (1.0)	455	121	59	26	4	85	125	140	31	37	4	67	144	86	262	93	15	369
	23%	21%	17%	17%	12%	17%	21%	22% be	13%	19%	12%	15%	22% be	28% ce	24% c	17%	18%	22% c
Don't know	154	36	21	10	4	31	40	44	9	15	1	24	45	30	74	43	7	124
	8%	6%	6%	6%	11%	6%	7%	7%	4%	7%	3%	5%	7%	10%	7%	8%	9%	7%
NET: Agree	832	248	176	58	18	234	266	263	143	77	19	220	283	105	419	265	43	727
	41%	44%	51% acf	39%	49%	47%	44%	42%	58% acef	39%	59% ac	50% acf	43%	33%	39%	49% abe	54% abe	43% ab
NET: Disagree	1030	281	150	81	15	231	296	318	93	105	13	198	331	178	593	229	30	851
	51%	50%	43%	55% b	40%	47%	49%	51% be	38%	53% be	39%	45%	50% b	57% cde	55% cde	43%	37%	50% cd
Base for stats	1862	529	327	139	33	466	562	582	235	182	32	417	614	283	1012	494	73	1579
Mean Score	2.30	2.36	2.47	2.33	2.59	2.43	2.37	2.31	2.61 acf	2.34	2.74 acf	2.49 af	2.33	2.14	2.24	2.49 abe	2.55 abe	2.33 ab
Standard Deviation	.951	.960	.918	.894	.926	.912	.959	.948	.877	.925	.996	.907	.954	.937	.933	.957	.991	.951
Standard Error	.022	.041	.050	.075	.157	.042	.039	.038	.056	.069	.166	.044	.038	.056	.030	.042	.110	.024
Error variance	*	*	*	.01	.02	*	*	*	*	*	.03	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	
	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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	189	52	113	34	40	7	112	71	6	149	41	155	30
	9%	15% b	9%	11%	10%	12%	9%	10%	8%	9%	10%	9%	11%
Tend to agree (3.0)	643	131	411	100	109	22	411	210	19	535	108	555	81
	32%	38% b	31%	31%	27%	35%	33% b	31%	23%	33% b	26%	32%	29%
Tend to disagree (2.0)	574	87	389	74	118	14	379	183	19	443	131	510	61
	28%	25%	29%	23%	30% a	23%	30% a	27%	23%	28%	32%	30% b	22%
Strongly disagree (1.0)	455	64	302	84	100	10	268	166	27	353	102	381	72
	23%	18%	23%	26%	25%	16%	21%	24%	33% cd	22%	25%	22%	26%
Don't know	154	15	104	28	32	9	89	55	10	123	31	123	30
	8%	4%	8% a	9%	8%	14% d	7%	8%	12%	8%	8%	7%	11% a
NET: Agree	832	183	524	135	149	30	523	281	25	683	149	710	111
	41%	52% b	40%	42%	37%	47% f	42%	41%	31%	43% b	36%	41%	41%
NET: Disagree	1030	151	691	158	218	24	647	349	46	796	233	891	133
	51%	43%	52% a	49%	55% c	39%	51% c	51%	56% c	50%	56% a	52%	48%
Base for stats	1862	334	1215	292	367	54	1171	631	71	1480	382	1602	243
Mean Score	2.30	2.51 b	2.28	2.29	2.24	2.50 f	2.31 f	2.30	2.06	2.32	2.23	2.30	2.29
Standard Deviation	.951	.973	.941	1.010	.973	.958	.931	.981	1.009	.947	.963	.939	1.022
Standard Error	.022	.052	.027	.057	.051	.130	.027	.039	.115	.025	.050	.024	.064
Error variance	*	*	*	*	*	.02	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	189	18	19	30	27	35	22	10	28	111	60	36	49	69	33	42	42	62	41
	9%	4%	10%	9%	8%	14%	10%	17%	12%	10%	12%	8%	9%	9%	14%	7%	8%	10%	17%
			a	a	a	ad	a	ad	a	a	a				abc			a	abc
Tend to agree (3.0)	643	89	53	110	121	91	87	16	75	375	179	106	184	263	86	173	174	217	76
	32%	22%	27%	34%	37%	37%	41%	28%	32%	34%	35%	24%	33%	35%	37%	28%	34%	35%	32%
				a	ab	ab	abh		a	a	ab		a	a	a		a	a	
Tend to disagree (2.0)	574	135	58	95	99	72	54	18	44	324	116	130	171	229	41	169	174	175	53
	28%	33%	30%	29%	30%	29%	25%	31%	19%	30%	23%	29%	31%	30%	17%	27%	34%	28%	22%
		hj	hj	hj	hj	h		h		hj		d	d	d			acd		
Strongly disagree (1.0)	455	130	48	68	57	37	37	11	67	211	115	131	111	152	58	196	83	120	50
	23%	31%	25%	21%	18%	15%	17%	20%	28%	19%	23%	30%	20%	20%	25%	31%	16%	19%	21%
		cdefij	de						cdefi		e	bc				bcd			
Don't know	154	41	17	23	22	13	13	3	23	75	38	39	46	42	17	46	37	45	19
	8%	10%	8%	7%	7%	5%	6%	4%	10%	7%	7%	9%	8%	6%	7%	7%	7%	7%	8%
		ei										c							
NET: Agree	832	108	72	140	149	126	109	26	103	485	239	142	233	332	120	215	216	279	117
	41%	26%	37%	43%	46%	51%	51%	45%	44%	44%	47%	32%	42%	44%	51%	34%	42%	45%	49%
			a	a	ab	ab	ab	a	a	ab	ab		a	a	ab		a	a	a
NET: Disagree	1030	265	107	163	156	109	91	29	111	534	231	260	282	381	98	365	257	295	103
	51%	64%	55%	50%	48%	44%	43%	50%	47%	49%	45%	59%	50%	50%	42%	58%	50%	48%	43%
		bcdefghij	efj									bcd	d	d		bcd			
Base for stats	1862	372	178	302	305	235	200	56	214	1020	470	402	515	713	218	580	473	574	219
Mean Score	2.30	1.99	2.24	2.34	2.39	2.53	2.47	2.45	2.30	2.38	2.39	2.12	2.33	2.35	2.44	2.11	2.37	2.38	2.49
			a	a	a	abchi	ab	a	a	a	a		a	a	a		a	a	a
Standard Deviation	.951	.887	.968	.935	.892	.932	.917	1.018	1.050	.931	.993	.967	.920	.921	1.042	.958	.874	.935	1.039
Standard Error	.022	.048	.072	.054	.050	.060	.064	.136	.072	.029	.046	.047	.040	.035	.072	.040	.040	.039	.070
Error variance	*	*	.01	*	*	*	*	.02	.01	*	*	*	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		Total	NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
Strongly agree	(4.0)	189	96	50	42
		9%	14%	7%	8%
			bc		
Tend to agree	(3.0)	643	257	208	172
		32%	37%	28%	31%
			bc		
Tend to disagree	(2.0)	574	156	243	170
		28%	23%	32%	31%
				a	a
Strongly disagree	(1.0)	455	127	193	129
		23%	18%	26%	23%
				a	a
Don't know		154	53	59	39
		8%	8%	8%	7%
NET: Agree		832	352	257	214
		41%	51%	34%	39%
			bc		
NET: Disagree		1030	283	436	299
		51%	41%	58%	54%
				a	a
Base for stats		1862	636	694	513
Mean Score		2.30	2.50	2.16	2.25
			bc		
Standard Deviation		.951	.976	.915	.925
Standard Error		.022	.038	.035	.041
Error variance		*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	343	151	192	142	122	80	15	45	23	43	27	29	69	63	30
		17%	15%	19%	23%	18%	11%	16%	17%	12%	20%	16%	13%	22%	19%	15%
				a	bc	c					c			cfi	c	
Tend to agree	(3.0)	639	303	335	215	229	194	31	78	67	73	53	66	101	97	72
		32%	31%	33%	35%	35%	26%	33%	30%	34%	35%	31%	30%	32%	29%	35%
					c	c										
Tend to disagree	(2.0)	578	301	274	131	183	264	27	80	60	56	49	67	73	111	55
		29%	31%	27%	21%	28%	35%	28%	30%	30%	27%	28%	30%	23%	34%	26%
						a	ab			g					g	
Strongly disagree	(1.0)	316	173	141	70	90	156	16	43	31	22	29	42	53	43	38
		16%	18%	14%	11%	14%	21%	17%	16%	16%	11%	16%	19%	17%	13%	18%
			b				ab						d	d		d
Don't know		140	56	84	52	35	52	6	17	17	17	16	20	19	16	13
		7%	6%	8%	9%	5%	7%	6%	6%	8%	8%	9%	9%	6%	5%	6%
				a	b								h			
NET: Agree		982	454	527	357	351	274	47	123	90	116	80	95	170	160	102
		49%	46%	51%	59%	53%	37%	48%	47%	46%	55%	46%	43%	54%	48%	49%
				a	c	c					f			f		
NET: Disagree		894	474	414	201	273	420	44	123	90	78	77	109	126	154	93
		44%	48%	40%	33%	41%	56%	45%	47%	46%	37%	44%	49%	40%	47%	45%
			b			a	ab		d				d		d	
Base for stats		1876	929	942	558	624	694	90	246	180	194	158	204	296	314	195
Mean Score		2.54	2.47	2.61	2.77	2.61	2.29	2.50	2.51	2.46	2.70	2.50	2.40	2.63	2.57	2.49
				a	bc	c					bcefi			f		
Standard Deviation		.976	.974	.972	.968	.958	.941	.979	.983	.922	.941	.980	.967	1.030	.961	.975
Standard Error		.023	.032	.031	.039	.037	.039	.096	.061	.068	.067	.076	.079	.059	.055	.070
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

Prepared by Savanta: ComRes

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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	343	34	109	81	40	31	48	225	119	272	8	32	19	2	7	67
	17%	22%	23%	18%	16%	14%	10%	21%	13%	16%	18%	28%	24%	17%	48%	26%
		efh	defh	fh	f			efh				a	a			a
Tend to agree (3.0)	639	57	167	152	81	63	119	376	263	532	17	50	23	6	4	100
	32%	36%	35%	34%	33%	29%	26%	35%	28%	31%	38%	45%	29%	60%	26%	38%
		f	fh	fh				fh				ad				a
Tend to disagree (2.0)	578	37	114	123	76	73	153	275	303	523	11	19	15	1	3	49
	29%	24%	24%	27%	31%	33%	33%	25%	33%	30%	24%	17%	19%	9%	20%	19%
					b	abg	abg		abcg	cdg						
Strongly disagree (1.0)	316	20	62	63	32	36	103	145	171	283	8	6	15	-	1	30
	16%	13%	13%	14%	13%	16%	22%	13%	18%	16%	18%	5%	19%	-	7%	11%
							abcdg		bcdg	cg	c		c			c
Don't know	140	10	26	32	19	16	37	67	73	123	1	5	7	2	-	14
	7%	6%	5%	7%	8%	7%	8%	6%	8%	7%	2%	4%	8%	15%	-	5%
NET: Agree	982	91	276	234	121	94	167	601	381	804	25	82	42	8	10	167
	49%	58%	58%	52%	49%	43%	36%	55%	41%	46%	56%	73%	53%	76%	73%	64%
		efh	defh	efh	fh			efh				abd				a
NET: Disagree	894	57	177	186	108	109	256	420	474	805	18	25	31	1	4	79
	44%	36%	37%	41%	44%	50%	56%	39%	51%	46%	41%	22%	39%	9%	27%	30%
						abcg	abcdg		abcdg	cg	c		c			
Base for stats	1876	148	453	420	229	203	423	1021	855	1609	43	107	73	9	14	246
Mean Score	2.54	2.71	2.71	2.60	2.56	2.44	2.26	2.67	2.39	2.49	2.58	3.01	2.63	3.09	3.14	2.83
		efh	defh	efh	fh	f		efh	f			abd				a
Standard Deviation	.976	.969	.982	.965	.936	.952	.955	.974	.957	.970	1.001	.835	1.089	.572	1.000	.965
Standard Error	.023	.080	.047	.047	.059	.063	.049	.031	.032	.024	.146	.078	.123	.191	.258	.059
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.04	.07	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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		2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total		2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	343	185	70	73	142	11	21	125	38	21	13	22	27	24	42	33
		17%	15%	21%	21%	21%	24%	29%	19%	15%	31%	17%	17%	25%	14%	10%	27%
				a	a	a	j	cdgij	j		cdgij			dij			cdgij
Tend to agree	(3.0)	639	360	122	123	245	11	30	238	93	18	18	46	41	33	110	41
		32%	29%	38%	35%	37%	23%	40%	35%	36%	27%	25%	35%	38%	19%	27%	34%
				a	a	a		afij	ij	ij			i	ij		i	i
Tend to disagree	(2.0)	578	389	80	86	165	10	15	188	76	11	25	32	20	60	140	25
		29%	31%	25%	25%	25%	22%	20%	28%	29%	16%	35%	24%	19%	35%	34%	21%
			bcd						eh	eh		behk			beghk	beghk	
Strongly disagree	(1.0)	316	229	32	46	77	10	6	86	37	14	9	19	11	33	92	16
		16%	18%	10%	13%	12%	21%	9%	13%	14%	20%	13%	14%	10%	19%	22%	14%
			bcd				bh				bh				bch	bcdghk	
Don't know		140	91	20	21	41	4	2	36	13	4	7	13	9	22	29	6
		7%	7%	6%	6%	6%	9%	2%	5%	5%	6%	10%	10%	9%	13%	7%	5%
												b	bc		bcdjk		
NET: Agree		982	545	192	195	387	22	51	363	131	39	31	68	67	57	152	74
		49%	43%	59%	56%	58%	47%	69%	54%	51%	58%	43%	52%	63%	33%	37%	61%
				a	a	a		acdfgij	ij	ij	ij		ij	dfij			fij
NET: Disagree		894	618	111	131	243	21	21	274	112	25	35	50	31	93	232	42
		44%	49%	34%	38%	36%	43%	29%	41%	44%	37%	48%	38%	29%	54%	56%	34%
			bcd						bh	bh		bh			bcdeghk	bcdeghk	
Base for stats		1876	1163	303	327	630	43	72	637	243	64	66	118	98	150	384	115
Mean Score		2.54	2.43	2.76	2.68	2.72	2.55	2.92	2.63	2.54	2.72	2.52	2.61	2.85	2.32	2.27	2.78
				a	a	a		cdfgij	ij	ij	ij	j	ij	cdfgij			dij
Standard Deviation		.976	.979	.924	.972	.949	1.130	.925	.946	.930	1.141	.965	.967	.945	.994	.945	1.017
Standard Error		.023	.029	.053	.054	.038	.168	.103	.037	.059	.143	.120	.085	.087	.078	.055	.091
Error variance		*	*	*	*	*	.03	.01	*	*	.02	.01	.01	.01	.01	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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				
	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	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	343	96	82	29	3	111	99	103	55	47	4	102	107	44	166	115	19	300
	17%	17%	24%	20%	9%	22%	16%	16%	22%	24%	13%	23%	16%	14%	15%	21%	24%	18%
			adf			af			af	af		af				abe	ab	
Tend to agree (3.0)	639	189	129	52	14	181	203	216	100	54	15	154	231	91	327	189	31	547
	32%	33%	37%	35%	37%	36%	34%	34%	41%	27%	44%	35%	35%	29%	30%	35%	38%	32%
									c		c		c			b		
Tend to disagree (2.0)	578	177	78	38	13	117	190	185	55	57	9	111	194	91	337	133	17	487
	29%	31%	23%	26%	34%	23%	32%	30%	22%	29%	26%	25%	29%	29%	31%	25%	21%	29%
		be					be	b					b		c			
Strongly disagree (1.0)	316	73	46	24	2	69	75	85	28	29	5	57	90	65	181	63	7	251
	16%	13%	13%	16%	4%	14%	12%	14%	11%	15%	16%	13%	14%	21%	17%	12%	9%	15%
														cde	c			
Don't know	140	30	13	5	5	19	35	37	8	9	-	17	37	23	75	37	6	117
	7%	5%	4%	4%	15%	4%	6%	6%	3%	5%	-	4%	6%	7%	7%	7%	7%	7%
					abcef													
NET: Agree	982	285	211	81	17	292	302	319	155	101	19	256	338	135	493	304	50	847
	49%	50%	61%	54%	46%	59%	50%	51%	63%	51%	58%	58%	51%	43%	45%	57%	62%	50%
			af			af			acf			af				abe	abe	ab
NET: Disagree	894	250	124	62	14	186	265	270	82	86	14	168	284	156	518	196	24	738
	44%	44%	36%	42%	39%	37%	44%	43%	34%	44%	42%	38%	43%	50%	48%	37%	30%	43%
		be					be	b		b			b	cde	cde			cd
Base for stats	1876	535	335	143	31	478	566	589	237	187	33	424	622	291	1011	500	75	1585
Mean Score	2.54	2.57	2.74	2.60	2.60	2.70	2.58	2.57	2.77	2.64	2.54	2.71	2.57	2.39	2.47	2.71	2.84	2.57
			af			af			af			af				abe	abe	ab
Standard Deviation	.976	.937	.978	.994	.759	.984	.927	.940	.937	1.027	.927	.979	.939	.995	.967	.958	.927	.970
Standard Error	.023	.040	.053	.083	.130	.044	.038	.038	.059	.076	.152	.047	.037	.058	.031	.042	.102	.024
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.02	*	*	*	*	*	.01	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	
	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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	343	90	203	66	72	21	192	137	17	280	63	294	46
	17%	26%	15%	21%	18%	34%	15%	20%	21%	17%	15%	17%	17%
		b		d		abde		d					
Tend to agree (3.0)	639	124	410	96	111	18	417	203	21	520	119	544	88
	32%	36%	31%	30%	28%	29%	33%	30%	25%	32%	29%	32%	32%
Tend to disagree (2.0)	578	77	405	79	108	12	381	181	15	459	119	494	80
	29%	22%	31%	25%	27%	20%	30%	26%	19%	29%	29%	29%	29%
			a				af						
Strongly disagree (1.0)	316	46	201	55	75	7	188	118	19	249	66	270	43
	16%	13%	15%	17%	19%	11%	15%	17%	23%	16%	16%	16%	16%
									d				
Don't know	140	11	99	25	32	4	81	48	10	94	46	122	17
	7%	3%	8%	8%	8%	7%	6%	7%	12%	6%	11%	7%	6%
			a						d		a		
NET: Agree	982	214	613	162	184	39	609	340	38	800	182	839	134
	49%	61%	46%	51%	46%	63%	48%	50%	46%	50%	44%	49%	49%
		b				bdef				b			
NET: Disagree	894	123	607	134	183	19	569	298	34	708	185	765	123
	44%	35%	46%	42%	46%	31%	45%	43%	42%	44%	45%	44%	45%
			a		c		c	c					
Base for stats	1876	338	1220	296	367	58	1178	638	71	1509	367	1603	257
Mean Score	2.54	2.76	2.50	2.59	2.49	2.92	2.52	2.56	2.50	2.55	2.49	2.54	2.53
		b				abdef							
Standard Deviation	.976	.994	.956	1.032	1.029	1.031	.946	1.023	1.123	.975	.979	.977	.970
Standard Error	.023	.053	.028	.058	.054	.135	.028	.040	.127	.025	.052	.025	.059
Error variance	*	*	*	*	*	.02	*	*	.02	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total		2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	343	40	37	60	53	47	46	19	41	197	106	79	93	119	47	92	72	115	58
		17%	10%	19%	18%	16%	19%	22%	32%	17%	18%	21%	18%	17%	16%	20%	15%	14%	19%	24%
				a	a	a	a	a	abcdehi	a	a	a							b	ab
Tend to agree	(3.0)	639	81	62	131	124	97	72	17	55	414	144	138	186	243	67	163	176	215	79
		32%	19%	32%	40%	38%	39%	34%	29%	23%	38%	28%	31%	33%	32%	29%	26%	35%	35%	33%
				ah	ahj	ahj	ahj	ah			ahj	a						a	a	a
Tend to disagree	(2.0)	578	139	61	78	95	68	53	13	71	302	137	108	170	239	59	204	157	166	51
		29%	34%	31%	24%	29%	27%	25%	23%	30%	28%	27%	24%	30%	32%	25%	33%	31%	27%	21%
			cfij											a	a		cd	d		
Strongly disagree	(1.0)	316	117	24	28	35	25	29	9	50	111	88	79	71	114	48	128	68	83	34
		16%	28%	12%	8%	11%	10%	13%	16%	21%	10%	17%	18%	13%	15%	21%	20%	13%	13%	14%
			bcdefghij							bcdefi		cdei	b			b	bcd			
Don't know		140	36	10	29	20	12	14	-	20	70	33	38	41	40	13	38	37	41	17
		7%	9%	5%	9%	6%	5%	6%	-	8%	6%	7%	9%	7%	5%	6%	6%	7%	7%	7%
			eg		g			g		g	g	g	c							
NET: Agree		982	121	99	191	177	144	118	36	96	612	250	216	279	362	114	256	248	330	137
		49%	29%	51%	59%	54%	58%	55%	61%	41%	56%	49%	49%	50%	48%	49%	41%	49%	53%	57%
				ah	ahj	ah	ahj	ah	ah	a	ahj	ah						a	a	ab
NET: Disagree		894	256	85	106	130	92	81	23	121	413	224	187	241	353	107	333	225	249	85
		44%	62%	44%	32%	40%	37%	38%	39%	51%	38%	44%	42%	43%	47%	46%	53%	44%	40%	35%
			bcdefghij	c						cdefi		ci					bcd	d		
Base for stats		1876	377	184	297	307	236	199	58	217	1025	474	403	520	716	221	588	473	579	222
Mean Score		2.54	2.12	2.61	2.75	2.64	2.71	2.68	2.77	2.40	2.68	2.56	2.54	2.58	2.51	2.51	2.37	2.53	2.63	2.73
				ah	ahj	ah	ah	ah	ah	a	ahj	a							a	ab
Standard Deviation		.976	.970	.951	.882	.898	.905	.985	1.076	1.043	.905	1.032	1.016	.937	.950	1.058	.992	.918	.958	1.016
Standard Error		.023	.052	.070	.051	.051	.058	.069	.141	.071	.028	.047	.049	.041	.036	.073	.041	.042	.040	.067
Error variance		*	*	*	*	*	*	*	.02	.01	*	*	*	*	*	.01	*	*	*	*

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Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

			Amount of activity now compared to last year		
		Total	NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
Strongly agree	(4.0)	343	131	83	125
		17%	19%	11%	23%
			b		b
Tend to agree	(3.0)	639	236	195	203
		32%	34%	26%	37%
			b		b
Tend to disagree	(2.0)	578	182	262	130
		29%	26%	35%	24%
				ac	
Strongly disagree	(1.0)	316	87	165	58
		16%	13%	22%	11%
				ac	
Don't know		140	52	47	34
		7%	8%	6%	6%
NET: Agree		982	367	278	328
		49%	53%	37%	60%
			b		ab
NET: Disagree		894	269	427	189
		44%	39%	57%	34%
				ac	
Base for stats		1876	636	705	517
Mean Score		2.54	2.65	2.28	2.76
			b		ab
Standard Deviation		.976	.957	.952	.945
Standard Error		.023	.037	.037	.042
Error variance		*	*	*	*

Savanta:
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Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Total	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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	246	92	153	108	76	62	17	27	17	29	16	30	50	44	17
		12%	9%	15%	18%	12%	8%	17%	10%	9%	14%	9%	13%	16%	13%	8%
				a	bc			cei						cei		
Tend to agree	(3.0)	532	245	284	195	176	162	21	68	55	54	54	56	90	86	48
		26%	25%	28%	32%	27%	22%	22%	26%	28%	26%	31%	25%	29%	26%	23%
					bc	c										
Tend to disagree	(2.0)	608	319	288	140	197	271	36	77	56	68	43	70	85	102	71
		30%	32%	28%	23%	30%	36%	38%	29%	28%	32%	25%	31%	27%	31%	34%
			b			a	ab	eg								e
Strongly disagree	(1.0)	565	308	256	143	189	233	20	78	60	55	54	62	77	92	67
		28%	31%	25%	23%	29%	31%	21%	30%	31%	26%	31%	28%	25%	28%	32%
			b			a	a									ag
Don't know		64	21	43	24	22	18	2	12	9	5	8	5	13	5	5
		3%	2%	4%	4%	3%	2%	2%	4%	5%	3%	4%	2%	4%	2%	2%
				a					h	h						
NET: Agree		779	337	438	303	252	224	38	95	72	83	70	86	140	130	65
		39%	34%	43%	50%	38%	30%	39%	36%	36%	39%	40%	39%	45%	39%	31%
				a	bc	c								bi		
NET: Disagree		1174	627	544	283	386	505	56	155	116	123	97	132	162	194	139
		58%	64%	53%	46%	59%	68%	58%	59%	59%	58%	56%	59%	51%	59%	67%
			b			a	ab									eg
Base for stats		1952	964	982	586	637	729	94	251	188	206	166	218	302	324	203
Mean Score		2.24	2.13	2.34	2.46	2.22	2.07	2.37	2.18	2.15	2.28	2.19	2.25	2.37	2.25	2.07
				a	bc	c		i			i			bci	i	
Standard Deviation		1.006	.970	1.030	1.052	1.002	.938	1.013	.996	.978	1.009	1.001	1.018	1.038	1.014	.946
Standard Error		.023	.032	.032	.041	.038	.038	.097	.061	.070	.070	.076	.080	.059	.057	.066
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	246	27	51	48	39	28	54	126	120	198	9	21	13	2	2	46
		12%	17%	11%	11%	16%	13%	12%	12%	13%	11%	21%	18%	16%	16%	15%	18%
			bc			c							a				a
Tend to agree	(3.0)	532	44	127	121	65	60	115	293	240	428	14	41	32	6	5	98
		26%	28%	27%	27%	26%	27%	25%	27%	26%	25%	31%	36%	41%	58%	39%	38%
													a	a			a
Tend to disagree	(2.0)	608	43	138	135	69	73	151	316	292	544	10	28	14	1	3	56
		30%	27%	29%	30%	28%	33%	33%	29%	31%	31%	23%	25%	18%	9%	19%	22%
											dg						
Strongly disagree	(1.0)	565	39	150	136	69	53	118	325	240	514	9	17	16	1	4	46
		28%	25%	31%	30%	28%	24%	26%	30%	26%	30%	20%	15%	20%	9%	28%	18%
				eh					h		cdg						
Don't know		64	4	12	12	6	6	23	28	35	49	2	6	5	1	-	14
		3%	3%	3%	3%	3%	3%	5%	3%	4%	3%	5%	5%	6%	9%	-	5%
								bg									a
NET: Agree		779	71	178	169	104	88	168	419	360	625	23	61	45	7	8	144
		39%	45%	37%	37%	42%	40%	37%	38%	39%	36%	52%	55%	56%	74%	54%	55%
												a	a	a			a
NET: Disagree		1174	82	288	272	138	126	268	642	532	1058	19	45	30	2	7	102
		58%	52%	60%	60%	56%	57%	58%	59%	57%	61%	43%	40%	37%	17%	46%	39%
											bcdg						
Base for stats		1952	154	466	440	242	214	437	1060	892	1683	42	106	75	9	14	246
Mean Score		2.24	2.39	2.17	2.18	2.30	2.29	2.24	2.21	2.27	2.18	2.56	2.61	2.56	2.89	2.41	2.58
			bcg									a	a	a			a
Standard Deviation		1.006	1.050	1.004	.993	1.054	.985	.984	1.008	1.003	.998	1.058	.976	1.008	.844	1.085	.997
Standard Error		.023	.085	.048	.047	.064	.063	.049	.031	.033	.025	.156	.091	.113	.281	.280	.061
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.08	.08	*

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Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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		2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total		2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	246	144	48	40	88	7	14	81	27	10	5	25	19	30	28	21
		12%	12%	15%	12%	13%	14%	19%	12%	11%	15%	7%	19%	18%	17%	7%	17%
								dfj	j		j		cdfj	fj	dfj		fj
Tend to agree	(3.0)	532	301	93	101	193	13	32	170	63	18	24	36	37	46	92	45
		26%	24%	29%	29%	29%	27%	43%	25%	25%	26%	33%	27%	35%	27%	22%	37%
						a		cdegij				j		cdj			cdj
Tend to disagree	(2.0)	608	389	96	106	202	14	16	186	83	20	20	33	27	50	160	29
		30%	31%	30%	31%	30%	29%	21%	28%	32%	29%	28%	25%	25%	29%	39%	24%
																bcghik	
Strongly disagree	(1.0)	565	381	78	90	167	11	9	221	76	18	22	34	17	34	122	20
		28%	30%	24%	26%	25%	24%	12%	33%	30%	26%	30%	26%	16%	20%	30%	17%
			bd						bhik	bhik	b	bhk	bh			bhik	
Don't know		64	39	10	11	21	3	4	16	7	2	1	3	7	12	11	6
		3%	3%	3%	3%	3%	5%	5%	2%	3%	3%	1%	2%	6%	7%	3%	5%
														c	cdj		
NET: Agree		779	445	140	141	281	20	46	251	91	28	29	61	57	76	120	66
		39%	35%	43%	41%	42%	42%	62%	37%	35%	41%	41%	46%	53%	44%	29%	54%
				a		a		acdefgij	j				cdj	cdj	j		cdj
NET: Disagree		1174	770	173	196	369	25	24	407	159	38	42	67	45	84	282	49
		58%	61%	54%	56%	55%	53%	33%	60%	62%	56%	58%	51%	41%	49%	68%	41%
			bd				b		bghik	bghik	bk	bhk	b		b	abceghik	
Base for stats		1952	1215	313	336	650	45	70	658	250	66	72	128	101	160	402	115
Mean Score		2.24	2.17	2.35	2.27	2.31	2.34	2.73	2.17	2.17	2.31	2.18	2.40	2.58	2.45	2.06	2.58
				a		a		acdefgij			j		cdj	cdfj	cdj		cdfj
Standard Deviation		1.006	1.004	1.016	.985	1.000	1.030	.927	1.030	.986	1.044	.954	1.086	.986	1.026	.898	.983
Standard Error		.023	.029	.057	.053	.039	.152	.105	.039	.061	.129	.113	.092	.090	.078	.051	.088
Error variance		*	*	*	*	*	.02	.01	*	*	.02	.01	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	246	60	48	22	4	70	65	62	41	27	3	68	65	30	124	75	17	216
	12%	11%	14%	15%	12%	14%	11%	10%	17% af	14%	8%	15% af	10%	10%	11%	14%	21% abe	13%
Tend to agree (3.0)	532	124	111	46	12	157	136	135	88	52	16	141	151	74	271	160	27	458
	26%	22%	32% af	31% af	33%	32% af	23%	22%	36% acf	27%	48% acef	32% af	23%	24%	25%	30% ab	33%	27%
Tend to disagree (2.0)	608	179	89	34	11	123	190	193	69	50	5	119	199	101	338	152	17	507
	30%	32% bce	26%	23%	30%	25%	32% bce	31%	28%	26%	16%	27%	30%	32% d	31% d	28%	21%	30%
Strongly disagree (1.0)	565	187	96	43	8	139	195	220	41	64	8	105	228	93	326	131	15	472
	28%	33%	28%	29%	22%	28%	32%	35% be	17%	33% be	25%	24% b	35% be	30% d	30% cd	25%	19%	28%
Don't know	64	16	4	3	1	8	17	15	6	3	1	9	16	15	26	18	5	49
	3%	3%	1%	2%	3%	2%	3%	2%	2%	1%	3%	2%	2%	5% b	2%	3%	6% b	3%
NET: Agree	779	184	158	68	16	227	200	197	129	79	19	208	216	104	395	235	44	674
	39%	33%	46% af	46% af	44%	46% af	33%	32%	53% acf	40% a	56% af	47% af	33%	33%	36%	44% ab	54% abe	40% a
NET: Disagree	1174	365	185	77	20	262	385	413	110	115	14	224	427	194	664	284	32	980
	58%	65% bce	53%	52%	53%	53%	64% bce	66% bde	45%	58% b	41%	51%	65% bde	62% cd	61% cd	53% d	39%	58% d
Base for stats	1952	549	343	145	36	488	585	611	239	194	32	432	643	299	1059	519	75	1654
Mean Score	2.24	2.10	2.32 af	2.33 af	2.35	2.32 af	2.12	2.07	2.54 acf	2.21	2.40	2.39 acf	2.08	2.14	2.18	2.34 ab	2.61 abce	2.25
Standard Deviation	1.006	.997	1.029	1.058	.976	1.036	.997	.994	.968	1.056	.973	1.020	.994	.975	1.000	1.011	1.049	1.011
Standard Error	.023	.041	.055	.087	.158	.046	.040	.039	.061	.076	.162	.048	.038	.056	.031	.043	.114	.025
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.03	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	
	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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	246	70	139	81	76	9	99	137	24	196	50	198	45
	12%	20%	11%	25%	19%	15%	8%	20%	30%	12%	12%	11%	16%
		b		bd	d			d	bcde				a
Tend to agree (3.0)	532	117	326	94	109	17	317	194	24	423	109	454	72
	26%	34%	25%	29%	27%	26%	25%	28%	30%	26%	26%	26%	26%
		b											
Tend to disagree (2.0)	608	86	416	73	106	12	417	173	16	483	125	526	79
	30%	25%	32%	23%	27%	20%	33%	25%	20%	30%	30%	31%	29%
			a				abcef						
Strongly disagree (1.0)	565	69	398	63	96	18	388	159	15	447	118	497	65
	28%	20%	30%	20%	24%	29%	31%	23%	18%	28%	28%	29%	24%
			a				abef						
Don't know	64	7	40	9	12	6	39	23	3	53	11	50	12
	3%	2%	3%	3%	3%	10%	3%	3%	3%	3%	3%	3%	5%
						abde							
NET: Agree	779	187	465	175	185	26	417	332	48	619	160	652	117
	39%	53%	35%	55%	46%	41%	33%	48%	59%	39%	39%	38%	43%
		b		bcd	d			d	bcde				
NET: Disagree	1174	155	814	136	202	31	804	332	31	931	243	1023	144
	58%	44%	62%	42%	51%	49%	64%	48%	37%	58%	59%	59%	53%
			a		af		abcef					b	
Base for stats	1952	341	1279	312	387	56	1221	663	79	1550	403	1675	261
Mean Score	2.24	2.55	2.16	2.62	2.43	2.30	2.10	2.47	2.74	2.24	2.23	2.21	2.37
		b		bcde	d			d	bcde				a
Standard Deviation	1.006	1.031	.987	1.078	1.066	1.099	.945	1.070	1.093	1.006	1.008	.998	1.040
Standard Error	.023	.055	.028	.059	.055	.146	.027	.041	.118	.025	.051	.025	.063
Error variance	*	*	*	*	*	.02	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	246	52	30	35	42	31	28	6	21	139	55	74	65	66	41	32	46	95	72
	12%	13%	15%	11%	13%	13%	13%	11%	9%	13%	11%	17%	12%	9%	17%	5%	9%	15%	30%
			h									bc			bc		a	ab	abc
Tend to agree (3.0)	532	91	64	91	109	74	44	11	47	339	103	114	147	213	54	85	138	204	102
	26%	22%	33%	28%	33%	30%	21%	19%	20%	31%	20%	26%	26%	28%	23%	14%	27%	33%	43%
			afhj	hj	afghj	afhj				afhj							a	ab	abc
Tend to disagree (2.0)	608	135	60	107	95	70	58	21	63	332	141	124	193	229	59	192	170	209	34
	30%	33%	31%	33%	29%	28%	27%	36%	26%	30%	28%	28%	34%	30%	25%	31%	33%	34%	14%
													ad			d	d	d	
Strongly disagree (1.0)	565	116	35	83	70	67	78	19	97	256	193	112	139	232	75	296	141	94	26
	28%	28%	18%	26%	22%	27%	37%	32%	41%	23%	38%	25%	25%	31%	32%	47%	28%	15%	11%
		bd		b		b	abcdei	b	abcdei		abcdei			ab	b	bcd	cd		
Don't know	64	19	6	8	10	5	5	1	9	30	16	17	17	16	6	20	15	18	5
	3%	5%	3%	3%	3%	2%	3%	2%	4%	3%	3%	4%	3%	2%	3%	3%	3%	3%	2%
NET: Agree	779	143	94	127	151	106	72	18	68	477	158	188	212	279	95	117	184	299	174
	39%	35%	48%	39%	46%	43%	34%	31%	29%	44%	31%	43%	38%	37%	40%	19%	36%	48%	73%
			acfghj	hj	afghj	ahj				afhj		c					a	ab	abc
NET: Disagree	1174	251	95	191	165	137	135	40	159	588	334	236	332	461	134	488	311	303	60
	58%	61%	49%	59%	51%	55%	64%	68%	67%	54%	66%	54%	59%	61%	57%	78%	61%	49%	25%
		bdi		bd			bdi	bdi	bcdei		bcdei			a		bcd	cd	d	
Base for stats	1952	395	189	317	316	243	208	57	227	1065	492	424	544	739	229	605	495	601	234
Mean Score	2.24	2.20	2.47	2.25	2.39	2.29	2.11	2.10	1.97	2.34	2.04	2.35	2.25	2.15	2.26	1.76	2.18	2.50	2.94
		hj	acfghj	hj	afghj	hj				afhj		c					a	ab	abc
Standard Deviation	1.006	1.009	.972	.967	.976	1.010	1.058	.991	1.002	.982	1.025	1.052	.969	.967	1.101	.885	.952	.938	.945
Standard Error	.023	.052	.071	.055	.054	.064	.072	.131	.067	.030	.046	.050	.041	.036	.075	.036	.043	.038	.061
Error variance	*	*	*	*	*	*	.01	.02	*	*	*	*	*	*	.01	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		Total	NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
Strongly agree	(4.0)	246	90	71	82
		12%	13%	9%	15%
			b		b
Tend to agree	(3.0)	532	180	177	168
		26%	26%	23%	30%
					b
Tend to disagree	(2.0)	608	197	239	167
		30%	29%	32%	30%
Strongly disagree	(1.0)	565	207	233	121
		28%	30%	31%	22%
			c	c	
Don't know		64	15	33	13
		3%	2%	4%	2%
				ac	
NET: Agree		779	269	247	250
		39%	39%	33%	45%
			b		ab
NET: Disagree		1174	404	472	289
		58%	59%	63%	52%
			c	c	
Base for stats		1952	674	719	539
Mean Score		2.24	2.23	2.12	2.39
			b		ab
Standard Deviation		1.006	1.028	.975	.998
Standard Error		.023	.039	.037	.043
Error variance		*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	139	56	83	75	48	17	10	24	9	14	11	5	42	18	5
		7%	6%	8%	12%	7%	2%	10%	9%	5%	7%	7%	2%	13%	6%	3%
				a	bc	c		fi	fi		fi	f		cdefhi		
Tend to agree	(3.0)	353	167	183	157	123	73	15	36	26	37	30	48	68	54	38
		17%	17%	18%	26%	19%	10%	16%	14%	13%	18%	17%	22%	22%	16%	18%
					bc	c							bc	bc		
Tend to disagree	(2.0)	659	327	332	174	210	275	35	70	70	77	60	74	84	120	70
		33%	33%	32%	29%	32%	37%	37%	27%	35%	36%	34%	33%	27%	36%	34%
							a	g		bg	bg				bg	
Strongly disagree	(1.0)	791	408	380	172	256	363	34	117	84	74	68	89	105	129	91
		39%	41%	37%	28%	39%	49%	36%	45%	43%	35%	39%	40%	33%	39%	44%
			b			a	ab		dg	g						g
Don't know		74	26	47	32	23	19	1	16	8	9	5	8	15	8	4
		4%	3%	5%	5%	3%	3%	2%	6%	4%	4%	3%	4%	5%	2%	2%
				a	c				hi							
NET: Agree		492	223	266	232	170	90	25	59	35	52	41	53	110	73	44
		24%	23%	26%	38%	26%	12%	26%	23%	18%	24%	24%	24%	35%	22%	21%
					bc	c								bcdefhi		
NET: Disagree		1450	736	712	346	466	638	70	187	154	151	128	163	189	249	161
		72%	75%	69%	57%	71%	85%	72%	71%	78%	71%	74%	73%	60%	75%	77%
			b			a	ab	g	g	g	g	g	g		g	g
Base for stats		1942	959	978	578	637	727	95	246	189	202	169	215	299	321	204
Mean Score		1.92	1.86	1.97	2.23	1.94	1.65	2.01	1.86	1.79	1.96	1.91	1.85	2.16	1.88	1.79
				a	bc	c		ci						bcdefhi		
Standard Deviation		.932	.903	.957	1.017	.944	.753	.978	.994	.861	.913	.920	.839	1.058	.887	.836
Standard Error		.021	.030	.030	.040	.036	.031	.094	.062	.062	.063	.069	.066	.060	.050	.058
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	139	19	35	32	21	15	16	87	52	97	4	18	15	1	3	40
		7%	12%	7%	7%	9%	7%	4%	8%	6%	6%	10%	16%	18%	8%	21%	16%
			fh	f	f	f			fh				a	a			a
Tend to agree	(3.0)	353	33	88	77	54	46	55	198	154	272	12	36	21	4	3	76
		17%	21%	18%	17%	22%	21%	12%	18%	17%	16%	28%	32%	26%	41%	21%	29%
			f	f	f	f	f		f	f		a	a	a			a
Tend to disagree	(2.0)	659	54	132	142	85	76	170	329	331	582	11	28	22	3	2	65
		33%	34%	28%	31%	34%	34%	37%	30%	36%	34%	25%	25%	27%	26%	12%	25%
								bg		bg	g						
Strongly disagree	(1.0)	791	49	210	180	82	69	201	439	352	722	14	24	17	3	6	64
		39%	31%	44%	40%	33%	32%	44%	40%	38%	42%	31%	21%	22%	25%	46%	25%
				adeh	ae			adeh	ade		cdg						
Don't know		74	3	13	21	6	14	18	36	38	59	3	6	5	-	-	14
		4%	2%	3%	5%	3%	6%	4%	3%	4%	3%	7%	5%	7%	-	-	5%
							abdg										
NET: Agree		492	52	124	109	75	60	71	285	207	369	16	54	35	5	6	117
		24%	33%	26%	24%	30%	27%	16%	26%	22%	21%	37%	48%	44%	49%	43%	45%
			cfh	f	f	fh	f		fh	f		a	a	a			a
NET: Disagree		1450	103	342	323	167	145	371	768	683	1304	25	52	39	5	8	129
		72%	65%	72%	71%	67%	66%	81%	71%	74%	75%	56%	46%	49%	51%	57%	50%
								abcdegh		ade	bcdg						
Base for stats		1942	155	466	432	242	205	442	1053	889	1673	41	106	74	10	14	246
Mean Score		1.92	2.15	1.89	1.91	2.06	2.03	1.74	1.94	1.90	1.85	2.17	2.45	2.44	2.31	2.18	2.38
			bcfgh	f	f	bcfh	fh		f	f		a	a	a			a
Standard Deviation		.932	1.003	.967	.943	.955	.922	.813	.966	.891	.896	1.018	1.019	1.060	.985	1.266	1.043
Standard Error		.021	.081	.046	.045	.058	.061	.041	.030	.030	.022	.152	.095	.119	.311	.327	.064
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.10	.11	*

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Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	139	61	31	36	66	3	15	55	22	8	6	9	10	7	4	18
	7%	5%	10%	10%	10%	6%	20%	8%	9%	11%	8%	7%	10%	4%	1%	15%
			a	a	a	j	acdfghij	j	j	ij	j	j	j	j		cgij
Tend to agree (3.0)	353	179	70	78	148	8	23	140	47	17	13	20	24	22	39	31
	17%	14%	22%	22%	22%	17%	31%	21%	18%	25%	18%	15%	22%	13%	9%	26%
			a	a	a		cdgij	ij	j	ij	j		ij			gij
Tend to disagree (2.0)	659	419	101	109	209	17	13	209	83	22	19	55	35	59	148	30
	33%	33%	31%	31%	31%	36%	17%	31%	32%	33%	26%	42%	32%	35%	36%	24%
						b		b	b	b		bcfk	b	b	b	bk
Strongly disagree (1.0)	791	542	113	118	232	18	21	254	94	19	33	38	31	71	212	39
	39%	43%	35%	34%	35%	38%	29%	38%	37%	27%	45%	29%	29%	41%	51%	32%
		bcd									begh			egh	bcdeghik	
Don't know	74	53	9	7	16	2	2	16	11	3	2	10	7	12	10	3
	4%	4%	3%	2%	2%	3%	2%	2%	4%	4%	3%	7%	7%	7%	3%	3%
		d										cj	cj	cj		
NET: Agree	492	240	101	113	214	11	38	195	69	25	19	29	34	30	42	49
	24%	19%	31%	33%	32%	23%	52%	29%	27%	36%	26%	22%	32%	17%	10%	40%
			a	a	a	j	acdfghij	ij	ij	gij	j	j	ij	j		acdfgij
NET: Disagree	1450	961	214	227	441	35	34	463	177	41	52	93	66	130	360	69
	72%	77%	66%	65%	66%	74%	46%	69%	69%	60%	71%	71%	62%	76%	87%	57%
		bcd				bk		bk	bk		bk	bk	b	behk	abcdefghik	
Base for stats	1942	1201	315	340	655	46	72	657	246	66	71	121	101	160	402	118
Mean Score	1.92	1.80	2.06	2.09	2.07	1.91	2.44	1.99	1.99	2.21	1.89	2.00	2.13	1.79	1.59	2.23
			a	a	a	j	acdfghij	ij	ij	ij	j	ij	ij	j		cdfij
Standard Deviation	.932	.874	.987	.994	.990	.903	1.128	.966	.971	.993	.992	.882	.977	.852	.701	1.075
Standard Error	.021	.026	.055	.054	.038	.132	.126	.037	.061	.124	.119	.076	.090	.065	.040	.095
Error variance	*	*	*	*	*	.02	.02	*	*	.02	.01	.01	.01	*	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total		2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	139	51	33	13	3	47	55	45	36	14	6	51	51	15	58	53	13	124
		7%	9%	10%	9%	9%	9%	9%	7%	15%	7%	19%	11%	8%	5%	5%	10%	16%	7%
										acf		acf	af				abe	abe	b
Tend to agree	(3.0)	353	96	83	38	10	121	107	96	69	50	12	119	109	46	170	116	20	306
		17%	17%	24%	25%	28%	24%	18%	15%	28%	25%	37%	27%	16%	15%	16%	22%	24%	18%
				af	af		af			af	af	af	af				ab	ab	
Tend to disagree	(2.0)	659	186	98	38	12	137	198	199	72	57	8	129	207	99	361	175	23	560
		33%	33%	28%	26%	32%	28%	33%	32%	29%	29%	25%	29%	31%	32%	33%	33%	29%	33%
Strongly disagree	(1.0)	791	218	124	54	10	178	227	269	63	68	5	131	274	138	458	173	22	653
		39%	39%	36%	36%	26%	36%	38%	43%	26%	35%	14%	30%	42%	44%	42%	32%	28%	38%
									bcde	bd		d		bde	cd	cde			cd
Don't know		74	13	8	5	2	13	15	16	4	7	2	11	18	14	38	19	3	60
		4%	2%	2%	3%	5%	3%	3%	3%	2%	4%	5%	3%	3%	5%	4%	4%	3%	4%
NET: Agree		492	148	117	51	14	168	161	141	105	64	18	170	160	62	228	169	32	430
		24%	26%	34%	34%	37%	34%	27%	23%	43%	33%	56%	38%	24%	20%	21%	32%	40%	25%
				af	a		af			acf	af	acef	af				abe	abe	ab
NET: Disagree		1450	404	222	92	22	315	425	468	135	125	13	260	481	237	819	348	46	1213
		72%	71%	64%	62%	58%	63%	71%	75%	55%	64%	39%	59%	73%	76%	75%	65%	57%	71%
			bce					bce	bcde		d		d	bcde	cd	cde			cd
Base for stats		1942	551	339	143	35	483	587	609	241	189	31	430	641	299	1048	517	78	1643
Mean Score		1.92	1.97	2.08	2.07	2.21	2.08	1.98	1.86	2.32	2.06	2.64	2.21	1.90	1.80	1.84	2.10	2.29	1.94
										acf	af	acef	af				abe	abe	ab
Standard Deviation		.932	.971	1.001	1.009	.960	1.002	.971	.937	1.025	.963	.975	1.006	.953	.886	.891	.981	1.056	.939
Standard Error		.021	.040	.054	.084	.158	.045	.039	.037	.065	.070	.165	.048	.037	.051	.028	.042	.114	.023
Error variance		*	*	*	.01	.02	*	*	*	*	*	.03	*	*	*	*	*	.01	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total		2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	139	55	66	33	26	12	69	63	5	121	18	115	23
		7%	16%	5%	10%	7%	20%	5%	9%	6%	8%	4%	7%	8%
			b		d		abdef		d		b			
Tend to agree	(3.0)	353	92	201	66	60	9	218	121	12	285	68	284	63
		17%	26%	15%	21%	15%	14%	17%	18%	15%	18%	16%	16%	23%
			b											a
Tend to disagree	(2.0)	659	110	441	94	133	20	420	225	20	516	143	577	78
		33%	32%	33%	29%	33%	33%	33%	33%	24%	32%	35%	33%	28%
Strongly disagree	(1.0)	791	86	563	114	163	14	517	248	38	623	168	698	90
		39%	25%	43%	36%	41%	23%	41%	36%	47%	39%	41%	40%	33%
				a		c		ce	c	ce			b	
Don't know		74	6	48	14	17	7	36	29	7	58	16	51	19
		4%	2%	4%	4%	4%	11%	3%	4%	9%	4%	4%	3%	7%
							abde			d				a
NET: Agree		492	148	267	99	87	21	287	183	17	406	86	399	86
		24%	42%	20%	31%	22%	34%	23%	27%	20%	25%	21%	23%	31%
			b		bd		bd							a
NET: Disagree		1450	196	1004	208	295	35	937	473	58	1139	311	1274	168
		72%	56%	76%	65%	74%	56%	74%	69%	71%	71%	75%	74%	62%
				a		ac		ace	c				b	
Base for stats		1942	343	1271	307	382	56	1223	657	74	1544	397	1674	254
Mean Score		1.92	2.34	1.82	2.06	1.87	2.34	1.87	2.00	1.77	1.94	1.84	1.89	2.07
			b		bdf		bdef		bdf					a
Standard Deviation		.932	1.024	.882	1.008	.920	1.096	.900	.973	.940	.947	.868	.922	.981
Standard Error		.021	.054	.025	.055	.048	.147	.026	.038	.104	.024	.044	.023	.060
Error variance		*	*	*	*	*	.02	*	*	.01	*	*	*	*

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Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

		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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016 100%	414 100%	195 100%	326 100%	327 100%	248 100%	213 100%	58 100%	236 100%	1095 100%	508 100%	441 100%	561 100%	755 100%	234 100%	626 100%	510 100%	619 100%	239 100%
Strongly agree (4.0)	139 7%	14 3%	9 5%	25 8% a	30 9% a	21 8% a	14 6%	8 13% ab	20 8% a	84 8% a	41 8% a	24 6%	32 6%	49 7%	30 13% abc	29 5%	30 6%	47 8% a	29 12% abc
Tend to agree (3.0)	353 17%	41 10%	32 16% a	66 20% a	72 22% ag	56 23% agh	44 21% ag	5 9%	36 15% a	226 21% ag	86 17% a	84 19%	111 20% c	114 15%	39 17%	72 12%	98 19% a	124 20% a	55 23% a
Tend to disagree (2.0)	659 33%	151 37% hj	81 42% cdehij	98 30%	104 32%	72 29%	71 33%	16 28%	65 28%	356 32%	152 30%	134 30%	189 34%	266 35%	67 28%	183 29%	173 34%	231 37% ad	69 29%
Strongly disagree (1.0)	791 39%	187 45% bcdi	66 34%	119 37%	107 33%	94 38%	81 38%	28 48% d	108 46% bcdi	386 35%	217 43% bdi	179 41%	206 37%	310 41%	90 38%	327 52% bcd	192 38% c	191 31%	76 32%
Don't know	74 4%	20 5% efj	6 3%	18 5% efj	14 4%	4 2%	4 2%	1 1%	7 3%	43 4%	11 2%	20 4% c	23 4% c	16 2%	8 4%	15 2%	16 3%	26 4%	10 4%
NET: Agree	492 24%	55 13%	41 21% a	90 28% a	101 31% ab	77 31% ab	58 27% a	13 23%	56 24% a	310 28% ab	127 25% a	108 25%	142 25%	163 22%	70 30% c	101 16%	128 25% a	171 28% a	84 35% abc
NET: Disagree	1450 72%	339 82% cdefhij	147 76% cdi	217 67%	211 65%	167 67%	152 71%	44 76%	173 73%	742 68% d	369 73% di	313 71%	395 70%	576 76% abd	156 67%	510 82% bcd	365 72% d	422 68% d	145 61%
Base for stats	1942	393	188	308	312	244	210	57	229	1052	496	421	538	739	226	611	493	593	229
Mean Score	1.92	1.70	1.92 a	1.99 a	2.08 ahj	2.01 a	1.95	1.88	1.86	2.01 ahj	1.90 a	1.89	1.94	1.87	2.05 c	1.68	1.93 a	2.04 ab	2.16 ab
Standard Deviation	.932	.795	.843	.962	.974	.981	.926	1.062	.978	.950	.966	.920	.907	.908	1.055	.859	.910	.919	1.028
Standard Error	.021	.041	.061	.055	.054	.062	.063	.141	.065	.029	.043	.044	.039	.034	.072	.035	.041	.038	.067
Error variance	*	*	*	*	*	*	*	.02	*	*	*	*	*	*	.01	*	*	*	*

