

Sport England, Survey into adult physical activity attitudes and behaviour, 12th May 2020

Methodology: Savanta ComRes interviewed 2,022 English adults (16+) online from the 8th May to 11th May 2020. Data were weighted to be demographically representative of English adults by gender, age, region, social grade, and the estimated households with children under 16. Savanta ComRes is a member of the British Polling Council and abides by its rules. Full tables at www.comresglobal.com

All press releases or other publications must be checked with Savanta ComRes before use. Savanta ComRes requires 48-hours to check a press release unless otherwise agreed.

For information about commissioning research please contact info@comresglobal.com or call +44 (0)20 7871 8660

To register for Pollwatch, featuring commentary and insight from the Savanta ComRes team, please email: pollwatch@comresglobal.com

Page: i
Table of Contents

D1. Are you...?	1
BASE: All respondents	
D2. How old are you?	6
BASE: All respondents	
D3. Which of the following describes where you live?	13
BASE: All respondents	
D4. Do you have any children aged 15 or under currently living in your household? Please enter the number of children in each age group that live in your household.	21
BASE: All respondents	
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?	26
BASE: All respondents	
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.	31
BASE: All respondents	
Q2. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week before the COVID-19 restrictions were introduced?	41
BASE: All respondents	
Q3. Which, if any, of the following physical activities have you done in the past week?	46
BASE: All respondents	
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.	53
BASE: All who have done some form of physical activity in the past week	
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.	54
BASE: All who have done some form of physical activity in the past week	
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.	59
BASE: All who have done some form of physical activity in the past week	
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.	64
BASE: All who have done some form of physical activity in the past week	
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.	69
BASE: All who have done some form of physical activity in the past week	
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.	74
BASE: All who have done some form of physical activity in the past week	
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.	79
BASE: All who have done some form of physical activity in the past week	
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.	84
BASE: All who have done some form of physical activity in the past week	
Q6. SUMMARY: Thinking about these activities, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?	89
BASE: All who have done some form of physical activity in the past week	
Q6.1. Walking (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?	90
BASE: All who have done some form of physical activity in the past week	
Q6.2. Cycling (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?	95
BASE: All who have done some form of physical activity in the past week	
Q6.3. Running or jogging: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?	100
BASE: All who have done some form of physical activity in the past week	
Q6.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?	105
BASE: All who have done some form of physical activity in the past week	

Page: ii
Table of Contents

Q6.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?	110
BASE: All who have done some form of physical activity in the past week	
Q6.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?	115
BASE: All who have done some form of physical activity in the past week	
Q6.7. Other sport, exercise or physical activity: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?	120
BASE: All who have done some form of physical activity in the past week	
Q8. SUMMARY: How much do you agree or disagree with each of these statements today?	125
BASE: All respondents	
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?	126
BASE: All respondents	
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?	131
BASE: All respondents	
Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?	136
BASE: All respondents	
Q8.4. It is important to me to exercise regularly: How much do you agree or disagree with each of these statements today?	141
BASE: All respondents	
Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?	146
BASE: All respondents	
Q9. SUMMARY: To what extent do you agree or disagree with each statement?	151
BASE: All respondents	
Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?	152
BASE: All respondents	
Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?	157
BASE: All respondents	
Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?	162
BASE: All respondents	
Q9.4. I do not find exercising on my own enjoyable: To what extent do you agree or disagree with each statement?	167
BASE: All respondents	
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?	172
BASE: All respondents	
Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?	177
BASE: All respondents	
Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?	182
BASE: All respondents	
Q9.8. I feel guilty about not exercising more during the outbreak: To what extent do you agree or disagree with each statement?	187
BASE: All respondents	
Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?	192
BASE: All respondents	
Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?	197
BASE: All respondents	
Q9.11. The current situation has not impacted my current exercise regime: To what extent do you agree or disagree with each statement?	202
BASE: All respondents	
Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? This might include walking, cycling, scootering, running, ball games, trampolining, active play, dancing, online exercise classes or any other	

Page: iii
Table of Contents

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.	207
BASE: All respondents who have children under 16	
Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? If you have more than one child in your household, please select the average across the children.	212
BASE: All respondents who have children under 16	
Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak than compared to other times?	217
BASE: All respondents	
Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?	222
BASE: All respondents	
Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?	245
BASE: All respondents	
D6. Which one of the following best describes you today?	269
BASE: All respondents	
D7. Are you well enough to exercise today?	274
BASE: All respondents	
D8. Including yourself, how many people in total live in your household?	279
BASE: All respondents	
D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 16 or under in your household, please note this should exclude them.	284
BASE: All who live with at least one other person	
D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?	289
BASE: All respondents	
D11. To which of the following ethnic groups do you consider you belong?	294
BASE: All respondents	
D12. Which of the following best describes where you live?	299
BASE: All respondents	
D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?	304
BASE: All respondents	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D1. Are you...?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	984	984	-	288	294	401	59	129	94	103	75	94	174	158	99
	49%	100%	-	47%	44%	54%	61%	49%	48%	49%	42%	42%	54%	48%	48%
		b				ab	bcdefhi						ef		
Female	1024	-	1024	316	364	344	38	133	103	108	98	129	140	170	106
	51%	-	100%	52%	55%	46%	39%	51%	52%	51%	55%	58%	44%	52%	51%
			a	c	c			a	ag	a	ag	ag		ag	a
Other	3	-	-	3	-	-	-	-	-	-	-	-	2	-	1
	*	-	-	*	-	-	-	-	-	-	-	-	1%	-	*
Prefer not to say	11	-	-	5	5	1	-	1	-	1	4	-	4	-	1
	1%	-	-	1%	1%	*	-	*	-	*	2%	-	1%	-	*
										cfh			h		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D1. Are you...?

BASE: All respondents

Significance Level: 95%

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	984	98	225	205	142	91	222	528	456	817	30	63	39	11	7	149
	49%	62%	50%	42%	56%	44%	48%	48%	49%	47%	55%	66%	47%	64%	80%	58%
		bcefg	c		cefg		c	c			ad				a	
Female	1024	58	223	275	111	116	241	556	468	906	25	32	44	6	2	109
	51%	37%	50%	56%	44%	56%	52%	51%	50%	52%	45%	34%	53%	36%	20%	42%
		a		abdgh		ad	ad	ad	a	cg		c				
Other	3	-	-	2	1	-	-	2	1	3	-	-	-	-	-	-
	*	-	-	*	*	-	-	*	*	*	-	-	-	-	-	-
Prefer not to say	11	1	-	6	-	-	4	7	4	8	-	-	-	-	-	-
	1%	1%	-	1%	-	-	1%	1%	*	*	-	-	-	-	-	-
				b			b									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D1. Are you...?

BASE: All respondents

Significance Level: 95%

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	984	641	155	142	298	16	26	222	687	33	264	892	65	123	550	263	48	861
	49%	50%	44%	45%	44%	56%	67%	50%	47%	60%	51%	49%	38%	46%	48%	48%	64%	49%
		d					cd					b					abce	
Female	1024	625	197	175	371	13	13	224	756	19	249	905	101	145	578	276	25	879
	51%	49%	56%	55%	56%	44%	33%	50%	52%	35%	48%	50%	59%	54%	51%	51%	34%	50%
		a	a		a			be	be		e	a		d	d	d	d	d
Other	3	2	-	-	-	-	-	-	3	-	-	2	1	1	1	-	1	2
	*	*	-	-	-	-	-	-	*	-	-	*	1%	*	*	-	1%	*
																	bce	
Prefer not to say	11	5	-	-	-	-	-	1	7	3	1	7	3	1	5	4	1	10
	1%	*	-	-	-	-	-	*	*	5%	*	*	2%	*	*	1%	1%	1%
										cdf		a						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D1. Are you...?

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	142	690	73	161	47	699	249	26	793	191	838	134
	47%	49%	34%	44%	67%	50%	44%	33%	50%	45%	49%	47%
				a	abdef	abef	a					
Female	157	713	141	206	23	687	313	53	795	229	872	148
	52%	51%	65%	56%	33%	49%	55%	67%	50%	54%	51%	52%
			bcde	cd		c	cd	cde				
Other	-	2	2	-	-	1	2	-	3	-	1	2
	-	*	1%	-	-	*	*	-	*	-	*	1%
			d									a
Prefer not to say	3	5	-	2	-	5	2	-	9	2	8	2
	1%	*	-	1%	-	*	*	-	1%	*	*	1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D1. Are you...?

BASE: All respondents

Significance Level: 95%

	Number of days active										Amount of activity since the COVID-19 restrictions were introduced			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	984	167	73	119	160	132	120	46	167	411	333	350	285	341
	49%	44%	40%	42%	54%	55%	55%	49%	51%	50%	52%	52%	50%	45%
				abc	abc	abc		bc	bc	abc		c		
Female	1024	209	106	164	136	109	97	47	157	409	300	323	284	407
	51%	55%	59%	57%	46%	45%	44%	50%	48%	50%	47%	48%	49%	54%
		defj	defhij	defhij										a
Other	3	-	-	2	-	-	1	-	-	2	1	-	1	2
	*	-	-	1%	-	-	*	-	-	*	*	-	*	*
Prefer not to say	11	2	2	1	1	1	1	1	2	3	4	1	5	3
	1%	1%	1%	*	*	*	*	1%	1%	*	1%	*	1%	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D2. How old are you?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	36 2%	25 3%	10 1%	36 6%	- -	- -	1 1%	3 1%	2 1%	7 3%	5 3%	1 *	10 3%	3 1%	3 2%
		b		bc						fh					
18-24	237 12%	143 14%	90 9%	237 39%	- -	- -	5 5%	30 11%	23 12%	25 12%	21 12%	19 8%	60 19%	36 11%	19 9%
		b		bc									abcdefghi		
25-34	339 17%	121 12%	217 21%	339 55%	- -	- -	12 13%	40 15%	23 12%	37 18%	35 20%	32 14%	83 26%	47 14%	30 15%
		a		bc							c		abcdghi		
35-44	319 16%	133 13%	182 18%	- -	319 48%	- -	19 20%	43 16%	33 17%	38 18%	26 15%	40 18%	50 16%	48 15%	23 11%
		a			ac		i								
45-54	344 17%	162 16%	182 18%	- -	344 52%	- -	11 12%	36 14%	35 18%	35 16%	31 18%	39 17%	54 17%	65 20%	39 19%
					ac									b	
55-64	294 15%	148 15%	145 14%	- -	- -	294 39%	18 18%	57 22%	25 13%	31 15%	21 12%	31 14%	33 10%	45 14%	33 16%
						ab	g	cdefgh							
65+	452 22%	253 26%	199 19%	- -	- -	452 61%	30 31%	55 21%	56 28%	39 18%	37 21%	60 27%	31 10%	83 25%	60 29%
		b				ab	bdg	g	dg	g	g	dg		g	bdg
NET: 16-34	612 30%	288 29%	316 31%	612 100%	- -	- -	18 19%	73 28%	49 25%	69 33%	61 34%	52 23%	153 48%	86 26%	52 25%
				bc						af	acfi		abcdefghi		
NET: 35-54	664 33%	294 30%	364 36%	- -	664 100%	- -	30 31%	78 30%	68 34%	73 34%	57 32%	79 36%	103 32%	113 34%	62 30%
			a		ac										
NET: 55+	746 37%	401 41%	344 34%	- -	- -	746 100%	48 50%	112 43%	80 41%	70 33%	59 33%	92 41%	64 20%	128 39%	93 45%
		b				ab	deg	deg	g	g	g	g		g	deg
Base for stats	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
Mean Score	46.69	47.56	46.05	25.27	44.38	66.32	51.12	47.66	49.37	44.87	45.06	49.05	39.42	48.35	50.15
					a	ab	deg	g	deg	g	g	deg		deg	deg
Standard Deviation	18.022	18.925	17.063	5.303	5.844	7.726	16.741	17.552	19.031	17.750	17.873	16.742	17.194	17.774	18.376
Standard Error	.401	.615	.524	.204	.223	.300	1.603	1.117	1.304	1.189	1.311	1.255	.948	.968	1.299
Error variance	.16	.38	.27	.04	.05	.09	2.57	1.25	1.70	1.41	1.72	1.57	.90	.94	1.69

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D2. How old are you?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	36 2%	2 1%	8 2%	16 3% efh	7 3% efh	- -	3 1%	25 2% efh	10 1%	23 1%	3 5% a	4 4% a	3 4% a	- -	- -	10 4% a
18-24	237 12%	30 19% bfh	43 10% f	82 17% bfh	36 14% fh	25 12% f	21 4% f	155 14% bfh	82 9% f	157 9%	18 33% a	35 37% ad	16 20% a	3 20%	4 38%	76 30% a
25-34	339 17%	34 22% fh	93 21% fh	91 19% fh	49 19% fh	43 21% fh	29 6% fh	218 20% fh	121 13% f	275 16%	7 12%	21 22% ab	22 27% ab	6 35%	1 9%	56 22% a
35-44	319 16%	30 19% fh	94 21% fh	82 17% fh	42 17% f	33 16% f	38 8% f	207 19% fh	113 12% f	268 15%	10 19%	16 17%	17 21%	4 23%	- -	47 18%
45-54	344 17%	25 16% f	98 22% fh	96 20% fh	49 19% fh	45 22% fh	31 7% fh	219 20% fh	125 13% f	306 18% cg	5 9% f	9 10% f	11 13% f	3 16% f	1 15% f	29 11%
55-64	294 15%	21 13%	53 12%	66 13%	38 15%	47 22% abcdfgh	70 15%	139 13%	155 17% bg	270 16% cg	6 10%	5 5%	10 12%	1 5%	1 10%	22 9%
65+	452 22%	15 10%	59 13% e	56 11%	31 12%	15 7%	276 59% abcdegh	130 12% f	322 35% abcdeg	434 25% bcdg	6 11%	5 5%	3 4%	- -	3 28%	16 6%
NET: 16-34	612 30%	67 42% bfh	143 32% fh	189 39% bfh	93 37% fh	68 33% fh	52 11% fh	399 36% fh	214 23% f	456 26% a	27 50% a	60 63% a	42 51% a	9 55%	4 47%	143 55% a
NET: 35-54	664 33%	55 35% fh	192 43% cfh	178 36% fh	91 36% fh	78 37% fh	69 15% fh	426 39% fh	238 26% f	574 33% f	15 28%	25 27% f	28 34% f	7 39%	1 15%	77 30%
NET: 55+	746 37%	36 23%	112 25%	121 25%	70 27%	62 30%	346 74% abcdegh	269 25% f	477 51% abcdeg	705 41% bcdg	12 21% c	10 10% f	13 15% f	1 5%	4 38%	38 15%
Base for stats	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
Mean Score	46.69	40.17	43.60	41.45	42.86	44.38	60.43	42.14	52.04	48.53	36.36	32.70	36.72	35.02	43.74	35.30
Standard Deviation	18.022	16.498	15.599	16.481	16.325	16.554	16.789	16.164	18.626	17.593	17.688	15.060	17.109	12.026	24.350	16.574
Standard Error	.401	1.304	.735	.729	1.018	1.129	.811	.483	.621	.424	2.323	1.470	1.878	2.835	8.117	1.003
Error variance	.16	1.70	.54	.53	1.04	1.27	.66	.23	.39	.18	5.39	2.16	3.53	8.03	65.88	1.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D2. How old are you?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	36 2%	18 1%	8 2%	4 1%	12 2%	2 6% cf	- -	4 1%	27 2%	3 5% cf	5 1%	34 2%	2 1%	- -	7 1%	25 5% abe	4 6% abe	36 2% ab
18-24	237 12%	154 12%	39 11%	28 9%	67 10%	5 19%	13 35% cdf	39 9%	163 11%	17 31% cdf	58 11%	215 12%	16 10%	14 5%	92 8%	104 19% abe	28 37% abce	224 13% ab
25-34	339 17%	146 11%	92 26% a	86 27% a	178 27% a	6 19%	10 26% cf	44 10%	269 19% cf	11 20% cf	59 11%	309 17%	20 12%	20 7%	187 16% a	117 21% ab	16 21% a	320 18% a
35-44	319 16%	98 8%	91 26% a	119 38% ab	209 31% a	4 14%	9 23% cf	36 8%	263 18% cf	8 14%	49 9%	284 16%	28 17%	31 11%	156 14%	121 22% abe	12 15% ab	289 16% ab
45-54	344 17%	195 15%	74 21% a	64 20% a	139 21% a	7 24% c	3 9%	53 12%	275 19% cf	7 12%	63 12%	311 17%	30 18%	44 16% d	191 17% d	105 19% d	5 7%	301 17% d
55-64	294 15%	247 19% bcd	31 9% c	6 2%	37 5% c	4 14%	2 4%	54 12%	228 16% bf	6 11%	60 12%	261 14%	24 14%	59 22% bcde	186 16% cde	45 8%	4 6%	235 13% cd
65+	452 22%	416 33% bcd	17 5%	9 3%	26 4%	1 4%	1 3%	218 49% abde	228 16% b	4 7%	221 43% abde	392 22%	49 29% a	103 38% bcde	317 28% cde	27 5%	6 8%	349 20% cd
NET: 16-34	612 30%	318 25% a	139 39% a	119 37% a	258 39% a	13 44% cf	23 61% cdf	86 19%	460 32% cf	31 56% cdf	122 24%	558 31% b	38 23%	34 12%	286 25% a	245 45% abe	48 64% abce	579 33% ab
NET: 35-54	664 33%	292 23% a	165 47% a	183 58% ab	348 52% a	11 38% cf	12 32%	88 20%	538 37% cf	14 26%	112 22%	595 33%	58 34%	74 28%	347 31% abde	226 42% abde	17 22%	589 34% ad
NET: 55+	746 37%	663 52% bcd	48 14% c	15 5%	63 9% c	5 18%	3 7%	273 61% abdef	455 31% be	10 18%	281 55% abde	653 36%	73 43%	162 60% bcde	502 44% cde	72 13%	10 13%	584 33% cd
Base for stats	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
Mean Score	46.69	51.27 bcd	39.44	37.89	38.71	38.87 b	31.46	56.17 abdef	44.72 be	36.40	53.35 abde	46.32	50.25 a	56.03 bcde	49.76 cde	37.52 d	32.85	45.25 cd
Standard Deviation	18.022	18.708	13.962	10.999	12.660	15.875	12.395	18.684	16.728	18.898	19.566	17.940	18.049	15.962	17.624	14.891	17.051	17.894

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D2. How old are you?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

100%

Standard Error

Error variance

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self				
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e
2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
.401	.507	.812	.671	.533	2.806	1.936	.906	.437	2.420	.877	.422	1.384	.949	.523	.647	1.969	.429
.16	.26	.66	.45	.28	7.88	3.75	.82	.19	5.85	.77	.18	1.92	.90	.27	.42	3.88	.18

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D2. How old are you?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	36 2%	6 2%	29 2%	1 *	1 *	2 3% abe	27 2% b	5 1%	- -	28 2%	8 2%	31 2%	4 1%
18-24	237 12%	31 10%	181 13%	35 16% be	20 5%	13 19% bef	164 12% b	60 11% b	6 8%	200 13% b	37 9%	190 11%	43 15%
25-34	339 17%	64 21%	247 18%	56 26% bdef	28 8%	11 15% b	244 18% b	84 15% b	10 13%	287 18% b	52 12%	268 16%	68 24% a
35-44	319 16%	61 20%	223 16%	34 16%	44 12%	10 15%	235 17% b	79 14%	9 12%	268 17% b	51 12%	272 16%	43 15%
45-54	344 17%	57 19%	237 17%	45 21%	67 18%	16 23%	230 16%	102 18%	23 30% bde	276 17%	68 16%	291 17%	52 18%
55-64	294 15%	42 14%	191 14%	30 14%	73 20% cd	7 10%	199 14%	89 16%	18 23% cd	222 14%	73 17%	258 15%	35 12%
65+	452 22%	40 13%	303 22% a	16 7%	136 37% acdef	10 14%	294 21% a	149 26% acdf	12 15% a	318 20%	133 32% a	409 24% b	42 15%
NET: 16-34	612 30%	102 34%	457 32%	92 43% bdef	50 13%	26 38% bef	435 31% bef	148 26% b	16 21%	515 32% b	97 23%	489 28%	115 40% a
NET: 35-54	664 33%	118 39% b	459 33%	78 36%	111 30%	27 38%	465 33% ac	181 32% acd	33 41% a	544 34% b	119 28% a	562 33% b	95 33%
NET: 55+	746 37%	82 27%	494 35% a	46 21%	209 57% acdef	17 24%	493 35% ac	237 42% acd	30 38% a	540 34%	206 49% a	666 39% b	77 27%
Base for stats	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D2. How old are you?

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Total	a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	46.69	43.68	45.77	40.92	55.07	41.63	45.96	49.04	49.16	45.54	51.02	47.40	42.93
Standard Deviation	18.022	16.887	18.023	16.208	16.270	17.401	17.816	18.016	15.914	17.790	18.256	18.000	17.486
Standard Error	.401	.987	.481	1.078	.861	2.051	.478	.757	1.802	.443	.906	.437	1.006
Error variance	.16	.97	.23	1.16	.74	4.21	.23	.57	3.25	.20	.82	.19	1.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D2. How old are you?

BASE: All respondents

	Number of days active										Amount of activity since the COVID-19 restrictions were introduced			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	36 2%	7 2%	2 1%	6 2%	4 2%	5 2%	4 2%	1 2%	6 2%	16 2%	11 2%	13 2%	7 1%	16 2%
18-24	237 12%	30 8%	25 14%	36 13%	49 16%	30 12%	28 13%	8 8%	32 10%	115 14%	68 11%	92 14%	49 9%	91 12%
			a	a	aghj					a		b		b
25-34	339 17%	36 9%	34 19%	60 21%	57 19%	56 23%	29 13%	14 15%	55 17%	172 21%	98 15%	140 21%	70 12%	125 17%
			a	afj	a	afj			a	afj	a	bc		b
35-44	319 16%	46 12%	29 16%	60 21%	53 18%	39 16%	38 17%	17 18%	38 12%	152 18%	93 15%	115 17%	74 13%	129 17%
				ahj	ah					ahj		b		b
45-54	344 17%	64 17%	35 19%	46 16%	45 15%	30 13%	45 21%	18 19%	61 19%	122 15%	124 19%	114 17%	99 17%	127 17%
							ei			ei	ei			
55-64	294 15%	67 18%	25 14%	39 14%	33 11%	32 13%	28 13%	12 12%	58 18%	105 13%	98 15%	81 12%	90 16%	121 16%
		di							di					a
65+	452 22%	130 34%	31 17%	39 14%	55 18%	51 21%	46 21%	24 26%	76 23%	145 18%	146 23%	119 18%	187 32%	144 19%
		bcdefhij				c	c	c	ci	ci	ci		ac	
NET: 16-34	612 30%	72 19%	61 34%	102 36%	110 37%	90 37%	61 28%	23 25%	93 28%	302 37%	177 28%	245 36%	126 22%	232 31%
			a	agj	afghj	afghj	a		a	afghj	a	bc		b
NET: 35-54	664 33%	110 29%	64 35%	107 37%	99 33%	69 28%	83 38%	35 37%	99 30%	274 33%	216 34%	229 34%	173 30%	256 34%
				ae		ae								
NET: 55+	746 37%	197 52%	55 31%	78 27%	88 30%	83 34%	74 34%	36 38%	135 41%	249 30%	245 38%	200 30%	276 48%	265 35%
		bcdefghij						c	bcdi		cdi		ac	a
Base for stats	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
Mean Score	46.69	52.83	44.67	42.86	43.47	44.50	46.90	47.73	48.16	43.56	47.66	43.89	51.25	45.84
		bcdefghij					cdi	cdi	bcdei	bcdei	bcdei	ac	ac	a
Standard Deviation	18.022	17.896	17.447	16.654	17.863	18.329	18.225	16.902	17.843	17.585	17.823	17.698	17.964	17.623
Standard Error	.401	.932	1.293	.966	1.035	1.183	1.237	1.743	.990	.609	.707	.679	.758	.638
Error variance	.16	.87	1.67	.93	1.07	1.40	1.53	3.04	.98	.37	.50	.46	.58	.41

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	96	59	38	18	30	48	96	-	-	-	-	-	-	-	-
	5%	6%	4%	3%	5%	6%	100%	-	-	-	-	-	-	-	-
		b				a	bcdefghi								
North West	263	129	133	73	78	112	-	263	-	-	-	-	-	-	-
	13%	13%	13%	12%	12%	15%	-	100%	-	-	-	-	-	-	-
								acdefghi							
Yorkshire and the Humber	197	94	103	49	68	80	-	-	197	-	-	-	-	-	-
	10%	10%	10%	8%	10%	11%	-	-	100%	-	-	-	-	-	-
									abdefghi						
West Midlands	212	103	108	69	73	70	-	-	-	212	-	-	-	-	-
	10%	10%	11%	11%	11%	9%	-	-	-	100%	-	-	-	-	-
										abcefg					
East Midlands	177	75	98	61	57	59	-	-	-	-	177	-	-	-	-
	9%	8%	10%	10%	9%	8%	-	-	-	-	100%	-	-	-	-
											abcdfghi				
East of England	223	94	129	52	79	92	-	-	-	-	-	223	-	-	-
	11%	10%	13%	9%	12%	12%	-	-	-	-	-	100%	-	-	-
			a		a	a						abcdeghi			
London	320	174	140	153	103	64	-	-	-	-	-	-	320	-	-
	16%	18%	14%	25%	16%	9%	-	-	-	-	-	-	100%	-	-
		b		bc	c								abcdefhi		
South East	327	158	170	86	113	128	-	-	-	-	-	-	-	327	-
	16%	16%	17%	14%	17%	17%	-	-	-	-	-	-	-	100%	-
														abcdefgi	
South West	207	99	106	52	62	93	-	-	-	-	-	-	-	-	207
	10%	10%	10%	8%	9%	12%	-	-	-	-	-	-	-	-	100%
						a									abcdefgh
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D3. Which of the following describes where you live?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Northern Ireland

Outside of the UK

	Gender		Age			Region								
	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	96 5%	2 1%	15 3%	24 5% a	15 6% a	11 6% a	29 6% ag	41 4% g	55 6% abg	93 5% cdg	4 7% cdg	-	-	-	-	4 1%
North West	263 13%	14 9%	52 12%	48 10% abcdfg	54 21% abcdfg	29 14% abcdfg	66 14% cg	114 10% g	149 16% abcg	236 14% g	8 14% g	9 10% g	6 7% g	2 9% g	-	24 9%
Yorkshire and the Humber	197 10%	15 9%	36 8%	49 10% g	19 8% g	24 12% g	53 11% g	100 9% g	96 10% g	178 10% g	3 6% g	9 10% g	3 4% g	1 6% g	-	17 6%
West Midlands	212 10%	20 13%	50 11% ab	53 11% ab	23 9% ab	18 9% ab	47 10% ab	123 11% ab	89 10% ab	178 10% ab	4 7% ab	19 20% ab	8 9% ab	1 5% ab	2 17% ab	33 13%
East Midlands	177 9%	15 9%	39 9% c	47 10% c	22 9% c	20 9% c	35 7% c	101 9% c	76 8% c	153 9% c	4 7% c	9 10% c	3 4% c	1 7% c	-	17 7%
East of England	223 11%	11 7%	42 9% d	55 11% d	25 10% d	29 14% d	62 13% d	108 10% d	115 12% d	203 12% d	2 4% d	1 2% d	9 10% d	3 20% d	1 16% d	17 7% d
London	320 16%	42 27% cdefgh	93 21% cdfh	77 16% fh	33 13% f	31 15% f	45 10% f	212 19% dfh	108 12% fh	204 12% fh	18 32% a	34 35% a	45 55% abcg	6 33% g	4 42% g	106 41% a
South East	327 16%	24 15% e	84 19% eh	87 18% eh	34 13% eh	26 13% eh	72 16% eh	195 18% h	132 14% h	293 17% d	10 18% d	13 14% d	7 8% d	2 9% d	1 12% d	32 13%
South West	207 10%	16 10% g	36 8% g	47 10% g	30 12% g	19 9% g	59 13% bg	99 9% g	108 12% g	197 11% cdg	2 4% g	1 1% g	2 2% g	2 10% g	1 13% g	8 3%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	96 5%	70 6% d	12 3%	10 3%	22 3%	1 3%	4 9%	34 8% d	56 4%	2 3%	39 7% d	80 4%	11 6%	17 6%	59 5%	20 4%	1 1%	79 5%
North West	263 13%	167 13%	45 13%	39 12%	84 13%	4 14%	1 2%	47 11%	205 14% bf	6 11%	52 10%	237 13%	21 12%	28 10%	160 14%	66 12%	10 13%	235 13%
Yorkshire and the Humber	197 10%	130 10%	31 9%	30 10%	61 9%	5 17%	4 10%	43 10%	138 10%	6 11%	52 10%	169 9%	22 13%	33 12% c	116 10%	40 7%	8 11%	164 9%
West Midlands	212 10%	134 11%	37 10%	33 10%	70 10%	5 17% e	7 18% e	44 10%	154 11%	2 4%	56 11%	191 11%	16 9%	30 11%	112 10%	59 11%	10 14%	181 10%
East Midlands	177 9%	104 8%	38 11%	26 8%	64 10%	1 2%	2 5%	39 9%	131 9%	4 7%	42 8%	166 9%	9 5%	13 5%	101 9% a	56 10% a	6 8%	163 9% a
East of England	223 11%	149 12%	28 8%	44 14% b	72 11%	2 8%	1 3%	53 12%	162 11%	4 8%	57 11%	202 11%	15 9%	25 9%	139 12%	52 10%	7 10%	198 11%
London	320 16%	188 15%	64 18%	50 16%	115 17%	7 24%	14 37% cdf	53 12%	229 16%	17 31% cdf	74 14%	286 16%	25 15%	33 12%	149 13%	116 21% abe	22 29% abe	287 16% b
South East	327 16%	189 15%	73 21% a	56 18% a	129 19% a	3 12%	5 12%	82 18%	231 16%	7 13%	90 17%	288 16%	34 20%	56 21% bde	174 15% d	92 17% d	5 6%	271 15% d
South West	207 10%	143 11% bd	24 7%	28 9%	52 8%	1 3%	2 4%	51 11%	147 10%	6 12%	54 10%	187 10%	18 10%	34 13% c	125 11% c	41 8%	6 8%	172 10%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D3. Which of the following describes where you live?

BASE: All respondents

Significance Level: 95%

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	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: 8th May - 11th May 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	96 5%	11 4%	65 5%	9 4%	25 7% d	5 7%	59 4%	35 6%	3 4%	73 5%	23 6%	88 5%	8 3%
North West	263 13%	45 15%	184 13%	41 19% d	55 15%	7 10%	169 12%	85 15%	17 22% d	214 13%	49 12%	223 13%	36 12%
Yorkshire and the Humber	197 10%	19 6%	141 10% a	21 10%	39 11%	10 14%	126 9%	65 11%	5 6%	149 9%	48 11%	166 10%	27 9%
West Midlands	212 10%	35 12%	144 10%	14 7%	29 8%	7 10%	161 12% abe	45 8%	4 5%	164 10%	48 11%	188 11%	22 8%
East Midlands	177 9%	27 9%	134 10%	16 8%	31 8%	8 12%	123 9%	49 9%	5 7%	126 8%	51 12% a	164 10% b	12 4%
East of England	223 11%	31 10%	163 12%	34 16% d	45 12%	6 8%	150 11%	67 12%	16 21% bcde	143 9%	80 19% a	200 12% b	22 8%
London	320 16%	62 21% b	210 15%	30 14%	35 9%	15 21% bef	236 17% be	69 12%	8 10%	311 19% b	9 2%	244 14%	71 25% a
South East	327 16%	40 13%	229 16%	21 10%	63 17% a	7 10%	240 17% a	80 14%	11 14%	279 17% b	49 12%	267 16%	60 21% a
South West	207 10%	31 10%	139 10%	30 14% d	47 13%	5 7%	130 9%	71 13% d	9 11%	141 9%	66 16% a	178 10%	28 10%
Scotland	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D3. Which of the following describes where you live?

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Total	a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	96	21	11	11	11	9	14	8	13	31	34	34	29	33
	5%	5%	6%	4%	4%	4%	6%	8%	4%	4%	5%	5%	5%	4%
North West	263	57	27	30	30	31	28	9	51	92	88	80	73	107
	13%	15%	15%	11%	10%	13%	13%	10%	16%	11%	14%	12%	13%	14%
Yorkshire and the Humber	197	34	23	24	19	20	26	9	41	63	76	71	61	64
	10%	9%	13%	8%	6%	8%	12%	9%	13%	8%	12%	10%	11%	8%
West Midlands	212	26	19	37	35	24	20	12	38	97	70	77	59	75
	10%	7%	11%	13%	12%	10%	9%	13%	12%	12%	11%	11%	10%	10%
East Midlands	177	29	14	30	21	23	22	8	28	75	59	57	49	70
	9%	8%	8%	11%	7%	10%	10%	9%	9%	9%	9%	8%	8%	9%
East of England	223	57	21	32	29	25	19	8	31	86	59	60	77	83
	11%	15%	12%	11%	10%	10%	9%	8%	10%	10%	9%	9%	13%	11%
London	320	46	23	55	68	46	33	9	42	168	83	115	80	121
	16%	12%	13%	19%	23%	19%	15%	10%	13%	20%	13%	17%	14%	16%
South East	327	61	26	43	51	41	43	18	46	134	106	118	91	116
	16%	16%	14%	15%	17%	17%	20%	19%	14%	16%	17%	17%	16%	15%
South West	207	48	16	24	33	24	13	13	35	81	62	62	58	84
	10%	13%	9%	8%	11%	10%	6%	14%	11%	10%	10%	9%	10%	11%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1273	641	625	318	292	663	70	167	130	134	104	149	188	189	143
	63%	65%	61%	52%	44%	89%	73%	64%	66%	63%	59%	67%	59%	58%	69%
				b		ab	egh				h				egh
Yes - children aged 0 to 12 months	82	35	47	55	24	3	2	9	6	11	10	7	16	16	6
	4%	4%	5%	9%	4%	*	2%	3%	3%	5%	6%	3%	5%	5%	3%
				bc	c										
Yes - children aged 13 months to 4 years old	186	71	115	106	72	7	5	23	16	19	19	27	28	33	17
	9%	7%	11%	17%	11%	1%	5%	9%	8%	9%	11%	12%	9%	10%	8%
			a	bc	c										
Yes - children aged 5 to 10 years old	301	131	171	119	162	21	12	39	26	34	31	35	54	41	29
	15%	13%	17%	19%	24%	3%	13%	15%	13%	16%	18%	16%	17%	13%	14%
			a	c	ac										
Yes - children aged 11 to 15 years old	311	150	161	73	200	38	11	41	33	33	22	31	49	69	22
	15%	15%	16%	12%	30%	5%	11%	15%	17%	16%	12%	14%	15%	21%	11%
				c	ac									aefi	
Prefer not to answer	80	45	28	37	23	20	4	11	6	8	8	2	18	10	12
	4%	5%	3%	6%	4%	3%	4%	4%	3%	4%	5%	1%	6%	3%	6%
		b		bc				f			f		f		f
NET: Yes	669	298	371	258	348	63	22	84	61	70	64	72	115	129	52
	33%	30%	36%	42%	52%	8%	23%	32%	31%	33%	36%	32%	36%	39%	25%
			a	c	ac						ai		ai		ai

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1273	82	240	280	149	131	391	602	671	1125	30	54	37	10	6	137
	63%	52%	54%	57%	59%	63%	84%	55%	72%	65%	55%	57%	44%	61%	64%	53%
						abg	abcdegh		abcdegh	dg						
Yes - children aged 0 to 12 months	82	11	21	24	9	9	7	57	25	70	1	2	5	1	-	9
	4%	7%	5%	5%	3%	5%	2%	5%	3%	4%	2%	2%	6%	7%	-	4%
		fh	fh	fh		f		fh								
Yes - children aged 13 months to 4 years old	186	16	56	50	28	20	16	121	65	154	2	12	15	-	-	30
	9%	10%	13%	10%	11%	10%	3%	11%	7%	9%	4%	13%	19%	-	-	12%
		f	fh	fh	fh	f		fh	f				ab			
Yes - children aged 5 to 10 years old	301	31	96	70	48	30	26	197	104	248	9	17	20	2	1	49
	15%	20%	21%	14%	19%	14%	6%	18%	11%	14%	16%	18%	24%	14%	13%	19%
		fh	cefh	f	fh	f		fh	f				a			a
Yes - children aged 11 to 15 years old	311	34	91	90	41	31	25	214	97	261	10	11	17	4	3	45
	15%	21%	20%	18%	16%	15%	5%	20%	10%	15%	19%	12%	21%	21%	28%	17%
		fh	fh	fh	fh	f		fh	f							
Prefer not to answer	80	6	11	27	11	6	20	43	36	55	5	7	4	1	1	17
	4%	4%	2%	5%	4%	3%	4%	4%	4%	3%	9%	7%	5%	4%	8%	7%
				b							a	a				a
NET: Yes	669	69	197	181	94	71	57	448	222	554	19	35	42	6	3	105
	33%	44%	44%	37%	37%	34%	12%	41%	24%	32%	36%	37%	51%	35%	28%	41%
		fh	cefh	fh	fh	fh		fh	f				a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1273	1273	-	-	-	20	15	346	859	32	381	1132	109	257	824	165	27	1016
	63%	100%	-	-	-	70%	39%	77%	59%	59%	74%	63%	64%	95%	73%	30%	36%	58%
		bcd				b		bde	b		bde			bcde	cde			cd
Yes - children aged 0 to 12 months	82	-	38	44	82	2	2	13	63	1	18	75	5	1	36	40	5	81
	4%	-	11%	14%	12%	8%	6%	3%	4%	2%	3%	4%	3%	*	3%	7%	7%	5%
			a	a	a										a	abe	a	ab
Yes - children aged 13 months to 4 years old	186	-	75	111	186	-	6	24	150	6	30	171	13	1	75	99	11	185
	9%	-	21%	35%	28%	-	15%	5%	10%	10%	6%	9%	8%	*	7%	18%	15%	11%
			a	abd	ab		acf		cf						a	abe	ab	ab
Yes - children aged 5 to 10 years old	301	-	98	203	301	1	8	33	255	3	43	278	19	3	86	183	29	298
	15%	-	28%	64%	45%	3%	22%	7%	18%	6%	8%	15%	11%	1%	8%	34%	39%	17%
			a	abd	ab		acef		acef						a	abe	abe	ab
Yes - children aged 11 to 15 years old	311	-	142	169	311	5	9	40	254	4	53	279	27	1	104	180	26	310
	15%	-	40%	53%	46%	16%	22%	9%	17%	7%	10%	15%	16%	*	9%	33%	34%	18%
			a	ab	a		cef		cef						a	abe	abe	ab
Prefer not to answer	80	-	-	-	-	2	4	20	43	12	25	64	13	9	30	33	8	71
	4%	-	-	-	-	5%	11%	4%	3%	22%	5%	4%	7%	3%	3%	6%	11%	4%
							d			acdf	d		a			be	abe	b
NET: Yes	669	-	352	317	669	7	19	81	551	11	108	610	48	5	281	344	40	665
	33%	-	100%	100%	100%	24%	50%	18%	38%	20%	21%	34%	29%	2%	25%	63%	53%	38%
			a	a	a		acef		cef						a	abe	abe	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	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	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1273	138	855	129	273	40	861	382	51	987	286	1071	193
	63%	46%	61%	60%	74%	58%	62%	67%	65%	62%	68%	62%	67%
			a		acde			ad			a		
Yes - children aged 0 to 12 months	82	24	57	8	6	4	62	18	1	69	13	68	14
	4%	8%	4%	4%	2%	6%	4%	3%	1%	4%	3%	4%	5%
		b				b	b						
Yes - children aged 13 months to 4 years old	186	44	140	22	18	6	141	43	4	156	30	155	32
	9%	15%	10%	10%	5%	8%	10%	8%	5%	10%	7%	9%	11%
		b		b			b						
Yes - children aged 5 to 10 years old	301	69	228	39	37	5	227	67	14	250	51	261	39
	15%	23%	16%	18%	10%	8%	16%	12%	18%	16%	12%	15%	14%
		b		bce			bce		b				
Yes - children aged 11 to 15 years old	311	57	250	37	51	13	220	83	18	256	55	287	22
	15%	19%	18%	17%	14%	19%	16%	15%	23%	16%	13%	17%	8%
									b			b	
Prefer not to answer	80	18	41	9	10	4	40	23	1	63	16	60	13
	4%	6%	3%	4%	3%	6%	3%	4%	1%	4%	4%	3%	4%
		b											
NET: Yes	669	146	514	77	87	25	492	161	27	549	120	587	81
	33%	48%	36%	36%	23%	36%	35%	29%	34%	34%	28%	34%	28%
		b		be		b	be			b		b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Number of days active									Amount of activity since the COVID-19 restrictions were introduced			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1273	279	109	176	169	139	124	63	214	484	401	383	402	479
	63%	74%	61%	61%	57%	57%	57%	67%	66%	59%	63%	57%	70%	64%
		bcdefhij									ac			
Yes - children aged 0 to 12 months	82	7	10	15	14	13	5	4	13	43	22	36	13	31
	4%	2%	6%	5%	5%	5%	2%	4%	4%	5%	3%	5%	2%	4%
		a		a		a		a		a		b		
Yes - children aged 13 months to 4 years old	186	30	26	34	35	20	17	6	20	88	42	70	40	75
	9%	8%	14%	12%	12%	8%	8%	6%	6%	11%	7%	10%	7%	10%
		aefghj		hj		hj		hj		hj		b		
Yes - children aged 5 to 10 years old	301	35	30	38	58	44	42	13	42	140	96	121	64	116
	15%	9%	17%	13%	20%	18%	19%	14%	13%	17%	15%	18%	11%	15%
		a		ach		a		a		a		b		
Yes - children aged 11 to 15 years old	311	46	24	39	49	38	49	15	51	126	115	123	74	112
	15%	12%	13%	14%	17%	16%	23%	16%	16%	15%	18%	18%	13%	15%
		abchi									a			
Prefer not to answer	80	12	7	8	11	13	9	2	17	32	28	22	27	24
	4%	3%	4%	3%	4%	5%	4%	2%	5%	4%	4%	3%	5%	3%
NET: Yes	669	87	65	102	117	91	85	29	95	310	208	269	146	250
	33%	23%	36%	36%	39%	37%	39%	31%	29%	38%	33%	40%	25%	33%
		a		a		ahj		ah		ah		bc		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	158 8%	98 10%	58 6%	67 11%	55 8%	36 5%	2 2%	14 5%	15 7%	20 9%	15 8%	11 5%	42 13%	24 7%	16 8%
		b		c	c				a	a	a		abcfhi	a	a
Social Grade B	448 22%	225 23%	223 22%	143 23%	192 29%	112 15%	15 16%	52 20%	36 18%	50 24%	39 22%	42 19%	93 29%	84 26%	36 18%
				c	ac								abcfi	aci	
Social Grade C1	488 24%	205 21%	275 27%	189 31%	178 27%	121 16%	24 25%	48 18%	49 25%	53 25%	47 27%	55 25%	77 24%	87 27%	47 23%
			a	c	c						b			b	
Social Grade C2	254 13%	142 14%	111 11%	93 15%	91 14%	70 9%	15 16%	54 21%	19 10%	23 11%	22 12%	25 11%	33 10%	34 10%	30 14%
				c	c			cdefgh							
Social Grade D	208 10%	91 9%	116 11%	68 11%	78 12%	62 8%	11 12%	29 11%	24 12%	18 9%	20 11%	29 13%	31 10%	26 8%	19 9%
					c										
Social Grade E	467 23%	222 23%	241 24%	52 9%	69 10%	346 46%	29 30%	66 25%	53 27%	47 22%	35 20%	62 28%	45 14%	72 22%	59 29%
					ab		eg	g	g	g	g	g		g	eg
NET: ABC1	1093 54%	528 54%	556 54%	399 65%	426 64%	269 36%	41 43%	114 43%	100 51%	123 58%	101 57%	108 48%	212 66%	195 60%	99 48%
				c	c					abi	ab		abcefi	abcfi	
NET: C2DE	929 46%	456 46%	468 46%	214 35%	238 36%	477 64%	55 57%	149 57%	96 49%	89 42%	76 43%	115 52%	108 34%	132 40%	108 52%
					ab		degh	degh	gh		g	gh			dgh

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	e	f	g
Significance Level: 95%																
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	158	158	-	-	-	-	-	158	-	120	12	12	6	2	1	33
	8%	100%	-	-	-	-	-	14%	-	7%	22%	12%	7%	12%	15%	13%
		bcdefgh						bcdefh			ad	a				a
Social Grade B	448	-	448	-	-	-	-	448	-	373	13	22	30	3	1	69
	22%	-	100%	-	-	-	-	41%	-	21%	24%	24%	36%	19%	10%	27%
			acdefgh					acdefh				a				a
Social Grade C1	488	-	-	488	-	-	-	488	-	412	15	22	24	5	2	69
	24%	-	-	100%	-	-	-	45%	-	24%	28%	23%	30%	28%	25%	27%
				abdefgh				abdefh								
Social Grade C2	254	-	-	-	254	-	-	-	254	227	4	11	7	2	1	26
	13%	-	-	-	100%	-	-	-	27%	13%	8%	12%	8%	13%	12%	10%
					abcefg				abcefg							
Social Grade D	208	-	-	-	-	208	-	-	208	168	4	15	13	4	2	38
	10%	-	-	-	-	100%	-	-	22%	10%	7%	16%	16%	22%	22%	15%
						abcdfgh			abcdfg				a			a
Social Grade E	467	-	-	-	-	-	467	-	467	435	6	13	2	1	1	23
	23%	-	-	-	-	-	100%	-	50%	25%	11%	14%	2%	4%	16%	9%
							abcdegh		abcdeg	bcdg	d	d				d
NET: ABC1	1093	158	448	488	-	-	-	1093	-	905	40	56	60	10	5	171
	54%	100%	100%	100%	-	-	-	100%	-	52%	74%	59%	73%	60%	50%	66%
		defh	defh	defh				defh			a		ac			a
NET: C2DE	929	-	-	-	254	208	467	-	929	829	14	39	22	7	5	87
	46%	-	-	-	100%	100%	100%	-	100%	48%	26%	41%	27%	40%	50%	34%
					abcg	abcg	abcg		abcg	bdg		d				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	158 8%	82 6%	32 9%	37 12%	69 10%	6 22%	2 6%	33 7%	107 7%	8 15%	42 8%	151 8%	5 3%	12 4%	78 7%	56 10%	11 15%	146 8%
				a	a	bcdf				cd	b					ab	abe	a
Social Grade B	448 22%	240 19%	90 26%	107 34%	197 29%	6 20%	9 24%	64 14%	364 25%	4 8%	79 15%	411 23%	32 19%	39 15%	237 21%	158 29%	13 18%	408 23%
			a	ab	a		e		cef						a	abde		a
Social Grade C1	488 24%	280 22%	99 28%	83 26%	181 27%	6 21%	17 45%	68 15%	382 26%	14 25%	92 18%	438 24%	37 22%	51 19%	253 22%	162 30%	22 30%	437 25%
			a		a		acdef		cf							abe	a	a
Social Grade C2	254 13%	149 12%	53 15%	41 13%	94 14%	2 7%	4 11%	50 11%	191 13%	6 11%	56 11%	232 13%	18 11%	15 6%	151 13%	78 14%	10 13%	239 14%
															a	a	a	a
Social Grade D	208 10%	131 10%	45 13%	26 8%	71 11%	3 10%	2 4%	40 9%	155 11%	8 15%	44 9%	181 10%	19 11%	27 10%	124 11%	48 9%	8 11%	181 10%
Social Grade E	467 23%	391 31%	33 9%	23 7%	57 9%	6 19%	4 10%	191 43%	252 17%	15 26%	201 39%	393 22%	59 35%	126 47%	291 26%	40 7%	10 13%	341 19%
		bcd						abde		b	abd		a	bcde	cde			c
NET: ABC1	1093 54%	602 47%	221 63%	227 72%	448 67%	18 64%	29 75%	166 37%	854 59%	26 48%	213 41%	1000 55%	73 43%	102 38%	568 50%	376 69%	47 62%	992 57%
			a	ab	a	cf	cdef		cf			b			a	abe	ab	ab
NET: C2DE	929 46%	671 53%	131 37%	90 28%	222 33%	10 36%	10 25%	281 63%	599 41%	29 52%	301 59%	806 45%	97 57%	168 62%	566 50%	166 31%	28 38%	760 43%
		bcd	c					abd	b	b	abd		a	bcde	cde			c

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	158	31	109	12	17	9	116	35	1	122	36	145	13
	8%	10%	8%	5%	5%	13%	8%	6%	2%	8%	9%	8%	4%
						abef	bf					b	
Social Grade B	448	56	348	36	56	11	347	93	8	360	88	395	51
	22%	19%	25%	17%	15%	16%	25%	16%	10%	22%	21%	23%	18%
			a				abef						
Social Grade C1	488	77	353	54	69	11	358	114	19	394	94	402	81
	24%	25%	25%	25%	19%	16%	26%	20%	24%	25%	22%	23%	28%
							be						
Social Grade C2	254	36	199	24	38	14	177	73	2	206	48	214	36
	13%	12%	14%	11%	10%	20%	13%	13%	3%	13%	11%	12%	13%
				f	f	bf	f	f					
Social Grade D	208	32	142	31	43	11	134	68	16	165	43	171	33
	10%	11%	10%	14%	12%	16%	10%	12%	20%	10%	10%	10%	12%
				d					bde				
Social Grade E	467	70	258	58	146	13	260	182	32	354	113	391	72
	23%	23%	18%	27%	39%	18%	19%	32%	41%	22%	27%	23%	25%
				d	acde			cd	acd		a		
NET: ABC1	1093	164	810	102	142	32	822	242	28	876	218	941	145
	54%	54%	57%	47%	38%	46%	59%	43%	36%	55%	52%	55%	51%
				b			abcef						
NET: C2DE	929	138	600	114	227	38	571	323	51	724	204	777	142
	46%	46%	43%	53%	62%	54%	41%	57%	64%	45%	48%	45%	49%
				d	ad	d		d	d				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	158 8%	15 4%	9 5%	22 8% a	26 9% a	22 9% a	20 9% a	9 10% a	35 11% ab	69 8% a	64 10% ab	74 11% bc	29 5% bc	53 7% bc
Social Grade B	448 22%	64 17%	39 22%	58 20% a	70 24% a	58 24% a	62 29% ac	23 24%	73 22%	186 23% a	158 25% a	181 27% bc	103 18% bc	162 22% bc
Social Grade C1	488 24%	97 26%	40 22%	74 26%	79 27%	57 23%	48 22%	19 21%	74 23%	210 25%	141 22%	166 25%	123 21%	194 26%
Social Grade C2	254 13%	42 11%	21 12%	40 14%	38 13%	35 15%	31 14%	12 13%	35 11%	114 14%	77 12%	76 11%	77 13%	99 13%
Social Grade D	208 10%	41 11%	26 14% j	35 12%	26 9%	23 10%	21 10%	6 7%	29 9%	85 10%	56 9%	62 9%	63 11%	80 11%
Social Grade E	467 23%	121 32% cdefhij	45 25% f	57 20%	57 19%	47 20%	37 17%	24 26%	80 25% f	161 20%	141 22%	114 17%	180 31% ac	164 22% a
NET: ABC1	1093 54%	175 46%	89 49%	154 54%	175 59% ab	136 56% a	131 60% ab	51 55%	182 56% a	466 56% a	364 57% a	422 63% bc	255 44% bc	410 54% b
NET: C2DE	929 46%	203 54% defhij	92 51% df	132 46%	122 41%	106 44%	88 40%	42 45%	144 44%	360 44%	274 43%	252 37%	320 56% ac	343 46% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	378 19%	167 17%	209 20%	72 12%	110 17%	197 26%	21 22%	57 21%	34 18%	26 12%	29 17%	57 26%	46 14%	61 18%	48 23%
					a	ab	d	dg				cdeg		d	dg
1 day	180 9%	73 7%	106 10%	61 10%	64 10%	55 7%	11 11%	27 10%	23 12%	19 9%	14 8%	21 10%	23 7%	26 8%	16 8%
			a												
2 days	286 14%	119 12%	164 16%	102 17%	107 16%	78 10%	11 11%	30 11%	24 12%	37 18%	30 17%	32 14%	55 17%	43 13%	24 12%
			a	c	c										
3 days	297 15%	160 16%	136 13%	110 18%	99 15%	88 12%	11 11%	30 11%	19 9%	35 17%	21 12%	29 13%	68 21%	51 16%	33 16%
				c						c			abcef	c	c
4 days	242 12%	132 13%	109 11%	90 15%	69 10%	83 11%	9 9%	31 12%	20 10%	24 11%	23 13%	25 11%	46 14%	41 12%	24 12%
				bc											
5 days	219 11%	120 12%	97 9%	61 10%	83 13%	74 10%	14 15%	28 11%	26 13%	20 9%	22 13%	19 9%	33 10%	43 13%	13 6%
		b					i		i		i			i	
6 days	93 5%	46 5%	47 5%	23 4%	35 5%	36 5%	8 8%	9 4%	9 4%	12 6%	8 5%	8 4%	9 3%	18 5%	13 6%
							g								
7 days	326 16%	167 17%	157 15%	93 15%	99 15%	135 18%	13 13%	51 19%	41 21%	38 18%	28 16%	31 14%	42 13%	46 14%	35 17%
								g	gh						
NET: None (0 days)	378 19%	167 17%	209 20%	72 12%	110 17%	197 26%	21 22%	57 21%	34 18%	26 12%	29 17%	57 26%	46 14%	61 18%	48 23%
					a	ab	d	dg				cdeg		d	dg
NET: Occasionally (1 day)	180 9%	73 7%	106 10%	61 10%	64 10%	55 7%	11 11%	27 10%	23 12%	19 9%	14 8%	21 10%	23 7%	26 8%	16 8%
			a												
NET: Some (2-4 days)	826 41%	411 42%	409 40%	302 49%	274 41%	249 33%	31 32%	92 35%	63 32%	97 46%	75 42%	86 38%	168 53%	134 41%	81 39%
				bc	c					abc	c		abcefhi	c	
NET: Most 5+ days	638 32%	333 34%	300 29%	177 29%	216 33%	245 33%	34 36%	88 34%	76 39%	70 33%	59 33%	59 26%	83 26%	106 32%	62 30%
		b						g	fg						
Base for stats	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
Median	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

Significance Level: 95%

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	3.24	3.42	3.07	3.35	3.26	3.13	3.16	3.25	3.46	3.47	3.34	2.85	3.21	3.26	3.15
		b							f	f	f				
Standard Deviation	2.382	2.352	2.399	2.195	2.329	2.567	2.449	2.526	2.529	2.309	2.350	2.422	2.144	2.331	2.486
Standard Error	.053	.076	.074	.085	.089	.100	.235	.161	.173	.155	.172	.182	.118	.127	.176
Error variance	*	.01	.01	.01	.01	.01	.06	.03	.03	.02	.03	.03	.01	.02	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	e	f	g
Significance Level: 95%																
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	378 19%	15 9%	64 14%	97 20% ab	42 16% a	41 20% a	121 26% abcdg	175 16% a	203 22% abg	339 20% c	10 18%	10 11%	13 16%	2 9%	2 26%	38 15%
1 day	180 9%	9 6%	39 9%	40 8%	21 8%	26 13% ag	45 10%	89 8%	92 10%	155 9%	5 10%	7 7%	9 11%	1 4%	1 13%	23 9%
2 days	286 14%	22 14%	58 13%	74 15%	40 16%	35 17%	57 12%	154 14%	132 14%	240 14%	8 15%	19 19%	11 14%	3 19%	3 35%	45 17%
3 days	297 15%	26 16%	70 16%	79 16%	38 15%	26 13%	57 12%	175 16%	122 13%	246 14%	7 13%	19 20%	16 19%	3 18%	2 25%	47 18%
4 days	242 12%	22 14%	58 13%	57 12%	35 14%	23 11%	47 10%	136 12%	106 11%	199 11%	8 14%	12 13%	16 19% a	3 17%	-	38 15%
5 days	219 11%	20 13%	62 14% cfh	48 10%	31 12%	21 10%	37 8%	131 12% f	88 9%	190 11%	5 9%	12 12%	6 8%	3 16%	-	26 10%
6 days	93 5%	9 6%	23 5%	19 4%	12 5%	6 3%	24 5%	51 5%	42 5%	82 5% d	5 10% cdg	2 2%	-	-	-	7 3%
7 days	326 16%	35 22% cdeh	73 16%	74 15%	35 14%	29 14%	80 17%	182 17%	144 15%	282 16%	6 11%	14 15%	10 13%	3 16%	-	33 13%
NET: None (0 days)	378 19%	15 9%	64 14%	97 20% ab	42 16% a	41 20% a	121 26% abcdg	175 16% a	203 22% abg	339 20% c	10 18%	10 11%	13 16%	2 9%	2 26%	38 15%
NET: Occasionally (1 day)	180 9%	9 6%	39 9%	40 8%	21 8%	26 13% ag	45 10%	89 8%	92 10%	155 9%	5 10%	7 7%	9 11%	1 4%	1 13%	23 9%
NET: Some (2-4 days)	826 41%	69 44% f	186 42% f	210 43% f	114 45% f	85 41%	161 35%	466 43% f	360 39%	686 40%	23 43%	50 52% a	43 52% a	9 54%	6 61%	131 51% a
NET: Most 5+ days	638 32%	64 41% cdefh	158 35% ceh	141 29%	77 30%	56 27%	141 30%	364 33%	274 30%	555 32% dg	16 30%	28 29%	17 20%	5 32%	-	66 26%
Base for stats	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
Median	3	4	3	3	3	3	3	3	3	3	3	3	3	3	2	3
Mean Score	3.24	3.91 bcdefgh	3.48 cefh	3.13	3.25	2.96	3.01	3.39 cefh	3.06	3.22	3.17	3.37	2.99	3.58	1.60	3.16
Standard Deviation	2.382	2.260	2.302	2.356	2.271	2.340	2.542	2.334	2.426	2.407	2.323	2.146	2.151	2.119	1.193	2.173

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

Significance Level: 95%

	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	
Total	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Error	.053	.179	.109	.104	.142	.160	.123	.070	.081	.058	.305	.209	.236	.499	.398	.132
Error variance	*	.03	.01	.01	.02	.03	.02	*	.01	*	.09	.04	.06	.25	.16	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	378 19%	279 22% bcd	42 12%	45 14%	87 13%	5 17% b	1 2%	138 31% bd	221 15% b	13 24% b	143 28% bd	279 15%	78 46% a	62 23% cde	220 19%	88 16% c	9 11% d	316 18% e
1 day	180 9%	109 9%	30 8%	35 11%	65 10%	5 16%	5 14%	41 9%	123 8%	6 11%	51 10%	152 8%	22 13%	27 10%	87 8%	57 11%	10 13%	154 9%
2 days	286 14%	176 14%	66 19% ac	37 12%	102 15%	6 20%	10 25% de	65 14%	201 14%	5 9%	80 16%	252 14%	29 17%	37 14%	179 16% c	63 12%	7 9%	249 14%
3 days	297 15%	169 13%	61 17%	56 18%	117 17% a	3 9%	8 22%	62 14%	217 15%	7 12%	73 14%	278 15% b	13 8%	37 14%	152 13%	91 17%	17 23% ab	260 15%
4 days	242 12%	139 11%	53 15% a	38 12%	91 14%	4 14%	6 15%	53 12%	172 12%	8 14%	63 12%	228 13% b	12 7%	23 8%	138 12%	73 13% a	9 13% a	220 13% a
5 days	219 11%	124 10%	41 12%	44 14% a	85 13%	1 4%	3 9%	28 6% cf	183 13% cf	4 7%	32 6% b	208 12% b	10 6% b	26 10%	111 10%	77 14% be	5 6% c	193 11%
6 days	93 5%	63 5%	14 4%	15 5%	29 4%	- -	1 2%	17 4%	74 5%	2 4%	17 3% b	90 5% b	2 1% b	15 6%	56 5%	20 4%	2 2% c	78 4%
7 days	326 16%	214 17%	48 14%	47 15%	95 14%	6 21%	4 11%	44 10% cf	262 18% cf	10 18%	54 11%	319 18% b	5 3% c	43 16%	193 17%	73 13%	17 22% c	283 16%
NET: None (0 days)	378 19%	279 22% bcd	42 12%	45 14%	87 13%	5 17% b	1 2%	138 31% bd	221 15% b	13 24% b	143 28% bd	279 15%	78 46% a	62 23% cde	220 19%	88 16% c	9 11% d	316 18% e
NET: Occasionally (1 day)	180 9%	109 9%	30 8%	35 11%	65 10%	5 16%	5 14%	41 9%	123 8%	6 11%	51 10%	152 8%	22 13%	27 10%	87 8%	57 11%	10 13%	154 9%
NET: Some (2-4 days)	826 41%	484 38%	179 51% ac	131 41%	310 46% a	12 42%	24 62% cdef	180 40%	590 41%	19 35%	216 42%	758 42% b	53 31%	97 36%	468 41%	227 42%	33 45%	729 42%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	638	401	102	106	208	7	9	88	518	16	104	617	16	85	359	170	23	553
	32%	32%	29%	33%	31%	25%	22%	20%	36%	29%	20%	34%	10%	31%	32%	31%	31%	32%
									cf			b						
Base for stats	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
Median	3	3	3	3	3	2	3	2	3	3	2	3	1	3	3	3	3	3
Mean Score	3.24	3.16	3.33	3.36	3.35	3.02	3.26	2.49	3.48	3.08	2.58	3.44	1.52	3.06	3.25	3.26	3.53	3.27
							c		cf			b						
Standard Deviation	2.382	2.463	2.147	2.280	2.210	2.494	1.874	2.303	2.363	2.556	2.292	2.353	1.878	2.481	2.414	2.264	2.365	2.366
Standard Error	.053	.067	.125	.139	.093	.441	.293	.112	.062	.327	.103	.055	.144	.147	.072	.098	.273	.057
Error variance	*	*	.02	.02	.01	.19	.09	.01	*	.11	.01	*	.02	.02	.01	.01	.07	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	c	d	e	f	a	b	a	b
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	378 19%	52 17%	254 18%	49 23% d	137 37% acde	11 16%	200 14%	163 29% cd	30 38% acd	291 18%	87 21%	302 18%	74 26% a
1 day	180 9%	31 10%	117 8%	28 13% d	41 11% d	6 9%	108 8%	65 11% d	11 13%	147 9%	33 8%	151 9%	29 10%
2 days	286 14%	42 14%	199 14%	37 17%	44 12%	13 19%	195 14%	82 15%	12 15%	234 15%	52 12%	235 14%	48 17%
3 days	297 15%	44 15%	213 15%	37 17%	46 13%	11 16%	208 15%	82 15%	10 12%	245 15%	52 12%	252 15%	44 15%
4 days	242 12%	46 15%	172 12%	23 11%	34 9%	12 17% b	176 13%	60 11%	7 9%	198 12%	45 11%	209 12%	30 11%
5 days	219 11%	32 11%	153 11%	12 5%	21 6%	6 8%	178 13% abef	36 6%	2 2%	176 11%	43 10%	206 12% b	12 4%
6 days	93 5%	10 3%	67 5%	6 3%	16 4%	3 5%	69 5%	24 4%	2 3%	70 4%	23 6%	79 5%	13 4%
7 days	326 16%	43 14%	236 17%	23 11%	30 8%	7 10%	258 19% abef	53 9%	6 8%	238 15%	87 21% a	284 17%	37 13%
NET: None (0 days)	378 19%	52 17%	254 18%	49 23% d	137 37% acde	11 16%	200 14%	163 29% cd	30 38% acd	291 18%	87 21%	302 18%	74 26% a
NET: Occasionally (1 day)	180 9%	31 10%	117 8%	28 13% d	41 11% d	6 9%	108 8%	65 11% d	11 13%	147 9%	33 8%	151 9%	29 10%
NET: Some (2-4 days)	826 41%	132 44%	583 41%	97 45% b	124 34%	36 52% bef	580 42% b	225 40%	29 36%	677 42% b	149 35%	696 40%	122 43%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Total	a	b	a	b	c	d	e	f	a	b	a	b	
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	638	86	456	41	67	16	505	113	10	484	154	569	61
	32%	28%	32%	19%	18%	22%	36%	20%	13%	30%	36%	33%	21%
							abcef				a	b	
Base for stats	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
Median	3	3	3	2	2	3	3	2	1	3	3	3	2
Mean Score	3.24	3.17	3.30	2.61	2.21	3.01	3.54	2.49	1.98	3.19	3.41	3.32	2.69
				bf		bf	abef					b	
Standard Deviation	2.382	2.300	2.380	2.218	2.307	2.128	2.345	2.280	2.181	2.337	2.541	2.374	2.355
Standard Error	.053	.134	.064	.148	.122	.251	.063	.096	.247	.058	.126	.058	.136
Error variance	*	.02	*	.02	.01	.06	*	.01	.06	*	.02	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced									
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less							
		a	b	c	d	e	f	g	h	i	j	a	b	c							
Significance Level: 95%																					
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762							
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753							
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%							
0 days	378	378	-	-	-	-	-	-	-	-	-	31	165	176							
	19%	100%	-	-	-	-	-	-	-	-	-	5%	29%	23%							
		bcdefghij											ac	a							
1 day	180	-	180	-	-	-	-	-	-	-	-	27	49	100							
	9%	-	100%	-	-	-	-	-	-	-	-	4%	9%	13%							
			acdefghij											a	ab						
2 days	286	-	-	286	-	-	-	-	-	286	-	75	70	138							
	14%	-	-	100%	-	-	-	-	-	35%	-	11%	12%	18%							
				abdefghij												ab					
3 days	297	-	-	-	297	-	-	-	-	297	-	106	63	128							
	15%	-	-	-	100%	-	-	-	-	36%	-	16%	11%	17%							
					abcefg hij											b	b				
4 days	242	-	-	-	-	242	-	-	-	242	-	101	62	78							
	12%	-	-	-	-	100%	-	-	-	29%	-	15%	11%	10%							
						abcd fghij											bc				
5 days	219	-	-	-	-	-	219	-	-	-	219	106	59	53							
	11%	-	-	-	-	-	100%	-	-	-	34%	16%	10%	7%							
							abcde ghij											bc	c		
6 days	93	-	-	-	-	-	-	93	-	-	93	51	24	19							
	5%	-	-	-	-	-	-	100%	-	-	15%	8%	4%	2%							
								abcde fghij											bc		
7 days	326	-	-	-	-	-	-	-	326	-	326	176	84	61							
	16%	-	-	-	-	-	-	-	100%	-	51%	26%	15%	8%							
									abcde f g ij											bc	c
NET: None (0 days)	378	378	-	-	-	-	-	-	-	-	-	31	165	176							
	19%	100%	-	-	-	-	-	-	-	-	-	5%	29%	23%							
		bcdefghij											ac	a							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Occasionally (1 day)	180	-	180	-	-	-	-	-	-	-	-	27	49	100
	9%	-	100%	-	-	-	-	-	-	-	-	4%	9%	13%
			acdefghij										a	ab
NET: Some (2-4 days)	826	-	-	286	297	242	-	-	-	826	-	282	194	345
	41%	-	-	100%	100%	100%	-	-	-	100%	-	42%	34%	46%
				abfghj	abfghj	abfghj				abfghj		b		b
NET: Most 5+ days	638	-	-	-	-	-	219	93	326	-	638	334	167	133
	32%	-	-	-	-	-	100%	100%	100%	-	100%	49%	29%	18%
							abcdei	abcdei	abcdei		abcdei	bc	c	
Base for stats	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
Median	3	0	1	2	3	4	5	6	7	3	7	4	3	2
Mean Score	3.24	-	1.00	2.00	3.00	4.00	5.00	6.00	7.00	2.95	6.17	4.41	2.87	2.50
									ij		i	bc	c	
Standard Deviation	2.382	-	-	-	-	-	-	-	*	.799	.909	2.086	2.503	2.116
Standard Error	.053	-	-	-	-	-	-	-	*	.028	.036	.080	.106	.077
Error variance	*	-	-	-	-	-	-	-	*	*	*	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q2. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week before the COVID-19 restrictions were introduced?

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	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200	
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	207	103	105	81	78	48	11	22	21	24	21	16	38	37	17
	10%	10%	10%	13%	12%	6%	12%	8%	11%	11%	12%	7%	12%	11%	8%	
				c	c											
A bit more	(4.0)	467	247	219	164	150	152	23	58	49	53	36	45	77	81	45
	23%	25%	21%	27%	23%	20%	24%	22%	25%	25%	20%	20%	24%	25%	22%	
		b		c												
Neither more nor less	(3.0)	575	285	284	126	173	276	29	73	61	59	49	77	80	91	58
	28%	29%	28%	21%	26%	37%	30%	28%	31%	28%	28%	34%	25%	28%	28%	
				a	ab							g				
A bit less	(2.0)	326	156	168	102	114	109	13	40	29	28	32	35	58	48	43
	16%	16%	16%	17%	17%	15%	14%	15%	15%	13%	18%	16%	18%	15%	21%	
				d												
A lot less	(1.0)	427	185	239	130	141	156	20	68	35	47	38	48	63	68	41
	21%	19%	23%	21%	21%	21%	21%	21%	26%	18%	22%	21%	22%	20%	21%	20%
			a						c							
Don't know		20	9	9	9	6	4	-	3	1	1	1	2	5	3	3
	1%	1%	1%	1%	1%	1%	1%	-	1%	1%	*	*	1%	2%	1%	2%
NET: More		674	350	323	245	229	200	34	80	71	77	57	60	115	118	62
	33%	36%	32%	40%	34%	27%	36%	30%	36%	36%	32%	27%	36%	36%	30%	
				bc	c					f			f	f		
NET: Less		753	341	407	232	256	265	33	107	64	75	70	83	121	116	84
	37%	35%	40%	38%	39%	36%	34%	41%	33%	35%	40%	37%	38%	35%	41%	
			a													
Base for stats	2002	975	1015	603	657	742	96	260	196	211	176	221	315	324	204	
Mean Score	2.85	2.92	2.79	2.94	2.86	2.77	2.92	2.72	2.96	2.90	2.83	2.75	2.90	2.91	2.78	
		b		c					b							
Standard Deviation	1.281	1.260	1.300	1.356	1.313	1.183	1.296	1.298	1.246	1.316	1.307	1.210	1.304	1.299	1.236	
Standard Error	.029	.041	.040	.053	.050	.046	.124	.083	.086	.088	.096	.091	.072	.071	.088	
Error variance	*	*	*	*	*	*	.02	.01	.01	.01	.01	.01	.01	.01	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q2. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week before the COVID-19 restrictions were introduced?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	207 10%	30 19%	55 12%	48 10%	24 10%	23 11%	26 6%	133 12%	74 8%	169 10%	7 13%	14 15%	12 15%	3 15%	1 9%	36 14%
			bcdefgh	fh	f		f		fh							a	
A bit more	(4.0)	467 23%	45 28%	127 28%	118 24%	52 21%	39 19%	87 19%	289 26%	178 19%	388 22%	12 22%	28 29%	28 35%	3 20%	1 15%	73 28%
			efh	defh	fh				defh					a		a	
Neither more nor less	(3.0)	575 28%	29 19%	103 23%	123 25%	77 30%	63 30%	180 39%	255 23%	320 34%	520 30%	10 18%	16 17%	14 17%	3 15%	4 44%	47 18%
					abg	abg	abcdeg		abcg		cdg						
A bit less	(2.0)	326 16%	27 17%	71 16%	91 19%	38 15%	32 16%	67 14%	189 17%	137 15%	274 16%	12 22%	20 21%	13 16%	4 25%	- -	50 19%
A lot less	(1.0)	427 21%	26 17%	91 20%	104 21%	61 24%	48 23%	97 21%	221 20%	206 22%	368 21%	13 25%	17 18%	15 18%	4 25%	3 32%	52 20%
Don't know		20 1%	1 *	1 *	5 1%	1 1%	2 1%	10 2%	7 1%	13 1%	16 1%	- -	- -	- -	- -	- -	- -
							bg		b								
NET: More	674 33%	74 47%	181 41%	166 34%	76 30%	62 30%	114 24%	422 39%	252 27%	557 32%	19 35%	42 44%	40 49%	6 35%	2 24%	109 42%	
			cdefgh	cdefh	fh			defh				a	a		a		
NET: Less	753 37%	53 34%	162 36%	194 40%	99 39%	80 39%	164 35%	410 37%	343 37%	642 37%	25 47%	37 39%	28 34%	8 50%	3 32%	102 40%	
Base for stats	2002	157	447	483	252	206	457	1087	916	1718	54	95	82	17	9	258	
Mean Score	2.85	3.16	2.96	2.83	2.77	2.79	2.74	2.93	2.76	2.83	2.77	3.01	3.12	2.75	2.69	2.97	
			cdefgh	fh				fh					a				
Standard Deviation	1.281	1.369	1.323	1.290	1.288	1.304	1.162	1.319	1.229	1.269	1.388	1.351	1.348	1.448	1.376	1.363	
Standard Error	.029	.109	.062	.057	.081	.089	.057	.040	.041	.031	.182	.132	.148	.341	.459	.082	
Error variance	*	.01	*	*	.01	.01	*	*	*	*	.03	.02	.02	.12	.21	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q2. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week before the COVID-19 restrictions were introduced?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	207 10%	108 9%	58 16%	35 11%	93 14%	3 11%	7 18%	33 7%	157 11%	6 12%	43 8%	199 11%	8 5%	25 9%	108 9%	66 12%	10 13%	183 10%
			a		a		cf		c			b						
A bit more (4.0)	467 23%	275 22%	85 24%	91 29%	176 26%	8 27%	11 29%	74 17%	360 25%	13 24%	93 18%	438 24%	26 15%	43 16%	273 24%	143 26%	8 10%	424 24%
			a		a				cf			b			ad			ad
Neither more nor less (3.0)	575 28%	402 32%	73 21%	74 23%	146 22%	9 32%	11 29%	159 35%	385 27%	11 21%	179 35%	480 27%	77 45%	97 36%	331 29%	122 23%	25 33%	478 27%
			bcd					de			de		a	bce	c			c
A bit less (2.0)	326 16%	211 17%	60 17%	44 14%	104 16%	4 15%	4 11%	70 16%	244 17%	4 7%	78 15%	301 17%	18 11%	56 21%	185 16%	73 13%	13 17%	270 15%
									e			b		ce				
A lot less (1.0)	427 21%	268 21%	74 21%	72 23%	145 22%	3 12%	5 13%	109 24%	295 20%	14 26%	118 23%	372 21%	39 23%	46 17%	228 20%	134 25%	19 25%	381 22%
																ab		
Don't know	20 1%	8 1%	4 1%	1 *	5 1%	1 3%	- -	2 1%	11 1%	6 10%	3 1%	16 1%	2 1%	4 1%	9 1%	5 1%	2 3%	16 1%
										bcd								
NET: More	674 33%	383 30%	142 40%	126 40%	269 40%	11 38%	18 47%	108 24%	517 36%	20 36%	137 27%	636 35%	34 20%	67 25%	381 34%	209 38%	17 23%	607 35%
			a		a		cf		cf	c		b			a	ad		ad
NET: Less	753 37%	479 38%	134 38%	116 37%	250 37%	8 27%	10 25%	179 40%	539 37%	18 33%	196 38%	673 37%	57 34%	102 38%	414 36%	206 38%	31 42%	651 37%
Base for stats	2002	1265	349	316	664	28	38	445	1442	49	512	1790	168	266	1126	537	73	1736
Mean Score	2.85	2.80	2.98	2.92	2.95	3.10	3.26	2.67	2.89	2.88	2.74	2.88	2.68	2.79	2.86	2.88	2.68	2.86
			a		a		cf		cf			b						
Standard Deviation	1.281	1.239	1.388	1.334	1.362	1.190	1.275	1.224	1.290	1.434	1.237	1.294	1.134	1.179	1.259	1.369	1.321	1.296
Standard Error	.029	.034	.081	.081	.057	.214	.199	.060	.034	.193	.056	.031	.087	.071	.038	.060	.155	.031
Error variance	*	*	.01	.01	*	.05	.04	*	*	.04	*	*	.01	*	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q2. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week before the COVID-19 restrictions were introduced?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 207 10%	39 13%	142 10%	21 10%	23 6%	9 13% b	157 11% be	47 8%	6 8%	158 10%	50 12%	176 10%	29 10%
A bit more	(4.0) 467 23%	77 26%	335 24%	37 17%	54 14%	15 21%	353 25% abef	97 17%	8 10%	356 22%	110 26%	419 24% b	47 16%
Neither more nor less	(3.0) 575 28%	70 23%	397 28%	68 32%	147 40% cd	17 24%	366 26%	191 34% d	37 47% acde	453 28%	122 29%	491 29%	75 26%
A bit less	(2.0) 326 16%	50 17%	217 15%	30 14%	48 13%	13 18% f	239 17% f	84 15%	5 7%	268 17%	58 14%	272 16%	52 18%
A lot less	(1.0) 427 21%	64 21%	309 22%	58 27% d	97 26% d	15 21%	268 19%	144 25% d	23 29% d	349 22%	78 19%	345 20%	80 28% a
Don't know	20 1%	1 *	10 1%	1 *	2 1%	1 2%	9 1%	4 1%	- -	15 1%	4 1%	14 1%	3 1%
NET: More	674 33%	116 39%	477 34%	59 27%	76 21%	24 34% bf	510 37% abef	144 25%	14 18%	514 32%	160 38% a	595 35% b	76 26%
NET: Less	753 37%	114 38%	525 37%	88 41%	145 39%	28 40%	507 36%	227 40%	28 35%	617 39% b	136 32%	618 36%	133 46% a
Base for stats	2002	301	1400	215	368	68	1383	562	79	1584	418	1704	284
Mean Score	2.85	2.92	2.85	2.70	2.61	2.86	2.92 abef	2.68	2.62	2.81	2.99 a	2.89 b	2.62
Standard Deviation	1.281	1.339	1.289	1.304	1.195	1.347	1.285	1.256	1.227	1.280	1.277	1.272	1.322
Standard Error	.029	.078	.035	.087	.063	.160	.035	.053	.139	.032	.064	.031	.076
Error variance	*	.01	*	.01	*	.03	*	*	.02	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q2. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week before the COVID-19 restrictions were introduced?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	207 10%	4 1%	3 1%	13 5% a	27 9% abc	32 13% abc	26 12% abc	25 27% abcdefi	77 24% abcdefi	72 9% abc	128 20% abcdefi	207 31% bc	-	-
A bit more (4.0)	467 23%	27 7%	24 14% a	62 22% ab	79 27% ab	69 28% ab	80 36% abcdi	26 28% ab	99 30% abc	210 25% ab	205 32% abc	467 69% bc	-	-
Neither more nor less (3.0)	575 28%	165 44% bcdefghij	49 27%	70 24%	63 21%	62 26%	59 27%	24 25%	84 26%	194 24%	167 26%	-	575 100% ac	-
A bit less (2.0)	326 16%	35 9%	35 19% afj	62 22% afghj	71 24% afghj	42 17% a	27 12% a	12 12%	43 13%	175 21% afghj	81 13%	-	-	326 43% ab
A lot less (1.0)	427 21%	141 37% cdefghij	65 36% cdefghij	76 27% defghij	57 19% fghj	36 15% hj	26 12% h	7 8%	18 6%	170 21% efghj	52 8%	-	-	427 57% ab
Don't know	20 1%	6 2% d	4 2% di	4 1%	-	1 *	1 *	-	4 1%	5 1%	5 1%	-	-	-
NET: More	674 33%	31 8%	27 15% a	75 26% ab	106 36% abc	101 42% abcdi	106 49% abcdi	51 55% abcdei	176 54% abcdei	282 34% abc	334 52% abcdei	674 100% bc	-	-
NET: Less	753 37%	176 46% efghj	100 55% defghij	138 48% efghij	128 43% efghj	78 32% ghj	53 24%	19 20%	61 19%	345 42% efghj	133 21%	-	-	753 100% ab
Base for stats	2002	372	176	283	297	241	218	93	322	821	633	674	575	753
Mean Score	2.85	2.24	2.23	2.55 ab	2.82 abc	3.08 abcdi	3.25 abcdi	3.53 abcdei	3.54 abcdefi	2.81 abc	3.44 abcdefi	4.31 c	3.00	1.43
Standard Deviation	1.281	1.075	1.134	1.226	1.272	1.261	1.182	1.229	1.158	1.269	1.183	.462	-	.496
Standard Error	.029	.056	.085	.071	.074	.082	.080	.127	.065	.044	.047	.018	-	.018
Error variance	*	*	.01	.01	.01	.01	.01	.02	*	*	*	*	-	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1280	596	677	343	442	494	61	172	120	139	123	139	175	223	128
	63%	61%	66%	56%	67%	66%	64%	65%	61%	65%	70%	62%	55%	68%	62%
			a		a	a		g		g	g			g	
Home activity, fitness or exercise class viewed online or on TV, DVD or video	427	161	261	195	149	84	14	61	38	47	38	34	94	67	34
	21%	16%	26%	32%	22%	11%	14%	23%	19%	22%	21%	15%	29%	20%	16%
			a	bc	c			f					acfhi		
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	386	216	167	157	112	116	15	45	32	46	35	41	73	69	30
	19%	22%	16%	26%	17%	16%	16%	17%	16%	22%	20%	19%	23%	21%	14%
		b		bc									i		
Running or jogging	376	227	146	200	136	41	14	45	26	48	30	34	85	55	39
	19%	23%	14%	33%	20%	5%	14%	17%	13%	23%	17%	15%	26%	17%	19%
		b		bc	c					c			abcefh		
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	294	153	140	129	114	51	12	41	23	37	26	27	52	49	27
	15%	16%	14%	21%	17%	7%	12%	16%	12%	17%	14%	12%	16%	15%	13%
				c	c										
Cycling (either for leisure or travel)	262	177	82	101	101	59	13	29	29	28	18	34	41	45	23
	13%	18%	8%	17%	15%	8%	14%	11%	15%	13%	10%	15%	13%	14%	11%
		b		c	c										
Other sport, exercise or physical activity	108	58	50	33	22	53	5	12	12	18	8	10	13	15	15
	5%	6%	5%	5%	3%	7%	6%	5%	6%	9%	5%	4%	4%	4%	7%
						b				gh					
I have not done any physical activity in the past week	254	111	143	50	71	134	15	42	24	18	16	37	30	34	38
	13%	11%	14%	8%	11%	18%	16%	16%	12%	9%	9%	16%	9%	10%	18%
						ab		degh				degh			degh
NET: Home based activity	879	406	466	368	291	220	31	112	78	103	83	86	171	143	74
	43%	41%	45%	60%	44%	30%	32%	43%	39%	48%	47%	38%	53%	44%	36%
				bc	c					afi	ai		abcfhi	a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1280 63%	104 66%	287 64%	318 65%	155 61%	129 62%	288 62%	709 65%	571 61%	1138 66% cdg	30 56%	49 51%	38 46%	8 46%	4 44%	129 50%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	427 21%	51 32% cefh	116 26% efh	106 22% fh	67 26% efh	35 17% f	53 11% efh	273 25% efh	154 17% f	343 20%	15 27%	23 24%	24 29% a	5 32%	2 17%	69 27% a
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	386 19%	49 31% bcdelfgh	93 21% f	89 18%	52 21% f	36 17%	67 14%	231 21% fh	155 17%	309 18%	13 24%	28 29% a	20 24%	8 48%	3 29%	72 28% a
Running or jogging	376 19%	46 29% cdefh	122 27% cdefh	98 20% fh	50 20% fh	33 16% f	27 6% efh	266 24% efh	110 12% f	285 16%	18 34% a	28 30% a	34 41% a	2 9%	- -	82 32% a
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	294 15%	30 19% fh	83 19% fh	76 16% fh	41 16% fh	36 17% fh	28 6% fh	189 17% fh	105 11% f	246 14%	9 16%	12 13%	16 19%	2 10%	3 32%	42 16%
Cycling (either for leisure or travel)	262 13%	32 20% befh	60 13% f	70 14% fh	47 18% efh	21 10%	32 7%	162 15% fh	100 11% f	223 13%	8 14%	16 17% d	6 7%	2 10%	1 9%	32 12%
Other sport, exercise or physical activity	108 5%	8 5%	17 4%	19 4%	14 5%	11 5%	40 9% bcg	44 4% bcg	65 7% bcg	97 6%	3 6%	2 2%	2 3%	2 11%	3 29%	12 5%
I have not done any physical activity in the past week	254 13%	9 5%	37 8%	59 12% a	29 11% a	28 14% ab	91 20% abcdg	106 10% abcdg	149 16% abg	228 13%	5 10%	9 9%	7 9%	3 16%	2 26%	26 10%
NET: Home based activity	879 43%	89 56% cefh	231 52% cefh	210 43% fh	128 50% fh	88 42% f	134 29%	530 48% cfh	349 38% f	718 41%	31 56% a	44 46% a	46 56% a	14 80%	6 61%	140 54% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1280	802	227	208	435	12	12	216	1014	26	240	1205	59	168	731	336	44	1111
	63%	63%	64%	66%	65%	41%	31%	48%	70%	47%	47%	67%	35%	62%	64%	62%	59%	63%
								b	abcef		b	b						
Home activity, fitness or exercise class viewed online or on TV, DVD or video	427	224	94	88	181	7	9	76	324	11	91	396	25	41	229	137	21	386
	21%	18%	27%	28%	27%	24%	22%	17%	22%	20%	18%	22%	15%	15%	20%	25%	27%	22%
			a	a	a				cf		b	b			a	ab	a	a
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	386	241	69	61	130	4	8	85	284	6	96	367	16	43	209	119	15	343
	19%	19%	20%	19%	19%	12%	20%	19%	20%	11%	19%	20%	9%	16%	18%	22%	20%	20%
											b				a			
Running or jogging	376	190	79	87	166	7	16	33	302	19	56	355	14	31	192	130	24	345
	19%	15%	23%	27%	25%	23%	41%	7%	21%	34%	11%	20%	8%	11%	17%	24%	31%	20%
			a	a	a	cf	cdf		cf	cdf		b			a	abe	abe	a
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	294	109	87	83	170	8	13	46	222	5	67	277	11	13	157	107	17	281
	15%	9%	25%	26%	25%	27%	34%	10%	15%	9%	13%	15%	7%	5%	14%	20%	23%	16%
			a	a	a	cef	cdef		c		b	b			a	ab	ab	a
Cycling (either for leisure or travel)	262	134	59	55	114	4	7	34	208	9	45	244	13	24	137	82	18	237
	13%	11%	17%	17%	17%	15%	18%	8%	14%	16%	9%	14%	7%	9%	12%	15%	24%	14%
			a	a	a		c		cf	c		b			a	abe	a	
Other sport, exercise or physical activity	108	81	16	9	24	1	1	23	82	2	25	104	5	22	58	23	5	86
	5%	6%	4%	3%	4%	4%	2%	5%	6%	4%	5%	6%	3%	8%	5%	4%	6%	5%
		cd												bce				
I have not done any physical activity in the past week	254	188	29	29	58	5	1	107	132	9	113	174	64	45	142	60	7	210
	13%	15%	8%	9%	9%	16%	4%	24%	9%	16%	22%	10%	38%	17%	13%	11%	9%	12%
		bcd						bd		bd		a		ce				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: Home based activity

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Home based activity	879	484	187	170	357	14	23	172	652	18	209	819	46	84	483	270	42	795
	43%	38%	53%	54%	53%	49%	60%	39%	45%	33%	41%	45%	27%	31%	43%	50%	55%	45%
			a	a	a		cef		c			b			a	ab	ab	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1280 63%	164 54%	932 66% a	120 56%	193 52%	35 50%	944 68% abcef	301 53%	41 52%	992 62%	288 68% a	1109 65% b	162 57%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	427 21%	66 22%	310 22%	44 20%	56 15%	11 16%	319 23% be	97 17%	14 18%	345 22%	82 19%	357 21%	65 23%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	386 19%	66 22%	267 19%	44 20% b	52 14%	12 17%	280 20% b	95 17%	13 16%	305 19%	81 19%	335 19%	50 17%
Running or jogging	376 19%	71 24%	265 19%	33 15% bf	15 4%	16 23% bef	300 22% abef	61 11% bf	3 3%	311 19%	65 15%	318 19%	49 17%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	294 15%	49 16%	225 16%	39 18% bf	33 9%	13 19% b	210 15% b	76 13% b	6 8%	248 15% b	46 11%	270 16% b	23 8%
Cycling (either for leisure or travel)	262 13%	38 13%	197 14%	22 10%	26 7%	9 13%	207 15% be	50 9%	5 7%	200 13%	62 15%	227 13%	33 11%
Other sport, exercise or physical activity	108 5%	14 5%	70 5%	15 7%	18 5%	5 7%	76 5%	31 5%	5 7%	86 5%	22 5%	94 5%	13 5%
I have not done any physical activity in the past week	254 13%	40 13%	162 11%	34 16% d	108 29% acde	7 10%	122 9%	124 22% cd	22 28% acd	199 12%	56 13%	201 12%	53 19% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: Home based activity