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		Total	NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
Strongly agree	(4.0)	139	66	36	36
		7%	10%	5%	7%
			b		
Tend to agree	(3.0)	353	144	113	88
		17%	21%	15%	16%
			bc		
Tend to disagree	(2.0)	659	209	258	186
		33%	30%	34%	34%
Strongly disagree	(1.0)	791	253	316	217
		39%	37%	42%	39%
				a	
Don't know		74	17	29	24
		4%	2%	4%	4%
NET: Agree		492	210	149	125
		24%	30%	20%	23%
			bc		
NET: Disagree		1450	462	575	403
		72%	67%	76%	73%
				a	a
Base for stats		1942	671	724	528
Mean Score		1.92	2.03	1.82	1.89
			bc		
Standard Deviation		.932	.991	.871	.919
Standard Error		.021	.038	.033	.040
Error variance		*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	417	211	204	144	147	126	21	59	40	42	35	40	77	61	42
		21%	21%	20%	24% c	22% c	17%	22%	23%	20%	20%	20%	18%	25%	19%	20%
Tend to agree	(3.0)	941	463	477	280	315	347	43	116	96	106	92	96	129	156	106
		47%	47%	47%	46%	48%	46%	45%	44%	49%	50% g	53% g	43%	41%	47%	51% g
Tend to disagree	(2.0)	367	185	181	105	113	149	17	49	30	35	25	52	58	65	37
		18%	19%	18%	17%	17%	20%	18%	19%	15%	16%	14%	23% ce	18%	20%	18%
Strongly disagree	(1.0)	208	96	110	54	57	97	13	25	19	20	20	31	34	32	15
		10%	10%	11%	9%	9%	13% ab	14%	10%	10%	10%	11%	14% i	11%	10%	7%
Don't know		83	30	53	28	27	28	1	13	12	8	3	5	16	15	8
		4%	3%	5% a	5%	4%	4%	1%	5%	6% e	4%	1%	2%	5% e	5%	4%
NET: Agree		1358	674	681	423	462	472	65	175	136	148	127	135	206	217	148
		67%	68%	66%	69% c	70% c	63%	67%	67%	69%	70% f	73% f	61%	66%	66%	71% f
NET: Disagree		575	281	291	159	170	246	30	74	49	55	44	82	92	97	52
		29%	29%	28%	26%	26%	33% ab	31%	28%	25%	26%	25%	37% cdei	29%	29%	25%
Base for stats		1933	955	972	582	633	718	95	249	185	203	171	218	298	314	200
Mean Score		2.81	2.83	2.80	2.88 c	2.87 c	2.70	2.77	2.84	2.85	2.84	2.83	2.66	2.84	2.78	2.88 f
Standard Deviation		.895	.888	.899	.885	.872	.912	.957	.904	.876	.866	.882	.934	.941	.874	.821
Standard Error		.020	.029	.028	.035	.033	.037	.092	.055	.064	.060	.066	.073	.054	.050	.058
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	417	43	120	78	57	40	78	242	175	340	9	35	17	3	5	68
		21%	27%	25%	17%	23%	18%	17%	22%	19%	20%	20%	31%	21%	25%	34%	26%
			cefh	cefh					cf				a				a
Tend to agree	(3.0)	941	72	240	226	122	98	183	538	403	821	19	45	38	4	6	112
		47%	46%	50%	50%	49%	45%	40%	49%	43%	47%	43%	40%	47%	43%	45%	43%
				fh	fh	f			fh								
Tend to disagree	(2.0)	367	24	69	93	39	50	93	185	182	319	10	16	14	2	-	43
		18%	15%	14%	21%	16%	23%	20%	17%	20%	18%	23%	14%	18%	23%	-	16%
					b		bdg	b		b							
Strongly disagree	(1.0)	208	12	34	40	24	23	75	87	121	185	3	8	8	-	2	21
		10%	8%	7%	9%	9%	10%	16%	8%	13%	11%	7%	7%	10%	-	14%	8%
								abcdeg		bcg							
Don't know		83	7	15	14	8	9	30	36	47	67	3	8	3	1	1	16
		4%	5%	3%	3%	3%	4%	7%	3%	5%	4%	8%	7%	3%	9%	7%	6%
								bcdg		g							
NET: Agree		1358	115	360	305	178	138	261	780	578	1161	28	80	55	7	11	181
		67%	73%	75%	67%	72%	63%	57%	72%	62%	67%	63%	71%	69%	68%	79%	69%
			efh	cefh	f	efh			efh								
NET: Disagree		575	35	103	133	62	72	169	272	303	504	13	24	22	2	2	64
		29%	22%	22%	29%	25%	33%	37%	25%	33%	29%	29%	22%	28%	23%	14%	25%
					b		abdg	abcd		abdg							
Base for stats		1933	151	464	438	241	210	430	1052	881	1665	41	104	77	9	13	245
Mean Score		2.81	2.97	2.96	2.78	2.88	2.74	2.61	2.89	2.72	2.79	2.83	3.02	2.83	3.03	3.07	2.93
			cefh	cefh	f	fh			cefh				a				a
Standard Deviation		.895	.874	.839	.845	.881	.891	.976	.851	.937	.893	.860	.906	.894	.769	1.016	.894
Standard Error		.020	.072	.040	.040	.054	.058	.049	.026	.031	.022	.130	.085	.098	.256	.272	.055
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.07	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	417	233	79	84	163	7	23	164	48	11	13	31	27	26	67	30
	21%	19%	25%	24%	24%	15%	32%	24%	19%	16%	18%	23%	25%	15%	16%	25%
			a	a	a		adefij	ij					ij			ij
Tend to agree (3.0)	941	575	155	165	320	25	31	339	120	29	36	57	50	63	192	56
	47%	46%	48%	48%	48%	53%	42%	50%	47%	42%	49%	44%	46%	37%	46%	46%
						i		i	i						i	
Tend to disagree (2.0)	367	243	53	57	111	9	12	106	49	18	13	21	17	38	85	22
	18%	19%	16%	17%	16%	20%	17%	16%	19%	26%	17%	16%	16%	22%	21%	18%
										c				c		
Strongly disagree (1.0)	208	145	24	31	55	4	6	44	27	9	9	15	10	31	54	10
	10%	12%	7%	9%	8%	7%	9%	7%	11%	13%	12%	12%	9%	18%	13%	8%
		bd							c	c		c		bcdhk	c	
Don't know	83	58	13	10	22	3	1	21	13	2	3	7	3	14	16	4
	4%	5%	4%	3%	3%	6%	1%	3%	5%	3%	4%	6%	3%	8%	4%	3%
														bcj		
NET: Agree	1358	808	234	249	483	32	55	502	168	39	49	88	77	89	259	86
	67%	64%	72%	72%	72%	67%	74%	75%	65%	58%	67%	67%	72%	52%	63%	71%
			a	a	a		ei	deij	i		i	i	i		i	i
NET: Disagree	575	388	77	89	166	13	19	150	76	27	21	36	27	68	138	31
	29%	31%	24%	26%	25%	27%	25%	22%	30%	39%	29%	27%	25%	40%	34%	26%
		bd							c	ch				bcdghk	c	
Base for stats	1933	1196	311	337	648	45	73	652	244	66	70	124	104	158	397	118
Mean Score	2.81	2.75	2.93	2.89	2.91	2.79	2.98	2.95	2.77	2.62	2.76	2.83	2.91	2.54	2.69	2.91
			a	a	a		eij	deij	i			i	eij			eij
Standard Deviation	.895	.906	.855	.883	.869	.804	.919	.825	.891	.920	.899	.942	.899	.988	.909	.878
Standard Error	.020	.026	.048	.048	.034	.119	.102	.032	.056	.114	.108	.081	.081	.075	.052	.078
Error variance	*	*	*	*	*	.01	.01	*	*	.01	.01	.01	.01	.01	*	.01

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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				
		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		2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total		2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	417	124	86	25	12	111	136	146	62	36	6	98	152	52	230	114	20	365
		21%	22%	25%	17%	33%	22%	23%	23%	25%	18%	18%	22%	23%	17%	21%	21%	25%	21%
						c													
Tend to agree	(3.0)	941	279	171	74	15	246	294	308	125	89	15	214	323	123	515	269	34	818
		47%	49%	49%	50%	40%	49%	49%	49%	51%	45%	46%	49%	49%	39%	47%	50%	43%	48%
																a	a		a
Tend to disagree	(2.0)	367	97	54	29	7	83	104	108	35	39	8	74	116	75	190	87	16	292
		18%	17%	16%	20%	18%	17%	17%	17%	14%	20%	26%	17%	18%	24%	17%	16%	20%	17%
															bce				
Strongly disagree	(1.0)	208	44	28	14	2	42	46	46	17	21	3	39	48	46	109	44	9	162
		10%	8%	8%	9%	6%	8%	8%	7%	7%	11%	8%	9%	7%	15%	10%	8%	11%	10%
															bce				
Don't know		83	21	8	6	1	15	22	19	6	11	1	17	20	18	42	23	1	65
		4%	4%	2%	4%	3%	3%	4%	3%	2%	6%	3%	4%	3%	6%	4%	4%	1%	4%
NET: Agree		1358	403	257	99	27	356	430	454	187	125	21	312	475	175	745	383	55	1183
		67%	71%	74%	67%	73%	72%	71%	72%	76%	63%	64%	71%	72%	56%	69%	71%	68%	69%
									c	c				c		a	a	a	a
NET: Disagree		575	141	82	43	9	125	150	154	52	60	11	113	165	121	299	131	25	454
		29%	25%	24%	29%	25%	25%	25%	25%	21%	31%	33%	26%	25%	39%	28%	24%	31%	27%
											b				bce				
Base for stats		1933	544	339	142	36	481	580	607	239	185	32	424	640	296	1044	514	80	1637
Mean Score		2.81	2.89	2.93	2.78	3.02	2.88	2.90	2.91	2.97	2.75	2.77	2.87	2.90	2.61	2.83	2.88	2.84	2.85
									c	c				c		a	a	a	a
Standard Deviation		.895	.847	.860	.851	.899	.859	.850	.845	.834	.898	.857	.868	.845	.951	.890	.850	.940	.880
Standard Error		.020	.035	.046	.071	.146	.039	.034	.033	.053	.066	.143	.042	.033	.055	.028	.037	.100	.022
Error variance		*	*	*	.01	.02	*	*	*	*	*	.02	*	*	*	*	*	.01	*

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	
	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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	417	79	279	66	60	10	282	121	12	335	81	368	45
	21%	23%	21%	21% b	15%	17%	22% be	18%	14%	21%	20%	21%	16%
Tend to agree (3.0)	941	165	635	134	173	33	611	301	31	755	186	805	129
	47%	47%	48%	42%	43%	52%	48% a	44%	39%	47%	45%	47%	47%
Tend to disagree (2.0)	367	65	221	61	80	9	216	135	15	292	75	317	45
	18%	19%	17%	19%	20%	15%	17%	20%	18%	18%	18%	18%	17%
Strongly disagree (1.0)	208	26	133	45	67	7	104	96	20	162	46	173	33
	10%	8%	10%	14% d	17% d	10%	8%	14% d	25% acde	10%	11%	10%	12%
Don't know	83	14	50	14	19	4	46	33	3	58	25	61	21
	4%	4%	4%	4%	5%	6%	4%	5%	4%	4%	6% a	4%	8% a
NET: Agree	1358	244	914	200	233	43	893	422	43	1090	267	1173	174
	67%	70%	69%	62%	58%	69%	71% abef	62%	53%	68%	65%	68%	64%
NET: Disagree	575	91	355	107	147	16	321	231	35	454	121	491	79
	29%	26%	27%	33% d	37% d	25%	25%	34% d	43% cd	28%	29%	28%	29%
Base for stats	1933	335	1269	307	380	59	1213	653	78	1544	388	1664	252
Mean Score	2.81	2.89	2.84	2.72 f	2.59	2.80 f	2.88 abef	2.68	2.44 f	2.82	2.78	2.82	2.74
Standard Deviation	.895	.856	.888	.965	.956	.866	.861	.939	1.040	.891	.912	.893	.903
Standard Error	.020	.046	.025	.053	.050	.113	.025	.036	.113	.023	.047	.022	.055
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total		2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	417	19	30	60	67	68	59	19	95	225	173	81	114	150	71	135	103	118	55
		21%	4%	15%	18%	21%	27%	28%	32%	40%	21%	34%	18%	20%	20%	30%	21%	20%	19%	23%
				a	a	a	abci	abci	abci	abcdefi	a	abcdi				abc				
Tend to agree	(3.0)	941	100	78	189	168	129	127	32	118	564	277	186	256	380	110	271	236	317	113
		47%	24%	40%	58%	51%	52%	60%	55%	50%	52%	55%	42%	46%	50%	47%	43%	46%	51%	47%
				a	abi	ab	ab	abhi	ab	ab	ab	ab			a				a	
Tend to disagree	(2.0)	367	144	55	50	47	34	16	6	15	186	37	91	110	133	30	121	102	101	39
		18%	35%	28%	15%	14%	14%	8%	10%	6%	17%	7%	21%	20%	18%	13%	19%	20%	16%	16%
			cdefghij	cdefghij	fhj	fhj	fhj				fhj		d	d						
Strongly disagree	(1.0)	208	120	17	16	32	9	8	2	4	74	14	61	57	67	19	74	44	58	28
		10%	29%	9%	5%	10%	4%	4%	3%	2%	7%	3%	14%	10%	9%	8%	12%	9%	9%	12%
			bcdefghij	efhj		cefhj					hj		cd							
Don't know		83	31	14	12	12	8	2	-	5	45	7	22	25	25	5	25	24	26	3
		4%	8%	7%	4%	4%	3%	1%	-	2%	4%	1%	5%	4%	3%	2%	4%	5%	4%	1%
			cdefghij	fghj	j	fj					fj							d	d	
NET: Agree		1358	119	108	249	235	197	187	51	213	789	450	267	370	530	181	406	339	435	168
		67%	29%	56%	76%	72%	80%	88%	87%	90%	72%	89%	61%	66%	70%	77%	65%	67%	70%	71%
				a	ab	ab	abdi	abcdei	abdi	abcdei	ab	abcdei			a	abc			a	
NET: Disagree		575	264	73	65	79	43	24	8	19	260	51	151	167	200	49	194	146	159	67
		29%	64%	37%	20%	24%	17%	11%	13%	8%	24%	10%	34%	30%	27%	21%	31%	29%	26%	28%
			bcdefghij	cdefghij	fhj	efhj	hj				efhj		cd	d			c			
Base for stats		1933	383	181	314	314	240	211	58	232	1050	501	418	536	731	229	600	485	594	235
Mean Score		2.81	2.05	2.67	2.93	2.86	3.07	3.13	3.16	3.31	2.90	3.22	2.68	2.79	2.84	3.01	2.78	2.82	2.83	2.83
				a	ab	ab	abcdi	abcdi	abcdi	abcdefi	ab	abcdei			a	abc				
Standard Deviation		.895	.877	.867	.737	.870	.759	.707	.721	.672	.815	.697	.946	.895	.855	.881	.932	.870	.857	.924
Standard Error		.020	.046	.064	.042	.048	.048	.048	.095	.044	.025	.031	.045	.038	.032	.060	.038	.039	.035	.060
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		Total	Amount of activity now compared to last year		
			NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
Strongly agree	(4.0)	417	225	117	71
		21%	33%	16%	13%
			bc		
Tend to agree	(3.0)	941	350	326	261
		47%	51%	43%	47%
			b		
Tend to disagree	(2.0)	367	73	165	122
		18%	11%	22%	22%
				a	a
Strongly disagree	(1.0)	208	26	108	69
		10%	4%	14%	13%
				a	a
Don't know		83	14	36	29
		4%	2%	5%	5%
				a	a
NET: Agree		1358	575	443	332
		67%	84%	59%	60%
			bc		
NET: Disagree		575	99	273	191
		29%	14%	36%	35%
				a	a
Base for stats		1933	674	716	523
Mean Score		2.81	3.15	2.63	2.64
			bc		
Standard Deviation		.895	.758	.930	.877
Standard Error		.020	.029	.035	.038
Error variance		*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	415	192	221	158	163	95	21	54	49	35	39	44	75	64	35
		21%	20%	22%	26%	25%	13%	22%	21%	25%	17%	23%	20%	24%	19%	17%
					c	c				di				i		
Tend to agree	(3.0)	827	386	439	260	285	282	36	112	72	98	78	77	119	135	99
		41%	39%	43%	43%	43%	38%	37%	43%	36%	47%	45%	34%	38%	41%	48%
						c					cfg					cfg
Tend to disagree	(2.0)	421	240	180	103	111	207	20	54	42	41	31	55	67	72	39
		21%	24%	18%	17%	17%	28%	21%	21%	21%	19%	18%	25%	21%	22%	19%
			b				ab									
Strongly disagree	(1.0)	254	127	125	59	71	123	16	36	26	23	13	33	43	41	23
		13%	13%	12%	10%	11%	17%	17%	14%	13%	11%	7%	15%	14%	12%	11%
							ab	e	e				e		e	
Don't know		99	40	59	30	29	40	3	6	9	13	13	15	11	17	12
		5%	4%	6%	5%	4%	5%	3%	2%	5%	6%	7%	7%	3%	5%	6%
											b	bg	b			
NET: Agree		1242	578	661	418	448	377	57	166	120	134	117	121	194	199	134
		62%	59%	64%	68%	68%	50%	59%	63%	61%	63%	67%	54%	62%	60%	64%
				a	c	c						f				f
NET: Disagree		675	366	305	162	183	330	37	90	68	64	44	88	110	113	62
		33%	37%	30%	27%	28%	44%	38%	34%	34%	30%	25%	39%	35%	34%	30%
			b				ab	e	e				e	e	e	
Base for stats		1917	945	966	580	630	707	94	256	188	198	161	208	304	312	196
Mean Score		2.73	2.68	2.78	2.89	2.86	2.49	2.66	2.72	2.76	2.74	2.89	2.63	2.74	2.71	2.74
				a	c	c						afh				
Standard Deviation		.946	.945	.942	.921	.932	.932	1.019	.951	.988	.890	.865	.987	.984	.937	.888
Standard Error		.022	.031	.030	.036	.036	.038	.098	.058	.071	.062	.066	.079	.056	.054	.063
Error variance		*	*	*	*	*	*	.01	*	.01	*	*	.01	*	*	*

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	415	41	125	87	50	49	64	252	163	350	7	26	23	1	2	60
		21%	26%	26%	19%	20%	22%	14%	23%	18%	20%	17%	23%	29%	9%	13%	23%
			fh	cfh	f	f	f		fh					a			
Tend to agree	(3.0)	827	66	204	187	106	96	167	458	369	701	19	50	33	4	9	116
		41%	42%	43%	41%	43%	44%	36%	42%	40%	40%	43%	45%	42%	45%	66%	45%
								f									
Tend to disagree	(2.0)	421	28	80	109	50	40	115	216	205	378	7	20	7	2	2	38
		21%	17%	17%	24%	20%	18%	25%	20%	22%	22%	15%	18%	8%	23%	14%	15%
					b			beg		b	dg			d			
Strongly disagree	(1.0)	254	19	49	51	32	17	85	119	135	221	9	8	12	-	-	29
		13%	12%	10%	11%	13%	8%	19%	11%	15%	13%	20%	7%	15%	-	-	11%
								bceg		beg			c				
Don't know		99	4	21	18	10	17	29	43	56	82	2	7	4	2	1	17
		5%	3%	4%	4%	4%	8%	6%	4%	6%	5%	5%	6%	6%	24%	7%	7%
							acdg			g							
NET: Agree		1242	107	329	274	157	144	231	710	532	1052	26	76	57	5	11	176
		62%	68%	69%	61%	63%	66%	50%	65%	57%	61%	59%	68%	71%	53%	79%	68%
			fh	cfh	f	f	fh		fh	f							a
NET: Disagree		675	47	129	160	82	58	200	335	340	599	16	29	19	2	2	67
		33%	30%	27%	35%	33%	26%	44%	31%	37%	35%	35%	26%	24%	23%	14%	26%
					be			abcdegh		beg	cdg						
Base for stats		1917	154	457	434	239	202	431	1045	872	1650	42	105	75	8	13	243
Mean Score		2.73	2.83	2.89	2.71	2.73	2.87	2.49	2.81	2.64	2.72	2.59	2.90	2.90	2.81	2.99	2.85
			fh	cdfh	f	f	cfh		fh	f			a				a
Standard Deviation		.946	.962	.929	.918	.944	.877	.972	.932	.956	.947	1.024	.868	1.020	.660	.559	.929
Standard Error		.022	.078	.044	.044	.058	.058	.049	.029	.032	.023	.151	.081	.113	.233	.150	.057
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.02	*

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?
BASE: All respondents

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total		2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	415	214	83	96	179	12	24	170	50	15	20	28	25	25	47	36
		21%	17%	26%	28%	27%	25%	33%	25%	19%	22%	27%	21%	23%	15%	11%	30%
				a	a	a	j	dij	ij	j	j	ij	j	j			dij
Tend to agree	(3.0)	827	476	142	167	310	12	35	298	112	28	23	59	41	65	153	48
		41%	38%	44%	48%	46%	26%	48%	44%	44%	41%	32%	45%	38%	38%	37%	40%
				a	a	a		af	afj	a			a				
Tend to disagree	(2.0)	421	310	58	41	99	11	11	119	54	14	19	21	19	33	120	22
		21%	25%	18%	12%	15%	24%	14%	18%	21%	20%	26%	16%	17%	19%	29%	18%
			bcd	c												bcdghik	bcdghik
Strongly disagree	(1.0)	254	182	31	30	60	8	3	64	26	6	9	15	15	35	73	11
		13%	14%	10%	9%	9%	18%	4%	9%	10%	9%	13%	12%	14%	20%	18%	9%
			bcd				b					b	b	b	bcdegk	bcdk	
Don't know		99	72	10	14	24	3	1	23	15	6	2	8	9	13	20	4
		5%	6%	3%	4%	4%	6%	1%	3%	6%	8%	2%	6%	9%	8%	5%	3%
			d								b		bc	bc			
NET: Agree		1242	690	225	263	488	24	60	468	162	43	43	87	65	91	200	84
		62%	55%	69%	76%	73%	52%	81%	69%	63%	62%	59%	66%	61%	53%	48%	69%
				a	a	a		acdefghij	aij	ij	j		ij	j			aij
NET: Disagree		675	492	89	70	159	20	13	183	79	20	28	37	33	68	193	33
		33%	39%	27%	20%	24%	42%	18%	27%	31%	29%	38%	28%	31%	40%	47%	27%
			bcd	c			bc			b		bc		b	bcgk	bcdeghk	
Base for stats		1917	1182	314	334	647	44	73	651	242	63	71	123	99	159	393	117
Mean Score		2.73	2.61	2.88	2.99	2.94	2.63	3.11	2.88	2.77	2.81	2.75	2.81	2.76	2.51	2.44	2.93
				a	a	a		acdefghij	ij	ij	ij	j	ij	ij			ij
Standard Deviation		.946	.953	.911	.876	.894	1.085	.787	.907	.898	.916	1.009	.931	.995	1.006	.928	.936
Standard Error		.022	.028	.051	.048	.035	.160	.087	.035	.057	.116	.121	.080	.092	.077	.054	.083
Error variance		*	*	*	*	*	.03	.01	*	*	.01	.01	.01	.01	.01	*	.01

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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 during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	415	133	96	32	9	128	142	145	73	45	8	118	153	55	212	126	23	360
	21%	23%	28%	21%	25%	26%	24%	23%	30% af	23%	25%	27%	23%	18%	20%	23% a	28% a	21%
Tend to agree (3.0)	827	248	153	61	19	214	268	270	113	81	17	194	287	115	431	245	36	712
	41%	44%	44%	41%	52%	43%	44%	43%	46%	41%	52%	44%	44%	37%	40%	46% ab	45%	42%
Tend to disagree (2.0)	421	105	63	35	3	98	109	124	35	41	5	76	130	73	254	85	9	348
	21%	19%	18%	23%	9%	20%	18%	20%	14%	21%	16%	17%	20%	23% cd	23% cd	16%	11%	20% cd
Strongly disagree (1.0)	254	56	27	17	3	43	59	59	20	21	2	41	60	56	133	55	11	198
	13%	10%	8%	11%	7%	9%	10%	9%	8%	11%	5%	9%	9%	18% bce	12%	10%	13%	12%
Don't know	99	22	8	4	2	13	25	29	4	7	1	11	30	14	57	26	2	85
	5%	4%	2%	3%	7%	3%	4%	5% b	1%	4%	3%	2%	5% b	5%	5%	5%	3%	5%
NET: Agree	1242	381	249	93	28	342	409	414	186	127	26	313	440	170	643	371	59	1072
	62%	67%	72% c	62%	77%	69%	68%	66%	76% acf	64%	77%	71%	67%	54%	59%	69% abe	73% ab	63% ab
NET: Disagree	675	162	90	52	6	142	168	183	55	63	7	118	190	129	386	140	19	546
	33%	29%	26%	35% bd	16%	29%	28%	29% b	22%	32% b	20%	27%	29%	41% cde	36% cd	26%	24%	32% c
Base for stats	1917	543	339	144	35	484	577	597	241	189	32	430	630	299	1029	510	78	1618
Mean Score	2.73	2.84	2.94 c	2.75	3.01	2.88	2.85	2.84	2.99 acf	2.79	3.00	2.91	2.85	2.56	2.70 a	2.87 abe	2.91 a	2.76 a
Standard Deviation	.946	.911	.885	.933	.829	.903	.907	.905	.883	.935	.792	.911	.899	.996	.938	.909	.975	.934
Standard Error	.022	.038	.047	.077	.136	.041	.037	.036	.056	.068	.132	.043	.035	.058	.030	.039	.105	.023
Error variance	*	*	*	.01	.02	*	*	*	*	*	.02	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	
	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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	415	98	255	99	66	13	244	156	16	331	84	360	52
	21%	28%	19%	31%	16%	21%	19%	23%	19%	21%	20%	21%	19%
		b		bdef				b					
Tend to agree (3.0)	827	145	552	111	138	27	553	248	26	670	157	702	117
	41%	41%	42%	35%	35%	42%	44%	36%	32%	42%	38%	41%	43%
							abef						
Tend to disagree (2.0)	421	60	285	59	93	12	271	141	19	326	95	361	58
	21%	17%	22%	19%	23%	20%	22%	21%	24%	20%	23%	21%	21%
Strongly disagree (1.0)	254	36	156	39	71	6	137	100	14	205	49	216	35
	13%	10%	12%	12%	18%	10%	11%	15%	18%	13%	12%	13%	13%
					ad			d	d				
Don't know	99	10	71	12	31	5	54	41	6	71	28	86	11
	5%	3%	5%	4%	8%	8%	4%	6%	7%	4%	7%	5%	4%
					ad						a		
NET: Agree	1242	243	807	210	204	40	797	404	42	1001	241	1062	170
	62%	70%	61%	65%	51%	63%	63%	59%	51%	62%	58%	62%	62%
		b		bef			bf	b					
NET: Disagree	675	96	441	99	164	18	409	241	34	531	144	577	93
	33%	28%	33%	31%	41%	29%	32%	35%	42%	33%	35%	33%	34%
			a		ade								
Base for stats	1917	339	1248	308	369	58	1206	645	76	1532	385	1639	263
Mean Score	2.73	2.90	2.73	2.87	2.54	2.80	2.75	2.71	2.57	2.74	2.72	2.74	2.71
		b		bdef				b	b				
Standard Deviation	.946	.940	.926	1.003	.998	.910	.906	1.000	1.026	.946	.948	.948	.933
Standard Error	.022	.050	.026	.055	.053	.120	.026	.039	.113	.024	.049	.024	.056
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	415	18	25	59	71	78	59	19	86	234	164	79	116	157	61	117	102	135	59
	21%	4%	13%	18%	22%	32%	28%	32%	36%	21%	32%	18%	21%	21%	26%	19%	20%	22%	25%
			a	a	ab	abcdi	abci	abci	abcdi	ab	abcdi				a				a
Tend to agree (3.0)	827	78	80	166	160	119	100	28	97	524	225	173	230	320	99	243	218	261	98
	41%	19%	41%	51%	49%	48%	47%	49%	41%	48%	44%	39%	41%	42%	42%	39%	43%	42%	41%
			a	abh	a	a	a	a	a	a	a								
Tend to disagree (2.0)	421	157	53	62	58	24	32	9	25	197	67	94	123	153	44	126	118	132	42
	21%	38%	27%	19%	18%	10%	15%	16%	11%	18%	13%	21%	22%	20%	19%	20%	23%	21%	18%
		bcdefghij	cdefhij	ehj	eh					ehj									
Strongly disagree (1.0)	254	134	26	23	24	18	13	1	15	91	29	73	57	94	26	114	44	59	32
	13%	32%	13%	7%	7%	7%	6%	2%	6%	8%	6%	17%	10%	12%	11%	18%	9%	9%	13%
		bcdefghij	cdefghij									bc				bc			b
Don't know	99	27	11	15	14	8	9	1	14	48	24	21	34	31	5	26	27	33	7
	5%	7%	6%	4%	4%	3%	4%	2%	6%	4%	5%	5%	6%	4%	2%	4%	5%	5%	3%
													d						
NET: Agree	1242	95	105	225	231	197	159	47	182	758	388	252	346	477	160	360	321	396	157
	62%	23%	54%	69%	71%	80%	75%	81%	77%	69%	77%	57%	62%	63%	68%	58%	63%	64%	66%
			a	ab	ab	abcdi	ab	ab	abci	ab	abci			a	a			a	a
NET: Disagree	675	291	79	86	81	43	45	10	40	288	95	167	180	247	70	240	162	190	74
	33%	70%	40%	26%	25%	17%	21%	17%	17%	26%	19%	38%	32%	33%	30%	38%	32%	31%	31%
		bcdefghij	cdefghij	ehj	ehj					ehj		d				bcd			
Base for stats	1917	386	183	311	313	240	204	57	223	1047	484	419	527	724	230	600	482	586	231
Mean Score	2.73	1.94	2.57	2.84	2.89	3.07	3.01	3.14	3.14	2.86	3.08	2.62	2.77	2.75	2.85	2.60	2.79	2.80	2.80
			a	ab	ab	abcdi	abci	abcdi	abcdi	ab	abcdi		a	a	a		a	a	a
Standard Deviation	.946	.853	.898	.817	.842	.854	.838	.739	.867	.861	.842	.982	.914	.940	.941	1.006	.880	.905	.975
Standard Error	.022	.045	.066	.046	.047	.054	.058	.098	.058	.026	.038	.047	.040	.036	.063	.041	.040	.037	.063
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		Total	Amount of activity now compared to last year		
			NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
Strongly agree	(4.0)	415	207	117	88
		21%	30%	16%	16%
			bc		
Tend to agree	(3.0)	827	326	275	219
		41%	47%	37%	40%
			bc		
Tend to disagree	(2.0)	421	90	190	136
		21%	13%	25%	25%
				a	a
Strongly disagree	(1.0)	254	40	124	84
		13%	6%	17%	15%
				a	a
Don't know		99	25	46	24
		5%	4%	6%	4%
				a	
NET: Agree		1242	533	391	307
		62%	77%	52%	56%
			bc		
NET: Disagree		675	130	315	220
		33%	19%	42%	40%
				a	a
Base for stats		1917	664	706	527
Mean Score		2.73	3.05	2.54	2.59
			bc		
Standard Deviation		.946	.830	.965	.946
Standard Error		.022	.032	.037	.041
Error variance		*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	376	178	197	127	113	136	23	46	37	41	32	36	72	61	28
		19%	18%	19%	21%	17%	18%	24% i	17%	19%	19%	19%	16%	23% i	18%	14%
Tend to agree	(3.0)	769	372	393	236	249	284	30	98	72	82	68	80	111	141	87
		38%	38%	38%	39%	38%	38%	31%	38%	36%	39%	39%	36%	35%	43% a	42%
Tend to disagree	(2.0)	496	259	237	127	176	194	21	66	45	47	43	62	76	80	57
		25%	26%	23%	21%	27% a	26% a	22%	25%	23%	22%	25%	28%	24%	24%	27%
Strongly disagree	(1.0)	295	142	151	90	108	97	16	41	35	31	20	38	44	40	31
		15%	14%	15%	15%	16%	13%	16%	16%	18%	15%	12%	17%	14%	12%	15%
Don't know		80	33	46	31	14	35	6	12	9	10	10	7	12	8	5
		4%	3%	5%	5% b	2%	5% b	7% h	4%	5%	5%	6%	3%	4%	3%	2%
NET: Agree		1145	550	590	363	361	420	53	144	108	123	100	117	184	202	115
		57%	56%	58%	59%	55%	56%	55%	55%	55%	58%	57%	52%	58%	61%	55%
NET: Disagree		792	401	389	217	284	291	37	107	80	78	64	100	119	120	88
		39%	41%	38%	36%	43% a	39%	39%	41%	40%	37%	37%	45%	38%	36%	42%
Base for stats		1936	952	979	579	646	711	90	251	188	201	164	216	303	321	203
Mean Score		2.63	2.62	2.65	2.69 b	2.57	2.65	2.66	2.59	2.59	2.66	2.68	2.53	2.70	2.69	2.56
Standard Deviation		.962	.954	.970	.982	.965	.941	1.045	.967	1.005	.974	.929	.970	.989	.917	.912
Standard Error		.022	.032	.031	.039	.037	.039	.102	.059	.072	.068	.071	.076	.056	.052	.064
Error variance		*	*	*	*	*	*	.01	*	.01	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	376	31	89	80	40	38	98	200	176	296	15	30	25	4	4	77
		19%	20%	19%	18%	16%	17%	21%	18%	19%	17%	33%	27%	31%	40%	27%	30%
												a	a	a			a
Tend to agree	(3.0)	769	61	187	166	107	80	167	415	354	664	13	48	26	4	5	96
		38%	39%	39%	37%	43%	37%	36%	38%	38%	38%	29%	43%	32%	41%	39%	37%
Tend to disagree	(2.0)	496	34	120	115	61	60	106	269	227	438	10	23	17	1	2	53
		25%	22%	25%	26%	24%	27%	23%	25%	24%	25%	23%	20%	22%	9%	14%	20%
Strongly disagree	(1.0)	295	27	69	72	35	31	61	169	127	272	4	3	9	1	3	21
		15%	17%	14%	16%	14%	14%	13%	15%	14%	16%	10%	3%	11%	11%	21%	8%
											cg			c			
Don't know		80	4	13	19	5	9	29	36	43	62	2	8	3	-	-	14
		4%	2%	3%	4%	2%	4%	6%	3%	5%	4%	5%	8%	4%	-	-	5%
								bdg					a				
NET: Agree		1145	92	276	246	147	119	264	614	530	960	28	78	50	8	9	173
		57%	59%	58%	54%	59%	54%	57%	56%	57%	55%	62%	69%	63%	80%	65%	66%
													a				a
NET: Disagree		792	62	189	187	96	92	167	438	354	709	15	26	26	2	5	74
		39%	39%	40%	41%	38%	42%	36%	40%	38%	41%	33%	23%	33%	20%	35%	28%
											cg						
Base for stats		1936	154	465	433	243	210	431	1052	884	1670	42	104	77	10	14	246
Mean Score		2.63	2.62	2.64	2.59	2.63	2.60	2.70	2.61	2.66	2.59	2.90	3.01	2.86	3.10	2.71	2.93
												a	a	a			a
Standard Deviation		.962	1.000	.955	.972	.924	.953	.973	.968	.955	.961	1.006	.796	1.008	1.000	1.116	.927
Standard Error		.022	.081	.045	.047	.056	.062	.049	.030	.032	.024	.148	.075	.111	.316	.288	.057
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.10	.08	*

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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		2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total		2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	376	241	58	62	119	8	23	107	43	12	13	32	21	39	78	31
		19%	19%	18%	18%	18%	17%	30% cdj	16%	17%	18%	18%	25% c	19%	22% c	19%	25% cd
Tend to agree	(3.0)	769	469	143	131	274	19	31	260	94	27	35	44	45	63	150	50
		38%	37%	44% a	38%	41%	41%	42%	39%	37%	40%	48% g	34%	42%	37%	36%	41%
Tend to disagree	(2.0)	496	310	65	92	156	8	11	169	68	14	15	32	24	38	117	19
		25%	25%	20%	26%	23%	17%	15%	25% bk	27% bk	21%	21%	24%	22%	22%	28% bk	16%
Strongly disagree	(1.0)	295	174	51	56	107	11	6	122	39	14	9	16	12	22	45	17
		15%	14%	16%	16%	16%	23% bj	8%	18% bj	15%	20% bj	12%	13%	11%	13%	11%	14%
Don't know		80	60	7	7	15	1	3	16	13	1	1	6	6	10	23	4
		4%	5% bcd	2%	2%	2%	2%	5%	2%	5% c	2%	1%	5%	5%	6% c	5% c	3%
NET: Agree		1145	710	201	192	393	28	53	367	137	39	48	76	66	102	228	81
		57%	57%	62%	55%	59%	59%	72% cdgij	54%	53%	57%	66%	58%	61%	59%	55%	67% cdj
NET: Disagree		792	484	116	147	263	19	17	291	107	28	24	48	36	60	162	36
		39%	39%	36%	42%	39%	40% b	23%	43% bhik	42% bk	41% b	33%	37% b	34%	35%	39%	30% b
Base for stats		1936	1194	316	340	656	47	71	658	244	67	72	125	102	162	390	117
Mean Score		2.63	2.65	2.66	2.58	2.62	2.54	2.99 acdehij	2.53	2.58	2.56	2.73	2.74 c	2.73 c	2.73 c	2.67 c	2.81 cd
Standard Deviation		.962	.961	.956	.968	.962	1.045	.909	.972	.957	1.013	.905	.991	.923	.979	.925	.986
Standard Error		.022	.028	.053	.052	.037	.151	.103	.037	.060	.125	.107	.085	.084	.074	.054	.088
Error variance		*	*	*	*	*	.02	.01	*	*	.02	.01	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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				
	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	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	376	84	65	29	12	94	95	93	45	41	11	86	104	63	195	97	20	312
	19%	15%	19%	20%	31% af	19%	16%	15%	18%	21% a	34% abef	20% a	16%	20%	18%	18%	25%	18%
Tend to agree (3.0)	769	207	154	61	8	215	215	228	116	77	11	193	239	105	419	213	32	664
	38%	37%	44% adf	41% d	23%	43% adf	36%	36%	47% af	39%	33%	44% af	36%	33%	39%	40%	40%	39%
Tend to disagree (2.0)	496	149	71	35	11	106	161	162	54	40	7	94	169	74	272	137	12	422
	25%	26% be	20%	24%	31%	21%	27% be	26%	22%	20%	22%	21%	26%	24%	25%	26% d	15%	25% d
Strongly disagree (1.0)	295	111	46	19	5	65	116	124	26	31	4	57	128	50	158	74	14	246
	15%	20% bce	13%	13%	12%	13%	19% be	20% be	10%	16%	12%	13%	19% be	16%	15%	14%	17%	14%
Don't know	80	14	11	4	1	15	15	19	5	7	-	11	19	22	40	16	2	58
	4%	2%	3%	3%	3%	3%	2%	3%	2%	3%	-	3%	3%	7% bce	4%	3%	2%	3%
NET: Agree	1145	291	219	91	20	310	311	321	160	119	22	279	343	168	615	310	53	977
	57%	51%	63% af	61% af	54%	62% af	52%	51%	65% af	61% af	67%	63% af	52%	54%	57%	58%	65%	57% a
NET: Disagree	792	261	117	54	16	171	277	286	80	71	11	151	297	124	430	211	26	668
	39%	46% bce	34%	36%	43%	34%	46% bce	46% bce	33%	36%	33%	34%	45% bce	40%	40%	39%	32%	39%
Base for stats	1936	551	336	145	36	481	587	606	240	190	33	430	640	292	1045	521	79	1645
Mean Score	2.63	2.48	2.71 af	2.70 af	2.75	2.70 af	2.49	2.48	2.75 af	2.68 af	2.89 af	2.72 af	2.50	2.62	2.62	2.64	2.75	2.63
Standard Deviation	.962	.979	.934	.940	1.056	.935	.985	.983	.882	.993	1.021	.932	.989	1.005	.955	.943	1.030	.955
Standard Error	.022	.041	.050	.078	.171	.042	.040	.039	.056	.073	.168	.044	.038	.059	.030	.040	.110	.024
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.03	*	*	*	*	*	.01	*

Prepared by Savanta: ComRes

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	
	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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	376	86	220	81	90	11	205	156	24	298	77	318	53
	19%	25%	17%	25%	22%	17%	16%	23%	29%	19%	19%	18%	19%
		b		d	d			d	d				
Tend to agree (3.0)	769	145	505	121	151	25	484	262	26	622	147	658	109
	38%	42%	38%	38%	38%	40%	38%	38%	31%	39%	36%	38%	40%
Tend to disagree (2.0)	496	69	344	65	93	13	321	153	16	389	107	425	65
	25%	20%	26%	20%	23%	20%	25%	22%	19%	24%	26%	25%	24%
			a				a						
Strongly disagree (1.0)	295	42	202	45	49	8	203	87	15	236	59	261	34
	15%	12%	15%	14%	12%	13%	16%	13%	18%	15%	14%	15%	12%
							e						
Don't know	80	7	47	9	16	6	47	27	2	57	23	64	14
	4%	2%	4%	3%	4%	10%	4%	4%	2%	4%	6%	4%	5%
						abdef							
NET: Agree	1145	231	726	202	241	36	689	419	49	921	224	975	161
	57%	66%	55%	63%	60%	57%	55%	61%	60%	57%	54%	57%	59%
		b		d				d					
NET: Disagree	792	111	546	110	143	21	523	240	31	625	166	685	99
	39%	32%	41%	34%	36%	33%	42%	35%	38%	39%	40%	40%	36%
			a				abe						
Base for stats	1936	342	1272	312	383	56	1213	659	80	1546	390	1661	260
Mean Score	2.63	2.80	2.58	2.76	2.73	2.68	2.57	2.74	2.72	2.64	2.62	2.62	2.69
		b		d	d			d					
Standard Deviation	.962	.953	.953	.997	.961	.949	.958	.965	1.088	.961	.968	.965	.939
Standard Error	.022	.051	.027	.054	.050	.127	.028	.037	.117	.024	.050	.024	.057
Error variance	*	*	*	*	*	.02	*	*	.01	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	376	76	35	62	69	52	36	13	33	218	82	100	93	124	57	50	76	152	94
	19%	18%	18%	19%	21%	21%	17%	22%	14%	20%	16%	23%	17%	16%	24%	8%	15%	25%	39%
					h	h				h		bc			bc		a	ab	abc
Tend to agree (3.0)	769	118	82	142	131	100	78	21	96	455	196	149	232	313	70	163	205	293	107
	38%	29%	42%	44%	40%	40%	37%	37%	41%	42%	39%	34%	41%	41%	30%	26%	40%	47%	45%
			a	a	a	a	a		a	a	a		ad	ad			a	ab	a
Tend to disagree (2.0)	496	108	47	83	79	60	53	12	55	269	119	104	130	200	56	206	145	115	23
	25%	26%	24%	26%	24%	24%	25%	20%	23%	25%	24%	24%	23%	26%	24%	33%	29%	19%	10%
																cd	cd	d	
Strongly disagree (1.0)	295	82	23	32	38	29	38	11	42	122	91	72	76	99	44	186	56	41	10
	15%	20%	12%	10%	12%	12%	18%	19%	18%	11%	18%	16%	14%	13%	19%	30%	11%	7%	4%
		bcdei					cdei	c	cdi		bcdei				c	bcd	cd		
Don't know	80	30	7	6	10	7	8	2	10	30	20	15	30	20	8	20	27	18	5
	4%	7%	4%	2%	3%	3%	4%	3%	4%	3%	4%	4%	5%	3%	3%	3%	5%	3%	2%
		cdeij											c				cd		
NET: Agree	1145	194	117	204	200	152	114	34	129	673	277	249	325	437	127	214	281	445	201
	57%	47%	60%	63%	61%	61%	53%	58%	55%	62%	55%	56%	58%	58%	54%	34%	55%	72%	84%
			a	afj	a	a				afj	a						a	ab	abc
NET: Disagree	792	189	70	116	117	89	92	23	97	392	211	176	206	299	99	392	201	156	33
	39%	46%	36%	35%	36%	36%	43%	39%	41%	36%	42%	40%	37%	40%	42%	63%	40%	25%	14%
		bcdei					i				i					bcd	cd	d	
Base for stats	1936	384	188	320	317	241	205	57	226	1065	488	425	531	735	227	606	482	601	234
Mean Score	2.63	2.49	2.69	2.73	2.73	2.73	2.54	2.63	2.53	2.72	2.55	2.65	2.64	2.63	2.62	2.13	2.62	2.93	3.22
			a	afhj	afhj	afhj				afhj							a	ab	abc
Standard Deviation	.962	1.036	.917	.889	.936	.934	.989	1.042	.957	.917	.979	1.019	.931	.916	1.062	.945	.885	.844	.789
Standard Error	.022	.055	.067	.050	.052	.059	.068	.139	.064	.028	.044	.048	.040	.034	.072	.039	.040	.034	.051
Error variance	*	*	*	*	*	*	*	.02	*	*	*	*	*	*	.01	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		Total	NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
Strongly agree	(4.0)	376	123	125	126
		19%	18%	17%	23%
					ab
Tend to agree	(3.0)	769	268	269	225
		38%	39%	36%	41%
Tend to disagree	(2.0)	496	176	190	126
		25%	26%	25%	23%
Strongly disagree	(1.0)	295	98	130	61
		15%	14%	17%	11%
				c	
Don't know		80	23	38	13
		4%	3%	5%	2%
				c	
NET: Agree		1145	391	394	352
		57%	57%	52%	64%
					ab
NET: Disagree		792	274	320	187
		39%	40%	43%	34%
			c	c	
Base for stats		1936	665	714	539
Mean Score		2.63	2.63	2.54	2.77
					ab
Standard Deviation		.962	.948	.982	.934
Standard Error		.022	.036	.037	.040
Error variance		*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	466	190	274	192	154	120	26	63	37	50	40	45	85	81	40
		23%	19%	27%	32%	23%	16%	27%	24%	19%	24%	23%	20%	27%	25%	19%
				a	bc	c								ci		
Tend to agree	(3.0)	784	384	399	222	257	304	34	93	71	84	69	87	123	133	89
		39%	39%	39%	36%	39%	41%	35%	36%	36%	40%	40%	39%	39%	40%	43%
Tend to disagree	(2.0)	444	247	197	120	143	181	23	53	50	38	40	62	59	70	49
		22%	25%	19%	20%	22%	24%	24%	20%	25%	18%	23%	28%	19%	21%	24%
			b										dg			
Strongly disagree	(1.0)	200	102	97	48	79	73	10	35	28	24	11	20	27	30	15
		10%	10%	9%	8%	12%	10%	10%	13%	14%	11%	6%	9%	9%	9%	7%
						a			ei	egi						
Don't know		121	62	58	27	26	68	4	18	11	16	14	10	19	15	14
		6%	6%	6%	4%	4%	9%	4%	7%	6%	7%	8%	4%	6%	5%	7%
							ab									
NET: Agree		1251	574	674	415	411	425	60	156	108	134	109	131	208	214	130
		62%	58%	66%	68%	62%	57%	62%	59%	55%	64%	63%	59%	66%	65%	62%
				a	bc	c								c	c	
NET: Disagree		644	349	293	168	222	254	33	88	78	61	51	82	87	100	65
		32%	35%	29%	28%	34%	34%	34%	34%	39%	29%	29%	37%	28%	30%	31%
			b			a	a			degh			g			
Base for stats		1895	923	967	583	633	679	93	244	186	195	160	213	295	314	194
Mean Score		2.80	2.72	2.88	2.96	2.77	2.70	2.82	2.75	2.63	2.82	2.86	2.73	2.90	2.84	2.79
				a	bc						c	c		c	c	
Standard Deviation		.929	.914	.934	.930	.957	.885	.962	.993	.971	.951	.874	.896	.924	.919	.860
Standard Error		.021	.031	.030	.036	.037	.037	.093	.061	.070	.067	.067	.071	.053	.052	.061
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

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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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	466	41	115	116	54	45	95	271	195	376	11	35	25	6	5	83
		23%	26%	24%	26%	22%	21%	21%	25%	21%	22%	25%	31%	32%	63%	35%	32%
									h				a	a			a
Tend to agree	(3.0)	784	58	187	165	106	91	176	411	373	681	15	45	32	2	5	99
		39%	37%	39%	37%	43%	41%	38%	38%	40%	39%	33%	41%	40%	19%	38%	38%
Tend to disagree	(2.0)	444	35	101	100	56	52	100	237	207	393	13	20	10	2	2	47
		22%	22%	21%	22%	23%	24%	22%	22%	22%	23%	29%	17%	13%	18%	14%	18%
											d	d					
Strongly disagree	(1.0)	200	17	51	47	19	22	45	115	85	180	3	8	6	-	1	19
		10%	10%	11%	10%	7%	10%	10%	11%	9%	10%	8%	7%	8%	-	6%	7%
Don't know		121	7	24	24	14	10	43	54	67	104	2	4	5	-	1	13
		6%	4%	5%	5%	6%	4%	9%	5%	7%	6%	5%	4%	7%	-	7%	5%
								abceg		g							
NET: Agree		1251	99	302	281	160	136	272	682	568	1056	26	80	57	8	10	182
		62%	63%	63%	62%	64%	62%	59%	63%	61%	61%	58%	71%	72%	82%	73%	70%
													a	a			a
NET: Disagree		644	52	153	147	74	73	145	352	293	572	16	28	17	2	3	65
		32%	33%	32%	33%	30%	33%	32%	32%	32%	33%	37%	25%	21%	18%	20%	25%
											dg						
Base for stats		1895	151	455	429	234	209	417	1034	861	1628	42	108	74	10	13	247
Mean Score		2.80	2.82	2.80	2.82	2.83	2.76	2.77	2.81	2.79	2.77	2.80	2.99	3.03	3.46	3.10	2.99
													a	a			a
Standard Deviation		.929	.956	.944	.955	.873	.907	.923	.949	.905	.927	.939	.901	.916	.816	.922	.912
Standard Error		.021	.078	.045	.046	.054	.059	.047	.030	.030	.023	.138	.083	.102	.258	.246	.056
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.06	*

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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		2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total		2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	466	262	95	83	177	15	25	147	50	14	14	43	42	43	73	40
		23%	21%	29%	24%	26%	33%	34%	22%	20%	20%	20%	33%	39%	25%	18%	33%
				a		a	dj	cdj					cdefj	cdefij	j		cdfj
Tend to agree	(3.0)	784	494	124	136	260	15	31	257	93	32	31	47	41	74	163	46
		39%	39%	38%	39%	39%	32%	42%	38%	36%	46%	43%	36%	38%	43%	40%	38%
Tend to disagree	(2.0)	444	264	72	84	156	11	12	159	73	11	20	26	13	24	95	23
		22%	21%	22%	24%	23%	23%	16%	24%	28%	16%	28%	20%	12%	14%	23%	19%
									hi	behik		hi				hi	
Strongly disagree	(1.0)	200	139	24	29	53	5	7	78	27	8	5	6	5	15	45	12
		10%	11%	8%	8%	8%	11%	9%	12%	11%	11%	7%	5%	4%	9%	11%	10%
			d						gh	gh						gh	
Don't know		121	95	9	15	24	1	-	33	13	4	2	8	7	16	37	1
		6%	8%	3%	4%	4%	2%	-	5%	5%	6%	2%	6%	6%	9%	9%	1%
			bcd						bk	bk	bk		bk	bk	bck	bck	
NET: Agree		1251	756	219	219	437	30	56	404	143	45	46	91	83	117	236	86
		62%	60%	68%	63%	65%	64%	75%	60%	56%	66%	63%	69%	77%	68%	57%	71%
				a		a		cdj					cdj	cdfj	cdj		cdj
NET: Disagree		644	403	96	113	209	16	18	237	100	19	25	32	18	39	140	34
		32%	32%	30%	33%	31%	34%	25%	35%	39%	28%	35%	25%	17%	23%	34%	28%
							h		ghi	bghik		hi				ghi	h
Base for stats		1895	1158	315	332	647	47	74	640	243	64	71	123	101	156	376	120
Mean Score		2.80	2.76	2.92	2.82	2.87	2.88	3.00	2.74	2.68	2.80	2.78	3.04	3.19	2.93	2.70	2.95
				a		a		cdj					cdfj	acdefijk	cdj		cdj
Standard Deviation		.929	.935	.914	.907	.911	1.007	.928	.946	.927	.914	.851	.874	.843	.903	.916	.957
Standard Error		.021	.028	.051	.050	.036	.145	.103	.036	.058	.115	.102	.075	.077	.069	.054	.084
Error variance		*	*	*	*	*	.02	.01	*	*	.01	.01	.01	.01	*	*	.01

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total		2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	466	120	77	33	10	110	131	137	58	40	8	98	144	60	247	138	21	407
		23%	21%	22%	22%	28%	22%	22%	22%	24%	20%	23%	22%	22%	19%	23%	26%	27%	24%
																	a		
Tend to agree	(3.0)	784	205	149	59	15	209	220	233	106	74	10	180	243	120	416	216	32	664
		39%	36%	43%	40%	40%	42%	36%	37%	43%	37%	30%	41%	37%	38%	38%	40%	39%	39%
				af			a												
Tend to disagree	(2.0)	444	146	77	34	8	111	153	148	57	51	12	108	160	69	242	113	20	375
		22%	26%	22%	23%	21%	22%	25%	24%	23%	26%	36%	24%	24%	22%	22%	21%	25%	22%
Strongly disagree	(1.0)	200	70	31	16	2	48	72	79	17	22	3	39	82	34	116	46	5	166
		10%	12%	9%	11%	6%	10%	12%	13%	7%	11%	8%	9%	12%	11%	11%	8%	6%	10%
									b					b					
Don't know		121	24	13	6	2	19	26	29	7	9	1	16	30	30	64	24	3	91
		6%	4%	4%	4%	5%	4%	4%	5%	3%	5%	2%	4%	5%	10%	6%	4%	3%	5%
															bce				
NET: Agree		1251	325	227	92	25	318	350	370	164	114	18	278	387	180	663	354	53	1071
		62%	58%	65%	62%	68%	64%	58%	59%	67%	58%	53%	63%	59%	57%	61%	66%	66%	63%
				af			af			acf							a		
NET: Disagree		644	216	108	51	10	159	226	227	74	74	15	147	242	104	358	158	25	541
		32%	38%	31%	34%	27%	32%	38%	36%	30%	37%	45%	33%	37%	33%	33%	29%	31%	32%
			be					b											
Base for stats		1895	541	335	142	35	477	576	597	238	187	32	425	629	283	1021	513	78	1612
Mean Score		2.80	2.69	2.81	2.76	2.94	2.80	2.71	2.72	2.86	2.70	2.69	2.79	2.71	2.72	2.78	2.87	2.90	2.81
										af							a		
Standard Deviation		.929	.959	.896	.936	.890	.907	.956	.964	.867	.939	.939	.902	.962	.931	.940	.911	.879	.929
Standard Error		.021	.040	.048	.078	.146	.041	.039	.038	.055	.069	.156	.043	.037	.055	.030	.039	.095	.023
Error variance		*	*	*	.01	.02	*	*	*	*	*	.02	*	*	*	*	*	.01	*

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	
	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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	466	106	288	96	94	16	260	182	21	369	97	389	72
	23%	30%	22%	30%	24%	26%	21%	27%	26%	23%	24%	23%	26%
		b		d				d					
Tend to agree (3.0)	784	135	516	123	160	25	497	267	34	619	165	681	96
	39%	39%	39%	38%	40%	40%	39%	39%	42%	39%	40%	39%	35%
Tend to disagree (2.0)	444	75	294	58	70	12	303	129	8	365	79	383	60
	22%	22%	22%	18%	18%	19%	24%	19%	9%	23%	19%	22%	22%
				f			abef	f					
Strongly disagree (1.0)	200	23	141	29	42	5	130	61	12	154	46	170	28
	10%	6%	11%	9%	10%	8%	10%	9%	15%	10%	11%	10%	10%
			a										
Don't know	121	10	80	15	33	5	70	46	6	95	26	102	17
	6%	3%	6%	5%	8%	8%	6%	7%	7%	6%	6%	6%	6%
			a										
NET: Agree	1251	241	804	219	254	41	757	449	55	988	262	1070	168
	62%	69%	61%	68%	64%	65%	60%	65%	68%	62%	63%	62%	61%
		b		d				d					
NET: Disagree	644	98	435	87	112	17	433	191	20	519	125	553	88
	32%	28%	33%	27%	28%	27%	34%	28%	25%	32%	30%	32%	32%
							abe						
Base for stats	1895	339	1239	306	366	58	1190	640	76	1507	388	1623	256
Mean Score	2.80	2.96	2.77	2.94	2.84	2.90	2.74	2.89	2.85	2.80	2.81	2.79	2.83
		b		d				d					
Standard Deviation	.929	.896	.934	.938	.939	.906	.920	.927	1.018	.925	.947	.924	.965
Standard Error	.021	.048	.027	.052	.049	.119	.027	.036	.112	.024	.049	.023	.059
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	466	69	54	66	87	61	57	17	56	268	129	116	123	158	65	88	113	165	93
	23%	17%	28%	20%	27%	25%	27%	29%	24%	25%	25%	26%	22%	21%	28%	14%	22%	27%	39%
			a		a	a	a	a	a	a	a	c			c		a	a	abc
Tend to agree (3.0)	784	165	76	159	120	98	83	16	68	452	167	149	237	304	87	187	198	291	103
	39%	40%	39%	49%	37%	39%	39%	28%	29%	41%	33%	34%	42%	40%	37%	30%	39%	47%	43%
		hj	h	abdefghij	h	h	h			ghj			a	a			a	ab	a
Tend to disagree (2.0)	444	78	39	63	82	59	45	17	61	243	123	98	124	180	39	184	122	112	23
	22%	19%	20%	19%	25%	24%	21%	29%	26%	22%	24%	22%	22%	24%	17%	29%	24%	18%	10%
					a				a					d		bcd	cd	d	
Strongly disagree (1.0)	200	48	16	28	24	21	16	7	40	89	64	52	43	69	35	122	45	22	8
	10%	12%	8%	9%	7%	9%	8%	13%	17%	8%	13%	12%	8%	9%	15%	20%	9%	3%	3%
		i							bcdefi		dfi	b			bc	bcd	cd		
Don't know	121	55	10	10	14	9	12	1	11	42	24	26	34	44	10	44	30	30	12
	6%	13%	5%	3%	4%	4%	6%	2%	5%	4%	5%	6%	6%	6%	4%	7%	6%	5%	5%
		bcdefghij																	
NET: Agree	1251	233	130	225	206	159	140	33	124	721	297	265	360	463	151	275	312	456	196
	62%	56%	67%	69%	63%	64%	65%	57%	52%	66%	58%	60%	64%	61%	65%	44%	61%	74%	82%
			ahj	ahj	h	h	ah			ahj							a	ab	abc
NET: Disagree	644	126	54	91	106	80	61	24	101	332	187	149	167	249	73	307	168	134	31
	32%	30%	28%	28%	33%	32%	29%	41%	43%	30%	37%	34%	30%	33%	31%	49%	33%	22%	13%
								c	abcdefi		abcfi					bcd	cd	d	
Base for stats	1895	359	185	316	313	239	201	57	225	1052	484	415	527	711	225	582	479	590	226
Mean Score	2.80	2.71	2.91	2.83	2.86	2.83	2.89	2.74	2.62	2.86	2.75	2.80	2.84	2.78	2.81	2.41	2.79	3.02	3.24
			ahj	h	ah	h	ah			ahj							a	ab	abc
Standard Deviation	.929	.926	.915	.860	.911	.912	.907	1.026	1.047	.896	.995	.986	.877	.902	1.022	.984	.911	.786	.771
Standard Error	.021	.050	.067	.048	.051	.058	.063	.136	.070	.027	.045	.047	.038	.034	.070	.041	.042	.032	.051
Error variance	*	*	*	*	*	*	*	.02	*	*	*	*	*	*	*	*	*	*	*