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Home based activity	137	638	105	118	31	628	224	26	716	163	755	116
	45%	45%	49%	32%	44%	45%	40%	32%	45%	39%	44%	41%
			bef		b	bef	b		b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1280	120	104	189	209	167	165	69	255	566	489	481	325	467
	63%	32%	58%	66%	70%	69%	75%	75%	78%	68%	77%	71%	56%	62%
			a	a	ab	ab	abc	ab	abcdei	ab	abcdei	bc		b
Home activity, fitness or exercise class viewed online or on TV, DVD or video	427	15	21	53	81	69	67	38	83	203	188	213	80	129
	21%	4%	12%	18%	27%	28%	30%	40%	26%	25%	29%	32%	14%	17%
			a	a	abc	abc	abc	abcdehij	abc	abc	abc	bc		
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	386	13	19	60	68	53	62	21	89	181	172	176	93	117
	19%	4%	11%	21%	23%	22%	28%	23%	27%	22%	27%	26%	16%	16%
			a	ab	ab	ab	abi	ab	ab	ab	ab	bc		
Running or jogging	376	5	16	43	77	58	58	27	92	178	177	202	69	102
	19%	1%	9%	15%	26%	24%	27%	28%	28%	22%	28%	30%	12%	14%
			a	ab	abc	abc	abc	abc	abc	abc	abc	bc		
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	294	13	24	43	52	44	46	19	53	139	117	120	59	114
	15%	4%	13%	15%	18%	18%	21%	20%	16%	17%	18%	18%	10%	15%
			a	a	a	a	ab	a	a	a	a	b		b
Cycling (either for leisure or travel)	262	9	11	24	48	34	48	18	70	106	136	133	54	73
	13%	2%	6%	8%	16%	14%	22%	19%	22%	13%	21%	20%	9%	10%
			a	a	abc	abc	abcei	abc	abcei	abc	abcei	bc		
Other sport, exercise or physical activity	108	1	12	11	17	21	16	6	25	49	47	39	30	39
	5%	*	7%	4%	6%	9%	7%	7%	8%	6%	7%	6%	5%	5%
			a	a	a	ac	a	a	ac	a	ac			
I have not done any physical activity in the past week	254	229	11	5	5	2	2	-	1	11	3	14	124	112
	13%	61%	6%	2%	2%	1%	1%	-	*	1%	*	2%	21%	15%
		bcdefghij	cdefghij	j									ac	a
NET: Home based activity	879	37	60	138	160	135	128	56	165	433	349	382	194	296
	43%	10%	33%	48%	54%	56%	59%	60%	51%	52%	55%	57%	34%	39%
			a	ab	ab	ab	abc	ab	ab	ab	ab	bc		b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Total	Nobody, I did this on my own	With another adult or adults	With a child or children	NET: With somebody else
Walking (either for leisure or travel)	1280 100%	601 47%	567 44%	253 20%	679 53%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	427 100%	284 67%	80 19%	71 17%	143 33%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	386 100%	302 78%	55 14%	35 9%	83 22%
Running or jogging	376 100%	271 72%	81 21%	31 8%	105 28%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	294 100%	80 27%	116 40%	147 50%	214 73%
Cycling (either for leisure or travel)	262 100%	156 60%	85 32%	49 19%	106 40%
Other sport, exercise or physical activity	108 100%	75 69%	29 27%	6 6%	33 31%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1273	563	703	379	455	439	69	161	128	143	129	112	180	228	123
Total	1280	596	677	343	442	494	61	172	120	139	123	139	175	223	128
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	601	310	286	138	185	278	27	72	64	61	56	60	91	109	60
	47%	52%	42%	40%	42%	56%	45%	42%	53%	44%	46%	43%	52%	49%	47%
		b	ab												
With another adult or adults	567	252	314	173	190	204	25	86	46	62	51	71	68	95	63
	44%	42%	46%	51%	43%	41%	41%	50%	38%	45%	42%	51%	39%	43%	49%
				bc				cg				cg			
With a child or children	253	80	173	84	148	21	16	32	19	34	29	30	26	47	21
	20%	14%	26%	25%	33%	4%	26%	19%	16%	24%	23%	22%	15%	21%	16%
			a	c	ac					g					
NET: With somebody else	679	286	391	205	258	216	34	100	56	78	66	79	83	114	68
	53%	48%	58%	60%	58%	44%	55%	58%	47%	56%	54%	57%	48%	51%	53%
		a	a	c	c										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	1273	104	288	334	156	133	258	726	547	1123	33	54	38	9	4	138
Total	1280	104	287	318	155	129	288	709	571	1138	30	49	38	8	4	129
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	601	42	114	148	71	63	163	304	297	525	15	33	15	3	3	69
	47%	40%	40%	46%	46%	49%	57%	43%	52%	46%	49%	68%	40%	40%	61%	53%
						abcdg		abg			ad					
With another adult or adults	567	58	142	137	72	53	105	337	231	521	11	12	15	5	2	44
	44%	56%	50%	43%	46%	41%	37%	48%	40%	46%	36%	24%	40%	60%	39%	34%
		cefh	fh					fh		cg						
With a child or children	253	23	81	66	32	25	26	169	84	228	6	4	10	-	-	21
	20%	22%	28%	21%	21%	19%	9%	24%	15%	20%	21%	8%	27%	-	-	16%
		f	cfh	fh	f	f		fh	f	c			c			
NET: With somebody else	679	62	172	171	84	66	125	405	274	613	15	15	23	5	2	60
	53%	60%	60%	54%	54%	51%	43%	57%	48%	54%	51%	32%	60%	60%	39%	47%
		fh	fh	f	f			fh		c			c			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	*a	*b	c	d	*e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	1273	855	189	178	367	13	13	203	1016	28	229	1196	60	174	732	323	44	1099
Total	1280	802	227	208	435	12	12	216	1014	26	240	1205	59	168	731	336	44	1111
	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	601 47%	446 56%	77 34%	54 26%	131 30%	9 77%	6 54%	123 57%	449 44%	13 52%	139 58%	550 46%	39 66%	156 93%	295 40%	134 40%	16 36%	445 40%
		bcd						d			d		a	bcde				
With another adult or adults	567 44%	349 44%	104 46%	101 48%	205 47%	3 23%	2 21%	84 39%	468 46%	10 40%	89 37%	546 45%	18 31%	11 7%	375 51%	157 47%	24 55%	556 50%
									f			b			a	a	a	a
With a child or children	253 20%	14 2%	107 47%	125 60%	232 53%	2 17%	4 33%	23 11%	218 22%	6 22%	29 12%	244 20%	8 13%	1 1%	119 16%	123 37%	10 22%	252 23%
			a	ab	a				cf						a	abe	a	ab
NET: With somebody else	679 53%	356 44%	150 66%	154 74%	304 70%	3 23%	5 46%	93 43%	565 56%	12 48%	101 42%	654 54%	20 34%	12 7%	436 60%	203 60%	28 64%	666 60%
			a	a	a				cf			b			a	a	a	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%												
Unweighted Total	1273	922	124	187	35	936	301	39	1000	273	1092	171
Total	1280	932	120	193	35	944	301	41	992	288	1109	162
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	601	359	62	102	18	422	154	25	473	128	505	90
	47%	39%	51%	53%	51%	45%	51%	62%	48%	44%	46%	56%
				d				d			a	a
With another adult or adults	567	484	47	78	15	435	126	11	429	139	506	60
	44%	52%	39%	40%	43%	46%	42%	27%	43%	48%	46%	37%
		a				f					b	
With a child or children	253	208	24	26	8	197	52	6	201	52	229	23
	20%	22%	20%	14%	24%	21%	17%	14%	20%	18%	21%	14%
						b						
NET: With somebody else	679	573	58	91	17	522	147	16	519	160	604	72
	53%	61%	49%	47%	49%	55%	49%	38%	52%	56%	54%	44%
						bf					b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Number of days active										Amount of activity since the COVID-19 restrictions were introduced			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	1273	117	105	195	206	163	164	69	254	564	487	481	319	466
Total	1280	120	104	189	209	167	165	69	255	566	489	481	325	467
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	601	68	49	99	99	69	71	31	114	267	216	194	189	214
	47%	57%	47%	52%	47%	41%	43%	45%	45%	47%	44%	40%	58%	46%
		efhj		e									ac	
With another adult or adults	567	41	47	70	93	80	81	29	128	242	237	244	117	203
	44%	34%	45%	37%	44%	48%	49%	41%	50%	43%	49%	51%	36%	43%
						ac	ac		aci		ac	bc		b
With a child or children	253	19	21	36	39	42	36	14	46	117	96	113	35	105
	20%	16%	20%	19%	19%	25%	22%	21%	18%	21%	20%	24%	11%	22%
												b		b
NET: With somebody else	679	52	56	90	110	98	94	38	141	298	273	287	136	253
	53%	43%	53%	48%	53%	59%	57%	55%	55%	53%	56%	60%	42%	54%
						ac	a		a		a	b		b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	c	*d	*e	*f	g	h	*i
Unweighted Total	262	173	87	110	100	52	16	26	31	29	21	27	43	46	23
Total	262	177	82	101	101	59	13	29	29	28	18	34	41	45	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	156	114	41	59	52	46	10	18	14	15	10	22	24	27	15
	60%	64%	50%	58%	51%	77%	78%	63%	48%	54%	55%	65%	58%	60%	65%
		b	ab												
With another adult or adults	85	52	32	35	36	14	2	8	12	10	7	9	12	16	8
	32%	29%	39%	35%	35%	23%	15%	29%	41%	35%	39%	27%	29%	35%	35%
With a child or children	49	27	22	18	31	-	2	5	7	7	4	8	8	5	4
	19%	15%	26%	18%	30%	-	15%	16%	24%	24%	20%	24%	19%	10%	16%
		a	a	c	ac										
NET: With somebody else	106	63	41	43	50	14	3	11	15	13	8	12	17	18	8
	40%	36%	50%	42%	49%	23%	22%	37%	52%	46%	45%	35%	42%	40%	35%
		a	a	c	c										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	*e	f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	262	33	57	72	47	23	30	162	100	221	8	18	5	2	1	34
Total	262	32	60	70	47	21	32	162	100	223	8	16	6	2	1	32
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	156	14	33	46	27	12	24	93	63	129	4	11	5	2	-	22
	60%	44%	55%	66%	57%	60%	74%	57%	63%	58%	57%	66%	85%	100%	-	67%
			a				a									
With another adult or adults	85	14	21	19	17	6	7	55	30	75	3	4	1	-	1	9
	32%	44%	36%	28%	35%	30%	23%	34%	30%	33%	43%	26%	15%	-	100%	29%
With a child or children	49	7	13	12	12	2	2	32	17	45	2	1	-	-	-	3
	19%	22%	22%	17%	26%	10%	7%	20%	17%	20%	23%	8%	-	-	-	9%
				f												
NET: With somebody else	106	18	27	24	20	8	8	69	37	94	3	5	1	-	1	10
	40%	56%	45%	34%	43%	40%	26%	43%	37%	42%	43%	34%	15%	-	100%	33%
		cf														

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	*a	*b	c	d	*e	f	a	*b	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	262	152	49	45	94	4	7	32	209	10	43	244	13	28	135	81	18	234
Total	262	134	59	55	114	4	7	34	208	9	45	244	13	24	137	82	18	237
	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	156	91	35	21	56	1	5	26	120	4	32	144	8	24	87	36	9	132
	60%	68%	59%	39%	49%	18%	77%	76%	58%	46%	71%	59%	67%	97%	63%	44%	52%	56%
		cd						d						c				
With another adult or adults	85	42	19	20	38	4	2	7	69	4	12	81	4	1	45	33	7	84
	32%	31%	32%	36%	34%	82%	23%	21%	33%	43%	27%	33%	33%	3%	33%	40%	36%	35%
With a child or children	49	2	15	30	45	1	-	2	43	3	3	45	1	-	16	28	5	49
	19%	2%	26%	54%	39%	27%	-	5%	21%	34%	7%	19%	9%	-	12%	34%	25%	20%
		a	a	ab	a				cf						be			b
NET: With somebody else	106	43	24	34	58	4	2	8	88	5	13	100	4	1	51	46	9	105
	40%	32%	41%	61%	51%	82%	23%	24%	42%	54%	29%	41%	33%	3%	37%	56%	48%	44%
			a	a				c							b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		*a	*b	*c	d	e	*f	a	b	a	b
Significance Level: 95%													
Unweighted Total	262	37	194	22	25	9	207	50	4	201	61	227	33
Total	262	38	197	22	26	9	207	50	5	200	62	227	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	156	20	110	12	18	2	125	28	4	118	38	127	27
	60%	54%	56%	56%	70%	20%	60%	57%	74%	59%	61%	56%	82%
													a
With another adult or adults	85	12	71	7	6	7	66	18	-	63	22	80	5
	32%	31%	36%	32%	22%	80%	32%	36%	-	31%	36%	35%	15%
													b
With a child or children	49	11	38	4	3	2	40	8	1	38	10	48	1
	19%	28%	19%	17%	13%	24%	19%	16%	26%	19%	17%	21%	3%
													b
NET: With somebody else	106	17	87	9	8	7	82	22	1	82	24	100	6
	40%	46%	44%	44%	30%	80%	40%	43%	26%	41%	39%	44%	18%
													b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Number of days active										Amount of activity since the COVID-19 restrictions were introduced			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		*a	*b	*c	d	e	f	*g	h	i	j	a	b	c
Unweighted Total	262	9	11	25	50	33	47	18	69	108	134	130	55	75
Total	262	9	11	24	48	34	48	18	70	106	136	133	54	73
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	156	7	5	19	28	19	31	11	36	66	78	75	36	44
	60%	82%	42%	80%	57%	56%	65%	63%	51%	62%	58%	56%	66%	60%
With another adult or adults	85	1	6	5	15	13	11	3	31	33	45	43	14	26
	32%	8%	58%	20%	31%	38%	23%	16%	44%	31%	33%	33%	26%	36%
With a child or children	49	1	2	3	9	7	8	6	13	18	27	31	6	11
	19%	10%	21%	11%	19%	20%	16%	34%	19%	17%	20%	24%	11%	16%
NET: With somebody else	106	2	6	5	21	15	17	7	34	40	58	58	18	29
	40%	18%	58%	20%	43%	44%	35%	37%	49%	38%	42%	44%	34%	40%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	*c	d	e	*f	g	h	i
Unweighted Total	391	231	157	219	136	36	17	44	29	51	33	28	89	61	39
Total	376	227	146	200	136	41	14	45	26	48	30	34	85	55	39
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	271	160	109	137	102	32	9	22	19	36	19	31	61	44	30
	72%	71%	75%	69%	75%	77%	63%	49%	73%	75% b	63%	90%	72% b	81% b	76% b
With another adult or adults	81	52	26	51	22	8	3	17	3	9	11	3	21	8	6
	21%	23%	18%	26% b	16%	19%	25%	37% dhi	11%	18%	37% hi	7%	25%	15%	15%
With a child or children	31	18	14	15	15	1	3	6	4	4	1	1	5	3	3
	8%	8%	9%	7%	11%	3%	20%	14%	16%	8%	3%	3%	6%	6%	9%
NET: With somebody else	105	66	37	62	34	9	5	23	7	12	11	4	23	10	9
	28%	29%	25%	31%	25%	23%	37%	51% dghi	27%	25%	37%	10%	28%	19%	24%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	*f	g	h	a	*b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	391	48	123	105	54	34	27	276	115	295	21	30	33	2	-	86
Total	376	46	122	98	50	33	27	266	110	285	18	28	34	2	-	82
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	271	29	93	71	35	22	20	193	77	208	14	18	25	2	-	58
	72%	63%	77%	72%	70%	67%	75%	73%	70%	73%	75%	63%	74%	100%	-	71%
With another adult or adults	81	13	24	22	10	7	4	59	21	58	4	10	7	-	-	20
	21%	29%	20%	22%	20%	21%	16%	22%	19%	20%	19%	34%	20%	-	-	25%
With a child or children	31	5	7	7	6	4	2	19	12	21	2	2	3	-	-	7
	8%	11%	6%	7%	12%	12%	9%	7%	11%	7%	10%	9%	9%	-	-	9%
NET: With somebody else	105	17	29	27	15	11	7	73	33	77	5	11	9	-	-	24
	28%	37%	23%	28%	30%	33%	25%	27%	30%	27%	25%	37%	26%	-	-	29%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	*a	*b	c	d	*e	f	a	*b	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	391	227	67	72	139	7	17	35	312	20	59	368	15	36	201	130	24	355
Total	376	190	79	87	166	7	16	33	302	19	56	355	14	31	192	130	24	345
	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	271	142	56	60	116	4	11	19	226	11	34	262	6	30	132	99	10	241
	72%	75%	71%	69%	70%	66%	67%	56%	75%	58%	60%	74%	45%	97%	69%	76%	42%	70%
									cf					bce				
With another adult or adults	81	44	10	20	30	2	5	12	57	4	19	72	5	1	46	23	11	80
	21%	23%	13%	23%	18%	34%	29%	37%	19%	23%	34%	20%	38%	3%	24%	18%	45%	23%
						d		d			d			a	a		a	a
With a child or children	31	6	14	10	24	-	2	2	23	4	4	27	2	-	15	13	4	31
	8%	3%	17%	11%	14%	-	11%	7%	8%	23%	7%	8%	17%	-	8%	10%	17%	9%
			a	a	a													
NET: With somebody else	105	47	23	27	50	2	5	14	76	8	22	93	8	1	59	31	14	104
	28%	25%	29%	31%	30%	34%	33%	44%	25%	42%	40%	26%	55%	3%	31%	24%	58%	30%
								d			d			a	a		a	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	*b	*c	d	e	*f	a	b	a	b
Significance Level: 95%												
Unweighted Total	391	275	36	17	16	309	65	3	328	63	327	54
Total	376	265	33	15	16	300	61	3	311	65	318	49
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	271	194	25	10	5	223	37	3	226	45	235	33
	72%	73%	73%	67%	31%	74%	61%	100%	72%	70%	74%	67%
		a				e						
With another adult or adults	81	54	5	5	10	58	19	-	65	16	63	13
	21%	20%	16%	33%	61%	19%	32%	-	21%	25%	20%	27%
						d	d					
With a child or children	31	23	3	1	1	24	5	-	27	5	27	4
	8%	8%	10%	5%	8%	8%	9%	-	9%	7%	8%	8%
NET: With somebody else	105	71	9	5	11	77	24	-	86	20	84	16
	28%	27%	27%	33%	69%	26%	39%	-	28%	30%	26%	33%
		b					d					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Number of days active										Amount of activity since the COVID-19 restrictions were introduced			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c
Unweighted Total	391	7	16	47	79	60	59	28	95	186	182	207	74	106
Total	376	5	16	43	77	58	58	27	92	178	177	202	69	102
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	271	3	14	29	62	40	38	19	66	131	123	136	52	80
	72%	56%	89%	68%	80%	69%	66%	71%	71%	74%	69%	67%	75%	79% a
With another adult or adults	81	2	2	11	9	14	13	7	24	33	43	48	15	16
	21%	44%	11%	25% d	11%	24%	23%	25%	26% d	19%	24% d	24%	22%	16%
With a child or children	31	-	-	3	7	5	8	2	7	15	17	23	2	7
	8%	-	-	7%	9%	9%	13%	8%	7%	8%	9%	11% b	3%	7%
NET: With somebody else	105	2	2	14	15	18	20	8	27	47	55	66	17	22
	28%	44%	11%	32%	20%	31%	34%	29%	29%	26%	31%	33% c	25%	21%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	444	160	279	213	153	78	16	59	42	50	41	28	99	74	35
Total	427	161	261	195	149	84	14	61	38	47	38	34	94	67	34
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	284	106	175	135	86	64	10	44	29	28	23	23	63	43	21
	67%	66%	67%	70%	57%	76%	73%	71%	78%	59%	62%	68%	67%	64%	62%
				b		b									
With another adult or adults	80	34	44	36	28	16	2	12	4	9	9	6	17	13	8
	19%	21%	17%	18%	19%	19%	11%	19%	11%	20%	24%	17%	18%	20%	25%
With a child or children	71	27	44	28	40	4	2	7	6	11	6	5	14	13	6
	17%	17%	17%	14%	27%	5%	16%	12%	17%	23%	16%	15%	15%	20%	18%
				c	ac										
NET: With somebody else	143	54	86	59	63	20	4	18	8	19	14	11	31	24	13
	33%	34%	33%	30%	43%	24%	27%	29%	22%	41%	38%	32%	33%	36%	38%
					ac										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	444	52	122	115	68	37	50	289	155	355	16	26	24	6	2	74
Total	427	51	116	106	67	35	53	273	154	343	15	23	24	5	2	69
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	284 67%	34 67%	68 59%	81 76% be	43 64%	19 56%	38 73%	183 67%	101 65%	235 68%	7 47%	15 64%	13 55%	4 78%	1 47%	40 58%
With another adult or adults	80 19%	11 23% c	25 22% c	11 10%	12 18%	9 27% c	11 21%	47 17%	32 21% c	58 17%	6 38%	8 36%	4 18%	1 22%	1 53%	20 29% a
With a child or children	71 17%	7 14%	24 21% f	16 15%	14 21% f	6 17%	3 6%	48 18% f	24 15%	57 17%	3 20%	1 4%	7 27%	- -	- -	10 15%
NET: With somebody else	143 33%	16 33% c	47 41% c	25 24%	24 36% c	15 44% c	14 27%	89 33%	53 35%	108 32%	8 53%	8 36%	11 45%	1 22%	1 53%	29 42%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	*a	*b	c	d	*e	f	a	*b	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	444	263	80	75	155	8	9	77	337	13	94	411	27	44	245	134	21	400
Total	427	224	94	88	181	7	9	76	324	11	91	396	25	41	229	137	21	386
	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	284	178	46	46	92	6	4	55	213	6	65	269	13	37	157	76	14	247
	67%	79%	49%	53%	51%	90%	45%	72%	66%	57%	71%	68%	52%	92%	69%	56%	66%	64%
		bcd												bce	c			
With another adult or adults	80	45	18	12	30	1	5	17	55	3	22	70	8	3	44	27	5	76
	19%	20%	19%	14%	17%	10%	55%	22%	17%	23%	24%	18%	31%	8%	19%	20%	23%	20%
With a child or children	71	1	34	32	66	-	1	6	60	4	7	65	6	-	32	37	2	71
	17%	1%	37%	36%	36%	-	12%	8%	19%	37%	7%	16%	22%	-	14%	27%	11%	18%
		a	a	a	a				cf						a	abe		a
NET: With somebody else	143	46	48	42	89	1	5	21	111	5	26	127	12	3	72	60	7	139
	33%	21%	51%	47%	49%	10%	55%	28%	34%	43%	29%	32%	48%	8%	31%	44%	34%	36%
			a	a	a										a	ab		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	444	64	325	49	58	11	330	102	15	364	80	365	73
Total	427	66	310	44	56	11	319	97	14	345	82	357	65
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	284	42	200	30	39	7	210	65	10	234	50	230	50
	67%	63%	64%	68%	70%	63%	66%	67%	72%	68%	61%	65%	77%
												a	
With another adult or adults	80	9	64	12	12	1	56	23	1	56	23	70	9
	19%	14%	21%	27%	22%	7%	18%	24%	10%	16%	28%	20%	14%
											a		
With a child or children	71	18	52	3	5	3	61	8	3	59	12	64	6
	17%	28%	17%	6%	9%	30%	19%	8%	18%	17%	14%	18%	9%
		b					ae						
NET: With somebody else	143	25	110	14	17	4	109	32	4	111	32	127	15
	33%	37%	36%	32%	30%	37%	34%	33%	28%	32%	39%	35%	23%
												b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Number of days active										Amount of activity since the COVID-19 restrictions were introduced			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		*a	*b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	444	15	23	57	86	72	66	39	86	215	191	220	84	136
Total	427	15	21	53	81	69	67	38	83	203	188	213	80	129
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	284	12	14	38	60	44	42	23	51	142	116	126	63	93
	67%	80%	67%	73%	73%	64%	63%	61%	61%	70%	62%	59%	79%	71%
													a	a
With another adult or adults	80	1	5	8	14	16	13	7	16	38	36	47	14	19
	19%	5%	22%	15%	17%	24%	19%	19%	19%	19%	19%	22%	17%	15%
With a child or children	71	2	2	6	9	11	14	8	19	26	41	47	4	19
	17%	15%	10%	12%	11%	15%	22%	20%	23%	13%	22%	22%	6%	15%
									di		di	b		b
NET: With somebody else	143	3	7	14	22	25	25	15	32	61	72	88	17	37
	33%	20%	33%	27%	27%	36%	37%	39%	39%	30%	38%	41%	21%	29%
												bc		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	394	212	180	174	116	104	17	44	34	50	38	34	76	70	31
Total	386	216	167	157	112	116	15	45	32	46	35	41	73	69	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	302	168	133	126	78	98	10	35	26	37	31	38	51	51	24
	78%	78%	80%	80%	69%	84%	67%	77%	80%	80%	91%	91%	70%	74%	82%
				b		b					gh	gh			
With another adult or adults	55	37	17	21	21	14	2	7	4	7	3	2	14	11	5
	14%	17%	10%	13%	19%	12%	13%	15%	11%	15%	9%	6%	19%	16%	18%
With a child or children	35	17	19	13	18	4	3	4	3	2	1	2	9	11	-
	9%	8%	11%	9%	16%	4%	21%	8%	9%	5%	2%	6%	12%	17%	-
					c								i	ei	
NET: With somebody else	83	49	34	31	34	18	5	10	6	9	3	4	22	18	5
	22%	22%	20%	20%	31%	16%	33%	23%	20%	20%	9%	9%	30%	26%	18%
					ac								ef	ef	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	394	48	92	98	54	38	64	238	156	309	15	33	21	8	3	80
Total	386	49	93	89	52	36	67	231	155	309	13	28	20	8	3	72
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	302	29	70	73	44	28	58	173	130	246	9	22	15	5	2	53
	78%	59%	76%	82%	85%	78%	86%	75%	84%	80%	69%	80%	75%	58%	72%	74%
			a	a	a		a	a	ag							
With another adult or adults	55	12	19	11	4	2	8	42	13	39	4	5	4	2	1	15
	14%	25%	20%	12%	8%	4%	11%	18%	9%	13%	31%	16%	19%	26%	28%	21%
		cdeh	eh					eh	a							
With a child or children	35	11	6	6	4	6	3	23	13	28	1	2	2	1	-	6
	9%	22%	6%	7%	7%	18%	4%	10%	8%	9%	6%	7%	12%	16%	-	9%
		bcdh				bf										
NET: With somebody else	83	20	22	16	8	8	9	58	25	62	4	6	5	3	1	19
	22%	41%	24%	18%	15%	22%	14%	25%	16%	20%	31%	20%	25%	42%	28%	26%
		bcdh						h								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	*a	*b	c	d	*e	f	a	*b	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	394	267	59	50	109	4	9	81	293	7	94	374	17	45	215	118	16	349
Total	386	241	69	61	130	4	8	85	284	6	96	367	16	43	209	119	15	343
	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	302	206	49	36	85	4	3	63	228	4	70	290	10	43	167	85	8	260
	78%	86%	71%	59%	66%	100%	41%	74%	81%	73%	72%	79%	61%	100%	80%	71%	53%	76%
		bcd												bce				
With another adult or adults	55	33	10	10	20	-	3	15	36	2	18	51	4	-	33	17	5	55
	14%	14%	15%	16%	15%	-	44%	18%	13%	27%	19%	14%	27%	-	16%	15%	37%	16%
			a	a	a										a	a		a
With a child or children	35	3	13	18	31	-	1	7	26	1	8	33	2	-	13	21	2	35
	9%	1%	19%	29%	24%	-	15%	8%	9%	13%	9%	9%	12%	-	6%	18%	11%	10%
			a	a	a											abe		a
NET: With somebody else	83	35	20	25	45	-	5	22	55	2	27	76	6	-	42	34	7	83
	22%	14%	29%	41%	34%	-	59%	26%	19%	27%	28%	21%	39%	-	20%	29%	47%	24%
			a	a	a										a	a		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	*c	d	e	*f	a	b	a	b
Significance Level: 95%													
Unweighted Total	394	64	273	48	52	12	284	99	13	315	79	338	54
Total	386	66	267	44	52	12	280	95	13	305	81	335	50
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	302	46	206	35	42	8	222	73	11	233	69	260	41
	78%	70%	77%	79%	80%	71%	79%	77%	89%	76%	86%	78%	83%
With another adult or adults	55	15	38	7	9	1	36	18	-	44	12	49	6
	14%	22%	14%	17%	17%	10%	13%	18%	-	14%	14%	15%	11%
With a child or children	35	7	28	2	1	2	29	4	1	34	1	33	3
	9%	11%	10%	5%	3%	20%	10%	5%	11%	11%	1%	10%	5%
NET: With somebody else	83	20	61	9	10	4	58	22	1	72	12	74	8
	22%	30%	23%	21%	20%	29%	21%	23%	11%	24%	14%	22%	17%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Number of days active										Amount of activity since the COVID-19 restrictions were introduced			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		*a	*b	c	d	e	f	*g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	394	14	19	64	67	55	62	22	91	186	175	182	91	121
Total	386	13	19	60	68	53	62	21	89	181	172	176	93	117
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	302	12	12	47	53	41	49	16	74	141	138	132	74	96
	78%	87%	62%	79%	77%	76%	79%	74%	83%	77%	80%	75%	80%	82%
With another adult or adults	55	2	6	7	7	9	11	4	11	22	26	31	10	14
	14%	13%	30%	11%	10%	16%	18%	19%	12%	12%	15%	18%	11%	12%
With a child or children	35	-	3	6	9	5	5	1	6	20	13	18	9	8
	9%	-	14%	10%	13%	9%	9%	7%	7%	11%	7%	10%	10%	7%
NET: With somebody else	83	2	7	13	16	13	13	6	15	41	34	44	18	21
	22%	13%	38%	21%	23%	24%	21%	26%	17%	23%	20%	25%	20%	18%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	*c	d	*e	*f	g	h	*i
Unweighted Total	285	146	138	134	105	46	12	38	26	37	27	21	51	48	25
Total	294	153	140	129	114	51	12	41	23	37	26	27	52	49	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	80	53	26	32	27	22	3	13	6	11	5	6	17	13	7
	27%	34%	19%	24%	23%	43%	25%	30%	27%	29%	21%	22%	32%	27%	25%
		b	ab												
With another adult or adults	116	60	56	58	39	20	3	18	9	11	10	14	23	13	16
	40%	39%	40%	45%	34%	38%	25%	44%	37%	30%	38%	51%	44%	27%	59%
With a child or children	147	61	85	59	75	12	8	18	10	20	13	16	18	30	13
	50%	40%	61%	46%	66%	23%	68%	43%	44%	54%	50%	60%	35%	61%	48%
		a	a	c	ac									g	
NET: With somebody else	214	100	114	97	87	29	9	29	17	26	20	21	36	36	21
	73%	66%	81%	76%	77%	57%	75%	70%	73%	71%	79%	78%	68%	73%	75%
		a	a	c	c										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	b	c	d	e	*f	g	h	a	*b	*c	*d	*e	*f	g
Significance Level: 95%																
Unweighted Total	285	29	79	76	40	35	26	184	101	236	9	14	15	2	3	43
Total	294	30	83	76	41	36	28	189	105	246	9	12	16	2	3	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	80	8	21	19	11	6	15	48	32	66	3	5	3	-	1	12
	27%	28%	25%	25%	26%	18%	53%	26%	30%	27%	36%	41%	18%	-	46%	30%
With another adult or adults	116	12	34	31	18	15	6	76	40	96	4	3	8	2	2	19
	40%	39%	40%	41%	45%	42%	22%	40%	38%	39%	42%	27%	52%	100%	54%	45%
With a child or children	147	15	45	38	20	20	8	98	48	128	3	6	7	-	-	15
	50%	50%	54%	50%	50%	54%	29%	52%	46%	52%	33%	44%	44%	-	-	37%
NET: With somebody else	214	22	62	57	30	30	13	141	73	181	6	7	13	2	2	29
	73%	72%	75%	75%	74%	82%	47%	74%	70%	73%	64%	59%	82%	100%	54%	70%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	*a	*b	c	d	*e	f	a	*b	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	285	123	74	70	144	8	13	45	214	5	66	267	11	14	154	100	17	271
Total	294	109	87	83	170	8	13	46	222	5	67	277	11	13	157	107	17	281
	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	80	44	15	14	29	5	6	18	50	2	28	74	4	12	46	20	2	68
	27%	40%	17%	17%	17%	59%	43%	39%	23%	43%	42%	27%	40%	93%	29%	19%	9%	24%
		bcd						d		d								
With another adult or adults	116	53	26	32	58	3	6	16	89	2	26	109	5	1	64	41	11	116
	40%	48%	30%	39%	34%	41%	47%	35%	40%	43%	38%	40%	48%	7%	41%	38%	64%	41%
		bd																
With a child or children	147	19	64	61	125	-	3	16	125	2	19	140	3	-	71	67	9	147
	50%	18%	73%	74%	73%	-	25%	34%	56%	42%	28%	51%	27%	-	45%	63%	53%	52%
		a	a	a	a			cf							b			
NET: With somebody else	214	65	72	69	141	3	7	28	172	3	39	203	7	1	111	86	16	213
	73%	60%	83%	83%	83%	41%	57%	61%	77%	57%	58%	73%	60%	7%	71%	81%	91%	76%
		a	a	a	a			cf										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b	a	b	*c	d	e	*f	a	b	a	*b	
Significance Level: 95%													
Unweighted Total	285	47	217	38	32	15	201	76	6	240	45	260	24
Total	294	49	225	39	33	13	210	76	6	248	46	270	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	80	16	48	12	13	2	53	23	3	70	11	70	10
	27%	32%	21%	30%	39%	17%	25%	30%	49%	28%	23%	26%	43%
With another adult or adults	116	18	95	19	12	7	80	35	1	97	19	107	8
	40%	37%	42%	48%	37%	53%	38%	46%	12%	39%	42%	40%	37%
With a child or children	147	23	121	20	13	5	108	36	2	122	24	141	6
	50%	48%	54%	52%	39%	41%	51%	47%	39%	49%	52%	52%	25%
NET: With somebody else	214	33	177	27	20	11	157	53	3	178	36	200	13
	73%	68%	79%	70%	61%	83%	75%	70%	51%	72%	77%	74%	57%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Number of days active										Amount of activity since the COVID-19 restrictions were introduced			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		*a	*b	c	d	e	f	*g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	285	13	23	42	50	44	44	17	52	136	113	116	57	110
Total	294	13	24	43	52	44	46	19	53	139	117	120	59	114
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	80	3	8	13	19	10	11	3	13	42	27	32	15	32
	27%	19%	35%	30%	36%	23%	25%	15%	24%	30%	23%	27%	25%	28%
With another adult or adults	116	5	8	14	17	18	19	7	28	49	54	53	26	36
	40%	39%	34%	33%	32%	40%	42%	39%	52% di	35%	46%	45% c	45%	31%
With a child or children	147	10	12	20	25	25	22	11	21	70	54	58	24	64
	50%	75%	51%	47%	48%	57%	48%	61%	39%	51%	46%	49%	41%	57%
NET: With somebody else	214	11	16	30	33	34	35	16	40	97	91	87	44	81
	73%	81%	65%	70%	64%	77%	75%	85%	76%	70%	77%	73%	75%	72%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	*b	c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	108	55	53	36	26	46	6	11	12	20	8	7	13	16	15
Total	108	58	50	33	22	53	5	12	12	18	8	10	13	15	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	75	40	35	21	16	38	4	11	8	13	6	6	9	11	8
	69%	69%	70%	64%	70%	72%	80%	89%	64%	71%	74%	58%	70%	72%	52%
With another adult or adults	29	15	14	11	5	14	1	1	4	4	1	3	4	4	7
	27%	26%	28%	33%	23%	26%	20%	11%	36%	24%	9%	26%	30%	28%	48%
With a child or children	6	4	2	3	2	1	-	-	-	1	1	3	-	1	-
	6%	6%	5%	9%	7%	3%	-	-	-	5%	17%	30%	-	5%	-
NET: With somebody else	33	18	15	12	7	15	1	1	4	5	2	4	4	4	7
	31%	31%	30%	36%	30%	28%	20%	11%	36%	29%	26%	42%	30%	28%	48%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	*b	*c	*d	*e	f	g	h	a	*b	*c	*d	*e	*f	*g
Significance Level: 95%																
Unweighted Total	108	8	17	22	14	11	36	47	61	95	4	2	2	2	3	13
Total	108	8	17	19	14	11	40	44	65	97	3	2	2	2	3	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	75	7	9	12	7	7	33	28	47	68	3	-	-	2	3	7
	69%	90%	55%	63%	48%	65%	83%	65%	72%	70%	80%	-	-	100%	100%	62%
With another adult or adults	29	1	6	6	7	2	7	13	17	25	1	2	2	-	-	4
	27%	10%	36%	32%	52%	22%	17%	29%	26%	26%	20%	100%	100%	-	-	38%
With a child or children	6	-	2	1	2	1	-	3	3	6	-	-	-	-	-	-
	6%	-	9%	5%	15%	13%	-	6%	5%	6%	-	-	-	-	-	-
NET: With somebody else	33	1	8	7	7	4	7	15	18	29	1	2	2	-	-	4
	31%	10%	45%	37%	52%	35%	17%	35%	28%	30%	20%	100%	100%	-	-	38%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	*b	*c	*d	*a	*b	*c	d	*e	*f	a	*b	*a	b	*c	*d	e	
Significance Level: 95%																		
Unweighted Total	108	84	13	7	20	1	1	22	81	3	24	104	4	22	57	24	5	86
Total	108	81	16	9	24	1	1	23	82	2	25	104	5	22	58	23	5	86
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	75	58	9	5	14	1	1	20	51	2	22	72	3	21	41	11	3	55
	69%	72%	58%	55%	57%	100%	100%	87%	63%	100%	88%	69%	75%	92%	70%	45%	67%	63%
With another adult or adults	29	23	4	2	7	-	-	3	27	-	3	28	1	2	16	10	2	28
	27%	28%	26%	27%	27%	-	-	13%	33%	-	12%	27%	25%	8%	27%	44%	33%	32%
With a child or children	6	1	4	2	5	-	-	-	6	-	-	6	-	-	3	3	-	6
	6%	1%	24%	18%	22%	-	-	-	7%	-	-	6%	-	-	6%	11%	-	7%
NET: With somebody else	33	23	7	4	10	-	-	3	30	-	3	32	1	2	17	13	2	32
	31%	28%	42%	45%	43%	-	-	13%	37%	-	12%	31%	25%	8%	30%	55%	33%	37%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		*a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total	108	14	70	16	18	5	74	32	5	87	21	94	13
Total	108	14	70	15	18	5	76	31	5	86	22	94	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	75	10	43	12	15	4	49	24	5	60	15	67	9
	69%	68%	61%	81%	84%	82%	65%	78%	100%	70%	68%	71%	64%
With another adult or adults	29	5	23	3	3	1	23	7	-	25	5	24	5
	27%	32%	33%	19%	16%	18%	30%	22%	-	28%	22%	25%	36%
With a child or children	6	1	5	1	-	-	5	1	-	4	2	6	-
	6%	5%	8%	5%	-	-	7%	2%	-	4%	11%	6%	-
NET: With somebody else	33	5	27	3	3	1	27	7	-	26	7	28	5
	31%	32%	39%	19%	16%	18%	35%	22%	-	30%	32%	29%	36%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

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

	Number of days active										Amount of activity since the COVID-19 restrictions were introduced			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	108	1	12	11	17	20	16	6	25	48	47	39	30	39
Total	108	1	12	11	17	21	16	6	25	49	47	39	30	39
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	75	1	9	6	12	14	11	2	20	33	33	23	25	27
	69%	100%	75%	56%	75%	67%	70%	25%	80%	67%	69%	60%	83%	68%
													a	
With another adult or adults	29	-	3	4	4	6	5	3	5	13	13	14	5	10
	27%	-	25%	35%	25%	27%	30%	51%	20%	28%	27%	36%	17%	26%
With a child or children	6	-	-	1	1	1	-	2	1	4	2	2	-	4
	6%	-	-	9%	8%	7%	-	24%	3%	8%	5%	6%	-	10%
NET: With somebody else	33	-	3	5	4	7	5	5	5	16	15	16	5	13
	31%	-	25%	44%	25%	33%	30%	75%	20%	33%	31%	40%	17%	32%
												b		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6. SUMMARY: Thinking about these activities, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	A lot more	A bit more	Neither more nor less	A bit less	A lot less	Don't know	NET: More	NET: Less
Home activity, fitness or exercise class viewed online or on TV, DVD or video	427 100%	160 37%	132 31%	70 16%	30 7%	31 7%	5 1%	291 68%	61 14%
Cycling (either for leisure or travel)	262 100%	71 27%	94 36%	42 16%	26 10%	26 10%	2 1%	165 63%	52 20%
Running or jogging	376 100%	96 26%	134 36%	71 19%	45 12%	28 7%	2 *	230 61%	73 19%
Other sport, exercise or physical activity	108 100%	28 25%	36 33%	29 27%	8 8%	7 6%	1 1%	64 59%	15 14%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	386 100%	99 26%	122 32%	96 25%	37 9%	27 7%	5 1%	221 57%	63 16%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	294 100%	64 22%	102 35%	75 26%	32 11%	18 6%	3 1%	165 56%	50 17%
Walking (either for leisure or travel)	1280 100%	218 17%	324 25%	296 23%	208 16%	228 18%	6 *	542 42%	436 34%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.1. Walking (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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	1273	563	703	379	455	439	69	161	128	143	129	112	180	228	123
Total	1280	596	677	343	442	494	61	172	120	139	123	139	175	223	128
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	218 17%	96 16%	122 18%	71 21% c	85 19% c	62 12%	13 22%	28 16%	30 25% efhi	28 20%	18 14%	16 12%	34 20%	32 14%	19 15%
A bit more (4.0)	324 25%	153 26%	171 25%	95 28%	107 24%	123 25%	12 20%	53 31%	27 22%	33 24%	31 25%	38 27%	43 25%	57 26%	31 24%
Neither more nor less (3.0)	296 23%	157 26% b	137 20%	60 18%	104 24% a	131 27% a	13 21%	31 18%	35 29% bg	26 19%	26 21%	41 30% bg	31 18%	50 22%	41 32% bdg
A bit less (2.0)	208 16%	99 17%	107 16%	53 16%	64 14%	91 18%	11 19%	27 16%	15 13%	20 15%	22 18%	15 11%	34 20%	41 18%	21 17%
A lot less (1.0)	228 18%	88 15%	139 21% a	59 17%	83 19%	86 17%	12 19%	31 18%	13 11%	30 22% c	26 22% c	28 20% c	29 17%	42 19% c	16 13%
Don't know	6 *	4 1%	1 *	5 1% bc	- -	1 *	- -	1 1%	- -	1 1%	- -	1 1%	2 1%	1 *	- -
NET: More	542 42%	249 42%	293 43%	165 48% c	192 43%	185 37%	25 42%	81 47%	57 47%	61 44%	48 39%	54 39%	77 44%	89 40%	50 39%
NET: Less	436 34%	187 31%	246 36%	112 33%	146 33%	177 36%	23 38% c	58 34% c	28 23%	51 37% c	48 39% c	43 31%	64 36% c	83 37% c	38 29%
Base for stats	1274	592	676	338	442	493	61	171	120	138	123	138	173	223	128
Mean Score	3.08	3.12	3.04	3.19 c	3.11	2.97	3.06	3.11	3.38 defh	3.05	2.93	2.99	3.11	2.98	3.11
Standard Deviation	1.346	1.286	1.399	1.394	1.376	1.279	1.430	1.360	1.281	1.442	1.370	1.291	1.386	1.337	1.225
Standard Error	.038	.054	.053	.072	.065	.061	.172	.107	.113	.121	.121	.123	.104	.089	.110
Error variance	*	*	*	.01	*	*	.03	.01	.01	.01	.01	.02	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.1. Walking (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	1273	104	288	334	156	133	258	726	547	1123	33	54	38	9	4	138	
Total	1280	104	287	318	155	129	288	709	571	1138	30	49	38	8	4	129	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	218 17%	24 23% fh	57 20% fh	56 18% f	28 18% f	27 21% f	26 9% f	136 19% fh	81 14% f	193 17%	7 22%	8 17%	5 13%	2 30%	1 20%	23 18%	
A bit more (4.0)	324 25%	30 29%	79 28%	73 23%	39 25%	27 21%	75 26%	182 26%	142 25%	289 25%	5 17%	16 32%	13 34%	1 15%	- -	35 27%	
Neither more nor less (3.0)	296 23%	16 15%	58 20%	67 21%	39 26% a	33 26% a	83 29% abcg	140 20% abcg	156 27% abcg	274 24% bcg	2 5%	6 11%	7 18%	2 22%	1 27%	17 13%	
A bit less (2.0)	208 16%	18 17%	44 15%	58 18%	24 15%	17 13%	48 17%	119 17%	89 16%	183 16%	5 16%	7 15%	6 16%	2 20%	2 52%	22 17%	
A lot less (1.0)	228 18%	16 16%	50 17%	61 19%	24 15%	23 18%	55 19%	127 18%	101 18%	198 17%	11 35% a	10 21%	7 18%	1 13%	- -	29 22%	
Don't know	6 *	- -	- -	4 1%	1 1%	1 1%	- -	4 1%	2 *	1 *	1 4% a	2 3% a	- -	- -	- -	3 a	
NET: More	542 42%	54 52% cfh	136 47% fh	129 40%	67 43%	55 42%	102 35%	318 45% fh	224 39%	482 42%	12 39%	24 49%	18 47%	4 45%	1 20%	58 45%	
NET: Less	436 34%	34 33%	93 33%	119 37%	47 30%	40 31%	103 36%	246 35%	190 33%	381 33%	16 52% a	18 36%	13 35%	3 33%	2 52%	51 40%	
Base for stats	1274	104	287	314	154	128	288	705	569	1137	29	47	38	8	4	126	
Mean Score	3.08	3.26	3.17	3.02	3.16	3.15	2.90	3.12	3.03	3.08	2.72	3.09	3.07	3.29	2.88	3.00	
		f	f		f			f									
Standard Deviation	1.346	1.396	1.374	1.382	1.317	1.380	1.246	1.382	1.300	1.336	1.656	1.443	1.340	1.503	1.322	1.452	
Standard Error	.038	.137	.081	.076	.106	.120	.078	.051	.056	.040	.293	.200	.217	.501	.661	.125	
Error variance	*	.02	.01	.01	.01	.01	.01	*	*	*	.09	.04	.05	.25	.44	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.1. Walking (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	*a	*b	c	d	*e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	1273	855	189	178	367	13	13	203	1016	28	229	1196	60	174	732	323	44	1099
Total	1280	802	227	208	435	12	12	216	1014	26	240	1205	59	168	731	336	44	1111
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 218 17%	126 16%	45 20%	40 19%	85 20%	3 23%	6 48%	22 10%	184 18%	4 15%	30 13%	212 18%	4 7%	29 17%	119 16%	63 19%	7 17%	189 17%
A bit more	(4.0) 324 25%	198 25%	65 29%	51 25%	117 27%	1 10%	1 6%	40 18%	273 27%	9 37%	42 17%	311 26%	11 19%	32 19%	199 27%	88 26%	6 14%	293 26%
Neither more nor less	(3.0) 296 23%	204 25%	38 17%	44 21%	81 19%	2 16%	1 7%	55 25%	232 23%	6 23%	57 24%	281 23%	11 18%	50 30%	174 24%	59 18%	12 27%	246 22%
A bit less	(2.0) 208 16%	133 17%	36 16%	34 16%	71 16%	3 29%	1 9%	49 23%	152 15%	3 13%	53 22%	190 16%	14 24%	29 17%	120 16%	51 15%	9 20%	179 16%
A lot less	(1.0) 228 18%	138 17%	41 18%	39 19%	80 18%	3 22%	3 24%	51 24%	169 17%	3 10%	57 24%	206 17%	18 30%	28 16%	118 16%	74 22%	8 19%	200 18%
Don't know	6 *	3 *	1 1%	- -	1 *	- -	1 7%	- -	4 *	1 4%	1 *	5 *	1 2%	1 1%	1 *	2 1%	2 4%	5 *
NET: More	542 42%	324 40%	110 49%	91 44%	202 46%	4 33%	6 54%	62 28%	457 45%	13 51%	72 30%	524 43%	16 26%	61 36%	318 43%	150 45%	13 30%	482 43%
NET: Less	436 34%	271 34%	78 34%	73 35%	151 35%	6 51%	4 33%	100 46%	320 32%	6 23%	110 46%	396 33%	32 54%	56 34%	238 33%	125 37%	17 38%	379 34%
Base for stats	1274	798	226	208	434	12	11	216	1010	25	239	1200	58	167	730	334	42	1107
Mean Score	3.08	3.05	3.16	3.09	3.13	2.84	3.47	2.69	3.15	3.35	2.73	3.11	2.49	3.03	3.11	3.04	2.89	3.08
Standard Deviation	1.346	1.318	1.401	1.391	1.395	1.535	1.820	1.293	1.340	1.208	1.336	1.342	1.311	1.313	1.313	1.432	1.362	1.352
Standard Error	.038	.045	.102	.104	.073	.426	.525	.091	.042	.232	.089	.039	.171	.100	.049	.080	.210	.041
Error variance	*	*	.01	.01	.01	.18	.28	.01	*	.05	.01	*	.03	.01	*	.01	.04	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.1. Walking (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	1273	159	922	124	187	35	936	301	39	1000	273	1092	171
Total	1280	164	932	120	193	35	944	301	41	992	288	1109	162
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	218 17%	30 18%	157 17%	14 12%	23 12%	6 19%	173 18% be	39 13%	4 9%	168 17%	50 17%	190 17%	26 16%
A bit more (4.0)	324 25%	48 29%	240 26%	22 18%	33 17%	9 26%	261 28% abe	57 19%	6 14%	251 25%	73 25%	296 27% b	27 17%
Neither more nor less (3.0)	296 23%	26 16%	216 23% a	27 22%	46 24%	7 20%	218 23%	66 22%	13 31%	211 21%	84 29% a	255 23%	37 23%
A bit less (2.0)	208 16%	31 19%	146 16%	25 21%	43 22% d	8 23%	138 15%	65 21% d	9 23%	170 17%	38 13%	178 16%	30 19%
A lot less (1.0)	228 18%	29 18%	168 18%	33 27% d	47 24% d	4 13%	150 16%	74 24% d	9 23%	186 19%	42 15%	184 17%	42 26% a
Don't know	6 *	- -	5 1%	- -	1 *	- -	4 *	1 *	- -	6 1%	- -	6 1%	- -
NET: More	542 42%	77 47%	398 43%	35 29%	56 29%	15 45%	434 46% abef	96 32%	9 23%	419 42%	123 43%	486 44% b	53 33%
NET: Less	436 34%	61 37%	314 34%	58 48% d	89 46% d	12 36%	288 31%	138 46% d	19 45%	356 36% b	80 28%	362 33%	72 45% a
Base for stats	1274	164	927	120	192	35	940	300	41	986	288	1103	162
Mean Score	3.08	3.10	3.08	2.66	2.70	3.15	3.18 abef	2.74	2.64	3.05	3.18	3.12 b	2.79
Standard Deviation	1.346	1.388	1.348	1.356	1.330	1.330	1.329	1.358	1.240	1.364	1.280	1.333	1.411
Standard Error	.038	.110	.045	.122	.098	.225	.044	.078	.199	.043	.077	.040	.108
Error variance	*	.01	*	.01	.01	.05	*	.01	.04	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.1. Walking (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	1273	117	105	195	206	163	164	69	254	564	487	481	319	466
Total	1280	120	104	189	209	167	165	69	255	566	489	481	325	467
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	218 17%	6 5%	10 10%	21 11%	30 14%	31 18%	33 20%	17 24%	71 28%	81 14%	120 25%	155 32%	24 7%	38 8%
				a	ac	abc	abci	abcdei	a	abcdi		bc		
A bit more (4.0)	324 25%	17 14%	17 17%	40 21%	62 30%	40 24%	49 30%	20 28%	79 31%	142 25%	147 30%	213 44%	58 18%	53 11%
				abc	a	ab	a	abc	a	abc	a	bc	c	
Neither more nor less (3.0)	296 23%	39 32%	25 24%	36 19%	35 17%	38 23%	41 25%	13 18%	70 27%	109 19%	123 25%	53 11%	191 59%	49 10%
			cdgi						cdi		di		ac	
A bit less (2.0)	208 16%	20 17%	22 21%	43 22%	45 21%	29 17%	18 11%	14 20%	19 7%	116 21%	50 10%	39 8%	31 10%	136 29%
			hj	fhj	fhj	hj	hj	hj	hj	fhj	fhj			ab
A lot less (1.0)	228 18%	38 31%	29 28%	49 26%	37 17%	29 17%	24 14%	7 10%	16 6%	115 20%	46 9%	20 4%	19 6%	187 40%
		defghij	defghj	defghj	hj	hj	h			ghj				ab
Don't know	6 *	- -	- -	1 1%	1 1%	1 *	1 1%	- -	2 1%	3 1%	3 1%	1 *	2 1%	3 1%
NET: More	542 42%	24 20%	28 26%	60 32%	92 44%	71 42%	82 50%	36 52%	149 59%	223 39%	267 55%	368 76%	82 25%	91 20%
				a	abc	abc	abci	abci	abcdei	ab	abcdei	bc		
NET: Less	436 34%	58 48%	51 49%	92 49%	81 39%	57 34%	41 25%	20 29%	34 13%	231 41%	96 20%	59 12%	50 15%	324 69%
		efghj	efghj	efghj	fhj	hj	h	h		fhj	h			ab
Base for stats	1274	120	104	188	208	166	164	69	253	563	487	480	323	464
Mean Score	3.08	2.46	2.59	2.68	3.02	3.09	3.30	3.38	3.67	2.93	3.50	3.92	3.11	2.18
				abc	abc	abc	abci	abci	abcdefi	abc	abcdei	bc	c	
Standard Deviation	1.346	1.225	1.321	1.353	1.341	1.358	1.305	1.311	1.140	1.359	1.232	1.064	.891	1.296
Standard Error	.038	.113	.129	.097	.094	.107	.102	.158	.072	.057	.056	.049	.050	.060
Error variance	*	.01	.02	.01	.01	.01	.01	.02	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.2. Cycling (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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	262	173	87	110	100	52	16	26	31	29	21	27	43	46	23
Total	262	177	82	101	101	59	13	29	29	28	18	34	41	45	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	71 27%	46 26%	25 31%	34 34%	23 23%	14 23%	4 28%	13 44%	10 34%	8 30%	4 23%	4 11%	10 24%	11 24%	8 33%
A bit more (4.0)	94 36%	67 38%	27 33%	36 35%	39 38%	20 34%	6 44%	9 29%	10 34%	11 39%	8 41%	16 46%	12 30%	16 35%	8 32%
Neither more nor less (3.0)	42 16%	29 16%	14 17%	14 13%	18 18%	11 18%	2 13%	4 12%	4 13%	3 11%	3 17%	8 22%	6 16%	10 22%	3 13%
A bit less (2.0)	26 10%	22 13%	3 3%	9 8%	10 10%	7 12%	1 8%	3 10%	2 7%	4 13%	2 10%	- -	8 20%	3 6%	4 15%
A lot less (1.0)	26 10%	12 7%	13 16%	8 8%	11 11%	8 13%	1 7%	1 5%	3 12%	2 7%	2 10%	7 21%	3 8%	5 10%	2 7%
Don't know	2 1%	2 1%	- -	2 2%	- -	- -	- -	- -	- -	- -	- -	- -	1 2%	1 2%	- -
NET: More	165 63%	113 64%	52 64%	70 69%	62 61%	34 57%	10 72%	21 73%	20 68%	20 69%	12 63%	20 57%	22 54%	26 59%	15 65%
NET: Less	52 20%	34 19%	16 20%	17 16%	21 21%	15 25%	2 15%	4 15%	5 19%	6 20%	4 20%	7 21%	12 28%	7 17%	5 22%
Base for stats	260	176	82	100	101	59	13	29	29	28	18	34	40	44	23
Mean Score	3.61	3.64	3.58	3.80	3.52	3.43	3.78	3.97	3.71	3.72	3.55	3.27	3.43	3.57	3.69
Standard Deviation	1.264	1.193	1.385	1.231	1.249	1.326	1.190	1.195	1.338	1.235	1.266	1.316	1.298	1.232	1.292
Standard Error	.078	.091	.148	.118	.125	.184	.297	.234	.240	.229	.276	.253	.200	.184	.269
Error variance	.01	.01	.02	.01	.02	.03	.09	.05	.06	.05	.08	.06	.04	.03	.07

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.2. Cycling (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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%																
Unweighted Total	262	a	b	c	d	*e	f	g	h	a	*b	*c	*d	*e	*f	g
Total	262	33	57	72	47	23	30	162	100	221	8	18	5	2	1	34
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	71 27%	13 40%	16 27%	19 27%	11 24%	4 18%	8 26%	48 29%	23 24%	61 27%	1 10%	8 51%	-	1 52%	1 100%	11 33%
A bit more (4.0)	94 36%	12 36%	21 35%	25 36%	19 40%	10 46%	8 24%	58 36%	36 36%	82 37%	3 38%	3 20%	6 100%	-	-	12 37%
Neither more nor less (3.0)	42 16%	3 10%	12 19%	7 10%	7 15%	4 18%	9 29%	22 14%	20 20%	36 16%	2 26%	2 14%	-	-	-	4 14%
A bit less (2.0)	26 10%	1 3%	7 12%	12 17% afh	3 7%	2 8%	1 2%	20 13%	6 6%	21 9%	2 26%	2 15%	-	-	-	4 14%
A lot less (1.0)	26 10%	3 11%	4 7%	5 7%	6 13%	2 10%	6 19%	12 8%	14 14%	24 11%	-	-	-	1 48%	-	1 2%
Don't know	2 1%	-	-	2 2%	-	-	-	2 1%	-	1 *	-	-	-	-	-	-
NET: More	165 63%	24 76% f	37 62%	44 63%	30 65%	13 64%	16 50%	106 65%	60 60%	142 64%	4 48%	11 71%	6 100%	1 52%	1 100%	22 70%
NET: Less	52 20%	4 14%	11 18%	17 24%	9 20%	4 18%	7 21%	32 20%	20 20%	45 20%	2 26%	2 15%	-	1 48%	-	5 16%
Base for stats	260	32	60	68	47	21	32	161	100	223	8	16	6	2	1	32
Mean Score	3.61	3.92	3.64	3.60	3.57	3.55	3.35	3.68	3.49	3.60	3.32	4.06	4.00	3.06	5.00	3.85
Standard Deviation	1.264	1.272	1.193	1.263	1.296	1.188	1.413	1.238	1.304	1.273	1.033	1.157	-	3.213	-	1.123
Standard Error	.078	.221	.158	.151	.189	.248	.258	.098	.130	.086	.365	.273	-	2.272	-	.193
Error variance	.01	.05	.02	.02	.04	.06	.07	.01	.02	.01	.13	.07	-	5.16	-	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.2. Cycling (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self						
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
																			a
Significance Level: 95%																			
Unweighted Total	262	152	49	45	94	4	7	32	209	10	43	244	13	28	135	81	18	234	
Total	262	134	59	55	114	4	7	34	208	9	45	244	13	24	137	82	18	237	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	71	35	18	15	33	2	1	6	58	4	10	68	3	6	37	21	7	65
		27%	26%	30%	28%	29%	55%	17%	17%	28%	41%	21%	28%	22%	27%	27%	26%	38%	27%
A bit more	(4.0)	94	45	21	23	44	1	1	15	75	2	17	94	-	6	57	27	4	88
		36%	34%	36%	41%	38%	27%	12%	45%	36%	18%	38%	39%	-	26%	41%	33%	22%	37%
Neither more nor less	(3.0)	42	26	8	6	15	1	4	7	31	1	11	32	6	4	22	15	2	39
		16%	19%	14%	11%	13%	18%	53%	19%	15%	9%	24%	13%	51%	16%	16%	18%	10%	16%
A bit less	(2.0)	26	11	10	5	14	-	1	2	23	-	3	23	3	3	11	10	2	23
		10%	8%	16%	9%	13%	-	17%	7%	11%	-	8%	9%	27%	13%	8%	12%	11%	10%
A lot less	(1.0)	26	16	2	6	8	-	-	4	19	3	4	25	-	4	10	8	3	22
		10%	12%	4%	11%	7%	-	-	12%	9%	32%	9%	10%	-	18%	7%	10%	19%	9%
Don't know		2	2	-	-	-	-	-	2	-	-	2	-	-	1	1	-	2	
		1%	1%	-	-	-	-	-	1%	-	-	1%	-	-	1%	1%	-	1%	
NET: More		165	80	39	38	77	4	2	21	133	5	27	163	3	13	94	48	11	153
		63%	60%	66%	69%	67%	82%	30%	62%	64%	59%	59%	67%	22%	53%	68%	59%	60%	64%
NET: Less		52	26	12	11	23	-	1	6	42	3	8	48	3	8	21	18	5	45
		20%	20%	20%	20%	20%	-	17%	19%	20%	32%	17%	19%	27%	31%	15%	22%	30%	19%
Base for stats		260	132	59	55	114	4	7	34	206	9	45	243	13	24	137	81	18	236
Mean Score		3.61	3.55	3.73	3.66	3.70	4.38	3.30	3.49	3.63	3.35	3.55	3.65	3.16	3.30	3.73	3.52	3.48	3.64
Standard Deviation		1.264	1.288	1.170	1.277	1.218	.873	1.031	1.219	1.260	1.838	1.178	1.265	1.103	1.479	1.164	1.282	1.588	1.240
Standard Error		.078	.105	.167	.190	.126	.436	.390	.216	.088	.581	.180	.081	.306	.279	.101	.143	.374	.081
Error variance		.01	.01	.03	.04	.02	.19	.15	.05	.01	.34	.03	.01	.09	.08	.01	.02	.14	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.2. Cycling (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	*a	*b	*c	d	e	*f	a	b	a	b
Significance Level: 95%													
Unweighted Total	262	37	194	22	25	9	207	50	4	201	61	227	33
Total	262	38	197	22	26	9	207	50	5	200	62	227	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	71 27%	12 30%	52 26%	3 15%	6 22%	3 37%	58 28%	12 25%	- -	56 28%	16 25%	62 27%	8 24%
A bit more (4.0)	94 36%	11 29%	76 39%	10 44%	7 27%	2 24%	79 38%	15 30%	3 54%	68 34%	27 43%	86 38%	8 24%
Neither more nor less (3.0)	42 16%	6 15%	32 16%	4 20%	9 33%	1 12%	31 15%	12 23%	3 46%	34 17%	8 13%	33 15%	9 27%
A bit less (2.0)	26 10%	7 18%	16 8%	- -	4 16%	1 11%	21 10%	5 10%	- -	20 10%	6 10%	20 9%	6 20%
A lot less (1.0)	26 10%	3 8%	19 10%	4 20%	1 3%	1 16%	19 9%	6 12%	- -	21 10%	5 9%	25 11%	2 5%
Don't know	2 1%	- -	2 1%	- -	- -	- -	1 *	- -	- -	2 1%	- -	2 1%	- -
NET: More	165 63%	23 60%	128 65%	13 60%	13 48%	6 61%	136 66%	27 55%	3 54%	123 62%	42 68%	148 65%	16 48%
NET: Less	52 20%	10 26%	35 18%	4 20%	5 19%	2 27%	39 19%	11 22%	- -	41 20%	11 18%	44 20%	8 24%
Base for stats	260	38	195	22	26	9	207	50	5	199	62	226	33
Mean Score	3.61	3.57	3.65	3.34	3.48	3.54	3.66	3.45	3.54	3.59	3.66	3.62	3.43
Standard Deviation	1.264	1.313	1.232	1.357	1.112	1.562	1.237	1.305	.552	1.282	1.213	1.273	1.204
Standard Error	.078	.216	.089	.289	.222	.521	.086	.185	.276	.091	.155	.085	.210
Error variance	.01	.05	.01	.08	.05	.27	.01	.03	.08	.01	.02	.01	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.2. Cycling (either for leisure or travel): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

		Number of days active										Amount of activity since the COVID-19 restrictions were introduced			
Total		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less	
		*a	*b	*c	d	e	f	*g	h	i	j	a	b	c	
Significance Level: 95%															
Unweighted Total		262	9	11	25	50	33	47	18	69	108	134	130	55	75
Total		262	9	11	24	48	34	48	18	70	106	136	133	54	73
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	71	-	1	3	10	10	9	6	32	23	47	53	10	8
		27%	-	9%	13%	20%	30%	19%	35%	46%	22%	35%	40%	19%	10%
										d fi	fi	bc			
A bit more	(4.0)	94	-	4	9	20	10	23	8	20	39	51	66	14	14
		36%	-	33%	37%	41%	31%	48%	45%	29%	37%	38%	49%	27%	20%
								h					bc		
Neither more nor less	(3.0)	42	6	4	3	8	7	6	1	8	17	15	6	22	14
		16%	62%	37%	12%	16%	20%	13%	4%	12%	17%	11%	4%	40%	19%
													ac	a	
A bit less	(2.0)	26	1	-	5	6	5	5	2	2	16	9	5	7	14
		10%	15%	-	20%	13%	14%	11%	11%	2%	15%	7%	4%	13%	19%
					h	h	h				hj		a	a	
A lot less	(1.0)	26	2	2	4	5	2	5	1	6	10	11	3	1	22
		10%	23%	22%	17%	9%	5%	9%	5%	9%	10%	8%	2%	2%	30%
															ab
Don't know		2	-	-	-	-	-	-	-	2	-	2	1	-	1
		1%	-	-	-	-	-	-	-	2%	-	1%	1%	-	1%
NET: More		165	-	4	12	30	21	32	14	53	62	99	119	25	22
		63%	-	41%	50%	62%	61%	66%	80%	75%	59%	73%	89%	46%	30%
										i	i	i	bc		
NET: Less		52	3	2	9	11	6	10	3	8	26	20	8	8	36
		20%	38%	22%	37%	22%	19%	21%	15%	11%	25%	15%	6%	14%	49%
										h					ab
Base for stats		260	9	11	24	48	34	48	18	69	106	134	132	54	72
Mean Score		3.61	2.39	3.06	3.08	3.50	3.67	3.55	3.95	4.03	3.46	3.85	4.22	3.49	2.60
										d fi	i	bc	c		
Standard Deviation		1.264	.889	1.305	1.363	1.227	1.203	1.204	1.145	1.226	1.258	1.219	.853	1.001	1.379
Standard Error		.078	.296	.393	.273	.174	.209	.176	.270	.150	.121	.106	.075	.135	.160
Error variance		.01	.09	.15	.07	.03	.04	.03	.07	.02	.01	.01	.01	.02	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.3. Running or jogging: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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	391	231	157	219	136	36	17	44	29	51	33	28	89	61	39
Total	376	227	146	200	136	41	14	45	26	48	30	34	85	55	39
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	96 26%	61 27%	35 24%	54 27%	33 24%	10 23%	5 37%	19 41% dei	8 32%	6 13%	6 19%	8 22%	22 26%	15 27%	7 19%
A bit more (4.0)	134 36%	82 36%	52 36%	75 38%	49 36%	10 24%	4 26%	14 30%	9 35%	20 42%	15 48%	11 33%	28 34%	18 34%	15 39%
Neither more nor less (3.0)	71 19%	40 18%	32 22%	29 15%	29 21%	13 33% a	4 27%	4 9%	7 28%	10 20%	5 15%	8 24%	12 15%	10 19%	11 28% b
A bit less (2.0)	45 12%	26 11%	17 11%	22 11%	17 13%	5 12%	- -	5 12%	1 5%	9 18%	1 5%	6 18%	12 14%	7 12%	3 7%
A lot less (1.0)	28 7%	17 8%	11 7%	17 8%	8 6%	3 8%	1 10%	3 7%	- -	4 7%	4 13%	1 4%	9 10%	3 6%	3 7%
Don't know	2 *	1 *	- -	2 1%	- -	- -	- -	- -	- -	- -	- -	- -	1 1%	1 1%	- -
NET: More	230 61%	143 63%	87 60%	130 65% c	82 60%	19 47%	9 63%	33 72%	17 66%	26 55%	20 67%	19 55%	51 60%	33 61%	23 58%
NET: Less	73 19%	43 19%	28 19%	39 20%	25 19%	8 20%	1 10%	9 19%	1 5%	12 25%	5 17%	7 22%	21 24%	10 19%	5 14%
Base for stats	374	226	146	198	136	41	14	45	26	48	30	34	84	54	39
Mean Score	3.60	3.64	3.57	3.65	3.60	3.43	3.80	3.87 d	3.92	3.35	3.56	3.51	3.52	3.64	3.56
Standard Deviation	1.202	1.209	1.187	1.232	1.156	1.215	1.270	1.286	.917	1.146	1.237	1.148	1.307	1.201	1.097
Standard Error	.061	.080	.095	.084	.099	.203	.308	.194	.170	.160	.215	.217	.139	.155	.176
Error variance	*	.01	.01	.01	.01	.04	.09	.04	.03	.03	.05	.05	.02	.02	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.3. Running or jogging: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	*f	g	h	a	*b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	391	48	123	105	54	34	27	276	115	295	21	30	33	2	-	86
Total	376	46	122	98	50	33	27	266	110	285	18	28	34	2	-	82
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
A lot more (5.0)	96 26%	17 37% dh	30 25%	26 26%	8 16%	10 30%	5 20%	73 27%	23 21%	71 25%	7 37%	8 28%	9 28%	1 53%	-	25 30%
A bit more (4.0)	134 36%	13 28%	42 34%	40 41%	20 40%	12 38%	7 25%	95 36%	39 36%	103 36%	4 24%	10 36%	16 47%	-	-	31 37%
Neither more nor less (3.0)	71 19%	6 13%	29 24%	12 12%	10 20%	6 17%	9 33%	47 18%	24 22%	61 22%	1 4%	4 15%	2 6%	-	-	7 9%
A bit less (2.0)	45 12%	9 19%	11 9%	12 13%	6 12%	3 9%	3 12%	32 12%	12 11%	34 12%	3 17%	3 12%	2 6%	-	-	9 11%
A lot less (1.0)	28 7%	2 4%	9 7%	7 7%	6 12%	2 7%	2 6%	18 7%	10 9%	16 6%	3 17%	2 9%	4 12%	1 47%	-	11 13%
Don't know	2 *	-	-	1 1%	-	-	1 4%	1 *	1 1%	1 *	-	-	-	-	-	-
NET: More	230 61%	30 65%	72 59%	66 68%	28 56%	22 67%	12 45%	168 63%	62 57%	173 61%	11 61%	18 65%	25 75%	1 53%	-	56 68%
NET: Less	73 19%	10 22%	20 17%	19 20%	12 24%	5 16%	5 18%	50 19%	22 20%	49 17%	6 35%	6 21%	6 19%	1 47%	-	19 24%
Base for stats	374	46	122	97	50	33	26	265	109	284	18	28	34	2	-	82
Mean Score	3.60	3.75	3.60	3.67	3.35	3.75	3.42	3.65	3.49	3.63	3.46	3.64	3.71	3.11	-	3.62
Standard Deviation	1.202	1.243	1.177	1.206	1.245	1.188	1.171	1.196	1.213	1.143	1.588	1.272	1.297	3.268	-	1.363
Standard Error	.061	.179	.106	.118	.169	.204	.230	.072	.114	.067	.346	.232	.226	2.310	-	.147
Error variance	*	.03	.01	.01	.03	.04	.05	.01	.01	*	.12	.05	.05	5.34	-	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.3. Running or jogging: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	*a	*b	c	d	*e	f	a	*b	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	391	227	67	72	139	7	17	35	312	20	59	368	15	36	201	130	24	355
Total	376	190	79	87	166	7	16	33	302	19	56	355	14	31	192	130	24	345
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	96 26%	47 25%	24 30%	20 23%	44 27%	1 16%	7 41%	11 33%	73 24%	5 24%	18 33%	93 26%	1 5%	7 24%	46 24%	34 26%	8 36%	89 26%
A bit more (4.0)	134 36%	66 35%	28 35%	37 42%	64 39%	2 33%	4 28%	8 23%	116 39%	4 19%	14 26%	130 37%	5 33%	6 21%	68 35%	52 40%	7 31%	128 37%
Neither more nor less (3.0)	71 19%	36 19%	16 20%	14 16%	29 18%	3 52%	2 13%	5 14%	57 19%	4 20%	10 18%	64 18%	5 35%	9 29%	37 19%	23 18%	3 11%	62 18%
A bit less (2.0)	45 12%	21 11%	10 12%	11 13%	21 13%	-	-	7 21%	35 12%	2 11%	7 13%	43 12%	1 7%	4 12%	26 14%	12 9%	3 12%	41 12%
A lot less (1.0)	28 7%	19 10%	2 3%	5 6%	8 5%	-	3 18%	3 8%	19 6%	4 20%	6 10%	24 7%	3 19%	3 11%	14 7%	8 6%	2 10%	25 7%
Don't know	2 *	1 *	-	-	-	-	-	-	1 *	1 5%	-	2 *	-	1 3%	1 *	-	-	1 *
NET: More	230 61%	114 60%	52 65%	57 65%	108 65%	3 48%	11 69%	19 56%	190 63%	8 43%	33 59%	223 63%	5 38%	14 45%	114 60%	87 67%	16 67%	217 63%
NET: Less	73 19%	40 21%	12 15%	17 19%	29 17%	-	3 18%	10 30%	54 18%	6 31%	13 23%	66 19%	4 27%	7 22%	40 21%	20 16%	5 22%	66 19%
Base for stats	374	189	79	87	166	7	16	33	301	18	56	353	14	30	191	130	24	345
Mean Score	3.60	3.54	3.77	3.63	3.70	3.64	3.74	3.51	3.63	3.18	3.59	3.64	2.98	3.38	3.56	3.71	3.71	3.62
Standard Deviation	1.202	1.255	1.103	1.156	1.129	.800	1.499	1.371	1.154	1.512	1.339	1.187	1.225	1.302	1.205	1.145	1.358	1.193
Standard Error	.061	.084	.135	.136	.096	.302	.364	.232	.065	.347	.174	.062	.316	.220	.085	.100	.277	.063
Error variance	*	.01	.02	.02	.01	.09	.13	.05	*	.12	.03	*	.10	.05	.01	.01	.08	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.3. Running or jogging: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	*b	*c	d	e	*f	a	b	a	b
Significance Level: 95%													
Unweighted Total	391	69	275	36	17	16	309	65	3	328	63	327	54
Total	376	71	265	33	15	16	300	61	3	311	65	318	49
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	96	67	12	4	3	76	16	2	79	17	80	14
		26%	25%	37%	23%	16%	25%	27%	75%	26%	26%	25%	29%
A bit more	(4.0)	134	102	10	4	8	110	21	-	115	19	116	18
		36%	39%	31%	26%	50%	37%	35%	-	37%	30%	37%	36%
Neither more nor less	(3.0)	71	49	6	3	1	58	10	1	56	15	60	10
		19%	18%	17%	22%	8%	19%	16%	25%	18%	23%	19%	19%
A bit less	(2.0)	45	28	1	1	3	39	4	-	37	8	36	5
		12%	11%	2%	6%	16%	13%	7%	-	12%	12%	11%	11%
A lot less	(1.0)	28	18	5	3	2	16	9	-	22	6	24	2
		7%	7%	14%	22%	10%	5%	15%	-	7%	9%	8%	5%
Don't know		2	1	-	-	-	1	-	-	2	-	2	-
		*	*	-	-	-	*	-	-	1%	-	1%	-
NET: More		230	170	22	8	10	185	38	2	194	36	197	32
		61%	64%	67%	50%	66%	62%	62%	75%	62%	56%	62%	65%
NET: Less		73	46	5	4	4	55	14	-	59	13	60	8
		19%	17%	16%	28%	26%	18%	23%	-	19%	21%	19%	16%
Base for stats		374	265	33	15	16	299	61	3	310	65	317	49
Mean Score		3.60	3.65	3.75	3.23	3.46	3.63	3.51	4.50	3.62	3.52	3.61	3.73
Standard Deviation		1.202	1.163	1.356	1.488	1.259	1.153	1.373	1.086	1.192	1.254	1.198	1.141
Standard Error		.061	.070	.226	.361	.315	.066	.170	.627	.066	.158	.066	.155
Error variance		*	*	.05	.13	.10	*	.03	.39	*	.02	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.3. Running or jogging: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c
Unweighted Total	391	7	16	47	79	60	59	28	95	186	182	207	74	106
Total	376	5	16	43	77	58	58	27	92	178	177	202	69	102
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	96 26%	2 28%	4 28%	8 18%	20 26%	15 26%	10 17%	4 16%	33 35% cfi	43 24%	47 27%	75 37% bc	7 11%	14 14%
A bit more (4.0)	134 36%	1 15%	3 18%	16 37%	26 33%	21 36%	27 46%	11 40%	31 33%	62 35%	68 39%	96 47% bc	14 20%	24 24%
Neither more nor less (3.0)	71 19%	2 29%	6 37%	7 17%	11 14%	9 16%	16 27% i	7 27%	14 15%	27 15%	37 21%	15 7%	43 62% ac	13 13%
A bit less (2.0)	45 12%	- -	1 5%	6 15%	14 18% f	6 11%	2 4%	4 14%	11 12%	27 15% f	17 10%	11 5%	4 6%	29 28% ab
A lot less (1.0)	28 7%	2 28%	2 12%	6 13% hj	7 8%	5 9%	3 5%	1 3%	4 4%	17 10% j	7 4%	5 2%	1 1%	22 22% ab
Don't know	2 *	- -	- -	- -	- -	1 2%	- -	- -	1 1%	1 1%	1 *	1 *	- -	- -
NET: More	230 61%	2 43%	7 47%	23 54%	46 60%	36 62%	37 64%	15 56%	64 69%	105 59%	116 65%	171 85% bc	21 31%	38 38%
NET: Less	73 19%	2 28%	3 17%	12 28% fj	20 26% fj	12 20%	5 9%	5 17%	15 16%	44 25% fj	24 14%	15 8%	5 7%	51 50% ab
Base for stats	374	5	16	43	77	57	58	27	92	177	177	201	69	102
Mean Score	3.60	3.14	3.46	3.31	3.51	3.61	3.67	3.52	3.85 ci	3.49	3.74 ci	4.12 bc	3.34 c	2.80
Standard Deviation	1.202	1.708	1.322	1.308	1.288	1.251	.978	1.040	1.154	1.279	1.083	.926	.788	1.380
Standard Error	.061	.646	.331	.191	.145	.163	.127	.197	.119	.094	.081	.065	.092	.134
Error variance	*	.42	.11	.04	.02	.03	.02	.04	.01	.01	.01	*	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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	444	160	279	213	153	78	16	59	42	50	41	28	99	74	35
Total	427	161	261	195	149	84	14	61	38	47	38	34	94	67	34
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	160 37%	54 34%	106 40%	76 39%	57 38%	27 33%	8 57%	19 31%	17 44%	17 35%	13 33%	9 28%	31 33%	34 51%	12 36%
A bit more (4.0)	132 31%	51 32%	79 30%	64 33%	44 29%	24 28%	4 28%	24 40%	13 36%	18 38%	11 29%	12 36%	26 28%	15 22%	7 22%
Neither more nor less (3.0)	70 16%	29 18%	40 15%	33 17%	26 18%	11 13%	1 7%	6 10%	1 2%	5 11%	7 19%	8 22%	22 23%	11 16%	10 29%
A bit less (2.0)	30 7%	13 8%	16 6%	10 5%	9 6%	11 14%	- -	3 6%	2 6%	2 4%	2 7%	4 11%	10 11%	4 6%	2 7%
A lot less (1.0)	31 7%	11 7%	19 7%	11 6%	11 8%	8 10%	1 7%	6 10%	3 9%	6 13%	3 9%	- -	5 5%	4 5%	2 6%
Don't know	5 1%	2 1%	3 1%	1 *	2 1%	2 2%	- -	2 3%	1 3%	- -	1 2%	1 3%	- -	- -	- -
NET: More	291 68%	106 66%	185 71%	140 72%	101 68%	51 61%	12 85%	44 71%	30 80%	35 73%	24 63%	22 64%	57 61%	49 73%	20 58%
NET: Less	61 14%	24 15%	34 13%	21 11%	20 13%	20 24%	1 7%	10 16%	6 15%	8 16%	6 16%	4 11%	15 16%	7 11%	4 13%
Base for stats	422	159	259	194	147	82	14	60	37	47	37	33	94	67	34
Mean Score	3.85	3.78	3.92	3.95 c	3.86	3.61	4.28	3.78	4.03	3.79	3.73	3.83	3.72	4.08 g	3.76
Standard Deviation	1.209	1.203	1.203	1.131	1.218	1.349	1.154	1.266	1.272	1.320	1.271	.980	1.178	1.174	1.205
Standard Error	.058	.096	.072	.078	.099	.155	.288	.168	.199	.187	.201	.189	.118	.136	.204
Error variance	*	.01	.01	.01	.01	.02	.08	.03	.04	.03	.04	.04	.01	.02	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total		444	52	122	115	68	37	50	289	155	355	16	26	24	6	2	74
Total		427	51	116	106	67	35	53	273	154	343	15	23	24	5	2	69
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	160 37%	18 36%	44 38%	50 47% deh	20 31%	7 21%	20 38%	112 41% eh	48 31%	132 39%	4 30%	7 32%	8 33%	4 70%	1 53%	24 35%
A bit more	(4.0)	132 31%	14 28%	42 36%	30 28%	19 28%	13 39%	13 26%	86 31%	46 30%	113 33%	3 22%	6 25%	5 21%	1 13%	- -	15 21%
Neither more nor less	(3.0)	70 16%	9 17%	14 12%	15 14%	15 23%	8 22%	9 17%	38 14%	32 21%	50 15%	5 34%	5 22%	4 15%	1 17%	1 47%	16 22%
A bit less	(2.0)	30 7%	7 14% c	6 6%	5 5%	6 10%	2 4%	3 7%	19 7%	11 7%	21 6%	1 9%	1 3%	5 19%	- -	- -	7 10%
A lot less	(1.0)	31 7%	2 3%	9 7%	4 4%	6 9%	5 13% c	6 11%	14 5%	16 11% cg	24 7%	- -	4 17%	3 12%	- -	- -	7 10%
Don't know		5 1%	1 2%	1 1%	2 2%	- -	- -	1 2%	4 1%	1 1%	3 1%	1 6%	- -	- -	- -	- -	1 1%
NET: More		291 68%	32 64%	86 74% dh	80 75% dh	39 59%	21 60%	33 63%	198 73% dh	94 61%	245 71% g	8 52%	13 57%	13 54%	5 83%	1 53%	39 57%
NET: Less		61 14%	9 17%	15 13%	9 9%	12 19% c	6 18%	9 17%	33 12%	28 18% c	45 13%	1 9%	5 21%	7 31%	- -	- -	14 20%
Base for stats		422	50	115	104	67	35	51	269	153	340	14	23	24	5	2	68
Mean Score		3.85	3.81	3.92	4.12 deh	3.62	3.50	3.75	3.98 deh	3.63	3.91	3.77	3.52	3.44	4.53	4.06	3.64
Standard Deviation		1.209	1.179	1.188	1.077	1.268	1.271	1.337	1.147	1.287	1.188	1.036	1.444	1.444	.843	1.633	1.331
Standard Error		.058	.165	.108	.101	.154	.209	.191	.068	.104	.063	.267	.283	.295	.344	1.155	.156
Error variance		*	.03	.01	.01	.02	.04	.04	*	.01	*	.07	.08	.09	.12	1.33	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	*a	*b	c	d	*e	f	a	*b	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	444	263	80	75	155	8	9	77	337	13	94	411	27	44	245	134	21	400
Total	427	224	94	88	181	7	9	76	324	11	91	396	25	41	229	137	21	386
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	160 37%	81 36%	38 40%	36 42%	74 41%	5 67%	2 22%	22 28%	129 40%	3 24%	28 31%	153 39%	6 24%	12 30%	81 35%	56 41%	11 52%	148 38%
A bit more (4.0)	132 31%	71 32%	28 30%	29 34%	57 32%	1 12%	5 53%	19 26%	104 32%	3 23%	25 27%	123 31%	7 27%	16 39%	76 33%	35 26%	5 24%	116 30%
Neither more nor less (3.0)	70 16%	34 15%	16 17%	14 16%	30 16%	1 11%	1 9%	17 23%	48 15%	3 28%	19 21%	61 15%	7 28%	5 11%	40 17%	24 17%	3 13%	66 17%
A bit less (2.0)	30 7%	18 8%	6 7%	4 4%	10 6%	- -	1 15%	8 11%	19 6%	1 8%	10 11%	27 7%	3 11%	4 11%	15 7%	9 7%	1 5%	26 7%
A lot less (1.0)	31 7%	17 8%	6 6%	5 5%	10 6%	1 10%	- -	9 12%	20 6%	1 7%	10 11%	28 7%	3 10%	2 4%	16 7%	13 9%	- -	29 8%
Don't know	5 1%	3 1%	- -	- -	- -	- -	- -	- -	4 1%	1 11%	- -	4 1%	- -	2 5%	2 1%	- -	1 6%	3 1%
NET: More	291 68%	152 68%	65 70%	66 75%	131 72%	5 79%	6 76%	41 54%	233 72%	5 47%	53 58%	276 70%	13 51%	28 69%	156 68%	91 67%	16 76%	263 68%
NET: Less	61 14%	35 16%	12 13%	8 9%	20 11%	1 10%	1 15%	18 23%	39 12%	2 14%	20 22%	55 14%	5 22%	6 15%	32 14%	22 16%	1 5%	55 14%
Base for stats	422	222	94	88	181	7	9	76	321	10	91	392	25	39	228	137	19	384
Mean Score	3.85	3.82	3.91	4.02	3.96	4.26	3.83	3.47	3.95	3.55	3.56	3.88	3.43	3.85	3.83	3.82	4.31	3.85
Standard Deviation	1.209	1.231	1.181	1.107	1.144	1.383	1.005	1.342	1.162	1.241	1.324	1.206	1.275	1.125	1.190	1.296	.918	1.219
Standard Error	.058	.076	.132	.128	.092	.489	.335	.153	.064	.358	.137	.060	.245	.174	.076	.112	.205	.061
Error variance	*	.01	.02	.02	.01	.24	.11	.02	*	.13	.02	*	.06	.03	.01	.01	.04	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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	444	64	325	49	58	11	330	102	15	364	80	365	73
Total	427	66	310	44	56	11	319	97	14	345	82	357	65
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	160 37%	25 38%	120 39%	16 35%	19 34%	- -	128 40%	31 32%	4 28%	129 38%	31 37%	139 39%	20 31%
A bit more (4.0)	132 31%	16 24%	97 31%	14 31%	13 24%	2 18%	105 33%	24 25%	5 36%	101 29%	30 37%	114 32%	18 27%
Neither more nor less (3.0)	70 16%	9 14%	53 17%	9 20%	9 16%	6 55%	46 14%	20 20%	3 23%	59 17%	11 14%	56 16%	12 19%
A bit less (2.0)	30 7%	6 10%	19 6%	1 3%	8 14%	2 14%	20 6%	10 11%	1 5%	28 8%	2 3%	24 7%	6 9%
A lot less (1.0)	31 7%	9 14%	20 6%	4 9%	7 13%	1 13%	17 5%	11 12%	1 8%	25 7%	5 6%	21 6%	9 13%
Don't know	5 1%	- -	2 1%	1 2%	- -	- -	3 1%	1 1%	- -	2 *	3 4% a	3 1%	1 1%
NET: More	291 68%	41 62%	217 70%	29 66%	32 58%	2 18%	233 73% be	54 56%	9 64%	231 67%	61 74%	253 71% b	38 58%
NET: Less	61 14%	16 24% b	39 13%	6 12%	15 27% d	3 27%	37 12%	22 22% d	2 13%	53 15%	7 9%	45 13%	14 22% a
Base for stats	422	66	309	43	56	11	316	96	14	343	79	354	64
Mean Score	3.85	3.63	3.90	3.81	3.52	2.79	3.97 be	3.54	3.71	3.82	3.99	3.92 b	3.55
Standard Deviation	1.209	1.433	1.174	1.238	1.412	.929	1.140	1.354	1.204	1.229	1.119	1.166	1.374
Standard Error	.058	.179	.065	.179	.185	.280	.063	.135	.311	.065	.128	.061	.162
Error variance	*	.03	*	.03	.03	.08	*	.02	.10	*	.02	*	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		*a	*b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	444	15	23	57	86	72	66	39	86	215	191	220	84	136
Total	427	15	21	53	81	69	67	38	83	203	188	213	80	129
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	160 37%	4 24%	2 11%	10 19%	30 37% c	22 31%	27 40% c	21 56% cei	45 54% cdei	62 30%	92 49% cei	98 46% bc	17 21%	44 34%
A bit more (4.0)	132 31%	4 29%	6 26%	20 37%	24 30%	21 31%	25 38%	7 20%	24 29%	65 32%	57 30%	85 40% bc	11 13%	36 28% b
Neither more nor less (3.0)	70 16%	3 23%	7 31%	10 20%	13 16%	13 19%	11 16%	5 14%	8 9%	36 18%	24 13%	15 7%	42 52% ac	14 10%
A bit less (2.0)	30 7%	2 13%	2 7%	8 15% gj	6 8%	5 8%	3 4%	- -	4 5%	19 9% gj	7 4%	9 4%	4 5%	17 13% ab
A lot less (1.0)	31 7%	2 12%	4 20%	5 10% fh	7 9% fh	6 8%	1 1%	4 11% fhj	2 2%	18 9% fhj	6 3%	6 3%	6 8% a	17 13% a
Don't know	5 1%	- -	1 5%	- -	1 1%	2 2%	- -	- -	1 1%	3 1%	1 1%	1 *	- -	2 1%
NET: More	291 68%	8 52%	8 37%	30 56%	54 67%	43 62%	52 78% cei	28 75%	68 82% cdei	127 62%	149 79% cdei	183 86% bc	28 35%	80 62% b
NET: Less	61 14%	4 25%	6 27%	13 24% fhj	13 16% fj	11 16% j	4 6%	4 11%	6 7%	37 18% fhj	14 7%	14 7%	10 13%	34 26% ab
Base for stats	422	15	20	53	80	67	67	38	82	200	186	212	80	128
Mean Score	3.85	3.39	3.01	3.41	3.79	3.71	4.11 cei	4.09 c	4.29 cdei	3.66	4.19 cdei	4.23 bc	3.35	3.56
Standard Deviation	1.209	1.350	1.310	1.231	1.275	1.241	.923	1.307	.974	1.256	1.031	.943	1.119	1.419
Standard Error	.058	.349	.279	.163	.138	.148	.114	.209	.106	.086	.075	.064	.122	.123
Error variance	*	.12	.08	.03	.02	.02	.01	.04	.01	.01	.01	*	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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	394	212	180	174	116	104	17	44	34	50	38	34	76	70	31
Total	386	216	167	157	112	116	15	45	32	46	35	41	73	69	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	99 26%	52 24%	47 28%	53 34% c	26 23%	20 17%	4 24%	11 25%	7 21%	12 27%	13 37%	8 20%	22 30%	15 22%	7 23%
A bit more (4.0)	122 32%	63 29%	59 35%	54 34%	30 27%	38 33%	4 24%	14 32%	6 19%	11 24%	7 20%	16 38%	26 35%	29 42% cde	10 34%
Neither more nor less (3.0)	96 25%	54 25%	41 24%	29 18%	29 26%	39 33% a	4 23%	13 29%	9 27%	11 25%	9 26%	13 32%	13 17%	14 21%	10 34%
A bit less (2.0)	37 9%	27 13% b	9 6%	11 7%	17 15% a	9 8%	3 19%	3 6%	6 19%	8 17%	3 8%	2 6%	5 7%	5 7%	2 6%
A lot less (1.0)	27 7%	17 8%	9 6%	9 6%	7 7%	11 9%	1 5%	3 6%	5 15%	3 7%	3 8%	2 5%	4 6%	5 7%	1 3%
Don't know	5 1%	3 1%	2 1%	2 1%	3 3%	- -	1 5%	1 2%	- -	- -	- -	- -	3 5%	- -	- -
NET: More	221 57%	115 53%	106 63% a	107 68% bc	56 50%	58 50%	7 48%	25 56%	13 39%	23 51%	20 57%	24 58%	48 65% c	44 64% c	17 58%
NET: Less	63 16%	45 21% b	19 11%	20 13%	24 21% a	20 17%	4 24%	6 12%	11 34% bfg	11 24%	6 16%	4 11%	9 13%	10 15%	3 9%
Base for stats	381	214	165	155	109	116	14	44	32	46	35	41	70	69	30
Mean Score	3.60	3.49	3.75 a	3.85 bc	3.47	3.41	3.43	3.63	3.12	3.47	3.70	3.62	3.80 c	3.65 c	3.69
Standard Deviation	1.173	1.221	1.101	1.143	1.203	1.138	1.256	1.132	1.352	1.260	1.284	1.031	1.158	1.132	1.006
Standard Error	.059	.084	.083	.087	.113	.112	.314	.173	.232	.178	.208	.177	.135	.135	.181
Error variance	*	.01	.01	.01	.01	.01	.10	.03	.05	.03	.04	.03	.02	.02	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	394	48	92	98	54	38	64	238	156	309	15	33	21	8	3	80	
Total	386	49	93	89	52	36	67	231	155	309	13	28	20	8	3	72	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	99 26%	13 26%	27 29%	26 29%	14 26%	12 34%	9 13%	65 28%	34 22%	76 25%	4 32%	8 29%	6 28%	3 34%	2 59%	22 31%	
A bit more (4.0)	122 32%	16 32%	32 35%	28 31%	14 27%	10 28%	22 33%	76 33%	46 30%	96 31%	5 41%	11 41%	7 34%	2 25%	-	26 36%	
Neither more nor less (3.0)	96 25%	9 18%	18 20%	21 24%	15 28%	8 23%	25 37%	48 21%	48 31%	82 27%	2 15%	4 14%	3 13%	3 31%	1 41%	12 17%	
A bit less (2.0)	37 9%	6 12%	8 8%	9 10%	5 10%	3 10%	5 8%	23 10%	14 9%	29 10%	2 12%	4 13%	2 10%	-	-	7 10%	
A lot less (1.0)	27 7%	4 8%	8 8%	4 5%	4 8%	2 6%	4 7%	16 7%	11 7%	21 7%	-	1 3%	3 15%	1 10%	-	5 6%	
Don't know	5 1%	1 3%	-	2 2%	-	-	2 2%	3 1%	2 1%	3 1%	-	-	-	-	-	-	
NET: More	221 57%	28 58%	59 64%	53 60%	28 53%	22 62%	31 46%	141 61%	80 52%	172 56%	10 73%	20 70%	12 62%	5 59%	2 59%	48 67%	
NET: Less	63 16%	10 21%	15 17%	13 15%	10 19%	5 15%	10 14%	39 17%	25 16%	51 16%	2 12%	4 16%	5 25%	1 10%	-	12 16%	
Base for stats	381	48	93	88	52	36	65	228	153	305	13	28	20	8	3	72	
Mean Score	3.60	3.56	3.68	3.70	3.52	3.75	3.38	3.66	3.52	3.58	3.93	3.81	3.50	3.73	4.18	3.75	
Standard Deviation	1.173	1.261	1.209	1.143	1.226	1.199	1.041	1.191	1.145	1.166	1.009	1.106	1.412	1.288	1.234	1.186	
Standard Error	.059	.184	.126	.117	.167	.195	.132	.078	.092	.067	.261	.192	.308	.455	.712	.133	
Error variance	*	.03	.02	.01	.03	.04	.02	.01	.01	*	.07	.04	.09	.21	.51	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self						
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
	a	b	c	d	*a	*b	c	d	*e	f	a	*b	a	b	c	*d	e		
Significance Level: 95%																			
Unweighted Total	394	267	59	50	109	4	9	81	293	7	94	374	17	45	215	118	16	349	
Total	386	241	69	61	130	4	8	85	284	6	96	367	16	43	209	119	15	343	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	99	51	29	14	43	2	2	18	75	2	22	94	5	11	50	32	6	88
		26%	21%	42%	24%	33%	56%	24%	21%	27%	32%	23%	26%	33%	26%	24%	27%	41%	26%
				ac		a													
A bit more	(4.0)	122	82	16	21	38	-	2	21	98	2	23	117	4	14	68	38	2	108
		32%	34%	24%	35%	29%	-	28%	24%	34%	26%	24%	32%	24%	34%	33%	32%	12%	31%
Neither more nor less	(3.0)	96	67	10	14	24	2	-	26	68	1	27	91	3	13	52	29	2	83
		25%	28%	14%	24%	19%	44%	-	30%	24%	17%	28%	25%	21%	32%	25%	24%	13%	24%
				b															
A bit less	(2.0)	37	21	9	6	15	-	2	10	24	1	12	35	1	2	20	11	2	34
		9%	9%	13%	10%	12%	-	20%	12%	8%	12%	12%	10%	9%	6%	10%	10%	15%	10%
A lot less	(1.0)	27	19	3	4	7	-	1	8	17	1	10	27	-	1	16	7	3	26
		7%	8%	5%	6%	5%	-	13%	10%	6%	12%	10%	7%	-	2%	8%	6%	19%	8%
Don't know		5	1	1	1	3	-	1	2	2	-	3	3	2	-	3	2	-	5
		1%	1%	2%	2%	2%	-	15%	2%	1%	-	3%	1%	12%	-	1%	2%	-	1%
NET: More		221	133	45	36	81	2	4	39	173	3	45	211	9	26	118	69	8	196
		57%	55%	66%	59%	62%	56%	52%	46%	61%	59%	47%	58%	57%	60%	57%	58%	54%	57%
									cf										
NET: Less		63	40	13	9	22	-	3	19	40	1	21	62	1	3	36	19	5	60
		16%	16%	18%	15%	17%	-	33%	22%	14%	25%	22%	17%	9%	8%	17%	16%	34%	17%
Base for stats		381	239	68	59	127	4	7	83	282	6	93	364	14	43	207	117	15	338
Mean Score		3.60	3.52	3.86	3.63	3.75	4.13	3.36	3.36	3.68	3.54	3.39	3.59	3.92	3.77	3.56	3.64	3.42	3.58
									cf										
Standard Deviation		1.173	1.151	1.255	1.138	1.203	1.172	1.597	1.244	1.131	1.507	1.262	1.181	1.061	.986	1.182	1.163	1.635	1.195
Standard Error		.059	.071	.165	.163	.116	.586	.565	.140	.066	.570	.132	.061	.274	.147	.081	.108	.409	.064
Error variance		*	*	.03	.03	.01	.34	.32	.02	*	.32	.02	*	.08	.02	.01	.01	.17	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	*c	d	e	*f	a	b	a	b
Significance Level: 95%													
Unweighted Total	394	64	273	48	52	12	284	99	13	315	79	338	54
Total	386	66	267	44	52	12	280	95	13	305	81	335	50
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	99 26%	19 29%	67 25%	15 34%	11 21%	2 18%	75 27%	22 23%	6 49%	71 23%	29 35% a	83 25%	15 30%
A bit more (4.0)	122 32%	22 33%	84 32%	11 26%	15 30%	3 23%	90 32%	28 30%	1 11%	99 33%	23 28%	109 33%	13 27%
Neither more nor less (3.0)	96 25%	17 25%	63 24%	12 28%	16 31%	3 28%	67 24%	27 28%	5 41%	75 25%	21 26%	84 25%	12 24%
A bit less (2.0)	37 9%	4 6%	28 11%	2 4%	6 11%	1 12%	27 10%	9 9%	- -	31 10%	5 6%	35 10%	2 4%
A lot less (1.0)	27 7%	5 7%	21 8%	3 8%	4 7%	2 18%	18 6%	9 9%	- -	24 8%	3 4%	21 6%	5 11%
Don't know	5 1%	- -	3 1%	- -	- -	- -	4 1%	- -	- -	5 2%	- -	3 1%	2 4%
NET: More	221 57%	40 61%	151 57%	26 60%	27 51%	5 42%	165 59%	50 53%	7 59%	170 56%	52 64%	192 57%	28 57%
NET: Less	63 16%	9 13%	49 19%	5 12%	9 18%	4 30%	44 16%	18 19%	- -	55 18%	8 10%	56 17%	7 15%
Base for stats	381	66	264	44	52	12	276	95	13	300	81	332	48
Mean Score	3.60	3.70	3.56	3.75	3.48	3.12	3.65	3.48	4.08	3.54	3.85 a	3.59	3.63
Standard Deviation	1.173	1.160	1.207	1.203	1.152	1.400	1.164	1.220	.982	1.185	1.102	1.156	1.294
Standard Error	.059	.145	.073	.174	.160	.404	.070	.123	.272	.067	.124	.063	.179
Error variance	*	.02	.01	.03	.03	.16	*	.02	.07	*	.02	*	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c
Unweighted Total	394	14	19	64	67	55	62	22	91	186	175	182	91	121
Total	386	13	19	60	68	53	62	21	89	181	172	176	93	117
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	99 26%	2 15%	4 20%	13 21%	17 24%	11 21%	15 25%	6 27%	32 36% ci	40 22%	53 31%	73 41% bc	7 7%	20 17% b
A bit more (4.0)	122 32%	4 32%	4 21%	19 32%	19 27%	13 25%	25 41%	8 37%	30 33%	51 28%	63 36%	73 41% bc	19 20%	31 26%
Neither more nor less (3.0)	96 25%	4 34%	4 20%	15 25%	20 29%	17 32%	15 25%	3 15%	17 19%	53 29%	35 21%	20 11%	59 64% ac	17 15%
A bit less (2.0)	37 9%	1 6%	3 17%	6 11%	7 10%	8 15% fj	3 4%	1 5%	8 9%	21 12%	11 7%	7 4%	4 4%	26 22% ab
A lot less (1.0)	27 7%	2 14%	3 18%	5 9% h	6 9% h	3 6%	3 4%	2 9%	2 2%	15 8% h	7 4%	2 1%	1 1%	23 20% ab
Don't know	5 1%	- -	1 4%	1 2%	- -	- -	1 1%	1 7%	1 1%	1 1%	3 2%	1 1%	3 4% c	- -
NET: More	221 57%	6 46%	8 41%	32 53%	35 51%	25 46%	40 65% ei	14 64%	62 70% cdei	91 50%	116 67% cdei	145 83% bc	25 27%	50 43% b
NET: Less	63 16%	3 20%	7 35%	12 20%	13 19%	11 21% j	5 9%	3 15%	9 11%	36 20% fj	18 10%	9 5%	5 5%	49 42% ab
Base for stats	381	13	18	59	68	53	61	20	88	180	169	175	89	117
Mean Score	3.60	3.27	3.09	3.46	3.47	3.40	3.78	3.72	3.94	3.45	3.86	4.18	3.29	2.98
Standard Deviation	1.173	1.256	1.441	1.211	1.230	1.161	1.021	1.252	1.047	1.198	1.061	.882	.725	1.405
Standard Error	.059	.336	.340	.153	.150	.157	.131	.273	.110	.088	.081	.066	.077	.128
Error variance	*	.11	.12	.02	.02	.02	.02	.07	.01	.01	.01	*	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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	285	146	138	134	105	46	12	38	26	37	27	21	51	48	25
Total	294	153	140	129	114	51	12	41	23	37	26	27	52	49	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	64	35	29	32	23	9	3	13	5	10	5	3	10	10	5
	22%	23%	21%	24%	20%	18%	25%	31%	20%	26%	21%	10%	20%	20%	20%
A bit more (4.0)	102	56	46	42	46	14	3	7	8	12	9	13	18	22	9
	35%	36%	33%	32%	40%	28%	25%	18%	36%	33%	35%	49%	35%	45%	32%
														b	
Neither more nor less (3.0)	75	34	42	36	26	14	4	13	7	10	6	8	12	9	5
	26%	22%	30%	28%	22%	27%	34%	31%	29%	27%	25%	32%	23%	19%	20%
A bit less (2.0)	32	19	13	13	12	7	2	5	2	4	3	1	8	2	6
	11%	12%	10%	10%	10%	14%	15%	12%	7%	10%	14%	5%	15%	4%	21%
A lot less (1.0)	18	8	9	5	7	6	-	3	2	2	1	1	4	3	1
	6%	5%	7%	4%	6%	11%	-	8%	8%	5%	5%	5%	8%	7%	4%
Don't know	3	2	1	1	1	1	-	-	-	-	-	-	-	2	1
	1%	2%	1%	1%	1%	2%	-	-	-	-	-	-	-	5%	4%
NET: More	165	90	75	73	69	24	6	20	13	22	14	15	29	32	14
	56%	59%	54%	57%	60%	46%	50%	49%	56%	59%	57%	58%	55%	65%	52%
NET: Less	50	27	23	19	18	13	2	8	4	5	5	3	12	6	7
	17%	17%	16%	15%	16%	25%	15%	20%	15%	14%	18%	10%	23%	11%	24%
Base for stats	291	151	139	128	113	50	12	41	23	37	26	27	52	47	26
Mean Score	3.55	3.60	3.52	3.63	3.59	3.29	3.60	3.52	3.52	3.66	3.55	3.53	3.44	3.70	3.46
Standard Deviation	1.131	1.124	1.124	1.096	1.104	1.252	1.073	1.270	1.153	1.114	1.134	.934	1.198	1.087	1.172
Standard Error	.067	.094	.096	.095	.108	.187	.310	.206	.226	.183	.218	.204	.168	.162	.239
Error variance	*	.01	.01	.01	.01	.03	.10	.04	.05	.03	.05	.04	.03	.03	.06