Savanta:
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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		
		Total	NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
Strongly agree	(4.0)	466	183	128	149
		23%	27%	17%	27%
			b		b
Tend to agree	(3.0)	784	253	300	223
		39%	37%	40%	40%
Tend to disagree	(2.0)	444	172	164	104
		22%	25%	22%	19%
			c		
Strongly disagree	(1.0)	200	59	100	40
		10%	9%	13%	7%
				ac	
Don't know		121	22	61	35
		6%	3%	8%	6%
				a	a
NET: Agree		1251	436	428	372
		62%	63%	57%	68%
			b		b
NET: Disagree		644	231	263	145
		32%	34%	35%	26%
			c	c	
Base for stats		1895	667	691	517
Mean Score		2.80	2.84	2.66	2.93
			b		b
Standard Deviation		.929	.929	.940	.894
Standard Error		.021	.035	.036	.039
Error variance		*	*	*	*

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	284	142	141	100	102	82	11	38	27	37	30	22	47	49	21
		14%	14%	14%	16%	15%	11%	12%	15%	14%	18%	17%	10%	15%	15%	10%
					c	c					fi	fi				
Tend to agree	(3.0)	905	460	442	261	299	345	41	107	89	77	76	113	137	160	106
		45%	47%	43%	43%	45%	46%	42%	41%	45%	36%	44%	51%	43%	49%	51%
													bd		d	bd
Tend to disagree	(2.0)	438	214	222	130	136	171	26	66	39	56	36	42	68	58	47
		22%	22%	22%	21%	21%	23%	27%	25%	20%	27%	21%	19%	21%	17%	22%
								h	h		h					
Strongly disagree	(1.0)	221	101	120	66	78	77	9	31	20	24	24	28	32	33	21
		11%	10%	12%	11%	12%	10%	10%	12%	10%	11%	14%	12%	10%	10%	10%
Don't know		169	68	100	53	45	71	9	20	22	17	8	19	31	29	13
		8%	7%	10%	9%	7%	9%	9%	8%	11%	8%	5%	8%	10%	9%	6%
				a						e				e		
NET: Agree		1188	602	583	361	400	427	52	145	116	114	106	135	184	209	128
		59%	61%	57%	59%	61%	57%	54%	55%	59%	54%	61%	60%	59%	64%	61%
															bd	
NET: Disagree		659	314	342	197	214	249	35	97	59	80	60	70	99	91	68
		33%	32%	33%	32%	32%	33%	36%	37%	30%	38%	35%	31%	32%	28%	33%
									h		h					
Base for stats		1847	917	925	557	614	676	87	242	175	194	166	204	284	300	195
Mean Score		2.68	2.70	2.65	2.71	2.69	2.64	2.62	2.63	2.70	2.65	2.68	2.63	2.70	2.75	2.66
Standard Deviation		.875	.860	.889	.897	.894	.839	.847	.899	.868	.926	.932	.848	.878	.861	.814
Standard Error		.020	.029	.029	.036	.035	.035	.084	.056	.064	.066	.071	.069	.051	.050	.058
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Savanta:
ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	284	37	75	64	41	21	46	175	108	230	11	20	17	-	4	52
	14%	24%	16%	14%	16%	10%	10%	16%	12%	13%	25%	18%	21%	-	28%	20%
		bcefgh	efh		efh			efh			a		a			a
Tend to agree (3.0)	905	73	226	224	109	86	186	523	381	784	16	52	33	6	7	114
	45%	46%	47%	50%	44%	39%	40%	48%	41%	45%	36%	47%	41%	56%	51%	44%
			efh	efh				efh								
Tend to disagree (2.0)	438	29	91	86	55	61	115	206	232	376	10	24	18	3	1	55
	22%	18%	19%	19%	22%	28%	25%	19%	25%	22%	21%	21%	22%	27%	7%	21%
						abcg	bcg		bcg							
Strongly disagree (1.0)	221	15	56	39	27	28	57	110	111	193	3	11	8	2	1	25
	11%	9%	12%	9%	11%	13%	12%	10%	12%	11%	8%	9%	10%	18%	7%	9%
Don't know	169	3	31	39	17	22	56	74	95	150	4	5	5	-	1	15
	8%	2%	7%	9%	7%	10%	12%	7%	10%	9%	10%	5%	6%	-	7%	6%
			a	a	a	a	abdg	a	abg							
NET: Agree	1188	111	301	288	150	108	232	699	489	1013	27	72	50	6	11	166
	59%	70%	63%	64%	60%	49%	50%	64%	53%	58%	61%	65%	62%	56%	79%	64%
		defh	efh	efh	efh			efh								
NET: Disagree	659	44	147	125	82	90	172	316	343	569	13	34	25	4	2	79
	33%	28%	31%	28%	33%	41%	37%	29%	37%	33%	29%	31%	32%	44%	14%	30%
						abcg	abcg		abcg							
Base for stats	1847	154	447	413	231	197	404	1015	833	1582	40	107	75	10	13	245
Mean Score	2.68	2.86	2.71	2.76	2.71	2.51	2.55	2.75	2.58	2.66	2.87	2.77	2.78	2.38	3.08	2.79
		efh	efh	efh	efh			efh								a
Standard Deviation	.875	.894	.888	.829	.890	.869	.870	.866	.878	.871	.931	.874	.917	.808	.848	.893
Standard Error	.020	.073	.043	.040	.056	.058	.045	.027	.030	.022	.140	.081	.102	.255	.227	.055
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.05	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016 100%	1254 100%	324 100%	347 100%	671 100%	47 100%	74 100%	674 100%	257 100%	68 100%	73 100%	131 100%	108 100%	172 100%	413 100%	121 100%
Strongly agree (4.0)	284 14%	165 13%	53 16%	55 16%	108 16%	11 23% dij	16 22% dij	117 17% dij	27 11%	11 16%	10 14%	23 18% ij	17 16% j	15 9%	36 9%	27 22% dij
Tend to agree (3.0)	905 45%	551 44%	150 46%	163 47%	313 47%	16 34%	32 43%	319 47% gi	115 45% g	34 50% g	37 51% g	41 31%	47 44%	67 39%	197 48% g	48 40%
Tend to disagree (2.0)	438 22%	286 23% c	69 21%	60 17%	129 19%	14 30%	13 18%	130 19%	61 24%	18 26%	13 17%	35 27% c	21 19%	44 26% c	89 22%	28 23%
Strongly disagree (1.0)	221 11%	128 10%	33 10%	45 13%	78 12%	3 6%	11 15% e	71 11%	29 11% e	2 3%	8 12%	19 15% e	11 10%	25 14% e	42 10%	14 11%
Don't know	169 8%	124 10% bd	19 6%	23 7%	43 6%	3 7%	2 2%	37 5%	23 9% bc	3 5%	4 6%	13 10% bc	12 11% bck	21 12% bck	49 12% bck	5 4%
NET: Agree	1188 59%	715 57%	202 63%	219 63% a	421 63% a	27 57%	48 65% gi	436 65% dgij	143 56%	45 66% gi	47 65% gi	64 49%	64 59%	81 47% i	233 56%	75 62% gi
NET: Disagree	659 33%	414 33%	102 32%	105 30%	207 31%	17 36%	24 33%	201 30%	91 35%	20 29%	21 29%	54 41% ch	31 29%	69 40% ch	131 32%	41 34%
Base for stats	1847	1129	305	324	628	44	72	637	233	65	68	118	95	151	364	116
Mean Score	2.68	2.67	2.73	2.71	2.72	2.80 i	2.73 i	2.76 dgij	2.60	2.82 i	2.72	2.58	2.74 i	2.47	2.62	2.76 i
Standard Deviation	.875	.861	.875	.909	.892	.900	.978	.882	.855	.743	.872	.983	.882	.883	.815	.946
Standard Error	.020	.026	.050	.050	.035	.133	.109	.034	.055	.094	.106	.087	.083	.069	.049	.084
Error variance	*	*	*	*	*	.02	.01	*	*	.01	.01	.01	.01	*	*	.01

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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				
	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	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	284	77	64	24	10	87	87	88	47	31	11	77	99	37	145	82	20	247
	14%	14%	18%	16%	26%	18%	14%	14%	19%	16%	32%	18%	15%	12%	13%	15%	25%	15%
					af						acef							abce
Tend to agree (3.0)	905	258	180	67	16	247	274	287	127	94	13	221	299	116	508	246	35	789
	45%	46%	52%	45%	44%	50%	46%	46%	52%	48%	38%	50%	45%	37%	47%	46%	43%	46%
															a	a		a
Tend to disagree (2.0)	438	127	54	35	7	89	134	140	41	35	6	77	146	74	236	119	9	364
	22%	23%	15%	24%	18%	18%	22%	22%	17%	18%	19%	17%	22%	24%	22%	22%	11%	21%
		b		b			b	e						d	d	d		d
Strongly disagree (1.0)	221	65	35	16	3	52	67	69	19	26	3	46	72	44	109	57	11	177
	11%	11%	10%	11%	7%	10%	11%	11%	8%	13%	8%	10%	11%	14%	10%	11%	14%	10%
														b				
Don't know	169	38	15	6	2	21	40	43	10	10	1	20	43	43	87	33	6	126
	8%	7%	4%	4%	4%	4%	7%	7%	4%	5%	3%	4%	7%	14%	8%	6%	7%	7%
														bce				
NET: Agree	1188	335	244	91	26	335	361	375	174	125	23	299	398	152	653	328	55	1036
	59%	59%	70%	61%	71%	67%	60%	60%	71%	63%	70%	68%	60%	49%	60%	61%	68%	61%
			af			af			af			af			a	a	a	a
NET: Disagree	659	192	89	52	9	141	201	209	61	62	9	123	218	118	346	175	20	541
	33%	34%	26%	35%	25%	28%	33%	33%	25%	32%	27%	28%	33%	38%	32%	33%	25%	32%
		be		b			b	b					b	bde				
Base for stats	1847	527	332	143	35	475	562	583	235	187	32	421	616	271	999	503	75	1577
Mean Score	2.68	2.66	2.82	2.69	2.93	2.78	2.68	2.68	2.86	2.69	2.97	2.78	2.69	2.53	2.69	2.70	2.86	2.70
			af			a			acf			a			a	a	a	a
Standard Deviation	.875	.874	.864	.883	.887	.871	.877	.871	.829	.911	.938	.869	.876	.921	.851	.874	.980	.865
Standard Error	.020	.037	.047	.073	.144	.040	.036	.035	.053	.067	.156	.042	.034	.055	.027	.038	.108	.022
Error variance	*	*	*	.01	.02	*	*	*	*	*	.02	*	*	*	*	*	.01	*

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	284	61	182	56	48	12	176	101	11	227	57	237	44
	14%	18%	14%	17% b	12%	19%	14%	15%	13%	14%	14%	14%	16%
Tend to agree (3.0)	905	169	602	118	164	30	596	281	24	719	186	794	106
	45%	49%	46%	37%	41%	48% f	47% abef	41% f	30%	45%	45%	46% b	39%
Tend to disagree (2.0)	438	69	291	84	94	9	262	164	21	353	85	372	61
	22%	20%	22%	26% cd	24%	14%	21%	24%	26%	22%	21%	22%	22%
Strongly disagree (1.0)	221	39	134	41	57	6	124	86	15	178	43	177	39
	11%	11%	10%	13%	14% d	9%	10%	12%	18% d	11%	11%	10%	14% a
Don't know	169	10	109	22	36	6	102	54	9	126	42	145	23
	8%	3%	8% a	7%	9%	10%	8%	8%	12%	8%	10%	8%	8%
NET: Agree	1188	230	785	174	212	42	772	383	35	946	243	1031	150
	59%	66% b	59%	54%	53%	67% bf	61% abef	56% f	44%	59%	59%	60%	55%
NET: Disagree	659	108	425	125	151	14	386	249	36	531	129	549	100
	33%	31%	32%	39% cd	38% cd	23%	31%	36% cd	45% cd	33%	31%	32%	37%
Base for stats	1847	338	1210	298	364	56	1158	632	72	1476	371	1580	251
Mean Score	2.68	2.75	2.69	2.63	2.56	2.86 bf	2.71 bf	2.63	2.44	2.67	2.69	2.69	2.62
Standard Deviation	.875	.884	.859	.940	.910	.874	.851	.909	.991	.877	.869	.859	.952
Standard Error	.020	.047	.025	.052	.048	.116	.025	.036	.112	.023	.046	.022	.058
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	284	27	19	41	38	50	43	12	53	148	108	54	67	109	51	96	66	77	40
	14%	7%	10%	13%	12%	20%	20%	21%	22%	14%	21%	12%	12%	14%	22%	15%	13%	13%	17%
				a	a	abcdi	abcdi	abd	abcdi	a	abcdi				abc				
Tend to agree (3.0)	905	127	101	154	167	128	97	31	99	550	227	161	254	382	102	260	267	280	93
	45%	31%	52%	47%	51%	51%	46%	54%	42%	50%	45%	36%	45%	51%	44%	42%	52%	45%	39%
			ah	a	ah	ah	a	a	a	ahj	a		a	a			acd		
Tend to disagree (2.0)	438	118	47	65	77	37	40	9	44	226	94	106	138	148	41	124	96	161	53
	22%	29%	24%	20%	24%	15%	19%	16%	19%	21%	18%	24%	25%	20%	17%	20%	19%	26%	22%
		cefghij	e		e					e		d	cd					ab	
Strongly disagree (1.0)	221	68	14	37	27	26	20	4	25	104	49	66	58	66	27	94	40	46	40
	11%	17%	7%	11%	8%	10%	10%	8%	10%	9%	10%	15%	10%	9%	12%	15%	8%	7%	17%
		bcdefhij										bc				bc			bc
Don't know	169	72	12	30	17	8	12	1	17	67	29	53	44	50	14	52	40	55	13
	8%	17%	6%	9%	5%	3%	6%	1%	7%	6%	6%	12%	8%	7%	6%	8%	8%	9%	5%
		bcdefghij		eg								bcd							
NET: Agree	1188	155	121	195	205	178	140	44	151	698	335	215	321	491	153	357	333	357	133
	59%	37%	62%	60%	63%	72%	66%	75%	64%	64%	66%	49%	57%	65%	65%	57%	65%	58%	56%
			a	a	a	abcdi	a	ac	a	a	a		a	ab	ab		acd		
NET: Disagree	659	187	62	101	104	62	61	14	68	330	143	172	196	214	68	218	136	207	93
	33%	45%	32%	31%	32%	25%	29%	24%	29%	30%	28%	39%	35%	28%	29%	35%	27%	33%	39%
		bcdefghij										cd	c			b		b	b
Base for stats	1847	341	182	296	309	240	201	57	220	1028	478	387	517	705	221	574	469	564	226
Mean Score	2.68	2.33	2.69	2.67	2.70	2.84	2.81	2.90	2.82	2.72	2.82	2.53	2.64	2.76	2.80	2.63	2.76	2.69	2.59
			a	a	a	acdi	a	a	a	a	acdi			ab	ab		ad		
Standard Deviation	.875	.886	.764	.865	.795	.876	.887	.829	.926	.831	.897	.935	.847	.826	.935	.948	.796	.808	.974
Standard Error	.020	.049	.056	.050	.045	.056	.061	.110	.063	.026	.041	.046	.037	.032	.064	.040	.037	.034	.064
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		Total	Amount of activity now compared to last year		
			NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
Strongly agree	(4.0)	284	133	86	62
		14%	19%	11%	11%
			bc		
Tend to agree	(3.0)	905	342	314	241
		45%	50%	42%	44%
			bc		
Tend to disagree	(2.0)	438	119	195	120
		22%	17%	26%	22%
				a	
Strongly disagree	(1.0)	221	59	87	69
		11%	9%	12%	13%
					a
Don't know		169	35	70	60
		8%	5%	9%	11%
				a	a
NET: Agree		1188	475	400	303
		59%	69%	53%	55%
			bc		
NET: Disagree		659	179	282	189
		33%	26%	37%	34%
				a	a
Base for stats		1847	654	682	492
Mean Score		2.68	2.84	2.59	2.60
			bc		
Standard Deviation		.875	.850	.866	.880
Standard Error		.020	.033	.034	.040
Error variance		*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak compared to other times?
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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	450	184	265	149	171	129	21	57	43	49	34	46	90	69	41
		22%	19%	26%	24%	26%	17%	22%	22%	22%	23%	20%	21%	29%	21%	20%
				a	c	c								ehi		
Somewhat more important	(4.0)	757	359	397	247	256	254	39	96	69	85	70	74	99	152	74
		38%	36%	39%	41%	39%	34%	40%	36%	35%	40%	40%	33%	31%	46%	35%
					c						g	g			bcfgi	
No more or less important	(3.0)	676	388	285	148	194	333	30	85	72	67	61	92	102	88	80
		34%	39%	28%	24%	29%	45%	31%	32%	37%	32%	35%	41%	32%	27%	38%
			b			a	ab			h			h			h
Somewhat less important	(2.0)	50	20	29	30	15	4	-	9	8	4	5	6	6	8	3
		2%	2%	3%	5%	2%	1%	-	3%	4%	2%	3%	3%	2%	2%	2%
					bc	c				a						
Much less important	(1.0)	21	12	9	10	4	7	2	3	-	3	-	2	5	5	1
		1%	1%	1%	2%	1%	1%	2%	1%	-	1%	-	1%	2%	2%	*
								ce								
Don't know		62	22	40	26	19	18	5	13	5	4	3	3	13	8	10
		3%	2%	4%	4%	3%	2%	5%	5%	2%	2%	2%	1%	4%	2%	5%
				a					f							
NET: More important		1207	543	663	396	427	384	60	153	112	133	104	120	189	220	114
		60%	55%	65%	65%	65%	51%	62%	58%	57%	63%	60%	54%	60%	67%	55%
				a	c	c									bcfi	
NET: Less important		71	32	38	40	19	12	2	12	8	7	5	9	11	13	4
		4%	3%	4%	7%	3%	2%	2%	5%	4%	3%	3%	4%	4%	4%	2%
					bc											
Base for stats		1954	963	985	584	641	729	92	250	192	207	171	221	302	322	198
Mean Score		3.80	3.71	3.89	3.85	3.90	3.68	3.84	3.78	3.77	3.83	3.78	3.70	3.87	3.84	3.76
				a	c	c										
Standard Deviation		.859	.840	.864	.920	.845	.804	.865	.885	.842	.853	.797	.867	.924	.841	.811
Standard Error		.019	.028	.027	.036	.032	.033	.084	.054	.060	.059	.060	.068	.052	.047	.057
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak compared to other times?
BASE: All respondents

		Total	Social Grade A	Social Grade B	Social Grade C1	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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	450	43	126	92	56	57	75	261	188	361	8	34	31	4	4	81
		22%	27%	26%	20%	22%	26%	16%	24%	20%	21%	19%	30%	39%	43%	28%	31%
			f	cfh		f	fh		fh				a	ab			a
Somewhat more important	(4.0)	757	64	180	175	116	71	152	418	339	664	12	42	24	2	6	86
		38%	40%	38%	39%	47%	32%	33%	38%	37%	38%	26%	37%	30%	24%	45%	33%
						bcefgh											
No more or less important	(3.0)	676	43	150	146	65	77	195	339	336	607	15	26	17	2	4	64
		34%	27%	31%	32%	26%	35%	42%	31%	36%	35%	34%	24%	21%	16%	27%	24%
						d		abcdgh		adg	cdg						
Somewhat less important	(2.0)	50	8	11	14	4	6	6	33	16	36	4	6	4	-	-	14
		2%	5%	2%	3%	2%	3%	1%	3%	2%	2%	10%	5%	5%	-	-	5%
			dfh									a		a			a
Much less important	(1.0)	21	-	4	4	3	1	10	8	13	15	2	2	1	1	-	7
		1%	-	1%	1%	1%	*	2%	1%	1%	1%	4%	2%	2%	9%	-	3%
								g					a				a
Don't know		62	-	8	21	4	7	22	28	34	49	3	2	3	1	-	9
		3%	-	2%	5%	2%	3%	5%	3%	4%	3%	7%	2%	4%	9%	-	4%
					abdg		a	abdg	a	ab							
NET: More important		1207	107	306	267	172	128	227	679	528	1026	20	75	54	7	10	167
		60%	67%	64%	59%	69%	58%	49%	62%	57%	59%	45%	67%	68%	67%	73%	64%
			fh	fh	f	cefgh	f		fh	f	b		b	b			b
NET: Less important		71	8	15	19	7	7	16	41	30	50	6	8	5	1	-	21
		4%	5%	3%	4%	3%	3%	3%	4%	3%	3%	14%	8%	6%	9%	-	8%
												a	a				a
Base for stats		1954	158	471	432	244	212	438	1060	894	1683	41	110	76	9	14	251
Mean Score		3.80	3.89	3.88	3.78	3.90	3.84	3.63	3.84	3.75	3.79	3.49	3.89	4.03	4.00	4.00	3.88
			f	fh	f	fh	f		fh	f	b		b	ab			b
Standard Deviation		.859	.864	.861	.853	.808	.873	.859	.859	.856	.833	1.079	.981	.999	1.308	.769	1.014
Standard Error		.019	.069	.041	.041	.049	.056	.043	.027	.028	.020	.161	.090	.110	.436	.198	.062
Error variance		*	*	*	*	*	*	*	*	*	*	.03	.01	.01	.19	.04	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak compared to other times?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important (5.0)	450	248	80	99	179	16	21	165	53	11	18	34	29	42	60	37
	22%	20%	25%	29%	27%	35%	28%	25%	21%	16%	25%	26%	27%	24%	15%	31%
			a	a	a	dej	j	j	j		j	j	j	j		dej
Somewhat more important (4.0)	757	455	137	133	270	14	33	264	101	27	22	49	43	58	145	48
	38%	36%	42%	38%	40%	30%	45%	39%	39%	40%	30%	37%	40%	34%	35%	39%
			a													
No more or less important (3.0)	676	474	86	95	180	15	19	210	81	26	26	31	21	55	192	35
	34%	38%	26%	27%	27%	32%	26%	31%	32%	38%	36%	23%	19%	32%	47%	29%
		bcd						h	h	gh	h			h	bcdghik	
Somewhat less important (2.0)	50	25	12	8	20	-	-	15	12	4	3	8	4	2	2	-
	2%	2%	4%	2%	3%	-	-	2%	5%	6%	4%	6%	4%	1%	*	-
								j	bcijk	bijk	jk	bcijk	jk			
Much less important (1.0)	21	14	1	4	5	1	-	3	1	-	1	5	3	4	3	1
	1%	1%	*	1%	1%	2%	-	1%	1%	-	1%	4%	2%	2%	1%	1%
												cdj	c	c		
Don't know	62	38	8	7	16	1	-	16	7	-	4	5	9	11	11	1
	3%	3%	3%	2%	2%	2%	-	2%	3%	-	5%	4%	8%	6%	3%	1%
											b		bcdejk	bcdejk		
NET: More important	1207	703	217	233	450	30	55	429	155	39	40	83	72	100	205	85
	60%	56%	67%	67%	67%	64%	74%	64%	60%	57%	55%	63%	67%	58%	50%	70%
			a	a	a		defij	j	j				j	j		fij
NET: Less important	71	40	13	12	26	1	-	19	14	4	3	13	7	6	5	1
	4%	3%	4%	4%	4%	2%	-	3%	5%	6%	5%	10%	6%	4%	1%	1%
									bcjk	bjk		bcijk	bcjk			
Base for stats	1954	1216	315	340	655	46	74	658	250	68	69	126	99	161	402	120
Mean Score	3.80	3.74	3.90	3.93	3.91	3.98	4.02	3.87	3.77	3.67	3.78	3.79	3.92	3.81	3.64	4.00
			a	a	a	j	dej	j					j		j	dej
Standard Deviation	.859	.845	.835	.881	.859	.920	.744	.833	.861	.823	.921	1.037	.947	.926	.766	.813
Standard Error	.019	.024	.047	.048	.033	.133	.082	.032	.054	.101	.112	.088	.088	.070	.044	.071
Error variance	*	*	*	*	*	.02	.01	*	*	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak compared to other times?
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
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total		2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	450	135	90	25	11	115	146	156	60	39	7	99	163	59	236	129	26	391
		22%	24%	26% c	17%	30%	23%	24%	25%	25%	20%	21%	22%	25%	19%	22%	24%	32% ab	23%
Somewhat more important	(4.0)	757	231	131	54	14	184	245	246	102	68	15	170	261	116	390	222	29	642
		38%	41%	38%	36%	37%	37%	41%	39%	42%	34%	44%	38%	40%	37%	36%	41% b	37%	38%
No more or less important	(3.0)	676	171	114	57	7	171	177	196	66	79	5	145	201	111	400	145	20	564
		34%	30%	33%	38% df	18%	34% d	29%	31% d	27%	40% abdf	16%	33% d	31%	35% c	37% cde	27%	25%	33% c
Somewhat less important	(2.0)	50	11	7	9	5	15	17	10	12	5	5	17	16	5	24	18	3	45
		2%	2%	2%	6% ab	14% abef	3%	3%	2%	5% af	3%	16% abcef	4% a	2%	2%	2%	3%	4%	3%
Much less important	(1.0)	21	3	-	2	-	2	3	1	1	2	1	3	2	6	5	9	2	15
		1%	1%	-	1% b	-	*	1%	*	1%	1%	2% af	1%	*	2% b	*	2% b	2% b	1%
Don't know		62	14	6	3	-	9	14	17	4	3	-	7	17	16	31	14	1	46
		3%	2%	2%	2%	-	2%	2%	3%	1%	2%	-	2%	3%	5% e	3%	3%	1%	3%
NET: More important		1207	366	220	79	25	299	391	403	162	107	22	269	424	175	626	351	55	1032
		60%	65% c	63% c	53%	68%	60%	65% c	64% c	66% c	54%	65%	61%	64% c	56%	58%	66% abe	68% ab	61%
NET: Less important		71	15	7	11	5	17	20	11	13	7	6	20	17	11	29	26	5	60
		4%	3%	2%	7% abf	14% abef	3%	3%	2%	5% af	3%	19% abcef	5% a	3%	4%	3%	5% b	6%	4%
Base for stats		1954	551	341	146	37	487	588	609	241	193	33	434	643	297	1054	522	80	1656
Mean Score		3.80	3.88 c	3.89 c	3.63	3.84	3.81 c	3.87 c	3.90 ce	3.86	3.71	3.65	3.79	3.89 c	3.73	3.79	3.85 a	3.92	3.81
Standard Deviation		.859	.821	.816	.881	1.027	.844	.835	.804	.870	.848	1.076	.863	.821	.870	.830	.887	.968	.856
Standard Error		.019	.034	.044	.072	.165	.038	.034	.032	.055	.061	.177	.041	.032	.050	.026	.038	.103	.021
Error variance		*	*	*	.01	.03	*	*	*	*	*	.03	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak compared to other times?
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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important (5.0)	450	87	294	88	69	12	288	146	19	363	86	396	52
	22%	25%	22%	27%	17%	19%	23%	21%	23%	23%	21%	23%	19%
				be			b						
Somewhat more important (4.0)	757	131	502	122	162	16	464	269	27	611	147	655	98
	38%	38%	38%	38%	40%	25%	37%	39%	34%	38%	36%	38%	36%
					c			c					
No more or less important (3.0)	676	104	451	77	141	24	445	212	24	533	142	582	91
	34%	30%	34%	24%	35%	38%	35%	31%	29%	33%	34%	34%	33%
					a	a	ae	a					
Somewhat less important (2.0)	50	12	32	13	5	6	25	23	1	35	15	34	14
	2%	3%	2%	4%	1%	10%	2%	3%	1%	2%	4%	2%	5%
		b		bd		abdef		b					a
Much less important (1.0)	21	8	7	5	5	4	8	11	2	17	4	14	6
	1%	2%	1%	2%	1%	6%	1%	2%	3%	1%	1%	1%	2%
		b				abde		d	d				a
Don't know	62	7	33	16	18	1	30	25	8	43	19	45	13
	3%	2%	3%	5%	4%	1%	2%	4%	10%	3%	5%	3%	5%
				d	d				bcde		a		
NET: More important	1207	218	796	210	231	28	752	415	46	974	233	1050	150
	60%	63%	60%	65%	58%	45%	60%	60%	57%	61%	56%	61%	55%
				bc			c	c					
NET: Less important	71	19	39	18	10	10	33	34	3	52	19	48	19
	4%	6%	3%	6%	3%	17%	3%	5%	4%	3%	5%	3%	7%
		b		bd		abdef		d					a
Base for stats	1954	342	1286	305	382	62	1229	661	73	1559	394	1680	261
Mean Score	3.80	3.82	3.81	3.90	3.75	3.42	3.81	3.78	3.82	3.81	3.75	3.82	3.68
				bce	c		c	c	c			b	
Standard Deviation	.859	.929	.832	.928	.814	1.118	.837	.885	.941	.855	.873	.841	.926
Standard Error	.019	.049	.023	.051	.042	.142	.024	.034	.105	.022	.045	.021	.056
Error variance	*	*	*	*	*	.02	*	*	.01	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak compared to other times?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important (5.0)	450	42	35	59	75	78	64	15	83	246	162	93	119	167	67	124	108	137	76
	22%	10%	18%	18%	23%	31%	30%	26%	35%	23%	32%	21%	21%	22%	29%	20%	21%	22%	32%
			a	a	a	abcdi	abci	a	abcdi	a	abcdi				abc				abc
Somewhat more important (4.0)	757	127	73	139	131	102	83	27	75	445	185	166	202	301	82	223	175	265	91
	38%	31%	37%	43%	40%	41%	39%	46%	32%	41%	36%	38%	36%	40%	35%	36%	34%	43%	38%
				ah	ah	ah	ah	a	ah	ah								ab	
No more or less important (3.0)	676	200	71	104	103	54	60	15	67	333	142	147	193	260	71	241	185	190	56
	34%	48%	37%	32%	32%	22%	28%	25%	28%	30%	28%	33%	34%	34%	30%	39%	36%	31%	24%
		bcdefghij	ej	e	e					e						cd	cd	d	
Somewhat less important (2.0)	50	5	6	8	10	10	3	1	5	35	9	9	24	10	7	10	24	12	4
	2%	1%	3%	3%	3%	4%	2%	1%	2%	3%	2%	2%	4%	1%	3%	2%	5%	2%	2%
						aj				a			ac				acd		
Much less important (1.0)	21	6	2	4	2	3	1	1	2	11	5	8	8	5	1	5	4	7	5
	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	2%	1%	1%	*	1%	1%	1%	2%
Don't know	62	33	8	11	5	-	2	-	5	23	6	18	15	13	6	22	13	8	7
	3%	8%	4%	3%	2%	-	1%	-	2%	2%	1%	4%	3%	2%	3%	4%	3%	1%	3%
		cdefghij	efj	efj	e				e	e		c				c			
NET: More important	1207	169	108	198	206	180	147	42	158	692	346	259	322	467	149	347	283	402	167
	60%	41%	55%	61%	63%	73%	69%	72%	67%	63%	68%	59%	57%	62%	64%	56%	56%	65%	70%
			a	a	a	abcdi	ab	ab	ab	ab	abci							ab	ab
NET: Less important	71	12	8	12	12	13	5	2	7	46	13	16	32	15	8	15	28	19	9
	4%	3%	4%	4%	4%	5%	2%	3%	3%	4%	3%	4%	6%	2%	3%	2%	6%	3%	4%
						j							c				ac		
Base for stats	1954	381	187	315	322	248	211	58	232	1071	501	423	546	742	228	604	496	611	232
Mean Score	3.80	3.51	3.71	3.76	3.83	3.98	3.96	3.94	4.00	3.82	3.98	3.78	3.74	3.83	3.91	3.75	3.72	3.84	3.99
			a	a	a	abcdi	abci	a	abcdi	a	abcdi				b			b	abc
Standard Deviation	.859	.771	.838	.828	.843	.904	.845	.840	.904	.856	.871	.873	.897	.811	.871	.827	.886	.834	.914
Standard Error	.019	.041	.061	.047	.046	.057	.057	.110	.060	.026	.039	.041	.038	.030	.059	.034	.040	.034	.059
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*	*

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Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak compared to other times?
BASE: All respondents

			Amount of activity now compared to last year		
		Total	NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
Much more important	(5.0)	450	226	113	108
		22%	33%	15%	19%
			bc		b
Somewhat more important	(4.0)	757	293	234	228
		38%	42%	31%	41%
			b		b
No more or less important	(3.0)	676	146	353	172
		34%	21%	47%	31%
				ac	a
Somewhat less important	(2.0)	50	16	17	15
		2%	2%	2%	3%
Much less important	(1.0)	21	2	9	10
		1%	*	1%	2%
					a
Don't know		62	6	27	20
		3%	1%	4%	4%
				a	a
NET: More important		1207	518	347	335
		60%	75%	46%	61%
			bc		b
NET: Less important		71	18	26	25
		4%	3%	3%	4%
Base for stats		1954	682	725	532
Mean Score		3.80	4.06	3.59	3.77
			bc		b
Standard Deviation		.859	.816	.821	.868
Standard Error		.019	.031	.031	.038
Error variance		*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.6. In what ways, if at all, have your feelings around physical activity changed during the coronavirus outbreak?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016 100%	985 100%	1025 100%	610 100%	659 100%	747 100%	96 100%	262 100%	197 100%	211 100%	174 100%	223 100%	315 100%	330 100%	208 100%
Mental health benefits	186 9%	58 6%	128 12% a	70 11% c	79 12% c	37 5%	13 13% g	28 11% g	25 12% g	22 11%	17 10%	17 8%	19 6%	26 8%	19 9%
Exercising is important / more important to exercise	136 7%	54 6%	81 8% a	43 7%	50 8%	43 6%	8 8%	16 6%	15 7%	14 7%	13 7%	14 6%	19 6%	22 7%	15 7%
Exercise is more restricted	128 6%	72 7%	56 6%	29 5%	49 7% a	51 7%	6 7%	15 6%	9 5%	10 5%	10 6%	16 7%	26 8%	25 8%	11 5%
Exercising more / more active	114 6%	48 5%	66 6%	41 7% c	43 6% c	30 4%	5 5%	14 5%	9 4%	9 4%	14 8%	9 4%	20 6%	23 7%	11 5%
Fear of Covid / socialising	113 6%	59 6%	54 5%	31 5%	38 6%	43 6%	6 6%	13 5%	10 5%	14 7%	6 4%	16 7%	24 8%	14 4%	9 4%
Less motivated / more lazy	110 5%	34 3%	75 7% a	40 7%	36 5%	34 5%	7 7%	19 7%	11 5%	13 6%	6 3%	11 5%	16 5%	20 6%	8 4%
Exercise is good for health / physical well-being	97 5%	38 4%	58 6%	34 6% c	43 6% c	20 3%	3 3%	7 3%	9 5%	11 5%	9 5%	11 5%	17 5%	19 6%	11 5%
More motivated / want to do more	92 5%	38 4%	54 5%	35 6%	30 5%	27 4%	7 7%	13 5%	5 3%	14 7%	14 8% cfgi	6 3%	11 3%	15 5%	6 3%
More time to exercise	46 2%	22 2%	25 2%	19 3% c	18 3%	9 1%	- -	5 2%	3 1%	2 1%	7 4% ad	6 3%	9 3%	5 1%	10 5% acdh
Exercising less / not enough	40 2%	18 2%	22 2%	16 3% c	17 3% c	7 1%	1 1%	6 2% d	6 3% d	- -	4 2% d	4 2% d	11 4% d	5 2%	4 2%
Exercise at home more	36 2%	17 2%	19 2%	5 1%	15 2% a	17 2% a	1 1%	4 2%	1 *	5 2%	6 3% cfgh	1 *	2 1%	3 1%	14 7% abcdfgh
Stay healthy to protect from Covid	26 1%	10 1%	16 2%	6 1%	10 1%	10 1%	- -	5 2% d	6 3% dg	- -	2 1%	3 1%	2 1%	5 2%	3 1%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.6. In what ways, if at all, have your feelings around physical activity changed during the coronavirus outbreak?
BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Enjoy it more	23	12	11	12	1	10	2	3	2	2	3	4	4	-	2
	1%	1%	1%	2%	*	1%	2%	1%	1%	1%	2%	2%	1%	-	1%
				b		b	h				h	h			
Put weight on	20	5	16	8	6	6	2	3	1	2	2	1	2	7	-
	1%	*	2%	1%	1%	1%	2%	1%	*	1%	1%	1%	1%	2%	-
			a											i	
Exercise on my own more	13	5	7	2	4	7	2	1	1	2	2	-	2	2	1
	1%	1%	1%	*	1%	1%	2%	*	1%	1%	1%	-	*	1%	*
Anxiety	6	1	5	4	2	1	-	1	1	2	-	1	-	2	-
	*	*	1%	1%	*	*	-	*	*	1%	-	*	-	1%	-
Feel guilty for not exercising enough	5	1	4	1	2	2	-	-	1	-	-	-	-	4	-
	*	*	*	*	*	*	-	-	*	-	-	-	-	1%	-
No change	426	273	152	61	117	248	23	59	48	48	22	56	49	70	50
	21%	28%	15%	10%	18%	33%	24%	22%	24%	23%	13%	25%	16%	21%	24%
		b			a	ab	eg	eg	eg	eg		eg		e	eg
Other	283	135	148	110	85	88	11	31	25	24	25	39	55	43	29
	14%	14%	14%	18%	13%	12%	12%	12%	13%	12%	15%	18%	17%	13%	14%
				bc									b		
Nothing	228	119	107	81	63	84	7	26	20	23	30	23	39	38	22
	11%	12%	10%	13%	10%	11%	8%	10%	10%	11%	17%	10%	12%	11%	11%
				b							ab				
Don't know	44	20	23	18	16	10	2	12	6	4	3	-	10	4	3
	2%	2%	2%	3%	2%	1%	2%	4%	3%	2%	1%	-	3%	1%	2%
								fh	f				f		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.6. In what ways, if at all, have your feelings around physical activity changed during the coronavirus outbreak?
BASE: All respondents

	Total	Social Grade A	Social Grade B	Social Grade C1	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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mental health benefits	186	6	63	44	23	25	25	114	72	165	2	9	7	3	-	21
	9%	4%	13% afh	10% af	9% af	11% af	5%	10% afh	8%	10%	5%	8%	8%	26%	-	8%
Exercising is important / more important to exercise	136	8	45	34	18	9	22	87	49	120	-	7	7	-	1	15
	7%	5%	9% efh	8%	7%	4%	5%	8% efh	5%	7%	-	6%	8% b	-	7%	6%
Exercise is more restricted	128	11	40	29	15	7	26	80	48	110	1	10	4	-	3	18
	6%	7%	8% eh	6%	6%	3%	6%	7% eh	5%	6%	2%	9%	5%	-	20%	7%
Exercising more / more active	114	14	30	25	17	13	15	69	45	97	3	7	4	-	2	15
	6%	9% fh	6% f	6%	7% f	6%	3%	6% f	5%	6%	6%	6%	4%	-	14%	6%
Fear of Covid / socialising	113	8	23	33	13	10	26	64	49	93	3	12	2	1	1	18
	6%	5%	5%	7%	5%	5%	6%	6%	5%	5%	6%	10% ad	2%	8%	6%	7%
Less motivated / more lazy	110	10	26	29	15	13	19	64	46	91	4	10	4	-	-	18
	5%	6%	5%	6%	6%	6%	4%	6%	5%	5%	10%	9%	6%	-	-	7%
Exercise is good for health / physical well-being	97	10	27	28	11	11	9	65	31	75	2	5	7	3	2	19
	5%	6% f	6% fh	6% fh	4%	5% f	2%	6% fh	3%	4%	6%	5%	9%	28%	15%	7% a
More motivated / want to do more	92	9	28	19	10	12	14	56	35	79	4	2	4	-	1	10
	5%	6%	6% f	4%	4%	5%	3%	5%	4%	5%	8%	1% c	5%	-	6%	4%
More time to exercise	46	4	10	13	6	7	6	27	19	41	1	1	3	-	1	6
	2%	3%	2%	3%	2%	3%	1%	2%	2%	2%	2%	1%	4%	-	8%	2%
Exercising less / not enough	40	4	13	10	5	2	6	27	14	32	1	3	3	2	-	8
	2%	3%	3%	2%	2%	1%	1%	2%	1%	2%	2%	2%	3%	17%	-	3%
Exercise at home more	36	-	9	7	3	4	14	16	20	32	-	3	1	1	-	5
	2%	-	2%	2%	1%	2%	3% a	2%	2%	2%	-	3%	1%	8%	-	2%
Stay healthy to protect from Covid	26	2	8	4	2	4	5	14	11	24	-	1	1	-	-	2
	1%	1%	2%	1%	1%	2%	1%	1%	1%	1%	-	1%	1%	-	-	1%
Enjoy it more	23	3	5	5	3	3	3	14	9	20	1	1	1	-	-	3
	1%	2%	1%	1%	1%	1%	1%	1%	1%	1%	2%	1%	1%	-	-	1%

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W18.6. In what ways, if at all, have your feelings around physical activity changed during the coronavirus outbreak?
BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Put weight on	20	1	5	4	5	2	5	10	11	18	-	1	2	-	-	3
	1%	1%	1%	1%	2%	1%	1%	1%	1%	1%	-	1%	2%	-	-	1%
Exercise on my own more	13	1	3	4	-	1	4	8	5	12	-	1	-	-	-	1
	1%	1%	1%	1%	-	*	1%	1%	1%	1%	-	1%	-	-	-	*
Anxiety	6	-	-	3	1	2	1	3	4	6	-	-	1	-	-	1
	*	-	-	1%	*	1%	*	*	*	*	-	-	1%	-	-	*
Feel guilty for not exercising enough	5	1	-	2	1	1	-	3	2	4	-	-	1	-	-	1
	*	1%	-	*	*	*	-	*	*	*	-	-	1%	-	-	*
No change	426	14	86	90	41	45	148	191	235	402	3	7	7	2	1	19
	21%	9%	18%	20%	17%	21%	32%	18%	25%	23%	7%	6%	9%	15%	7%	7%
			a	a	a	a	abcdegh	a	abcdg	bcdg						
Other	283	31	64	59	37	32	60	155	129	227	12	21	17	2	2	53
	14%	20%	13%	13%	15%	15%	13%	14%	14%	13%	26%	19%	21%	15%	13%	20%
		cfh									a		a			a
Nothing	228	23	40	42	32	33	58	105	123	183	9	18	11	1	1	41
	11%	15%	8%	9%	13%	15%	13%	10%	13%	11%	21%	16%	14%	9%	7%	16%
		bg			bcg	b			bcg		a					a
Don't know	44	3	9	8	7	5	13	20	24	34	1	4	3	-	2	10
	2%	2%	2%	2%	3%	2%	3%	2%	3%	2%	2%	4%	3%	-	13%	4%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.6. In what ways, if at all, have your feelings around physical activity changed during the coronavirus outbreak?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mental health benefits	186	93	38	47	85	5	8	74	30	5	9	17	12	15	11	12
	9%	7%	12%	14%	13%	10%	10%	11%	12%	7%	13%	13%	11%	9%	3%	10%
			a	a	a	j	j	j	j		j	j	j	j		j
Exercising is important / more important to exercise	136	75	33	22	55	3	9	52	19	2	5	11	7	8	19	12
	7%	6%	10%	6%	8%	7%	12%	8%	7%	3%	7%	8%	6%	5%	5%	10%
			a				eij									j
Exercise is more restricted	128	90	17	18	35	2	6	43	20	2	6	9	4	6	30	8
	6%	7%	5%	5%	5%	3%	9%	6%	8%	3%	8%	7%	3%	4%	7%	6%
Exercising more / more active	114	63	21	23	44	3	4	39	12	6	10	4	10	8	17	7
	6%	5%	7%	7%	7%	7%	5%	6%	5%	9%	14%	3%	10%	4%	4%	6%
											cdgij		gj			
Fear of Covid / socialising	113	64	19	21	40	3	1	33	18	4	3	10	5	11	25	4
	6%	5%	6%	6%	6%	6%	1%	5%	7%	6%	5%	8%	4%	6%	6%	3%
									b			b				
Less motivated / more lazy	110	62	22	23	45	6	6	33	14	4	3	11	9	7	18	11
	5%	5%	7%	7%	7%	12%	7%	5%	6%	6%	4%	8%	9%	4%	4%	9%
						cij										j
Exercise is good for health / physical well-being	97	49	15	26	41	2	4	38	13	6	3	5	11	9	6	5
	5%	4%	5%	8%	6%	3%	5%	6%	5%	10%	4%	4%	11%	5%	1%	4%
				a	a			j	j	j			cdgj	j		
More motivated / want to do more	92	52	18	15	34	2	4	35	11	1	4	6	8	5	16	6
	5%	4%	6%	4%	5%	5%	5%	5%	4%	2%	5%	4%	7%	3%	4%	5%
More time to exercise	46	26	8	11	19	1	1	25	4	-	2	5	4	1	3	2
	2%	2%	2%	3%	3%	2%	1%	4%	2%	-	3%	4%	4%	1%	1%	2%
								ij				ij	ij			
Exercising less / not enough	40	25	8	7	15	3	1	18	4	1	-	2	4	3	5	3
	2%	2%	2%	2%	2%	5%	1%	3%	2%	1%	-	1%	4%	2%	1%	3%
						j							j			

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.6. In what ways, if at all, have your feelings around physical activity changed during the coronavirus outbreak?

BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Exercise at home more	36	25	3	6	8	-	4	11	3	1	1	3	1	2	11	4
	2%	2%	1%	2%	1%	-	5% cd	2%	1%	1%	1%	2%	1%	1%	3%	3%
Stay healthy to protect from Covid	26	13	4	8	12	-	-	8	3	-	1	2	2	3	7	-
	1%	1%	1%	2%	2%	-	-	1%	1%	-	2%	2%	2%	2%	2%	-
Enjoy it more	23	15	5	3	8	1	-	11	1	-	-	-	1	2	8	1
	1%	1%	2%	1%	1%	2%	-	2%	*	-	-	-	1%	1%	2%	1%
Put weight on	20	11	3	5	8	-	2	5	5	-	-	2	1	4	3	2
	1%	1%	1%	1%	1%	-	2%	1%	2%	-	-	1%	1%	2%	1%	1%
Exercise on my own more	13	8	3	1	4	-	-	5	1	-	-	2	-	1	4	-
	1%	1%	1%	*	1%	-	-	1%	*	-	-	1%	-	*	1%	-
Anxiety	6	4	2	-	2	-	-	2	1	-	-	1	1	2	-	-
	*	*	1%	-	*	-	-	*	*	-	-	1%	1%	1%	-	-
Feel guilty for not exercising enough	5	4	-	1	1	1	-	1	1	-	-	-	1	1	-	1
	*	*	-	*	*	2% cj	-	*	*	-	-	-	1%	1%	-	1%
No change	426	330	46	42	89	8	6	115	47	14	12	28	12	46	138	14
	21%	26% bcd	14%	12%	13%	17%	8%	17% b	18% b	21% b	16%	21% bhk	11%	27% bcdhk	33% abcdfghk	12%
Other	283	161	52	54	107	7	20	90	33	15	16	8	15	28	53	26
	14%	13%	16%	16%	16%	14%	26% cdghj	13% g	13% g	22% g	21% g	6%	14% g	16% g	13% g	22% cdgj
Nothing	228	141	31	44	75	4	6	71	39	6	7	16	9	19	50	11
	11%	11%	10%	13%	11%	9%	8%	11%	15% ch	9%	10%	12%	8%	11%	12%	9%
Don't know	44	23	7	8	15	1	3	16	4	3	-	2	3	7	5	4
	2%	2%	2%	2%	2%	2%	4%	2%	2%	4%	-	2%	3%	4% j	1%	3%

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.6. In what ways, if at all, have your feelings around physical activity changed during the coronavirus outbreak?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mental health benefits	186	71	37	10	4	47	75	81	22	18	3	39	84	25	92	56	13	161
	9%	13% c	11%	7%	10%	9%	12% c	13% e	9%	9%	8%	9%	13% e	8%	8%	11%	16% ab	9%
Exercising is important / more important to exercise	136	45	28	8	3	36	48	52	19	14	-	33	52	16	77	35	7	119
	7%	8%	8%	5%	7%	7%	8%	8%	8%	7%	-	7%	8%	5%	7%	7%	8%	7%
Exercise is more restricted	128	38	19	13	5	33	43	42	15	13	5	28	46	10	77	33	8	119
	6%	7%	6%	9%	12%	7%	7%	7%	6%	7%	14%	6%	7%	3%	7% a	6% a	10% a	7% a
Exercising more / more active	114	25	33	9	3	42	29	32	21	12	1	33	33	11	62	34	6	103
	6%	4%	10% af	6%	9%	8% af	5%	5%	9% af	6%	3%	8%	5%	4%	6%	6%	8%	6%
Fear of Covid / socialising	113	26	20	8	2	28	27	31	20	5	3	24	34	19	61	26	6	94
	6%	5%	6%	5%	4%	6%	5%	5%	8% c	2%	8%	6%	5%	6%	6%	5%	7%	5%
Less motivated / more lazy	110	24	27	6	1	33	25	30	13	13	2	27	32	18	56	34	2	93
	5%	4%	8% af	4%	3%	7%	4%	5%	5%	7%	6%	6%	5%	6%	5%	6%	3%	5%
Exercise is good for health / physical well-being	97	31	24	5	3	28	34	36	17	9	1	27	37	12	48	29	7	84
	5%	5%	7%	3%	8%	6%	6%	6%	7%	5%	2%	6%	6%	4%	4%	5%	9% ab	5%
More motivated / want to do more	92	26	20	6	2	26	27	32	7	8	4	15	36	10	46	31	4	82
	5%	5%	6%	4%	4%	5%	5%	5%	3%	4%	13% bce	3%	6%	3%	4%	6%	5%	5%
More time to exercise	46	13	16	3	1	19	13	15	9	6	2	15	17	4	23	19	-	42
	2%	2%	5% af	2%	2%	4%	2%	2%	4%	3%	5%	3%	3%	1%	2%	3%	-	2%
Exercising less / not enough	40	9	11	3	-	14	9	12	6	4	-	11	12	10	16	13	2	30
	2%	2%	3%	2%	-	3%	1%	2%	3%	2%	-	2%	2%	3% b	1%	2%	2%	2%

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.6. In what ways, if at all, have your feelings around physical activity changed during the coronavirus outbreak?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Exercise at home more	36	5	11	4	-	15	5	7	7	4	-	11	7	8	19	9	-	28
	2%	1%	3%	3%	-	3%	1%	1%	3%	2%	-	3%	1%	3%	2%	2%	-	2%
			af			af												
Stay healthy to protect from Covid	26	5	1	4	-	5	5	7	2	3	-	5	7	-	12	12	2	26
	1%	1%	*	3%	-	1%	1%	1%	1%	2%	-	1%	1%	-	1%	2%	2%	2%
				b												a	a	a
Enjoy it more	23	8	3	1	-	4	8	6	3	3	-	6	6	3	15	4	1	20
	1%	1%	1%	1%	-	1%	1%	1%	1%	2%	-	1%	1%	1%	1%	1%	1%	1%
Put weight on	20	5	5	-	-	5	5	5	1	4	-	4	5	5	8	7	-	16
	1%	1%	1%	-	-	1%	1%	1%	*	2%	-	1%	1%	2%	1%	1%	-	1%
Exercise on my own more	13	3	1	1	1	2	4	4	1	1	-	2	4	1	8	3	-	11
	1%	1%	*	1%	3%	*	1%	1%	*	1%	-	*	1%	*	1%	1%	-	1%
					b													
Anxiety	6	1	1	1	-	2	1	-	2	1	-	3	-	-	2	5	-	6
	*	*	*	1%	-	*	*	-	1%	*	-	1%	-	-	*	1%	-	*
									af			af					b	
Feel guilty for not exercising enough	5	1	1	-	-	1	1	-	1	-	-	1	-	2	1	2	-	3
	*	*	*	-	-	*	*	-	*	-	-	*	-	1%	*	*	-	*
No change	426	114	47	24	3	71	117	121	23	41	4	64	125	94	251	75	6	332
	21%	20%	14%	16%	8%	14%	19%	19%	9%	21%	12%	14%	19%	30%	23%	14%	8%	20%
		be					be	be		be			be	bcde	cde			cd
Other	283	80	43	29	8	72	89	85	44	25	9	69	93	36	150	78	19	247
	14%	14%	12%	19%	22%	14%	15%	14%	18%	13%	26%	16%	14%	11%	14%	15%	23%	15%
				b							acf						abce	
Nothing	228	68	31	18	4	50	71	69	28	23	4	50	72	34	124	62	8	194
	11%	12%	9%	12%	10%	10%	12%	11%	11%	11%	11%	11%	11%	11%	11%	12%	10%	11%
Don't know	44	13	7	3	2	10	15	11	8	5	1	14	12	10	17	14	3	34
	2%	2%	2%	2%	5%	2%	3%	2%	3%	3%	2%	3%	2%	3%	2%	3%	3%	2%

Savanta: ComRes

W18.6. In what ways, if at all, have your feelings around physical activity changed during the coronavirus outbreak?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Mental health benefits	186 9%	23 7%	137 10% a	40 12% bce	20 5%	1 2%	128 10% bc	54 8%	6 8%	148 9%	38 9%	164 10%	22 8%
Exercising is important / more important to exercise	136 7%	24 7%	94 7%	26 8% b	11 3%	3 5%	94 7% b	38 6% b	3 3%	112 7%	23 6%	121 7%	13 5%
Exercise is more restricted	128 6%	23 7%	93 7%	17 5%	29 7%	3 5%	83 7%	43 6%	5 7%	104 6%	25 6%	112 7%	16 6%
Exercising more / more active	114 6%	24 7%	75 6%	18 6%	19 5%	2 4%	75 6%	37 5%	3 4%	89 6%	24 6%	103 6%	10 4%
Fear of Covid / socialising	113 6%	14 4%	76 6%	24 7% d	33 8% d	6 10% d	56 4%	53 8% d	7 9%	88 5%	25 6%	97 6%	14 5%
Less motivated / more lazy	110 5%	17 5%	74 6%	26 8% b	16 4%	3 5%	67 5%	38 6%	6 7%	95 6%	16 4%	93 5%	16 6%
Exercise is good for health / physical well-being	97 5%	18 5%	64 5%	12 4%	9 2%	3 4%	72 6% be	21 3%	3 3%	84 5%	13 3%	84 5%	12 4%
More motivated / want to do more	92 5%	12 3%	69 5%	14 4%	19 5%	3 5%	56 4%	34 5%	2 2%	74 5%	18 4%	82 5%	9 3%
More time to exercise	46 2%	5 1%	37 3%	6 2%	2 *	- -	36 3% be	8 1%	- -	35 2%	11 3%	41 2%	5 2%
Exercising less / not enough	40 2%	7 2%	24 2%	9 3%	4 1%	1 1%	27 2%	12 2%	1 1%	36 2%	5 1%	35 2%	5 2%

W18.6. In what ways, if at all, have your feelings around physical activity changed during the coronavirus outbreak?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Exercise at home more	36	6	21	4	6	-	24	10	-	28	8	36	1
	2%	2%	2%	1%	2%	-	2%	1%	-	2%	2%	2%	*
													b
Stay healthy to protect from Covid	26	3	23	6	6	-	17	9	3	18	7	24	2
	1%	1%	2%	2%	1%	-	1%	1%	4%	1%	2%	1%	1%
Enjoy it more	23	2	18	1	3	4	16	7	1	16	7	21	2
	1%	1%	1%	*	1%	6%	1%	1%	1%	1%	2%	1%	1%
						abde							
Put weight on	20	3	11	4	3	1	12	7	1	17	4	19	1
	1%	1%	1%	1%	1%	2%	1%	1%	1%	1%	1%	1%	1%
Exercise on my own more	13	1	11	1	3	-	10	3	1	11	2	13	-
	1%	*	1%	*	1%	-	1%	*	1%	1%	*	1%	-
Anxiety	6	1	5	4	1	-	2	4	1	5	1	5	1
	*	*	*	1%	*	-	*	1%	1%	*	*	*	*
				d					d				
Feel guilty for not exercising enough	5	1	2	1	-	-	4	1	-	4	1	4	1
	*	*	*	*	-	-	*	*	-	*	*	*	*
No change	426	36	292	45	85	7	300	113	20	340	86	363	63
	21%	10%	22%	14%	21%	12%	24%	17%	24%	21%	21%	21%	23%
			a		a		ace		ac				
Other	283	89	150	49	83	13	139	131	12	224	59	238	40
	14%	26%	11%	15%	21%	21%	11%	19%	14%	14%	14%	14%	15%
		b		d	d	d		d					
Nothing	228	49	142	37	56	10	128	92	9	174	54	181	44
	11%	14%	11%	11%	14%	16%	10%	13%	11%	11%	13%	11%	16%
					d			d					a
Don't know	44	14	17	10	10	3	22	17	4	33	11	32	9
	2%	4%	1%	3%	3%	4%	2%	3%	5%	2%	3%	2%	3%
		b							d				

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.6. In what ways, if at all, have your feelings around physical activity changed during the coronavirus outbreak?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mental health benefits	186	20	12	23	35	33	29	6	29	103	63	43	48	75	18	58	49	59	19
	9%	5%	6%	7%	11%	13%	14%	10%	12%	9%	13%	10%	9%	10%	7%	9%	10%	10%	8%
					a	abc	abc		abc	a	abc								
Exercising is important / more important to exercise	136	10	15	22	30	18	16	4	21	85	41	28	42	55	10	48	32	41	14
	7%	2%	8%	7%	9%	7%	8%	6%	9%	8%	8%	6%	8%	7%	4%	8%	6%	7%	6%
			a	a	a	a	a		a	a	a								
Exercise is more restricted	128	23	7	26	27	21	7	4	14	81	25	34	31	46	18	37	33	46	10
	6%	5%	4%	8%	8%	8%	3%	7%	6%	7%	5%	8%	6%	6%	8%	6%	7%	7%	4%
				bf	bf	bf				f									
Exercising more / more active	114	12	8	11	23	22	11	10	16	65	37	15	33	53	13	26	39	40	8
	6%	3%	4%	3%	7%	9%	5%	17%	7%	6%	7%	3%	6%	7%	6%	4%	8%	6%	4%
					ac	abc		abcdfhij	a	a	ac			a			ad		
Fear of Covid / socialising	113	22	18	25	15	15	8	2	7	74	17	20	40	38	13	9	28	46	30
	6%	5%	9%	8%	5%	6%	4%	4%	3%	7%	3%	5%	7%	5%	5%	1%	5%	7%	13%
			dfhj	fhj						hj							a	a	abc
Less motivated / more lazy	110	20	18	31	16	16	5	-	3	81	9	40	46	19	5	33	28	39	10
	5%	5%	9%	10%	5%	6%	3%	-	1%	7%	2%	9%	8%	3%	2%	5%	6%	6%	4%
		hj	adfghj	adfghj	hj	ghj				fghj		cd	cd						
Exercise is good for health / physical well-being	97	8	5	13	20	14	17	5	16	50	38	16	27	45	9	28	23	30	13
	5%	2%	2%	4%	6%	5%	8%	8%	7%	5%	7%	4%	5%	6%	4%	5%	5%	5%	5%
				a	a	abci	a	ab	a	abci									
More motivated / want to do more	92	15	7	12	21	14	11	4	8	53	23	22	24	41	4	26	25	29	10
	5%	4%	4%	4%	6%	6%	5%	8%	4%	5%	5%	5%	4%	5%	2%	4%	5%	5%	4%
												d		d					
More time to exercise	46	3	3	12	5	5	12	-	7	24	19	8	11	21	6	22	12	7	6
	2%	1%	2%	4%	1%	2%	6%	-	3%	2%	4%	2%	2%	3%	3%	3%	2%	1%	2%
				a			abdei		a		ad					c			
Exercising less / not enough	40	10	10	7	8	1	2	-	3	25	5	9	11	16	3	8	12	15	4
	2%	2%	5%	2%	2%	*	1%	-	1%	2%	1%	2%	2%	2%	1%	1%	2%	2%	2%
		e	efhij		e					e									
Exercise at home more	36	2	4	8	4	5	6	2	5	21	14	5	12	15	4	8	9	10	9
	2%	*	2%	2%	1%	2%	3%	4%	2%	2%	3%	1%	2%	2%	2%	1%	2%	2%	4%
				a			a	a	a	a	a								a

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.6. In what ways, if at all, have your feelings around physical activity changed during the coronavirus outbreak?