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	b	c	d	e	*f	g	h	a	*b	*c	*d	*e	*f	g
Significance Level: 95%																
Unweighted Total	285	29	79	76	40	35	26	184	101	236	9	14	15	2	3	43
Total	294	30	83	76	41	36	28	189	105	246	9	12	16	2	3	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	64 22%	13 43%	15 18%	17 22%	4 10%	9 24%	6 20%	45 24%	19 18%	53 21%	1 9%	5 38%	3 21%	-	1 28%	10 23%
A bit more (4.0)	102 35%	8 28%	35 42%	27 36%	18 43%	9 25%	4 15%	71 37%	31 30%	86 35%	3 37%	5 38%	7 45%	-	-	15 36%
Neither more nor less (3.0)	75 26%	6 20%	19 23%	20 26%	11 28%	10 28%	9 32%	45 24%	30 29%	62 25%	3 36%	2 17%	2 14%	2 100%	1 26%	10 24%
A bit less (2.0)	32 11%	2 7%	8 10%	8 10%	5 11%	4 11%	6 21%	18 10%	14 14%	26 11%	2 18%	1 6%	2 15%	-	1 46%	6 15%
A lot less (1.0)	18 6%	-	5 7%	4 5%	3 8%	3 9%	2 7%	9 5%	9 8%	17 7%	-	-	1 5%	-	-	1 2%
Don't know	3 1%	1 2%	-	1 1%	-	1 3%	1 4%	1 1%	2 2%	3 1%	-	-	-	-	-	-
NET: More	165 56%	21 71%	50 61%	44 58%	22 54%	18 49%	10 36%	116 61%	50 47%	139 56%	4 46%	9 76%	10 66%	-	1 28%	25 59%
NET: Less	50 17%	2 7%	14 16%	11 15%	8 19%	7 20%	8 28%	27 14%	23 22%	43 18%	2 18%	1 6%	3 20%	-	1 46%	7 17%
Base for stats	291	29	83	75	41	35	27	188	103	243	9	12	16	2	3	42
Mean Score	3.55	4.09	3.56	3.61	3.37	3.45	3.21	3.66	3.36	3.54	3.36	4.08	3.63	3.00	3.10	3.64
Standard Deviation	1.131	.982	1.103	1.095	1.076	1.262	1.240	1.092	1.178	1.150	.929	.939	1.153	-	1.536	1.061
Standard Error	.067	.186	.124	.126	.170	.216	.248	.081	.118	.075	.310	.251	.298	-	.887	.162
Error variance	*	.03	.02	.02	.03	.05	.06	.01	.01	.01	.10	.06	.09	-	.79	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	*a	*b	c	d	*e	f	a	*b	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	285	123	74	70	144	8	13	45	214	5	66	267	11	14	154	100	17	271
Total	294	109	87	83	170	8	13	46	222	5	67	277	11	13	157	107	17	281
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	64 22%	22 20%	23 27%	14 17%	38 22%	1 13%	2 18%	7 16%	51 23%	2 43%	11 16%	62 22%	1 7%	4 32%	30 19%	23 22%	6 33%	59 21%
A bit more (4.0)	102 35%	32 29%	31 35%	36 44%	67 39%	2 24%	3 23%	11 24%	85 38%	1 15%	16 24%	98 36%	4 32%	2 16%	52 33%	47 44%	1 7%	100 35%
Neither more nor less (3.0)	75 26%	32 29%	22 25%	17 20%	39 23%	4 52%	5 39%	11 24%	54 24%	1 15%	20 30%	68 25%	3 31%	4 30%	47 30%	20 18%	4 26%	71 25%
A bit less (2.0)	32 11%	12 11%	9 10%	9 11%	18 11%	1 10%	3 20%	11 24%	17 7%	1 28%	14 22%	30 11%	2 18%	1 7%	19 12%	8 8%	4 26%	32 11%
A lot less (1.0)	18 6%	9 9%	2 3%	5 6%	7 4%	- -	- -	5 10%	13 6%	- -	5 7%	15 6%	1 12%	1 8%	9 6%	7 6%	1 8%	17 6%
Don't know	3 1%	1 1%	- -	1 1%	1 1%	- -	- -	1 2%	2 1%	- -	1 2%	3 1%	- -	1 8%	1 *	2 2%	- -	2 1%
NET: More	165 56%	54 50%	54 62%	51 61%	105 61%	3 38%	5 41%	18 40%	136 61%	3 58%	27 40%	160 58%	4 39%	6 48%	82 52%	71 66%	7 41%	159 57%
NET: Less	50 17%	21 20%	11 13%	15 18%	26 15%	1 10%	3 20%	16 34%	30 13%	1 28%	19 29%	45 16%	3 30%	2 14%	28 18%	15 14%	6 34%	48 17%
Base for stats	291	107	87	82	169	8	13	45	220	5	66	273	11	12	157	105	17	279
Mean Score	3.55	3.43	3.73	3.55	3.65	3.41	3.38	3.12	3.66	3.72	3.20	3.59	3.05	3.63	3.48	3.70	3.32	3.55
Standard Deviation	1.131	1.189	1.054	1.100	1.077	.907	1.039	1.256	1.096	1.416	1.172	1.119	1.169	1.314	1.106	1.096	1.412	1.125
Standard Error	.067	.108	.123	.132	.090	.321	.288	.189	.075	.633	.145	.069	.353	.364	.089	.111	.343	.069
Error variance	*	.01	.02	.02	.01	.10	.08	.04	.01	.40	.02	*	.12	.13	.01	.01	.12	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	*c	d	e	*f	a	b	a	*b
Significance Level: 95%													
Unweighted Total	285	47	217	38	32	15	201	76	6	240	45	260	24
Total	294	49	225	39	33	13	210	76	6	248	46	270	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	64 22%	14 30%	44 20%	10 25%	8 25%	1 8%	45 22%	16 21%	3 41%	52 21%	12 25%	60 22%	4 16%
A bit more (4.0)	102 35%	12 26%	85 38%	13 33%	7 22%	3 24%	81 39%	20 27%	3 46%	87 35%	15 32%	97 36%	5 20%
Neither more nor less (3.0)	75 26%	13 28%	56 25%	13 33%	10 30%	3 23%	48 23%	23 31%	1 13%	63 25%	12 26%	66 25%	8 34%
A bit less (2.0)	32 11%	6 12%	23 10%	1 2%	4 13%	4 31%	23 11%	8 10%	-	27 11%	6 12%	30 11%	3 12%
A lot less (1.0)	18 6%	2 5%	14 6%	3 7%	3 8%	2 14%	10 5%	7 9%	-	16 6%	2 4%	15 5%	3 14%
Don't know	3 1%	-	2 1%	-	1 3%	-	2 1%	1 1%	-	3 1%	-	2 1%	1 4%
NET: More	165 56%	27 55%	129 57%	22 58%	15 46%	4 32%	126 60%	36 48%	6 87%	139 56%	27 58%	157 58%	8 36%
NET: Less	50 17%	8 17%	37 17%	3 9%	7 20%	6 45%	33 16%	15 20%	-	42 17%	8 17%	44 16%	6 26%
Base for stats	291	49	223	39	32	13	207	75	6	244	46	268	22
Mean Score	3.55	3.62	3.55	3.67	3.45	2.81	3.62	3.41	4.28	3.54	3.62	3.59	3.12
Standard Deviation	1.131	1.186	1.113	1.101	1.243	1.224	1.088	1.216	.741	1.133	1.128	1.114	1.281
Standard Error	.067	.173	.076	.179	.223	.316	.077	.140	.303	.074	.168	.069	.267
Error variance	*	.03	.01	.03	.05	.10	.01	.02	.09	.01	.03	*	.07

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c
Unweighted Total	285	13	23	42	50	44	44	17	52	136	113	116	57	110
Total	294	13	24	43	52	44	46	19	53	139	117	120	59	114
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	64 22%	2 15%	4 17%	6 14%	13 24%	8 18%	4 8%	6 33%	21 40%	27 19%	31 26%	41 34%	5 8%	18 16%
A bit more (4.0)	102 35%	6 42%	6 25%	10 24%	20 38%	11 24%	24 53%	8 44%	17 32%	41 29%	49 42%	53 44%	18 31%	30 26%
Neither more nor less (3.0)	75 26%	3 21%	6 24%	15 35%	9 17%	17 39%	13 29%	3 18%	8 16%	41 30%	25 21%	18 15%	27 46%	29 25%
A bit less (2.0)	32 11%	2 15%	2 10%	7 16%	8 15%	7 16%	2 4%	- -	4 8%	22 16%	6 5%	7 6%	6 11%	19 16%
A lot less (1.0)	18 6%	1 7%	6 24%	4 8%	2 4%	1 2%	3 6%	- -	2 3%	7 5%	5 4%	- -	1 2%	17 15%
Don't know	3 1%	- -	- -	1 2%	1 1%	- -	- -	1 5%	1 1%	2 1%	2 1%	1 1%	1 2%	2 2%
NET: More	165 56%	8 57%	10 43%	16 38%	32 62%	19 43%	28 61%	14 76%	38 71%	67 48%	80 68%	93 78%	23 40%	48 42%
NET: Less	50 17%	3 22%	8 34%	10 24%	10 20%	8 18%	5 10%	- -	6 11%	29 21%	11 9%	7 6%	8 13%	35 31%
Base for stats	291	13	24	42	52	44	46	18	52	138	116	119	58	112
Mean Score	3.55	3.43	3.02	3.21	3.63	3.41	3.53	4.15	3.98	3.43	3.83	4.06	3.33	3.13
Standard Deviation	1.131	1.163	1.442	1.149	1.145	1.036	.934	.740	1.100	1.118	1.011	.864	.865	1.293
Standard Error	.067	.322	.301	.179	.164	.156	.141	.185	.154	.097	.096	.081	.116	.124
Error variance	*	.10	.09	.03	.03	.02	.02	.03	.02	.01	.01	.01	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.7. Other sport, exercise or physical activity: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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	108	55	53	36	26	46	6	11	12	20	8	7	13	16	15
Total	108	58	50	33	22	53	5	12	12	18	8	10	13	15	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	28 25%	17 29%	11 21%	10 30%	7 32%	10 20%	1 20%	5 37%	4 37%	2 10%	4 46%	3 30%	3 19%	3 18%	4 25%
A bit more (4.0)	36 33%	21 36%	15 30%	8 26%	8 36%	20 37%	2 32%	4 31%	4 37%	9 47%	2 24%	1 12%	7 53%	2 15%	5 34%
Neither more nor less (3.0)	29 27%	14 24%	15 31%	8 25%	5 21%	16 30%	3 48%	3 25%	2 19%	5 25%	3 30%	4 43%	2 12%	5 35%	3 23%
A bit less (2.0)	8 8%	4 7%	4 9%	3 11%	2 7%	3 6%	- -	- -	1 6%	1 4%	- -	1 15%	2 16%	2 10%	2 11%
A lot less (1.0)	7 6%	2 3%	5 9%	2 6%	1 4%	4 7%	- -	1 7%	- -	2 9%	- -	- -	- -	3 21%	1 6%
Don't know	1 1%	1 1%	- -	1 2%	- -	- -	- -	- -	- -	1 4%	- -	- -	- -	- -	- -
NET: More	64 59%	38 65%	26 51%	18 56%	15 68%	30 56%	3 52%	8 68%	9 75%	10 58%	6 70%	4 42%	10 72%	5 33%	9 59%
NET: Less	15 14%	6 10%	9 18%	5 16%	2 11%	7 13%	- -	1 7%	1 6%	2 13%	- -	1 15%	2 16%	5 32%	3 18%
Base for stats	108	58	50	32	22	53	5	12	12	17	8	10	13	15	15
Mean Score	3.65	3.81	3.46	3.66	3.85	3.55	3.72	3.90	4.06	3.48	4.15	3.57	3.75	2.98	3.61
Standard Deviation	1.128	1.052	1.192	1.209	1.092	1.102	.858	1.166	.939	1.090	.915	1.130	.987	1.401	1.202
Standard Error	.109	.143	.164	.204	.214	.163	.350	.352	.271	.250	.324	.427	.274	.350	.310
Error variance	.01	.02	.03	.04	.05	.03	.12	.12	.07	.06	.10	.18	.07	.12	.10

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.7. Other sport, exercise or physical activity: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	Social Grade							Ethnicity								
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		*a	*b	*c	*d	*e	f	g	h	a	*b	*c	*d	*e	*f	*g	
Significance Level: 95%																	
Unweighted Total	108	8	17	22	14	11	36	47	61	95	4	2	2	2	3	13	
Total	108	8	17	19	14	11	40	44	65	97	3	2	2	2	3	12	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	28	1	7	4	5	4	7	12	16	24	-	2	1	-	1	4
		25%	12%	40%	21%	33%	40%	17%	27%	24%	25%	-	100%	41%	-	45%	31%
A bit more	(4.0)	36	3	6	5	8	2	12	14	22	33	1	-	1	1	-	3
		33%	41%	35%	26%	55%	21%	30%	32%	34%	34%	23%	-	59%	57%	-	27%
Neither more nor less	(3.0)	29	2	3	5	1	3	16	9	20	26	2	-	-	1	1	3
		27%	22%	16%	26%	6%	28%	40%	21%	31%	27%	57%	-	-	43%	27%	30%
A bit less	(2.0)	8	1	2	2	-	1	3	4	4	7	1	-	-	-	1	1
		8%	10%	9%	8%	-	11%	8%	9%	7%	7%	20%	-	-	-	28%	12%
A lot less	(1.0)	7	1	-	3	1	-	2	4	3	7	-	-	-	-	-	-
		6%	16%	-	14%	6%	-	4%	9%	4%	7%	-	-	-	-	-	-
Don't know		1	-	-	1	-	-	-	1	-	1	-	-	-	-	-	-
		1%	-	-	4%	-	-	-	2%	-	1%	-	-	-	-	-	-
NET: More		64	4	13	9	12	7	19	26	38	57	1	2	2	1	1	7
		59%	53%	75%	47%	88%	61%	47%	59%	58%	59%	23%	100%	100%	57%	45%	58%
NET: Less		15	2	2	4	1	1	5	8	7	13	1	-	-	-	1	1
		14%	25%	9%	23%	6%	11%	13%	18%	11%	14%	20%	-	-	-	28%	12%
Base for stats		108	8	17	18	14	11	40	43	65	96	3	2	2	2	3	12
Mean Score		3.65	3.24	4.07	3.33	4.08	3.90	3.47	3.61	3.67	3.63	3.03	5.00	4.41	3.57	3.61	3.76
Standard Deviation		1.128	1.341	.984	1.355	1.010	1.105	1.023	1.247	1.052	1.139	.780	-	.667	.738	1.630	1.072
Standard Error		.109	.474	.239	.296	.270	.333	.171	.184	.135	.117	.390	-	.472	.522	.941	.297
Error variance		.01	.22	.06	.09	.07	.11	.03	.03	.02	.01	.15	-	.22	.27	.89	.09

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.7. Other sport, exercise or physical activity: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	*b	*c	*d	*a	*b	*c	d	*e	*f	a	*b	*a	b	*c	*d	e	
Significance Level: 95%																		
Unweighted Total	108	84	13	7	20	1	1	22	81	3	24	104	4	22	57	24	5	86
Total	108	81	16	9	24	1	1	23	82	2	25	104	5	22	58	23	5	86
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	28 25%	16 20%	4 23%	8 87%	11 46%	- -	- -	4 20%	23 28%	- -	4 18%	28 27%	- -	3 14%	14 25%	9 37%	1 27%	24 28%
A bit more (4.0)	36 33%	25 31%	9 56%	- -	9 36%	1 100%	- -	9 40%	26 32%	- -	10 42%	35 34%	1 27%	9 38%	19 33%	8 36%	- -	27 32%
Neither more nor less (3.0)	29 27%	26 32%	2 13%	- -	2 9%	- -	1 100%	5 23%	22 27%	2 66%	6 24%	27 26%	3 55%	6 28%	19 33%	2 11%	2 33%	23 27%
A bit less (2.0)	8 8%	7 9%	1 8%	- -	1 5%	- -	- -	4 17%	5 6%	- -	4 16%	7 7%	1 18%	2 8%	3 6%	2 10%	1 17%	7 8%
A lot less (1.0)	7 6%	5 7%	- -	1 13%	1 4%	- -	- -	- -	7 8%	- -	- -	7 6%	- -	3 12%	2 4%	1 3%	1 24%	4 5%
Don't know	1 1%	1 1%	- -	- -	- -	- -	- -	- -	- -	1 34%	- -	1 1%	- -	- -	- -	1 3%	- -	1 1%
NET: More	64 59%	42 52%	13 79%	8 87%	20 82%	1 100%	- -	14 60%	49 60%	- -	15 60%	62 60%	1 27%	12 52%	34 58%	17 73%	1 27%	52 60%
NET: Less	15 14%	13 16%	1 8%	1 13%	2 9%	- -	- -	4 17%	11 14%	- -	4 16%	14 14%	1 18%	4 20%	6 10%	3 13%	2 40%	10 12%
Base for stats	108	80	16	9	24	1	1	23	82	2	25	103	5	22	58	23	5	85
Mean Score	3.65	3.50	3.95	4.50	4.14	4.00	3.00	3.63	3.66	3.00	3.63	3.67	3.09	3.35	3.69	3.98	2.89	3.73
Standard Deviation	1.128	1.125	.842	1.411	1.081	-	-	1.007	1.182	-	.975	1.138	.753	1.198	1.031	1.121	1.658	1.103
Standard Error	.109	.123	.234	.533	.242	-	-	.215	.131	-	.199	.112	.376	.255	.137	.234	.742	.120
Error variance	.01	.02	.05	.28	.06	-	-	.05	.02	-	.04	.01	.14	.07	.02	.05	.55	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.7. Other sport, exercise or physical activity: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
		*a	b	*a	*b	*c	d	e	*f	a	*b	a	*b	
Significance Level: 95%														
Unweighted Total	108	14	70	16	18	5	74	32	5	87	21	94	13	
Total	108	14	70	15	18	5	76	31	5	86	22	94	13	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	28	4	20	4	3	2	21	7	1	22	6	22	4
		25%	30%	29%	27%	18%	33%	27%	23%	23%	25%	26%	24%	31%
A bit more	(4.0)	36	6	21	4	6	2	25	11	1	29	7	31	5
		33%	43%	31%	25%	32%	44%	33%	35%	14%	34%	30%	32%	41%
Neither more nor less	(3.0)	29	1	22	5	6	1	19	9	2	21	8	28	1
		27%	6%	32%	36%	36%	22%	25%	30%	47%	24%	36%	30%	6%
A bit less	(2.0)	8	1	4	2	2	-	6	3	1	8	1	7	1
		8%	10%	6%	12%	9%	-	8%	9%	16%	9%	4%	8%	9%
A lot less	(1.0)	7	1	2	-	1	-	5	1	-	6	1	5	2
		6%	6%	3%	-	5%	-	6%	3%	-	7%	4%	5%	13%
Don't know		1	1	-	-	-	-	1	-	-	1	-	1	-
		1%	5%	-	-	-	-	1%	-	-	1%	-	1%	-
NET: More		64	10	42	8	9	4	46	18	2	51	12	53	10
		59%	72%	60%	52%	50%	78%	61%	58%	37%	59%	56%	56%	72%
NET: Less		15	2	6	2	2	-	10	3	1	13	2	12	3
		14%	17%	9%	12%	14%	-	13%	11%	16%	15%	8%	13%	22%
Base for stats		108	13	70	15	18	5	75	31	5	85	22	93	13
Mean Score		3.65	3.84	3.77	3.67	3.49	4.11	3.69	3.67	3.45	3.63	3.70	3.63	3.68
Standard Deviation		1.128	1.220	1.025	1.036	1.071	.825	1.138	1.023	1.126	1.153	1.050	1.090	1.401
Standard Error		.109	.338	.123	.259	.252	.369	.133	.181	.504	.124	.229	.113	.389
Error variance		.01	.11	.02	.07	.06	.14	.02	.03	.25	.02	.05	.01	.15

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q6.7. Other sport, exercise or physical activity: Thinking about this activity, how does this compare to what you did in a typical week before the COVID-19 restrictions were introduced? Is this more, less, or the same amount than you would have normally done in a week?