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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Stay healthy to protect from Covid	26	5	1	1	2	6	7	-	4	10	11	6	4	10	4	6	4	14	2
	1%	1%	*	*	1%	3% ci	3% bcdi	-	1%	1%	2% c	1%	1%	1%	2%	1%	1%	2%	1%
Enjoy it more	23	2	-	2	6	5	2	2	4	12	9	2	9	5	7	8	5	5	4
	1%	1%	-	1%	2%	2%	1%	4% abc	2%	1%	2%	*	2%	1%	3% ac	1%	1%	1%	2%
Put weight on	20	-	3	3	9	3	-	-	2	19	2	5	7	9	-	6	3	7	5
	1%	-	2% a	1% a	3% afj	1% a	-	-	1%	2% aj	*	1%	1%	1%	-	1%	1%	1%	2%
Exercise on my own more	13	-	1	4	-	2	4	-	2	7	6	1	1	6	4	2	1	7	2
	1%	-	*	1% ad	-	1%	2% ad	-	1%	1%	1% ad	*	*	1%	2% ab	*	*	1%	1%
Anxiety	6	2	-	1	2	1	-	-	1	4	1	3	1	2	1	-	4	3	-
	*	*	-	*	1%	*	-	-	*	*	*	1%	*	*	*	-	1% a	*	-
Feel guilty for not exercising enough	5	4	1	-	-	-	-	-	-	1	-	3	1	-	-	1	-	4	-
	*	1% ij	*	-	-	-	-	-	-	*	-	1% c	*	-	-	*	-	1%	-
No change	426	152	40	56	42	26	39	9	62	164	110	76	97	184	66	189	93	116	25
	21%	37% bcdefghij	21% dei	17% e	13%	11%	18% e	16%	26% cdei	15%	22% dei	17%	17%	24% ab	28% ab	30% bcd	18% d	19% d	11%
Other	283	47	32	57	46	35	30	10	26	170	65	74	82	88	34	74	73	93	38
	14%	11%	17%	18% ah	14%	14%	14%	17%	11%	16% a	13%	17% c	15%	12%	14%	12%	14%	15%	16%
Nothing	228	70	20	22	42	28	24	3	19	112	46	56	61	82	23	74	68	49	34
	11%	17% bceghij	10%	7%	13% c	11%	11%	5%	8%	10%	9%	13%	11%	11%	10%	12% c	13% c	8%	14% c
Don't know	44	9	3	10	9	3	4	2	4	25	10	8	13	13	6	8	9	14	9
	2%	2%	2%	3%	3%	1%	2%	3%	2%	2%	2%	2%	2%	2%	2%	1%	2%	2%	4% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.6. In what ways, if at all, have your feelings around physical activity changed during the coronavirus outbreak?

BASE: All respondents

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Mental health benefits	186	100	46	39
	9%	14%	6%	7%
		bc		
Exercising is important / more important to exercise	136	63	37	34
	7%	9%	5%	6%
		b		
Exercise is more restricted	128	39	31	58
	6%	6%	4%	10%
				ab
Exercising more / more active	114	68	30	15
	6%	10%	4%	3%
		bc		
Fear of Covid / socialising	113	30	30	52
	6%	4%	4%	9%
				ab
Less motivated / more lazy	110	17	26	65
	5%	3%	4%	12%
				ab
Exercise is good for health / physical well-being	97	56	22	17
	5%	8%	3%	3%
		bc		
More motivated / want to do more	92	52	20	20
	5%	8%	3%	4%
		bc		
More time to exercise	46	29	12	5
	2%	4%	2%	1%
		bc		
Exercising less / not enough	40	13	9	18
	2%	2%	1%	3%
				b
Exercise at home more	36	13	13	10
	2%	2%	2%	2%
Stay healthy to protect from Covid	26	13	5	8
	1%	2%	1%	1%
		b		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.6. In what ways, if at all, have your feelings around physical activity changed during the coronavirus outbreak?
BASE: All respondents

		Amount of activity now compared to last year		
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Enjoy it more	23	15	6	3
	1%	2%	1%	*
		bc		
Put weight on	20	9	7	4
	1%	1%	1%	1%
Exercise on my own more	13	4	6	3
	1%	1%	1%	1%
Anxiety	6	2	2	3
	*	*	*	*
Feel guilty for not exercising enough	5	-	2	2
	*	-	*	*
No change	426	65	278	79
	21%	9%	37%	14%
			ac	a
Other	283	94	88	97
	14%	14%	12%	18%
				b
Nothing	228	64	106	56
	11%	9%	14%	10%
			ac	
Don't know	44	16	14	9
	2%	2%	2%	2%

W18.7. Given what you know about COVID-19, using a scale from 0 - 10, to what extent have you followed the government's advice (where 0 is not at all and 10 entirely)?
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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016 100%	985 100%	1025 100%	610 100%	659 100%	747 100%	96 100%	262 100%	197 100%	211 100%	174 100%	223 100%	315 100%	330 100%	208 100%
0 - Not at all	(0.0)	26 1%	14 1%	12 1%	13 2% b	5 1%	8 1%	1 1%	3 1%	1 *	2 1%	5 3% c	2 1%	5 2%	3 1%	4 2%
1	(1.0)	12 1%	10 1% b	2 *	1 *	5 1%	6 1%	1 1%	2 1%	1 *	1 *	1 *	2 1%	2 *	1 *	1 1%
2	(2.0)	18 1%	9 1%	9 1%	6 1%	8 1%	3 *	2 2%	4 1%	2 1%	1 *	2 1%	1 1%	3 1%	3 1%	1 *
3	(3.0)	35 2%	15 2%	20 2%	23 4% bc	4 1%	8 1%	3 3% c	5 2%	1 *	3 1%	3 2%	4 2%	8 3%	5 2%	3 1%
4	(4.0)	40 2%	15 2%	23 2%	23 4% bc	10 2%	7 1%	3 3%	4 2%	4 2%	3 2%	5 3%	1 *	9 3%	4 1%	5 3%
5	(5.0)	95 5%	41 4%	55 5%	55 9% bc	23 3%	18 2%	5 5%	15 6% i	9 4%	10 5%	7 4%	10 5%	21 7% i	16 5% i	3 2%
6	(6.0)	94 5%	31 3%	61 6% a	50 8% bc	30 5% c	14 2%	4 4%	13 5%	9 4%	8 4%	11 7%	16 7% h	17 6%	10 3%	6 3%
7	(7.0)	177 9%	84 9%	91 9%	91 15% bc	56 8% c	30 4%	4 4%	20 8%	20 10% a	18 9%	18 10% a	17 8%	36 11% a	26 8%	18 9%
8	(8.0)	342 17%	169 17%	173 17%	110 18% c	130 20% c	102 14%	17 18%	43 16%	29 15%	32 15%	27 16%	37 16%	65 21%	62 19%	29 14%
9	(9.0)	477 24%	263 27% b	215 21%	96 16%	166 25% a	216 29% a	26 27% g	61 23% g	49 25% g	48 23% g	41 24% g	63 28% g	47 15%	85 26% g	57 27% g
10 - Entirely	(10.0)	670 33%	326 33%	344 34%	122 20%	216 33% a	332 44% ab	30 31%	89 34%	68 35%	82 39% g	52 30%	68 30%	93 30%	109 33%	78 38%
Don't know		19 1%	7 1%	12 1%	13 2% bc	3 1%	2 *	1 1%	2 1%	4 2%	2 1%	1 *	-	4 1%	4 1%	1 *
Prefer not to say		11 1%	2 *	8 1%	7 1% bc	2 *	2 *	1 1%	2 1%	-	-	-	2 1%	4 1%	2 1%	1 *

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.7. Given what you know about COVID-19, using a scale from 0 - 10, to what extent have you followed the government's advice (where 0 is not at all and 10 entirely)?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Not at all	131	63	66	67	32	32	9	18	9	10	16	11	27	17	15
	6%	6%	6%	11%	5%	4%	10%	7%	4%	5%	9%	5%	9%	5%	7%
				bc											
NET: A bit	189	72	116	105	53	31	9	28	17	18	18	26	38	26	9
	9%	7%	11%	17%	8%	4%	9%	11%	9%	8%	11%	12%	12%	8%	4%
			a	bc	c			i			i	i	i		
NET: A lot	519	253	264	201	186	132	21	63	50	50	45	54	101	88	47
	26%	26%	26%	33%	28%	18%	22%	24%	25%	24%	26%	24%	32%	27%	23%
				c	c								abdi		
NET: Entirely	1148	588	558	217	382	548	56	150	118	130	94	131	140	194	135
	57%	60%	54%	36%	58%	73%	58%	57%	60%	62%	54%	59%	44%	59%	65%
		b			a	ab	g	g	g	g	g	g		g	eg
Base for stats	1987	976	1005	590	654	743	95	259	193	209	173	222	306	324	206
Mean Score	8.22	8.28	8.16	7.36	8.35	8.78	8.11	8.18	8.39	8.44	7.94	8.25	7.85	8.36	8.45
					a	ab			eg	eg				eg	eg
Standard Deviation	2.117	2.115	2.112	2.331	1.939	1.860	2.265	2.177	1.887	1.991	2.386	2.032	2.264	1.954	2.100
Standard Error	.048	.069	.066	.091	.073	.074	.217	.131	.134	.136	.177	.158	.128	.110	.146
Error variance	*	*	*	.01	.01	.01	.05	.02	.02	.02	.03	.03	.02	.01	.02

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W18.7. Given what you know about COVID-19, using a scale from 0 - 10, to what extent have you followed the government's advice (where 0 is not at all and 10 entirely)?
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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all	(0.0)	26	5	5	5	2	3	6	15	11	21	2	1	2	-	-	5
		1%	3%	1%	1%	1%	1%	1%	1%	1%	1%	4%	1%	3%	-	-	2%
1	(1.0)	12	2	2	2	2	-	4	6	6	9	1	1	1	-	-	2
		1%	1%	*	*	1%	-	1%	1%	1%	1%	2%	1%	1%	-	-	1%
2	(2.0)	18	2	4	4	4	2	2	10	8	17	1	-	-	-	-	1
		1%	1%	1%	1%	2%	1%	*	1%	1%	1%	2%	-	-	-	-	*
3	(3.0)	35	5	7	8	2	6	9	19	16	26	5	3	2	-	-	9
		2%	3%	1%	2%	1%	3%	2%	2%	2%	2%	10% acdg	3%	2%	-	-	3% a
4	(4.0)	40	4	10	12	7	1	6	26	13	33	3	1	3	-	-	7
		2%	3% e	2%	3% e	3% e	*	1%	2% e	1%	2%	6% ac	1%	4%	-	-	3%
5	(5.0)	95	7	20	22	20	9	18	49	46	73	3	9	8	-	2	21
		5%	4%	4%	5%	8% bfg	4%	4%	5%	5%	4%	6%	8% a	10% a	-	13%	8% a
6	(6.0)	94	8	27	23	13	12	10	58	35	72	3	7	10	1	-	21
		5%	5%	6% f	5% f	5% f	5% f	2%	5% f	4%	4%	7%	6%	13% a	9%	-	8% a
7	(7.0)	177	19	46	43	17	30	22	108	69	139	11	13	7	1	3	35
		9%	12% fh	10% f	10% f	7%	13% dfh	5%	10% fh	7%	8%	26% acdg	12%	9%	8%	19%	14% a
8	(8.0)	342	27	92	87	43	38	56	206	136	295	4	19	14	3	2	42
		17%	17%	19% fh	19% fh	17%	17%	12%	19% fh	15%	17%	8%	17%	18%	28%	14%	16%
9	(9.0)	477	39	121	90	54	49	125	250	227	443	4	16	9	1	1	31
		24%	25%	25%	20%	22%	22%	27% c	23%	25%	26% bcdg	9%	14%	12%	9%	6%	12%
10 - Entirely	(10.0)	670	40	141	144	82	71	192	325	345	585	8	41	18	5	7	78
		33%	25%	29%	32%	33%	32%	42% abcdeg	30%	37% abcg	34% bd	19%	36% bd	22%	46%	49%	30%
Don't know		19	1	2	8	2	-	6	11	8	13	-	2	3	-	-	4
		1%	1%	*	2% be	1%	-	1%	1%	1%	1%	-	2%	3% a	-	-	2%
Prefer not to say		11	-	1	3	2	1	4	4	7	6	1	-	2	-	-	3
		1%	-	*	1%	1%	*	1%	*	1%	*	2%	-	2% a	-	-	1%
NET: Not at all		131	17	29	30	16	11	27	77	54	107	11	5	8	-	-	24
		6%	11% befh	6%	7%	6%	5%	6%	7%	6%	6%	24% acdg	5%	10%	-	-	9%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.7. Given what you know about COVID-19, using a scale from 0 - 10, to what extent have you followed the government's advice (where 0 is not at all and 10 entirely)?
BASE: All respondents

	Total	Social Grade A	Social Grade B	Social Grade C1	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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: A bit	189	15	47	45	33	20	28	108	81	145	6	16	18	1	2	43
	9%	10%	10%	10%	13%	9%	6%	10%	9%	8%	13%	14%	23%	9%	13%	16%
			f	f	fh			f				a	a			a
NET: A lot	519	46	138	131	60	67	77	315	205	434	15	32	22	4	5	77
	26%	29%	29%	29%	24%	31%	17%	29%	22%	25%	34%	29%	27%	36%	33%	30%
		f	fh	fh	f	fh		fh	f							
NET: Entirely	1148	79	262	235	136	119	317	575	573	1028	12	57	27	6	8	110
	57%	50%	55%	52%	55%	54%	69%	53%	62%	59%	28%	51%	34%	55%	55%	42%
							abcdegh		abcdeg	bdg		bd				
Base for stats	1987	157	476	441	245	218	450	1074	913	1713	44	110	75	10	14	253
Mean Score	8.22	7.75	8.18	8.13	8.12	8.20	8.57	8.10	8.36	8.30	6.58	8.11	7.29	8.75	8.46	7.65
			a			a	abcdeg		ag	bdg		bd				b
Standard Deviation	2.117	2.462	2.017	2.102	2.146	2.040	2.084	2.125	2.099	2.070	2.783	2.096	2.463	1.421	1.837	2.379
Standard Error	.048	.198	.095	.100	.130	.130	.103	.065	.069	.050	.406	.191	.274	.449	.474	.144
Error variance	*	.04	.01	.01	.02	.02	.01	*	*	*	.16	.04	.07	.20	.22	.02

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.7. Given what you know about COVID-19, using a scale from 0 - 10, to what extent have you followed the government's advice (where 0 is not at all and 10 entirely)?
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		2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total		2016 100%	1254 100%	324 100%	347 100%	671 100%	47 100%	74 100%	674 100%	257 100%	68 100%	73 100%	131 100%	108 100%	172 100%	413 100%	121 100%
0 - Not at all	(0.0)	26 1%	16 1%	1 *	5 1%	6 1%	1 2%	2 2%	4 1%	6 2% c	1 2%	- -	2 1%	3 2% c	2 1%	6 1%	2 2%
1	(1.0)	12 1%	11 1% d	- -	- -	- -	- -	2 2% d	6 1%	- -	- -	- -	- -	- -	2 1%	2 1%	2 1%
2	(2.0)	18 1%	10 1%	3 1%	4 1%	7 1%	2 4% j	1 1%	9 1%	2 1%	- -	- -	1 1%	1 1%	1 *	1 *	3 2%
3	(3.0)	35 2%	18 1%	7 2%	8 2%	16 2%	- -	3 4% c	5 1%	9 4% cj	3 4% c	1 1%	2 1%	3 3% c	5 3% c	4 1%	3 2%
4	(4.0)	40 2%	17 1%	5 2%	10 3% a	16 2%	1 2%	7 9% cdfghij	14 2%	6 2%	2 3%	- -	3 3%	2 2%	3 2%	3 1%	7 6% cfij
5	(5.0)	95 5%	55 4%	18 6%	14 4%	32 5%	2 3%	4 6%	33 5%	13 5%	3 4%	6 9% j	9 7% j	7 6%	8 5%	10 2%	6 5%
6	(6.0)	94 5%	43 3%	28 9% ac	16 4%	43 6% a	4 9% j	7 9% gj	36 5% j	13 5% j	6 8% j	4 6% j	4 3%	7 7% j	7 4% j	5 1%	11 9% gj
7	(7.0)	177 9%	96 8%	38 12% a	38 11%	76 11% a	4 7%	7 10% j	70 10% j	29 11% ij	9 13% ij	8 10% j	13 10% j	14 13% ij	10 6%	14 3%	11 9% j
8	(8.0)	342 17%	204 16%	60 19%	67 19%	127 19%	5 11%	17 23% ij	138 20% ij	40 16%	8 12%	10 13%	22 17%	23 21%	23 13%	57 14%	22 18%
9	(9.0)	477 24%	316 25% b	62 19%	85 25%	147 22%	14 30% f	13 18%	146 22%	67 26% fgh	16 23%	11 15%	23 17%	18 16%	38 22%	132 32% bcfghik	28 23%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.7. Given what you know about COVID-19, using a scale from 0 - 10, to what extent have you followed the government's advice (where 0 is not at all and 10 entirely)?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
10 - Entirely (10.0)	670	454	97	97	195	14	11	207	69	20	32	49	22	71	174	25
	33%	36%	30%	28%	29%	31%	15%	31%	27%	29%	45%	37%	21%	41%	42%	21%
		bcd						b	bhk	b	b	bcdhk	bdhk		bcdhk	bcdehk
Don't know	19	11	3	2	4	1	-	4	2	1	-	3	5	1	2	1
	1%	1%	1%	1%	1%	2%	-	1%	1%	1%	-	3%	4%	*	1%	1%
												c	cdij			
Prefer not to say	11	4	1	1	2	-	-	3	1	-	1	1	3	1	2	-
	1%	*	*	*	*	-	-	*	*	-	1%	1%	3%	*	*	-
													cdjk			
NET: Not at all	131	72	17	27	44	3	14	38	23	6	1	8	9	13	17	17
	6%	6%	5%	8%	7%	7%	19%	6%	9%	9%	1%	6%	8%	7%	4%	14%
							cdfghij		fj	f			f			cfgij
NET: A bit	189	98	46	30	76	6	11	68	26	9	11	13	14	16	15	17
	9%	8%	14%	9%	11%	13%	15%	10%	10%	13%	15%	10%	13%	9%	4%	14%
			ac		a	j	j	j	j	j	j	j	j	j		j
NET: A lot	519	300	98	105	203	9	25	208	69	17	17	35	37	33	70	33
	26%	24%	30%	30%	30%	18%	33%	31%	27%	25%	24%	27%	34%	19%	17%	27%
			a	a	a		ij	ij	j				aij	aij		j
NET: Entirely	1148	770	159	183	341	29	24	353	136	35	43	72	40	109	307	53
	57%	61%	49%	53%	51%	60%	33%	52%	53%	52%	59%	55%	37%	63%	74%	44%
		bcd				bhk		bh	bh	bh	bhk	bh		bcdhk	abcdefghik	
Base for stats	1987	1239	320	345	665	46	74	667	254	67	72	127	100	170	409	120
Mean Score	8.22	8.37	8.07	8.07	8.07	8.13	7.04	8.17	7.94	7.88	8.50	8.25	7.62	8.34	8.79	7.46
		bcd				b		bhk	b		bhk	bhk		bhk	abcdeghik	
Standard Deviation	2.117	2.084	1.948	2.102	2.027	2.265	2.526	2.011	2.275	2.285	1.785	2.116	2.287	2.234	1.843	2.477
Standard Error	.048	.060	.108	.113	.078	.327	.279	.076	.141	.281	.212	.179	.211	.164	.104	.217
Error variance	*	*	.01	.01	.01	.11	.08	.01	.02	.08	.04	.03	.04	.03	.01	.05

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.7. Given what you know about COVID-19, using a scale from 0 - 10, to what extent have you followed the government's advice (where 0 is not at all and 10 entirely)?
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
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total		2016 100%	565 100%	348 100%	149 100%	37 100%	496 100%	602 100%	626 100%	245 100%	196 100%	33 100%	441 100%	659 100%	313 100%	1086 100%	537 100%	80 100%	1703 100%
0 - Not at all	(0.0)	26 1%	5 1%	4 1%	2 2%	- -	6 1%	5 1%	9 1%	2 1%	1 1%	- -	4 1%	9 1%	10 3% be	3 *	8 1% b	5 6% bce	16 1%
1	(1.0)	12 1%	4 1%	2 1%	- -	1 2%	2 *	5 1%	5 1%	2 1%	- -	- -	2 1%	5 1%	4 1% c	8 1% c	- -	- -	8 *
2	(2.0)	18 1%	7 1%	3 1%	2 1%	- -	5 1%	7 1%	7 1%	1 *	- -	3 9% abcef	1 *	10 2% e	3 1%	9 1%	5 1%	- -	14 1%
3	(3.0)	35 2%	8 1%	7 2%	3 2%	2 4%	11 2%	9 2%	5 1%	6 3% a	7 4% af	2 5% af	13 3% af	7 1%	6 2%	17 2%	8 1%	4 5% bce	29 2%
4	(4.0)	40 2%	13 2%	7 2%	6 4%	1 3%	13 3%	14 2%	9 1%	9 4% a	7 4% a	1 3%	16 4% af	10 2%	3 1%	22 2%	13 2%	2 2%	37 2%
5	(5.0)	95 5%	23 4%	15 4%	13 9% abf	3 8%	28 6%	26 4%	24 4%	16 6%	14 7% a	2 7%	30 7% af	27 4%	17 5%	47 4%	26 5%	5 7%	79 5%
6	(6.0)	94 5%	21 4%	20 6%	18 12% abf	4 12% af	38 8% af	25 4%	20 3%	26 10% af	15 8% af	3 8%	41 9% af	23 3%	12 4%	47 4%	28 5%	6 8%	82 5%
7	(7.0)	177 9%	60 11%	41 12%	17 12%	4 10%	58 12%	63 11%	65 10%	31 12%	22 11%	4 12%	52 12%	69 10%	26 8%	77 7%	59 11% b	14 17% abe	151 9%
8	(8.0)	342 17%	111 20%	69 20%	20 14%	5 14%	89 18%	117 19%	111 18%	53 22%	36 19%	6 17%	90 20%	117 18%	50 16%	177 16%	107 20% d	8 10%	292 17%
9	(9.0)	477 24%	135 24% cd	81 23% cd	23 15%	3 9%	104 21%	138 23% cd	157 25% ce	49 20%	35 18%	6 19%	84 19%	163 25% ce	68 22%	274 25%	119 22%	16 20%	409 24%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.7. Given what you know about COVID-19, using a scale from 0 - 10, to what extent have you followed the government's advice (where 0 is not at all and 10 entirely)?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
10 - Entirely (10.0)	670	173	95	44	14	138	187	209	48	57	6	105	215	108	389	155	18	562
	33%	31%	27%	29%	38%	28%	31%	33%	20%	29%	19%	24%	33%	34%	36%	29%	22%	33%
								be		b			be	d	cd			d
Don't know	19	3	2	-	-	2	3	2	3	-	1	3	3	3	10	4	2	16
	1%	1%	1%	-	-	*	1%	*	1%	-	3%	1%	*	1%	1%	1%	2%	1%
											ac							
Prefer not to say	11	3	1	1	-	2	3	2	-	1	-	1	2	2	5	3	-	8
	1%	*	*	1%	-	*	*	*	-	*	-	*	*	1%	*	1%	-	*
NET: Not at all	131	37	24	13	3	37	40	35	21	16	5	36	41	27	59	34	11	104
	6%	7%	7%	9%	9%	7%	7%	6%	8%	8%	16%	8%	6%	9%	5%	6%	13%	6%
											af			b			bce	
NET: A bit	189	44	35	31	7	66	51	44	41	30	5	71	49	29	94	55	12	160
	9%	8%	10%	21%	19%	13%	8%	7%	17%	15%	15%	16%	7%	9%	9%	10%	15%	9%
				abef	af	af			af	af		af						
NET: A lot	519	171	110	37	9	147	180	176	84	58	10	142	186	76	254	166	22	443
	26%	30%	32%	25%	25%	30%	30%	28%	34%	30%	29%	32%	28%	24%	23%	31%	28%	26%
																abe		
NET: Entirely	1148	307	176	66	17	242	325	366	97	92	12	188	378	176	664	274	34	972
	57%	54%	51%	45%	47%	49%	54%	58%	39%	47%	37%	43%	57%	56%	61%	51%	42%	57%
		c					c	bcde					bcde	d	cde			cd
Base for stats	1987	559	345	148	37	493	596	622	242	196	32	438	654	308	1071	529	79	1679
Mean Score	8.22	8.19	8.03	7.66	7.82	7.92	8.17	8.30	7.63	7.88	7.17	7.74	8.25	8.03	8.41	8.09	7.28	8.25
		ce					ce	bcde					bcde		acd	d		d
Standard Deviation	2.117	2.047	2.086	2.290	2.350	2.154	2.067	2.062	2.113	2.099	2.539	2.108	2.100	2.500	1.939	2.067	2.708	2.037
Standard Error	.048	.084	.111	.187	.376	.096	.083	.081	.133	.151	.423	.100	.080	.142	.060	.088	.290	.050
Error variance	*	.01	.01	.03	.14	.01	.01	.01	.02	.02	.18	.01	.01	.02	*	.01	.08	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.7. Given what you know about COVID-19, using a scale from 0 - 10, to what extent have you followed the government's advice (where 0 is not at all and 10 entirely)?
BASE: All respondents

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total		2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
0 - Not at all	(0.0)	26 1%	7 2% b	7 1%	1 *	7 2%	4 6% abdef	13 1%	11 2% a	- -	23 1%	3 1%	18 1%	7 2% a
1	(1.0)	12 1%	1 *	7 1%	1 *	2 1%	1 1%	9 1%	3 *	1 1%	8 1%	3 1%	8 *	3 1%
2	(2.0)	18 1%	2 1%	12 1%	2 1%	2 *	1 1%	13 1%	4 1%	- -	16 1%	2 *	15 1%	3 1%
3	(3.0)	35 2%	13 4% b	16 1%	7 2%	9 2%	5 8% abde	17 1%	18 3% d	2 2%	28 2%	7 2%	29 2%	5 2%
4	(4.0)	40 2%	11 3%	23 2%	9 3%	9 2%	2 3%	19 2%	17 3%	2 3%	30 2%	9 2%	33 2%	6 2%
5	(5.0)	95 5%	20 6%	57 4%	22 7%	15 4%	6 10% bd	54 4%	38 6%	3 4%	78 5%	17 4%	75 4%	19 7% a
6	(6.0)	94 5%	30 9% b	48 4%	24 8% bdf	14 3%	8 12% bdf	50 4%	41 6% d	1 1%	74 5%	20 5%	71 4%	21 8% a
7	(7.0)	177 9%	39 11%	112 9%	31 10%	28 7%	3 4%	115 9%	57 8%	5 6%	146 9%	31 8%	150 9%	27 10%
8	(8.0)	342 17%	61 17%	228 17%	50 16%	44 11%	7 11%	237 19% bef	93 14%	8 9%	285 18%	57 14%	295 17%	46 17%
9	(9.0)	477 24%	69 20%	329 25% a	78 24% c	101 25% c	8 12%	313 25% c	158 23%	28 34% cde	375 23%	102 25%	418 24%	58 21%
10 - Entirely	(10.0)	670 33%	92 26%	464 35% a	90 28%	163 41% acde	17 28%	410 33%	236 34% a	28 35%	520 32%	150 36%	596 35% b	70 26%

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W18.7. Given what you know about COVID-19, using a scale from 0 - 10, to what extent have you followed the government's advice (where 0 is not at all and 10 entirely)?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	19	2	11	5	3	-	6	6	2	10	8	12	5
	1%	*	1%	2%	1%	-	1%	1%	3%	1%	2%	1%	2%
				d					d		a		a
Prefer not to say	11	2	3	1	2	2	4	2	1	8	2	5	3
	1%	1%	*	*	1%	3%	*	*	1%	1%	1%	*	1%
						ade							a
NET: Not at all	131	35	66	20	29	12	71	54	5	106	25	103	24
	6%	10%	5%	6%	7%	20%	6%	8%	6%	7%	6%	6%	9%
		b				abdef							
NET: A bit	189	50	105	46	29	14	104	79	4	152	37	146	40
	9%	14%	8%	14%	7%	22%	8%	12%	5%	10%	9%	8%	15%
		b		bdf		bdef		bd					a
NET: A lot	519	99	340	81	72	9	352	150	13	431	88	445	73
	26%	29%	26%	25%	18%	15%	28%	22%	16%	27%	21%	26%	27%
				b			bcef			b			
NET: Entirely	1148	161	794	168	264	25	722	394	56	895	253	1014	128
	57%	46%	60%	52%	66%	40%	57%	57%	69%	56%	61%	59%	47%
			a		acde		c	c	acde				b
Base for stats	1987	345	1305	315	394	61	1249	678	78	1584	403	1709	265
Mean Score	8.22	7.73	8.40	8.05	8.43	6.86	8.28	8.12	8.53	8.18	8.37	8.31	7.74
			a	c	ace		c	c	ac			b	
Standard Deviation	2.117	2.318	1.923	1.999	2.173	3.062	2.021	2.243	1.949	2.133	2.045	2.037	2.383
Standard Error	.048	.123	.054	.108	.111	.389	.058	.086	.210	.053	.104	.050	.142
Error variance	*	.02	*	.01	.01	.15	*	.01	.04	*	.01	*	.02

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W18.7. Given what you know about COVID-19, using a scale from 0 - 10, to what extent have you followed the government's advice (where 0 is not at all and 10 entirely)?
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		2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total		2016 100%	414 100%	195 100%	326 100%	327 100%	248 100%	213 100%	58 100%	236 100%	1095 100%	508 100%	441 100%	561 100%	755 100%	234 100%	626 100%	510 100%	619 100%	239 100%
0 - Not at all	(0.0)	26 1%	9 2% f	2 1%	4 1%	2 1%	6 2% df	- -	- -	4 2% f	13 1%	4 1%	15 4% bc	5 1%	3 *	3 1%	21 3% bcd	3 1%	2 *	1 *
1	(1.0)	12 1%	2 *	1 *	1 *	2 1%	1 *	2 1%	- -	3 1%	5 *	5 1%	2 1%	4 1%	3 *	2 1%	11 2% bcd	- -	1 *	- -
2	(2.0)	18 1%	4 1%	3 2%	3 1%	3 1%	2 1%	2 1%	- -	1 *	10 1%	3 1%	11 2% bcd	1 *	5 1%	- -	12 2% bc	2 *	3 *	1 *
3	(3.0)	35 2%	4 1%	3 1%	6 2%	13 4% aehj	2 1%	4 2%	1 1%	2 1%	24 2%	7 1%	15 3% c	12 2% c	5 1%	4 2%	24 4% bcd	5 1%	4 1%	2 1%
4	(4.0)	40 2%	6 2%	3 2%	5 1%	10 3%	8 3%	2 1%	- -	7 3%	25 2%	9 2%	13 3% d	18 3% cd	10 1%	- -	17 3% c	15 3% c	4 1%	2 1%
5	(5.0)	95 5%	12 3%	9 5%	14 4%	27 8% acei	9 3%	13 6% a	2 3%	11 5%	58 5% a	26 5%	24 6% c	38 7% cd	23 3%	7 3%	34 5% cd	38 8% cd	19 3%	3 1%
6	(6.0)	94 5%	12 3%	12 6% j	19 6% ahj	24 7% aghj	13 5%	8 4%	- -	5 2%	68 6% ahj	14 3%	26 6% d	33 6% d	29 4%	4 2%	33 5% d	31 6% d	29 5% d	1 *
7	(7.0)	177 9%	23 6%	12 6%	33 10% ah	34 10% ah	33 13% abhj	24 11% ah	5 8%	13 5%	112 10% ah	42 8%	44 10% d	55 10% d	69 9% d	8 4%	67 11% d	50 10% d	52 8% d	9 4%
8	(8.0)	342 17%	80 19%	34 18%	52 16%	46 14%	41 17%	40 19%	11 20%	37 16%	174 16%	88 17%	60 14% d	99 18% d	161 21% ad	19 8%	114 18% d	93 18% d	107 17% d	26 11%
9	(9.0)	477 24%	100 24%	40 21%	83 26%	72 22%	64 26%	46 21%	17 29%	56 24%	259 24%	118 23%	87 20%	134 24%	203 27% a	53 22%	138 22%	122 24%	165 27%	51 21%
10 - Entirely	(10.0)	670 33%	153 37% dei	72 37% e	102 31%	94 29%	68 27%	71 33%	19 33%	92 39% dei	336 31%	182 36% dei	136 31%	158 28%	241 32%	132 56% abc	143 23%	147 29% a	229 37% ab	143 60% abc
Don't know		19 1%	7 2% ei	3 1%	2 1%	1 *	- -	2 1%	2 3% dei	3 1%	5 *	7 1%	5 1%	3 1%	3 *	2 1%	8 1%	4 1%	3 *	- -
Prefer not to say		11 1%	3 1%	2 1%	3 1%	- -	1 *	- -	2 3% dfi	2 1%	5 *	3 1%	3 1%	1 *	2 *	- -	4 1%	- -	3 *	- -

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W18.7. Given what you know about COVID-19, using a scale from 0 - 10, to what extent have you followed the government's advice (where 0 is not at all and 10 entirely)?
BASE: All respondents

	Total	\n 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Not at all	131	25	11	18	29	19	10	1	18	77	28	56	39	26	9	85	25	14	6
	6%	6%	6%	5%	9%	8%	5%	1%	8%	7%	6%	13%	7%	3%	4%	14%	5%	2%	2%
					fg							bcd	c			bcd	c		
NET: A bit	189	24	21	33	51	22	21	2	16	126	39	50	71	52	11	67	69	48	4
	9%	6%	11%	10%	16%	9%	10%	3%	7%	12%	8%	11%	13%	7%	5%	11%	14%	8%	2%
			a	a	aceghij					aghj		cd	cd			d	cd	d	
NET: A lot	519	103	46	86	80	74	64	16	50	286	130	104	153	230	27	181	142	159	34
	26%	25%	24%	26%	25%	30%	30%	28%	21%	26%	26%	24%	27%	30%	12%	29%	28%	26%	14%
						h	h						d	ad		d	d	d	
NET: Entirely	1148	253	112	185	165	132	117	36	147	595	300	223	293	443	185	281	269	394	195
	57%	61%	58%	57%	51%	53%	55%	62%	62%	54%	59%	51%	52%	59%	79%	45%	53%	64%	82%
		di							dei		d			ab	abc		a	ab	abc
Base for stats	1987	404	190	321	326	247	211	55	231	1085	498	433	557	751	232	614	506	614	239
Mean Score	8.22	8.42	8.30	8.23	7.84	8.02	8.26	8.76	8.34	8.08	8.35	7.68	8.02	8.46	8.95	7.48	8.13	8.63	9.21
		dei	d	d			d	dei	d		dei		a	ab	abc		a	ab	abc
Standard Deviation	2.117	2.133	2.081	2.021	2.220	2.196	1.930	1.366	2.249	2.138	2.037	2.640	2.088	1.715	1.925	2.629	1.923	1.607	1.428
Standard Error	.048	.110	.150	.113	.121	.138	.131	.184	.149	.064	.091	.124	.088	.064	.130	.107	.085	.065	.091
Error variance	*	.01	.02	.01	.01	.02	.02	.03	.02	*	.01	.02	.01	*	.02	.01	.01	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.7. Given what you know about COVID-19, using a scale from 0 - 10, to what extent have you followed the government's advice (where 0 is not at all and 10 entirely)?

BASE: All respondents

		Total	Amount of activity now compared to last year		
			NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
0 - Not at all	(0.0)	26	9	9	6
		1%	1%	1%	1%
1	(1.0)	12	5	7	1
		1%	1%	1%	*
2	(2.0)	18	5	8	5
		1%	1%	1%	1%
3	(3.0)	35	17	8	9
		2%	3%	1%	2%
			b		
4	(4.0)	40	13	14	11
		2%	2%	2%	2%
5	(5.0)	95	37	32	25
		5%	5%	4%	4%
6	(6.0)	94	39	32	23
		5%	6%	4%	4%
7	(7.0)	177	77	54	45
		9%	11%	7%	8%
			b		
8	(8.0)	342	139	111	90
		17%	20%	15%	16%
			b		
9	(9.0)	477	145	194	138
		24%	21%	26%	25%
				a	
10 - Entirely	(10.0)	670	196	273	198
		33%	28%	36%	36%
				a	a
Don't know		19	5	7	2
		1%	1%	1%	*
Prefer not to say		11	2	2	1
		1%	*	*	*
NET: Not at all		131	48	46	31
		6%	7%	6%	6%
NET: A bit		189	76	64	47
		9%	11%	9%	9%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

W18.7. Given what you know about COVID-19, using a scale from 0 - 10, to what extent have you followed the government's advice (where 0 is not at all and 10 entirely)?

BASE: All respondents

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
NET: A lot	519	215	165	135
	26%	31%	22%	25%
		bc		
NET: Entirely	1148	341	467	335
	57%	50%	62%	61%
			a	a
Base for stats	1987	681	742	549
Mean Score	8.22	8.00	8.35	8.36
			a	a
Standard Deviation	2.117	2.135	2.114	2.010
Standard Error	.048	.081	.079	.086
Error variance	*	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q10AA. SUMMARY: On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Total	Nothing	Some, but less than half an hour	Between half an hour and an hour	An hour or more	NET: Some
A typical weekday (outside of school hours)	671	85	246	242	98	586
	100%	13%	37%	36%	15%	87%
A typical weekend day	671	80	149	242	199	591
	100%	12%	22%	36%	30%	88%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q10AA.1. A typical weekday (outside of school hours): On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Total	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	681	233	447	300	340	41	36	91	73	89	62	51	116	104	59
Total	671	225	445	287	339	45	30	85	70	85	59	70	115	103	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	85	31	54	31	46	8	3	14	5	11	9	10	8	18	7
	13%	14%	12%	11%	13%	17%	11%	17% cg	6%	13%	15%	14%	7%	17% cg	13%
Some, but less than half an hour	246	83	163	119	109	18	16	30	26	26	23	25	43	39	17
	37%	37%	37%	41% b	32%	40%	54% di	36%	38%	31%	40%	36%	38%	38%	30%
Between half an hour and an hour	242	79	162	102	123	17	6	27	31	31	19	28	47	31	22
	36%	35%	36%	36%	36%	38%	21%	32%	44% a	37%	33%	41%	41% a	30%	39%
An hour or more	98	32	66	35	61	2	4	13	8	16	7	7	17	16	10
	15%	14%	15%	12%	18% ac	4%	14%	16%	12%	19%	12%	10%	15%	15%	17%
NET: Some	586	194	391	256	293	37	27	70	66	74	50	60	107	85	48
	87%	86%	88%	89%	87%	83%	89%	83%	94% bh	87%	85%	86%	93% bh	83%	87%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q10AA.1. A typical weekday (outside of school hours): On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Total	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	681	82	184	154	99	98	64	420	261	562	19	51	36	1	8	115
Total	671	85	192	156	90	88	60	433	238	554	19	50	35	1	8	113
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	85	10	24	13	14	15	9	46	38	73	1	6	3	-	1	11
	13%	12%	12%	8%	16%	17%	16%	11%	16%	13%	5%	12%	9%	-	12%	10%
						c			cg							
Some, but less than half an hour	246	30	73	63	31	29	20	166	80	191	12	23	14	-	4	54
	37%	35%	38%	40%	35%	33%	33%	38%	34%	34%	64%	46%	41%	-	50%	48%
																a
Between half an hour and an hour	242	32	69	53	33	33	23	154	88	203	2	16	17	1	3	38
	36%	38%	36%	34%	36%	37%	38%	36%	37%	37%	10%	32%	48%	100%	38%	34%
An hour or more	98	13	26	28	12	12	8	67	31	88	4	5	1	-	-	10
	15%	15%	14%	18%	13%	13%	13%	15%	13%	16%	20%	10%	3%	-	-	9%
										d						
NET: Some	586	75	168	144	76	73	51	387	200	481	18	44	32	1	7	102
	87%	88%	88%	92%	84%	83%	84%	89%	84%	87%	95%	88%	91%	100%	88%	90%
				eh					h							

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q10AA.1. A typical weekday (outside of school hours): On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		*a	b	c	d	*a	b	c	d	*e	*f	g	h	i	*j	k
Unweighted Total	681	-	330	351	681	15	34	309	113	22	25	48	36	71	8	49
Total	671	-	324	347	671	14	33	305	113	23	25	46	33	69	10	48
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	85	-	48	37	85	3	2	34	15	5	1	3	4	14	3	5
	13%	-	15%	11%	13%	23%	6%	11%	13%	20%	4%	6%	13%	21%	31%	11%
														bcg		
Some, but less than half an hour	246	-	129	117	246	3	16	124	41	6	11	16	11	18	1	18
	37%	-	40%	34%	37%	19%	47%	41%	36%	25%	43%	34%	35%	27%	9%	38%
							i	i								
Between half an hour and an hour	242	-	111	131	242	6	13	106	41	9	7	19	10	25	6	19
	36%	-	34%	38%	36%	39%	39%	35%	37%	38%	30%	41%	30%	37%	60%	39%
An hour or more	98	-	36	62	98	3	3	41	15	4	6	9	7	11	-	6
	15%	-	11%	18%	15%	18%	9%	13%	14%	17%	23%	19%	22%	16%	-	12%
				b												
NET: Some	586	-	276	310	586	11	31	271	98	18	24	43	29	54	7	42
	87%	-	85%	89%	87%	77%	94%	89%	87%	80%	96%	94%	87%	79%	69%	89%
							i	i								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q10AA.1. A typical weekday (outside of school hours): On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.
BASE: All respondents who have children under 16

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	681	247	167	57	15	224	262	260	138	73	19	211	279	3	267	356	55	678
Total	671	243	169	56	15	225	258	256	140	74	18	213	274	3	262	354	52	668
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	85	31	9	7	5	16	36	35	9	6	5	14	40	1	31	46	6	84
	13%	13%	5%	12%	34%	7%	14%	14%	6%	8%	25%	7%	15%	32%	12%	13%	11%	13%
		be					be	be					be					
Some, but less than half an hour	246	85	74	28	5	103	90	96	58	29	10	87	106	-	118	111	17	246
	37%	35%	44%	50%	34%	45%	35%	38%	42%	40%	53%	41%	39%	-	45%	31%	33%	37%
				af		af										ce		
Between half an hour and an hour	242	97	60	13	4	74	101	89	59	25	4	84	93	2	82	136	22	240
	36%	40%	36%	24%	26%	33%	39%	35%	42%	34%	21%	39%	34%	68%	31%	38%	42%	36%
		c					c											
An hour or more	98	30	25	8	1	33	31	36	14	13	-	28	36	-	30	61	7	98
	15%	12%	15%	14%	7%	15%	12%	14%	10%	18%	-	13%	13%	-	12%	17%	14%	15%
NET: Some	586	212	160	50	10	210	222	221	131	68	14	199	234	2	231	307	46	584
	87%	87%	95%	88%	66%	93%	86%	86%	94%	92%	75%	93%	85%	68%	88%	87%	89%	87%
			af			af			af			af						

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Q10AA.1. A typical weekday (outside of school hours): On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.
BASE: All respondents who have children under 16

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	681	190	479	131	88	25	435	222	15	576	105	618	60
Total	671	185	474	127	86	26	430	218	15	565	106	610	58
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	85	32	51	12	15	2	53	25	4	68	17	79	6
	13%	17%	11%	10%	17%	10%	12%	12%	25%	12%	16%	13%	10%
		b											
Some, but less than half an hour	246	64	179	46	28	13	161	81	2	207	39	215	28
	37%	35%	38%	36%	33%	51%	37%	37%	12%	37%	37%	35%	48%
													a
Between half an hour and an hour	242	71	167	50	29	8	150	81	5	204	38	226	16
	36%	38%	35%	39%	34%	32%	35%	37%	33%	36%	36%	37%	28%
An hour or more	98	19	78	20	14	2	66	30	4	87	12	91	8
	15%	10%	16%	15%	16%	7%	15%	14%	29%	15%	11%	15%	13%
			a										
NET: Some	586	154	423	115	71	24	378	192	11	497	89	531	52
	87%	83%	89%	90%	83%	90%	88%	88%	75%	88%	84%	87%	90%
			a										

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q10AA.1. A typical weekday (outside of school hours): On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

| | Total | Number of days active | | | | | | | | | | Life satisfaction score | | | | Covid-19 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	681	78	63	135	118	107	83	20	77	423	180	147	212	252	63	193	170	221	94
Total	671	77	62	134	118	103	82	21	75	416	178	142	208	252	62	189	166	221	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	85	22	12	18	8	8	8	3	5	46	16	24	27	24	8	18	16	38	11
	13%	29%	20%	14%	7%	8%	9%	13%	7%	11%	9%	17%	13%	9%	13%	9%	10%	17%	13%
		cdefhij	dehj									c						ab	
Some, but less than half an hour	246	23	19	64	47	44	23	9	17	174	49	44	89	93	17	69	72	72	33
	37%	31%	31%	47%	40%	42%	28%	44%	23%	42%	27%	31%	43%	37%	28%	36%	43%	33%	36%
				abfhj	hj	fhj				fhj			ad				c		
Between half an hour and an hour	242	17	24	42	50	38	32	9	30	154	71	51	64	106	20	73	48	83	37
	36%	22%	39%	31%	42%	37%	39%	42%	40%	37%	40%	36%	31%	42%	32%	38%	29%	38%	40%
			a		a	a	a		a	a	a			b					
An hour or more	98	14	6	10	13	13	19	-	23	42	42	24	27	29	17	30	29	28	10
	15%	18%	10%	8%	11%	12%	24%	-	30%	10%	24%	17%	13%	12%	27%	16%	18%	12%	11%
		ci					bcdei		bcdei		bcdei				bc				
NET: Some	586	54	50	116	110	95	74	18	70	370	162	119	180	228	54	171	150	183	80
	87%	71%	80%	86%	93%	92%	91%	87%	93%	89%	91%	83%	87%	91%	87%	91%	90%	83%	87%
				a	ab	ab	a		ab	a	ab			a		c	c		

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Q10AA.1. A typical weekday (outside of school hours): On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.
BASE: All respondents who have children under 16

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	681	282	215	180
Total	671	274	213	180
	100%	100%	100%	100%
Nothing	85	24	34	27
	13%	9%	16%	15%
			a	a
Some, but less than half an hour	246	85	96	64
	37%	31%	45%	36%
			a	
Between half an hour and an hour	242	115	59	65
	36%	42%	28%	36%
		b		
An hour or more	98	50	25	23
	15%	18%	12%	13%
		b		
NET: Some	586	251	179	153
	87%	91%	84%	85%
		bc		

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Q10AA.2. A typical weekend day: On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	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	681	233	447	300	340	41	36	91	73	89	62	51	116	104	59
Total	671	225	445	287	339	45	30	85	70	85	59	70	115	103	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	80	25	55	36	37	7	4	11	6	8	7	9	12	16	7
	12%	11%	12%	13%	11%	16%	14%	14%	8%	9%	12%	12%	11%	16%	14%
Some, but less than half an hour	149	56	93	66	69	14	6	23	8	22	12	15	27	27	9
	22%	25%	21%	23%	20%	31%	21%	27%	12%	26%	20%	22%	23%	26%	16%
								c		c				c	
Between half an hour and an hour	242	78	163	109	119	13	10	23	35	26	22	31	41	31	23
	36%	35%	37%	38%	35%	30%	34%	27%	50%	30%	37%	45%	36%	30%	42%
									bdh			b			
An hour or more	199	66	134	76	113	10	9	27	21	29	18	15	35	29	15
	30%	29%	30%	26%	33%	23%	31%	32%	30%	35%	31%	22%	30%	28%	28%
NET: Some	591	200	390	251	302	38	26	73	65	77	52	61	103	87	48
	88%	89%	88%	87%	89%	84%	86%	86%	92%	91%	88%	88%	89%	84%	86%

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Q10AA.2. A typical weekend day: On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	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	681	82	184	154	99	98	64	420	261	562	19	51	36	1	8	115
Total	671	85	192	156	90	88	60	433	238	554	19	50	35	1	8	113
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	80	10	16	17	17	15	5	43	38	69	-	5	4	-	3	11
	12%	12%	8%	11%	19%	17%	9%	10%	16%	12%	-	9%	10%	-	37%	10%
					bg	bg			bg							
Some, but less than half an hour	149	21	40	38	22	15	13	100	50	115	5	17	8	1	2	33
	22%	25%	21%	25%	24%	17%	22%	23%	21%	21%	26%	34%	22%	100%	25%	29%
												a				a
Between half an hour and an hour	242	31	74	56	28	31	23	161	81	196	10	20	13	-	2	45
	36%	37%	38%	36%	31%	35%	37%	37%	34%	35%	53%	40%	36%	-	27%	40%
An hour or more	199	23	62	45	24	27	19	130	69	174	4	9	11	-	1	24
	30%	27%	32%	29%	26%	30%	32%	30%	29%	31%	21%	17%	32%	-	11%	22%
										cg						
NET: Some	591	75	176	139	73	73	55	390	201	485	19	46	31	1	5	102
	88%	88%	92%	89%	81%	83%	91%	90%	84%	88%	100%	91%	90%	100%	63%	90%
			deh					deh								

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q10AA.2. A typical weekend day: On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		*a	b	c	d	*a	b	c	d	*e	*f	g	h	i	*j	k
Unweighted Total	681	-	330	351	681	15	34	309	113	22	25	48	36	71	8	49
Total	671	-	324	347	671	14	33	305	113	23	25	46	33	69	10	48
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	80	-	47	33	80	3	4	29	18	3	1	5	4	10	3	7
	12%	-	14%	10%	12%	22%	11%	10%	16%	11%	3%	11%	13%	15%	31%	14%
Some, but less than half an hour	149	-	80	69	149	1	11	67	23	9	5	8	10	15	2	12
	22%	-	25%	20%	22%	7%	33%	22%	20%	38%	21%	16%	29%	21%	20%	25%
Between half an hour and an hour	242	-	113	129	242	5	15	124	39	7	7	11	8	24	2	20
	36%	-	35%	37%	36%	38%	44%	40%	34%	30%	29%	23%	25%	35%	23%	42%
							g	g								g
An hour or more	199	-	84	115	199	5	4	86	33	5	12	23	11	19	2	9
	30%	-	26%	33%	30%	32%	12%	28%	30%	21%	46%	49%	32%	28%	25%	18%
				b				b	b			bcdik	b			
NET: Some	591	-	277	314	591	11	30	276	95	20	24	41	28	58	7	41
	88%	-	86%	90%	88%	78%	89%	90%	84%	89%	97%	89%	87%	85%	69%	86%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q10AA.2. A typical weekend day: On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	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
Significance Level: 95%		a	b	c	*d	e	f	a	b	c	*d	e	f	*a	b	c	d	e
Unweighted Total	681	247	167	57	15	224	262	260	138	73	19	211	279	3	267	356	55	678
Total	671	243	169	56	15	225	258	256	140	74	18	213	274	3	262	354	52	668
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	80	32	13	5	2	17	34	32	11	5	5	15	37	1	31	46	2	79
	12%	13%	8%	8%	16%	8%	13% e	13% e	8%	6%	26%	7%	14% e	32%	12%	13% d	4%	12%
Some, but less than half an hour	149	55	39	16	3	55	58	59	30	21	4	50	63	-	70	67	12	149
	22%	23%	23%	29%	18%	25%	22%	23%	21%	28%	21%	24%	23%	-	27% c	19%	23%	22%
Between half an hour and an hour	242	89	66	24	6	91	95	87	65	28	8	94	94	2	93	130	17	240
	36%	36%	39%	43%	41%	40%	37%	34%	47% af	38%	42%	44% af	34%	68%	35%	37%	33%	36%
An hour or more	199	68	51	11	4	62	72	77	34	20	2	54	79	-	68	110	21	199
	30%	28%	30%	20%	25%	28%	28%	30%	24%	27%	11%	25%	29%	-	26%	31%	40% b	30%
NET: Some	591	212	156	52	12	208	224	223	129	69	14	198	237	2	231	307	50	589
	88%	87%	92%	92%	84%	92% f	87%	87%	92%	94%	74%	93% af	86%	68%	88%	87%	96% c	88%