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

		Number of days active										Amount of activity since the COVID-19 restrictions were introduced			
Total		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less	
		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	b	c	
Significance Level: 95%															
Unweighted Total		108	1	12	11	17	20	16	6	25	48	47	39	30	39
Total		108	1	12	11	17	21	16	6	25	49	47	39	30	39
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	28	-	3	1	6	6	6	2	4	13	11	14	5	9
		25%	-	26%	12%	36%	27%	35%	36%	15%	27%	24%	35%	15%	23%
A bit more	(4.0)	36	-	3	3	4	6	6	3	10	14	19	17	9	10
		33%	-	22%	32%	25%	30%	39%	52%	40%	29%	41%	44%	30%	25%
Neither more nor less	(3.0)	29	-	5	1	5	6	2	1	9	12	12	7	15	7
		27%	-	45%	9%	30%	29%	14%	12%	36%	25%	25%	19%	49%	18%
														ac	
A bit less	(2.0)	8	-	1	2	2	1	1	-	2	5	2	1	1	7
		8%	-	7%	20%	10%	7%	4%	-	6%	11%	5%	2%	2%	18%
															ab
A lot less	(1.0)	7	-	-	3	-	2	1	-	1	4	2	-	1	6
		6%	-	-	27%	-	8%	8%	-	4%	9%	4%	-	3%	15%
															a
Don't know		1	1	-	-	-	-	-	-	-	-	-	-	-	1
		1%	100%	-	-	-	-	-	-	-	-	-	-	-	2%
NET: More		64	-	6	5	10	12	12	6	14	27	31	31	14	19
		59%	-	48%	44%	60%	57%	74%	88%	55%	55%	66%	79%	46%	48%
													bc		
NET: Less		15	-	1	5	2	3	2	-	2	10	4	1	2	13
		14%	-	7%	47%	10%	14%	12%	-	10%	20%	9%	2%	5%	32%
															ab
Base for stats		108	-	12	11	17	21	16	6	25	49	47	39	30	38
Mean Score		3.65	-	3.67	2.82	3.86	3.62	3.89	4.24	3.56	3.53	3.76	4.13	3.53	3.25
													bc		
Standard Deviation		1.128	-	.981	1.496	1.043	1.197	1.190	.711	.958	1.258	1.025	.787	.897	1.400
Standard Error		.109	-	.283	.451	.253	.268	.297	.290	.192	.182	.150	.126	.164	.227
Error variance		.01	-	.08	.20	.06	.07	.09	.08	.04	.03	.02	.02	.03	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I feel that I have the ability to be physically active	2022 100%	530 26%	979 48%	239 12%	186 9%	80 4%	8 *	1508 75%	266 13%
It is important to me to exercise regularly	2022 100%	546 27%	920 46%	373 18%	121 6%	49 2%	12 1%	1466 72%	171 8%
I feel that I have the opportunity to be physically active	2022 100%	454 22%	979 48%	302 15%	196 10%	74 4%	17 1%	1433 71%	270 13%
I find exercise enjoyable and satisfying	2022 100%	429 21%	794 39%	445 22%	238 12%	102 5%	13 1%	1224 61%	340 17%
I feel guilty when I don't exercise	2022 100%	339 17%	746 37%	444 22%	369 18%	110 5%	14 1%	1085 54%	479 24%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	530 26%	274 28%	252 25%	199 32% bc	180 27% c	151 20%	27 28%	76 29%	62 32% f	51 24%	44 25%	48 22%	89 28%	83 25%	49 24%
Agree (4.0)	979 48%	492 50%	481 47%	281 46%	319 48%	379 51%	48 50%	123 47%	85 43%	109 51%	87 49%	112 50%	149 46%	164 50%	102 49%
Neither agree nor disagree (3.0)	239 12%	110 11%	128 12%	64 11%	76 11%	99 13%	8 8%	30 11%	26 13%	28 13%	23 13%	29 13%	42 13%	35 11%	19 9%
Disagree (2.0)	186 9%	73 7%	109 11% a	46 8%	62 9%	78 10%	7 7%	22 8%	18 9%	16 7%	16 9%	23 10%	28 9%	26 8%	30 14% bdh
Strongly disagree (1.0)	80 4%	31 3%	49 5%	18 3%	25 4%	38 5% a	6 6%	13 5%	4 2%	7 3%	6 4%	10 4%	10 3%	17 5%	7 4%
Don't know	8 *	4 *	5 *	5 1%	1 *	2 *	1 1%	1 *	1 1%	1 *	- -	1 1%	2 1%	1 *	- -
NET: Agree	1508 75%	766 78% b	733 72%	479 78% c	499 75%	530 71%	75 78%	198 75%	148 75%	160 76%	131 74%	160 72%	238 74%	248 76%	151 73%
NET: Disagree	266 13%	104 11%	158 15% a	64 10%	87 13%	115 15% a	13 14%	34 13%	22 11%	23 11%	23 13%	33 15%	39 12%	43 13%	37 18% cd
Base for stats	2014	980	1019	608	662	744	96	262	196	211	177	221	318	326	207
Mean Score	3.84	3.92 b	3.76	3.98 bc	3.86 c	3.71	3.86	3.87	3.94	3.86	3.83	3.75	3.87	3.83	3.75
Standard Deviation	1.042	.984	1.087	.999	1.041	1.061	1.101	1.074	1.002	.983	1.026	1.046	1.024	1.059	1.081
Standard Error	.023	.032	.033	.039	.040	.041	.106	.068	.069	.066	.075	.079	.057	.058	.076
Error variance	*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	530 26%	61 39% cdefgh	138 31% efh	127 26% f	70 28% ef	41 20%	93 20%	326 30% efh	204 22%	447 26%	18 34%	29 31%	20 24%	8 48%	- -	76 29%
Agree (4.0)	979 48%	72 46%	215 48%	247 51% f	126 50% f	111 53%	207 44%	535 49%	444 48%	831 48%	25 46%	42 45%	50 61% ac	8 44%	9 92%	134 52%
Neither agree nor disagree (3.0)	239 12%	12 7%	47 11%	56 12%	29 11%	22 10%	73 16% abg	115 11%	123 13% a	211 12%	4 8%	11 12%	7 8%	- -	1 8%	23 9%
Disagree (2.0)	186 9%	9 5%	35 8%	38 8%	19 7%	27 13% abcdg	59 13% abcdg	82 7%	104 11% abcg	166 10%	4 8%	10 10%	5 6%	1 8%	- -	20 8%
Strongly disagree (1.0)	80 4%	4 2%	13 3%	18 4%	6 2%	6 3% abcdeg	35 7% abcdeg	34 3%	46 5% g	72 4%	2 5%	2 2%	1 1%	- -	- -	5 2%
Don't know	8 *	- -	- -	1 * bcfg	4 2%	2 1%	1 *	1 *	7 1% g	6 *	- -	1 1%	- -	- -	- -	1 *
NET: Agree	1508 75%	134 85% cefh	353 79% fh	374 77% fh	196 77% fh	152 73% f	300 64%	861 79% fh	648 70% f	1279 74%	44 80%	72 76%	70 85% a	16 92%	9 92%	210 81% a
NET: Disagree	266 13%	12 8%	47 11%	56 11%	25 10%	33 16% adg	93 20% abcdg	116 11%	151 16% abcdg	238 14%	7 12%	11 12%	5 7%	1 8%	- -	25 9%
Base for stats	2014	158	448	487	250	206	466	1092	922	1728	54	94	82	17	9	257
Mean Score	3.84	4.14 cdefgh	3.96 efh	3.88 fh	3.94 efh	3.75 efh	3.57 efh	3.95 efh	3.71 f	3.82	3.98	3.94	4.02	4.33	3.92	4.00 a
Standard Deviation	1.042	.939	.989	1.003	.957	1.007	1.159	.991	1.085	1.053	1.071	.998	.803	.848	.288	.929
Standard Error	.023	.074	.047	.044	.060	.069	.056	.030	.036	.025	.141	.098	.088	.200	.096	.056
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.04	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
		None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739	
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	530 26%	322 25%	94 27%	94 30%	188 28%	15 51% cdef	12 31% cf	63 14%	428 29% cf	12 22%	90 17%	507 28% b	19 11%	71 26%	288 25%	149 28%	22 29%	459 26%	
Agree (4.0)	979 48%	618 49%	180 51%	144 46%	324 48%	9 33%	18 46%	189 42%	736 51% acf	26 48%	216 42%	919 51% b	44 26%	126 47%	564 50%	256 47%	33 43%	853 49%	
Neither agree nor disagree (3.0)	239 12%	158 12%	42 12%	29 9%	71 11%	2 8%	7 18%	73 16% d	148 10%	9 17%	82 16% d	209 12%	19 11%	31 11%	137 12%	58 11%	13 18%	208 12%	
Disagree (2.0)	186 9%	121 10%	21 6%	36 12% b	58 9%	1 2%	1 2%	83 19% abde	100 7%	2 3%	85 16% abde	129 7%	46 27% a	30 11% d	102 9%	52 10%	2 3%	157 9%	
Strongly disagree (1.0)	80 4%	50 4%	13 4%	14 4%	27 4%	2 6%	1 3%	37 8% d	36 2%	4 8% d	40 8% d	35 2%	41 24% a	13 5%	41 4%	24 4%	3 3%	68 4%	
Don't know	8 *	4 *	3 1%	- -	3 *	- -	- -	2 1%	5 *	1 2% d	2 *	7 *	- -	1 *	2 *	4 1%	2 3% abce	8 *	
NET: Agree	1508 75%	940 74%	274 78%	238 75%	512 76%	24 84% cf	29 77% cf	252 56%	1164 80% cf	39 70% c	306 59%	1426 79% b	63 37%	196 73%	852 75%	406 75%	54 73%	1312 75%	
NET: Disagree	266 13%	171 13%	34 10%	50 16% b	84 13%	2 8%	2 5%	120 27% abde	136 9%	6 11%	125 24% abde	164 9%	87 52% a	42 16% d	144 13%	76 14%	5 7%	224 13%	
Base for stats	2014	1269	350	317	667	29	38	445	1448	54	512	1799	170	269	1133	539	73	1744	
Mean Score	3.84	3.82	3.92	3.84	3.88	4.20 cf	3.99 cf	3.35	3.98	3.76	3.45	3.96	2.73	3.79	3.84	3.85	3.95	3.85	
Standard Deviation	1.042	1.041	.981	1.101	1.040	1.110	.943	1.178	.947	1.091	1.183	.926	1.375	1.096	1.020	1.069	.971	1.033	
Standard Error	.023	.028	.057	.067	.044	.196	.147	.057	.025	.141	.053	.022	.105	.065	.030	.047	.114	.025	
Error variance	*	*	*	*	*	.04	.02	*	*	.02	*	*	.01	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	530 26%	74 25%	375 27%	41 19%	40 11%	20 28%	427 31%	89 16%	9 11%	421 26%	109 26%	455 27%	71 25%
Agree (4.0)	979 48%	140 46%	696 49%	93 43%	129 35%	23 33%	734 53%	219 39%	22 28%	779 49%	199 47%	841 49%	132 46%
Neither agree nor disagree (3.0)	239 12%	40 13%	162 11%	24 11%	55 15%	19 28%	145 10%	84 15%	13 16%	193 12%	45 11%	196 11%	39 13%
Disagree (2.0)	186 9%	34 11%	121 9%	37 17%	95 26%	5 8%	65 5%	115 20%	22 27%	141 9%	45 11%	155 9%	29 10%
Strongly disagree (1.0)	80 4%	13 4%	52 4%	19 9%	51 14%	3 4%	16 1%	58 10%	14 17%	59 4%	21 5%	65 4%	15 5%
Don't know	8 *	1 *	6 *	1 *	- -	- -	6 *	1 *	- -	6 *	3 1%	6 *	1 *
NET: Agree	1508 75%	214 71%	1071 76%	134 62%	169 46%	42 61%	1161 83%	308 54%	31 39%	1200 75%	308 73%	1296 75%	203 71%
NET: Disagree	266 13%	47 16%	172 12%	56 26%	146 39%	8 12%	81 6%	173 31%	35 44%	201 13%	66 16%	219 13%	44 15%
Base for stats	2014	301	1404	215	370	70	1387	565	79	1594	420	1712	286
Mean Score	3.84	3.76	3.87	3.46	3.03	3.74	4.08	3.29	2.89	3.85	3.79	3.86	3.75
Standard Deviation	1.042	1.080	1.020	1.233	1.263	1.077	.836	1.244	1.304	1.027	1.096	1.031	1.097
Standard Error	.023	.063	.027	.082	.067	.127	.022	.052	.148	.026	.055	.025	.063
Error variance	*	*	*	.01	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	530 26%	39 10%	31 17%	53 19%	66 22%	71 29%	92 42%	37 40%	140 43%	191 23%	269 42%	252 37%	109 19%	166 22%
			a	a	a	abc	abcde	abcde	abcde	a	abcde	bc		
Agree (4.0)	979 48%	139 37%	90 50%	157 55%	165 56%	128 53%	100 46%	49 53%	152 47%	450 54%	301 47%	338 50%	252 44%	379 50%
			a	afhj	afhj	a	a	a	a	afhj	a	b		b
Neither agree nor disagree (3.0)	239 12%	68 18%	25 14%	40 14%	40 13%	19 8%	17 8%	4 4%	26 8%	99 12%	47 7%	43 6%	103 18%	88 12%
			efghij	ghj	efghj	efghj				ghj			ac	a
Disagree (2.0)	186 9%	83 22%	23 13%	27 9%	21 7%	17 7%	8 4%	3 3%	3 1%	65 8%	15 2%	27 4%	72 12%	86 11%
			bcdefghij	defghij	fghj	ghj	h			fghj			a	a
Strongly disagree (1.0)	80 4%	47 12%	11 6%	9 3%	4 1%	6 2%	1 *	-	3 1%	19 2%	4 1%	11 2%	38 7%	30 4%
			bcdefghij	dfghij	fj	j				j			ac	a
Don't know	8 *	3 1%	1 1%	1 *	-	2 1%	-	-	2 1%	2 *	2 *	1 *	1 *	4 1%
NET: Agree	1508 75%	178 47%	121 67%	210 73%	231 78%	199 82%	192 88%	86 92%	291 89%	640 78%	570 89%	591 88%	361 63%	545 72%
			a	a	ab	abc	abcde	abcde	abcde	ab	abcde	bc		b
NET: Disagree	266 13%	130 34%	34 19%	36 12%	26 9%	23 9%	9 4%	3 3%	7 2%	84 10%	19 3%	39 6%	110 19%	115 15%
			bcdefghij	defghij	fghj	fghj				fghj			a	a
Base for stats	2014	375	179	286	297	241	219	93	324	823	636	673	574	749
Mean Score	3.84	3.11	3.60	3.77	3.90	4.00	4.26	4.29	4.30	3.88	4.28	4.18	3.56	3.76
			a	a	ab	abc	abcde	abcde	abcde	ab	abcde	bc		b
Standard Deviation	1.042	1.223	1.101	.964	.877	.934	.788	.703	.744	.928	.752	.851	1.131	1.047
Standard Error	.023	.064	.082	.056	.051	.061	.053	.072	.041	.032	.030	.033	.048	.038
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	454 22%	233 24%	219 21%	164 27% c	159 24% c	132 18%	24 25%	65 25%	51 26% d	37 18%	42 24%	42 19%	75 23%	70 21%	48 23%
Agree (4.0)	979 48%	484 49%	489 48%	291 48%	308 46%	379 51%	46 47%	119 45%	95 48%	118 56% bgi	88 50%	107 48%	146 46%	165 50%	96 46%
Neither agree nor disagree (3.0)	302 15%	141 14%	159 15%	87 14%	91 14%	124 17%	16 17%	32 12%	27 14%	32 15%	26 15%	37 16%	64 20% bhi	42 13%	26 12%
Disagree (2.0)	196 10%	87 9%	106 10%	42 7%	82 12% a	71 10%	6 7%	32 12% g	17 9%	15 7%	15 8%	24 11%	23 7%	38 12% g	26 12% g
Strongly disagree (1.0)	74 4%	28 3%	44 4%	21 3%	20 3%	32 4%	4 4%	14 5% c	3 1%	8 4%	6 3%	7 3%	11 3%	12 4%	9 4%
Don't know	17 1%	10 1%	7 1%	7 1%	3 * *	7 1%	- -	2 1%	3 2%	1 1%	- -	6 3% egh	2 * *	1 * *	2 1%
NET: Agree	1433 71%	717 73%	708 69%	455 74% c	467 70%	511 69%	70 72%	183 70%	147 75%	155 73%	130 74%	149 67%	221 69%	234 72%	144 70%
NET: Disagree	270 13%	115 12%	150 15%	63 10%	103 16% a	104 14% a	11 11%	46 17% cdg	20 10%	23 11%	21 12%	32 14%	33 10%	50 15%	35 17% cg
Base for stats	2005	974	1017	606	661	739	96	261	194	211	177	217	319	326	204
Mean Score	3.77	3.83	3.72	3.88	3.76	3.69	3.82	3.72	3.91	3.77	3.82	3.70	3.79	3.74	3.72
Standard Deviation	1.023	.988	1.050	.997	1.049	1.014	1.026	1.126	.937	.953	.999	1.016	.991	1.034	1.094
Standard Error	.023	.032	.032	.039	.040	.040	.098	.072	.065	.064	.073	.077	.055	.056	.078
Error variance	*	*	*	*	*	*	.01	.01	*	*	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	454 22%	53 34% bcefg	106 24% f	104 21%	64 25% f	48 23%	79 17%	263 24% f	191 21%	384 22%	15 27%	25 26%	18 22%	4 26%	1 16%	64 25%	
Agree (4.0)	979 48%	71 45%	249 56% ade	254 52% efh	118 47%	83 40%	204 44%	574 52% efh	405 44%	838 48%	23 42%	45 48%	46 55%	5 32%	7 76%	126 49%	
Neither agree nor disagree (3.0)	302 15%	20 13%	47 10%	70 14%	37 15%	39 19% bg	88 19% bg	137 13% bg	165 18% bg	256 15%	8 15%	18 19%	13 16%	3 19%	1 8%	43 17%	
Disagree (2.0)	196 10%	11 7%	32 7%	42 9%	25 10%	29 14% abcg	56 12% bg	86 8%	110 12% bg	180 10% dg	5 9%	5 5%	2 2%	3 16%	-	15 6%	
Strongly disagree (1.0)	74 4%	2 1%	12 3%	15 3%	7 3%	7 4%	31 7% abcdg	29 3%	45 5% ag	64 4%	2 4%	3 3%	3 4%	1 7%	-	10 4%	
Don't know	17 1%	1 *	1 *	3 1%	2 1%	2 1%	9 2% bg	5 *	12 1% g	13 1%	1 1%	-	-	-	-	1 *	
NET: Agree	1433 71%	124 79% efh	355 79% cdefh	358 73% efh	182 72% efh	131 63%	283 61%	837 77% efh	596 64%	1222 70%	38 69%	70 74%	64 78%	10 58%	9 92%	190 74%	
NET: Disagree	270 13%	12 8%	45 10%	57 12%	32 13%	36 17% abcg	87 19% abcdg	114 10% abcg	155 17%	244 14% g	8 14%	7 8%	5 7%	4 23%	-	24 9%	
Base for stats	2005	157	446	485	252	206	459	1089	916	1722	54	95	82	17	9	257	
Mean Score	3.77	4.04 cdefgh	3.91 efh	3.80 fh	3.82 fh	3.65	3.53	3.88 efh	3.64	3.75	3.79	3.89	3.89	3.54	4.08	3.85	
Standard Deviation	1.023	.915	.934	.973	1.011	1.093	1.116	.951	1.089	1.032	1.097	.944	.922	1.268	.510	.981	
Standard Error	.023	.073	.044	.043	.063	.075	.054	.028	.037	.025	.145	.092	.101	.299	.170	.059	
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.09	.03	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
		None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739	
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	454 22%	289 23%	77 22%	74 23%	151 23%	10 36% bcef	6 15%	60 13%	370 25%	8 14%	76 15%	437 24%	16 10%	55 20%	254 22%	126 23%	20 27%	400 23%	
Agree (4.0)	979 48%	616 48%	175 50%	153 48%	328 49%	11 38%	25 66% acdf	191 43%	726 50%	26 47%	227 44%	910 50%	54 32%	124 46%	559 49%	265 49%	31 42%	855 49%	
Neither agree nor disagree (3.0)	302 15%	184 14%	58 17%	44 14%	102 15%	5 18%	4 11%	92 21% d	192 13%	9 16%	101 20% d	252 14%	35 21% a	41 15%	172 15%	74 14%	16 21%	262 15%	
Disagree (2.0)	196 10%	132 10%	30 8%	29 9%	59 9%	1 3%	3 8%	63 14% d	124 9%	5 9%	67 13% d	151 8%	38 22% a	37 14%	109 10%	46 9%	4 5%	159 9%	
Strongly disagree (1.0)	74 4%	44 3%	11 3%	17 5%	27 4%	1 3%	- -	34 8% d	35 2%	4 7%	35 7% d	42 2%	25 15% a	10 4%	36 3%	26 5%	2 2%	64 4%	
Don't know	17 1%	9 1%	1 *	- -	1 *	1 2%	- -	6 1% d	7 *	4 7%	7 1% d	13 1%	1 1%	4 1%	5 *	6 1%	2 3%	13 1% be	
NET: Agree	1433 71%	905 71%	252 72%	227 72%	479 72%	21 74%	31 81% cef	251 56%	1096 75% cef	34 62%	304 59%	1348 75% b	70 41%	179 66%	812 72%	391 72%	52 69%	1255 72%	
NET: Disagree	270 13%	176 14%	41 12%	46 14%	86 13%	2 6%	3 8%	98 22% abd	158 11%	9 16%	103 20% d	193 11%	63 37% a	47 17%	145 13%	72 13%	6 7%	222 13%	
Base for stats	2005	1264	351	317	668	28	38	441	1446	51	508	1793	169	266	1129	537	73	1739	
Mean Score	3.77	3.77	3.79	3.75	3.77	4.03 cf	3.88 cf	3.41	3.88 cef	3.57	3.48	3.86 b	2.99	3.66	3.78	3.78	3.88	3.79	
Standard Deviation	1.023	1.025	.979	1.077	1.026	.999	.762	1.128	.966	1.096	1.111	.956	1.240	1.069	1.002	1.051	.961	1.015	
Standard Error	.023	.028	.057	.066	.043	.179	.119	.055	.025	.145	.050	.023	.095	.064	.030	.046	.112	.024	
Error variance	*	*	*	*	*	.03	.01	*	*	.02	*	*	.01	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	454 22%	56 19%	334 24%	44 20% b	42 11%	20 28% bef	351 25% bef	93 16% b	9 12%	351 22%	103 24%	391 23%	60 21%
Agree (4.0)	979 48%	140 46%	699 50%	92 43%	145 39%	22 32%	723 52% abcef	225 40%	32 40%	772 48%	206 49%	855 50% b	116 41%
Neither agree nor disagree (3.0)	302 15%	64 21% b	191 14%	32 15%	71 19% d	18 26% ad	186 13%	109 19% d	10 13%	240 15%	62 15%	247 14%	51 18%
Disagree (2.0)	196 10%	28 9%	127 9%	33 15% d	69 19% cd	6 8%	100 7%	88 15% d	18 23% cd	159 10%	37 9%	153 9%	42 15% a
Strongly disagree (1.0)	74 4%	13 4%	50 4%	13 6% d	38 10% d	4 6% d	27 2%	45 8% d	9 11% d	66 4% b	7 2%	60 4%	13 5%
Don't know	17 1%	1 *	9 1%	2 1%	5 1%	- -	6 *	6 1%	1 1%	11 1%	6 1%	11 1%	4 1%
NET: Agree	1433 71%	196 65%	1033 73% a	135 63% b	187 51%	42 60%	1074 77% abcef	318 56%	41 52%	1124 70%	310 73%	1246 73% b	176 61%
NET: Disagree	270 13%	41 14%	177 13%	46 21% d	107 29% acd	10 14%	126 9%	132 23% d	27 34% acde	225 14%	44 10%	213 12%	56 19% a
Base for stats	2005	301	1401	214	365	70	1387	560	78	1588	416	1707	283
Mean Score	3.77	3.66	3.81 a	3.57 bf	3.23	3.69 bf	3.92 abcef	3.42 b	3.18	3.74	3.87 a	3.80 b	3.59
Standard Deviation	1.023	1.027	1.013	1.150	1.189	1.143	.918	1.171	1.238	1.041	.947	1.005	1.118
Standard Error	.023	.060	.027	.077	.063	.135	.025	.049	.141	.026	.047	.024	.065
Error variance	*	*	*	.01	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	454 22%	35 9%	16 9%	34 12%	48 16%	67 28%	80 36%	39 41%	136 42%	150 18%	254 40%	244 36%	103 18%	106 14%
				ab	abcdi	abcdi	abcdei	abcdei	abc	abcdei	bc			
Agree (4.0)	979 48%	141 37%	82 45%	148 52%	173 58%	128 53%	109 50%	44 47%	154 47%	449 54%	307 48%	343 51%	262 46%	368 49%
			a	abhj	a	a	a	a	abhj	abhj	a			
Neither agree nor disagree (3.0)	302 15%	77 20%	44 24%	59 21%	51 17%	23 9%	19 9%	5 5%	24 8%	133 16%	48 8%	57 8%	125 22%	113 15%
		efghj	efghj	efghj	efghj					efghj			ac	a
Disagree (2.0)	196 10%	84 22%	20 11%	33 11%	22 7%	19 8%	8 4%	5 5%	6 2%	73 9%	19 3%	25 4%	59 10%	112 15%
		bcddefghij	fhj	fhj	hj	hj				fhj			a	ab
Strongly disagree (1.0)	74 4%	34 9%	18 10%	11 4%	2 1%	4 2%	2 1%	-	3 1%	17 2%	5 1%	4 1%	19 3%	50 7%
		cdefghij	cdefghij	dhj						j			a	ab
Don't know	17 1%	7 2%	1 1%	2 1%	1 *	1 *	1 *	1 1%	3 1%	4 *	5 1%	2 *	7 1%	4 1%
		i												
NET: Agree	1433 71%	176 47%	97 54%	182 64%	221 74%	196 81%	189 86%	82 88%	290 89%	599 72%	561 88%	587 87%	365 64%	474 63%
				ab	abc	abcdi	abcdi	abcdi	abcdei	abc	abcdei	bc		
NET: Disagree	270 13%	118 31%	38 21%	43 15%	24 8%	23 9%	10 5%	5 5%	9 3%	90 11%	23 4%	28 4%	77 13%	162 21%
		bcddefghij	defghij	defghj	hj	fhj				fhj			a	ab
Base for stats	2005	371	179	284	296	242	218	92	323	822	633	672	568	749
Mean Score	3.77	3.16	3.32	3.57	3.82	3.98	4.18	4.26	4.28	3.78	4.24	4.19	3.65	3.49
				ab	abc	abcdi	abcdei	abcdei	abcdei	abc	abcdei	bc	c	
Standard Deviation	1.023	1.154	1.107	.972	.812	.916	.808	.794	.751	.915	.778	.782	.998	1.111
Standard Error	.023	.061	.082	.057	.047	.059	.055	.082	.042	.032	.031	.030	.042	.040
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	429 21%	231 23% b	198 19%	161 26% bc	143 22% c	125 17%	20 21%	60 23%	57 29% efhi	45 21%	30 17%	44 20%	70 22%	68 21%	35 17%
Agree (4.0)	794 39%	406 41%	385 38%	255 42%	259 39%	280 38%	36 37%	99 38%	74 38%	86 41%	69 39%	71 32%	140 44% f	130 40%	89 43% f
Neither agree nor disagree (3.0)	445 22%	211 21%	230 23%	107 17%	146 22% a	191 26% a	29 30% cdg	55 21%	39 20%	43 20%	48 27%	52 23%	64 20%	70 22%	44 21%
Disagree (2.0)	238 12%	89 9%	144 14% a	56 9%	77 12%	105 14% a	6 7%	29 11%	18 9%	26 12%	22 13%	34 15% ag	28 9%	44 13%	31 15% ag
Strongly disagree (1.0)	102 5%	41 4%	60 6%	25 4%	35 5%	41 6%	4 4%	19 7%	7 4%	10 5%	7 4%	18 8% ci	15 5%	14 4%	7 3%
Don't know	13 1%	6 1%	6 1%	8 1%	3 *	2 *	1 1%	1 *	2 1%	1 *	- -	4 2%	3 1%	1 *	1 *
NET: Agree	1224 61%	637 65% b	583 57%	416 68% bc	402 61% c	406 54%	56 58%	159 61%	131 66% ef	131 62% f	99 56%	115 52%	210 66% ef	199 61% f	124 60%
NET: Disagree	340 17%	130 13%	204 20% a	81 13%	112 17%	146 20% a	11 11%	48 18%	25 13%	36 17%	29 17%	53 24% acg	43 13%	58 18%	38 18%
Base for stats	2009	978	1018	605	661	744	95	262	195	211	177	219	317	327	206
Mean Score	3.60	3.71 b	3.51 3.51	3.78 bc	3.60 c	3.46	3.64	3.58	3.80 befhi	3.61	3.52	3.40 f	3.70 f	3.60	3.55
Standard Deviation	1.099	1.054	1.130	1.069	1.108	1.097	1.028	1.167	1.070	1.098	1.044	1.209	1.054	1.090	1.049
Standard Error	.025	.034	.035	.042	.042	.043	.099	.074	.074	.074	.077	.091	.058	.059	.074
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	429 21%	59 37% bcdefgh	102 23% efh	105 21% ef	58 23% ef	30 15% ef	76 16% efh	265 24% efh	164 18% efh	353 20% efh	18 33% a	26 28% efh	18 21% efh	4 21% efh	3 37% efh	69 27% efh
Agree (4.0)	794 39%	66 42%	196 44% fh	191 39% fh	96 38% fh	85 41% fh	160 34% fh	454 42% fh	341 37% fh	668 38% fh	22 41% fh	39 41% fh	41 50% a	9 52% a	4 40% a	115 45% a
Neither agree nor disagree (3.0)	445 22%	22 14%	79 18%	98 20% abg	65 26% abg	48 23% a	132 28% abcg	200 18% abcg	245 26% abcg	395 23% g	7 14% g	19 19% g	14 17% g	2 10% g	1 15% g	43 17% g
Disagree (2.0)	238 12%	3 2%	53 12% a	67 14% a	24 9% a	27 13% a	64 14% a	123 11% a	115 12% a	215 12% a	6 11% a	9 10% a	5 6% a	1 7% a	1 8% a	22 8% a
Strongly disagree (1.0)	102 5%	7 4%	17 4%	24 5% bdg	7 3% bdg	16 8% d	30 7% d	47 4% d	54 6% d	95 5% g	- - g	2 2% g	3 4% g	2 9% g	- - g	7 3% g
Don't know	13 1%	1 *	1 *	2 1% bg	4 2% bg	1 * bg	4 1% bg	4 * bg	9 1% bg	9 1% bg	1 1% bg	- - bg	2 2% a	- - a	- - a	3 1% a
NET: Agree	1224 61%	125 79% bcdefgh	298 67% efh	296 61% fh	153 60% f	115 55% f	237 51% f	719 66% cefh	505 54% cefh	1020 59% cefh	40 74% a	65 69% a	59 71% a	12 73% a	7 77% a	184 71% a
NET: Disagree	340 17%	10 6%	70 16% a	91 19% ad	31 12% a	44 21% adg	95 20% adg	171 16% a	170 18% ad	310 18% dg	6 11% dg	11 12% dg	8 9% dg	3 16% dg	1 8% dg	29 11% dg
Base for stats	2009	157	447	486	250	207	463	1089	919	1725	54	95	80	17	9	256
Mean Score	3.60	4.06 bcdefgh	3.70 efh	3.59 f	3.69 efh	3.41 efh	3.41 efh	3.70 efh	3.48 efh	3.56 efh	3.97 a	3.82 a	3.82 a	3.69 a	4.06 a	3.85 a
Standard Deviation	1.099	.992	1.063	1.117	1.025	1.132	1.115	1.088	1.102	1.111	.972	1.025	.963	1.188	.970	1.000
Standard Error	.025	.079	.050	.050	.064	.077	.054	.033	.037	.027	.129	.100	.107	.280	.323	.061
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.08	.10	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	429 21%	257 20%	75 21%	87 28%	162 24%	12 41%	9 22%	66 15%	334 23%	9 16%	86 17%	405 22%	22 13%	52 19%	227 20%	129 24%	21 28%	377 22%
Agree (4.0)	794 39%	486 38%	153 43%	123 39%	276 41%	9 32%	20 53%	143 32%	598 41%	24 44%	172 34%	739 41%	46 27%	89 33%	439 39%	239 44%	27 36%	705 40%
Neither agree nor disagree (3.0)	445 22%	295 23%	69 20%	62 20%	131 20%	3 9%	4 10%	120 27%	302 21%	16 29%	127 25%	396 22%	33 20%	62 23%	275 24%	91 17%	17 23%	383 22%
Disagree (2.0)	238 12%	154 12%	40 11%	30 10%	71 11%	2 8%	4 11%	79 18%	149 10%	4 7%	85 17%	183 10%	46 27%	47 17%	132 12%	53 10%	7 9%	191 11%
Strongly disagree (1.0)	102 5%	75 6%	13 4%	14 4%	27 4%	2 8%	2 4%	36 8%	61 4%	1 1%	40 8%	73 4%	21 12%	17 6%	56 5%	27 5%	2 2%	85 5%
Don't know	13 1%	6 *	3 1%	- -	3 *	1 2%	- -	4 1%	7 1%	2 3%	4 1%	9 1%	1 *	3 1%	5 *	4 1%	1 1%	10 1%
NET: Agree	1224 61%	743 58%	228 65%	210 66%	438 65%	21 72%	29 75%	209 47%	932 64%	33 59%	259 50%	1145 63%	69 40%	141 52%	667 59%	368 68%	48 64%	1083 62%
NET: Disagree	340 17%	228 18%	53 15%	45 14%	98 15%	5 16%	6 15%	115 26%	210 14%	5 9%	125 24%	256 14%	67 39%	64 24%	188 17%	80 15%	9 11%	276 16%
Base for stats	2009	1267	350	317	667	28	38	444	1445	53	510	1797	169	267	1130	538	74	1742
Mean Score	3.60	3.55	3.68	3.75	3.71	3.91	3.79	3.28	3.69	3.67	3.35	3.68	3.02	3.42	3.57	3.73	3.80	3.63
Standard Deviation	1.099	1.118	1.049	1.096	1.072	1.281	1.047	1.158	1.067	.895	1.170	1.057	1.257	1.170	1.087	1.085	1.031	1.086
Standard Error	.025	.030	.061	.067	.045	.230	.164	.056	.028	.117	.053	.025	.097	.070	.032	.047	.120	.026
Error variance	*	*	*	*	*	.05	.03	*	*	.01	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	429	292	46	51	15	324	94	16	338	92	371	56
		21%	21%	21%	14%	22%	23%	17%	20%	21%	22%	22%	20%
				b			be						
Agree	(4.0)	794	591	64	100	24	603	172	14	627	167	690	100
		39%	42%	30%	27%	34%	43%	30%	18%	39%	40%	40%	35%
			a	f		f	abef	f					
Neither agree nor disagree	(3.0)	445	296	50	100	18	281	145	19	357	88	376	65
		22%	21%	23%	27%	26%	20%	26%	24%	22%	21%	22%	23%
				d				d					
Disagree	(2.0)	238	154	34	80	5	130	101	17	188	51	192	43
		12%	11%	16%	22%	8%	9%	18%	22%	12%	12%	11%	15%
				d	cd			cd	cd				
Strongly disagree	(1.0)	102	69	17	36	7	51	47	12	81	21	79	21
		5%	5%	8%	10%	10%	4%	8%	15%	5%	5%	5%	7%
				d	d	d		d	d				a
Don't know		13	8	4	3	1	3	6	1	9	4	11	2
		1%	1%	2%	1%	1%	*	1%	2%	1%	1%	1%	1%
				d				d	d				
NET: Agree		1224	883	110	152	39	927	266	30	965	259	1060	156
		61%	63%	51%	41%	56%	67%	47%	38%	60%	61%	62%	55%
				bf		bf	abef					b	
NET: Disagree		340	223	52	116	12	181	149	29	268	72	271	64
		17%	16%	24%	31%	17%	13%	26%	36%	17%	17%	16%	22%
				d	cd			d	acd			a	a
Base for stats	2009	301	1402	211	367	69	1389	560	77	1590	418	1707	285
Mean Score	3.60	3.65	3.63	3.41	3.14	3.51	3.73	3.29	3.07	3.60	3.62	3.63	3.44
				bf		bf	abef					b	
Standard Deviation	1.099	1.109	1.079	1.223	1.194	1.208	1.035	1.191	1.358	1.098	1.104	1.081	1.181
Standard Error	.025	.065	.029	.082	.063	.143	.028	.050	.156	.027	.055	.026	.068
Error variance	*	*	*	.01	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	429 21%	30 8%	22 12%	36 13%	51 17%	62 25%	73 33%	30 32%	126 39%	149 18%	229 36%	206 31%	85 15%	138 18%
				a	a	abcdi	abcdi	abcdi	abcdi	abc	abcdei	bc		
Agree (4.0)	794 39%	79 21%	50 28%	126 44%	135 45%	120 50%	94 43%	41 44%	149 46%	381 46%	285 45%	293 43%	197 34%	296 39%
			ab	ab	ab	ab	ab	ab	ab	ab	ab	b		
Neither agree nor disagree (3.0)	445 22%	102 27%	55 31%	77 27%	80 27%	42 17%	38 17%	18 20%	33 10%	199 24%	89 14%	116 17%	152 26%	171 23%
		efhj	efhj	efhj	efhj	h	h	h		efhj			a	a
Disagree (2.0)	238 12%	93 25%	43 24%	38 13%	25 8%	13 5%	10 5%	4 4%	13 4%	75 9%	27 4%	44 7%	90 16%	101 13%
		cdefghij	cdefghij	efghj	hj					fhj		a	a	a
Strongly disagree (1.0)	102 5%	68 18%	12 6%	9 3%	4 1%	3 1%	3 1%	-	3 1%	16 2%	6 1%	13 2%	47 8%	42 6%
		bcdefghij	defghij	j								a	a	a
Don't know	13 1%	7 2%	-	-	2 1%	3 1%	-	-	2 1%	5 1%	2 *	2 *	4 1%	5 1%
		cfij									*	*		
NET: Agree	1224 61%	109 29%	71 39%	163 57%	186 63%	182 75%	168 77%	71 76%	275 84%	530 64%	514 81%	498 74%	283 49%	434 58%
			a	ab	ab	abcdi	abcdi	abcdi	abcdi	abc	abcdi	bc		b
NET: Disagree	340 17%	161 43%	54 30%	47 16%	29 10%	16 7%	13 6%	4 4%	16 5%	91 11%	34 5%	57 9%	137 24%	143 19%
		bcdefghij	cdefghij	defghij	hj					efghj			ac	a
Base for stats	2009	371	180	286	295	240	219	93	324	821	636	672	572	748
Mean Score	3.60	2.76	3.15	3.50	3.69	3.94	4.03	4.04	4.18	3.70	4.10	3.94	3.32	3.52
			a	ab	abc	abcdi	abcdi	abcdi	abcdi	abc	abcdei	bc		b
Standard Deviation	1.099	1.209	1.109	.980	.903	.869	.905	.829	.845	.937	.866	.957	1.151	1.106
Standard Error	.025	.064	.082	.057	.053	.056	.061	.086	.047	.033	.034	.037	.049	.040
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	546 27%	290 29%	254 25%	183 30%	188 28%	175 23%	29 30%	73 28%	60 30%	59 28%	52 29%	49 22%	79 25%	88 27%	57 28%
Agree (4.0)	920 46%	461 47%	454 44%	273 45%	303 46%	344 46%	42 43%	112 42%	79 40%	94 44%	80 45%	103 46%	160 50%	158 48%	92 45%
Neither agree nor disagree (3.0)	373 18%	162 16%	208 20%	97 16%	111 17%	165 22%	18 18%	54 21%	40 20%	41 19%	35 20%	38 17%	52 16%	57 17%	37 18%
Disagree (2.0)	121 6%	48 5%	72 7%	41 7%	39 6%	42 6%	6 6%	12 4%	11 6%	12 6%	7 4%	19 9%	21 7%	17 5%	16 8%
Strongly disagree (1.0)	49 2%	19 2%	29 3%	15 2%	19 3%	16 2%	2 2%	13 5%	6 3%	6 3%	2 1%	8 4%	4 1%	5 2%	3 1%
Don't know	12 1%	4 *	7 1%	4 1%	3 *	5 1%	- -	- -	- -	1 *	- -	4 2%	4 1%	2 1%	1 1%
NET: Agree	1466 72%	751 76%	708 69%	456 74%	491 74%	518 70%	71 73%	184 70%	139 71%	153 72%	132 74%	153 68%	239 75%	246 75%	150 72%
NET: Disagree	171 8%	67 7%	101 10%	55 9%	58 9%	58 8%	8 8%	24 9%	18 9%	18 8%	10 5%	28 12%	25 8%	22 7%	18 9%
Base for stats	2010	980	1017	608	661	741	96	263	197	211	177	219	316	325	205
Mean Score	3.89	3.97	3.82	3.94	3.91	3.84	3.93	3.84	3.89	3.89	3.97	3.76	3.91	3.94	3.90
Standard Deviation	.953	.913	.981	.969	.970	.923	.954	1.036	1.010	.964	.883	1.022	.891	.895	.940
Standard Error	.021	.030	.030	.037	.037	.036	.091	.066	.069	.065	.065	.077	.049	.049	.067
Error variance	*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	546 27%	66 42% bcdefgh	140 31% efh	129 26%	63 25%	47 23%	100 22%	335 31% efh	210 23%	460 27%	20 36%	30 31%	21 25%	3 20%	2 24%	76 29%	
Agree (4.0)	920 46%	67 43%	222 50% f	221 45%	124 49%	92 44%	195 42%	510 47%	410 44%	783 45%	22 41%	40 42%	51 62% abcg	8 50%	4 37%	126 49%	
Neither agree nor disagree (3.0)	373 18%	16 10%	55 12%	97 20% abg	41 16%	44 21% abg	120 26% abcdg	168 15%	204 22% abdg	335 19% dg	6 11%	12 12%	8 10%	3 19%	4 39%	33 13%	
Disagree (2.0)	121 6%	5 3%	24 5%	32 7%	18 7%	13 6%	30 6%	60 6%	61 7%	105 6%	3 6%	9 10% d	1 1%	2 12%	-	15 6%	
Strongly disagree (1.0)	49 2%	2 1%	3 1%	10 2%	6 2%	12 6% abcg	16 3% bg	15 1%	34 4% bg	44 3%	2 3%	4 4%	-	-	-	6 2%	
Don't know	12 1%	1 1%	3 1% c	-	2 1% c	-	6 1% c	5 *	8 1% c	8 *	1 2%	-	1 1%	-	-	2 1%	
NET: Agree	1466 72%	133 85% cdefgh	362 81% cdefh	350 72% f	187 73% fh	139 67%	295 63%	845 77% cefh	621 67%	1243 72%	42 78%	70 74%	72 88% ac	12 70%	6 61%	202 78% a	
NET: Disagree	171 8%	7 4%	27 6%	42 9%	24 10%	25 12% abg	46 10% abg	75 7%	96 10% abg	148 9% d	5 9% d	13 14% d	1 1%	2 12%	-	21 8% d	
Base for stats	2010	157	444	488	252	208	462	1089	921	1726	53	95	81	17	9	256	
Mean Score	3.89	4.22 bcdefgh	4.06 cdefh	3.88 efh	3.87	3.72	3.72	4.00 cdefh	3.76	3.88	4.03	3.87	4.13 a	3.78	3.85	3.98	
Standard Deviation	.953	.858	.844	.943	.953	1.066	.989	.899	.998	.957	1.030	1.096	.623	.923	.822	.935	
Standard Error	.021	.068	.040	.042	.060	.073	.048	.027	.033	.023	.136	.107	.069	.217	.274	.057	
Error variance	*	*	*	*	*	.01	*	*	*	*	.02	.01	*	.05	.08	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	546 27%	331 26%	91 26%	106 33%	197 29%	12 43%	10 27%	83 19%	424 29%	15 28%	106 21%	513 28%	27 16%	72 27%	282 25%	167 31%	23 31%	473 27%
Agree (4.0)	920 46%	591 46%	172 49%	128 41%	301 45%	12 42%	18 47%	198 44%	666 46%	26 47%	228 44%	845 47%	62 37%	113 42%	529 47%	248 46%	30 40%	807 46%
Neither agree nor disagree (3.0)	373 18%	239 19%	58 17%	54 17%	112 17%	3 10%	5 12%	110 25%	246 17%	10 18%	117 23%	304 17%	46 27%	60 22%	222 20%	77 14%	14 18%	313 18%
Disagree (2.0)	121 6%	76 6%	18 5%	21 7%	39 6%	1 3%	4 9%	35 8%	79 5%	2 4%	40 8%	102 6%	16 10%	15 5%	64 6%	36 7%	6 8%	107 6%
Strongly disagree (1.0)	49 2%	31 2%	9 3%	8 2%	17 3%	1 2%	1 2%	16 4%	32 2%	- -	18 3%	32 2%	14 8%	7 3%	29 3%	11 2%	2 3%	42 2%
Don't know	12 1%	5 *	4 1%	- -	4 1%	- -	1 3%	5 1%	5 *	2 3%	6 1%	9 1%	3 2%	2 1%	8 1%	2 *	- -	10 1%
NET: Agree	1466 72%	922 72%	263 75%	235 74%	498 74%	25 85%	28 73%	281 63%	1090 75%	41 75%	334 65%	1358 75%	90 53%	186 69%	811 72%	416 77%	53 71%	1280 73%
NET: Disagree	171 8%	107 8%	27 8%	29 9%	55 8%	2 5%	4 11%	51 11%	111 8%	2 4%	57 11%	134 7%	30 18%	22 8%	93 8%	47 9%	8 11%	149 8%
Base for stats	2010	1268	348	317	665	29	37	443	1448	53	509	1797	166	268	1126	540	75	1742
Mean Score	3.89	3.88	3.91	3.96	3.94	4.20 cf	3.90	3.67	3.95 cf	4.02 cf	3.72	3.95 b	3.43	3.85	3.86	3.97 b	3.89	3.90
Standard Deviation	.953	.946	.929	.994	.960	.920	.999	.989	.937	.808	.993	.918	1.136	.973	.943	.953	1.026	.950
Standard Error	.021	.026	.054	.061	.040	.163	.158	.048	.025	.105	.045	.022	.088	.058	.028	.042	.118	.023
Error variance	*	*	*	*	*	.03	.02	*	*	.01	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	546 27%	79 26%	378 27%	53 24%	71 19%	25 35%	404 29%	124 22%	19 24%	430 27%	116 27%	470 27%	68 24%
Agree (4.0)	920 46%	133 44%	664 47%	85 39%	148 40%	25 36%	667 48%	229 40%	26 33%	745 47%	175 41%	788 46%	129 45%
Neither agree nor disagree (3.0)	373 18%	55 18%	250 18%	50 23%	99 27%	11 16%	220 16%	141 25%	19 24%	292 18%	81 19%	308 18%	60 21%
Disagree (2.0)	121 6%	23 7%	83 6%	17 8%	30 8%	5 8%	73 5%	45 8%	8 10%	91 6%	30 7%	103 6%	19 6%
Strongly disagree (1.0)	49 2%	10 3%	30 2%	10 5%	19 5%	3 4%	24 2%	23 4%	7 9%	33 2%	16 4%	38 2%	10 3%
Don't know	12 1%	3 1%	6 *	1 *	2 1%	1 1%	4 *	4 1%	- -	9 1%	4 1%	10 1%	1 *
NET: Agree	1466 72%	211 70%	1041 74%	138 64%	219 59%	50 71%	1071 77%	353 62%	45 57%	1175 73%	291 69%	1259 73%	197 69%
NET: Disagree	171 8%	32 11%	113 8%	27 12%	49 13%	8 11%	98 7%	68 12%	15 19%	124 8%	47 11%	141 8%	28 10%
Base for stats	2010	299	1404	215	367	69	1388	562	79	1591	418	1708	285
Mean Score	3.89	3.83	3.91	3.72	3.61	3.93	3.97	3.69	3.54	3.91	3.82	3.91	3.79
Standard Deviation	.953	1.010	.932	1.063	1.047	1.084	.905	1.033	1.215	.928	1.040	.942	.991
Standard Error	.021	.059	.025	.071	.056	.129	.024	.044	.138	.023	.052	.023	.057
Error variance	*	*	*	.01	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	546 27%	49 13%	20 11%	46 16%	63 21% ab	89 37% abcdi	86 39% abcdi	37 40% abcdi	155 48% abcdci	198 24% abc	279 44% abcdi	249 37% bc	123 21% b	173 23% c
Agree (4.0)	920 46%	123 32%	79 44% a	151 53% aeh	167 56% abehj	106 44% a	106 49% a	47 50% a	141 43% a	425 51% aehj	294 46% a	319 47% b	215 37% b	380 50% b
Neither agree nor disagree (3.0)	373 18%	115 30% cdefghij	54 30% defghij	66 23% efghj	53 18% fghj	35 14% fhj	17 8% fhj	8 9% fhj	25 8% fhj	154 19% fghj	50 8% fghj	71 10% ac	157 27% ac	135 18% a
Disagree (2.0)	121 6%	57 15% cdefghij	18 10% defghij	16 5% ghj	13 5% ghj	10 4% hj	6 3% hj	- - -	2 1% ghj	39 5% ghj	8 1% ghj	28 4% a	49 8% a	44 6% a
Strongly disagree (1.0)	49 2%	27 7% cdefghij	9 5% defhij	7 3% dehj	1 * -	1 * -	3 1% h	1 1% -	- - -	9 1% h	4 1% h	6 1% ac	24 4% ac	19 3% a
Don't know	12 1%	7 2% cdij	- - -	- - -	- - -	2 1% -	1 * -	- - -	2 1% -	2 * -	3 1% -	1 * -	7 1% ac	2 * -
NET: Agree	1466 72%	171 45% a	99 55% ab	197 69% abc	230 77% abc	195 81% abcdi	193 88% abcdci	84 90% abcdci	296 91% abcdci	622 75% abc	573 90% abcdci	568 84% bc	338 59% bc	553 73% b
NET: Disagree	171 8%	84 22% cdefghij	27 15% defghij	23 8% ghj	14 5% hj	10 4% hj	9 4% h	1 1% h	2 1% h	48 6% hj	12 2% hj	34 5% ac	73 13% ac	63 8% a
Base for stats	2010	371	180	286	297	241	218	93	323	824	635	673	568	751
Mean Score	3.89	3.30	3.46	3.74	3.93	4.13	4.23	4.28	4.39	3.93	4.32	4.15	3.64	3.86
				ab	abc	abcdi	abcdi	abcdi	abcdci	abc	abcdci	bc		b
Standard Deviation	.953	1.104	.991	.882	.772	.831	.811	.714	.657	.842	.724	.838	1.045	.923
Standard Error	.021	.058	.073	.051	.045	.054	.055	.074	.037	.029	.029	.032	.044	.033
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	339 17%	163 17%	176 17%	127 21% c	121 18% c	91 12%	19 20%	47 18%	31 16%	33 15%	25 14%	39 18%	56 17%	59 18%	30 14%
Agree (4.0)	746 37%	360 37%	379 37%	250 41% c	238 36%	258 35%	33 34%	97 37%	70 36%	81 38%	67 38%	75 34%	132 41%	115 35%	76 37%
Neither agree nor disagree (3.0)	444 22%	236 24% b	205 20%	118 19%	135 20%	191 26% ab	17 18%	57 22%	42 22%	50 24%	43 25%	44 20%	69 22%	73 22%	48 23%
Disagree (2.0)	369 18%	166 17%	199 19%	91 15%	127 19% a	151 20% a	22 23% g	45 17%	42 21% g	37 17%	36 20% g	50 22% g	41 13%	61 19% g	35 17%
Strongly disagree (1.0)	110 5%	48 5%	62 6%	21 3%	38 6% a	52 7% a	4 5%	16 6%	12 6%	10 5%	5 3%	13 6%	18 6%	17 5%	14 7%
Don't know	14 1%	10 1%	4 *	6 1%	5 1%	4 *	- -	1 *	- -	1 1%	1 *	1 1%	4 1%	1 *	4 2% c
NET: Agree	1085 54%	523 53%	555 54%	377 62% bc	359 54% c	349 47%	52 54%	144 55%	100 51%	113 54%	92 52%	115 51%	188 59%	175 53%	106 51%
NET: Disagree	479 24%	214 22%	261 25% a	112 18%	165 25% a	202 27% a	27 28% g	61 23%	54 27% g	47 22%	41 23%	63 28% g	59 18%	78 24%	49 24%
Base for stats	2008	974	1020	607	659	742	96	262	197	211	176	221	316	326	202
Mean Score	3.42	3.44	3.40	3.61 bc	3.42 c	3.25	3.42	3.43	3.33	3.43	3.41	3.35	3.53 c	3.42	3.36
Standard Deviation	1.130	1.103	1.158	1.077	1.159	1.121	1.182	1.151	1.155	1.092	1.054	1.181	1.096	1.143	1.136
Standard Error	.025	.036	.036	.042	.044	.044	.113	.073	.079	.073	.078	.089	.061	.062	.081
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Social Grade							Ethnicity								
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	339 17%	42 27% cdefgh	96 22% cdfh	76 16%	37 14%	32 15%	56 12%	214 20% fh	125 13%	284 16%	15 27% ac	12 12%	19 23% c	1 5%	1 9%	47 18%	
Agree (4.0)	746 37%	66 42% fh	196 44% cdefh	182 37% f	91 36%	72 35%	138 30%	445 41% fh	301 32%	630 36%	20 37%	40 42%	33 40%	6 36%	7 75%	106 41%	
Neither agree nor disagree (3.0)	444 22%	26 16%	73 16%	101 21%	61 24% bg	49 24% b	134 29% abcg	201 18% abcg	244 26% abcg	379 22%	11 21%	25 26%	14 17%	7 41%	2 16%	59 23%	
Disagree (2.0)	369 18%	16 10%	57 13%	105 21% abg	52 20% ab	38 19% a	101 22% abg	178 16% a	191 21% abg	330 19%	7 13%	15 15%	13 16%	3 18%	-	38 15%	
Strongly disagree (1.0)	110 5%	5 3%	23 5%	24 5%	7 3%	15 7% d	36 8% adg	52 5%	58 6% d	100 6%	1 2%	4 4%	3 3%	-	-	8 3%	
Don't know	14 1%	3 2% cg	1 *	-	6 2% bcfg	1 *	3 1%	4 *	10 1% c	11 1%	-	-	1 1%	-	-	1 *	
NET: Agree	1085 54%	108 69% cdefgh	293 65% cdefh	258 53% fh	127 50% f	104 50% f	194 42%	659 60% cdefh	426 46%	914 53%	35 64%	51 54%	52 63%	7 41%	8 84%	153 59% a	
NET: Disagree	479 24%	21 13%	80 18%	128 26% abg	59 23% a	54 26% ab	136 29% abg	229 21% a	249 27% abg	430 25% g	8 15%	19 20%	16 19%	3 18%	-	46 18%	
Base for stats	2008	155	446	488	248	207	464	1089	919	1723	54	95	82	17	9	257	
Mean Score	3.42	3.80 cdefgh	3.64 cdefh	3.37 f	3.39 f	3.33	3.17	3.54 cefh	3.26	3.39	3.74 a	3.42	3.65 a	3.29	3.93	3.57 a	
Standard Deviation	1.130	1.050	1.110	1.126	1.068	1.161	1.130	1.120	1.124	1.140	1.058	1.037	1.107	.835	.527	1.045	
Standard Error	.025	.084	.052	.050	.068	.079	.055	.033	.038	.028	.139	.101	.122	.197	.176	.063	
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.04	.03	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	339 17%	203 16%	63 18%	63 20%	126 19%	10 33% cdf	11 28% cf	59 13%	250 17%	9 16%	80 16%	314 17%	22 13%	41 15%	178 16%	106 20% b	13 18%	298 17%
Agree (4.0)	746 37%	458 36%	131 37%	133 42%	264 39%	13 45%	14 37%	144 32%	555 38% cf	20 37%	171 33%	692 38% b	43 25%	88 33%	414 37%	208 38%	35 47% a	658 38%
Neither agree nor disagree (3.0)	444 22%	291 23% c	80 23% c	50 16%	130 19%	3 12%	8 22%	119 27% d	301 21%	12 22%	131 26% d	386 21%	44 26%	73 27% ce	251 22%	104 19%	16 21%	371 21%
Disagree (2.0)	369 18%	238 19%	61 17%	53 17%	114 17%	2 6%	4 11%	86 19%	266 18%	11 20%	92 18%	317 18%	36 21%	49 18%	220 19%	92 17%	8 11%	320 18%
Strongly disagree (1.0)	110 5%	77 6%	14 4%	17 5%	30 5%	1 3%	1 2%	32 7%	75 5%	2 3%	33 6%	84 5%	24 14% a	17 6%	63 6%	27 5%	3 4%	93 5%
Don't know	14 1%	6 *	3 1%	1 *	4 1%	- -	- -	7 2% d	5 *	2 3% d	7 1% d	13 1%	1 *	2 1%	8 1%	4 1%	- -	12 1%
NET: Agree	1085 54%	661 52%	194 55%	196 62% a	390 58% a	23 78% cdef	25 65% cf	203 45%	805 55% cf	29 53%	251 49%	1006 56% b	65 38%	129 48%	593 52%	315 58% ab	48 64% ab	956 55% a
NET: Disagree	479 24%	315 25%	75 21%	70 22%	145 22%	3 10%	5 13%	117 26% a	341 23%	12 23%	125 24%	400 22%	61 36% a	66 24%	283 25% d	119 22%	11 15%	413 24%
Base for stats	2008	1267	350	316	665	29	38	440	1447	53	507	1793	169	268	1127	538	75	1740
Mean Score	3.42	3.37	3.48	3.55	3.51	3.99	3.78	3.26	3.44	3.44	3.34	3.47	3.01	3.32	3.38	3.51	3.64	3.43
Standard Deviation	1.130	1.138	1.098	1.140	1.118	1.025	1.055	1.134	1.128	1.087	1.140	1.111	1.253	1.133	1.130	1.136	1.019	1.129
Standard Error	.025	.031	.064	.070	.047	.181	.165	.055	.030	.142	.051	.026	.096	.068	.034	.050	.118	.027
Error variance	*	*	*	*	*	.03	.03	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0) 339 17%	62 21%	231 16%	47 22% b	49 13%	15 22%	236 17%	95 17%	12 15%	277 17%	62 15%	291 17%	43 15%
Agree	(4.0) 746 37%	124 41%	520 37%	62 29%	114 31%	27 38%	550 39% abe	175 31%	26 33%	590 37%	156 37%	632 37%	108 38%
Neither agree nor disagree	(3.0) 444 22%	62 21%	297 21%	52 24%	81 22%	11 16%	300 22%	128 23%	17 22%	341 21%	103 24%	381 22%	60 21%
Disagree	(2.0) 369 18%	42 14%	271 19% a	38 18%	83 22% d	9 13%	247 18%	110 19%	16 20%	301 19%	67 16%	318 19%	49 17%
Strongly disagree	(1.0) 110 5%	11 4%	81 6%	17 8% d	38 10% d	6 9%	56 4%	51 9% d	8 10% d	80 5%	30 7%	84 5%	26 9% a
Don't know	14 1%	1 *	10 1%	- -	4 1% d	2 2% ad	4 *	6 1% d	- -	10 1%	4 1%	11 1%	1 *
NET: Agree	1085 54%	186 62% b	751 53%	109 50%	163 44%	42 60% b	785 56% be	271 48%	38 48%	867 54%	218 52%	924 54%	151 53%
NET: Disagree	479 24%	53 18%	352 25% a	55 25%	121 33% d	15 21%	303 22%	161 29% d	24 30%	382 24%	97 23%	401 23%	75 26%
Base for stats	2008	301	1400	216	365	68	1388	560	79	1590	418	1707	286
Mean Score	3.42	3.61 b	3.39	3.39 b	3.14	3.53 b	3.48 be	3.27	3.23	3.43	3.37	3.43	3.32
Standard Deviation	1.130	1.077	1.142	1.222	1.216	1.227	1.090	1.219	1.226	1.130	1.131	1.120	1.193
Standard Error	.025	.063	.031	.081	.065	.147	.029	.052	.139	.028	.056	.027	.069
Error variance	*	*	*	.01	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	339 17%	45 12%	28 16% c	26 9%	45 15% c	50 21% aci	47 22% aci	19 21% ac	78 24% abcdi	121 15% c	145 23% abcdi	138 20% b	67 12% b	132 17% b
Agree (4.0)	746 37%	100 26%	65 36% a	122 42% ae	114 38% a	83 34% a	87 40% a	45 49% abe	131 40% a	318 39% a	263 41% a	267 40% b	170 29% b	299 40% b
Neither agree nor disagree (3.0)	444 22%	81 21%	42 23%	75 26% fgj	67 23%	59 24%	38 17%	14 15%	68 21%	202 24% fgj	119 19%	147 22%	139 24%	156 21%
Disagree (2.0)	369 18%	99 26% bcdefghij	31 17% h	50 17% h	62 21% hj	40 17% h	39 18% h	13 14%	34 11%	152 18% hj	87 14%	103 15%	134 23% ac	128 17%
Strongly disagree (1.0)	110 5%	50 13% bcdefghij	12 7% di	11 4%	7 2%	8 3%	7 3%	2 2%	14 4%	26 3%	22 4%	16 2%	61 11% ac	33 4% a
Don't know	14 1%	4 1%	2 1%	3 1%	2 1%	2 1%	1 1%	- -	- -	6 1%	1 *	3 *	5 1%	5 1%
NET: Agree	1085 54%	144 38% a	93 52% a	148 52% a	159 54% a	133 55% a	134 61% aci	65 69% abcdei	210 64% abcdei	440 53% a	408 64% abcdei	405 60% b	237 41% b	431 57% b
NET: Disagree	479 24%	148 39% bcdefghij	43 24% hj	61 21% h	69 23% hj	48 20%	46 21%	15 16%	48 15%	178 22% hj	109 17%	119 18%	195 34% ac	161 21%
Base for stats	2008	374	178	284	295	240	218	93	326	819	637	671	570	748
Mean Score	3.42	2.98	3.37 a	3.36 a	3.43 a	3.53 a	3.59 ac	3.72 abcdi	3.69 abcdi	3.44 a	3.66 abcdi	3.61 bc	3.09 b	3.49 b
Standard Deviation	1.130	1.243	1.146	.998	1.058	1.096	1.108	1.006	1.079	1.050	1.079	1.051	1.194	1.100
Standard Error	.025	.065	.085	.058	.061	.071	.075	.104	.060	.036	.043	.040	.051	.040
Error variance	*	*	.01	*	*	.01	.01	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9. SUMMARY: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I exercise to help manage my physical health during the outbreak	2022 100%	454 22%	964 48%	375 19%	152 8%	78 4%	1417 70%	527 26%
I have more time now to be physically active	2022 100%	484 24%	865 43%	418 21%	176 9%	78 4%	1350 67%	594 29%
I exercise to help manage my mental health during the outbreak	2022 100%	415 21%	828 41%	454 22%	218 11%	107 5%	1243 61%	672 33%
I miss the types of physical activity I was able to do before the outbreak	2022 100%	552 27%	665 33%	446 22%	268 13%	91 5%	1216 60%	714 35%
Since the outbreak I have found new ways to be active	2022 100%	281 14%	722 36%	644 32%	296 15%	79 4%	1003 50%	940 46%
I feel guilty about not exercising more during the outbreak	2022 100%	313 15%	668 33%	654 32%	314 16%	74 4%	980 48%	967 48%
I worry about leaving my home to exercise or be active	2022 100%	366 18%	595 29%	564 28%	449 22%	48 2%	960 47%	1013 50%
I have been encouraged to exercise by the Government's guidance	2022 100%	224 11%	724 36%	594 29%	349 17%	131 6%	948 47%	943 47%
The current situation has not impacted my current exercise regime	2022 100%	252 12%	598 30%	616 30%	465 23%	91 5%	850 42%	1081 53%
I do not find exercising on my own enjoyable	2022 100%	281 14%	547 27%	684 34%	419 21%	91 4%	828 41%	1103 55%
I feel guilty about wanting to exercise during the outbreak	2022 100%	116 6%	305 15%	746 37%	771 38%	83 4%	422 21%	1517 75%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	281 14%	138 14%	142 14%	143 23% bc	96 14% c	42 6%	12 12%	36 14%	28 14%	34 16%	25 14%	22 10%	64 20% bfhi	39 12%	22 11%
Tend to agree (3.0)	722 36%	353 36%	364 36%	243 40% c	231 35%	249 33%	30 31%	87 33%	77 39%	83 39%	65 37%	67 30%	117 37%	118 36%	78 38%
Tend to disagree (2.0)	644 32%	316 32%	322 31%	145 24%	216 32% a	283 38% ab	31 32%	91 35% dg	58 29%	55 26%	59 33%	82 37% dg	86 27%	117 36% dg	65 31%
Strongly disagree (1.0)	296 15%	141 14%	153 15%	62 10%	95 14% a	139 19% ab	16 17%	43 16%	25 13%	37 17%	20 11%	41 18%	39 12%	44 13%	32 15%
Don't know	79 4%	36 4%	43 4%	20 3%	26 4%	33 4%	8 8% bdh	6 2%	10 5% d	3 2%	8 4%	10 4%	14 4%	11 3%	10 5%
NET: Agree	1003 50%	492 50%	506 49%	385 63% bc	327 49% c	291 39%	42 43%	123 47%	105 53% f	117 55% af	90 51% f	90 40%	181 56% abfh	156 48%	100 49%
NET: Disagree	940 46%	457 46%	475 46%	207 34%	311 47% a	422 57% ab	47 49%	134 51% g	82 42%	92 43%	79 45%	123 55% cdeg	125 39%	161 49% g	96 47%
Base for stats	1943	948	981	593	638	713	89	257	187	209	169	213	306	317	197
Mean Score	2.51	2.52	2.50	2.79 bc	2.51 c	2.27	2.43	2.45	2.57 f	2.55 f	2.56 f	2.34	2.67 abfhi	2.48	2.46
Standard Deviation	.919	.916	.923	.928	.922	.842	.940	.930	.899	.968	.881	.906	.946	.879	.894
Standard Error	.021	.030	.029	.036	.036	.033	.094	.060	.063	.065	.066	.070	.053	.049	.065
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