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Q10AA.2. A typical weekend day: On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	681	190	479	131	88	25	435	222	15	576	105	618	60
Total	671	185	474	127	86	26	430	218	15	565	106	610	58
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	80	24	55	14	9	2	50	24	1	68	12	76	4
	12%	13%	12%	11%	11%	9%	12%	11%	7%	12%	11%	13%	6%
Some, but less than half an hour	149	49	98	23	17	10	100	46	2	117	32	133	16
	22%	26%	21%	18%	19%	37%	23%	21%	14%	21%	30% a	22%	27%
Between half an hour and an hour	242	72	165	55	29	6	152	83	4	211	31	217	24
	36%	39%	35%	44%	33%	24%	35%	38%	24%	37%	29%	36%	41%
An hour or more	199	41	156	35	31	8	128	64	8	169	31	184	14
	30%	22%	33% a	27%	37%	30%	30%	29%	55%	30%	29%	30%	25%
NET: Some	591	162	420	114	77	24	381	193	14	497	94	534	54
	88%	87%	88%	89%	89%	91%	88%	89%	93%	88%	89%	87%	94%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q10AA.2. A typical weekend day: On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	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	681	78	63	135	118	107	83	20	77	423	180	147	212	252	63	193	170	221	94
Total	671	77	62	134	118	103	82	21	75	416	178	142	208	252	62	189	166	221	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	80	23	9	16	10	8	5	4	5	43	14	21	28	20	9	21	22	26	10
	12%	31%	15%	12%	8%	8%	6%	18%	7%	10%	8%	15%	14%	8%	15%	11%	13%	12%	11%
		bcdefhij										c	c						
Some, but less than half an hour	149	14	14	37	29	26	9	8	11	106	29	31	51	58	7	43	35	48	23
	22%	19%	22%	28%	25%	26%	11%	41%	15%	26%	16%	22%	25%	23%	12%	23%	21%	22%	25%
				fhj	f	fj				fhj			d						
Between half an hour and an hour	242	17	22	48	56	38	30	3	27	164	60	46	70	102	24	69	59	83	31
	36%	23%	35%	36%	48%	37%	37%	16%	36%	39%	34%	32%	34%	40%	38%	36%	35%	37%	34%
				a	aj	a				a				a					
An hour or more	199	21	17	32	23	30	38	5	32	103	75	45	58	72	22	57	51	64	27
	30%	28%	28%	24%	19%	29%	47%	25%	42%	25%	42%	31%	28%	29%	35%	30%	30%	29%	30%
							abcdei		cdi		abcdei								
NET: Some	591	53	53	118	108	95	77	17	70	374	164	121	179	233	53	168	144	195	81
	88%	69%	85%	88%	92%	92%	94%	82%	93%	90%	92%	85%	86%	92%	85%	89%	87%	88%	89%
			a	a	a	a	a		a	a	a			ab					

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q10AA.2. A typical weekend day: On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	681	282	215	180
Total	671	274	213	180
	100%	100%	100%	100%
Nothing	80	23	32	26
	12%	8%	15%	14%
			a	a
Some, but less than half an hour	149	62	53	32
	22%	23%	25%	18%
Between half an hour and an hour	242	98	84	59
	36%	36%	39%	33%
An hour or more	199	91	44	63
	30%	33%	21%	35%
		b		b
NET: Some	591	251	181	154
	88%	92%	85%	86%
		bc		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		681	233	447	300	340	41	36	91	73	89	62	51	116	104	59
Total		671	225	445	287	339	45	30	85	70	85	59	70	115	103	55
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	67	23	44	31	31	4	5	10	6	8	5	4	15	11	4
		10%	10%	10%	11%	9%	9%	17%	11%	8%	10%	8%	5%	13%	10%	7%
A bit more	(4.0)	188	71	117	85	92	10	8	26	23	22	12	20	34	29	15
		28%	32%	26%	30%	27%	23%	25%	31%	33%	26%	20%	29%	29%	28%	26%
Neither more nor less	(3.0)	233	76	157	94	122	18	9	26	22	32	26	17	39	37	26
		35%	34%	35%	33%	36%	40%	30%	31%	31%	37%	45%	25%	33%	36%	47%
												f				bf
A bit less	(2.0)	119	37	82	52	59	8	7	14	13	15	10	20	14	19	7
		18%	16%	18%	18%	17%	19%	22%	17%	18%	18%	17%	29%	12%	18%	13%
													gi			
A lot less	(1.0)	46	15	31	12	30	3	-	5	5	6	5	6	12	6	2
		7%	7%	7%	4%	9%	8%	-	6%	7%	7%	8%	8%	11%	6%	3%
						a								a		
Don't know		18	3	14	13	4	1	2	4	2	2	1	3	2	2	2
		3%	1%	3%	5%	1%	3%	6%	4%	3%	2%	2%	4%	2%	2%	3%
					b											
NET: More		255	94	161	117	124	14	13	36	29	30	17	24	48	39	18
		38%	42%	36%	41%	37%	31%	42%	42%	41%	36%	29%	35%	42%	38%	33%
NET: Less		165	52	113	64	89	12	7	19	18	21	15	26	26	25	9
		25%	23%	25%	22%	26%	26%	22%	23%	25%	25%	25%	37%	23%	24%	16%
													i			
Base for stats		653	222	431	274	335	44	28	81	68	83	58	67	113	101	53
Mean Score		3.17	3.22	3.14	3.26	3.11	3.07	3.38	3.27	3.18	3.14	3.04	2.96	3.22	3.19	3.22
Standard Deviation		1.064	1.059	1.067	1.032	1.087	1.060	1.050	1.078	1.062	1.061	1.026	1.085	1.158	1.054	.887
Standard Error		.041	.070	.051	.061	.059	.168	.180	.116	.126	.114	.131	.155	.108	.104	.118
Error variance		*	*	*	*	*	.03	.03	.01	.02	.01	.02	.02	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		681	82	184	154	99	98	64	420	261	562	19	51	36	1	8	115
Total		671	85	192	156	90	88	60	433	238	554	19	50	35	1	8	113
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	67	6	19	13	11	11	6	39	28	55	3	2	5	-	-	10
		10%	7%	10%	9%	13%	13%	9%	9%	12%	10%	15%	3%	14%	-	-	9%
A bit more	(4.0)	188	30	48	45	29	23	13	124	65	161	3	13	8	-	3	27
		28%	36%	25%	29%	32%	26%	21%	29%	27%	29%	15%	26%	24%	-	39%	24%
Neither more nor less	(3.0)	233	28	70	52	25	33	26	150	83	186	7	21	15	-	3	46
		35%	34%	37%	33%	27%	37%	43% d	35%	35%	34%	36%	42%	44%	-	37%	41%
A bit less	(2.0)	119	10	36	32	18	12	10	78	41	102	4	7	4	-	1	16
		18%	12%	19%	20%	21%	14%	17%	18%	17%	18%	23%	13%	12%	-	11%	14%
A lot less	(1.0)	46	5	16	11	3	6	4	33	13	32	2	8	1	1	1	13
		7%	6%	8%	7%	4%	7%	6%	8%	6%	6%	10%	16% a	3%	100%	12%	12% a
Don't know		18	4	3	3	3	3	2	10	8	17	-	-	1	-	-	1
		3%	5%	1%	2%	4%	3%	4%	2%	3%	3%	-	-	3%	-	-	1%
NET: More		255	37	67	59	40	34	18	162	93	216	6	15	13	-	3	37
		38%	43%	35%	38%	45%	39%	31%	37%	39%	39%	31%	29%	38%	-	39%	32%
NET: Less		165	15	52	43	22	19	14	110	54	134	6	15	5	1	2	29
		25%	18%	27%	27%	24%	21%	23%	25%	23%	24%	33%	29%	15%	100%	23%	26%
Base for stats		653	80	189	153	87	85	58	423	230	537	19	50	34	1	8	112
Mean Score		3.17	3.27	3.09	3.12	3.31	3.24	3.11	3.14	3.23	3.19 c	3.03	2.87	3.34 c	1.00	3.04	3.03
Standard Deviation		1.064	1.007	1.087	1.067	1.066	1.093	1.019	1.064	1.063	1.052	1.219	1.088	.996	-	1.068	1.101
Standard Error		.041	.114	.081	.087	.109	.112	.129	.053	.067	.045	.280	.152	.168	-	.378	.103
Error variance		*	.01	.01	.01	.01	.01	.02	*	*	*	.08	.02	.03	-	.14	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or 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	681	-	330	351	681	15	34	309	113	22	25	48	36	71	8	49
Total	671	-	324	347	671	14	33	305	113	23	25	46	33	69	10	48
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	67	-	36	31	67	3	5	28	8	4	2	7	4	7	1	7
	10%	-	11%	9%	10%	20%	14%	9%	7%	17%	8%	14%	11%	10%	9%	15%
A bit more (4.0)	188	-	87	101	188	3	10	99	30	7	5	12	8	11	3	13
	28%	-	27%	29%	28%	18%	30%	32% i	26%	30%	21%	27%	25%	16%	30%	27%
Neither more nor less (3.0)	233	-	109	125	233	6	11	94	52	7	9	12	11	28	5	16
	35%	-	34%	36%	35%	40%	32%	31%	46% cg	29%	35%	26%	33%	40%	50%	34%
A bit less (2.0)	119	-	59	60	119	1	6	58	12	4	7	9	8	13	-	7
	18%	-	18%	17%	18%	7%	18%	19% d	11%	20%	28%	20%	25% d	19%	-	15%
A lot less (1.0)	46	-	20	26	46	1	2	19	6	1	2	5	2	8	-	3
	7%	-	6%	7%	7%	9%	6%	6%	6%	4%	8%	10%	5%	11%	-	7%
Don't know	18	-	13	5	18	1	-	8	5	-	-	1	-	3	1	1
	3%	-	4% c	2%	3%	6%	-	3%	4%	-	-	2%	-	4%	12%	2%
NET: More	255	-	123	131	255	6	15	127	38	11	7	19	12	18	4	20
	38%	-	38%	38%	38%	38%	44%	42% i	33%	47%	28%	41%	37%	26%	39%	42%
NET: Less	165	-	79	86	165	2	8	76	19	5	9	14	10	21	-	10
	25%	-	24%	25%	25%	16%	24%	25%	17%	24%	36%	31% d	30%	30% d	-	22%
Base for stats	653	-	311	342	653	13	33	297	108	23	25	45	33	66	9	47
Mean Score	3.17	-	3.19	3.15	3.17	3.35	3.27	3.20	3.19	3.36	2.91	3.15	3.12	2.94	3.54	3.29
Standard Deviation	1.064	-	1.075	1.055	1.064	1.228	1.110	1.057	.941	1.132	1.074	1.221	1.090	1.122	.716	1.132
Standard Error	.041	-	.060	.057	.041	.328	.190	.061	.091	.241	.215	.178	.182	.136	.271	.163
Error variance	*	-	*	*	*	.11	.04	*	.01	.06	.05	.03	.03	.02	.07	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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				
	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	681	247	167	57	15	224	262	260	138	73	19	211	279	3	267	356	55	678
Total	671	243	169	56	15	225	258	256	140	74	18	213	274	3	262	354	52	668
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	67	18	18	5	1	23	19	22	11	9	1	20	23	1	27	34	5	66
	10%	7%	11%	8%	7%	10%	7%	9%	8%	12%	5%	9%	8%	28%	10%	10%	9%	10%
A bit more (4.0)	188	85	46	10	5	56	89	85	36	17	6	53	91	-	73	96	19	188
	28%	35% ce	27%	17%	32%	25%	35% ce	33%	26%	24%	35%	25%	33% e	-	28%	27%	36%	28%
Neither more nor less (3.0)	233	76	62	30	3	92	79	86	50	32	3	82	89	-	92	123	18	233
	35%	31%	37%	53% abf	18%	41% af	31%	34%	36%	43%	16%	39%	33%	-	35%	35%	35%	35%
A bit less (2.0)	119	41	31	9	4	40	45	40	28	14	5	42	44	2	42	68	7	117
	18%	17%	18%	16%	28%	18%	17%	15%	20%	19%	27%	20%	16%	72%	16%	19%	13%	17%
A lot less (1.0)	46	16	11	2	1	13	17	15	12	1	2	13	17	-	17	28	1	46
	7%	7%	6%	4%	9%	6%	7%	6%	9%	1% c	11%	6%	6%	-	6%	8%	2%	7%
Don't know	18	7	1	1	1	2	8	8	1	1	1	2	9	-	10	6	2	18
	3%	3%	1%	2%	6%	1%	3%	3%	1%	1%	6%	1%	3%	-	4%	2%	4%	3%
NET: More	255	103	64	14	6	79	109	107	47	26	7	73	114	1	101	129	24	254
	38%	42% c	38%	26%	39%	35%	42% c	42%	34%	35%	41%	34%	42%	28%	38%	37%	46%	38%
NET: Less	165	57	42	11	5	53	62	54	41	15	7	56	61	2	59	96	8	163
	25%	23%	25%	20%	37%	23%	24%	21%	29%	21%	37%	26%	22%	72%	23%	27% d	15%	24%
Base for stats	653	236	168	55	14	223	250	247	138	73	17	211	265	3	252	348	50	650
Mean Score	3.17	3.20	3.18	3.11	2.99	3.16	3.19	3.24	3.04	3.25	2.98	3.11	3.23	2.84	3.21	3.11	3.40	3.17
Standard Deviation	1.064	1.036	1.060	.912	1.188	1.024	1.043	1.022	1.078	.950	1.190	1.038	1.033	1.655	1.061	1.081	.910	1.062
Standard Error	.041	.067	.082	.122	.318	.069	.066	.065	.092	.112	.280	.072	.063	.955	.066	.058	.125	.041
Error variance	*	*	.01	.01	.10	*	*	*	.01	.01	.08	.01	*	.91	*	*	.02	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total		681	190	479	131	88	25	435	222	15	576	105	618	60
Total		671	185	474	127	86	26	430	218	15	565	106	610	58
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	67	24	41	14	5	2	43	20	2	54	12	63	4
		10%	13%	9%	11%	6%	9%	10%	9%	12%	10%	12%	10%	7%
A bit more	(4.0)	188	56	130	46	26	3	108	73	2	165	23	173	15
		28%	30%	27%	36%	31%	13%	25%	34%	13%	29%	21%	28%	26%
					d				d					
Neither more nor less	(3.0)	233	54	175	33	27	14	164	63	6	191	42	214	18
		35%	29%	37%	26%	32%	55%	38%	29%	42%	34%	40%	35%	32%
								ae						
A bit less	(2.0)	119	36	81	21	18	4	75	41	3	98	21	104	13
		18%	20%	17%	17%	21%	16%	18%	19%	19%	17%	20%	17%	23%
A lot less	(1.0)	46	12	34	8	8	1	28	16	1	41	5	40	6
		7%	6%	7%	6%	9%	4%	7%	7%	6%	7%	5%	7%	11%
Don't know		18	4	14	5	1	1	12	5	1	15	3	17	1
		3%	2%	3%	4%	1%	3%	3%	2%	8%	3%	3%	3%	2%
NET: More		255	80	171	61	32	6	152	93	4	220	35	235	19
		38%	43%	36%	48%	37%	21%	35%	43%	25%	39%	33%	39%	33%
					d									
NET: Less		165	48	115	29	26	5	103	56	4	139	26	144	19
		25%	26%	24%	23%	30%	21%	24%	26%	25%	25%	24%	24%	33%
Base for stats		653	182	461	123	85	25	419	213	13	550	103	593	57
Mean Score		3.17	3.24	3.14	3.32	3.04	3.05	3.15	3.20	3.07	3.17	3.16	3.19	2.97
Standard Deviation		1.064	1.114	1.045	1.087	1.077	.928	1.049	1.085	1.116	1.069	1.041	1.059	1.110
Standard Error		.041	.082	.048	.097	.115	.189	.051	.074	.298	.045	.103	.043	.144
Error variance		*	.01	*	.01	.01	.04	*	.01	.09	*	.01	*	.02

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		681	78	63	135	118	107	83	20	77	423	180	147	212	252	63	193	170	221	94
Total		671	77	62	134	118	103	82	21	75	416	178	142	208	252	62	189	166	221	92
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	67	7	5	7	12	8	8	3	17	32	28	12	16	26	12	17	11	26	13
		10%	9%	8%	5%	10%	8%	10%	14%	22%	8%	16%	8%	8%	10%	20%	9%	7%	12%	15%
										abcdefi		ci				abc				b
A bit more	(4.0)	188	12	13	36	38	33	28	6	22	120	56	40	55	66	24	63	54	46	26
		28%	15%	20%	27%	32%	33%	34%	27%	30%	29%	31%	28%	27%	26%	39%	33%	32%	21%	28%
					a	a	a		a	a	a					c	c		
Neither more nor less	(3.0)	233	34	23	54	37	30	25	8	23	144	55	46	74	92	19	63	60	79	31
		35%	44%	37%	40%	31%	30%	30%	39%	30%	35%	31%	32%	36%	36%	31%	33%	36%	36%	34%
			e																	
A bit less	(2.0)	119	9	15	21	22	24	16	1	11	82	28	25	41	49	5	35	26	44	13
		18%	12%	25%	16%	18%	23%	20%	5%	14%	20%	16%	17%	20%	19%	7%	19%	16%	20%	14%
														d	d					
A lot less	(1.0)	46	8	5	11	7	6	4	3	1	30	8	16	16	13	1	7	11	20	7
		7%	11%	9%	8%	6%	6%	5%	14%	1%	7%	4%	11%	8%	5%	2%	4%	7%	9%	8%
			h	h	h						h		cd						a	
Don't know		18	7	1	4	2	1	1	-	2	8	3	4	6	6	1	4	4	6	1
		3%	9%	2%	3%	2%	1%	1%	-	3%	2%	2%	3%	3%	2%	1%	2%	2%	3%	1%
			defij																	
NET: More		255	18	17	44	50	42	36	9	39	153	84	52	71	93	37	80	64	71	39
		38%	24%	28%	33%	42%	41%	44%	41%	52%	37%	47%	37%	34%	37%	59%	42%	39%	32%	42%
						a	a	ab		abci	a	abci				abc	c			
NET: Less		165	18	21	32	29	29	20	4	12	111	36	40	57	62	6	42	38	64	20
		25%	23%	34%	24%	25%	29%	25%	20%	15%	27%	20%	28%	27%	25%	9%	22%	23%	29%	22%
				hj			h				h		d	d	d					
Base for stats		653	70	61	130	116	102	81	21	73	408	175	139	202	246	62	185	163	215	91
Mean Score		3.17	2.99	2.94	3.06	3.22	3.15	3.25	3.22	3.59	3.11	3.39	3.06	3.07	3.18	3.69	3.26	3.16	3.06	3.27
										abcdefi		abci				abc				
Standard Deviation		1.064	1.082	1.072	1.009	1.064	1.054	1.049	1.221	1.037	1.046	1.073	1.128	1.053	1.040	.940	.989	1.010	1.130	1.134
Standard Error		.041	.129	.136	.088	.099	.102	.116	.273	.120	.051	.081	.094	.073	.066	.119	.072	.078	.077	.118
Error variance		*	.02	.02	.01	.01	.01	.01	.07	.01	*	.01	.01	.01	*	.01	.01	.01	.01	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		Total	Amount of activity now compared to last year		
			NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		681	282	215	180
Total		671	274	213	180
		100%	100%	100%	100%
A lot more	(5.0)	67	44	12	10
		10%	16%	6%	6%
			bc		
A bit more	(4.0)	188	95	50	43
		28%	35%	23%	24%
			bc		
Neither more nor less	(3.0)	233	76	104	53
		35%	28%	49%	30%
				ac	
A bit less	(2.0)	119	41	33	44
		18%	15%	15%	25%
					ab
A lot less	(1.0)	46	12	10	23
		7%	4%	5%	13%
					ab
Don't know		18	6	4	7
		3%	2%	2%	4%
NET: More		255	139	62	53
		38%	51%	29%	29%
			bc		
NET: Less		165	53	43	67
		25%	19%	20%	37%
					ab
Base for stats		653	268	209	173
Mean Score		3.17	3.44	3.10	2.85
			bc	c	
Standard Deviation		1.064	1.072	.904	1.117
Standard Error		.041	.065	.062	.085
Error variance		*	*	*	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	289	786	805	66	35	35	1075	101
	100%	14%	39%	40%	3%	2%	2%	53%	5%
Walking, running or cycling for everyday journeys such as to work or to local shops and services	2016	300	704	840	74	58	41	1004	131
	100%	15%	35%	42%	4%	3%	2%	50%	7%

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	289	122	166	135	97	57	14	45	32	30	26	18	61	36	26
		14%	12%	16%	22%	15%	8%	15%	17%	16%	14%	15%	8%	20%	11%	13%
				a	bc	c			fh	f				fhi		
A bit more	(4.0)	786	336	448	254	289	244	34	99	78	82	67	81	112	138	94
		39%	34%	44%	42%	44%	33%	35%	38%	40%	39%	39%	36%	36%	42%	45%
				a	c	c										g
Neither more nor less	(3.0)	805	472	331	168	232	406	41	96	79	84	73	107	114	134	78
		40%	48%	32%	28%	35%	54%	42%	36%	40%	40%	42%	48%	36%	41%	37%
			b			a	ab						bgi			
A bit less	(2.0)	66	24	42	30	21	15	4	7	4	6	4	10	13	13	6
		3%	2%	4%	5%	3%	2%	4%	3%	2%	3%	2%	5%	4%	4%	3%
				a	c											
A lot less	(1.0)	35	18	16	7	13	14	1	8	2	6	1	4	9	3	1
		2%	2%	2%	1%	2%	2%	1%	3%	1%	3%	*	2%	3%	1%	1%
Don't know		35	12	23	16	8	11	3	7	1	3	3	3	6	5	3
		2%	1%	2%	3%	1%	1%	3%	3%	1%	1%	2%	1%	2%	1%	1%
NET: More		1075	458	614	389	385	301	48	145	110	112	93	99	173	174	121
		53%	47%	60%	64%	58%	40%	50%	55%	56%	53%	54%	44%	55%	53%	58%
				a	bc	c			f	f				f		f
NET: Less		101	42	58	37	34	30	5	15	6	12	5	14	21	16	7
		5%	4%	6%	6%	5%	4%	5%	6%	3%	6%	3%	6%	7%	5%	3%
														e		
Base for stats		1981	973	1002	594	651	736	93	255	196	208	171	220	308	325	205
Mean Score		3.62	3.53	3.71	3.81	3.67	3.43	3.61	3.66	3.68	3.59	3.66	3.45	3.66	3.59	3.68
				a	bc	c			f	f		f		f		f
Standard Deviation		.837	.814	.847	.886	.840	.749	.827	.905	.813	.871	.773	.785	.937	.778	.758
Standard Error		.019	.027	.026	.034	.032	.030	.080	.055	.057	.060	.058	.061	.053	.044	.053
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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Q14.1.1. Physical activity and exercise: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of the following?

BASE: All respondents

		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
						Social Grade								**Ethnicity**			
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	289	34	84	74	31	28	38	192	97	221	7	29	24	1	3	64
		14%	21%	18%	16%	13%	13%	8%	18%	10%	13%	15%	26%	30%	9%	20%	24%
			defh	fh	fh				dfh				a	a			a
A bit more	(4.0)	786	60	202	188	115	82	139	450	336	688	13	43	21	4	8	91
		39%	38%	42%	42%	46%	37%	30%	41%	36%	40%	30%	39%	27%	43%	60%	35%
				fh	f	efh			fh	f	d						
Neither more nor less	(3.0)	805	55	166	156	85	93	250	377	428	723	18	26	24	5	2	75
		40%	35%	35%	35%	34%	42%	54%	35%	46%	42%	40%	23%	30%	48%	13%	29%
							bcg	abcdegh		abcdg	cdg	c					
A bit less	(2.0)	66	5	19	15	9	8	10	39	27	49	4	6	7	-	-	16
		3%	3%	4%	3%	3%	4%	2%	4%	3%	3%	8%	5%	8%	-	-	6%
												a		a			a
A lot less	(1.0)	35	3	3	9	7	4	10	14	21	26	-	6	2	-	-	8
		2%	2%	1%	2%	3%	2%	2%	1%	2%	1%	-	5%	3%	-	-	3%
					b			b		b			a				
Don't know		35	1	4	11	2	4	13	16	19	26	3	2	2	-	1	7
		2%	*	1%	2%	1%	2%	3%	1%	2%	1%	6%	1%	2%	-	7%	3%
								bd				a					
NET: More		1075	94	286	262	146	110	177	642	433	908	20	73	45	5	11	154
		53%	59%	60%	58%	59%	50%	38%	59%	47%	52%	45%	65%	57%	52%	80%	59%
			fh	efh	efh	efh	f		efh	f			ab				a
NET: Less		101	8	22	23	16	12	20	53	48	75	4	12	9	-	-	24
		5%	5%	5%	5%	6%	5%	4%	5%	5%	4%	8%	10%	11%	-	-	9%
													a	a			a
Base for stats		1981	157	474	441	247	215	447	1073	909	1706	42	110	78	10	13	253
Mean Score		3.62	3.75	3.73	3.69	3.63	3.57	3.41	3.71	3.51	3.60	3.56	3.77	3.75	3.61	4.08	3.74
			efh	efh	fh	fh	f		efh	f			a				a
Standard Deviation		.837	.891	.820	.856	.853	.829	.771	.845	.813	.805	.872	1.070	1.069	.680	.617	1.007
Standard Error		.019	.072	.039	.041	.052	.053	.038	.026	.027	.020	.130	.098	.117	.215	.165	.061
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.03	*

Q14.1.1. Physical activity and exercise: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of the following?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	289	145	54	71	124	6	12	118	38	13	9	26	21	22	24	18
	14%	12%	17%	20%	19%	13%	16%	18%	15%	19%	13%	20%	19%	13%	6%	15%
			a	a	a		j	j	j	j	j	j	j	j		j
A bit more (4.0)	786	453	145	152	297	21	35	271	114	23	25	49	55	65	129	56
	39%	36%	45%	44%	44%	44%	47%	40%	44%	34%	35%	37%	51%	38%	31%	46%
			a	a	a		j	j	j				cefgij			j
Neither more nor less (3.0)	805	575	106	95	200	18	20	237	95	25	33	43	24	74	237	38
	40%	46%	33%	27%	30%	38%	27%	35%	37%	36%	46%	33%	22%	43%	57%	31%
		bcd				h		h	h	h	bhk			bchk	abcdeghik	
A bit less (2.0)	66	33	12	19	32	2	7	25	6	5	2	5	3	6	5	8
	3%	3%	4%	6%	5%	3%	9%	4%	2%	7%	3%	4%	3%	4%	1%	7%
				a	a		cdhj	j		j						dj
A lot less (1.0)	35	27	2	5	8	1	-	14	-	2	2	3	2	2	10	1
	2%	2%	1%	1%	1%	2%	-	2%	-	3%	2%	2%	1%	1%	2%	1%
						d		d		d	d	d	d		d	d
Don't know	35	22	5	6	10	-	1	9	4	1	1	6	3	3	7	1
	2%	2%	1%	2%	2%	-	1%	1%	1%	1%	1%	4%	3%	2%	2%	1%
												c				
NET: More	1075	598	199	222	421	27	47	389	152	36	35	74	76	87	153	74
	53%	48%	61%	64%	63%	57%	63%	58%	59%	53%	48%	57%	70%	50%	37%	61%
			a	a	a	j	j	j	j	j			cdefgij	j		j
NET: Less	101	59	15	24	39	2	7	39	6	7	4	8	5	8	16	9
	5%	5%	5%	7%	6%	5%	9%	6%	2%	10%	5%	6%	4%	5%	4%	8%
							dj	d		dj						d
Base for stats	1981	1232	319	342	661	47	73	665	253	67	72	125	105	169	406	121
Mean Score	3.62	3.53	3.74	3.77	3.75	3.63	3.71	3.68	3.72	3.60	3.54	3.72	3.86	3.59	3.37	3.68
			a	a	a	j	j	j	j	j			cfij	j		j
Standard Deviation	.837	.817	.810	.892	.853	.828	.851	.882	.741	.972	.849	.910	.820	.799	.730	.839
Standard Error	.019	.023	.045	.048	.033	.118	.095	.033	.046	.120	.101	.077	.074	.059	.041	.074
Error variance	*	*	*	*	*	.01	.01	*	*	.01	.01	.01	.01	*	*	.01

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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				
	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	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	289	87	59	25	11	84	99	102	42	28	13	69	114	29	143	93	24	260
	14%	15%	17%	17%	31%	17%	16%	16%	17%	14%	38%	16%	17%	9%	13%	17%	29%	15%
					abcef						abcef					ab	abce	a
A bit more (4.0)	786	241	144	54	16	198	258	252	114	77	8	192	259	109	413	237	26	677
	39%	43%	41%	37%	44%	40%	43%	40%	47%	39%	23%	43%	39%	35%	38%	44%	33%	40%
								d	df			d	d			abd		
Neither more nor less (3.0)	805	199	120	58	7	179	206	240	66	72	10	139	251	147	472	165	22	658
	40%	35%	35%	39%	18%	36%	34%	38%	27%	37%	31%	31%	38%	47%	43%	31%	27%	39%
		d	d	d		d	d	be		b			be	cde	cde			cd
A bit less (2.0)	66	18	16	9	1	25	19	13	18	14	1	31	14	12	26	25	3	54
	3%	3%	5%	6%	2%	5%	3%	2%	7%	7%	2%	7%	2%	4%	2%	5%	4%	3%
									af	af		af				b		
A lot less (1.0)	35	12	4	1	1	5	13	10	3	3	1	6	11	7	17	9	2	27
	2%	2%	1%	1%	2%	1%	2%	2%	1%	1%	3%	1%	2%	2%	2%	2%	2%	2%
Don't know	35	7	4	2	1	5	8	9	2	2	1	4	10	8	14	8	4	26
	2%	1%	1%	1%	3%	1%	1%	1%	1%	1%	3%	1%	2%	3%	1%	2%	5%	2%
																	bce	
NET: More	1075	329	203	79	28	282	356	353	156	105	20	261	374	138	557	330	50	937
	53%	58%	58%	53%	75%	57%	59%	56%	64%	54%	61%	59%	57%	44%	51%	61%	62%	55%
					abce				ac						a	abe	a	a
NET: Less	101	30	21	10	2	30	31	23	21	16	2	37	25	20	43	34	5	81
	5%	5%	6%	7%	4%	6%	5%	4%	9%	8%	5%	8%	4%	6%	4%	6%	6%	5%
									af	af		af				b		
Base for stats	1981	558	344	147	36	491	594	617	243	194	32	437	649	305	1072	528	76	1676
Mean Score	3.62	3.67	3.69	3.63	4.02	3.67	3.69	3.68	3.71	3.59	3.93	3.66	3.70	3.46	3.60	3.72	3.88	3.65
					abcef						c				a	ab	abe	a
Standard Deviation	.837	.853	.854	.854	.900	.854	.859	.831	.880	.867	1.049	.876	.844	.817	.806	.867	.980	.837
Standard Error	.019	.035	.045	.070	.146	.038	.034	.033	.055	.063	.175	.041	.032	.047	.025	.037	.107	.020
Error variance	*	*	*	*	.02	*	*	*	*	*	.03	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total		2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	289	70	182	62	48	12	168	107	11	236	53	246	39
		14%	20%	14%	19%	12%	19%	13%	16%	14%	15%	13%	14%	14%
			b		bd									
A bit more	(4.0)	786	133	532	139	154	22	486	275	35	638	148	671	112
		39%	38%	40%	43%	38%	34%	39%	40%	43%	40%	36%	39%	41%
Neither more nor less	(3.0)	805	116	533	94	168	24	531	252	29	626	179	699	100
		40%	33%	40%	29%	42%	38%	42%	37%	35%	39%	43%	41%	36%
				a		a		ae	a					
A bit less	(2.0)	66	16	35	12	11	4	39	24	1	46	20	55	10
		3%	5%	3%	4%	3%	7%	3%	4%	1%	3%	5%	3%	3%
A lot less	(1.0)	35	10	18	4	8	1	21	12	1	28	7	28	6
		2%	3%	1%	1%	2%	1%	2%	2%	1%	2%	2%	2%	2%
Don't know		35	4	19	9	11	-	14	15	5	28	7	26	7
		2%	1%	1%	3%	3%	-	1%	2%	6%	2%	2%	2%	3%
					d	d			d	d				
NET: More		1075	203	714	202	201	34	654	382	46	874	201	917	152
		53%	58%	54%	63%	50%	54%	52%	56%	57%	55%	49%	53%	55%
					bde						b			
NET: Less		101	26	53	16	19	5	60	36	2	74	27	83	15
		5%	7%	4%	5%	5%	8%	5%	5%	2%	5%	6%	5%	6%
			b											
Base for stats		1981	345	1300	312	388	63	1246	670	77	1575	406	1699	267
Mean Score		3.62	3.69	3.64	3.78	3.57	3.64	3.59	3.66	3.72	3.64	3.54	3.62	3.64
					bde						b			
Standard Deviation		.837	.942	.805	.852	.820	.915	.822	.852	.770	.835	.840	.831	.856
Standard Error		.019	.050	.022	.046	.042	.115	.023	.033	.084	.021	.042	.020	.051
Error variance		*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		Total	\<Number of days active\> 0	1	2	3	4	5	6	7	NET 1-4 days	NET 5 + days	\<Life satisfaction score\> 0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	\<Covid-19 related worries\> 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		2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total		2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	289	32	28	55	46	41	35	8	43	171	86	78	72	97	40	76	72	93	45
		14%	8%	15%	17%	14%	16%	17%	14%	18%	16%	17%	18%	13%	13%	17%	12%	14%	15%	19%
				a	a	a	a	a		a	a	a	bc							a
A bit more	(4.0)	786	116	73	147	146	116	83	25	79	483	187	174	228	303	78	222	191	267	101
		39%	28%	38%	45%	45%	47%	39%	42%	33%	44%	37%	39%	41%	40%	33%	36%	37%	43%	42%
				a	ahj	ahj	abhj	a	a		ahj	a		d					a	
Neither more nor less	(3.0)	805	226	67	101	114	79	87	23	109	361	219	162	212	317	105	296	214	216	75
		40%	55%	35%	31%	35%	32%	41%	40%	46%	33%	43%	37%	38%	42%	45%	47%	42%	35%	32%
			bcdefghij					cei		bcdei		bcdei				a	cd	cd		
A bit less	(2.0)	66	8	14	12	14	7	6	1	4	47	11	14	29	19	5	15	16	23	9
		3%	2%	7%	4%	4%	3%	3%	2%	2%	4%	2%	3%	5%	2%	2%	2%	3%	4%	4%
				aefhj							aj			c						
A lot less	(1.0)	35	12	6	5	5	4	2	1	-	21	3	6	9	16	3	10	6	14	5
		2%	3%	3%	2%	1%	2%	1%	2%	-	2%	1%	1%	2%	2%	1%	2%	1%	2%	2%
			hj	hj	h		h		h		hj									
Don't know		35	20	5	5	2	1	-	-	2	12	2	8	11	4	4	7	11	7	3
		2%	5%	3%	1%	1%	*	-	-	1%	1%	*	2%	2%	1%	2%	1%	2%	1%	1%
			cdefhij	defj									c	c						
NET: More		1075	148	102	203	192	157	119	33	122	654	273	251	300	399	118	298	262	360	147
		53%	36%	52%	62%	59%	63%	56%	56%	52%	60%	54%	57%	53%	53%	50%	48%	51%	58%	61%
				a	abhj	a	abhj	a	a	a	ahj	a							ab	ab
NET: Less		101	19	20	17	19	11	8	2	4	68	14	19	38	35	8	26	23	37	14
		5%	5%	10%	5%	6%	4%	4%	4%	2%	6%	3%	4%	7%	5%	3%	4%	4%	6%	6%
				acdefhij	h	hj					hj									
Base for stats		1981	393	190	321	325	247	213	58	235	1082	506	432	549	752	231	619	499	612	236
Mean Score		3.62	3.38	3.55	3.73	3.66	3.74	3.68	3.64	3.68	3.68	3.68	3.70	3.59	3.59	3.64	3.55	3.61	3.66	3.73
				a	ab	a	ab	a	a	a	ab	a	bc						a	a
Standard Deviation		.837	.785	.949	.846	.827	.828	.808	.816	.787	.857	.798	.844	.844	.826	.831	.801	.816	.860	.887
Standard Error		.019	.041	.069	.047	.045	.052	.054	.107	.052	.026	.035	.039	.036	.031	.056	.032	.036	.035	.057
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*	*

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

| | | Total | Amount of activity now compared to last year | | |
			NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
A lot more	(5.0)	289	146	38	103
		14%	21%	5%	19%
			b		b
A bit more	(4.0)	786	293	232	254
		39%	43%	31%	46%
			b		b
Neither more nor less	(3.0)	805	220	450	128
		40%	32%	60%	23%
			c	ac	
A bit less	(2.0)	66	19	13	32
		3%	3%	2%	6%
					ab
A lot less	(1.0)	35	7	9	19
		2%	1%	1%	3%
					ab
Don't know		35	3	9	15
		2%	*	1%	3%
					ab
NET: More		1075	439	270	358
		53%	64%	36%	65%
			b		b
NET: Less		101	26	23	51
		5%	4%	3%	9%
					ab
Base for stats		1981	685	743	537
Mean Score		3.62	3.80	3.37	3.73
			b		b
Standard Deviation		.837	.837	.669	.954
Standard Error		.019	.031	.025	.041
Error variance		*	*	*	*

Q14.1.2. Walking, running or cycling for everyday journeys such as to work or to local shops and services: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of the following?

BASE: All respondents

		Total	Gender		Age			Region								
			Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	300	121	177	137	109	54	15	43	31	34	21	21	60	42	33
		15%	12%	17%	22%	17%	7%	15%	16%	16%	16%	12%	9%	19%	13%	16%
				a	bc	c			f		f			efh		
A bit more	(4.0)	704	305	399	250	260	194	33	89	70	69	61	75	114	120	75
		35%	31%	39%	41%	39%	26%	34%	34%	36%	33%	35%	33%	36%	36%	36%
				a	c	c										
Neither more nor less	(3.0)	840	484	354	152	243	444	39	110	86	89	78	103	110	139	85
		42%	49%	35%	25%	37%	60%	41%	42%	44%	42%	45%	46%	35%	42%	41%
			b			a	ab			g		g	g			
A bit less	(2.0)	74	34	39	33	23	17	7	10	2	10	6	12	12	14	1
		4%	3%	4%	5%	4%	2%	7%	4%	1%	5%	3%	5%	4%	4%	*
					c			ci	ci		ci	i	ci	i	ci	
A lot less	(1.0)	58	24	33	24	13	21	2	6	5	6	4	8	11	9	7
		3%	2%	3%	4%	2%	3%	2%	2%	2%	3%	2%	3%	3%	3%	3%
					b											
Don't know		41	17	24	14	11	16	1	4	3	3	4	5	8	6	7
		2%	2%	2%	2%	2%	2%	1%	2%	2%	2%	2%	2%	3%	2%	3%
NET: More		1004	426	576	387	369	248	47	132	101	103	82	95	174	162	108
		50%	43%	56%	63%	56%	33%	49%	50%	51%	49%	47%	43%	55%	49%	52%
				a	bc	c								f		
NET: Less		131	58	72	57	36	38	9	16	7	16	10	20	23	23	8
		7%	6%	7%	9%	6%	5%	10%	6%	3%	7%	6%	9%	7%	7%	4%
					bc			ci					ci			
Base for stats		1975	968	1001	596	649	731	96	258	194	208	170	218	307	324	201
Mean Score		3.56	3.48	3.65	3.74	3.66	3.33	3.53	3.59	3.62	3.56	3.52	3.41	3.65	3.53	3.62
				a	c	c			f	f				f		f
Standard Deviation		.894	.848	.926	1.000	.868	.768	.920	.892	.855	.921	.850	.870	.953	.869	.890
Standard Error		.020	.028	.029	.039	.033	.031	.088	.054	.060	.063	.064	.068	.054	.049	.063
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	300	33	78	75	33	34	47	186	113	240	5	24	23	2	2	56
		15%	21%	16%	17%	13%	16%	10%	17%	12%	14%	11%	21%	29%	16%	14%	21%
			dfh	fh	fh		f		fh				a	ab			a
A bit more	(4.0)	704	63	179	172	105	67	118	414	290	590	20	46	27	3	10	106
		35%	40%	38%	38%	42%	30%	26%	38%	31%	34%	45%	41%	34%	27%	72%	41%
			fh	fh	efh	efh			efh	f							a
Neither more nor less	(3.0)	840	49	183	169	93	93	252	401	438	766	10	31	18	6	2	66
		42%	31%	38%	37%	37%	43%	55%	37%	47%	44%	24%	27%	22%	57%	14%	26%
							a	abcdegh		abcdg	bcdg						
A bit less	(2.0)	74	8	22	15	7	9	13	45	29	58	3	4	7	-	-	15
		4%	5%	5%	3%	3%	4%	3%	4%	3%	3%	8%	4%	8%	-	-	6%
														a			
A lot less	(1.0)	58	5	9	10	6	9	18	24	33	43	4	5	3	-	-	12
		3%	3%	2%	2%	3%	4%	4%	2%	4%	2%	10%	4%	4%	-	-	4%
												a					
Don't know		41	-	6	11	4	8	12	17	24	35	2	3	2	-	-	6
		2%	-	1%	3%	2%	3%	3%	2%	3%	2%	4%	3%	2%	-	-	2%
					a		a	a		a							
NET: More		1004	95	258	247	138	101	165	601	403	830	25	70	51	4	12	161
		50%	60%	54%	55%	55%	46%	36%	55%	43%	48%	56%	62%	64%	43%	86%	62%
			efh	efh	efh	efh	f		efh	f			a	a			a
NET: Less		131	13	31	25	14	18	31	69	62	102	8	9	10	-	-	26
		7%	8%	7%	6%	5%	8%	7%	6%	7%	6%	17%	8%	12%	-	-	10%
												a		a			a
Base for stats		1975	158	472	441	244	212	448	1071	904	1698	43	109	78	10	14	254
Mean Score		3.56	3.70	3.63	3.65	3.62	3.51	3.36	3.65	3.47	3.54	3.41	3.73	3.79	3.59	4.00	3.71
			fh	fh	fh	fh	f		efh	f			a	a			a
Standard Deviation		.894	.970	.881	.878	.849	.952	.862	.893	.886	.868	1.119	.987	1.082	.787	.545	1.019
Standard Error		.020	.078	.041	.042	.052	.061	.043	.028	.029	.021	.165	.090	.118	.249	.141	.062
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	.01	.01	.06	.02	*

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016 100%	1254 100%	324 100%	347 100%	671 100%	47 100%	74 100%	674 100%	257 100%	68 100%	73 100%	131 100%	108 100%	172 100%	413 100%	121 100%
A lot more (5.0)	300 15%	139 11%	63 19% a	77 22% a	139 21% a	10 22% fj	23 31% cdfij	112 17% fj	31 12% j	12 18% j	5 7%	30 23% dfij	29 27% cdfij	22 13% j	25 6%	33 27% cdfij
A bit more (4.0)	704 35%	380 30%	142 44% a	146 42% a	289 43% a	13 27%	25 34%	265 39% ij	107 42% ij	20 29%	25 34%	48 36%	49 45% aeijk	46 27%	107 26%	38 32%
Neither more nor less (3.0)	840 42%	636 51% bcd	98 30%	84 24%	182 27%	23 50% bhk	17 22%	241 36% bh	97 38% bh	29 42% bh	34 46% bh	45 34% h	22 21%	84 49% bcdghk	249 60% bcdefghik	40 33% h
A bit less (2.0)	74 4%	31 2%	11 3%	25 7% ab	36 5% a	-	5 7% hj	33 5% j	10 4%	3 4%	3 5%	3 2%	2 2%	6 4%	7 2%	5 5%
A lot less (1.0)	58 3%	37 3%	5 1%	12 3%	16 2%	-	4 5% c	12 2%	4 2%	5 7% cd	4 5% c	4 3%	4 4%	7 4%	14 3%	4 3%
Don't know	41 2%	31 2%	5 2%	4 1%	9 1%	1 2%	-	11 2%	7 3%	-	1 2%	1 1%	1 1%	7 4% c	11 3%	1 1%
NET: More	1004 50%	519 41%	205 63% a	223 64% a	428 64% a	23 49% j	48 65% efij	377 56% fij	138 54% ij	32 47% j	30 42%	78 59% fij	78 73% acdefgijk	68 39%	132 32%	71 59% fij
NET: Less	131 7%	68 5%	15 5%	37 11% ab	52 8% a	-	9 12% adj	45 7%	15 6%	8 11% aj	7 10% a	8 6%	6 6%	13 8% a	20 5%	9 8% a
Base for stats	1975	1223	319	343	662	46	74	663	250	68	71	130	107	165	401	120
Mean Score	3.56	3.45	3.78 a	3.73 a	3.75 a	3.72 fij	3.78 fij	3.65 fij	3.60 fij	3.46	3.34	3.74 fij	3.91 cdefij	3.42	3.31	3.76 fij
Standard Deviation	.894	.842	.851	.999	.930	.811	1.119	.878	.823	1.061	.900	.957	.957	.921	.759	1.008
Standard Error	.020	.024	.047	.054	.036	.117	.124	.033	.051	.130	.107	.080	.085	.069	.043	.088
Error variance	*	*	*	*	*	.01	.02	*	*	.02	.01	.01	.01	*	*	.01

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	300	87	71	16	4	87	91	90	52	25	10	77	100	29	142	108	21	271
	15%	15%	20% acf	11%	11%	18% c	15%	14%	21% acf	13%	30% acf	17%	15%	9%	13%	20% abe	26% abe	16% ab
A bit more (4.0)	704	227	133	52	17	185	244	245	107	62	13	169	258	90	350	232	33	615
	35%	40%	38%	35%	46%	37%	41%	39% c	44% c	31%	38%	38%	39% c	29%	32%	43% abe	41% a	36% ab
Neither more nor less (3.0)	840	208	114	61	10	175	217	243	61	89	6	149	250	166	508	150	16	674
	42%	37%	33%	41%	27%	35%	36%	39% bd	25%	45% bde	19%	34% b	38% bd	53% cde	47% cde	28%	20%	40% cd
A bit less (2.0)	74	23	18	9	5	27	28	26	17	10	2	27	28	9	37	22	6	65
	4%	4%	5%	6%	14% abef	5%	5%	4%	7%	5%	7%	6%	4%	3%	3%	4%	7% a	4%
A lot less (1.0)	58	11	9	8	1	17	12	11	6	10	1	16	12	12	28	13	5	46
	3%	2%	3%	5% af	2%	3%	2%	2%	2%	5% af	3%	4%	2%	4%	3%	2%	6% bce	3%
Don't know	41	10	3	2	-	5	10	12	2	2	1	4	12	9	21	11	-	32
	2%	2%	1%	2%	-	1%	2%	2%	1%	1%	2%	1%	2%	3%	2%	2%	-	2%
NET: More	1004	314	204	68	21	272	335	335	159	87	23	246	358	118	492	340	54	886
	50%	56% c	59% c	46%	57%	55%	56% c	53% c	65% acef	44%	69% c	56% c	54% c	38%	45%	63% a	67% abe	52% ab
NET: Less	131	34	27	17	6	44	40	36	23	19	3	42	40	21	65	35	11	111
	7%	6%	8%	11% a	16% af	9%	7%	6%	9%	10%	10%	10% af	6%	7%	6%	7%	14% abce	7%
Base for stats	1975	555	345	146	37	491	592	614	243	195	33	438	647	304	1065	526	80	1671
Mean Score	3.56	3.64 c	3.69 c	3.41	3.49	3.61 c	3.63 c	3.61 c	3.75 ac	3.43	3.88 c	3.61 c	3.63 c	3.38	3.51 a	3.76 abe	3.73 ab	3.60 ab
Standard Deviation	.894	.862	.943	.954	.956	.954	.868	.848	.953	.949	1.038	.964	.860	.847	.862	.908	1.124	.899
Standard Error	.020	.036	.050	.078	.153	.043	.035	.033	.060	.068	.173	.046	.033	.048	.027	.039	.119	.022
Error variance	*	*	*	.01	.02	*	*	*	*	*	.03	*	*	*	*	*	.01	*

Savanta: ComRes

Q14.1.2. Walking, running or cycling for everyday journeys such as to work or to local shops and services: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of the following?
BASE: All respondents

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total		2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	300	72	194	67	48	15	172	114	12	253	46	259	38
		15%	21%	15%	21%	12%	25%	14%	17%	14%	16%	11%	15%	14%
			b		bd		bd		b		b			
A bit more	(4.0)	704	144	459	124	128	15	440	238	24	572	133	605	95
		35%	41%	35%	39%	32%	24%	35%	35%	30%	36%	32%	35%	35%
			b		c									
Neither more nor less	(3.0)	840	97	567	104	176	19	559	257	35	651	188	721	113
		42%	28%	43%	32%	44%	30%	44%	37%	43%	41%	46%	42%	41%
				a		ace		ace						
A bit less	(2.0)	74	18	44	10	17	4	44	28	2	54	20	61	9
		4%	5%	3%	3%	4%	7%	3%	4%	3%	3%	5%	4%	3%
A lot less	(1.0)	58	15	29	8	22	6	22	33	3	44	13	48	8
		3%	4%	2%	3%	5%	10%	2%	5%	4%	3%	3%	3%	3%
			b			d	ad		d					
Don't know		41	3	26	8	10	3	22	16	4	28	13	30	11
		2%	1%	2%	3%	2%	5%	2%	2%	5%	2%	3%	2%	4%
							d			d				a
NET: More		1004	216	653	190	176	30	613	352	36	825	179	865	133
		50%	62%	50%	59%	44%	49%	49%	51%	44%	51%	43%	50%	49%
			b		bdef				b		b			
NET: Less		131	33	73	18	38	10	66	61	6	98	33	109	17
		7%	9%	6%	6%	10%	16%	5%	9%	7%	6%	8%	6%	6%
			b			ad	ad		d					
Base for stats		1975	346	1293	313	390	59	1238	670	77	1574	401	1695	263
Mean Score		3.56	3.69	3.58	3.74	3.42	3.50	3.56	3.56	3.50	3.59	3.45	3.57	3.56
			b		bdef				b	b	b			
Standard Deviation		.894	1.001	.865	.921	.955	1.240	.838	.984	.940	.895	.883	.891	.886
Standard Error		.020	.053	.024	.050	.049	.160	.024	.038	.103	.022	.045	.022	.053
Error variance		*	*	*	*	*	.03	*	*	.01	*	*	*	*

Savanta:
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	300	30	28	46	51	44	44	9	46	169	100	79	78	90	50	82	63	96	55
	15%	7%	14%	14%	16%	18%	21%	16%	20%	15%	20%	18%	14%	12%	21%	13%	12%	15%	23%
			a	a	a	ac	a	a	a	a	aci	c			bc				abc
A bit more (4.0)	704	85	66	143	126	108	86	21	69	443	176	136	195	298	72	196	178	244	83
	35%	21%	34%	44%	39%	44%	40%	36%	29%	40%	35%	31%	35%	39%	31%	31%	35%	39%	35%
			a	abhj	ah	abhj	ah	a	a	ahj	a			ad				a	
Neither more nor less (3.0)	840	249	79	110	115	75	78	23	111	379	212	187	225	318	99	304	227	229	71
	42%	60%	41%	34%	35%	30%	37%	40%	47%	35%	42%	42%	40%	42%	42%	49%	45%	37%	30%
		bcdefghij	e						cdefi		cei					cd	cd	d	
A bit less (2.0)	74	14	8	16	15	11	3	3	4	50	9	18	32	20	4	25	20	21	8
	4%	3%	4%	5%	5%	4%	1%	4%	2%	5%	2%	4%	6%	3%	2%	4%	4%	3%	3%
				fhj	fj	fj				fhj			cd						
A lot less (1.0)	58	18	12	6	11	7	1	1	3	36	4	11	21	20	3	12	10	20	14
	3%	4%	6%	2%	3%	3%	*	1%	1%	3%	1%	3%	4%	3%	1%	2%	2%	3%	6%
		fhj	cfhj		fj	fj				fj									ab
Don't know	41	17	2	5	8	2	1	1	3	18	6	10	9	10	6	6	12	10	8
	2%	4%	1%	1%	3%	1%	1%	2%	1%	2%	1%	2%	2%	1%	3%	1%	2%	2%	3%
		cefij																	a
NET: More	1004	116	94	188	178	152	130	31	116	612	276	214	274	387	122	279	241	339	138
	50%	28%	48%	58%	54%	61%	61%	53%	49%	56%	54%	49%	49%	51%	52%	45%	47%	55%	58%
			a	abh	a	abh	abh	a	a	ab	a							ab	ab
NET: Less	131	32	19	23	26	18	4	3	6	86	14	29	53	41	7	37	29	41	22
	7%	8%	10%	7%	8%	7%	2%	6%	3%	8%	3%	7%	9%	5%	3%	6%	6%	7%	9%
		fhj	fhj	fhj	fhj	fhj				fhj			cd						
Base for stats	1975	396	192	321	318	245	212	57	233	1077	502	430	552	746	228	620	498	610	231
Mean Score	3.56	3.24	3.47	3.64	3.61	3.70	3.80	3.63	3.66	3.61	3.71	3.59	3.50	3.56	3.71	3.50	3.53	3.61	3.68
			a	ab	a	ab	abcdi	a	ab	a	abi				bc			a	ab
Standard Deviation	.894	.823	.997	.860	.926	.916	.795	.864	.853	.920	.832	.922	.938	.841	.874	.847	.836	.903	1.068
Standard Error	.020	.043	.072	.048	.051	.058	.054	.114	.056	.028	.037	.043	.040	.031	.059	.034	.037	.037	.070
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		Total	Amount of activity now compared to last year		
			NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016	688	752	552
		100%	100%	100%	100%
A lot more	(5.0)	300	146	58	92
		15%	21%	8%	17%
			bc		b
A bit more	(4.0)	704	292	206	205
		35%	42%	27%	37%
			b		b
Neither more nor less	(3.0)	840	205	446	181
		42%	30%	59%	33%
				ac	
A bit less	(2.0)	74	21	17	32
		4%	3%	2%	6%
					ab
A lot less	(1.0)	58	17	10	27
		3%	2%	1%	5%
					ab
Don't know		41	7	15	14
		2%	1%	2%	3%
					a
NET: More		1004	438	264	297
		50%	64%	35%	54%
			bc		b
NET: Less		131	38	27	60
		7%	6%	4%	11%
					ab
Base for stats		1975	681	737	538
Mean Score		3.56	3.78	3.39	3.56
			bc		b
Standard Deviation		.894	.902	.723	1.008
Standard Error		.020	.034	.027	.044
Error variance		*	*	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016 100%	985 100%	1025 100%	610 100%	659 100%	747 100%	96 100%	262 100%	197 100%	211 100%	174 100%	223 100%	315 100%	330 100%	208 100%
0 - Not at all worried	(0.0)	129 6%	71 7%	57 6%	37 6%	39 6%	53 7%	6 6%	15 6%	20 10% gh	14 7%	11 6%	11 5%	15 5%	18 6%	18 9%
1	(1.0)	76 4%	44 4%	32 3%	16 3%	24 4%	36 5% a	4 4%	8 3%	10 5%	6 3%	7 4%	8 4%	9 3%	14 4%	10 5%
2	(2.0)	132 7%	83 8% b	49 5%	36 6%	41 6%	55 7%	5 5%	23 9% g	18 9% g	10 5%	10 6%	18 8% g	12 4%	21 6%	14 7%
3	(3.0)	152 8%	87 9% b	65 6%	48 8%	37 6%	67 9% b	8 8%	15 6%	10 5%	14 7%	10 6%	22 10%	30 9%	29 9%	14 7%
4	(4.0)	138 7%	67 7%	70 7%	62 10% bc	36 5%	40 5%	7 7%	15 6%	12 6%	14 7%	10 6%	20 9%	24 8%	21 6%	14 7%
5	(5.0)	246 12%	105 11%	137 13%	82 13%	75 11%	89 12%	11 11%	31 12%	28 14%	27 13%	22 13%	21 10%	46 15%	39 12%	20 10%
6	(6.0)	264 13%	120 12%	144 14%	101 17% bc	73 11%	90 12%	13 13%	33 13%	19 10%	31 15%	27 15%	34 15%	43 14%	35 11%	30 14%
7	(7.0)	345 17%	175 18%	171 17%	104 17%	126 19%	115 15%	22 22% i	55 21% i	32 16%	31 15%	34 19%	40 18%	50 16%	53 16%	28 14%
8	(8.0)	274 14%	127 13%	147 14%	55 9%	104 16% a	114 15% a	12 12%	31 12%	26 13%	26 12%	24 14%	29 13%	39 12%	55 17%	31 15%
9	(9.0)	124 6%	58 6%	66 6%	25 4%	53 8% a	46 6%	6 6%	15 6%	11 5%	13 6%	7 4%	8 3%	28 9% ef	20 6%	16 8%
10 - Most worried ever	(10.0)	115 6%	41 4%	72 7% a	31 5%	47 7%	37 5%	5 5%	15 6%	10 5%	20 10% g	11 6%	11 5%	11 3%	19 6%	12 6%
Don't know		14 1%	5 1%	9 1%	9 2% bc	2 *	2 *	- -	1 1%	1 1%	2 1%	- -	- -	5 2%	4 1%	- -
Prefer not to say		9 *	2 *	7 1%	4 1%	1 *	3 *	- -	3 1%	- -	1 *	1 *	1 1%	3 1%	- -	- -