		Social Grade								Ethnicity							
Total		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total		2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total		2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	281 14%	40 26% bcdefgh	68 15% fh	74 15% fh	41 16% fh	24 11% fh	35 7% fh	182 17% fh	99 11% fh	226 13%	9 17%	15 16%	24 30% ac	1 5%	1 8%	50 20% a
Tend to agree	(3.0)	722 36%	59 37% f	186 41% fh	177 36% f	100 39% fh	70 34% fh	130 28% fh	422 39% fh	300 32% fh	602 35%	20 37%	38 40%	32 39%	10 60%	6 61%	107 41% a
Tend to disagree	(2.0)	644 32%	44 28%	127 28%	145 30%	70 28%	72 35%	185 40% abcdg	316 29% abcdg	327 35% bcdg	577 33% dg	16 30% d	25 26%	13 16%	4 26%	2 22%	61 24%
Strongly disagree	(1.0)	296 15%	11 7% a	58 13% a	74 15% a	31 12% a	31 15% a	92 20% abdg	142 13% a	154 17% ag	259 15%	7 13%	15 15%	12 15%	1 5%	- -	35 13%
Don't know		79 4%	3 2%	9 2%	18 4% a	12 5% b	11 5% b	25 5% bg	31 3% bg	48 5% bg	71 4%	1 2%	2 2%	1 1%	1 4%	1 8%	5 2%
NET: Agree		1003 50%	99 63% cefh	254 57% efh	251 51% fh	141 55% efh	94 45% f	165 35% f	604 55% efh	400 43% f	828 48%	30 54%	54 56%	57 69% a	11 65%	7 70%	157 61% a
NET: Disagree		940 46%	55 35%	185 41%	219 45% a	101 40%	103 50% abdg	277 59% abcdegh	459 42% abcdegh	481 52% abcdg	836 48% dg	24 44%	40 42%	25 30%	5 31%	2 22%	96 37%
Base for stats		1943	155	438	470	242	197	442	1063	881	1664	53	93	81	16	9	253
Mean Score		2.51	2.83 bcdefgh	2.60 efh	2.53 fh	2.62 efh	2.44 f	2.24 f	2.61 efh	2.39 f	2.48	2.60	2.58	2.85 a	2.68	2.85	2.68 a
Standard Deviation		.919	.901	.902	.937	.911	.898	.872	.922	.902	.913	.938	.944	1.018	.669	.591	.945
Standard Error		.021	.072	.043	.042	.058	.063	.043	.028	.031	.022	.124	.093	.112	.162	.209	.058
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.03	.04	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	281 14%	150 12%	56 16%	59 18%	114 17%	6 22%	9 23%	49 11%	210 14%	6 12%	64 13%	264 15%	14 8%	38 14%	127 11%	103 19%	14 19%	243 14%
				a	a		c				b				be	b	b	
Tend to agree (3.0)	722 36%	439 34%	123 35%	129 41%	252 38%	13 44%	15 39%	137 31%	539 37%	19 cf	164 32%	670 37%	37 22%	80 29%	420 37%	190 35%	33 43%	643 37%
				a	a				cf		a	b	a		a	a	a	a
Tend to disagree (2.0)	644 32%	436 34%	115 33%	79 25%	195 29%	4 15%	9 23%	155 35%	461 32%	14 26%	169 33%	576 32%	56 33%	89 33%	389 34%	147 27%	18 25%	554 32%
			cd	c			a	a			a				c		c	c
Strongly disagree (1.0)	296 15%	204 16%	46 13%	39 12%	84 13%	4 13%	3 7%	83 19%	198 14%	9 16%	90 17%	235 13%	50 30%	50 18%	160 14%	81 15%	5 7%	246 14%
						d	d	d	d		d	a	a	d	a	a	a	a
Don't know	79 4%	44 3%	12 3%	12 4%	24 4%	2 5%	3 8%	23 5%	45 3%	6 12%	27 5%	61 3%	13 7%	14 5%	39 3%	22 4%	5 6%	65 4%
										cd	d		a					
NET: Agree	1003 50%	589 46%	179 51%	188 59%	367 55%	19 66%	24 62%	186 42%	749 52%	26 47%	229 44%	934 52%	51 30%	117 43%	546 48%	293 54%	47 62%	886 51%
				ab	a	cf	cf		cf		b				ab	abe	a	a
NET: Disagree	940 46%	640 50%	161 46%	118 37%	279 42%	8 29%	12 30%	239 53%	658 45%	23 42%	259 50%	811 45%	106 63%	139 51%	549 48%	228 42%	24 32%	801 46%
			cd	c			abd				ab		a	cd	cd		d	d
Base for stats	1943	1229	340	305	646	27	35	424	1407	49	487	1745	157	256	1096	521	70	1687
Mean Score	2.51	2.44	2.56	2.68	2.62	2.78	2.84	2.36	2.54	2.48	2.42	2.55	2.09	2.41	2.47	2.60	2.79	2.52
			a	a	a	cf	cdf		cf		b				ab	abe		
Standard Deviation	.919	.907	.920	.925	.924	.978	.897	.926	.910	.941	.937	.906	.952	.963	.880	.972	.853	.912
Standard Error	.021	.025	.054	.058	.040	.178	.145	.046	.024	.129	.043	.022	.076	.059	.027	.043	.101	.022
Error variance	*	*	*	*	*	.03	.02	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	281	186	36	34	17	199	74	11	217	64	229	47
		14%	13%	17%	9%	24%	14%	13%	14%	14%	15%	13%	17%
				b		bde	b						
Tend to agree	(3.0)	722	521	55	97	24	536	162	11	582	140	634	82
		36%	37%	25%	26%	34%	39%	29%	14%	36%	33%	37%	28%
				f	f	f	abef	f				b	
Tend to disagree	(2.0)	644	456	71	135	15	437	192	26	506	138	544	99
		32%	32%	33%	37%	22%	31%	34%	33%	32%	33%	32%	34%
					c			c					
Strongly disagree	(1.0)	296	199	44	91	10	173	115	27	235	61	248	46
		15%	14%	21%	25%	15%	12%	20%	35%	15%	15%	14%	16%
				d	d			d	acde				
Don't know		79	47	10	13	4	47	23	4	60	19	63	13
		4%	3%	5%	3%	6%	3%	4%	5%	4%	4%	4%	5%
NET: Agree		1003	707	91	131	40	736	236	22	799	205	863	129
		50%	50%	42%	35%	58%	53%	42%	27%	50%	48%	50%	45%
				f		abef	abef	f					
NET: Disagree		940	655	115	226	25	610	307	53	741	199	792	144
		46%	46%	53%	61%	36%	44%	54%	68%	46%	47%	46%	50%
				cd	cde			cd	acde				
Base for stats		1943	1363	206	357	66	1345	543	75	1540	403	1655	273
Mean Score		2.51	2.51	2.40	2.21	2.72	2.57	2.36	2.07	2.51	2.51	2.51	2.48
				bf		abef	abef	bf					
Standard Deviation		.919	.904	1.013	.930	1.019	.894	.963	1.049	.915	.935	.909	.966
Standard Error		.021	.025	.069	.050	.124	.024	.041	.122	.023	.047	.022	.057
Error variance		*	*	*	*	.02	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