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 0-3	488	284	203	137	141	210	22	61	58	45	38	59	66	83	56
	24%	29%	20%	22%	21%	28%	23%	23%	29%	21%	22%	26%	21%	25%	27%
		b				ab			g						
NET: 4-6	648	292	352	244	185	219	30	79	59	73	59	75	112	96	64
	32%	30%	34%	40%	28%	29%	31%	30%	30%	35%	34%	34%	36%	29%	31%
			a	bc											
NET: 7-10	858	402	455	216	330	312	44	118	79	90	76	87	129	147	88
	43%	41%	44%	35%	50%	42%	46%	45%	40%	43%	44%	39%	41%	45%	42%
					ac	a									
Base for stats	1993	977	1010	597	655	741	96	258	196	208	173	222	307	326	208
Mean Score	5.53	5.28	5.78	5.36	5.86	5.38	5.61	5.60	5.14	5.75	5.62	5.36	5.64	5.58	5.44
			a		ac					c			c		
Standard Deviation	2.721	2.768	2.651	2.549	2.754	2.804	2.643	2.693	2.933	2.779	2.674	2.604	2.532	2.743	2.918
Standard Error	.061	.090	.082	.099	.104	.112	.251	.162	.206	.191	.198	.203	.142	.154	.202
Error variance	*	.01	.01	.01	.01	.01	.06	.03	.04	.04	.04	.04	.02	.02	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?
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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all worried	(0.0)	129	12	24	24	17	12	39	61	68	117	2	2	4	-	2	10
		6%	8%	5%	5%	7%	5%	8%	6%	7%	7%	5%	1%	5%	-	14%	4%
								bg			c						
1	(1.0)	76	4	20	16	9	8	19	40	36	71	1	1	2	-	-	3
		4%	2%	4%	4%	4%	4%	4%	4%	4%	4%	2%	1%	2%	-	-	1%
											g						
2	(2.0)	132	6	37	42	11	8	29	84	48	121	3	2	4	-	-	10
		7%	4%	8%	9%	4%	4%	6%	8%	5%	7%	8%	2%	5%	-	-	4%
				e	adeh				deh		cg						
3	(3.0)	152	12	39	34	15	13	38	85	66	138	2	3	5	3	-	12
		8%	8%	8%	7%	6%	6%	8%	8%	7%	8%	4%	2%	6%	30%	-	5%
											c						
4	(4.0)	138	11	36	30	16	15	29	77	61	116	3	9	6	1	-	19
		7%	7%	7%	7%	7%	7%	6%	7%	7%	7%	7%	8%	8%	9%	-	7%
5	(5.0)	246	24	53	60	23	30	55	137	108	212	6	13	9	-	4	32
		12%	15%	11%	13%	9%	14%	12%	13%	12%	12%	13%	12%	11%	-	28%	12%
6	(6.0)	264	25	68	60	31	29	51	153	111	225	7	19	11	1	1	38
		13%	16%	14%	13%	13%	13%	11%	14%	12%	13%	15%	17%	14%	8%	7%	15%
7	(7.0)	345	27	103	68	40	45	63	198	147	294	9	19	16	2	2	48
		17%	17%	22%	15%	16%	20%	14%	18%	16%	17%	21%	17%	20%	18%	13%	18%
				cfh			f		f								
8	(8.0)	274	19	53	56	45	29	71	128	146	229	4	18	13	2	4	41
		14%	12%	11%	12%	18%	13%	15%	12%	16%	13%	9%	16%	17%	17%	26%	16%
						bcg				bg							
9	(9.0)	124	11	27	25	18	12	31	64	60	105	2	11	3	1	1	18
		6%	7%	6%	6%	7%	5%	7%	6%	7%	6%	4%	10%	4%	8%	6%	7%
10 - Most worried ever	(10.0)	115	6	17	26	21	18	27	49	66	89	5	13	5	1	1	24
		6%	4%	4%	6%	8%	8%	6%	4%	7%	5%	10%	11%	6%	11%	7%	9%
						bg	bg			bg			a				a
Don't know		14	-	-	6	2	-	6	6	8	10	1	2	-	-	-	3
		1%	-	-	1%	1%	-	1%	1%	1%	1%	2%	2%	-	-	-	1%
					b	b		b		b			a				
Prefer not to say		9	-	1	5	-	-	2	7	2	5	-	-	1	-	-	1
		*	-	*	1%	-	-	*	1%	*	*	-	-	1%	-	-	*
					h												
NET: 0-3		488	34	120	116	52	41	125	270	218	447	8	7	15	3	2	36
		24%	21%	25%	26%	21%	19%	27%	25%	23%	26%	19%	7%	19%	30%	14%	14%
					e			e	e		cg	c		c			c

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?
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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 4-6	648	60	156	150	70	75	135	367	280	553	15	41	27	2	5	90
	32%	38%	33%	33%	28%	34%	29%	34%	30%	32%	35%	37%	33%	17%	34%	34%
		dfh														
NET: 7-10	858	64	201	174	123	104	192	439	419	717	20	61	37	5	7	131
	43%	40%	42%	39%	50%	47%	42%	40%	45%	41%	44%	55%	47%	53%	52%	50%
					bcfg	cg			cg			a				a
Base for stats	1993	158	477	441	246	219	452	1076	918	1717	44	110	79	10	14	256
Mean Score	5.53	5.53	5.43	5.41	5.90	5.84	5.42	5.44	5.65	5.43	5.82	6.71	5.80	6.08	5.99	6.21
					bcfg	bcg						abd				a
Standard Deviation	2.721	2.602	2.588	2.703	2.816	2.633	2.886	2.636	2.815	2.737	2.704	2.212	2.556	2.646	2.956	2.486
Standard Error	.061	.208	.121	.128	.171	.167	.142	.081	.092	.067	.394	.203	.277	.837	.763	.150
Error variance	*	.04	.01	.02	.03	.03	.02	.01	.01	*	.16	.04	.08	.70	.58	.02

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?
BASE: All respondents

		Total	Children aged 15 or under in the household				Current employment status										
			None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total		2016 100%	1254 100%	324 100%	347 100%	671 100%	47 100%	74 100%	674 100%	257 100%	68 100%	73 100%	131 100%	108 100%	172 100%	413 100%	121 100%
0 - Not at all worried	(0.0)	129 6%	88 7% cd	18 6%	13 4%	31 5%	4 9%	3 4%	37 5%	16 6%	3 5%	6 8%	12 9%	8 7%	13 7%	28 7%	7 6%
1	(1.0)	76 4%	51 4%	12 4%	10 3%	22 3%	2 3%	3 4%	28 4%	9 4%	1 2%	4 6%	4 3%	2 2%	3 1%	19 5%	4 4%
2	(2.0)	132 7%	90 7%	18 6%	19 5%	37 5%	1 2%	2 2%	50 7% ik	19 7% k	2 4%	6 8%	10 7% k	7 7%	5 3%	29 7% k	3 2%
3	(3.0)	152 8%	94 8%	22 7%	28 8%	50 7%	3 6%	3 4%	51 8%	14 5%	5 7%	3 4%	10 7%	15 14% bcdfik	6 4%	43 10% di	6 5%
4	(4.0)	138 7%	84 7%	24 7%	26 8%	50 7%	1 2%	7 9%	50 7%	22 8%	4 6%	5 7%	7 6%	8 8%	12 7%	22 5%	8 6%
5	(5.0)	246 12%	156 12%	32 10%	48 14%	80 12%	6 12%	12 16% g	77 11%	36 14% g	5 7%	9 13%	8 6%	13 12%	21 12%	59 14% g	17 14% g
6	(6.0)	264 13%	168 13%	45 14%	41 12%	86 13%	7 15%	15 20% j	84 13%	43 17% j	7 11%	8 10%	18 14%	17 15%	20 11%	44 11%	22 18% j
7	(7.0)	345 17%	207 17%	54 17%	72 21%	126 19%	11 23%	12 17%	119 18%	45 18%	17 25% j	14 19%	24 19%	17 15%	30 17%	57 14%	23 19%
8	(8.0)	274 14%	170 14%	50 15%	45 13%	95 14%	5 11%	5 6%	97 14% bhk	26 10%	13 19% bdhk	11 15%	14 11%	8 7%	29 17% bdhk	67 16% bdhk	10 8%
9	(9.0)	124 6%	68 5%	25 8%	25 7%	49 7%	3 5%	5 6%	47 7% h	15 6%	5 8%	3 3%	5 4%	3 2%	11 7%	28 7%	7 6%
10 - Most worried ever	(10.0)	115 6%	64 5%	22 7%	20 6%	42 6%	4 9% j	9 12% cdhj	29 4%	10 4%	5 8%	5 8%	16 12% cdhj	3 3%	19 11% cdhj	13 3%	14 11% cdhj

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	14	9	1	1	2	1	-	3	1	-	-	1	3	3	2	1
	1%	1%	*	*	*	2%	-	*	*	-	-	1%	3% cdj	2% c	1%	1%
Prefer not to say	9	5	1	-	1	-	-	2	1	-	-	1	2	-	2	-
	*	*	*	-	*	-	-	*	*	-	-	1%	2% ci	-	1%	-
NET: 0-3	488	323	71	69	139	10	10	167	58	12	18	35	33	27	118	20
	24%	26% cd	22%	20%	21%	21%	14%	25% bik	23%	17%	25%	27% bik	31% beik	16%	29% bik	16%
NET: 4-6	648	408	101	115	216	14	33	211	101	16	22	34	38	53	126	47
	32%	33%	31%	33%	32%	29%	45% cegij	31%	39% cegj	24%	30%	26%	36%	31%	30%	39% eg
NET: 7-10	858	509	150	162	313	23	31	292	96	40	33	60	31	89	164	54
	43%	41%	46%	47% a	47% a	48% h	42% h	43% h	37%	59% bcdhj	45% h	46% h	28%	52% cdhj	40% h	44% h
Base for stats	1993	1240	322	346	668	46	74	669	255	68	73	129	102	169	408	120
Mean Score	5.53	5.40	5.78 a	5.81 a	5.79 a	5.86 h	6.00 hj	5.52 h	5.39	6.24 cdhj	5.46	5.61 h	4.91	6.14 cdhj	5.31	5.95 dhj
Standard Deviation	2.721	2.741	2.725	2.519	2.618	2.826	2.583	2.683	2.594	2.575	2.888	3.029	2.546	2.761	2.736	2.669
Standard Error	.061	.079	.150	.135	.101	.408	.285	.101	.160	.315	.340	.254	.232	.204	.155	.234
Error variance	*	.01	.02	.02	.01	.17	.08	.01	.03	.10	.12	.06	.05	.04	.02	.05

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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016 100%	565 100%	348 100%	149 100%	37 100%	496 100%	602 100%	626 100%	245 100%	196 100%	33 100%	441 100%	659 100%	313 100%	1086 100%	537 100%	80 100%	1703 100%
0 - Not at all worried (0.0)	129 6%	42 8% be	7 2%	12 8% be	1 2%	19 4%	43 7% be	43 7% b	5 2%	15 7% b	-	19 4%	43 6% b	36 11% bce	62 6%	26 5%	5 6%	93 5%
1 (1.0)	76 4%	26 5%	10 3%	7 5%	1 2%	17 3%	26 4%	28 4%	7 3%	9 5%	-	16 4%	28 4%	15 5%	40 4%	19 4%	2 2%	61 4%
2 (2.0)	132 7%	46 8% c	27 8%	5 3%	-	31 6%	46 8% c	54 9% be	8 3%	13 7%	3 9%	21 5%	57 9% be	18 6% d	79 7% d	35 7% d	-	114 7% d
3 (3.0)	152 8%	47 8% e	18 5%	7 5%	2 4%	24 5%	49 8% e	50 8% e	12 5%	9 5%	3 10%	21 5%	54 8% e	22 7%	79 7%	41 8%	9 11%	129 8%
4 (4.0)	138 7%	45 8%	28 8%	10 7%	2 5%	38 8%	47 8%	45 7%	26 10%	13 7%	2 5%	39 9%	47 7%	17 6%	82 8%	34 6%	4 5%	121 7%
5 (5.0)	246 12%	61 11%	42 12%	22 15%	6 17%	64 13%	67 11%	72 11%	26 11%	27 14%	6 19%	53 12%	78 12%	33 11%	135 12%	61 11%	17 21% abce	212 12%
6 (6.0)	264 13%	63 11%	57 16% af	26 18% af	4 11%	83 17% af	67 11%	82 13%	38 16%	31 16%	2 5%	70 16%	84 13%	35 11%	142 13%	68 13%	18 23% abce	228 13%
7 (7.0)	345 17%	101 18%	64 18%	25 17%	10 26%	89 18%	111 18%	108 17%	45 18%	39 20%	8 25%	84 19%	116 18%	56 18%	172 16%	106 20% b	11 14%	289 17%
8 (8.0)	274 14%	74 13%	47 13%	16 11%	6 16%	63 13%	80 13%	80 13%	36 15%	17 9%	4 12%	53 12%	84 13%	45 14%	151 14%	71 13%	6 8%	229 13%
9 (9.0)	124 6%	30 5%	31 9% af	11 7%	3 7%	42 8% af	32 5%	28 4%	31 13% acf	13 7%	3 8%	44 10% af	30 5%	12 4%	72 7%	37 7%	3 3%	112 7%
10 - Most worried ever (10.0)	115 6%	27 5%	18 5%	6 4%	4 10%	24 5%	31 5%	32 5%	12 5%	8 4%	2 7%	20 5%	34 5%	16 5%	61 6%	32 6%	5 7%	98 6%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	14	2	1	-	-	1	2	2	-	1	-	1	2	5	5	4	-	9
	1%	*	*	-	-	*	*	*	-	*	-	*	*	2% be	*	1%	-	1%
Prefer not to say	9	1	-	1	-	1	1	3	-	-	-	-	3	1	5	3	-	8
	*	*	-	1%	-	*	*	*	-	-	-	-	*	*	*	*	-	*
NET: 0-3	488	161	62	31	3	92	165	175	31	46	6	77	182	91	260	121	16	397
	24%	29% bcde	18%	21%	9%	19%	27% bde	28% be	13%	23% b	19%	18%	28% be	29% ce	24%	22%	19%	23%
NET: 4-6	648	169	126	59	12	185	181	199	90	72	10	162	209	86	359	163	39	561
	32%	30%	36% af	39% af	33%	37% af	30%	32%	37%	36%	29%	37%	32%	28%	33%	30%	49% abce	33%
NET: 7-10	858	232	159	58	21	217	254	247	123	78	17	201	265	130	456	246	25	728
	43%	41%	46%	39%	58% ac	44%	42%	40%	50% acf	40%	52%	46% a	40%	41%	42%	46% d	32%	43% d
Base for stats	1993	562	347	147	37	494	599	622	245	196	33	440	655	307	1076	530	80	1686
Mean Score	5.53	5.27	5.91 af	5.50	6.50 af	5.79 af	5.34	5.28	6.20 acf	5.39	6.05	5.84 acf	5.32	5.19	5.54	5.71 a	5.54	5.60 a
Standard Deviation	2.721	2.789	2.443	2.687	2.255	2.522	2.773	2.745	2.345	2.697	2.345	2.537	2.730	2.945	2.704	2.654	2.405	2.674
Standard Error	.061	.115	.129	.219	.361	.112	.110	.108	.146	.194	.386	.119	.104	.168	.084	.113	.255	.065
Error variance	*	.01	.02	.05	.13	.01	.01	.01	.02	.04	.15	.01	.01	.03	.01	.01	.07	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?
BASE: All respondents

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total		2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
0 - Not at all worried	(0.0)	129 6%	13 4%	78 6%	14 4%	26 7%	3 5%	84 7%	35 5%	8 9%	99 6%	29 7%	103 6%	23 9%
1	(1.0)	76 4%	5 2%	55 4% a	4 1%	15 4% a	- -	56 4% a	19 3%	1 1%	60 4%	16 4%	72 4%	4 2% b
2	(2.0)	132 7%	12 4%	100 8% a	14 4%	32 8% a	2 3%	85 7%	44 6%	3 3%	106 7%	26 6%	113 7%	18 7%
3	(3.0)	152 8%	29 8%	98 7%	21 7%	15 4%	1 1%	109 9% bcef	36 5%	2 2%	124 8%	28 7%	134 8%	16 6%
4	(4.0)	138 7%	26 8%	93 7%	15 5%	16 4%	4 6%	103 8% abef	33 5%	2 2%	116 7%	22 5%	122 7%	15 5%
5	(5.0)	246 12%	41 12%	166 13%	40 12%	39 10%	11 18%	154 12%	81 12%	9 12%	195 12%	50 12%	215 12%	30 11%
6	(6.0)	264 13%	42 12%	184 14%	44 14% c	38 9%	2 4%	184 15% bce	73 11%	11 13%	211 13%	53 13%	228 13%	34 12%
7	(7.0)	345 17%	60 17%	225 17%	61 19%	68 17%	17 27% bd	210 17%	126 18%	12 15%	272 17%	73 18%	286 17%	58 21%
8	(8.0)	274 14%	56 16%	168 13%	45 14%	76 19% d	7 11%	158 13%	110 16% d	17 21% d	216 13%	58 14%	239 14%	34 12%
9	(9.0)	124 6%	36 10% b	72 5%	25 8% d	36 9% d	7 11% d	61 5%	60 9% d	6 8%	99 6%	25 6%	105 6%	19 7%
10 - Most worried ever	(10.0)	115 6%	26 8%	69 5%	32 10% d	34 9% d	8 12% d	46 4%	61 9% d	10 12% d	88 5%	27 6%	92 5%	19 7%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	14	2	5	3	3	1	6	6	1	10	4	9	3
	1%	*	*	1%	1%	1%	*	1%	1%	1%	1%	1%	1%
Prefer not to say	9	1	4	1	1	-	4	1	1	5	4	6	-
	*	*	*	*	*	-	*	*	1%	*	1%	*	-
NET: 0-3	488	60	332	54	89	6	334	134	13	389	99	422	62
	24%	17%	25%	17%	22%	9%	27%	20%	16%	24%	24%	24%	23%
			a		c		acef	c					
NET: 4-6	648	109	443	100	93	17	441	188	22	523	125	565	79
	32%	31%	34%	31%	23%	28%	35%	27%	27%	33%	30%	33%	29%
				b			be						
NET: 7-10	858	178	535	163	214	39	474	357	45	676	182	722	129
	43%	51%	41%	51%	54%	62%	38%	52%	56%	42%	44%	42%	47%
		b		d	d	d		d	d				
Base for stats	1993	346	1310	317	396	62	1250	679	80	1587	406	1710	270
Mean Score	5.53	6.14	5.44	6.18	5.96	6.57	5.26	6.05	6.32	5.52	5.59	5.51	5.69
		b		d	d	d		d	d				
Standard Deviation	2.721	2.533	2.687	2.578	2.902	2.504	2.651	2.729	2.888	2.705	2.786	2.701	2.804
Standard Error	.061	.134	.075	.139	.148	.318	.075	.104	.310	.068	.141	.066	.166
Error variance	*	.02	.01	.02	.02	.10	.01	.01	.10	*	.02	*	.03

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)
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	d
Unweighted Total		2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total		2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
		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)	129	34	7	18	10	14	14	2	29	50	45	41	24	31	30	129	-	-	-
		6%	8%	4%	6%	3%	6%	7%	3%	12%	5%	9%	9%	4%	4%	13%	21%	-	-	-
			bdi					d		bcdefgi		bdi	bc			bc	bcd			
1	(1.0)	76	20	6	10	3	7	12	3	15	26	30	12	12	34	16	76	-	-	-
		4%	5%	3%	3%	1%	3%	6%	5%	6%	2%	6%	3%	2%	4%	7%	12%	-	-	-
			di					di	d	di		di			b	ab	bcd			
2	(2.0)	132	29	14	25	19	15	17	4	9	73	30	29	31	56	16	132	-	-	-
		7%	7%	7%	8%	6%	6%	8%	6%	4%	7%	6%	7%	5%	7%	7%	21%	-	-	-
								h									bcd			
3	(3.0)	152	39	18	21	23	14	13	3	20	76	36	33	37	63	18	152	-	-	-
		8%	9%	9%	7%	7%	6%	6%	6%	8%	7%	7%	8%	7%	8%	8%	24%	-	-	-
																	bcd			
4	(4.0)	138	16	13	31	31	11	20	2	13	86	36	41	45	44	8	138	-	-	-
		7%	4%	7%	9%	9%	5%	10%	4%	6%	8%	7%	9%	8%	6%	3%	22%	-	-	-
					ae	ae		ae			a	a	cd	d			bcd			
5	(5.0)	246	50	23	29	47	34	17	7	39	134	63	52	95	72	25	-	246	-	-
		12%	12%	12%	9%	14%	14%	8%	12%	16%	12%	12%	12%	17%	10%	11%	-	48%	-	-
						cf	f			cf				acd				acd		
6	(6.0)	264	60	22	44	43	39	22	8	26	148	56	46	89	109	18	-	264	-	-
		13%	14%	11%	14%	13%	16%	10%	14%	11%	14%	11%	10%	16%	14%	8%	-	52%	-	-
														ad	ad			acd		
7	(7.0)	345	58	29	65	65	50	35	13	31	209	79	60	106	151	26	-	-	345	-
		17%	14%	15%	20%	20%	20%	16%	22%	13%	19%	16%	14%	19%	20%	11%	-	-	56%	-
					ah	ah	ah				ah			ad	ad				abd	
8	(8.0)	274	48	34	44	43	32	35	10	29	152	74	67	70	111	24	-	-	274	-
		14%	11%	17%	13%	13%	13%	16%	18%	12%	14%	15%	15%	12%	15%	10%	-	-	44%	-
				a															abd	
9	(9.0)	124	23	14	23	25	17	12	2	9	79	23	24	23	54	23	-	-	-	124
		6%	5%	7%	7%	8%	7%	6%	3%	4%	7%	4%	5%	4%	7%	10%	-	-	-	52%
											j				b	ab				abc
10 - Most worried ever	(10.0)	115	26	12	13	17	14	14	4	15	56	32	31	26	31	24	-	-	-	115
		6%	6%	6%	4%	5%	6%	7%	7%	6%	5%	6%	7%	5%	4%	10%	-	-	-	48%
													c			bc				abc
Don't know		14	10	-	1	-	1	1	-	2	2	2	3	3	-	2	-	-	-	-
		1%	2%	-	*	-	*	*	-	1%	*	*	1%	1%	-	1%	-	-	-	-
			bcdeij										c	c		c				
Prefer not to say		9	3	3	2	-	-	-	-	1	5	1	-	-	-	4	-	-	-	-
		*	1%	2%	1%	-	-	-	-	1%	*	*	-	-	-	2%	-	-	-	-
				de												abc				

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 0-3	488	122	45	74	56	50	57	12	72	225	141	117	103	183	80	488	-	-	-
	24%	29%	23%	23%	17%	20%	27%	20%	31%	21%	28%	26%	18%	24%	34%	78%	-	-	-
		cdei					di		cdei		dei	b		b	abc	bcd			
NET: 4-6	648	125	58	104	121	85	59	18	78	368	154	140	229	225	51	138	510	-	-
	32%	30%	30%	32%	37%	34%	28%	30%	33%	34%	30%	32%	41%	30%	22%	22%	100%	-	-
					fj							d	acd	d		cd	acd		
NET: 7-10	858	154	89	145	150	112	96	29	83	495	208	182	225	347	98	-	-	619	239
	43%	37%	46%	44%	46%	45%	45%	50%	35%	45%	41%	41%	40%	46%	42%	-	-	100%	100%
			h	h	ah	ah	h	h		ah				b		-	-	ab	ab
Base for stats	1993	401	192	323	327	247	212	58	233	1088	504	438	557	755	229	626	510	619	239
Mean Score	5.53	5.28	5.78	5.57	5.88	5.76	5.44	5.90	5.00	5.74	5.29	5.38	5.64	5.65	5.23	2.15	5.52	7.44	9.48
			ahj	h	ahj	ahj		h		ahj							a	ab	abc
Standard Deviation	2.721	2.869	2.642	2.631	2.400	2.605	2.888	2.530	2.976	2.559	2.901	2.894	2.398	2.610	3.336	1.431	.500	.497	.501
Standard Error	.061	.148	.190	.147	.131	.163	.195	.332	.195	.077	.129	.135	.101	.097	.225	.058	.022	.020	.032
Error variance	*	.02	.04	.02	.02	.03	.04	.11	.04	.01	.02	.02	.01	.01	.05	*	*	*	*

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Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?
BASE: All respondents

		Total	Amount of activity now compared to last year		
			NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016 100%	688 100%	752 100%	552 100%
0 - Not at all worried	(0.0)	129 6%	40 6%	61 8% c	23 4%
1	(1.0)	76 4%	21 3%	39 5% ac	14 3%
2	(2.0)	132 7%	39 6%	57 8%	35 6%
3	(3.0)	152 8%	56 8%	55 7%	39 7%
4	(4.0)	138 7%	60 9% b	42 6%	36 6%
5	(5.0)	246 12%	91 13%	93 12%	60 11%
6	(6.0)	264 13%	95 14%	98 13%	69 13%
7	(7.0)	345 17%	120 17%	106 14%	116 21% b
8	(8.0)	274 14%	84 12%	105 14%	84 15%
9	(9.0)	124 6%	37 5%	52 7%	34 6%
10 - Most worried ever	(10.0)	115 6%	41 6%	37 5%	36 6%
Don't know		14 1%	3 *	5 1%	4 1%
Prefer not to say		9 *	1 *	2 *	2 *
NET: 0-3		488 24%	156 23%	212 28% ac	111 20%
NET: 4-6		648 32%	246 36% c	234 31%	165 30%

Q14Z. Given what you know about COVID-19, using a scale from 0-10, how worried are you?

BASE: All respondents

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
NET: 7-10	858	283	300	270
	43%	41%	40%	49%
				ab
Base for stats	1993	685	745	546
Mean Score	5.53	5.54	5.32	5.87
				ab
Standard Deviation	2.721	2.630	2.856	2.575
Standard Error	.061	.099	.106	.111
Error variance	*	.01	.01	.01

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total		2016 100%	985 100%	1025 100%	610 100%	659 100%	747 100%	96 100%	262 100%	197 100%	211 100%	174 100%	223 100%	315 100%	330 100%	208 100%
0 - Not at all satisfied	(0.0)	57 3%	22 2%	34 3%	23 4%	17 3%	18 2%	2 2%	7 3%	2 1%	9 4% c	3 2%	5 2%	10 3%	11 3%	7 4%
1	(1.0)	33 2%	11 1%	22 2%	10 2%	9 1%	14 2%	3 3% i	6 2%	6 3% i	2 1%	2 1%	4 2%	3 1%	5 2%	1 *
2	(2.0)	66 3%	28 3%	36 4%	16 3%	29 4%	21 3%	2 2%	10 4%	7 3%	7 3%	7 4%	8 4%	10 3%	13 4%	3 1%
3	(3.0)	147 7%	68 7%	79 8%	50 8%	48 7%	49 7%	7 7%	15 6%	14 7%	15 7%	10 6%	24 11% b	24 8%	23 7%	17 8%
4	(4.0)	137 7%	62 6%	75 7%	53 9% c	50 8% c	34 5%	9 9% f	21 8%	15 8%	19 9% f	13 7%	8 3%	20 6%	24 7%	10 5%
5	(5.0)	263 13%	117 12%	144 14%	102 17% c	88 13% c	73 10%	7 8%	39 15%	32 16% a	21 10%	21 12%	38 17% ad	40 13%	41 12%	24 12%
6	(6.0)	298 15%	137 14%	161 16%	97 16%	101 15%	99 13%	16 17%	49 19% e	24 12%	28 13%	19 11%	39 18%	42 14%	49 15%	29 14%
7	(7.0)	393 19%	199 20%	193 19%	104 17%	129 19%	160 21% a	20 21%	44 17%	36 18%	37 18%	38 22%	40 18%	57 18%	73 22%	48 23%
8	(8.0)	363 18%	208 21% b	154 15%	76 12%	123 19% a	163 22% a	15 16%	39 15%	38 19%	48 23% bhi	50 29% abcfghi	33 15%	57 18%	52 16%	30 14%
9	(9.0)	138 7%	88 9% b	50 5%	33 5%	31 5%	74 10% ab	7 8%	19 7% e	11 6%	11 5%	5 3%	15 7%	24 8% e	19 6%	26 13% cdeh
10 - Completely satisfied	(10.0)	97 5%	40 4%	57 6%	29 5%	28 4%	41 5%	3 4%	11 4%	10 5%	10 5%	5 3%	9 4%	20 6%	17 5%	13 6%
Don't know		16 1%	2 *	15 1% a	10 2% c	5 1%	1 *	4 4% bcdefhi	2 1%	- -	2 1%	- -	- -	6 2% c	2 1%	1 *
Prefer not to say		8 *	2 *	6 1%	6 1% c	3 *	- -	- -	1 *	2 1%	3 2%	1 *	- -	1 *	1 *	- -

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 0-3	303	129	171	100	102	102	14	38	29	33	21	42	47	52	28
	15%	13%	17%	16%	15%	14%	14%	14%	15%	15%	12%	19%	15%	16%	13%
			a												
NET: 4-6	698	316	380	252	240	206	32	110	71	68	53	85	102	114	63
	35%	32%	37%	41%	36%	28%	34%	42%	36%	32%	31%	38%	33%	35%	30%
			a	c	c			degi							
NET: 7-10	990	536	453	242	310	437	46	112	95	106	99	96	158	161	117
	49%	54%	44%	40%	47%	59%	48%	43%	48%	50%	57%	43%	50%	49%	56%
		b			a	ab					bf				bf
Base for stats	1992	981	1005	594	652	746	93	260	195	206	173	223	307	327	207
Mean Score	6.08	6.30	5.89	5.76	5.98	6.43	6.06	5.93	6.06	6.06	6.25	5.88	6.18	6.00	6.40
		b				ab									bf
Standard Deviation	2.318	2.234	2.373	2.335	2.267	2.307	2.320	2.304	2.260	2.412	2.128	2.285	2.386	2.347	2.332
Standard Error	.052	.073	.074	.091	.086	.092	.225	.138	.159	.166	.158	.177	.134	.131	.162
Error variance	*	.01	.01	.01	.01	.01	.05	.02	.03	.03	.02	.03	.02	.02	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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		2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total		2016 100%	158 100%	478 100%	452 100%	248 100%	219 100%	460 100%	1088 100%	928 100%	1732 100%	44 100%	112 100%	80 100%	10 100%	14 100%	260 100%
0 - Not at all satisfied	(0.0)	57 3%	3 2%	9 2%	12 3%	7 3%	8 4%	18 4%	24 2%	33 4%	51 3%	- -	3 3%	3 3%	- -	- -	6 2%
1	(1.0)	33 2%	- -	4 1%	11 3% a	5 2%	5 2%	7 2%	16 1%	17 2%	29 2%	2 4%	- -	2 2% c	1 8%	- -	4 2%
2	(2.0)	66 3%	5 3%	12 2%	14 3%	8 3%	11 5%	17 4%	31 3%	35 4%	59 3%	2 4%	3 3%	1 1%	- -	- -	6 2%
3	(3.0)	147 7%	18 11% b	27 6%	37 8%	15 6%	16 7%	35 8%	81 7%	66 7%	130 7%	7 15% cdg	4 3%	3 4%	- -	1 6%	14 6%
4	(4.0)	137 7%	10 6%	25 5%	31 7%	18 7%	27 12% abcdfgh	27 6%	66 6%	72 8%	115 7%	4 10%	7 7%	7 9%	- -	1 7%	20 7%
5	(5.0)	263 13%	23 15%	53 11%	55 12%	38 15%	37 17% bg	57 12%	131 12%	132 14%	227 13%	5 11%	18 16%	7 9%	- -	1 6%	31 12%
6	(6.0)	298 15%	30 19% fh	85 18% fh	65 14%	35 14%	30 13%	54 12%	180 17% fh	118 13%	249 14%	10 22%	20 18%	13 16%	1 9%	2 14%	45 17%
7	(7.0)	393 19%	21 13%	104 22% ae	98 22% ae	49 20%	33 15%	88 19%	223 20% a	170 18%	348 20% c	5 11%	13 12%	17 21%	2 23%	6 40%	43 16%
8	(8.0)	363 18%	33 21% e	112 23% cdeh	73 16%	34 14%	27 12%	86 19% e	217 20% deh	146 16%	310 18%	7 15%	24 21%	14 18%	4 44%	1 7%	50 19%
9	(9.0)	138 7%	10 6%	28 6%	33 7%	18 7%	12 5%	36 8%	71 7%	66 7%	119 7%	2 4%	9 8%	3 4%	2 15%	2 13%	17 7%
10 - Completely satisfied	(10.0)	97 5%	6 4%	19 4%	14 3%	19 8% bcg	11 5%	29 6% cg	38 4%	59 6% cg	79 5%	2 4%	6 6%	8 10% a	- -	1 8%	18 7%
Don't know		16 1%	- -	2 *	5 1%	3 1%	1 1%	4 1%	7 1%	9 1%	11 1%	- -	3 3% a	1 1%	- -	- -	4 2%
Prefer not to say		8 *	- -	- -	3 1%	- -	2 1%	3 1%	3 *	5 1%	5 *	- -	- -	1 1%	- -	- -	1 *

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 0-3	303	26	52	74	35	40	77	152	151	269	10	11	8	1	1	31
	15%	17%	11%	16%	14%	18%	17%	14%	16%	16%	23%	9%	11%	8%	6%	12%
				b		b	b		b		cg					
NET: 4-6	698	63	163	151	90	94	138	376	322	591	19	46	27	1	4	96
	35%	40%	34%	33%	36%	43%	30%	35%	35%	34%	42%	41%	34%	9%	26%	37%
		f				bcfgh										
NET: 7-10	990	69	262	218	120	82	239	549	441	856	16	53	42	8	9	128
	49%	44%	55%	48%	48%	38%	52%	50%	48%	49%	35%	47%	53%	83%	67%	49%
			aeh	e	e		e	e	e	b			b			
Base for stats	1992	158	476	444	245	216	453	1078	914	1716	44	109	78	10	14	255
Mean Score	6.08	6.00	6.38	5.97	6.13	5.58	6.13	6.16	6.00	6.06	5.62	6.32	6.37	7.15	6.86	6.28
			ceh	e	e		e	e	e							
Standard Deviation	2.318	2.196	2.068	2.313	2.383	2.429	2.481	2.197	2.451	2.326	2.288	2.236	2.398	2.145	1.869	2.285
Standard Error	.052	.176	.097	.109	.145	.155	.122	.068	.080	.057	.330	.206	.262	.678	.483	.138
Error variance	*	.03	.01	.01	.02	.02	.01	*	.01	*	.11	.04	.07	.46	.23	.02

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

			Children aged 15 or under in the household				Current employment status										
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total		2016 100%	1254 100%	324 100%	347 100%	671 100%	47 100%	74 100%	674 100%	257 100%	68 100%	73 100%	131 100%	108 100%	172 100%	413 100%	121 100%
0 - Not at all satisfied	(0.0)	57 3%	45 4% cd	6 2%	4 1%	10 1%	- -	3 4% c	6 1%	11 4% cj	- -	3 4% cj	13 10% acdejk	6 5% cj	11 7% cej	4 1%	3 2%
1	(1.0)	33 2%	25 2%	2 1%	4 1%	6 1%	- -	2 2%	9 1%	4 1%	3 4% j	2 2%	3 2%	2 2%	4 2%	4 1%	2 1%
2	(2.0)	66 3%	40 3%	15 5%	9 3%	24 4%	2 4%	3 4%	20 3%	9 3%	2 3%	3 5%	5 4%	3 3%	12 7% cj	8 2%	4 4%
3	(3.0)	147 7%	87 7%	31 9%	26 7%	56 8%	9 19% cdeij	7 9%	39 6%	19 7%	3 4%	8 11%	14 11% c	10 9%	11 6%	28 7%	16 13% ceij
4	(4.0)	137 7%	87 7%	21 7%	25 7%	46 7%	3 5%	5 7%	40 6%	21 8%	4 5%	3 4%	12 10% j	11 11% cj	18 10%	20 5%	7 6%
5	(5.0)	263 13%	156 12%	43 13%	53 15%	96 14%	8 16%	13 18% j	89 13%	35 14%	8 12%	7 9%	21 16% j	20 18% j	26 15% j	36 9%	21 17% j
6	(6.0)	298 15%	173 14%	61 19% a	51 15%	112 17%	4 8%	10 14%	105 16%	47 18%	14 21%	9 13%	15 11%	14 13%	21 12%	59 14%	14 12%
7	(7.0)	393 19%	247 20%	63 19%	63 18%	126 19%	13 26% bg	8 11%	146 22% bg	48 19%	14 21%	15 21%	15 11%	18 16%	31 18%	86 21% g	21 17%
8	(8.0)	363 18%	223 18%	54 17%	72 21%	126 19%	7 16%	13 17%	141 21% dghi	33 13%	12 17%	15 20% i	17 13%	13 12%	17 10%	96 23% dghi	20 17%
9	(9.0)	138 7%	101 8% cd	17 5%	15 4%	32 5%	2 4%	5 7%	46 7% h	15 6%	5 7%	3 4%	6 4%	2 2%	8 4%	46 11% cdghi	7 6%

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
10 - Completely satisfied (10.0)	97	61	10	21	30	-	6	28	11	4	4	8	3	8	27	6
	5%	5%	3%	6%	5%	-	8% a	4%	4%	6%	5%	6%	3%	5%	6%	5%
Don't know	16	7	2	3	4	-	-	3	4	-	1	2	4	3	-	-
	1%	1%	1%	1%	1%	-	-	*	1% j	-	1%	1% j	4% cjk	2% cj	-	-
Prefer not to say	8	3	1	1	2	1	-	2	1	-	-	1	2	2	-	1
	*	*	*	*	*	2% j	-	*	*	-	-	1%	2% j	1% j	-	1%
NET: 0-3	303	197	53	43	96	11	14	74	42	8	16	35	21	38	44	25
	15%	16%	17%	12%	14%	23% cj	19% c	11%	16% cj	11%	22% cj	27% cdej	20% cj	22% cj	11%	20% cj
NET: 4-6	698	415	124	130	254	14	28	234	104	26	19	48	45	65	115	42
	35%	33%	38%	37%	38% a	29%	38%	35% j	40% fj	38%	27%	37%	42% fj	38% j	28%	35%
NET: 7-10	990	631	143	171	315	22	32	361	106	34	36	45	36	63	254	54
	49%	50%	44%	49%	47%	46%	43%	54% dghik	41%	50% gh	50% gh	34%	33%	37%	62% abcdghik	44%
Base for stats	1992	1244	321	344	665	47	74	669	252	68	72	129	102	166	413	120
Mean Score	6.08	6.07	5.94	6.22	6.08	5.69	5.92	6.35 g adghik	5.79 g	6.29 ghi	5.84	5.17	5.32	5.33	6.69 abcdfghik	5.83 g
Standard Deviation	2.318	2.405	2.149	2.150	2.152	2.006	2.532	2.067	2.357	2.154	2.553	2.785	2.374	2.597	2.120	2.336
Standard Error	.052	.069	.119	.115	.083	.290	.280	.078	.146	.263	.303	.235	.217	.193	.119	.205
Error variance	*	*	.01	.01	.01	.08	.08	.01	.02	.07	.09	.06	.05	.04	.01	.04

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		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
Significance Level: 95%			a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total		2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total		2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
		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)	57	16	2	5	-	6	16	12	3	6	2	9	14	13	25	18	1	44
		3%	3% b	1%	3% b	-	1%	3% b	2%	1%	3%	5%	2%	2%	4%	2%	3%	1%	3%
1	(1.0)	33	7	5	5	-	10	7	10	4	1	2	5	12	8	17	7	1	25
		2%	1%	1%	3% f	-	2%	1%	2%	2%	*	6% ce	1%	2%	2%	2%	1%	2%	1%
2	(2.0)	66	20	12	4	-	15	20	18	10	6	2	16	20	14	30	19	3	52
		3%	4%	3%	3%	-	3%	3%	3%	4%	3%	6%	4%	3%	5%	3%	4%	3%	3%
3	(3.0)	147	32	27	13	3	40	35	35	20	11	4	31	39	29	78	34	6	118
		7%	6%	8%	9%	9%	8%	6%	6%	8%	5%	12%	7%	6%	9%	7%	6%	8%	7%
4	(4.0)	137	36	18	12	2	30	38	44	18	7	1	25	45	22	61	47	7	115
		7%	6%	5%	8%	4%	6%	6%	7%	8%	3%	3%	6%	7%	7%	6%	9% b	9%	7%
5	(5.0)	263	74	47	16	7	64	81	91	26	27	2	53	93	50	132	67	14	213
		13%	13%	14%	11%	18%	13%	13%	14%	11%	14%	6%	12%	14%	16%	12%	12%	18%	13%
6	(6.0)	298	84	58	22	11	80	95	93	46	31	10	77	102	45	163	77	13	253
		15%	15%	17%	15%	29% acef	16%	16%	15%	19%	16%	29% acf	17%	16%	14%	15%	14%	16%	15%
7	(7.0)	393	101	84	28	11	112	112	133	43	42	4	85	137	50	223	108	12	343
		19%	18%	24% af	19%	29%	23%	19%	21%	18%	21%	13%	19%	21%	16%	21%	20%	14%	20%
8	(8.0)	363	109	66	29	4	95	113	113	46	47	5	93	119	46	209	91	16	316
		18%	19%	19%	20%	11%	19%	19%	18%	19%	24%	16%	21%	18%	15%	19%	17%	19%	19%
9	(9.0)	138	42	19	10	-	29	42	41	16	13	1	29	42	17	89	28	3	121
		7%	7%	6%	7%	-	6%	7%	7%	7%	7%	2%	7%	6%	5%	8% c	5%	4%	7%
10 - Completely satisfied	(10.0)	97	37	9	4	-	13	37	32	9	7	1	16	33	14	49	30	4	83
		5%	7% be	3%	3%	-	3%	6% be	5%	4%	4%	3%	4%	5%	4%	4%	6%	6%	5%

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	16	4	1	1	-	2	4	3	2	-	-	2	3	5	4	7	1	12
	1%	1%	*	1%	-	*	1%	*	1%	-	-	*	*	1%	*	1%	1%	1%
														b		b		
Prefer not to say	8	2	-	-	-	-	2	2	-	-	-	-	2	2	4	3	-	7
	*	*	-	-	-	-	*	*	-	-	-	-	*	*	*	*	-	*
NET: 0-3	303	75	45	27	3	72	78	75	38	24	9	62	85	64	150	79	11	240
	15%	13%	13%	18%	9%	14%	13%	12%	15%	12%	27%	14%	13%	20%	14%	15%	13%	14%
											acef			bce				
NET: 4-6	698	195	123	50	19	173	214	227	91	64	13	155	240	117	357	191	34	581
	35%	35%	35%	34%	51%	35%	36%	36%	37%	33%	38%	35%	36%	37%	33%	36%	42%	34%
					acef													
NET: 7-10	990	290	179	71	15	250	304	319	114	108	11	223	330	127	571	257	35	863
	49%	51%	51%	48%	40%	50%	51%	51%	47%	55%	34%	50%	50%	40%	53%	48%	44%	51%
										d					a	a		a
Base for stats	1992	559	347	147	37	494	596	622	243	196	33	439	655	307	1077	527	80	1684
Mean Score	6.08	6.25	6.19	5.89	5.97	6.10	6.24	6.21	6.07	6.32	5.39	6.18	6.17	5.66	6.24	6.02	6.04	6.16
								d		d		d	d		a			a
Standard Deviation	2.318	2.340	2.004	2.384	1.383	2.127	2.293	2.198	2.209	2.189	2.542	2.201	2.222	2.462	2.255	2.352	2.175	2.283
Standard Error	.052	.097	.106	.195	.222	.094	.092	.086	.138	.157	.418	.104	.085	.140	.070	.100	.232	.056
Error variance	*	.01	.01	.04	.05	.01	.01	.01	.02	.02	.17	.01	.01	.02	*	.01	.05	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
			Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%			a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total		2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
0 - Not at all satisfied	(0.0)	57 3%	9 3%	35 3%	26 8% bd	18 5% d	1 2%	21 2%	35 5% d	10 12% bcde	44 3%	13 3%	43 3%	13 5% a
1	(1.0)	33 2%	- -	25 2% a	10 3% d	15 4% d	1 1%	10 1%	19 3% d	6 8% de	29 2%	4 1%	25 1%	7 3%
2	(2.0)	66 3%	8 2%	42 3%	21 6% d	15 4%	3 5%	29 2%	33 5% d	6 7% d	52 3%	15 4%	49 3%	17 6% a
3	(3.0)	147 7%	28 8%	88 7%	31 10% d	31 8%	4 7%	83 7%	57 8%	9 11%	121 8%	26 6%	125 7%	21 8%
4	(4.0)	137 7%	25 7%	86 7%	30 9%	25 6%	4 6%	79 6%	53 8%	4 5%	116 7%	22 5%	114 7%	23 8%
5	(5.0)	263 13%	57 16% b	152 12%	49 15%	49 12%	10 16%	159 13%	95 14%	12 14%	208 13%	54 13%	225 13%	36 13%
6	(6.0)	298 15%	46 13%	202 15%	38 12%	63 16%	13 20% f	182 14%	107 16%	6 8%	238 15%	60 15%	252 15%	43 16%
7	(7.0)	393 19%	59 17%	278 21%	56 18%	66 17%	9 14%	271 22% be	113 17%	13 16%	317 20%	76 18%	352 20% b	38 14%
8	(8.0)	363 18%	69 20%	244 19%	32 10%	72 18% af	9 14%	249 20% aef	103 15% a	7 9%	284 18%	79 19%	323 19%	38 14%
9	(9.0)	138 7%	21 6%	99 8%	11 3%	20 5%	3 6%	103 8% abef	31 4%	2 2%	100 6%	38 9% a	117 7%	21 8%

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

		Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
10 - Completely satisfied (10.0)	97	23	58	8	19	5	65	30	2	76	21	88	8
	5%	6%	4%	2%	5%	8%	5%	4%	2%	5%	5%	5%	3%
						a	a						
Don't know	16	4	5	4	4	1	7	7	2	13	3	10	5
	1%	1%	*	1%	1%	1%	1%	1%	3%	1%	1%	1%	2%
									d				a
Prefer not to say	8	1	4	4	2	-	1	4	2	6	2	3	3
	*	*	*	1%	*	-	*	1%	2%	*	1%	*	1%
				d				d	d				a
NET: 0-3	303	44	191	88	79	10	143	144	31	246	57	242	59
	15%	13%	14%	28%	20%	15%	11%	21%	38%	15%	14%	14%	22%
				bcde	d			d	abcde				a
NET: 4-6	698	128	441	117	137	26	420	254	22	562	136	591	102
	35%	37%	33%	37%	34%	42%	33%	37%	27%	35%	33%	34%	37%
NET: 7-10	990	171	678	107	177	26	689	277	24	776	214	880	106
	49%	49%	51%	33%	44%	42%	55%	40%	29%	48%	52%	51%	39%
					af		abcef	af				b	
Base for stats	1992	344	1310	312	393	62	1252	675	77	1584	408	1712	266
Mean Score	6.08	6.22	6.15	5.01	5.77	6.02	6.39	5.59	4.41	6.04	6.25	6.17	5.55
					af	af	abef	af				b	
Standard Deviation	2.318	2.235	2.294	2.583	2.531	2.355	2.141	2.510	2.826	2.313	2.334	2.270	2.539
Standard Error	.052	.119	.064	.140	.129	.299	.061	.096	.308	.058	.118	.055	.151
Error variance	*	.01	*	.02	.02	.09	*	.01	.10	*	.01	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	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)	57	23	9	8	6	5	5	1	2	27	7	57	-	-	-	20	12	14	12
	3%	5%	5%	2%	2%	2%	2%	1%	1%	2%	1%	13%	-	-	-	3%	2%	2%	5%
		cdehij	hj									bcd							bc
1 (1.0)	33	11	2	9	3	3	2	1	2	17	5	33	-	-	-	11	3	13	7
	2%	3%	1%	3%	1%	1%	1%	2%	1%	2%	1%	7%	-	-	-	2%	1%	2%	3%
				j								bcd						b	b
2 (2.0)	66	17	3	9	11	9	6	-	11	32	17	66	-	-	-	20	13	21	12
	3%	4%	2%	3%	3%	4%	3%	-	4%	3%	3%	15%	-	-	-	3%	2%	3%	5%
												bcd							
3 (3.0)	147	41	13	22	20	18	13	4	17	72	34	147	-	-	-	54	39	40	13
	7%	10%	7%	7%	6%	7%	6%	8%	7%	7%	7%	33%	-	-	-	9%	8%	6%	5%
		i										bcd							
4 (4.0)	137	20	17	28	22	14	15	6	16	81	37	137	-	-	-	53	33	40	11
	7%	5%	9%	9%	7%	6%	7%	11%	7%	7%	7%	31%	-	-	-	8%	6%	6%	5%
			a	a								bcd							
5 (5.0)	263	43	27	43	53	42	26	7	22	166	54	-	263	-	-	78	86	68	29
	13%	10%	14%	13%	16%	17%	12%	12%	9%	15%	11%	-	47%	-	-	12%	17%	11%	12%
					ahj	ahj				ahj			acd				ac		
6 (6.0)	298	66	35	44	47	38	31	3	33	165	67	-	298	-	-	71	98	107	20
	15%	16%	18%	14%	14%	15%	15%	5%	14%	15%	13%	-	53%	-	-	11%	19%	17%	8%
		g	g		g	g	g			g			acd				ad	ad	
7 (7.0)	393	69	39	76	70	44	42	11	42	229	95	-	-	393	-	116	110	134	33
	19%	17%	20%	23%	21%	18%	20%	19%	18%	21%	19%	-	-	52%	-	19%	22%	22%	14%
				a										abd				d	d
8 (8.0)	363	68	31	56	64	47	44	14	39	198	97	-	-	363	-	111	72	128	52
	18%	16%	16%	17%	20%	19%	20%	25%	17%	18%	19%	-	-	48%	-	18%	14%	21%	22%
														abd				b	b
9 (9.0)	138	28	9	19	13	17	16	7	27	59	51	-	-	-	138	52	25	34	23
	7%	7%	5%	6%	4%	7%	8%	12%	12%	5%	10%	-	-	-	59%	8%	5%	5%	10%
								di	abcdi		bcdi				abc	bc			bc
10 - Completely satisfied (10.0)	97	18	4	9	18	9	11	4	24	40	39	-	-	-	97	36	18	17	24
	5%	4%	2%	3%	5%	4%	5%	6%	10%	4%	8%	-	-	-	41%	6%	4%	3%	10%
									abcdefi		abcei				abc	c			abc
Don't know	16	7	2	2	1	1	2	-	1	6	3	-	-	-	-	4	2	2	1
	1%	2%	1%	1%	*	*	1%	-	*	1%	1%	-	-	-	-	1%	*	*	*
		di																	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Prefer not to say	8	4	2	-	-	-	-	-	2	2	2	-	-	-	-	1	-	3	1
	*	1% i	1% cdi	-	-	-	-	-	1%	*	*	-	-	-	-	*	-	*	*
NET: 0-3	303	91	27	47	39	35	26	6	31	149	63	303	-	-	-	105	66	87	44
	15%	22% bcdefghij	14%	15%	12%	14%	12%	11%	13%	14%	12%	69% bcd	-	-	-	17%	13%	14%	18% b
NET: 4-6	698	128	80	115	122	95	72	16	70	412	158	137	561	-	-	201	217	215	60
	35%	31%	41% ahj	35%	37%	38% h	34%	28%	30%	38% ahj	31%	31% cd	100% acd	-	-	32% d	43% acd	35% d	25%
NET: 7-10	990	183	83	160	165	117	113	36	133	525	282	-	-	755	234	314	224	313	133
	49%	44%	42%	49%	51%	47%	53% ab	62% abei	56% abei	48%	56% abei	-	-	100% ab	100% ab	50% b	44%	50% b	56% b
Base for stats	1992	402	190	323	326	247	211	58	234	1086	503	441	561	755	234	621	507	615	237
Mean Score	6.08	5.75	5.82	5.97	6.19 a	6.08	6.29 ab	6.56 ab	6.58 abcdei	6.03 a	6.46 abcei	2.62	5.53 a	7.48 ab	9.41 abc	6.06	6.00	6.10	6.24
Standard Deviation	2.318	2.594	2.235	2.236	2.146	2.194	2.249	2.271	2.324	2.200	2.287	1.339	.499	.500	.494	2.435	2.068	2.190	2.778
Standard Error	.052	.134	.162	.125	.117	.138	.152	.298	.153	.066	.101	.062	.021	.019	.033	.098	.092	.088	.179
Error variance	*	.02	.03	.02	.01	.02	.02	.09	.02	*	.01	*	*	*	*	.01	.01	.01	.03

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

		Total	Amount of activity now compared to last year		
			NET: More	About the same	NET: Less
Significance Level: 95%			a	b	c
Unweighted Total		2016	711	729	549
Total		2016 100%	688 100%	752 100%	552 100%
0 - Not at all satisfied	(0.0)	57 3%	16 2%	18 2%	21 4%
1	(1.0)	33 2%	10 1%	6 1%	17 3% b
2	(2.0)	66 3%	23 3%	17 2%	25 5% b
3	(3.0)	147 7%	47 7%	45 6%	54 10% b
4	(4.0)	137 7%	45 7%	47 6%	45 8%
5	(5.0)	263 13%	97 14%	93 12%	70 13%
6	(6.0)	298 15%	86 13%	108 14%	100 18% a
7	(7.0)	393 19%	146 21% c	170 23% c	77 14%
8	(8.0)	363 18%	130 19%	132 18%	97 18%
9	(9.0)	138 7%	46 7%	67 9% c	25 5%
10 - Completely satisfied	(10.0)	97 5%	38 5% c	43 6% c	14 3%
Don't know		16 1%	5 1%	5 1%	3 *
Prefer not to say		8 *	- -	2 *	2 *
NET: 0-3		303 15%	96 14%	86 11%	117 21% ab

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?
BASE: All respondents

		Amount of activity now compared to last year		
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
NET: 4-6	698	228	248	216
	35%	33%	33%	39%
				ab
NET: 7-10	990	359	411	213
	49%	52%	55%	39%
		c	c	
Base for stats	1992	683	745	547
Mean Score	6.08	6.19	6.37	5.58
		c	c	
Standard Deviation	2.318	2.281	2.212	2.401
Standard Error	.052	.086	.082	.103
Error variance	*	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	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	768	406	360	240	372	156	32	100	83	80	60	84	137	117	75
	38%	41%	35%	39%	56%	21%	33%	38%	42%	38%	34%	38%	44%	35%	36%
		b		c	ac								aeh		
Working part time- working between 8 and 29 hours per week	307	87	219	122	109	76	12	38	31	31	21	32	48	55	39
	15%	9%	21%	20%	17%	10%	13%	15%	16%	15%	12%	14%	15%	17%	19%
			a	c	c										
Self-employed- working 30 hours per week or more	62	39	24	18	20	24	-	9	7	6	3	12	12	10	4
	3%	4%	2%	3%	3%	3%	-	3%	4%	3%	1%	5%	4%	3%	2%
		b							a			ae	a		
Self-employed- working between 8 and 29 hours per week	88	42	46	27	29	32	4	10	6	8	14	5	21	14	7
	4%	4%	4%	4%	4%	4%	4%	4%	3%	4%	8%	2%	7%	4%	4%
											bcf		f		
Not working but seeking work or temporarily unemployed or sick	109	37	72	48	36	25	11	18	7	13	11	13	12	19	6
	5%	4%	7%	8%	5%	3%	11%	7%	4%	6%	6%	6%	4%	6%	3%
			a	c			cgi								
Student	113	19	93	107	5	1	4	11	7	14	11	10	33	17	6
	6%	2%	9%	18%	1%	*	4%	4%	4%	7%	7%	4%	10%	5%	3%
			a	bc									abcfhi		
Not working and not seeking work	173	41	132	47	82	44	12	26	15	21	18	22	16	33	11
	9%	4%	13%	8%	12%	6%	12%	10%	8%	10%	10%	10%	5%	10%	5%
			a		ac		gi	g		g	g	g		g	
Retired	396	315	80	1	6	389	22	51	41	37	37	45	35	66	61
	20%	32%	8%	*	1%	52%	23%	19%	21%	18%	21%	20%	11%	20%	29%
		b				ab	g	g	g	g	g	g		g	bcdgh

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	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	768	91	254	212	111	85	16	556	212	651	16	42	42	7	5	113
	38%	57%	53%	47%	45%	39%	3%	51%	23%	38%	36%	38%	53%	67%	38%	43%
		cdefh	defh	efh	fh	fh		efh	f				ac			
Working part time- working between 8 and 29 hours per week	307	21	79	75	47	73	11	176	131	267	10	17	11	-	1	39
	15%	14%	17%	17%	19%	33%	2%	16%	14%	15%	21%	16%	14%	-	7%	15%
		f	f	f	fh	abcdfgh		f	f							
Self-employed- working 30 hours per week or more	62	10	13	19	12	8	1	42	20	45	3	6	4	1	3	17
	3%	7%	3%	4%	5%	4%	*	4%	2%	3%	6%	6%	5%	9%	22%	7%
		bfh	f	fh	fh	f		fh	f			a				a
Self-employed- working between 8 and 29 hours per week	88	10	29	20	12	8	9	59	29	69	3	8	5	-	1	18
	4%	6%	6%	4%	5%	3%	2%	5%	3%	4%	8%	7%	7%	-	7%	7%
		fh	fh	f	f			fh								a
Not working but seeking work or temporarily unemployed or sick	109	4	11	13	13	10	58	28	81	90	5	7	3	-	1	17
	5%	3%	2%	3%	5%	5%	13%	3%	9%	5%	11%	7%	4%	-	6%	6%
					bg		abcdegh		abceg							
Student	113	9	17	60	17	7	3	85	27	70	5	17	10	1	1	34
	6%	6%	3%	13%	7%	3%	1%	8%	3%	4%	11%	15%	13%	8%	6%	13%
		f	f	abdefgh	bfh	f		befh	f		a	a	a			a
Not working and not seeking work	173	3	22	16	20	20	93	41	133	157	1	10	3	-	1	15
	9%	2%	5%	3%	8%	9%	20%	4%	14%	9%	2%	9%	3%	-	7%	6%
					acg	abcg	abcdegh		abcdeg							
Retired	396	9	55	38	16	8	270	101	294	384	2	3	1	2	1	8
	20%	5%	11%	8%	6%	4%	59%	9%	32%	22%	3%	3%	1%	15%	7%	3%
			ade	e			abcdegh	e	abcdeg	bcdg						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	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	768	411	173	158	330	31	38	636	16	17	4	13	-	6	6	70
	38%	33%	53%	45%	49%	66%	52%	94%	6%	26%	6%	10%	-	4%	2%	57%
			ac	a	a	defghij	defghij	abdefghijk	hj	dfghij	hj	hij		h		defghij
Working part time- working between 8 and 29 hours per week	307	154	53	87	140	9	30	19	221	5	4	9	4	4	4	40
	15%	12%	16%	25%	21%	19%	41%	3%	86%	7%	5%	7%	3%	2%	1%	33%
				ab	a	cefghij	acefghij		abcefghijk	j	j	cij				cefghij
Self-employed- working 30 hours per week or more	62	36	10	12	22	3	4	10	1	37	5	2	-	-	-	8
	3%	3%	3%	4%	3%	7%	6%	1%	*	55%	6%	1%	-	-	-	6%
						cdhij	cdhij	j		abcdfghijk	cdhij	j				cdghij
Self-employed- working between 8 and 29 hours per week	88	50	17	14	32	3	1	5	8	8	58	2	-	1	2	4
	4%	4%	5%	4%	5%	6%	1%	1%	3%	12%	80%	1%	-	*	*	3%
						chij			chij	bcdghijk	abcdeghijk					chij
Not working but seeking work or temporarily unemployed or sick	109	66	20	15	35	-	-	4	4	1	1	85	-	13	2	-
	5%	5%	6%	4%	5%	-	-	1%	2%	1%	1%	64%	-	8%	*	-
												abcdefhijk		abcdfhjk		
Student	113	61	18	18	36	-	-	-	5	-	-	6	101	1	1	-
	6%	5%	5%	5%	5%	-	-	-	2%	-	-	4%	93%	*	*	-
									c			cijk	abcdefgijk			
Not working and not seeking work	173	96	27	40	67	1	-	-	1	-	1	16	3	146	6	1
	9%	8%	8%	12%	10%	2%	-	-	*	-	1%	12%	2%	85%	1%	1%
				a		c					c	abcdefhjk	c	abcdefghjk	c	c

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										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Retired	396	380	6	3	9	-	-	-	1	-	-	-	1	2	392	-
	20%	30%	2%	1%	1%	-	-	-	*	-	-	-	1%	1%	95%	-
		bcd											c	c	abcdefghik	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	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	768	370	245	57	18	302	388	464	149	71	13	220	477	105	418	225	21	664
	38%	66%	70%	39%	48%	61%	64%	74%	61%	36%	38%	50%	72%	33%	38%	42%	26%	39%
		cd	cde			c	cd	bcde	cde			c	bcde		d	ad		d
Working part time- working between 8 and 29 hours per week	307	160	70	28	4	99	165	133	68	54	8	122	141	31	144	111	20	276
	15%	28%	20%	19%	12%	20%	27%	21%	28%	27%	25%	28%	21%	10%	13%	21%	25%	16%
		bcde					bcde		af			af				abe	abe	ab
Self-employed- working 30 hours per week or more	62	19	14	16	5	29	23	17	12	19	4	32	21	13	22	25	2	49
	3%	3%	4%	11%	13%	6%	4%	3%	5%	10%	14%	7%	3%	4%	2%	5%	2%	3%
				abef	abf	a				af	abf	af		b		be		
Self-employed- working between 8 and 29 hours per week	88	10	16	44	7	60	18	6	12	48	5	60	12	13	51	18	6	75
	4%	2%	4%	30%	20%	12%	3%	1%	5%	25%	16%	14%	2%	4%	5%	3%	7%	4%
			a	abef	abf	abf			af	abef	abf	abf						
Not working but seeking work or temporarily unemployed or sick	109	1	3	3	2	5	3	3	2	3	1	5	4	27	52	23	7	83
	5%	*	1%	2%	5%	1%	*	*	1%	1%	3%	1%	1%	9%	5%	4%	9%	5%
				a	abef	a					a			bce				
Student	113	2	-	1	1	1	3	2	-	1	2	1	4	3	27	67	16	110
	6%	*	-	*	2%	*	1%	*	-	*	5%	*	1%	1%	3%	12%	20%	6%
					be						abcef					abe	abe	ab
Not working and not seeking work	173	1	1	-	-	1	1	-	1	-	-	1	-	38	77	51	8	135
	9%	*	*	-	-	*	*	-	*	-	-	*	-	12%	7%	9%	10%	8%
														be				
Retired	396	1	-	-	-	-	1	1	-	-	-	-	1	84	294	17	1	312
	20%	*	-	-	-	-	*	*	-	-	-	-	*	27%	27%	3%	1%	18%
														cde	cde			cd

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Working full time- working 30 hours per week or more	768 38%	144 41%	511 39%	103 32% bf	86 22%	13 21%	567 45% abcef	184 27%	15 18%	649 40% b	119 29%	657 38%	109 40%
Working part time- working between 8 and 29 hours per week	307 15%	59 17%	212 16%	50 16%	51 13%	8 12%	195 15%	100 15%	8 10%	239 15%	68 16%	271 16%	34 13%
Self-employed- working 30 hours per week or more	62 3%	12 3%	36 3%	13 4%	17 4%	6 10% d	32 3%	30 4% d	4 5%	50 3%	13 3%	53 3%	8 3%
Self-employed- working between 8 and 29 hours per week	88 4%	24 7% b	50 4%	19 6% d	26 6% d	10 16% abde	37 3%	48 7% d	5 7% d	68 4%	19 5%	74 4%	11 4%
Not working but seeking work or temporarily unemployed or sick	109 5%	17 5%	62 5%	34 11% d	32 8% d	4 6%	49 4%	57 8% d	13 15% bde	85 5%	24 6%	86 5%	23 8% a
Student	113 6%	19 6%	81 6%	23 7% be	6 2%	1 1%	67 5% b	28 4% b	2 2%	90 6%	23 5%	91 5%	17 6%
Not working and not seeking work	173 9%	37 11% b	95 7%	65 20% d	69 17% d	10 16% d	58 5%	110 16% d	29 36% abcde	133 8%	41 10%	138 8%	33 12% a
Retired	396 20%	37 11%	272 21% a	14 4%	111 28% adef	11 17% a	255 20% af	129 19% af	6 7%	289 18%	107 26% a	355 21% b	39 14%

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D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?
BASE: All respondents

	Total	Number of days active										Life satisfaction score				Covid-19 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	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	768	109	61	126	145	108	102	29	88	440	219	143	220	319	82	238	185	250	90
	38%	26%	31%	39%	44%	43%	48%	50%	37%	40%	43%	32%	39%	42%	35%	38%	36%	40%	38%
				a	ab	ab	abchi	ab	a	ab	ab		a	a					
Working part time- working between 8 and 29 hours per week	307	56	28	49	65	32	34	6	37	174	78	71	92	103	36	90	97	83	36
	15%	13%	14%	15%	20%	13%	16%	11%	16%	16%	15%	16%	16%	14%	15%	14%	19%	13%	15%
					ae												ac		
Self-employed- working 30 hours per week or more	62	10	6	14	9	7	8	-	9	35	17	14	19	22	8	19	13	23	7
	3%	3%	3%	4%	3%	3%	4%	-	4%	3%	3%	3%	3%	3%	3%	3%	3%	4%	3%
Self-employed- working between 8 and 29 hours per week	88	14	13	20	6	14	10	2	8	54	20	20	28	31	7	23	24	31	8
	4%	3%	7%	6%	2%	6%	5%	3%	3%	5%	4%	5%	5%	4%	3%	4%	5%	5%	3%
			d	d		d				d									
Not working but seeking work or temporarily unemployed or sick	109	25	11	18	14	19	10	2	12	61	23	42	29	29	9	33	22	33	20
	5%	6%	6%	6%	4%	8%	5%	3%	5%	6%	5%	10%	5%	4%	4%	5%	4%	5%	9%
												bcd							b
Student	113	12	14	22	23	17	12	3	10	76	25	37	35	28	7	43	31	24	7
	6%	3%	7%	7%	7%	7%	6%	4%	4%	7%	5%	8%	6%	4%	3%	7%	6%	4%	3%
			a	a	a	a				a		cd	c			cd			
Not working and not seeking work	173	52	22	24	20	13	14	3	26	79	43	56	46	45	19	42	39	58	31
	9%	12%	11%	7%	6%	5%	7%	5%	11%	7%	9%	13%	8%	6%	8%	7%	8%	9%	13%
		cdefi	dei						dei			bc							ab
Retired	396	136	41	53	45	39	22	14	46	177	83	58	92	180	66	136	98	118	40
	20%	33%	21%	16%	14%	16%	10%	24%	20%	16%	16%	13%	16%	24%	28%	22%	19%	19%	17%
		bcdefhij	df					df	f	f	f			ab	ab				

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?
BASE: All respondents

		Amount of activity now compared to last year		
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Working full time- working 30 hours per week or more	768	306	260	198
	38%	44%	35%	36%
		bc		
Working part time- working between 8 and 29 hours per week	307	106	119	82
	15%	15%	16%	15%
Self-employed- working 30 hours per week or more	62	17	26	17
	3%	3%	4%	3%
Self-employed- working between 8 and 29 hours per week	88	25	27	35
	4%	4%	4%	6%
				ab
Not working but seeking work or temporarily unemployed or sick	109	44	34	28
	5%	6%	5%	5%
Student	113	54	17	34
	6%	8%	2%	6%
		b		b
Not working and not seeking work	173	56	71	42
	9%	8%	9%	8%
Retired	396	80	197	116
	20%	12%	26%	21%
			ac	a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	47	24	23	17	16	14	3	8	2	9	3	7	4	11	1
	2%	2%	2%	3%	2%	2%	3%	3%	1%	4%	2%	3%	1%	3%	*
							i	i		cgi		i		i	
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	74	26	47	43	22	9	3	11	5	10	6	2	18	14	5
	4%	3%	5%	7%	3%	1%	3%	4%	3%	5%	4%	1%	6%	4%	2%
			a	bc	c					f			f		
Working full time- working 30 hours per week or more	674	352	320	218	327	129	26	87	74	66	51	69	129	103	69
	33%	36%	31%	36%	50%	17%	27%	33%	37%	31%	29%	31%	41%	31%	33%
		b		c	ac								adefh		
Working part time- working between 8 and 29 hours per week	257	80	176	95	97	65	11	37	26	27	21	29	35	38	33
	13%	8%	17%	16%	15%	9%	12%	14%	13%	13%	12%	13%	11%	12%	16%
			a	c	c										
Self-employed- working 30 hours per week or more	68	39	28	12	28	29	1	4	10	8	7	10	13	8	8
	3%	4%	3%	2%	4%	4%	1%	1%	5%	4%	4%	4%	4%	2%	4%
					a	a			ab				b		
Self-employed- working between 8 and 29 hours per week	73	38	35	16	30	27	3	9	6	6	7	6	16	11	8
	4%	4%	3%	3%	5%	4%	3%	3%	3%	3%	4%	3%	5%	3%	4%
Not working but seeking work or temporarily unemployed or sick	131	42	88	55	48	27	11	22	8	12	13	22	13	24	6
	7%	4%	9%	9%	7%	4%	11%	8%	4%	6%	7%	10%	4%	7%	3%
			a	c	c		cgi	gi				i		cgi		i
Student	108	18	89	106	2	-	4	10	9	12	9	10	31	17	6
	5%	2%	9%	17%	*	-	4%	4%	4%	6%	5%	4%	10%	5%	3%
			a	bc									abcfhi		
Not working and not seeking work	172	38	134	48	84	41	11	24	16	21	18	19	17	34	12
	9%	4%	13%	8%	13%	5%	11%	9%	8%	10%	11%	9%	6%	10%	6%
			a		ac		g			g	g			g	
Retired	413	328	84	-	7	406	24	52	42	39	38	49	38	70	61
	20%	33%	8%	-	1%	54%	25%	20%	21%	18%	22%	22%	12%	21%	29%
		b			a	ab	g	g	g	g	g	g		g	bdgh

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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 | 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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	121	50	70	60	38	24	6	18	7	19	9	9	22	25	5
	6%	5%	7%	10%	6%	3%	7%	7%	4%	9%	5%	4%	7%	8%	3%
				bc	c			i		ci			i	i	

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	47	6	14	9	10	8	-	29	18	40	1	1	2	2	-	6
	2%	4%	3%	2%	4%	4%	-	3%	2%	2%	2%	1%	3%	15%	-	2%
		f	f	f	fh	f		f	f							
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	74	14	21	17	12	7	3	52	22	61	3	5	3	1	1	13
	4%	9%	4%	4%	5%	3%	1%	5%	2%	4%	8%	5%	3%	9%	8%	5%
		bcefgh	fh	f	fh	f		fh	f							
Working full time- working 30 hours per week or more	674	72	224	197	99	78	4	492	181	563	16	38	43	4	5	107
	33%	46%	47%	43%	40%	36%	1%	45%	20%	33%	36%	34%	54%	44%	38%	41%
		efh	efh	efh	fh	fh		efh	f				abcg			a
Working part time- working between 8 and 29 hours per week	257	25	65	64	35	64	4	154	103	222	10	18	6	-	1	35
	13%	16%	14%	14%	14%	29%	1%	14%	11%	13%	22%	16%	7%	-	7%	13%
		f	f	f	f	abcdfgh		fh	f		d					
Self-employed- working 30 hours per week or more	68	14	14	17	11	11	2	45	24	53	2	7	5	-	1	15
	3%	9%	3%	4%	4%	5%	*	4%	3%	3%	4%	6%	7%	-	7%	6%
		bcfgh	f	f	f	fh		f	f			a				a
Self-employed- working between 8 and 29 hours per week	73	6	30	14	12	4	6	50	23	60	2	6	2	-	2	11
	4%	4%	6%	3%	5%	2%	1%	5%	2%	3%	4%	5%	2%	-	15%	4%
			cefh		fh			fh								
Not working but seeking work or temporarily unemployed or sick	131	1	14	17	18	15	66	32	99	109	2	11	3	1	1	18
	7%	1%	3%	4%	7%	7%	14%	3%	11%	6%	5%	10%	3%	9%	6%	7%
				a	abcg	abg	abcdeg		abcg							
Student	108	8	19	59	14	6	3	85	23	69	5	13	10	1	1	30
	5%	5%	4%	13%	6%	3%	1%	8%	2%	4%	11%	12%	13%	8%	6%	12%
		f	f	abdefgh	fh	f		befh	f		a	a	a			a
Not working and not seeking work	172	3	22	20	19	17	91	45	127	156	2	8	3	-	1	14
	9%	2%	5%	4%	8%	8%	20%	4%	14%	9%	4%	7%	4%	-	7%	6%
					ag	ag	abcdegh		abcdeg							
Retired	413	9	58	39	18	9	281	105	308	399	2	4	2	2	1	11
	20%	5%	12%	9%	7%	4%	61%	10%	33%	23%	3%	4%	3%	15%	7%	4%
			ade	e			abcdegh	e	abcdeg	bcdg						

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	121	20	35	26	22	15	3	81	40	101	4	6	5	2	1	19
	6%	13%	7%	6%	9%	7%	1%	7%	4%	6%	10%	5%	6%	24%	8%	7%
		bcefgh	fh	f	fh	f		fh	f							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	47	30	8	6	14	47	-	-	-	-	-	-	-	-	-	47
	2%	2%	3%	2%	2%	100%	-	-	-	-	-	-	-	-	-	39%
						bcdefghijk										bcdefghij
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	74	35	17	16	33	-	74	-	-	-	-	-	-	-	-	74
	4%	3%	5%	5%	5%	-	100%	-	-	-	-	-	-	-	-	61%
		a			a		acdefghijk									acdefghij
Working full time- working 30 hours per week or more	674	344	151	155	305	-	-	674	-	-	-	-	-	-	-	-
	33%	27%	47%	45%	45%	-	-	100%	-	-	-	-	-	-	-	-
			a	a	a			abdefghijk								
Working part time- working between 8 and 29 hours per week	257	134	42	71	113	-	-	-	257	-	-	-	-	-	-	-
	13%	11%	13%	20%	17%	-	-	-	100%	-	-	-	-	-	-	-
				ab	a				abcefghijk							
Self-employed- working 30 hours per week or more	68	40	14	9	23	-	-	-	-	68	-	-	-	-	-	-
	3%	3%	4%	3%	3%	-	-	-	-	100%	-	-	-	-	-	-
										abcdfghijk						
Self-employed- working between 8 and 29 hours per week	73	47	12	13	25	-	-	-	-	-	73	-	-	-	-	-
	4%	4%	4%	4%	4%	-	-	-	-	-	100%	-	-	-	-	-
											abcdeghijk					

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	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	131	73	27	19	46	-	-	-	-	-	-	131	-	-	-	-
	7%	6%	8%	5%	7%	-	-	-	-	-	-	100% abcdefhijk	-	-	-	-
Student	108	58	16	17	33	-	-	-	-	-	-	-	108	-	-	-
	5%	5%	5%	5%	5%	-	-	-	-	-	-	-	100% abcdefgijk	-	-	-
Not working and not seeking work	172	97	31	38	69	-	-	-	-	-	-	-	-	172	-	-
	9%	8%	10%	11%	10%	-	-	-	-	-	-	-	-	100% abcdefghjk	-	-
Retired	413	397	6	4	10	-	-	-	-	-	-	-	-	-	413	-
	20%	32% bcd	2%	1%	1%	-	-	-	-	-	-	-	-	-	100% abcdefghik	-
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	121	65	25	23	48	47	74	-	-	-	-	-	-	-	-	121
	6%	5%	8%	7%	7%	100% cdefghij	100% cdefghij	-	-	-	-	-	-	-	-	100% cdefghij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	47	-	-	-	-	-	-	-	-	-	-	-	-	12	25	8	2	36
	2%	-	-	-	-	-	-	-	-	-	-	-	-	4%	2%	2%	2%	2%
														c				
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	74	31	31	11	1	42	31	22	31	17	2	48	24	8	38	19	9	66
	4%	5%	9%	7%	2%	8%	5%	4%	13%	8%	6%	11%	4%	3%	3%	4%	11%	4%
			af			af			af	af		af					abce	
Working full time- working 30 hours per week or more	674	354	220	57	19	277	373	452	124	68	15	192	468	85	354	214	20	589
	33%	63%	63%	38%	52%	56%	62%	72%	51%	34%	46%	44%	71%	27%	33%	40%	25%	35%
		ce	ce			c	ce	bcde	c			c	bcde			abde		a
Working part time- working between 8 and 29 hours per week	257	151	58	27	8	84	159	129	57	49	11	106	140	25	126	93	12	232
	13%	27%	17%	18%	23%	17%	26%	21%	23%	25%	33%	24%	21%	8%	12%	17%	15%	14%
		bce					bce									abe	a	a
Self-employed- working 30 hours per week or more	68	21	20	19	5	38	26	17	20	24	1	44	18	12	35	21	1	57
	3%	4%	6%	13%	12%	8%	4%	3%	8%	12%	4%	10%	3%	4%	3%	4%	1%	3%
				abf	af	af			af	af		af						
Self-employed- working between 8 and 29 hours per week	73	8	19	36	4	55	12	5	13	39	4	52	9	13	42	13	4	59
	4%	1%	5%	24%	11%	11%	2%	1%	5%	20%	12%	12%	1%	4%	4%	2%	5%	3%
			af	abef	af	abf			af	abef	af	abf						
Not working but seeking work or temporarily unemployed or sick	131	-	-	-	-	-	-	-	-	-	-	-	-	27	59	37	8	104
	7%	-	-	-	-	-	-	-	-	-	-	-	-	9%	5%	7%	10%	6%
														b				
Student	108	-	-	-	-	-	-	-	-	-	-	-	-	2	27	65	14	106
	5%	-	-	-	-	-	-	-	-	-	-	-	-	1%	2%	12%	18%	6%
																a	abe	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Not working and not seeking work	172	-	-	-	-	-	-	-	-	-	-	-	-	38	77	48	9	134
	9%	-	-	-	-	-	-	-	-	-	-	-	-	12%	7%	9%	11%	8%
														be				
Retired	413	-	-	-	-	-	-	-	-	-	-	-	-	92	303	17	1	321
	20%	-	-	-	-	-	-	-	-	-	-	-	-	29%	28%	3%	1%	19%
														cde	cde			cd
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	121	31	31	11	1	42	31	22	31	17	2	48	24	20	63	28	10	101
	6%	5%	9%	7%	2%	8%	5%	4%	13%	8%	6%	11%	4%	6%	6%	5%	13%	6%
			af			af			af	af		af					abce	abce

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	47	4	31	8	7	1	33	13	2	38	10	40	7
	2%	1%	2%	2%	2%	1%	3%	2%	2%	2%	2%	2%	3%
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	74	30	35	27	20	5	27	45	4	65	9	62	12
	4%	9%	3%	8%	5%	9%	2%	7%	5%	4%	2%	4%	4%
		b		d	d	d		d					
Working full time- working 30 hours per week or more	674	118	464	83	71	9	509	150	12	576	97	581	90
	33%	34%	35%	26%	18%	15%	40%	22%	14%	36%	24%	34%	33%
				bf			abcef			b			
Working part time- working between 8 and 29 hours per week	257	48	179	39	36	10	168	77	7	193	64	222	34
	13%	14%	14%	12%	9%	15%	13%	11%	9%	12%	15%	13%	13%
							b						
Self-employed- working 30 hours per week or more	68	25	30	10	19	8	35	33	4	50	19	61	6
	3%	7%	2%	3%	5%	13%	3%	5%	4%	3%	4%	4%	2%
		b				abde		d					
Self-employed- working between 8 and 29 hours per week	73	12	47	17	20	3	36	36	4	57	15	63	7
	4%	4%	4%	5%	5%	5%	3%	5%	4%	4%	4%	4%	3%
				d	d			d					
Not working but seeking work or temporarily unemployed or sick	131	18	82	38	32	6	62	64	11	102	29	107	23
	7%	5%	6%	12%	8%	10%	5%	9%	13%	6%	7%	6%	8%
				d	d			d	d				
Student	108	21	76	21	6	1	64	27	2	88	20	83	18
	5%	6%	6%	7%	2%	1%	5%	4%	2%	5%	5%	5%	7%
				b				b	b				

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Not working and not seeking work	172	33	96	61	73	8	58	107	31	134	38	137	32
	9%	10%	7%	19%	18%	12%	5%	16%	38%	8%	9%	8%	12%
				d	d	d		d	abcde				a
Retired	413	40	279	17	116	11	268	134	7	300	113	368	45
	20%	11%	21%	5%	29%	17%	21%	20%	9%	19%	27%	21%	16%
			a		acdef	a	af	af			a		b
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	121	34	67	34	27	6	60	59	6	103	19	103	19
	6%	10%	5%	11%	7%	10%	5%	9%	7%	6%	5%	6%	7%
		b		d				d					

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	47	10	7	10	6	8	3	1	3	30	7	14	11	20	2	11	13	16	7
	2%	2%	3%	3%	2%	3%	2%	2%	1%	3%	1%	3%	2%	3%	1%	2%	3%	3%	3%
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	74	5	12	11	20	7	5	5	8	51	18	19	24	21	11	17	26	17	14
	4%	1%	6%	3%	6%	3%	3%	8%	3%	5%	4%	4%	4%	3%	5%	3%	5%	3%	6%
			a	a	a			a		a	a						ac		ac
Working full time- working 30 hours per week or more	674	90	52	121	123	90	96	25	78	385	198	114	194	287	74	216	161	216	76
	33%	22%	27%	37%	38%	36%	45%	43%	33%	35%	39%	26%	35%	38%	32%	35%	32%	35%	32%
				ab	ab	ab	abhi	ab	a	ab	ab		a	a					
Working part time- working between 8 and 29 hours per week	257	50	20	37	52	36	23	4	34	145	62	63	82	81	26	80	79	71	25
	13%	12%	10%	11%	16%	14%	11%	7%	15%	13%	12%	14%	15%	11%	11%	13%	16%	11%	11%
													c				c		
Self-employed- working 30 hours per week or more	68	12	3	12	12	8	10	1	11	34	21	11	22	26	8	16	12	30	10
	3%	3%	1%	4%	4%	3%	5%	1%	5%	3%	4%	3%	4%	3%	4%	3%	2%	5%	4%
																		ab	
Self-employed- working between 8 and 29 hours per week	73	16	10	15	3	9	12	1	8	36	21	20	16	29	7	23	17	25	8
	4%	4%	5%	4%	1%	4%	5%	1%	3%	3%	4%	4%	3%	4%	3%	4%	3%	4%	3%
		d	d	d		d	d		d	d	d								
Not working but seeking work or temporarily unemployed or sick	131	26	16	22	19	20	12	2	14	76	28	48	36	32	13	43	27	38	21
	7%	6%	8%	7%	6%	8%	6%	4%	6%	7%	6%	11%	6%	4%	6%	7%	5%	6%	9%
												bcd							
Student	108	11	14	20	23	17	12	3	9	74	23	33	33	30	6	41	30	25	6
	5%	3%	7%	6%	7%	7%	6%	4%	4%	7%	5%	7%	6%	4%	2%	7%	6%	4%	3%
			a	a	a	a				a		cd	d			cd	d		
Not working and not seeking work	172	53	20	24	22	13	14	3	22	80	39	56	47	48	16	39	41	59	30
	9%	13%	10%	8%	7%	5%	7%	5%	9%	7%	8%	13%	8%	6%	7%	6%	8%	9%	13%
		cdefij	e									bcd						a	ab
Retired	413	141	41	54	46	41	25	14	50	182	89	64	95	182	73	141	103	123	41
	20%	34%	21%	17%	14%	16%	12%	24%	21%	17%	18%	14%	17%	24%	31%	22%	20%	20%	17%
		bcdefhij	df						f	df				ab	abc				

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	121	15	19	21	27	15	9	5	11	81	25	32	35	41	13	27	39	33	21
	6%	4%	10%	6%	8%	6%	4%	9%	5%	7%	5%	7%	6%	5%	5%	4%	8%	5%	9%
			afhj		a				a		a							a	a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Currently furloughed	47	19	13	14
	2%	3%	2%	3%
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	74	35	22	16
	4%	5%	3%	3%
		bc		
Working full time- working 30 hours per week or more	674	264	235	172
	33%	38%	31%	31%
		bc		
Working part time- working between 8 and 29 hours per week	257	88	100	69
	13%	13%	13%	13%
Self-employed- working 30 hours per week or more	68	16	30	21
	3%	2%	4%	4%
Self-employed- working between 8 and 29 hours per week	73	25	22	25
	4%	4%	3%	5%
Not working but seeking work or temporarily unemployed or sick	131	54	39	35
	7%	8%	5%	6%
		b		
Student	108	50	17	32
	5%	7%	2%	6%
		b		b
Not working and not seeking work	172	52	72	44
	9%	7%	10%	8%
Retired	413	85	202	124
	20%	12%	27%	23%
			a	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

		Amount of activity now compared to last year		
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	121	54	35	30
	6%	8%	5%	5%
		b		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	1193	563	627	423	533	237	54	162	130	124	103	88	220	178	134
Total	1145	536	606	384	503	258	44	147	121	117	93	116	210	174	123
	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	565	252	310	185	249	131	25	78	65	55	43	60	93	88	58
	49%	47%	51%	48%	50%	51%	57%	53%	54%	46%	46%	51%	44%	51%	47%
I mostly travelled to work pre-Covid-19, but now I work more from home	348	171	176	124	166	57	11	35	29	38	26	35	76	55	41
	30%	32%	29%	32%	33%	22%	25%	24%	24%	33%	28%	31%	36%	32%	33%
				c	c								bc		
I mostly worked from home pre-Covid-19, and this is mostly still the case	149	76	72	42	53	54	4	18	18	16	16	12	27	19	19
	13%	14%	12%	11%	11%	21%	9%	12%	15%	13%	18%	10%	13%	11%	15%
						ab									
I mostly worked from home pre-Covid-19, but now I travel to work more	37	14	23	13	17	7	2	4	3	5	5	4	6	4	4
	3%	3%	4%	3%	3%	3%	5%	3%	2%	4%	6%	3%	3%	2%	3%
None of the above	47	22	25	21	17	9	2	11	5	4	2	5	8	8	2
	4%	4%	4%	5%	3%	4%	3%	7%	4%	3%	3%	4%	4%	5%	2%
								i							
NET: Working from home more during COVID-19	496	247	248	166	220	111	15	54	47	54	42	47	103	74	59
	43%	46%	41%	43%	44%	43%	34%	36%	39%	46%	46%	41%	49%	42%	48%
													ab		b
NET: Mostly travelling to work during COVID-19	602	267	333	198	266	138	28	83	68	60	48	63	99	92	61
	53%	50%	55%	51%	53%	53%	63%	56%	57%	51%	52%	55%	47%	53%	50%
							g								

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	1193	130	347	315	191	188	22	792	401	994	35	80	62	6	11	194
Total	1145	131	353	309	168	165	19	793	352	959	33	75	58	5	11	181
	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	565	53	126	154	110	114	8	334	231	492	14	25	25	2	5	70
	49%	41%	36%	50%	65%	69%	40%	42%	66%	51%	43%	34%	43%	33%	43%	39%
				bg	abcg	abcg		b	abcg	cg						
I mostly travelled to work pre-Covid-19, but now I work more from home	348	46	152	101	27	20	2	299	48	282	8	35	15	4	3	65
	30%	35%	43%	33%	16%	12%	9%	38%	14%	29%	23%	47%	26%	67%	28%	36%
		deh	cdeh	deh				deh				abd				
I mostly worked from home pre-Covid-19, and this is mostly still the case	149	23	50	42	13	14	6	116	33	121	6	6	11	-	3	27
	13%	18%	14%	14%	8%	8%	29%	15%	9%	13%	20%	9%	19%	-	29%	15%
		deh	dh	d				deh								
I mostly worked from home pre-Covid-19, but now I travel to work more	37	4	13	4	7	6	3	21	16	27	3	4	3	-	-	10
	3%	3%	4%	1%	4%	4%	18%	3%	4%	3%	9%	5%	6%	-	-	6%
			c						c		a					
None of the above	47	4	11	8	12	12	1	23	24	38	2	4	4	-	-	9
	4%	3%	3%	3%	7%	7%	4%	3%	7%	4%	5%	5%	6%	-	-	5%
					bcg	bcg			bcg							
NET: Working from home more during COVID-19	496	69	203	143	40	34	7	415	81	403	14	42	27	4	6	92
	43%	53%	57%	46%	24%	20%	38%	52%	23%	42%	43%	56%	45%	67%	57%	51%
		deh	cdeh	deh				deh				a				a
NET: Mostly travelling to work during COVID-19	602	57	139	158	116	120	11	355	247	519	17	29	28	2	5	80
	53%	44%	39%	51%	69%	73%	58%	45%	70%	54%	52%	39%	48%	33%	43%	44%
				b	abcg	abcg			abcg	cg						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	b	c	d	e	f	*g	*h	*i	*j	k
Unweighted Total	1193	637	238	265	503	-	82	707	265	67	72	-	-	-	-	82
Total	1145	600	235	264	499	-	74	674	257	68	73	-	-	-	-	74
	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	565	301	112	131	243	-	31	354	151	21	8	-	-	-	-	31
	49%	50%	48%	50%	49%	-	41%	53%	59%	31%	11%	-	-	-	-	41%
							f	ef	befk	f						f
I mostly travelled to work pre-Covid-19, but now I work more from home	348	170	71	98	169	-	31	220	58	20	19	-	-	-	-	31
	30%	28%	30%	37%	34%	-	42%	33%	22%	29%	26%	-	-	-	-	42%
				a	a		df	d								df
I mostly worked from home pre-Covid-19, and this is mostly still the case	149	83	36	21	56	-	11	57	27	19	36	-	-	-	-	11
	13%	14%	15%	8%	11%	-	14%	8%	10%	27%	50%	-	-	-	-	14%
		c	c							cd	bcdek					
I mostly worked from home pre-Covid-19, but now I travel to work more	37	17	8	7	15	-	1	19	8	5	4	-	-	-	-	1
	3%	3%	3%	2%	3%	-	1%	3%	3%	7%	6%	-	-	-	-	1%
None of the above	47	29	8	8	16	-	1	24	13	4	5	-	-	-	-	1
	4%	5%	3%	3%	3%	-	1%	4%	5%	6%	7%	-	-	-	-	1%
NET: Working from home more during COVID-19	496	253	107	118	225	-	42	277	84	38	55	-	-	-	-	42
	43%	42%	46%	45%	45%	-	57%	41%	33%	56%	76%	-	-	-	-	57%
							cd	d		cd	bcdek					cd
NET: Mostly travelling to work during COVID-19	602	318	120	138	258	-	31	373	159	26	12	-	-	-	-	31
	53%	53%	51%	52%	52%	-	42%	55%	62%	38%	17%	-	-	-	-	42%
							f	befk	befk	f						f

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	1193	594	358	151	39	509	633	657	257	195	37	452	694	154	616	372	51	1039
Total	1145	565	348	149	37	496	602	626	245	196	33	441	659	143	594	361	46	1002
	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	565	565	-	-	-	-	565	448	61	38	12	99	459	63	289	190	23	502
	49%	100%	-	-	-	-	94%	72%	25%	20%	35%	22%	70%	44%	49%	53%	50%	50%
		bcdef					bcde	bcde			c		bcde					
I mostly travelled to work pre-Covid-19, but now I work more from home	348	-	348	-	-	348	-	121	154	66	4	220	125	45	179	111	12	302
	30%	-	100%	-	-	70%	-	19%	63%	33%	12%	50%	19%	32%	30%	31%	26%	30%
			acdef			acdf			acdef	adf		acdf						
I mostly worked from home pre-Covid-19, and this is mostly still the case	149	-	-	149	-	149	-	32	25	79	4	104	37	24	82	36	6	125
	13%	-	-	100%	-	30%	-	5%	10%	40%	13%	24%	6%	17%	14%	10%	14%	12%
				abdef		abdf			af	abdef	a	abf		c				
I mostly worked from home pre-Covid-19, but now I travel to work more	37	-	-	-	37	-	37	12	4	9	11	12	22	7	17	10	3	30
	3%	-	-	-	100%	-	6%	2%	1%	4%	32%	3%	3%	5%	3%	3%	6%	3%
					abcef		abce				a		abcef					
None of the above	47	-	-	-	-	-	-	13	2	4	2	6	16	4	27	14	2	43
	4%	-	-	-	-	-	-	2%	1%	2%	7%	1%	2%	3%	5%	4%	4%	4%
											abe							
NET: Working from home more during COVID-19	496	-	348	149	-	496	-	153	179	145	8	324	162	69	261	148	18	427
	43%	-	100%	100%	-	100%	-	24%	73%	74%	25%	73%	25%	48%	44%	41%	40%	43%
			adf	adf		adf			adf	adf		adf						
NET: Mostly travelling to work during COVID-19	602	565	-	-	37	-	602	459	64	47	22	112	482	70	306	200	26	532
	53%	100%	-	-	100%	-	100%	73%	26%	24%	68%	25%	73%	49%	52%	55%	56%	53%
		bce			bce		bce	bce				bce	bce					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	1193	245	779	191	171	38	800	359	33	984	209	1023	163
Total	1145	233	755	176	166	36	774	341	30	941	204	990	149
	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	565	96	399	78	71	12	399	149	9	474	90	497	66
	49%	41%	53%	44%	43%	34%	51%	44%	32%	50%	44%	50%	45%
			a				bcef						
I mostly travelled to work pre-Covid-19, but now I work more from home	348	80	219	54	48	10	239	103	9	292	56	299	47
	30%	34%	29%	31%	29%	28%	31%	30%	30%	31%	28%	30%	32%
I mostly worked from home pre-Covid-19, and this is mostly still the case	149	41	81	28	33	9	87	57	10	113	36	127	21
	13%	18%	11%	16%	20%	24%	11%	17%	33%	12%	18%	13%	14%
		b			d	d		d	ade		a		
I mostly worked from home pre-Covid-19, but now I travel to work more	37	8	21	10	6	3	17	19	-	28	9	24	10
	3%	3%	3%	6%	4%	9%	2%	6%	-	3%	4%	2%	7%
				d		d		d					a
None of the above	47	9	34	5	8	2	33	13	2	34	13	42	4
	4%	4%	5%	3%	5%	4%	4%	4%	5%	4%	6%	4%	3%
NET: Working from home more during COVID-19	496	121	300	82	81	19	326	160	19	404	92	426	68
	43%	52%	40%	47%	49%	52%	42%	47%	63%	43%	45%	43%	46%
		b							d				
NET: Mostly travelling to work during COVID-19	602	103	421	88	77	16	415	168	9	502	99	522	77
	53%	44%	56%	50%	46%	43%	54%	49%	32%	53%	49%	53%	51%
			a	f			f						

Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	1193	176	102	201	220	160	154	37	143	683	334	245	358	450	129	366	309	370	141
Total	1145	173	96	195	210	150	146	36	139	651	321	227	339	444	126	352	295	358	133
	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	565	98	38	83	107	63	75	23	76	292	174	111	159	210	80	206	124	175	57
	49%	57%	40%	43%	51%	42%	52%	64%	55%	45%	54%	49%	47%	47%	63%	58%	42%	49%	43%
		bcei						bcei	bcei		bcei				abc	bcd			
I mostly travelled to work pre-Covid-19, but now I work more from home	348	42	33	65	68	54	48	9	28	220	85	63	105	150	29	90	99	110	48
	30%	24%	34%	33%	33%	36%	33%	24%	20%	34%	27%	28%	31%	34%	23%	25%	33%	31%	36%
			h	h	h	ahj	h			ahj				d			a		a
I mostly worked from home pre-Covid-19, and this is mostly still the case	149	19	18	30	21	24	15	3	19	92	38	38	38	57	14	41	48	41	17
	13%	11%	18%	15%	10%	16%	10%	10%	14%	14%	12%	17%	11%	13%	11%	12%	16%	11%	13%
			d									b							
I mostly worked from home pre-Covid-19, but now I travel to work more	37	5	3	9	6	6	2	1	5	24	8	5	17	15	-	5	10	15	6
	3%	3%	3%	5%	3%	4%	1%	2%	4%	4%	2%	2%	5%	3%	-	1%	4%	4%	5%
													d	d				a	a
None of the above	47	9	4	8	8	3	6	-	9	23	15	9	19	12	4	11	14	16	4
	4%	5%	4%	4%	4%	2%	4%	-	7%	3%	5%	4%	6%	3%	3%	3%	5%	5%	3%
									e				c						
NET: Working from home more during COVID-19	496	61	51	95	89	78	63	12	48	312	123	101	143	207	43	130	147	151	66
	43%	35%	53%	49%	42%	52%	43%	34%	34%	48%	38%	45%	42%	47%	34%	37%	50%	42%	49%
			ahj	ahj		ahj				ahj		d		d			a		a
NET: Mostly travelling to work during COVID-19	602	103	41	93	114	69	77	23	82	317	182	116	176	225	80	211	135	191	63
	53%	60%	43%	47%	54%	46%	53%	66%	59%	49%	57%	51%	52%	51%	63%	60%	46%	53%	47%
		bcei						bcei	bcei		bcei				abc	bd		b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	1193	452	419	317
Total	1145	428	409	303
	100%	100%	100%	100%
I mostly travelled to work pre-Covid-19, and this is mostly still the case	565	224	204	134
	49%	52%	50%	44%
		c		
I mostly travelled to work pre-Covid-19, but now I work more from home	348	129	114	103
	30%	30%	28%	34%
I mostly worked from home pre-Covid-19, and this is mostly still the case	149	48	53	47
	13%	11%	13%	16%
I mostly worked from home pre-Covid-19, but now I travel to work more	37	14	13	10
	3%	3%	3%	3%
None of the above	47	13	24	10
	4%	3%	6%	3%
			a	
NET: Working from home more during COVID-19	496	177	167	150
	43%	41%	41%	49%
				ab
NET: Mostly travelling to work during COVID-19	602	238	218	143
	53%	55%	53%	47%
		c		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	1193	563	627	423	533	237	54	162	130	124	103	88	220	178	134
Total	1145	536	606	384	503	258	44	147	121	117	93	116	210	174	123
	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	626	301	324	186	296	144	29	85	67	67	56	66	96	93	67
	55%	56%	53%	48%	59%	56%	65%	58%	55%	57%	61%	57%	46%	53%	55%
					a		g	g		g	g				
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	245	105	139	107	108	29	5	20	32	31	10	20	64	36	26
	21%	20%	23%	28%	22%	11%	12%	14%	26%	27%	11%	17%	30%	21%	21%
				bc	c				abe	abe			abefh	e	e
I mostly worked flexible hours pre-Covid-19, and this is still the case	196	98	97	57	72	67	8	26	18	16	18	25	31	32	22
	17%	18%	16%	15%	14%	26%	17%	17%	15%	13%	20%	22%	15%	18%	18%
						ab									
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	33	12	21	18	12	3	1	8	1	3	4	1	9	5	2
	3%	2%	3%	5%	2%	1%	2%	5%	1%	2%	4%	1%	4%	3%	1%
				bc				c							
None of the above	45	20	24	16	15	14	2	8	3	1	4	3	10	8	6
	4%	4%	4%	4%	3%	5%	4%	5%	3%	1%	4%	2%	5%	5%	5%
								d					d	d	d
NET: Working more flexible hours during COVID-19	441	203	236	164	181	96	13	46	50	47	29	46	95	68	48
	39%	38%	39%	43%	36%	37%	29%	31%	41%	40%	31%	39%	45%	39%	39%
				b									abe		
NET: Mostly working standard hours during COVID 19	659	313	346	204	307	148	30	93	67	69	60	68	105	98	69
	58%	58%	57%	53%	61%	57%	67%	63%	56%	59%	65%	58%	50%	56%	56%
					a		g	g			g				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	1193	130	347	315	191	188	22	792	401	994	35	80	62	6	11	194
Total	1145	131	353	309	168	165	19	793	352	959	33	75	58	5	11	181
	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	626	53	168	194	103	104	4	415	211	548	14	29	26	3	3	74
	55%	41%	48%	63%	61%	63%	18%	52%	60%	57%	42%	38%	44%	65%	26%	41%
				abg	abg	abg		a	abg	cdg						
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	245	47	83	56	31	26	2	186	58	194	8	25	13	2	3	51
	21%	36%	24%	18%	18%	16%	9%	24%	17%	20%	25%	34%	22%	35%	25%	28%
		bcdegh	eh					ceh				a				a
I mostly worked flexible hours pre-Covid-19, and this is still the case	196	25	80	45	21	19	7	150	47	158	5	15	13	-	4	37
	17%	19%	23%	15%	12%	11%	38%	19%	13%	16%	15%	20%	22%	-	39%	21%
			cdeh					deh								
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	33	4	9	5	3	7	6	17	16	23	3	2	4	-	1	11
	3%	3%	2%	2%	2%	4%	31%	2%	5%	2%	9%	3%	7%	-	9%	6%
									cg		a		a			a
None of the above	45	2	13	9	10	9	1	25	20	36	3	3	3	-	-	9
	4%	1%	4%	3%	6%	6%	4%	3%	6%	4%	8%	4%	5%	-	-	5%
					a				ag							
NET: Working more flexible hours during COVID-19	441	72	163	101	52	44	9	336	105	352	13	41	26	2	7	88
	39%	55%	46%	33%	31%	27%	47%	42%	30%	37%	41%	54%	44%	35%	65%	49%
		cdegh	cdeh					cdeh				a				a
NET: Mostly working standard hours during COVID 19	659	57	176	199	107	111	9	432	227	571	17	31	30	3	4	85
	58%	44%	50%	64%	63%	68%	49%	54%	65%	60%	51%	42%	51%	65%	35%	47%
				abg	abg	abg		a	abg	cg						

Savanta:
ComRes

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	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	*a	b	c	d	e	f	*g	*h	*i	*j	k
Unweighted Total	1193	637	238	265	503	-	82	707	265	67	72	-	-	-	-	82
Total	1145	600	235	264	499	-	74	674	257	68	73	-	-	-	-	74
	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	626	348	121	134	256	-	22	452	129	17	5	-	-	-	-	22
	55%	58%	52%	51%	51%	-	30%	67%	50%	25%	7%	-	-	-	-	30%
		cd					f	bdefk	befk	f						f
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	245	94	66	74	140	-	31	124	57	20	13	-	-	-	-	31
	21%	16%	28%	28%	28%	-	42%	18%	22%	29%	17%	-	-	-	-	42%
			a	a	a		cdf			c						cdf
I mostly worked flexible hours pre-Covid-19, and this is still the case	196	115	38	36	74	-	17	68	49	24	39	-	-	-	-	17
	17%	19%	16%	14%	15%	-	22%	10%	19%	36%	54%	-	-	-	-	22%
		cd					c		c	cd	bcdek					c
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	33	12	6	12	18	-	2	15	11	1	4	-	-	-	-	2
	3%	2%	3%	5%	4%	-	2%	2%	4%	2%	6%	-	-	-	-	2%
				a												
None of the above	45	30	4	8	12	-	2	14	11	6	12	-	-	-	-	2
	4%	5%	2%	3%	2%	-	3%	2%	4%	8%	16%	-	-	-	-	3%
		bd								c	bcdk					
NET: Working more flexible hours during COVID-19	441	209	103	110	213	-	48	192	106	44	52	-	-	-	-	48
	39%	35%	44%	42%	43%	-	65%	28%	41%	65%	71%	-	-	-	-	65%
			a		a		cd		c	cd	cd					cd
NET: Mostly working standard hours during COVID 19	659	360	127	147	274	-	24	468	140	18	9	-	-	-	-	24
	58%	60%	54%	56%	55%	-	32%	69%	55%	27%	13%	-	-	-	-	32%
							f	bdefk	befk	f						f

Savanta:
ComRes

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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	1193	594	358	151	39	509	633	657	257	195	37	452	694	154	616	372	51	1039
Total	1145	565	348	149	37	496	602	626	245	196	33	441	659	143	594	361	46	1002
	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	626	448	121	32	12	153	459	626	-	-	-	-	626	79	331	193	22	546
	55%	79%	35%	22%	31%	31%	76%	100%	-	-	-	-	95%	55%	56%	53%	48%	55%
		bcde	c			c	bcde	bcdef					bcde					
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	245	61	154	25	4	179	64	-	245	-	-	245	-	22	123	86	13	222
	21%	11%	44%	17%	9%	36%	11%	-	100%	-	-	55%	-	16%	21%	24%	29%	22%
			acdef	af		acdf			acdef			acdf				a	a	
I mostly worked flexible hours pre-Covid-19, and this is still the case	196	38	66	79	9	145	47	-	-	196	-	196	-	27	108	53	8	169
	17%	7%	19%	53%	24%	29%	8%	-	-	100%	-	45%	-	19%	18%	15%	18%	17%
			af	abdef	af	abf				abdef		abdf						
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	33	12	4	4	11	8	22	-	-	-	33	-	33	4	13	14	2	29
	3%	2%	1%	3%	29%	2%	4%	-	-	-	100%	-	5%	3%	2%	4%	5%	3%
					abcef		be				abcef		abce					
None of the above	45	6	4	7	2	11	9	-	-	-	-	-	-	10	19	15	-	35
	4%	1%	1%	5%	6%	2%	1%	-	-	-	-	-	-	7%	3%	4%	-	3%
				abf	abf									be				
NET: Working more flexible hours during COVID-19	441	99	220	104	12	324	112	-	245	196	-	441	-	50	231	139	21	392
	39%	18%	63%	70%	33%	65%	19%	-	100%	100%	-	100%	-	35%	39%	38%	46%	39%
			adf	adf	af	adf			adf	adf		adf						
NET: Mostly working standard hours during COVID 19	659	459	125	37	22	162	482	626	-	-	33	-	659	83	344	207	25	576
	58%	81%	36%	25%	61%	33%	80%	100%	-	-	100%	-	100%	58%	58%	57%	54%	57%
		bcde	c		bce		bcde	bce			bce		bce					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	1193	245	779	191	171	38	800	359	33	984	209	1023	163
Total	1145	233	755	176	166	36	774	341	30	941	204	990	149
	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	626	89	452	71	65	7	474	132	11	528	98	544	82
	55%	38%	60%	41%	39%	19%	61%	39%	37%	56%	48%	55%	55%
			a	c	c		abcef	c		b			
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	245	80	137	54	41	9	145	95	6	204	41	215	27
	21%	34%	18%	31%	25%	24%	19%	28%	20%	22%	20%	22%	18%
		b		d				d					
I mostly worked flexible hours pre-Covid-19, and this is still the case	196	50	116	32	43	17	115	79	9	146	50	170	24
	17%	21%	15%	18%	26%	48%	15%	23%	31%	16%	25%	17%	16%
		b			d	abde		d	d		a		
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	33	7	22	10	4	3	15	16	1	28	6	22	10
	3%	3%	3%	6%	3%	7%	2%	5%	3%	3%	3%	2%	7%
				d		d		d					a
None of the above	45	7	28	8	13	1	25	19	3	35	10	39	5
	4%	3%	4%	4%	8%	2%	3%	5%	8%	4%	5%	4%	3%
					d								
NET: Working more flexible hours during COVID-19	441	130	253	87	84	26	260	174	15	350	91	385	51
	39%	56%	34%	49%	51%	72%	34%	51%	51%	37%	45%	39%	34%
		b		d	d	abde		d	d		a		
NET: Mostly working standard hours during COVID 19	659	97	474	82	70	10	489	148	12	556	103	566	92
	58%	41%	63%	46%	42%	26%	63%	43%	40%	59%	51%	57%	62%
			a	c			abcef	c		b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	1193	176	102	201	220	160	154	37	143	683	334	245	358	450	129	366	309	370	141
Total	1145	173	96	195	210	150	146	36	139	651	321	227	339	444	126	352	295	358	133
	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	626	102	47	104	111	69	82	26	86	331	194	119	183	246	73	220	154	188	60
	55%	59%	49%	53%	53%	46%	56%	73%	62%	51%	60%	53%	54%	55%	58%	63%	52%	52%	45%
		e						bcdei	bei		bei					bcd			
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	245	19	28	37	56	41	35	5	24	163	63	56	72	89	25	57	65	81	42
	21%	11%	29%	19%	26%	28%	24%	13%	17%	25%	20%	25%	21%	20%	20%	16%	22%	23%	32%
			achj	a	ah	ahj	a			ah	a							a	abc
I mostly worked flexible hours pre-Covid-19, and this is still the case	196	37	12	37	35	27	22	5	22	110	49	31	57	88	20	59	58	56	22
	17%	21%	12%	19%	16%	18%	15%	14%	16%	17%	15%	14%	17%	20%	16%	17%	20%	16%	16%
														a					
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	33	3	5	8	4	8	4	-	2	25	6	10	12	10	2	8	8	12	5
	3%	2%	5%	4%	2%	6%	2%	-	2%	4%	2%	4%	3%	2%	1%	2%	3%	3%	4%
						adj													
None of the above	45	13	5	8	6	4	4	-	4	23	9	11	14	11	6	8	10	21	5
	4%	7%	5%	4%	3%	3%	3%	-	3%	4%	3%	5%	4%	2%	5%	2%	3%	6%	3%
		dij																a	
NET: Working more flexible hours during COVID-19	441	56	40	75	90	68	57	10	46	273	112	87	130	177	45	116	123	137	64
	39%	32%	41%	38%	43%	45%	39%	27%	33%	42%	35%	38%	38%	40%	36%	33%	42%	38%	48%
					a	aghj				aj							a		ac
NET: Mostly working standard hours during COVID 19	659	105	51	112	115	78	85	26	89	355	200	129	195	256	75	228	162	200	65
	58%	60%	53%	57%	54%	52%	58%	73%	64%	55%	62%	57%	58%	58%	59%	65%	55%	56%	49%
								bdei	ei		ei					bcd			

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	1193	452	419	317
Total	1145	428	409	303
	100%	100%	100%	100%
I mostly worked standard hours pre-Covid-19 and this is still the case	626	242	229	154
	55%	56%	56%	51%
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	245	102	77	64
	21%	24%	19%	21%
I mostly worked flexible hours pre-Covid-19, and this is still the case	196	67	76	53
	17%	16%	19%	17%
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	33	9	6	18
	3%	2%	2%	6%
				ab
None of the above	45	9	20	14
	4%	2%	5%	5%
			a	a
NET: Working more flexible hours during COVID-19	441	169	153	116
	39%	39%	38%	38%
NET: Mostly working standard hours during COVID 19	659	251	235	172
	58%	59%	58%	57%

Savanta:
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D8. Including yourself, how many people in total live in your household?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	313	193	120	53	95	166	16	42	30	25	24	28	48	64	36
	16%	20%	12%	9%	14%	22%	17%	16%	15%	12%	14%	13%	15%	20%	17%
		b			a	ab								d	
2-3	1086	582	499	271	297	518	64	154	113	110	97	124	138	160	126
	54%	59%	49%	44%	45%	69%	66%	59%	57%	52%	56%	56%	44%	49%	60%
		b				ab	dgh	gh	g		g	g			gh
4-5	537	188	348	235	241	60	13	57	48	64	44	64	110	92	44
	27%	19%	34%	39%	37%	8%	14%	22%	24%	30%	25%	29%	35%	28%	21%
			a	c	c				a	abi	a	a	abcei	a	
6+	80	22	59	51	26	3	3	9	7	11	9	7	18	13	3
	4%	2%	6%	8%	4%	*	3%	4%	4%	5%	5%	3%	6%	4%	1%
			a	bc	c					i	i		i		
NET: Lives with others	1703	792	906	557	565	581	80	221	167	186	150	195	266	265	172
	84%	80%	88%	91%	86%	78%	83%	84%	85%	88%	86%	87%	85%	80%	83%
			a	bc	c					h					
Base for stats	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
Mean Score	2.87	2.55	3.18	3.51	3.14	2.10	2.53	2.72	2.71	3.15	3.17	2.87	3.10	2.79	2.59
			a	bc	c					abi	i	ai	abchi		
Standard Deviation	1.958	1.843	2.019	2.346	2.138	.910	1.180	1.318	1.288	3.171	3.780	1.311	1.479	1.509	1.253
Standard Error	.044	.060	.062	.090	.080	.036	.112	.079	.090	.216	.279	.102	.082	.084	.087
Error variance	*	*	*	.01	.01	*	.01	.01	.01	.05	.08	.01	.01	.01	.01

Prepared by Savanta: ComRes

D8. Including yourself, how many people in total live in your household?
BASE: All respondents

	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
						Social Grade						Ethnicity				
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	313	12	42	66	18	33	143	120	194	274	7	8	14	3	4	35
	16%	7%	9%	15%	7%	15%	31%	11%	21%	16%	15%	7%	17%	33%	25%	13%
				abdg		abd	abcdegh		abcdeg	c			c			
2-3	1086	75	273	233	136	101	268	581	505	982	19	37	31	5	2	94
	54%	48%	57%	52%	55%	46%	58%	53%	54%	57%	42%	33%	39%	48%	15%	36%
			ae		e		ace	e	e	bcdg						
4-5	537	60	150	133	83	72	39	343	193	421	14	54	31	2	7	108
	27%	38%	31%	29%	33%	33%	8%	32%	21%	24%	31%	48%	39%	20%	53%	42%
		cfh	fh	fh	fh	fh		fh	f			ab	a			a
6+	80	11	14	19	11	14	10	44	36	56	5	13	4	-	1	23
	4%	7%	3%	4%	5%	7%	2%	4%	4%	3%	11%	12%	5%	-	7%	9%
		bf				bf					a	a				a
NET: Lives with others	1703	146	436	386	230	187	318	968	734	1458	38	105	66	7	11	225
	84%	93%	91%	85%	93%	85%	69%	89%	79%	84%	85%	93%	83%	67%	75%	87%
		cefh	cefh	fh	cefh	fh		cfh	f			ad				
Base for stats	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
Mean Score	2.87	3.61	2.98	2.96	3.25	3.08	2.10	3.06	2.64	2.76	4.06	3.79	3.21	2.14	3.35	3.57
		bcefgh	fh	fh	fh	fh		fh	f		a	ad	a			a
Standard Deviation	1.958	3.781	1.309	1.466	2.949	1.539	1.152	1.939	1.956	1.690	6.864	1.504	1.495	1.141	1.906	3.155
Standard Error	.044	.303	.061	.069	.178	.098	.056	.059	.064	.041	.991	.136	.161	.361	.492	.188
Error variance	*	.09	*	*	.03	.01	*	*	*	*	.98	.02	.03	.13	.24	.04

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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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	313	302	2	1	3	12	8	85	25	12	13	27	2	38	92	20
	16%	24%	1%	*	*	25%	11%	13%	10%	17%	18%	21%	1%	22%	22%	17%
		bcd				cdh	h	h	h	h	dh	cdh		bcdh	bcdh	h
2-3	1086	785	222	40	262	25	38	354	126	35	42	59	27	77	303	63
	54%	63%	69%	12%	39%	54%	51%	53%	49%	51%	58%	45%	25%	45%	73%	52%
		cd	acd		c	h	h	h	h	h	h	h		h	abcdefghik	h
4-5	537	145	90	264	354	8	19	214	93	21	13	37	65	48	17	28
	27%	12%	28%	76%	53%	18%	26%	32%	36%	31%	18%	28%	60%	28%	4%	23%
			a	abd	ab	j	j	afjk	afjk	j	j	j	abcdefgijk	j		j
6+	80	21	10	42	52	2	9	20	12	1	4	8	14	9	1	10
	4%	2%	3%	12%	8%	4%	12%	3%	5%	1%	6%	6%	13%	5%	*	9%
				abd	ab	j	cdej	j	j		j	j	cdegij	j		cej
NET: Lives with others	1703	951	322	346	668	36	66	589	232	57	59	104	106	134	321	101
	84%	76%	99%	100%	100%	75%	89%	87%	90%	83%	82%	79%	99%	78%	78%	83%
			a	a	a		ij	agij	afgij				abcdefgijk			
Base for stats	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
Mean Score	2.87	2.29	3.31	4.41	3.88	2.53	3.66	2.98	3.28	2.88	2.66	2.95	4.29	2.83	1.98	3.22
			a	abd	ab	j	cij	aj	cj	j	j	j	acdefgijk	j		j
Standard Deviation	1.958	2.072	1.001	1.166	1.220	1.379	4.994	1.320	3.131	1.318	1.359	1.578	1.521	1.551	.790	4.021
Standard Error	.044	.059	.055	.062	.047	.197	.552	.050	.192	.161	.160	.131	.135	.113	.045	.351
Error variance	*	*	*	*	*	.04	.30	*	.04	.03	.03	.02	.02	.01	*	.12

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D8. Including yourself, how many people in total live in your household?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	313	63	45	24	7	69	70	79	22	27	4	50	83	313	-	-	-	-
	16%	11%	13%	16%	20%	14%	12%	13%	9%	14%	12%	11%	13%	100% bcde	-	-	-	-
2-3	1086	289	179	82	17	261	306	331	123	108	13	231	344	-	1086	-	-	1086
	54%	51%	52%	55%	46%	53%	51%	53%	50%	55%	38%	52%	52%	-	100% acde	-	-	64% acd
4-5	537	190	111	36	10	148	200	193	86	53	14	139	207	-	-	537	-	537
	27%	34% c	32%	24%	27%	30%	33% c	31%	35%	27%	43%	31%	31%	-	-	100% abde	-	32% abd
6+	80	23	12	6	3	18	26	22	13	8	2	21	25	-	-	-	80	80
	4%	4%	3%	4%	7%	4%	4%	4%	5%	4%	7%	5%	4%	-	-	-	100% abce	5% abc
NET: Lives with others	1703	502	302	125	30	427	532	546	222	169	29	392	576	-	1086	537	80	1703
	84%	89%	87%	84%	80%	86%	88%	87%	91%	86%	88%	89%	87%	-	100% a	100% a	100% a	100% a
Base for stats	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
Mean Score	2.87	3.10	3.10	2.83	3.05	3.02	3.10	3.02	3.35 c	2.88	3.33	3.15	3.04	1.00	2.36	4.29 be	7.48 bce	3.21 b
Standard Deviation	1.958	2.200	2.726	1.352	1.949	2.400	2.184	2.249	2.907	1.438	1.464	2.378	2.216	-	.481	.455	6.339	1.944
Standard Error	.044	.090	.144	.110	.312	.106	.087	.088	.181	.103	.241	.112	.084	-	.015	.019	.672	.047
Error variance	*	.01	.02	.01	.10	.01	.01	.01	.03	.01	.06	.01	.01	-	*	*	.45	*

D8. Including yourself, how many people in total live in your household?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Lives alone	313 16%	- -	- -	58 18%	80 20% d	10 15%	183 15%	121 18%	23 28% ade	260 16%	53 13%	209 12%	101 37% a
2-3	1086 54%	186 53%	883 67% a	137 43%	230 57% acf	27 44%	701 56% af	354 52% a	34 42%	831 52%	254 62% a	957 55%	122 45% b
4-5	537 27%	135 39% b	386 29%	106 33% bde	74 19%	20 32% b	333 26% b	176 26% b	20 25%	445 28% b	92 22%	488 28% b	43 16%
6+	80 4%	28 8% b	50 4%	20 6% d	15 4%	6 9% d	43 3%	35 5%	5 6%	66 4%	14 3%	71 4%	8 3%
NET: Lives with others	1703 84%	349 100%	1319 100%	263 82% f	319 80%	53 85%	1077 85% bf	565 82% f	59 72%	1342 84%	360 87%	1516 88% b	172 63%
Base for stats	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
Mean Score	2.87	3.76 b	3.06	3.18 d	2.74	3.25 d	2.81	2.94	3.11	2.90	2.76	2.96 b	2.26
Standard Deviation	1.958	3.475	1.244	2.789	3.340	1.584	1.357	2.754	4.853	2.085	1.357	2.020	1.387
Standard Error	.044	.183	.034	.150	.169	.200	.038	.104	.514	.052	.068	.049	.081
Error variance	*	.03	*	.02	.03	.04	*	.01	.26	*	*	*	.01

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Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D8. Including yourself, how many people in total live in your household?
BASE: All respondents

	Total	Number of days active										Life satisfaction score				Covid-19 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	313	102	28	43	39	32	24	9	36	142	69	85	95	96	31	108	69	101	29
	16%	25%	15%	13%	12%	13%	11%	15%	15%	13%	14%	19%	17%	13%	13%	17%	14%	16%	12%
		bcdefhij										cd	c						
2-3	1086	224	112	167	172	126	120	33	133	576	286	212	295	433	138	342	277	323	133
	54%	54%	57%	51%	53%	51%	56%	56%	56%	53%	56%	48%	53%	57%	59%	55%	54%	52%	56%
														a	a				
4-5	537	79	45	102	98	82	59	15	56	328	129	126	143	200	58	155	129	177	69
	27%	19%	23%	31%	30%	33%	28%	25%	24%	30%	26%	29%	26%	26%	25%	25%	25%	29%	29%
				abh	a	abhj	a			ah	a								
6+	80	8	9	14	17	8	10	2	12	48	24	18	27	27	8	20	35	18	8
	4%	2%	5%	4%	5%	3%	5%	3%	5%	4%	5%	4%	5%	4%	3%	3%	7%	3%	3%
					a				a	a	a						acd		
NET: Lives with others	1703	311	166	283	288	215	189	50	200	953	439	355	466	659	204	517	441	518	210
	84%	75%	85%	87%	88%	87%	89%	85%	85%	87%	86%	81%	83%	87%	87%	83%	86%	84%	88%
			a	a	a	a	a		a	a	a			ab	a				
Base for stats	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
Mean Score	2.87	2.51	2.80	2.97	3.16	3.00	2.94	2.79	2.81	3.00	2.86	2.93	2.85	2.83	2.90	2.80	2.92	2.83	3.06
				a	aj	a	a			a	a								
Standard Deviation	1.958	2.604	1.358	1.403	2.736	1.389	1.307	1.328	1.400	1.895	1.352	2.578	1.469	1.353	3.031	2.281	1.479	1.363	3.012
Standard Error	.044	.132	.097	.078	.149	.087	.088	.174	.091	.057	.060	.120	.062	.050	.203	.092	.065	.055	.193
Error variance	*	.02	.01	.01	.02	.01	.01	.03	.01	*	*	.01	*	*	.04	.01	*	*	.04

D8. Including yourself, how many people in total live in your household?
BASE: All respondents

| | | Amount of activity now compared to last year | | |
	Total	NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Lives alone	313	88	128	94
	16%	13%	17%	17%
			a	a
2-3	1086	353	433	290
	54%	51%	58%	53%
			a	
4-5	537	212	177	140
	27%	31%	24%	25%
		bc		
6+	80	35	14	28
	4%	5%	2%	5%
		b		b
NET: Lives with others	1703	600	624	457
	84%	87%	83%	83%
		bc		
Base for stats	2016	688	752	552
Mean Score	2.87	3.15	2.61	2.85
		bc		b
Standard Deviation	1.958	2.719	1.272	1.505
Standard Error	.044	.102	.047	.064
Error variance	*	.01	*	*

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	1701	756	940	621	595	485	94	235	171	190	158	145	274	263	171
Total	1703	792	906	557	565	581	80	221	167	186	150	195	266	265	172
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	349	139	209	149	130	70	23	36	28	49	30	30	70	51	32
	20%	17%	23%	27%	23%	12%	29%	16%	17%	26%	20%	15%	26%	19%	19%
			a	c	c		bcf			bcf			bcfh		
No	1319	644	672	386	426	507	57	179	139	131	118	159	189	209	137
	77%	81%	74%	69%	75%	87%	71%	81%	83%	70%	79%	82%	71%	79%	80%
		b			a	ab		dg	adg			dg		dg	dg
Prefer not to say	35	10	24	22	8	4	-	5	1	6	1	6	6	6	3
	2%	1%	3%	4%	2%	1%	-	2%	1%	3%	1%	3%	2%	2%	2%
			a	bc											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	1701	145	415	390	253	210	288	950	751	1438	40	113	72	6	11	242
Total	1703	146	436	386	230	187	318	968	734	1458	38	105	66	7	11	225
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	349	47	85	67	49	43	57	199	149	275	11	37	18	1	4	71
	20%	32%	20%	17%	21%	23%	18%	21%	20%	19%	30%	36%	27%	16%	36%	32%
		bcdfgh										a				a
No	1319	99	347	305	176	139	253	752	567	1161	26	61	47	5	7	146
	77%	68%	80%	79%	77%	74%	80%	78%	77%	80%	70%	59%	71%	71%	64%	65%
			a	a			a	a	a	cg						
Prefer not to say	35	-	4	13	5	5	8	18	17	23	-	6	2	1	-	9
	2%	-	1%	3%	2%	2%	2%	2%	2%	2%	-	6%	3%	13%	-	4%
				ab								a				a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	1701	928	328	350	678	37	72	615	237	56	59	112	125	144	244	109
Total	1703	951	322	346	668	36	66	589	232	57	59	104	106	134	321	101
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	349	138	91	94	185	4	30	118	48	25	12	18	21	33	40	34
	20%	14%	28%	27%	28%	10%	46%	20%	21%	44%	21%	18%	19%	25%	12%	33%
			a	a	a		acdfghij	j	j	acdfghij					j	acdghj
No	1319	799	225	249	474	31	35	464	179	30	47	82	76	96	279	67
	77%	84%	70%	72%	71%	88%	54%	79%	77%	53%	79%	79%	71%	72%	87%	66%
		bcd				behk		bek	bek			be	bek	be	be	bcdehik
Prefer not to say	35	15	6	3	8	1	-	7	5	2	-	3	10	5	2	1
	2%	2%	2%	1%	1%	3%	-	1%	2%	3%	-	3%	9%	3%	1%	1%
													bcdfgijk			

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	1701	527	308	127	31	435	558	572	231	167	32	398	604	-	1051	561	89	1701
Total	1703	502	302	125	30	427	532	546	222	169	29	392	576	-	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
Yes	349	96	80	41	8	121	103	89	80	50	7	130	97	-	186	135	28	349
	20%	19%	26%	33%	25%	28%	19%	16%	36%	29%	25%	33%	17%	-	17%	25%	35%	20%
			af	af		af			af	af		af				be	be	b
No	1319	399	219	81	21	300	421	452	137	116	22	253	474	-	883	386	50	1319
	77%	80%	73%	64%	72%	70%	79%	83%	62%	68%	75%	65%	82%	-	81%	72%	62%	77%
		bce					bce	bce					bce	-	cde			cd
Prefer not to say	35	7	3	3	1	6	8	5	5	4	-	9	5	-	17	16	2	35
	2%	1%	1%	2%	3%	1%	1%	1%	2%	2%	-	2%	1%	-	2%	3%	3%	2%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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 | 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	1701	361	1302	283	309	54	1064	571	63	1353	348	1502	183
Total	1703	349	1319	263	319	53	1077	565	59	1342	360	1516	172
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	349	349	-	89	94	22	153	184	15	278	71	315	32
	20%	100%	-	34%	30%	42%	14%	33%	26%	21%	20%	21%	18%
		b		d	d	d		d	d				
No	1319	-	1319	166	220	29	911	369	41	1043	276	1177	138
	77%	-	100%	63%	69%	54%	85%	65%	70%	78%	77%	78%	80%
			a		c		abcef						
Prefer not to say	35	-	-	8	5	3	12	12	2	22	13	25	3
	2%	-	-	3%	1%	5%	1%	2%	4%	2%	4%	2%	2%
				d		d					a		

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	1701	293	168	281	296	223	193	49	198	968	440	379	469	635	196	513	441	517	212
Total	1703	311	166	283	288	215	189	50	200	953	439	355	466	659	204	517	441	518	210
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	349	43	34	52	65	59	45	14	37	210	95	69	103	128	43	86	82	116	62
	20%	14%	20%	19%	22%	27%	24%	28%	18%	22%	22%	19%	22%	19%	21%	17%	19%	22%	29%
				a	ach	a	a			a	a							a	abc
No	1319	262	130	225	215	153	138	35	160	723	334	277	355	522	157	425	351	394	141
	77%	84%	78%	79%	75%	71%	73%	70%	80%	76%	76%	78%	76%	79%	77%	82%	80%	76%	67%
		defgij		e					e							cd	d	d	
Prefer not to say	35	5	2	6	8	3	6	1	3	20	10	9	8	10	4	7	8	8	7
	2%	2%	1%	2%	3%	2%	3%	2%	2%	2%	2%	3%	2%	1%	2%	1%	2%	2%	3%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	1701	622	599	456
Total	1703	600	624	457
	100%	100%	100%	100%
Yes	349	146	118	80
	20%	24%	19%	17%
		bc		
No	1319	438	499	372
	77%	73%	80%	81%
			a	a
Prefer not to say	35	17	7	5
	2%	3%	1%	1%
		b		

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016 100%	985 100%	1025 100%	610 100%	659 100%	747 100%	96 100%	262 100%	197 100%	211 100%	174 100%	223 100%	315 100%	330 100%	208 100%
Yes - mental condition or illness	321 16%	100 10%	218 21% a	152 25% bc	118 18% c	51 7%	13 13%	61 23% acefgi	29 15%	41 19% g	26 15%	32 14%	34 11%	57 17% g	29 14%
Yes - physical condition or illness	399 20%	200 20%	198 19%	78 13%	113 17% a	208 28% ab	27 28% cg	63 24% cg	32 16%	43 20% g	36 20% g	52 23% g	40 13%	67 20% g	40 19%
Yes - other	63 3%	22 2%	40 4% a	31 5% bc	18 3%	15 2%	2 2%	7 3%	3 2%	6 3%	11 6% ch	10 4% h	13 4% h	4 1%	6 3%
No	1260 62%	672 68% b	585 57%	340 56%	434 66% a	486 65% a	57 60%	141 54%	133 68% b	126 60%	104 60%	137 61%	216 69% bde	207 63% b	138 66% b
Prefer not to say	71 3%	27 3%	43 4%	40 7% bc	15 2%	16 2%	1 2%	7 3%	7 4%	6 3%	8 5%	7 3%	18 6%	11 3%	5 2%
NET: Longstanding condition or illness	686 34%	286 29%	397 39% a	230 38% b	210 32%	245 33%	37 39% g	114 43% cghi	56 29%	79 37% g	62 35% g	79 35% g	81 26%	112 34% g	65 31%
NET: Longstanding physical and mental condition or illness	81 4%	31 3%	49 5%	22 4%	33 5%	26 4%	3 3%	16 6% g	8 4% g	9 4% g	7 4% g	10 5% g	4 1%	16 5% g	8 4% g

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	321	31	47	84	37	42	79	162	158	294	7	13	5	-	2	27
	16%	20%	10%	19%	15%	19%	17%	15%	17%	17%	17%	12%	6%	-	14%	10%
		b		b	b	b	b	b	b	dg	d					
Yes - physical condition or illness	399	28	67	76	47	33	147	171	228	364	5	12	11	-	7	35
	20%	18%	14%	17%	19%	15%	32%	16%	25%	21%	12%	11%	14%	-	47%	13%
							abcdegh		bceg	cg						
Yes - other	63	7	17	10	5	4	19	34	28	50	2	7	4	1	-	13
	3%	5%	4%	2%	2%	2%	4%	3%	3%	3%	4%	6%	5%	9%	-	5%
No	1260	96	344	282	153	141	244	722	538	1069	28	75	57	9	7	176
	62%	61%	72%	62%	61%	64%	53%	66%	58%	62%	64%	67%	71%	91%	46%	68%
			acdefgh	f	f	f		fh								
Prefer not to say	71	2	12	23	14	7	14	36	34	50	2	7	4	-	-	12
	3%	1%	2%	5%	5%	3%	3%	3%	4%	3%	4%	6%	5%	-	-	5%
				ab	ab											
NET: Longstanding condition or illness	686	60	123	148	82	71	202	330	355	613	14	30	19	1	8	72
	34%	38%	26%	33%	33%	32%	44%	30%	38%	35%	32%	27%	24%	9%	54%	28%
		b		b	b		bcdegh		bcg	dg						
NET: Longstanding physical and mental condition or illness	81	6	6	19	6	9	35	31	50	80	-	1	-	-	1	2
	4%	4%	1%	4%	2%	4%	8%	3%	5%	5%	-	1%	-	-	7%	1%
		b		b		b	bcdg		bdg	cdg						

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	321	177	54	73	127	8	27	83	39	10	17	38	21	61	17	34
	16%	14%	17%	21%	19%	16%	36%	12%	15%	15%	24%	29%	20%	36%	4%	28%
				a	a	j	acdehj	j	j	j	cj	cdej	cj	acdehj		cdej
Yes - physical condition or illness	399	301	47	38	86	7	20	71	36	19	20	32	6	73	116	27
	20%	24%	15%	11%	13%	14%	27%	11%	14%	28%	27%	24%	6%	43%	28%	22%
		bcd					cdh		h	cdh	cdh	cdh		abcdefghjk	acdh	cdh
Yes - other	63	26	11	16	26	1	5	9	10	8	3	6	1	8	11	6
	3%	2%	3%	4%	4%	2%	7%	1%	4%	12%	5%	5%	1%	5%	3%	5%
				a	a		chj		c	acdhij	c	ch		c		ch
No	1260	786	210	221	430	33	27	509	168	35	36	62	64	58	268	60
	62%	63%	65%	64%	64%	70%	36%	76%	65%	51%	49%	47%	60%	34%	65%	49%
						befgik		bdefghijk	befgik	i	i	i	bgi		befgik	i
Prefer not to say	71	33	12	11	23	1	2	15	12	1	1	5	17	7	11	3
	3%	3%	4%	3%	3%	2%	2%	2%	5%	1%	1%	4%	16%	4%	3%	2%
									c				abcdefgijk			
NET: Longstanding condition or illness	686	435	102	116	218	13	45	150	77	33	36	64	27	107	134	59
	34%	35%	31%	33%	32%	28%	61%	22%	30%	48%	50%	49%	25%	62%	32%	49%
							acdhj		c	acdhj	acdhj	acdhj		acdeghjk	c	acdhj
NET: Longstanding physical and mental condition or illness	81	62	7	7	15	2	4	12	7	4	4	11	2	31	7	6
	4%	5%	2%	2%	2%	4%	5%	2%	3%	5%	5%	8%	1%	18%	2%	5%
		bcd					c			c		cdhj		abcdefghjk		c

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	321	78	54	28	10	82	88	71	54	32	10	87	82	58	137	106	20	263
	16%	14%	16%	19%	28%	17%	15%	11%	22%	16%	31%	20%	12%	18%	13%	20%	25%	15%
					abf				af		acf	af		b		be	be	b
Yes - physical condition or illness	399	71	48	33	6	81	77	65	41	43	4	84	70	80	230	74	15	319
	20%	12%	14%	22%	17%	16%	13%	10%	17%	22%	13%	19%	11%	26%	21%	14%	19%	19%
				abf					af	af		af		ce	c			c
Yes - other	63	12	10	9	3	19	16	7	9	17	3	26	10	10	27	20	6	53
	3%	2%	3%	6%	9%	4%	3%	1%	4%	9%	8%	6%	1%	3%	3%	4%	7%	3%
				af	abf				af	abf	af	af						be
No	1260	399	239	87	17	326	415	474	145	115	15	260	489	183	701	333	43	1077
	62%	71%	69%	59%	46%	66%	69%	76%	59%	59%	46%	59%	74%	58%	65%	62%	53%	63%
		cd	cd			d	cd	bcde					bcde		ad			
Prefer not to say	71	18	6	4	1	11	19	20	5	2	2	7	22	9	31	27	3	61
	3%	3%	2%	3%	3%	2%	3%	3%	2%	1%	6%	2%	3%	3%	3%	5%	3%	4%
											c					b		
NET: Longstanding condition or illness	686	149	103	57	19	160	168	132	95	79	16	174	148	121	354	176	35	565
	34%	26%	30%	38%	52%	32%	28%	21%	39%	40%	49%	39%	22%	39%	33%	33%	44%	33%
				abf	abef	a			af	af	af	af		b			bce	
NET: Longstanding physical and mental condition or illness	81	9	9	10	-	19	9	11	6	9	1	15	12	23	34	20	5	59
	4%	2%	3%	7%	-	4%	2%	2%	2%	5%	3%	3%	2%	7%	3%	4%	6%	3%
				abf		af				af				bce				

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	321	89	166	321	81	11	-	321	81	255	65	260	58
	16%	26%	13%	100%	20%	18%	-	47%	100%	16%	16%	15%	21%
		b		bcde	d	d		bcd	bcde				a
Yes - physical condition or illness	399	94	220	81	399	9	-	399	81	299	100	349	49
	20%	27%	17%	25%	100%	14%	-	58%	100%	19%	24%	20%	18%
		b		d	acde	d		acd	acde		a		
Yes - other	63	22	29	11	9	63	-	63	4	47	15	47	13
	3%	6%	2%	3%	2%	100%	-	9%	6%	3%	4%	3%	5%
		b		d	d	abdef		abd	d				
No	1260	153	911	-	-	-	1260	-	-	1019	240	1090	164
	62%	44%	69%	-	-	-	100%	-	-	64%	58%	63%	60%
			a				abcef			b			
Prefer not to say	71	11	39	-	-	-	-	-	-	57	14	55	10
	3%	3%	3%	-	-	-	-	-	-	4%	3%	3%	3%
NET: Longstanding condition or illness	686	184	369	321	399	63	-	686	81	527	159	580	100
	34%	53%	28%	100%	100%	100%	-	100%	100%	33%	39%	34%	37%
		b		d	d	d		d	d		a		
NET: Longstanding physical and mental condition or illness	81	15	41	81	81	4	-	81	81	61	21	67	14
	4%	4%	3%	25%	20%	7%	-	12%	100%	4%	5%	4%	5%
				cde	cde	d		d	abcde				

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	321	58	43	52	56	43	27	6	36	194	69	118	88	89	18	69	84	106	57
	16%	14%	22%	16%	17%	18%	13%	10%	15%	18%	14%	27%	16%	12%	8%	11%	17%	17%	24%
			afj							j		bcd	cd					a	a	abc
Yes - physical condition or illness	399	124	41	50	65	41	32	14	32	196	79	104	112	139	39	105	77	144	70
	20%	30%	21%	15%	20%	17%	15%	24%	14%	18%	15%	24%	20%	18%	17%	17%	15%	23%	30%
		bcdefhij	h					h				cd						ab	ab
Yes - other	63	6	7	7	14	13	4	3	8	41	16	13	22	18	8	10	13	24	15
	3%	1%	3%	2%	4%	5%	2%	6%	3%	4%	3%	3%	4%	2%	4%	2%	3%	4%	6%
					a	ac		a		a								a	ab
No	1260	232	112	224	197	153	147	35	159	686	341	221	341	521	168	437	339	367	107
	62%	56%	58%	69%	60%	62%	69%	60%	67%	63%	67%	50%	61%	69%	72%	70%	66%	59%	45%
				abdi			abd		ab	a	abd		a	ab	ab	cd	cd	d	
Prefer not to say	71	18	7	9	8	7	10	3	9	31	22	23	18	18	6	21	17	16	10
	3%	4%	3%	3%	3%	3%	5%	5%	4%	3%	4%	5%	3%	2%	2%	3%	3%	3%	4%
												c							
NET: Longstanding condition or illness	686	163	76	93	121	88	56	20	69	378	144	197	201	217	61	167	154	236	121
	34%	40%	39%	29%	37%	36%	26%	35%	29%	35%	28%	45%	36%	29%	26%	27%	30%	38%	51%
		cfhj	cfhj		cfhj	fj				cfj		bcd	cd					ab	abc
NET: Longstanding physical and mental condition or illness	81	25	12	14	12	7	5	1	6	44	12	36	18	20	3	15	20	29	16
	4%	6%	6%	4%	4%	3%	2%	1%	3%	4%	2%	8%	3%	3%	1%	2%	4%	5%	7%
		fhj	j									bcd						a	a

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D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Yes - mental condition or illness	321	122	98	95
	16%	18%	13%	17%
		b		b
Yes - physical condition or illness	399	106	156	132
	20%	15%	21%	24%
			a	a
Yes - other	63	19	26	18
	3%	3%	3%	3%
No	1260	441	490	318
	62%	64%	65%	58%
		c	c	
Prefer not to say	71	27	20	18
	3%	4%	3%	3%
NET: Longstanding condition or illness	686	221	243	216
	34%	32%	32%	39%
				ab
NET: Longstanding physical and mental condition or illness	81	22	29	26
	4%	3%	4%	5%

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D11. To which of the following ethnic groups do you consider you belong?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1732	868	858	459	558	714	92	237	183	177	154	210	192	285	202
	86%	88%	84%	75%	85%	96%	95%	90%	93%	84%	89%	94%	61%	86%	97%
		b			a	ab	dgh	dg	dgh	g	g	dgh		g	bcdegh
Mixed	44	14	30	29	13	3	2	3	4	2	3	4	16	9	2
	2%	1%	3%	5%	2%	*	3%	1%	2%	1%	2%	2%	5%	3%	1%
			a	bc	c								bdi		
Asian	112	49	63	64	39	9	1	11	4	23	8	7	42	13	3
	6%	5%	6%	10%	6%	1%	1%	4%	2%	11%	5%	3%	13%	4%	2%
				bc	c					abcefhi			abcefhi		
Black	80	30	49	43	27	9	1	8	3	6	4	1	43	12	1
	4%	3%	5%	7%	4%	1%	1%	3%	2%	3%	3%	1%	14%	4%	*
				bc	c			i					abcdefhi	fi	
Chinese	10	7	3	3	4	3	-	1	-	2	1	-	5	2	-
	1%	1%	*	*	1%	*	-	*	-	1%	*	-	2%	*	-
Other ethnic group	14	5	9	1	12	1	-	-	1	1	2	-	10	1	-
	1%	1%	1%	*	2%	*	-	-	*	*	1%	-	3%	*	-
					ac								bcdfhi		
Prefer not to answer	24	11	13	11	5	7	-	3	2	1	2	1	8	8	-
	1%	1%	1%	2%	1%	1%	-	1%	1%	*	1%	*	2%	2%	-
													i	i	
NET: Non-white	260	106	154	140	95	25	5	23	12	33	18	12	115	37	6
	13%	11%	15%	23%	14%	3%	5%	9%	6%	16%	10%	6%	37%	11%	3%
			a	bc	c			i		abcfi	i		abcdefhi	afi	

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D11. To which of the following ethnic groups do you consider you belong?
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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1732	119	394	376	219	193	430	889	843	1732	-	-	-	-	-	-
	86%	75%	82%	83%	88%	88%	94%	82%	91%	100%	-	-	-	-	-	-
				a	abg	ag	abcdeg		abcg	bcdg						
Mixed	44	5	14	14	2	4	5	34	11	-	44	-	-	-	-	44
	2%	3%	3%	3%	1%	2%	1%	3%	1%	-	100%	-	-	-	-	17%
		dh	dh	dfh				dfh		-	acdg					acd
Asian	112	16	38	19	15	13	12	73	39	-	-	112	-	-	-	112
	6%	10%	8%	4%	6%	6%	3%	7%	4%	-	-	100%	-	-	-	43%
		cfh	cfh		f	f		fh				abdg				abd
Black	80	9	25	26	8	6	6	60	20	-	-	-	80	-	-	80
	4%	6%	5%	6%	3%	3%	1%	5%	2%	-	-	-	100%	-	-	31%
		fh	fh	fh				fh					abcg			abc
Chinese	10	1	5	4	-	-	-	10	-	-	-	-	-	10	-	10
	1%	1%	1%	1%	-	-	-	1%	-	-	-	-	-	100%	-	4%
		h	fh	fh				fh								ac
Other ethnic group	14	4	1	4	2	2	1	9	5	-	-	-	-	-	14	14
	1%	2%	*	1%	1%	1%	*	1%	1%	-	-	-	-	-	100%	5%
		bfh														acd
Prefer not to answer	24	3	1	9	3	2	5	14	10	-	-	-	-	-	-	-
	1%	2%	*	2%	1%	1%	1%	1%	1%	-	-	-	-	-	-	-
		b		b												
NET: Non-white	260	36	83	67	26	25	24	185	75	-	44	112	80	10	14	260
	13%	22%	17%	15%	11%	11%	5%	17%	8%	-	100%	100%	100%	100%	100%	100%
		cdefh	defh	fh	f	f		defh		-	a	a	a			a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D11. To which of the following ethnic groups do you consider you belong?
BASE: All respondents

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1732	1122	266	288	554	40	61	563	222	53	60	109	69	156	399	101
	86%	89%	82%	83%	83%	84%	82%	84%	86%	78%	83%	83%	64%	91%	97%	83%
		bcd				h	h	h	h		h	h		ceghk	abcdefghik	h
Mixed	44	21	10	9	19	1	3	16	10	2	2	2	5	2	2	4
	2%	2%	3%	3%	3%	2%	5%	2%	4%	3%	2%	2%	5%	1%	*	4%
							j	j	j	j			ij			j
Asian	112	51	25	25	50	1	5	38	18	7	6	11	13	8	4	6
	6%	4%	8%	7%	7%	2%	7%	6%	7%	10%	8%	8%	12%	5%	1%	5%
			a	a	a		j	j	j	j	j	j	acijk	j		j
Black	80	36	17	18	35	2	3	43	6	5	2	3	10	3	2	5
	4%	3%	5%	5%	5%	5%	3%	6%	2%	8%	3%	2%	10%	2%	1%	4%
			a	a	a	j	j	dgij		dgij			dgij			j
Chinese	10	7	1	-	1	2	1	4	-	-	-	1	1	-	2	2
	1%	1%	*	-	*	3%	1%	1%	-	-	-	1%	1%	-	*	2%
						dij										d
Other ethnic group	14	6	2	6	8	-	1	5	1	1	2	1	1	1	1	1
	1%	1%	1%	2%	1%	-	1%	1%	*	1%	3%	1%	1%	1%	*	1%
				a							dj					
Prefer not to answer	24	10	3	1	4	2	-	4	-	-	1	4	8	2	3	2
	1%	1%	1%	*	1%	3%	-	1%	-	-	1%	3%	8%	1%	1%	1%
						cd						cdj	bcdeijk			
NET: Non-white	260	122	55	58	113	6	13	107	35	15	11	18	30	14	11	19
	13%	10%	17%	17%	17%	12%	18%	16%	14%	22%	16%	14%	28%	8%	3%	16%
			a	a	a	j	ij	ij	j	ij	j	j	acdgijk	j		ij

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D11. To which of the following ethnic groups do you consider you belong?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1732	492	282	121	27	403	519	548	194	158	23	352	571	274	982	421	56	1458
	86%	87%	81%	81%	73%	81%	86%	88%	79%	81%	68%	80%	87%	87%	90%	78%	69%	86%
		bde					bde	bcde					bcde	cd	cde	d		cd
Mixed	44	14	8	6	3	14	17	14	8	5	3	13	17	7	19	14	5	38
	2%	2%	2%	4%	8%	3%	3%	2%	3%	3%	9%	3%	3%	2%	2%	3%	6%	2%
					ab						af						abe	
Asian	112	25	35	6	4	42	29	29	25	15	2	41	31	8	37	54	13	105
	6%	4%	10%	4%	10%	8%	5%	5%	10%	8%	7%	9%	5%	2%	3%	10%	17%	6%
			acf			af			af			af				abe	abe	ab
Black	80	25	15	11	3	27	28	26	13	13	4	26	30	14	31	31	4	66
	4%	4%	4%	8%	9%	5%	5%	4%	5%	7%	13%	6%	5%	4%	3%	6%	5%	4%
											af					be		
Chinese	10	2	4	-	-	4	2	3	2	-	-	2	3	3	5	2	-	7
	1%	*	1%	-	-	1%	*	1%	1%	-	-	*	1%	1%	*	*	-	*
Other ethnic group	14	5	3	3	-	6	5	3	3	4	1	7	4	4	2	7	1	11
	1%	1%	1%	2%	-	1%	1%	*	1%	2%	3%	2%	1%	1%	*	1%	1%	1%
										af				b		b		
Prefer not to answer	24	3	1	1	-	2	3	4	-	1	-	1	4	5	10	7	2	19
	1%	1%	*	1%	-	*	*	1%	-	1%	-	*	1%	2%	1%	1%	2%	1%
NET: Non-white	260	70	65	27	10	92	80	74	51	37	11	88	85	35	94	108	23	225
	13%	12%	19%	18%	27%	18%	13%	12%	21%	19%	32%	20%	13%	11%	9%	20%	29%	13%
			af		af	af			af	af	af	af				abe	abe	b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D11. To which of the following ethnic groups do you consider you belong?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
White	1732 86%	275 79% a	1161 88%	294 92% cd	364 91% cd	50 79%	1069 85%	613 89% cd	80 98% abcde	1346 84%	386 93% a	1516 88% b	210 77%
Mixed	44 2%	11 3%	26 2%	7 2%	5 1%	2 2%	28 2%	14 2%	- -	39 2%	6 1%	34 2%	10 4%
Asian	112 6%	37 11% b	61 5%	13 4%	12 3%	7 11% abef	75 6% b	30 4%	1 1%	102 6% b	10 3%	84 5%	25 9% a
Black	80 4%	18 5%	47 4%	5 1%	11 3%	4 6% af	57 4% af	19 3%	- -	73 5% b	7 2%	52 3%	24 9% a
Chinese	10 1%	1 *	5 *	- -	- -	1 1% abe	9 1%	1 *	- -	9 1%	1 *	7 *	2 1%
Other ethnic group	14 1%	4 1%	7 1%	2 1%	7 2% d	- -	7 1%	8 1%	1 1%	14 1%	- -	12 1%	2 1%
Prefer not to answer	24 1%	3 1%	13 1%	- -	1 *	- -	14 1% ae	1 *	- -	20 1%	3 1%	19 1%	1 *
NET: Non-white	260 13% b	71 20% b	146 11%	27 8% f	35 9% f	13 21% abef	176 14% abef	72 10% f	2 2%	236 15% b	24 6%	190 11%	62 23% a

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D11. To which of the following ethnic groups do you consider you belong?
BASE: All respondents

	Total	Number of days active										Life satisfaction score				Covid-19 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1732	376	165	280	266	208	179	54	205	919	438	384	476	658	198	564	437	523	194
	86%	91% bcdefij	85%	86%	81%	84%	84%	92% d	87%	84%	86%	87%	85%	87%	85%	90% bcd	86%	84%	81%
Mixed	44	8	4	6	11	12	2	-	2	32	4	14	15	12	4	11	12	13	7
	2%	2%	2%	2%	3% j	5% acfhj	1%	-	1%	3% j	1%	3% c	3%	2%	2%	2%	2%	2%	3%
Asian	112	7	15	26	20	14	14	4	13	74	31	18	38	37	15	16	32	37	24
	6%	2%	8% a	8% a	6% a	6% a	7% a	6% a	5% a	7% a	6% a	4%	7%	5%	7%	3%	6% a	6% a	10% ac
Black	80	11	6	8	23	11	11	1	10	47	22	15	20	30	12	21	20	29	8
	4%	3%	3%	2%	7% abci	4%	5%	1%	4%	4%	4%	3%	4%	4%	5%	3%	4%	5%	3%
Chinese	10	2	3	1	2	1	2	-	1	6	2	1	1	7	2	4	1	3	2
	1%	*	1%	*	1%	*	1%	-	*	1%	*	*	*	1%	1%	1%	*	1%	1%
Other ethnic group	14	4	-	3	3	2	1	-	2	7	3	2	3	7	3	2	5	5	2
	1%	1%	-	1%	1%	1%	1%	-	1%	1%	1%	*	*	1%	1%	*	1%	1%	1%
Prefer not to answer	24	7	3	3	3	1	4	-	3	9	7	6	8	5	1	7	2	8	3
	1%	2%	1%	1%	1%	*	2%	-	1%	1%	1%	1%	1%	1%	*	1%	*	1%	1%
NET: Non-white	260	31	27	43	58	39	30	5	28	167	63	50	77	93	35	55	70	89	42
	13%	7%	14% a	13% a	18% aj	16% a	14% a	8%	12%	15% a	12% a	11%	14%	12%	15%	9%	14% a	14% a	18% a

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D11. To which of the following ethnic groups do you consider you belong?
BASE: All respondents

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
White	1732	578	671	467
	86%	84%	89%	85%
			ac	
Mixed	44	15	17	13
	2%	2%	2%	2%
Asian	112	48	31	32
	6%	7%	4%	6%
		b		
Black	80	31	18	28
	4%	5%	2%	5%
		b		b
Chinese	10	3	3	4
	1%	*	*	1%
Other ethnic group	14	6	6	3
	1%	1%	1%	*
Prefer not to answer	24	8	6	6
	1%	1%	1%	1%
NET: Non-white	260	102	75	79
	13%	15%	10%	14%
		b		b

D12. Which of the following best describes where you live?
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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	747	404	340	263	252	232	27	80	53	90	50	61	233	100	53
	37%	41%	33%	43%	38%	31%	28%	30%	27%	43%	29%	27%	74%	30%	25%
		b		c	c					abcefhi			abcdefhi		
Urban - Town and Fringe	856	382	470	239	289	327	41	131	102	96	72	90	66	164	93
	42%	39%	46%	39%	44%	44%	43%	50%	52%	45%	41%	40%	21%	50%	45%
			a				g	fg	efg	g	g	g		fg	g
Rural - Village	386	185	202	104	111	171	27	47	41	22	51	68	14	62	55
	19%	19%	20%	17%	17%	23%	28%	18%	21%	10%	29%	30%	5%	19%	26%
						ab	bdgh	dg	dg	g	bdgh	bcdgh		dg	bdgh
Rural - Hamlet and Isolated Dwelling	27	14	13	3	7	17	1	4	1	3	1	4	1	4	7
	1%	1%	1%	1%	1%	2%	1%	2%	*	1%	1%	2%	*	1%	3%
						a									cg
NET: Urban	1603	786	811	503	541	559	68	211	155	186	122	151	299	264	146
	79%	80%	79%	82%	82%	75%	71%	80%	79%	88%	70%	68%	95%	80%	70%
				c	c			aefi	fi	abcefhi			abcdefhi	aefi	
NET: Rural	413	199	214	107	118	187	28	51	42	25	52	72	16	66	62
	21%	20%	21%	18%	18%	25%	29%	20%	21%	12%	30%	32%	5%	20%	30%
						ab	bdgh	dg	dg	g	bdgh	bcdgh		dg	bcdgh

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	747	80	186	165	91	78	146	431	316	587	26	59	49	7	10	151
	37%	51%	39%	36%	37%	36%	32%	40%	34%	34%	58%	53%	61%	72%	73%	58%
		bcdefgh	f					fh			a	a	a			a
Urban - Town and Fringe	856	48	180	208	105	109	205	437	419	760	13	42	24	2	4	85
	42%	31%	38%	46%	42%	50%	45%	40%	45%	44%	29%	38%	30%	19%	27%	32%
				abg	a	abg	ab	a	abg	bdg						
Rural - Village	386	27	102	78	48	32	100	207	180	362	6	10	6	-	-	21
	19%	17%	21%	17%	19%	14%	22%	19%	19%	21%	13%	9%	7%	-	-	8%
			e				e			cdg						
Rural - Hamlet and Isolated Dwelling	27	2	10	2	4	1	8	14	13	24	-	1	1	1	-	3
	1%	2%	2%	*	1%	*	2%	1%	1%	1%	-	1%	2%	9%	-	1%
			c				c									
NET: Urban	1603	128	367	373	197	187	351	868	735	1346	39	102	73	9	14	236
	79%	81%	77%	82%	79%	85%	76%	80%	79%	78%	87%	91%	91%	91%	100%	91%
				bf		bfgh						a	a			a
NET: Rural	413	30	112	79	51	32	109	221	193	386	6	10	7	1	-	24
	21%	19%	23%	18%	21%	15%	24%	20%	21%	22%	13%	9%	9%	9%	-	9%
			ce				ce	e	e	cdg						

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D12. Which of the following best describes where you live?
BASE: All respondents

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	747	442	128	149	278	18	34	301	89	23	23	44	47	58	112	51
	37%	35%	40%	43%	41%	37%	46%	45%	35%	34%	31%	33%	44%	34%	27%	42%
				a	a		j	dfgij					j			j
Urban - Town and Fringe	856	531	138	150	288	20	31	276	104	27	34	59	40	76	188	51
	42%	42%	43%	43%	43%	42%	42%	41%	41%	39%	47%	45%	38%	44%	45%	42%
Rural - Village	386	258	55	48	103	8	8	92	64	16	13	26	20	35	104	17
	19%	21%	17%	14%	15%	18%	11%	14%	25%	24%	18%	20%	19%	20%	25%	14%
		cd							bck	bc		c		c	bck	
Rural - Hamlet and Isolated Dwelling	27	22	2	1	3	1	1	5	-	2	2	3	-	3	9	2
	1%	2%	1%	*	*	3%	1%	1%	-	3%	3%	2%	-	2%	2%	2%
		cd				dh				cdh	dh	d		d	d	d
NET: Urban	1603	973	266	299	565	38	65	576	193	50	57	102	88	134	300	103
	79%	78%	82%	86%	84%	79%	88%	86%	75%	73%	79%	78%	81%	78%	73%	85%
				a	a		dej	degij					j			dej
NET: Rural	413	281	57	48	106	10	9	97	64	19	15	29	20	38	113	19
	21%	22%	18%	14%	16%	21%	12%	14%	25%	27%	21%	22%	19%	22%	27%	15%
		cd							bck	bck		c		c	bchk	

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D12. Which of the following best describes where you live?
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
Significance Level: 95%		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Unweighted Total	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	747	231	154	55	14	209	244	265	108	63	15	171	280	123	368	220	36	624
	37%	41%	44%	37%	37%	42%	41%	42%	44%	32%	46%	39%	43%	39%	34%	41%	45%	37%
								c	c				c			b	b	
Urban - Town and Fringe	856	244	137	58	14	195	258	263	96	83	12	179	275	137	463	225	30	718
	42%	43%	39%	39%	39%	39%	43%	42%	39%	42%	37%	41%	42%	44%	43%	42%	37%	42%
Rural - Village	386	89	51	31	8	83	98	95	37	47	5	84	100	53	235	86	13	334
	19%	16%	15%	21%	22%	17%	16%	15%	15%	24%	14%	19%	15%	17%	22%	16%	16%	20%
										abf					c			
Rural - Hamlet and Isolated Dwelling	27	1	5	4	1	9	2	3	4	3	1	7	3	1	19	5	2	26
	1%	*	1%	3%	2%	2%	*	*	2%	2%	2%	2%	*	*	2%	1%	2%	2%
			af	af	a	af			a			af			a			
NET: Urban	1603	474	292	113	28	404	502	528	204	146	28	350	556	260	831	445	66	1342
	79%	84%	84%	76%	75%	81%	83%	84%	83%	74%	83%	79%	84%	83%	77%	83%	82%	79%
		c	c				c	ce	c				ce	b		be		
NET: Rural	413	90	56	36	9	92	99	98	41	50	6	91	103	53	254	92	14	360
	21%	16%	16%	24%	25%	19%	17%	16%	17%	26%	17%	21%	16%	17%	23%	17%	18%	21%
				abf						abf		af			ac			c

Savanta:
ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 2021

D12. Which of the following best describes where you live?
BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016 100%	349 100%	1319 100%	321 100%	399 100%	63 100%	1260 100%	686 100%	81 100%	1603 100%	413 100%	1725 100%	274 100%
Urban - Population over 10,000	747 37%	142 41%	472 36%	117 37%	128 32%	21 34%	487 39% be	231 34%	26 31%	747 47% b	- -	602 35%	141 51% a
Urban - Town and Fringe	856 42%	136 39%	571 43%	138 43%	172 43%	26 42%	532 42%	295 43%	35 43%	856 53% b	- -	752 44% b	96 35%
Rural - Village	386 19%	68 19%	256 19%	62 19%	91 23% d	14 22%	227 18%	147 21%	18 23%	- -	386 93% a	346 20% b	37 13%
Rural - Hamlet and Isolated Dwelling	27 1%	4 1%	20 2%	4 1%	9 2%	2 3%	13 1%	12 2%	2 3%	- -	27 7% a	25 1% b	- -
NET: Urban	1603 79%	278 80%	1043 79%	255 80%	299 75%	47 75%	1019 81% be	527 77%	61 75%	1603 100% b	- -	1354 79%	237 87% a
NET: Rural	413 21%	71 20%	276 21%	65 20%	100 25% d	15 25%	240 19%	159 23% d	21 25%	- -	413 100% a	371 21% b	37 13%

D12. Which of the following best describes where you live?
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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	747	141	64	118	130	94	90	16	95	406	200	182	207	267	82	232	187	233	90
	37%	34%	33%	36%	40%	38%	42% abg	27%	40%	37%	39%	41% c	37%	35%	35%	37%	37%	38%	38%
Urban - Town and Fringe	856	176	83	161	138	100	81	28	90	481	198	180	239	333	93	274	219	255	97
	42%	43%	42%	49% efhj	42%	40%	38%	47%	38%	44%	39%	41%	43%	44%	40%	44%	43%	41%	41%
Rural - Village	386	89	48	47	56	47	40	15	45	198	100	74	109	145	52	114	98	124	44
	19%	22% c	24% cdi	15%	17%	19%	19%	25% c	19%	18%	20%	17%	19%	19%	22%	18%	19%	20%	18%
Rural - Hamlet and Isolated Dwelling	27	7	1	-	3	7	2	-	7	10	10	5	5	10	7	6	5	7	8
	1%	2% c	*	-	1%	3% ci	1%	-	3% bcdi	1%	2% c	1%	1%	1%	3%	1%	1%	1%	3% abc
NET: Urban	1603	317	146	278	268	194	171	43	185	887	399	362	446	600	176	505	406	488	187
	79%	77%	75%	85% abeghj	82%	78%	80%	75%	78%	81%	79%	82% d	80%	79%	75%	81%	80%	79%	78%
NET: Rural	413	96	48	47	58	54	42	15	52	208	109	79	114	155	59	121	103	131	51
	21%	23% c	25% c	15%	18%	22% c	20%	25% c	22% c	19%	21% c	18%	20%	21%	25% a	19%	20%	21%	22%

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D12. Which of the following best describes where you live?
BASE: All respondents

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Urban - Population over 10,000	747	276	265	199
	37%	40%	35%	36%
Urban - Town and Fringe	856	278	324	244
	42%	40%	43%	44%
Rural - Village	386	126	152	101
	19%	18%	20%	18%
Rural - Hamlet and Isolated Dwelling	27	8	11	7
	1%	1%	1%	1%
NET: Urban	1603	554	589	443
	79%	80%	78%	80%
NET: Rural	413	134	163	109
	21%	20%	22%	20%

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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	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	2016	950	1060	683	706	627	111	280	203	216	183	166	325	323	209
Total	2016	985	1025	610	659	747	96	262	197	211	174	223	315	330	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1725	849	871	489	560	676	86	219	175	193	156	197	235	277	187
	86%	86%	85%	80%	85%	91%	89%	83%	89%	91%	90%	88%	75%	84%	90%
					a	ab	g	g	g	bgh	g	g		g	bgh
No	274	130	142	108	95	71	11	40	20	16	18	25	73	50	21
	14%	13%	14%	18%	14%	9%	11%	15%	10%	8%	10%	11%	23%	15%	10%
				c	c			d					abcdefhi	d	
Prefer not to say	17	5	12	13	4	-	-	4	2	2	-	1	7	2	-
	1%	1%	1%	2%	1%	-	-	1%	1%	1%	-	*	2%	1%	-
				bc	c								ei		

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?
BASE: All respondents

	Total	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	2016	156	457	458	275	248	422	1071	945	1710	48	122	86	10	15	281
Total	2016	158	478	452	248	219	460	1088	928	1732	44	112	80	10	14	260
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1725	142	422	378	221	181	381	942	783	1516	34	84	52	7	12	190
	86%	90%	88%	84%	89%	83%	83%	87%	84%	88%	76%	75%	66%	74%	87%	73%
		f	ef		cef					bcdg						
No	274	15	51	67	26	36	77	134	140	210	10	25	24	2	2	62
	14%	10%	11%	15%	11%	17%	17%	12%	15%	12%	22%	22%	30%	17%	13%	24%
						bd	abdg		b		a	a	a			a
Prefer not to say	17	1	5	7	1	2	2	13	5	5	1	3	3	1	-	8
	1%	1%	1%	1%	*	1%	*	1%	1%	*	2%	3%	4%	9%	-	3%
												a	a			a

Prepared by Savanta: ComRes

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 21st May - 24th May 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

	Total	Children aged 15 or under in the household				Current employment status										
		None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2016	1232	330	351	681	49	82	707	265	67	72	144	127	188	315	131
Total	2016	1254	324	347	671	47	74	674	257	68	73	131	108	172	413	121
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1725	1044	296	314	610	40	62	581	222	61	63	107	83	137	368	103
	86%	83%	91%	91%	91%	85%	84%	86%	86%	90%	87%	81%	77%	80%	89%	85%
			a	a	a			hi	h	h					ghi	
No	274	204	26	32	58	7	12	90	34	6	7	23	18	32	45	19
	14%	16%	8%	9%	9%	15%	16%	13%	13%	9%	10%	17%	17%	19%	11%	15%
		bcd												j		
Prefer not to say	17	6	2	1	3	-	-	3	1	1	2	2	7	2	-	-
	1%	*	1%	*	*	-	-	*	*	1%	3%	1%	6%	1%	-	-
										j	cdj	j	bcdgijk	j		

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?
BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more 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	2016	594	358	151	39	509	633	657	257	195	37	452	694	315	1051	561	89	1701
Total	2016	565	348	149	37	496	602	626	245	196	33	441	659	313	1086	537	80	1703
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1725	497	299	127	24	426	522	544	215	170	22	385	566	209	957	488	71	1516
	86%	88%	86%	85%	65%	86%	87%	87%	88%	87%	66%	87%	86%	67%	88%	91%	88%	89%
		d	d	d		d	d	d	d	d		d	d		a	a	a	a
No	274	66	47	21	10	68	77	82	27	24	10	51	92	101	122	43	8	172
	14%	12%	14%	14%	27%	14%	13%	13%	11%	12%	31%	12%	14%	32%	11%	8%	10%	10%
					abef						abcef			bcde	c			
Prefer not to say	17	1	1	1	3	2	4	-	3	2	1	5	1	3	6	6	2	14
	1%	*	*	1%	7%	*	1%	-	1%	1%	2%	1%	*	1%	1%	1%	2%	1%
					abcef				af	a	af	af						

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D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2016	361	1302	348	390	63	1243	696	89	1617	399	1706	290
Total	2016	349	1319	321	399	63	1260	686	81	1603	413	1725	274
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1725	315	1177	260	349	47	1090	580	67	1354	371	1725	-
	86%	90%	89%	81%	88%	75%	87%	85%	82%	85%	90%	100%	-
					ac		ac				a	b	
No	274	32	138	58	49	13	164	100	14	237	37	-	274
	14%	9%	10%	18%	12%	21%	13%	15%	18%	15%	9%	-	100%
				bd						b			a
Prefer not to say	17	3	5	3	1	3	6	6	-	11	6	-	-
	1%	1%	*	1%	*	4%	*	1%	-	1%	1%	-	-
						abde							

Savanta: ComRes

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

	Total	Number of days active										Life satisfaction score				Covid-19 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	2016	389	197	325	337	255	220	58	235	1114	513	465	568	730	224	618	511	618	244
Total	2016	414	195	326	327	248	213	58	236	1095	508	441	561	755	234	626	510	619	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1725	352	161	274	282	212	187	52	206	928	445	355	477	675	205	544	443	526	197
	86%	85%	83%	84%	86%	85%	88%	89%	87%	85%	88%	81%	85%	89%	87%	87%	87%	85%	82%
														ab	a				
No	274	59	28	50	43	33	24	6	30	155	60	82	79	76	29	77	64	91	38
	14%	14%	15%	15%	13%	13%	11%	11%	13%	14%	12%	19%	14%	10%	12%	12%	12%	15%	16%
												bcd	c						
Prefer not to say	17	3	5	2	2	3	2	-	1	12	3	3	5	4	1	5	3	2	4
	1%	1%	3%	1%	1%	1%	1%	-	*	1%	1%	1%	1%	1%	*	1%	*	*	2%
			cdhj																

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D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?
BASE: All respondents

	Total	Amount of activity now compared to last year		
		NET: More	About the same	NET: Less
Significance Level: 95%		a	b	c
Unweighted Total	2016	711	729	549
Total	2016	688	752	552
	100%	100%	100%	100%
Yes	1725	608	645	459
	86%	88%	86%	83%
		c		
No	274	77	104	86
	14%	11%	14%	16%
				a
Prefer not to say	17	3	3	7
	1%	*	*	1%