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

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	281 14%	19 5%	12 7%	27 10%	35 12%	46 19%	42 19%	26 27%	76 23%	108 13%	143 22%	166 25%	58 10%	58 8%
				a	a	abcdi	abcdi	abcdi	abcdi	ab	abcdi	bc		
Tend to agree (3.0)	722 36%	69 18%	54 30%	112 39%	133 45%	100 41%	96 44%	34 37%	124 38%	346 42%	254 40%	321 48%	156 27%	238 32%
			a	ab	ab	ab	ab	a	a	ab	ab	bc		
Tend to disagree (2.0)	644 32%	139 37%	68 38%	106 37%	91 31%	65 27%	60 27%	24 26%	89 27%	263 32%	173 27%	134 20%	212 37%	292 39%
			efhj	efhj	efhj							a	a	a
Strongly disagree (1.0)	296 15%	132 35%	37 20%	32 11%	27 9%	22 9%	19 9%	6 6%	23 7%	80 10%	47 7%	37 5%	111 19%	146 19%
		bcd efghij	cde fghij									a	a	a
Don't know	79 4%	20 5%	9 5%	9 3%	11 4%	10 4%	3 1%	3 4%	14 4%	29 4%	21 3%	16 2%	38 7%	20 3%
		f	f										ac	
NET: Agree	1003 50%	87 23%	66 37%	140 49%	168 57%	145 60%	137 63%	60 64%	200 61%	453 55%	397 62%	487 72%	214 37%	295 39%
			a	ab	ab	abc	abci	abc	abc	ab	abci	bc		
NET: Disagree	940 46%	271 72%	105 58%	138 48%	118 40%	87 36%	78 36%	30 32%	112 34%	343 42%	221 35%	171 25%	323 56%	438 58%
		bcd efghij	cde fghij	def ghij						h j		a	a	a
Base for stats	1943	358	171	277	286	233	216	90	312	796	617	658	537	733
Mean Score	2.51	1.93	2.24	2.49	2.62	2.73	2.74	2.88	2.81	2.60	2.80	2.94	2.30	2.28
			a	ab	ab	abc	abci	abcdi	abcdi	abc	abcdi	bc		
Standard Deviation	.919	.874	.872	.823	.819	.883	.869	.898	.888	.844	.883	.823	.916	.871
Standard Error	.021	.047	.066	.048	.048	.058	.059	.095	.050	.030	.036	.032	.040	.032
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	484 24%	236 24%	246 24%	202 33% bc	152 23% c	130 17%	27 28%	64 24%	41 21%	51 24%	35 20%	47 21%	95 30% cefh	74 23%	51 25%
Tend to agree (3.0)	865 43%	440 45%	420 41%	237 39%	291 44%	337 45% a	29 30%	107 40%	91 46% a	98 46% a	80 45% a	96 43% a	137 43% a	138 42% a	89 43% a
Tend to disagree (2.0)	418 21%	194 20%	221 22%	101 17%	129 19%	188 25% ab	25 26% dg	62 24% dg	36 18%	34 16%	35 20%	53 24% g	52 16%	76 23% dg	44 21%
Strongly disagree (1.0)	176 9%	79 8%	95 9%	49 8%	71 11% c	56 8%	9 10%	22 9%	15 8%	20 9%	21 12%	17 8%	26 8%	28 9%	17 8%
Don't know	78 4%	35 4%	42 4%	23 4%	20 3%	34 5%	6 6%	8 3%	14 7% bgi	8 4%	6 4%	10 5%	10 3%	11 3%	5 2%
NET: Agree	1350 67%	676 69%	666 65%	439 72% c	444 67%	467 63%	56 58%	171 65%	132 67%	150 71% a	114 65%	143 64%	232 72% ah	212 65%	140 68%
NET: Disagree	594 29%	273 28%	316 31%	150 25%	200 30% a	244 33% a	34 36% g	85 32% g	51 26%	54 26%	56 32%	70 31%	79 25%	104 32% g	62 30%
Base for stats	1944	949	982	589	643	712	90	255	183	204	170	213	310	316	202
Mean Score	2.85	2.88	2.83	3.00 bc	2.82	2.76	2.81	2.83	2.86	2.89	2.76	2.81	2.97 eh	2.81	2.86
Standard Deviation	.898	.879	.914	.921	.920	.841	.980	.906	.857	.897	.917	.870	.904	.893	.893
Standard Error	.020	.029	.029	.036	.036	.033	.097	.059	.061	.061	.069	.067	.051	.050	.064
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	484 24%	117 26%	125 26%	64 25%	49 23%	75 16%	297 27%	187 20%	396 23%	15 28%	32 34%	25 30%	6 35%	2 19%	80 31%	
		bcdefgh	fh	fh	f	f		fh				a				a	
Tend to agree	(3.0)	865 43%	196 44%	220 45%	108 42%	85 41%	192 41%	480 44%	385 41%	730 42%	22 41%	43 45%	46 56%	8 48%	7 73%	126 49%	
													a		a		
Tend to disagree	(2.0)	418 21%	91 20%	92 19%	49 19%	41 20%	124 27%	205 19%	214 23%	382 22%	10 18%	16 17%	7 9%	1 5%	-	34 13%	
							abcdg		ag	dg							
Strongly disagree	(1.0)	176 9%	36 8%	39 8%	26 10%	23 11%	37 8%	90 8%	86 9%	159 9%	5 9%	2 2%	2 2%	2 11%	-	11 4%	
										cdg							
Don't know		78 4%	8 2%	12 2%	7 3%	10 5%	39 8%	22 2%	57 6%	67 4%	2 3%	2 2%	2 3%	-	1 8%	7 3%	
						abg	abcdg		abcdg								
NET: Agree	1350 67%	119 76%	313 70%	345 71%	172 68%	134 64%	267 57%	777 71%	572 62%	1127 65%	38 69%	75 79%	71 86%	14 84%	9 92%	206 80%	
		efh	fh	fh	f			fh				a	ab			a	
NET: Disagree	594 29%	37 23%	126 28%	131 27%	75 29%	64 31%	161 34%	295 27%	300 32%	540 31%	15 28%	18 19%	9 11%	3 16%	-	45 17%	
							abcg		acg	cdg		d					
Base for stats	1944	156	439	476	247	198	428	1072	872	1667	53	93	80	17	9	251	
Mean Score	2.85	3.02	2.90	2.90	2.85	2.80	2.71	2.92	2.77	2.82	2.91	3.12	3.18	3.08	3.20	3.10	
		efh	fh	fh				fh				a	a			a	
Standard Deviation	.898	.941	.888	.881	.928	.942	.854	.893	.897	.903	.931	.778	.676	.953	.428	.787	
Standard Error	.020	.075	.042	.039	.059	.066	.043	.027	.031	.022	.124	.077	.076	.225	.151	.048	
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.02	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	484 24%	303 24%	80 23%	79 25%	159 24%	9 32%	10 27%	87 19%	359 25%	19 34%	107 21%	453 25%	26 15%	58 22%	249 22%	155 29%	22 30%	426 24%
Tend to agree (3.0)	865 43%	533 42%	160 45%	140 44%	301 45%	10 36%	15 39%	188 42%	632 44%	19 35%	213 41%	789 44%	61 36%	114 42%	500 44%	222 41%	30 40%	752 43%
Tend to disagree (2.0)	418 21%	288 23%	70 20%	49 16%	119 18%	4 14%	8 20%	106 24%	296 20%	4 8%	118 23%	364 20%	42 25%	59 22%	253 22%	92 17%	13 18%	359 20%
Strongly disagree (1.0)	176 9%	92 7%	35 10%	43 14%	78 12%	5 18%	2 6%	43 10%	119 8%	6 11%	51 10%	142 8%	27 16%	19 7%	92 8%	57 11%	7 9%	157 9%
Don't know	78 4%	57 4%	8 2%	5 2%	13 2%	- -	3 8%	23 5%	46 3%	7 12%	26 5%	58 3%	14 8%	20 7%	40 4%	16 3%	2 3%	58 3%
NET: Agree	1350 67%	836 66%	240 68%	219 69%	459 69%	20 68%	25 66%	275 61%	991 68%	38 69%	320 62%	1242 69%	86 51%	172 64%	748 66%	377 69%	52 70%	1177 67%
NET: Disagree	594 29%	380 30%	105 30%	92 29%	197 29%	9 32%	10 26%	150 33%	415 29%	10 19%	169 33%	506 28%	69 41%	78 29%	346 30%	150 28%	20 27%	516 29%
Base for stats	1944	1216	345	312	656	29	35	425	1407	48	489	1748	155	250	1094	527	73	1693
Mean Score	2.85	2.86	2.83	2.82	2.82	2.82	2.95	2.75	2.88	3.04	2.77	2.89	2.55	2.84	2.83	2.90	2.93	2.85
Standard Deviation	.898	.878	.901	.967	.932	1.096	.892	.896	.889	1.001	.908	.883	.964	.869	.876	.948	.938	.902
Standard Error	.020	.024	.053	.060	.040	.194	.145	.045	.024	.137	.042	.021	.077	.054	.026	.042	.110	.022
Error variance	*	*	*	*	*	.04	.02	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	484	326	58	70	20	342	128	14	378	106	414	66
		24%	23%	27%	19%	28%	25%	23%	18%	24%	25%	24%	23%
		b	b	b	b	b	b	b	b	b	b	b	b
Tend to agree	(3.0)	865	627	71	139	32	626	216	23	685	180	742	119
		43%	45%	33%	38%	46%	45%	38%	29%	43%	43%	43%	41%
		a	a	f	abef	f	abef	f	f	f	f	f	f
Tend to disagree	(2.0)	418	290	56	100	13	269	142	26	327	91	362	53
		21%	21%	26%	27%	18%	19%	25%	33%	20%	22%	21%	18%
		d	d	d	d	d	d	d	cd	d	d	d	d
Strongly disagree	(1.0)	176	123	19	40	3	118	50	10	146	30	141	34
		9%	9%	9%	11%	4%	8%	9%	13%	9%	7%	8%	12%
		c	c	c	a	c	c	c	c	c	c	a	a
Don't know		78	45	13	20	3	37	30	6	64	14	58	16
		4%	3%	6%	5%	4%	3%	5%	7%	4%	3%	3%	5%
		d	d	d	d	d	d	d	d	d	d	d	d
NET: Agree		1350	953	129	209	51	969	344	37	1063	287	1156	184
		67%	68%	60%	57%	74%	70%	61%	47%	66%	68%	67%	64%
		f	f	abef	abef	abef	abef	f	f	f	f	f	f
NET: Disagree		594	412	74	140	15	387	192	36	473	122	503	87
		29%	29%	34%	38%	22%	28%	34%	46%	30%	29%	29%	30%
		d	d	d	cd	d	d	cd	cde	d	d	d	d
Base for stats		1944	1365	203	349	67	1356	536	73	1536	408	1660	271
Mean Score		2.85	2.85	2.83	2.68	3.02	2.88	2.79	2.56	2.84	2.89	2.86	2.80
		f	f	f	f	bef	bef	f	f	f	f	f	f
Standard Deviation		.898	.887	.949	.921	.810	.886	.912	.963	.903	.877	.889	.948
Standard Error		.020	.024	.065	.050	.098	.024	.039	.114	.023	.044	.022	.056
Error variance		*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	484 24%	59 16%	28 16%	44 15%	68 23% ac	72 30% abci	65 30% abci	33 35% abcdi	115 35% abcdi	184 22% abc	213 33% abcdi	263 39% bc	93 16%	126 17%
Tend to agree (3.0)	865 43%	146 39%	79 44%	141 49% aeghj	142 48% agj	99 41%	90 41%	33 36%	135 41%	382 46% aj	258 41%	299 44%	229 40%	329 44%
Tend to disagree (2.0)	418 21%	95 25% cfhj	45 25% hj	54 19%	63 21%	54 22%	38 17%	18 20%	52 16%	170 21%	108 17%	80 12%	160 28% ac	174 23% a
Strongly disagree (1.0)	176 9%	52 14% defhij	18 10% h	36 13% dehij	17 6%	12 5%	18 8%	7 8%	16 5%	65 8%	41 6%	21 3%	63 11% a	90 12% a
Don't know	78 4%	26 7% deghij	11 6% dj	11 4%	7 2%	6 2%	8 3%	1 2%	8 3%	24 3%	17 3%	12 2%	29 5% a	33 4% a
NET: Agree	1350 67%	205 54%	107 59%	186 65% a	211 71% ab	170 70% ab	156 71% ab	66 71% a	250 77% abci	567 69% ab	471 74% abci	562 83% bc	323 56%	455 60%
NET: Disagree	594 29%	147 39% cdefghij	63 35% fhj	89 31% hj	79 27%	66 27%	56 25%	26 27%	68 21%	235 28% hj	149 23%	101 15%	223 39% a	264 35% a
Base for stats	1944	352	170	275	290	236	211	92	317	801	621	662	546	720
Mean Score	2.85	2.60	2.69	2.71	2.91 abc	2.97 abc	2.96 abc	3.00 abc	3.10 abcdi	2.86 abc	3.04 abcdi	3.21 bc	2.65	2.68
Standard Deviation	.898	.935	.874	.891	.821	.861	.909	.940	.848	.864	.884	.775	.896	.905
Standard Error	.020	.050	.067	.053	.048	.056	.063	.098	.048	.030	.036	.030	.039	.034
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	224 11%	114 12%	109 11%	90 15% bc	65 10%	68 9%	9 9%	36 14% d	24 12%	17 8%	21 12%	19 8%	40 12%	35 11%	22 11%
Tend to agree (3.0)	724 36%	343 35%	377 37%	241 39%	227 34%	256 34%	34 35%	90 34%	71 36%	75 36%	67 38%	86 39%	108 34%	123 38%	71 34%
Tend to disagree (2.0)	594 29%	301 31%	290 28%	152 25%	206 31% a	236 32% a	28 30%	70 27%	57 29%	78 37% bgh	50 28%	62 28%	87 27%	93 28%	68 33%
Strongly disagree (1.0)	349 17%	162 16%	183 18%	88 14%	118 18%	143 19% a	18 18%	46 17%	29 15%	30 14%	24 13%	43 19%	66 21% e	55 17%	37 18%
Don't know	131 6%	65 7%	65 6%	42 7%	46 7%	43 6%	7 8%	21 8%	15 8%	12 6%	14 8%	13 6%	19 6%	21 6%	9 4%
NET: Agree	948 47%	456 46%	486 47%	330 54% bc	293 44%	325 44%	43 44%	126 48%	95 48%	92 44%	88 50%	105 47%	148 46%	158 48%	92 45%
NET: Disagree	943 47%	462 47%	473 46%	240 39%	324 49% a	379 51% a	46 48%	116 44%	86 44%	108 51%	74 42%	105 47%	154 48%	149 45%	106 51%
Base for stats	1891	919	959	570	617	703	89	242	182	200	162	210	302	307	198
Mean Score	2.44	2.44	2.43	2.58 bc	2.39	2.36	2.38	2.48	2.50	2.39	2.53	2.38	2.40	2.45	2.39
Standard Deviation	.923	.920	.925	.931	.913	.912	.921	.965	.921	.844	.900	.912	.974	.917	.915
Standard Error	.021	.031	.029	.037	.036	.036	.092	.064	.066	.058	.069	.071	.055	.052	.066
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	224 11%	34 21%	49 11%	49 10%	32 13%	19 9%	41 9%	132 12%	92 10%	180 10%	10 18%	16 16%	12 15%	- -	- -	37 14%
			bcdefgh													a	
Tend to agree	(3.0)	724 36%	61 39%	180 40%	181 37%	88 35%	68 33%	146 31%	422 39%	302 33%	623 36%	20 37%	30 32%	30 36%	9 52%	2 25%	91 35%
				fh					fh								
Tend to disagree	(2.0)	594 29%	38 24%	123 28%	138 28%	74 29%	66 32%	154 33%	300 27%	294 32%	519 30%	11 21%	31 33%	21 26%	5 28%	2 17%	70 27%
								ag		g							
Strongly disagree	(1.0)	349 17%	20 13%	66 15%	90 18%	38 15%	42 20%	93 20%	176 16%	173 19%	302 17%	13 23%	14 15%	10 13%	2 9%	4 38%	42 16%
								a									
Don't know		131 6%	4 3%	29 7%	30 6%	21 8%	13 6%	34 7%	63 6%	68 7%	109 6%	1 1%	4 4%	9 11%	2 11%	2 20%	18 7%
					a			a		a			b				
NET: Agree		948 47%	95 60%	229 51%	230 47%	120 47%	87 42%	187 40%	554 51%	394 42%	804 46%	30 55%	46 48%	42 51%	9 52%	2 25%	128 50%
			cdefgh	efh	f				efh								
NET: Disagree		943 47%	58 37%	189 42%	228 47%	113 44%	107 52%	247 53%	476 44%	467 50%	821 47%	24 44%	46 48%	32 38%	6 37%	5 54%	112 43%
					a		abg	abdg		abg							
Base for stats	1891	153	418	458	233	194	434	1030	861	1625	53	91	73	15	7	240	
Mean Score	2.44	2.71	2.50	2.41	2.49	2.33	2.31	2.49	2.36	2.42	2.50	2.52	2.59	2.48	1.84	2.51	
		bcdefgh	efh	f				efh									
Standard Deviation	.923	.957	.895	.923	.927	.920	.913	.921	.921	.915	1.048	.954	.932	.699	.942	.956	
Standard Error	.021	.077	.044	.042	.060	.065	.046	.028	.032	.023	.139	.095	.108	.175	.356	.060	
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.03	.13	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	224 11%	124 10%	45 13%	42 13%	87 13%	7 24%	9 23%	35 8%	163 11%	10 18%	51 10%	212 12%	8 5%	33 12%	115 10%	66 12%	10 13%	191 11%
Tend to agree (3.0)	724 36%	441 35%	133 38%	123 39%	256 38%	11 38%	19 49%	155 35%	529 36%	10 19%	185 36%	666 37%	43 25%	88 33%	423 37%	183 34%	31 41%	636 36%
Tend to disagree (2.0)	594 29%	404 32%	90 26%	84 26%	174 26%	5 16%	9 24%	146 33%	417 29%	17 31%	160 31%	517 29%	61 36%	92 34%	327 29%	158 29%	17 23%	502 29%
Strongly disagree (1.0)	349 17%	226 18%	60 17%	53 17%	113 17%	5 17%	1 2%	86 19%	246 17%	11 21%	91 18%	296 16%	43 25%	46 17%	193 17%	98 18%	13 18%	303 17%
Don't know	131 6%	79 6%	25 7%	16 5%	41 6%	2 6%	1 2%	25 6%	97 7%	6 12%	28 5%	113 6%	16 9%	12 4%	77 7%	38 7%	4 6%	119 7%
NET: Agree	948 47%	565 44%	177 50%	165 52%	342 51%	18 61%	28 72%	190 42%	692 48%	20 37%	235 46%	879 49%	50 30%	121 45%	538 47%	249 46%	40 54%	827 47%
NET: Disagree	943 47%	629 49%	150 43%	136 43%	286 43%	10 33%	10 26%	232 52%	664 46%	28 51%	251 49%	814 45%	103 61%	137 51%	519 46%	256 47%	30 41%	805 46%
Base for stats	1891	1194	327	301	629	27	38	422	1356	48	487	1693	154	258	1057	504	71	1633
Mean Score	2.44	2.39	2.50	2.51	2.50	2.72	2.95	2.33	2.45	2.39	2.40	2.47	2.10	2.42	2.44	2.43	2.52	2.44
Standard Deviation	.923	.907	.945	.938	.941	1.056	.761	.891	.923	1.066	.909	.922	.868	.923	.911	.946	.954	.923
Standard Error	.021	.025	.057	.059	.041	.193	.120	.045	.025	.146	.042	.022	.070	.056	.028	.043	.113	.023
Error variance	*	*	*	*	*	.04	.01	*	*	.02	*	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space			
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302	
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	224	43	142	30	31	11	152	63	8	172	51	196	26
		11%	14%	10%	14%	8%	16%	11%	11%	11%	11%	12%	11%	9%
			b	b	b	b								
Tend to agree	(3.0)	724	107	515	66	104	19	532	171	17	569	156	627	90
		36%	36%	37%	30%	28%	28%	38%	30%	22%	36%	37%	37%	32%
							abef							
Tend to disagree	(2.0)	594	81	409	63	123	20	400	177	26	474	120	499	89
		29%	27%	29%	29%	33%	29%	29%	31%	34%	30%	29%	29%	31%
Strongly disagree	(1.0)	349	53	247	42	81	16	228	113	22	276	73	287	61
		17%	17%	18%	20%	22%	23%	16%	20%	27%	17%	17%	17%	21%
					d	d			d	d				
Don't know		131	17	97	14	30	3	80	42	5	109	22	108	20
		6%	6%	7%	7%	8%	4%	6%	7%	6%	7%	5%	6%	7%
NET: Agree		948	151	658	96	135	31	684	234	26	741	207	823	116
		47%	50%	47%	44%	37%	44%	49%	41%	33%	46%	49%	48%	40%
							bef						b	
NET: Disagree		943	134	655	105	204	36	628	290	48	750	193	786	150
		47%	44%	46%	49%	55%	52%	45%	51%	61%	47%	46%	46%	52%
					d	d		d	d	d			a	
Base for stats		1891	285	1313	201	339	67	1312	524	74	1491	400	1610	266
Mean Score		2.44	2.50	2.42	2.42	2.25	2.39	2.46	2.35	2.17	2.43	2.46	2.46	2.30
					b			bef					b	
Standard Deviation		.923	.964	.915	.982	.924	1.032	.910	.951	.984	.920	.934	.921	.930
Standard Error		.021	.058	.025	.068	.051	.124	.025	.041	.115	.024	.048	.023	.056
Error variance		*	*	*	*	*	.02	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	224 11%	23 6%	17 10%	16 6%	34 11%	36 15%	25 12%	15 16%	58 18%	85 10%	98 15%	110 16%	56 10%	56 7%
					ac	ac	ac	ac	abcdi	ac	abci	bc		
Tend to agree (3.0)	724 36%	94 25%	50 28%	115 40%	122 41%	94 39%	86 39%	39 42%	123 38%	331 40%	249 39%	286 42%	180 31%	254 34%
				ab	ab	ab	ab	ab	ab	ab	ab	bc		
Tend to disagree (2.0)	594 29%	127 34%	61 34%	97 34%	88 30%	65 27%	67 31%	19 21%	70 22%	249 30%	157 25%	158 23%	187 32%	244 32%
		ghj	ghj	ghj	h	h	h			hj			a	a
Strongly disagree (1.0)	349 17%	105 28%	38 21%	39 14%	34 12%	38 16%	29 13%	13 14%	52 16%	112 14%	95 15%	91 13%	115 20%	138 18%
		cdefghij	cdfij									a	a	a
Don't know	131 6%	29 8%	14 8%	19 7%	19 6%	10 4%	10 5%	7 7%	22 7%	48 6%	39 6%	29 4%	37 6%	61 8%
														a
NET: Agree	948 47%	117 31%	67 37%	131 46%	156 52%	130 53%	112 51%	55 59%	181 56%	417 50%	347 54%	396 59%	236 41%	310 41%
				a	ab	ab	ab	abc	abc	ab	abc	bc		
NET: Disagree	943 47%	232 61%	99 55%	136 47%	122 41%	103 42%	97 44%	32 34%	123 38%	361 44%	252 39%	248 37%	302 52%	382 51%
		cdefghij	defghij	ghj									a	a
Base for stats	1891	349	166	267	278	232	208	87	304	778	599	645	538	692
Mean Score	2.44	2.10	2.28	2.40	2.56	2.55	2.52	2.66	2.61	2.50	2.59	2.65	2.33	2.33
			a	a	abc	ab	ab	abc	abc	ab	abc	bc		
Standard Deviation	.923	.908	.934	.811	.860	.940	.883	.939	.983	.870	.943	.924	.927	.885
Standard Error	.021	.049	.072	.049	.052	.062	.062	.101	.057	.031	.039	.036	.041	.033
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.4. I do not find exercising on my own enjoyable: 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	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	281 14%	126 13%	152 15%	92 15%	87 13%	102 14%	15 15%	40 15%	22 11%	21 10%	25 14%	41 18% cdh	47 15%	40 12%	30 15%
Tend to agree (3.0)	547 27%	255 26%	290 28%	145 24%	178 27%	224 30% a	21 22%	65 25%	59 30% g	64 30% g	52 30% g	58 26%	70 22%	86 26%	73 35% abfgh
Tend to disagree (2.0)	684 34%	338 34%	342 33%	200 33%	230 35%	253 34%	31 32%	106 40% ci	61 31%	68 32%	60 34%	73 33%	119 37% i	107 33%	59 29%
Strongly disagree (1.0)	419 21%	220 22%	194 19%	145 24% c	144 22%	131 18%	25 26% bi	38 15%	44 23% b	52 24% bi	35 20%	41 18%	71 22% b	79 24% bi	34 17%
Don't know	91 4%	44 5%	47 5%	30 5%	25 4%	36 5%	4 4%	14 5%	10 5%	7 3%	5 3%	10 5%	13 4%	16 5%	10 5%
NET: Agree	828 41%	382 39% a	442 43% a	238 39%	264 40%	326 44%	36 38%	105 40%	81 41%	85 40%	78 44%	99 44%	117 37%	125 38%	103 50% abdgh
NET: Disagree	1103 55%	558 57% b	535 52%	345 56%	374 56%	384 52%	56 58% i	144 55% i	105 53%	120 57% i	94 53%	114 51%	190 59% i	186 57% i	94 45%
Base for stats	1931	940	978	583	638	710	92	249	186	205	172	213	307	311	197
Mean Score	2.36	2.31	2.41 a	2.32	2.33	2.42	2.28	2.43	2.32	2.26	2.40	2.46 dh	2.30	2.28	2.50 dgh
Standard Deviation	.977	.975	.975 a	1.016	.971	.949	1.042	.936	.968	.954	.969	1.013 dh	.992	.981	.953
Standard Error	.022	.032	.031	.040	.038	.038	.102	.061	.068	.065	.072	.078	.056	.055	.069
Error variance	*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.4. I do not find exercising on my own enjoyable: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	281 14%	27 17%	58 13%	69 14%	33 13%	26 12%	68 15%	154 14%	126 14%	243 14%	9 17%	9 9%	17 20% c	1 4%	1 8%	36 14%
Tend to agree	(3.0)	547 27%	28 17%	121 27% a	136 28% a	70 28% a	54 26% a	138 30% a	285 26% a	263 28% a	479 28% d	15 27%	34 36% dg	13 16%	2 14%	- -	64 25%
Tend to disagree	(2.0)	684 34%	64 40% b	138 31%	171 35%	89 35%	64 31%	158 34%	372 34%	311 34%	585 34%	15 28%	28 29%	28 35%	9 51%	5 49%	85 33%
Strongly disagree	(1.0)	419 21%	32 21%	118 26% cdfh	94 19%	50 20%	48 23% f	78 17%	244 22% f	176 19%	353 20%	12 21%	20 21%	22 26%	5 31%	2 19%	60 23%
Don't know		91 4%	7 4%	13 3%	19 4%	12 5%	16 8% bcg	25 5%	38 4%	52 6% bg	74 4%	4 7%	4 5%	2 3%	- -	2 23%	12 5%
NET: Agree		828 41%	55 35%	179 40%	205 42%	103 41%	80 38%	206 44% a	439 40%	389 42%	722 42%	24 44%	43 45%	30 37%	3 18%	1 8%	101 39%
NET: Disagree		1103 55%	96 61% f	255 57%	265 54%	139 55%	112 54%	236 51%	616 56% f	487 52%	938 54%	27 49%	48 50%	50 61%	14 82%	6 69%	145 56%
Base for stats		1931	151	435	469	242	192	442	1055	876	1660	51	91	80	17	7	246
Mean Score	2.36	2.33	2.28	2.38	2.36	2.30	2.44	2.33	2.39	2.37	2.43	2.35	2.31	1.92	1.96	2.31	
Standard Deviation	.977	1.009	1.006	.965	.957	.992	.953	.989	.963	.976	1.045	.936	1.089	.812	.890	1.003	
Standard Error	.022	.082	.048	.043	.061	.070	.047	.030	.033	.024	.142	.094	.121	.191	.336	.062	
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.04	.11	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.4. I do not find exercising on my own enjoyable: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	281 14%	174 14%	49 14%	48 15%	97 14%	8 26% d	8 20%	88 20% d	171 12%	7 12%	104 20% d	241 13%	30 18%	45 17%	147 13%	81 15%	8 10%	236 13%
Tend to agree (3.0)	547 27%	338 27%	96 27%	94 30%	190 28%	6 19%	11 28%	131 29% e	391 27% e	8 15%	148 29% e	484 27%	50 30%	62 23%	328 29% a	137 25%	20 26%	485 28%
Tend to disagree (2.0)	684 34%	439 34%	127 36%	93 29%	219 33%	6 21%	11 29%	144 32%	503 35%	19 35%	161 31%	632 35% b	40 24%	80 30%	404 36%	175 32%	24 31%	603 34%
Strongly disagree (1.0)	419 21%	269 21%	68 19%	69 22%	136 20%	8 27% c	9 23%	62 14%	332 23% cf	8 15%	79 15%	384 21%	28 16%	67 25% b	213 19%	121 22%	18 24%	352 20%
Don't know	91 4%	53 4%	13 4%	14 4%	27 4%	2 7%	- -	22 5%	55 4%	12 22% bcdf	23 5%	65 4%	21 12% a	16 6%	42 4%	28 5%	6 7%	75 4%
NET: Agree	828 41%	512 40%	145 41%	142 45%	287 43%	13 45%	18 48% e	220 49% de	562 39%	15 28%	251 49% de	725 40%	81 48%	107 39%	475 42%	219 40%	27 37%	721 41%
NET: Disagree	1103 55%	708 56%	194 55%	161 51%	356 53%	14 48%	20 52%	206 46%	836 58% cf	27 50%	240 47%	1016 56% b	68 40%	148 55%	617 54%	296 55%	42 56%	955 55%
Base for stats	1931	1220	339	303	643	27	38	426	1397	43	491	1741	149	254	1093	515	69	1677
Mean Score	2.36	2.34	2.37	2.40	2.38	2.48	2.45	2.58 d	2.29	2.32	2.56 d	2.33	2.56 a	2.33	2.37	2.35	2.24	2.36
Standard Deviation	.977	.976	.961	1.006	.982	1.200	1.068	.976	.961	.978	.995	.970	1.018	1.052	.946	1.007	.973	.966
Standard Error	.022	.027	.057	.063	.042	.219	.167	.049	.026	.141	.046	.023	.083	.065	.029	.045	.116	.024
Error variance	*	*	*	*	*	.05	.03	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.4. I do not find exercising on my own enjoyable: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	281 14%	44 15%	184 13%	35 16%	75 20% d	14 21% d	168 12%	101 18% d	18 23% d	235 15% b	46 11% a	217 13% a	61 21% a
Tend to agree (3.0)	547 27%	92 30%	387 27%	59 27%	105 28%	27 38% d	369 27%	166 29%	22 27%	429 27%	118 28%	471 27%	74 26%
Tend to disagree (2.0)	684 34%	87 29%	506 36% a	66 31%	106 29%	15 21%	497 36% bcef	166 29%	19 24%	547 34%	137 32%	591 34%	88 31%
Strongly disagree (1.0)	419 21%	68 23%	276 20%	47 22%	60 16%	11 16%	311 22% be	101 18%	16 21%	318 20%	102 24%	365 21%	51 18%
Don't know	91 4%	10 3%	56 4%	8 4%	24 7% d	2 3%	47 3%	31 6% d	4 5%	70 4%	21 5%	74 4%	13 4%
NET: Agree	828 41%	136 45%	571 41%	94 44%	179 49% d	41 59% ad	537 39%	268 47% d	40 50% d	665 42%	163 39%	688 40%	135 47% a
NET: Disagree	1103 55%	155 51%	782 55%	113 52% c	166 45%	26 38%	808 58% bcef	267 47%	36 45%	865 54%	238 56%	956 56% b	139 48%
Base for stats	1931	292	1354	207	345	68	1346	534	75	1529	402	1644	274
Mean Score	2.36	2.39	2.35	2.40	2.56 d	2.66 d	2.29	2.50 d	2.55 d	2.38 b	2.27 a	2.33 a	2.53 a
Standard Deviation	.977	1.006	.953	1.019	1.015	1.004	.959	1.004	1.084	.980	.965	.964	1.035
Standard Error	.022	.060	.026	.069	.055	.120	.026	.043	.126	.025	.049	.024	.061
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.4. I do not find exercising on my own enjoyable: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	281 14%	96 25% cdefghij	38 21% cdefghij	38 13% fghj	41 14% fghj	24 10%	12 6%	5 5%	27 8%	103 13% fghj	44 7%	80 12%	89 15%	110 15%
Tend to agree (3.0)	547 27%	118 31% efhj	59 33% efhj	89 31% efhj	83 28%	55 23%	48 22%	26 28%	70 21%	227 28% hj	144 23%	152 23%	159 28% a	232 31% a
Tend to disagree (2.0)	684 34%	82 22%	55 30% a	97 34% a	108 36% a	93 38% a	93 43% abc	34 37% a	121 37% a	298 36% a	249 39% ab	240 36%	179 31%	260 34%
Strongly disagree (1.0)	419 21%	49 13%	20 11%	48 17%	54 18% b	64 26% abcdi	60 27% abcdi	25 27% abc	99 30% abcdi	165 20% ab	184 29% abcdi	175 26% bc	113 20%	128 17%
Don't know	91 4%	33 9% defhij	8 5%	15 5% j	10 3%	7 3%	5 2%	3 3%	9 3%	32 4%	17 3%	27 4%	36 6% c	24 3%
NET: Agree	828 41%	214 56% cdefghij	97 54% cdefghij	127 44% efhj	125 42% efhj	79 33%	60 28%	31 33%	96 30%	330 40% efhj	187 29%	233 35%	247 43% a	341 45% a
NET: Disagree	1103 55%	132 35%	75 42%	145 51% a	162 55% ab	157 65% abcdi	153 70% abcdi	60 64% abc	220 68% abcdi	463 56% ab	433 68% abcdi	414 61% bc	292 51%	388 51%
Base for stats	1931	345	172	271	287	235	213	91	317	793	621	647	539	729
Mean Score	2.36	2.75 cdefghij	2.66 cdefghij	2.43 efghj	2.39 efghj	2.17	2.06	2.12	2.07	2.34 efghj	2.08	2.21	2.41 a	2.44 a
Standard Deviation	.977	1.016	.952	.938	.952	.942	.857	.882	.931	.950	.898	.979	.997	.949
Standard Error	.022	.055	.072	.056	.056	.062	.059	.092	.052	.034	.036	.038	.043	.035
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	552 27%	280 28%	269 26%	220 36% bc	165 25%	167 22%	29 30%	77 29%	51 26%	59 28%	50 28%	48 22%	105 33% fi	85 26%	47 23%
Tend to agree (3.0)	665 33%	328 33%	334 33%	206 34%	239 36% c	219 29%	32 33%	79 30%	69 35%	71 34%	51 29%	73 33%	116 36%	106 32%	69 34%
Tend to disagree (2.0)	446 22%	228 23%	216 21%	98 16%	152 23% a	196 26% a	21 22%	59 22%	37 19%	48 23%	44 25%	57 25% g	56 17% g	72 22%	52 25% g
Strongly disagree (1.0)	268 13%	112 11%	153 15% a	60 10%	81 12%	127 17% ab	10 10%	38 15% g	27 14%	28 13%	24 14%	31 14%	29 9%	48 15% g	31 15% g
Don't know	91 5%	36 4%	53 5%	27 4%	27 4%	37 5%	4 4%	10 4%	12 6%	6 3%	8 5%	14 6%	15 5%	16 5%	8 4%
NET: Agree	1216 60%	608 62%	602 59%	426 70% bc	404 61% c	386 52%	61 63%	156 59%	120 61%	130 61%	100 57%	121 54%	220 69% befhi	191 58%	116 56%
NET: Disagree	714 35%	340 35%	368 36%	158 26%	233 35% a	323 43% ab	31 33%	97 37% g	65 33%	76 36% g	68 39% g	88 40% g	85 27%	120 37% g	83 40% g
Base for stats	1931	948	971	585	637	709	93	253	185	206	169	209	305	311	199
Mean Score	2.78	2.82	2.74	3.00 bc	2.77 c	2.60	2.87	2.77	2.78	2.78	2.75	2.66	2.97 bcdefhi	2.73	2.66
Standard Deviation	1.011	.988	1.030	.978	.976	1.034	.986	1.045	1.014	1.009	1.037	.996	.953	1.029	1.007
Standard Error	.023	.033	.032	.039	.038	.041	.096	.068	.072	.068	.078	.077	.054	.057	.073
Error variance	*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity							
Total		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total		2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total		2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	552 27%	49 31%	122 27%	123 25%	78 31%	61 29%	119 26%	294 27%	258 28%	462 27%	21 39% a	29 31%	24 29%	6 34%	2 21%	82 32%
Tend to agree	(3.0)	665 33%	62 39% fh	170 38% fh	163 33% f	79 31%	64 31%	127 27%	395 36% fh	270 29%	547 32%	20 37%	34 36%	40 49% a	6 37%	3 34%	104 40% a
Tend to disagree	(2.0)	446 22%	30 19%	93 21%	118 24% e	64 25% e	35 17%	105 23%	242 22%	205 22%	400 23% dg	7 13%	23 24% d	9 11%	1 8%	3 37%	44 17%
Strongly disagree	(1.0)	268 13%	14 9%	47 11%	62 13%	23 9%	32 15% d	91 19% abcdg	123 11%	145 16% abdg	249 14% cdg	6 11%	5 6%	5 6%	1 7%	- -	18 7%
Don't know		91 5%	3 2%	16 4%	22 4%	11 4%	15 7% abg	25 5%	40 4%	51 6% ag	76 4%	- -	3 3%	4 5%	2 14%	1 8%	10 4%
NET: Agree		1216 60%	111 70% cefh	291 65% cfh	287 59% f	156 62%	125 60%	246 53%	689 63% fh	528 57%	1009 58%	41 76% a	64 67%	64 78% a	12 71%	5 55%	186 72% a
NET: Disagree		714 35%	44 28%	140 31%	180 37% a	87 34%	67 32%	196 42% abdeg	364 33%	350 38% abg	649 37% bdg	13 24%	29 30% d	15 18%	2 15%	3 37%	62 24%
Base for stats		1931	155	431	466	243	192	443	1053	878	1658	54	92	78	15	9	248
Mean Score		2.78	2.94 cfh	2.85 f	2.75 f	2.87 f	2.80	2.62	2.82 f	2.73 ag	2.74	3.04 a	2.94 a	3.05 a	3.15	2.83	3.01 a
Standard Deviation		1.011	.934	.955	.993	.971	1.062	1.090	.971	1.057	1.026	.989	.900	.831	.926	.828	.894
Standard Error		.023	.075	.046	.045	.062	.075	.054	.030	.036	.025	.130	.089	.094	.239	.293	.055
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.06	.09	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	552 27%	341 27%	104 30%	88 28%	193 29%	7 24%	11 29%	112 25%	405 28%	16 28%	131 25%	508 28%	31 18%	74 27%	286 25%	164 30%	28 37%	477 27%
Tend to agree (3.0)	665 33%	398 31%	128 36%	109 34%	236 35%	12 40%	14 36%	150 33%	475 33%	15 26%	175 34%	608 34%	42 25%	78 29%	356 31%	205 38%	26 34%	586 33%
Tend to disagree (2.0)	446 22%	297 23%	72 20%	65 21%	137 20%	6 21%	11 28%	83 19%	339 23%	8 14%	100 19%	398 22%	40 23%	61 23%	273 24%	98 18%	14 18%	385 22%
Strongly disagree (1.0)	268 13%	183 14%	33 9%	43 14%	76 11%	3 12%	1 2%	80 18%	174 12%	9 16%	85 16%	220 12%	40 24%	44 16%	166 15%	54 10%	4 5%	224 13%
Don't know	91 5%	55 4%	15 4%	12 4%	27 4%	1 3%	2 5%	21 5%	59 4%	9 15%	24 5%	72 4%	17 10%	12 4%	54 5%	21 4%	4 5%	79 5%
NET: Agree	1216 60%	738 58%	232 66%	197 62%	429 64%	18 64%	25 65%	262 59%	881 61%	30 55%	306 59%	1116 62%	73 43%	153 56%	642 57%	369 68%	53 71%	1064 61%
NET: Disagree	714 35%	480 38%	105 30%	108 34%	213 32%	10 34%	11 30%	164 37%	513 35%	16 30%	185 36%	618 34%	80 47%	106 39%	439 39%	152 28%	18 23%	609 35%
Base for stats	1931	1218	337	305	642	28	37	426	1394	46	490	1734	153	258	1081	521	71	1673
Mean Score	2.78	2.74	2.90	2.79	2.85	2.78	2.97	2.69	2.80	2.79	2.72	2.81	2.42	2.71	2.71	2.92	3.09	2.79
Standard Deviation	1.011	1.027	.953	1.014	.983	.971	.841	1.059	.997	1.111	1.041	.997	1.087	1.062	1.022	.956	.895	1.003
Standard Error	.023	.028	.057	.063	.042	.174	.135	.053	.027	.156	.048	.024	.088	.065	.031	.042	.106	.025
Error variance	*	*	*	*	*	.03	.02	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	552 27%	82 27%	385 27%	63 29%	95 26%	24 35%	384 28%	156 28%	22 28%	460 29%	91 22%	469 27%	79 28%
Tend to agree (3.0)	665 33%	110 36%	463 33%	71 33%	109 30%	21 30%	467 34%	180 32%	20 25%	527 33%	138 33%	558 32%	104 36%
Tend to disagree (2.0)	446 22%	63 21%	316 22%	42 19%	75 20%	11 16%	319 23%	108 19%	17 21%	345 22%	101 24%	385 22%	57 20%
Strongly disagree (1.0)	268 13%	33 11%	189 13%	27 13%	75 20% ad	8 12%	167 12%	92 16% d	16 21% d	202 13%	66 16%	235 14%	32 11%
Don't know	91 5%	14 5%	58 4%	12 6%	16 4%	5 7%	55 4%	30 5%	3 4%	66 4%	26 6%	72 4%	15 5%
NET: Agree	1216 60%	192 64%	848 60%	134 62%	204 55%	45 65%	851 61% b	336 59%	42 54%	987 62% b	229 54%	1027 60%	183 64%
NET: Disagree	714 35%	95 32%	504 36%	69 32%	149 40% ac	20 28%	486 35%	200 35%	33 42%	547 34%	168 40% a	620 36%	89 31%
Base for stats	1931	287	1352	203	354	65	1337	536	76	1534	397	1646	272
Mean Score	2.78	2.84	2.77	2.84 b	2.63	2.94 b	2.80 b	2.75	2.64	2.81 b	2.64 a	2.77	2.85
Standard Deviation	1.011	.967	1.012	1.016	1.093	1.034	.992	1.056	1.128	1.008	1.013	1.017	.973
Standard Error	.023	.058	.028	.070	.059	.126	.027	.046	.130	.026	.052	.025	.057
Error variance	*	*	*	*	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	552 27%	84 22%	36 20%	90 31% ab	88 30% ab	77 32% ab	56 26%	31 33% ab	89 27%	256 31% ab	176 28% b	159 24% b	75 13%	313 42% ab
Tend to agree (3.0)	665 33%	109 29%	81 45% acefhij	92 32%	107 36% a	69 28%	75 34%	34 37%	98 30%	268 32%	207 32%	228 34% b	148 26% b	280 37% b
Tend to disagree (2.0)	446 22%	74 20%	33 18%	71 25% g	67 23%	54 22%	51 23%	14 15%	83 26% g	192 23%	148 23%	178 26% c	177 31% c	88 12%
Strongly disagree (1.0)	268 13%	87 23% bcdefghij	19 11%	23 8%	21 7%	36 15% cdi	27 13% d	9 10%	45 14% cdi	80 10%	82 13% cd	83 12% c	133 23% ac	50 7%
Don't know	91 5%	25 6% ehi	12 6%	11 4%	13 4%	7 3%	10 4%	5 6%	10 3%	31 4%	25 4%	25 4%	42 7% ac	22 3%
NET: Agree	1216 60%	193 51% a	116 65% a	182 64% a	196 66% ah	146 60% a	131 60% a	65 70% ah	188 58%	524 63% a	383 60% a	388 58% b	224 39% b	593 79% ab
NET: Disagree	714 35%	161 43% bcdgij	52 29%	93 33%	88 30%	90 37% g	79 36%	23 25%	128 39% bdgi	271 33%	230 36% g	261 39% c	310 54% ac	138 18%
Base for stats	1931	354	169	276	284	236	209	88	316	795	613	649	533	731
Mean Score	2.78	2.54	2.79	2.91	2.92	2.80	2.76	2.98	2.73	2.88	2.78	2.71	2.31	3.17
Standard Deviation	1.011	1.104	.908	.952	.920	1.061	.993	.970	1.024	.975	1.008	.976	.998	.890
Standard Error	.023	.059	.070	.056	.054	.069	.069	.103	.058	.034	.041	.038	.044	.033
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	366 18%	147 15%	216 21% a	123 20%	112 17%	130 17%	19 20%	50 19%	35 18%	37 17%	23 13%	45 20%	63 20% e	56 17%	37 18%
Tend to agree (3.0)	595 29%	273 28%	318 31%	200 33% c	215 32% c	180 24%	26 26%	70 27%	57 29%	65 31%	54 31%	70 31%	107 33%	90 27%	56 27%
Tend to disagree (2.0)	564 28%	309 31% b	252 25%	150 25%	180 27%	234 31% a	26 27%	73 28%	53 27%	61 29%	52 29%	56 25%	79 25%	102 31%	61 30%
Strongly disagree (1.0)	449 22%	235 24%	211 21%	118 19%	145 22%	187 25% a	22 22%	63 24%	48 24%	45 21%	43 25%	42 19%	62 19%	75 23%	49 24%
Don't know	48 2%	19 2%	28 3%	21 3%	12 2%	16 2%	4 4%	7 3%	3 2%	4 2%	5 3%	10 4% h	9 3%	4 1%	3 1%
NET: Agree	960 47%	421 43%	534 52% a	324 53% c	327 49% c	310 42%	45 47%	120 46%	93 47%	102 48%	77 43%	115 51%	171 53% eh	145 44%	94 45%
NET: Disagree	1013 50%	544 55% b	462 45%	268 44%	325 49%	421 56% ab	48 50%	136 52%	101 51%	106 50%	95 54% g	99 44%	141 44%	177 54% fg	110 53% g
Base for stats	1974	965	996	592	652	730	93	256	194	208	172	213	311	323	204
Mean Score	2.44	2.34	2.54 a	2.56 c	2.45 c	2.35	2.46	2.42	2.42	2.45	2.32	2.55 e	2.55 eh	2.39	2.40
Standard Deviation	1.036	1.010	1.052 a	1.031 c	1.018 c	1.047	1.071	1.063	1.051	1.019	.996	1.035 e	1.028 eh	1.026	1.046
Standard Error	.023	.033	.033	.040	.039	.041	.105	.069	.073	.069	.074	.079	.058	.056	.075
Error variance	*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	366 18%	38 24% bcg	67 15%	73 15%	50 20%	40 19%	98 21% bcg	178 16%	187 20% bcg	311 18%	11 20%	18 19%	15 18%	3 18%	1 15%	48 19%
Tend to agree (3.0)	595 29%	47 30%	127 28%	160 33% f	85 33% f	71 34% f	105 23%	333 30% f	261 28% f	496 29%	17 30%	38 40% a	28 34%	8 44%	3 28%	93 36% a
Tend to disagree (2.0)	564 28%	38 24%	133 30%	138 28%	66 26%	47 23%	141 30% e	309 28%	255 27%	477 28%	16 29%	28 30%	28 34%	3 19%	3 34%	78 30%
Strongly disagree (1.0)	449 22%	33 21%	116 26% d	103 21%	48 19%	47 23%	102 22%	252 23%	197 21%	410 24% cdg	10 18%	11 11%	10 13%	2 9%	1 16%	34 13%
Don't know	48 2%	2 1%	5 1%	13 3%	5 2%	2 1%	20 4% beg	21 2%	28 3% b	40 2%	2 3%	-	1 1%	2 9%	1 8%	5 2%
NET: Agree	960 47%	85 54% bf	194 43%	233 48%	135 53% bf	111 53% bf	203 44%	511 47%	449 48%	807 47%	27 50%	56 59% a	43 53%	11 62%	4 43%	141 55% a
NET: Disagree	1013 50%	71 45%	248 55% adeh	242 50%	114 45%	94 45%	244 52%	561 51%	452 49%	888 51% cg	25 47%	39 41%	38 46%	5 28%	5 49%	112 44%
Base for stats	1974	156	442	475	249	205	447	1073	901	1694	53	95	81	15	9	253
Mean Score	2.44	2.58 b	2.33	2.43	2.55 b	2.50 b	2.45	2.41	2.49 b	2.42	2.54	2.66 a	2.59	2.78	2.46	2.61 a
Standard Deviation	1.036	1.075	1.025	.995	1.019	1.048	1.071	1.022	1.051	1.046	1.024	.915 a	.937	.901	1.018	.943 a
Standard Error	.023	.086	.049	.045	.064	.072	.053	.031	.036	.026	.137	.089	.104	.225	.360	.058
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.05	.13	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	366 18%	239 19%	59 17%	54 17%	113 17%	13 44% bde	8 20%	146 33% d	186 13%	12 22% d	167 32% d	311 17%	45 26% a	60 22%	198 17%	94 17%	15 19%	306 17%
Tend to agree (3.0)	595 29%	349 27%	114 32%	105 33%	219 33% a	8 26%	12 32%	146 33%	415 29%	14 25%	166 32%	528 29%	47 28%	66 24%	324 29%	179 33% a	27 35%	529 30% a
Tend to disagree (2.0)	564 28%	351 28%	105 30%	89 28%	194 29%	4 14%	13 34%	94 21%	438 30% cf	14 26%	112 22%	516 29%	39 23%	76 28%	324 29%	141 26%	23 31%	488 28%
Strongly disagree (1.0)	449 22%	301 24%	69 20%	64 20%	133 20%	3 10%	4 9%	50 11%	387 27% abcef	6 12%	56 11%	415 23%	29 17%	65 24% d	262 23% d	113 21%	9 12%	384 22% d
Don't know	48 2%	33 3%	4 1%	5 1%	9 1%	2 5%	2 4%	10 2%	27 2%	8 15% cdf	14 3%	36 2%	9 5% a	4 2%	26 2%	17 3%	2 2%	44 3%
NET: Agree	960 47%	588 46%	173 49%	160 50%	333 50%	20 70% de	20 52%	293 65% de	601 41%	26 48%	333 65% de	839 46%	92 54% a	126 46%	522 46%	272 50%	41 55%	835 48%
NET: Disagree	1013 50%	652 51%	175 50%	153 48%	327 49%	7 24%	17 44%	144 32%	825 57% acef	21 37%	168 33%	930 52% b	69 40%	140 52%	587 52%	254 47%	32 43%	873 50%
Base for stats	1974	1240	348	312	660	27	37	437	1426	47	501	1769	161	266	1108	526	73	1708
Mean Score	2.44	2.42	2.47	2.48	2.47	3.10 d	2.66 d	2.89 d	2.28	2.68 d	2.89 d	2.42	2.67 a	2.45	2.41	2.48	2.63	2.44
Standard Deviation	1.036	1.057	.996	1.004	.999	1.033	.930	.998	1.003	1.016	.996	1.031	1.074	1.090	1.036	1.018	.946	1.027
Standard Error	.023	.029	.058	.062	.042	.189	.149	.049	.026	.142	.045	.025	.085	.065	.031	.045	.111	.025
Error variance	*	*	*	*	*	.04	.02	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	366	231	62	113	17	190	163	26	293	72	303	58
	18%	21%	16%	29%	30%	24%	14%	29%	33%	18%	17%	18%	20%
		b		d	d	d		d	d				
Tend to agree	(3.0)	595	404	80	113	25	392	190	26	486	108	494	99
	29%	39%	29%	37%	31%	36%	28%	34%	33%	30%	26%	29%	35%
		b		d				d				a	
Tend to disagree	(2.0)	564	411	39	75	17	427	118	13	448	117	494	66
	28%	22%	29%	18%	20%	25%	31%	21%	17%	28%	28%	29%	23%
			a				abef					b	
Strongly disagree	(1.0)	449	334	29	59	10	356	83	11	337	112	390	57
	22%	15%	24%	13%	16%	14%	26%	15%	14%	21%	27%	23%	20%
			a				abcef				a		
Don't know		48	30	6	9	1	28	13	3	36	13	37	7
	2%	2%	2%	3%	3%	1%	2%	2%	4%	2%	3%	2%	2%
NET: Agree		960	635	143	226	42	581	353	51	780	181	797	157
	47%	61%	45%	66%	61%	60%	42%	62%	65%	49%	43%	46%	55%
		b		d	d	d		d	d	b			a
NET: Disagree		1013	745	67	134	27	784	200	24	784	229	884	122
	50%	37%	53%	31%	36%	39%	56%	35%	31%	49%	54%	51%	43%
			a				abcef					b	
Base for stats		1974	1380	210	360	69	1365	553	76	1564	409	1681	280
Mean Score	2.44	2.69	2.39	2.84	2.78	2.72	2.30	2.78	2.87	2.47	2.34	2.42	2.57
		b		d	d	d		d	d	b			a
Standard Deviation	1.036	.983	1.028	1.003	1.062	.994	1.006	1.029	1.051	1.027	1.063	1.034	1.034
Standard Error	.023	.058	.028	.068	.057	.118	.027	.044	.121	.026	.054	.025	.060
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	366 18%	89 24%	38 21%	61 21%	47 16%	39 16%	29 13%	12 13%	49 15%	148 18%	91 14%	105 16%	93 16%	163 22%
		defghij	fj	fhj										ab
Tend to agree (3.0)	595 29%	109 29%	60 33%	93 33%	106 36%	72 30%	55 25%	31 34%	69 21%	271 33%	155 24%	192 29%	132 23%	264 35%
		h	hj	hj	fhj	h		h		fhj		b		ab
Tend to disagree (2.0)	564 28%	95 25%	41 23%	86 30%	84 28%	70 29%	62 29%	25 27%	101 31%	240 29%	189 30%	203 30%	175 30%	183 24%
									b			c	c	
Strongly disagree (1.0)	449 22%	74 20%	35 19%	39 14%	55 18%	57 23%	73 33%	21 22%	96 30%	151 18%	190 30%	166 25%	153 27%	126 17%
		c				c	abcdei		c	abcdi	abcdi	c	c	
Don't know	48 2%	11 3%	8 4%	6 2%	5 2%	4 2%	- -	4 4%	10 3%	16 2%	14 2%	8 1%	22 4%	17 2%
		f	fi	f	f			f	f	f	f		a	
NET: Agree	960 47%	199 53%	97 54%	155 54%	153 52%	111 46%	84 38%	44 47%	118 36%	419 51%	246 39%	297 44%	224 39%	426 57%
		fhj	fhj	fhj	fhj	hj				fhj				ab
NET: Disagree	1013 50%	169 45%	75 42%	125 44%	139 47%	127 52%	135 62%	46 49%	198 61%	391 47%	378 59%	369 55%	328 57%	310 41%
						bc	abcdegi		abcdgi		abcdi	c	c	
Base for stats	1974	367	172	280	292	238	219	89	316	810	624	666	553	736
Mean Score	2.44	2.58	2.58	2.63	2.50	2.39	2.18	2.39	2.23	2.51	2.24	2.36	2.30	2.63
		efhj	fhj	efghj	fhj	fj				fhj				ab
Standard Deviation	1.036	1.066	1.042	.978	.975	1.025	1.041	.996	1.049	.994	1.040	1.021	1.049	1.010
Standard Error	.023	.056	.079	.057	.057	.067	.071	.105	.059	.035	.042	.039	.045	.037
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	116 6%	65 7%	51 5%	54 9% bc	35 5%	28 4%	9 9% h	13 5%	13 7%	8 4%	7 4%	9 4%	29 9% defh	13 4%	16 8%
Tend to agree (3.0)	305 15%	149 15%	155 15%	123 20% c	110 17% c	73 10%	15 16% e	43 16% e	30 15% e	36 17% e	12 7%	34 15% e	60 19% eh	43 13% e	32 16% e
Tend to disagree (2.0)	746 37%	357 36%	384 38%	188 31%	244 37% a	315 42% ab	34 35%	85 32%	69 35%	87 41%	73 42% b	91 41%	112 35%	120 37%	77 37%
Strongly disagree (1.0)	771 38%	371 38%	396 39%	222 36%	253 38%	296 40%	29 30%	110 42% ag	79 40%	78 37%	79 44% ag	80 36%	108 34%	135 41% ag	73 35%
Don't know	83 4%	43 4%	38 4%	26 4%	23 3%	35 5%	10 10% cdefgi	12 5%	6 3%	4 2%	5 3%	9 4%	11 4%	18 5% d	9 4%
NET: Agree	422 21%	213 22%	206 20%	176 29% bc	145 22% c	101 13%	24 25% e	56 21% e	43 22% e	44 21% e	19 11%	43 19% e	89 28% efh	55 17%	48 23% e
NET: Disagree	1517 75%	728 74%	780 76%	410 67%	496 75% a	611 82% ab	63 65%	195 74%	148 75%	164 78% ag	152 86% abcdefghi	171 77% a	220 69%	254 78% ag	150 72%
Base for stats	1939	941	986	586	641	711	87	251	191	208	171	214	309	310	198
Mean Score	1.88	1.90	1.86	2.01 bc	1.89 c	1.76	2.04 eh	1.83 e	1.88 e	1.88 e	1.70 e	1.87 e	2.03 beh	1.79 eh	1.96 eh
Standard Deviation	.884	.904	.863	.978	.878	.787	.960	.889	.913	.830	.782	.826	.959	.833	.927
Standard Error	.020	.030	.027	.039	.034	.031	.097	.058	.063	.056	.058	.063	.054	.047	.067
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	116 6%	26 16%	17 4%	30 6%	14 6%	8 4%	21 5%	73 7%	44 5%	94 5%	5 10%	5 6%	3 4%	2 12%	1 8%	17 6%
		bcdefgh														
Tend to agree (3.0)	305 15%	29 18%	70 16%	73 15%	43 17%	43 21%	47 10%	172 16%	133 14%	249 14%	14 26%	18 19%	20 25%	- -	1 10%	53 21%
		f	f	f	f	fh		f	f		a		a		a	
Tend to disagree (2.0)	746 37%	51 32%	161 36%	183 37%	98 38%	68 33%	186 40%	394 36%	352 38%	664 38%	14 26%	27 29%	18 21%	8 47%	6 60%	73 28%
		cdg														
Strongly disagree (1.0)	771 38%	50 32%	185 41%	185 38%	87 34%	81 39%	183 39%	420 38%	351 38%	662 38%	17 32%	39 41%	39 47%	6 37%	1 13%	103 40%
		a														
Don't know	83 4%	3 2%	15 3%	17 3%	12 5%	7 3%	30 6%	34 3%	49 5%	66 4%	3 6%	6 6%	2 3%	1 4%	1 8%	12 5%
		abcg								ag						
NET: Agree	422 21%	54 34%	87 19%	104 21%	57 22%	52 25%	68 15%	245 22%	177 19%	343 20%	20 36%	23 24%	23 28%	2 12%	2 19%	70 27%
		bcdefgh								a						
NET: Disagree	1517 75%	101 64%	346 77%	367 75%	185 73%	149 72%	369 79%	814 74%	703 76%	1326 76%	32 58%	67 70%	57 69%	14 84%	7 73%	176 68%
		ae								bg						
Base for stats	1939	155	433	471	242	200	438	1059	880	1668	51	90	80	16	9	246
Mean Score	1.88	2.19	1.81	1.89	1.94	1.90	1.79	1.90	1.85	1.87	2.15	1.88	1.84	1.86	2.15	1.93
		bcdefgh								a						
Standard Deviation	.884	1.067	.843	.892	.879	.881	.822	.908	.853	.868	1.020	.934	.940	.959	.820	.953
Standard Error	.020	.085	.040	.040	.056	.061	.041	.028	.029	.021	.138	.094	.105	.233	.290	.059
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.08	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	116 6%	60 5%	27 8%	21 7%	49 7%	7 23%	9 24%	32 7%	60 4%	9 16%	48 9%	99 5%	11 7%	16 6%	50 4%	43 8%	8 11%	101 6%
			a		a	cdf	cdf	d		cd	d				b	b		
Tend to agree (3.0)	305 15%	166 13%	61 17%	62 20%	123 18%	7 24%	13 35%	76 17%	202 14%	7 14%	96 19%	267 15%	30 18%	38 14%	152 13%	99 18%	17 22%	268 15%
			a	a	a		cdef				d				b	b		
Tend to disagree (2.0)	746 37%	479 38%	129 37%	110 35%	239 36%	7 25%	7 18%	152 34%	566 39%	15 27%	165 32%	680 38%	55 33%	100 37%	429 38%	194 36%	23 31%	646 37%
								b	bf									
Strongly disagree (1.0)	771 38%	514 40%	123 35%	115 36%	238 36%	5 18%	6 16%	160 36%	584 40%	15 27%	172 33%	700 39%	59 35%	104 38%	459 40%	183 34%	25 33%	667 38%
		d						ab	abef		b				c			
Don't know	83 4%	53 4%	12 3%	9 3%	20 3%	3 9%	3 8%	28 6%	41 3%	9 16%	33 7%	61 3%	14 8%	13 5%	45 4%	22 4%	3 3%	70 4%
						d		d		cdf	d		a					
NET: Agree	422 21%	226 18%	88 25%	83 26%	172 26%	14 48%	23 59%	107 24%	261 18%	16 30%	144 28%	366 20%	41 24%	53 20%	202 18%	142 26%	25 33%	369 21%
			a	a	a	cdf	cdef	d		d	d				abe	abe	b	
NET: Disagree	1517 75%	994 78%	252 72%	225 71%	477 71%	12 43%	13 33%	312 70%	1150 79%	30 55%	337 66%	1379 76%	115 68%	204 76%	888 78%	378 70%	48 64%	1313 75%
		bcd						abe	abcef	b	ab	b		d	cde			cd
Base for stats	1939	1220	340	308	649	26	35	419	1411	46	481	1745	155	257	1089	520	72	1682
Mean Score	1.88	1.81	1.98	1.97	1.97	2.59	2.73	1.95	1.81	2.22	2.04	1.87	1.95	1.86	1.81	2.00	2.11	1.88
			a	a	a		cdef	d		d	d				abe	abe	b	
Standard Deviation	.884	.848	.929	.923	.926	1.097	1.045	.929	.832	1.112	.976	.874	.928	.881	.841	.936	1.008	.884
Standard Error	.020	.023	.055	.057	.040	.204	.170	.047	.022	.154	.045	.021	.074	.054	.025	.042	.118	.022
Error variance	*	*	*	*	*	.04	.03	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	116	65	15	22	12	64	41	6	92	25	88	24
	6%	10%	5%	7%	6%	17%	5%	7%	7%	6%	6%	5%	8%
		b				abde		d				a	
Tend to agree	(3.0)	305	198	45	59	22	187	110	14	252	53	250	54
	15%	21%	14%	21%	16%	31%	13%	19%	17%	16%	13%	15%	19%
		b		d		bde		d					
Tend to disagree	(2.0)	746	534	63	123	23	537	186	19	583	163	645	94
	37%	32%	38%	29%	33%	32%	39%	33%	25%	36%	39%	38%	33%
							aef						
Strongly disagree	(1.0)	771	564	79	142	11	562	196	33	608	162	667	101
	38%	31%	40%	37%	38%	15%	40%	35%	42%	38%	38%	39%	35%
		a		c	c		ce	c	c				
Don't know		83	48	14	24	3	43	33	7	64	19	68	14
	4%	6%	3%	6%	6%	4%	3%	6%	9%	4%	5%	4%	5%
		b		d	d			d	d				
NET: Agree		422	263	60	81	34	251	150	19	344	77	338	78
	21%	31%	19%	28%	22%	48%	18%	27%	24%	22%	18%	20%	27%
		b		d		abdef		d				a	
NET: Disagree		1517	1099	142	265	33	1099	382	52	1191	326	1312	195
	75%	63%	78%	66%	72%	47%	79%	68%	67%	74%	77%	76%	68%
			a	c	c		abcef	c	c			b	
Base for stats		1939	1362	202	346	67	1350	533	72	1536	403	1650	273
Mean Score	1.88	2.11	1.83	1.98	1.89	2.53	1.82	1.99	1.89	1.89	1.85	1.85	2.00
		b		d		abdef		d				a	
Standard Deviation	.884	.993	.850	.957	.907	.967	.843	.938	.980	.888	.870	.865	.960
Standard Error	.020	.060	.023	.066	.050	.116	.023	.041	.116	.023	.044	.021	.057
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	116 6%	12 3%	10 6%	17 6%	22 7%	16 7%	5 2%	3 3%	31 9%	55 7%	39 6%	45 7%	26 5%	41 5%
				af	af				af	af	af			
Tend to agree (3.0)	305 15%	43 11%	34 19%	59 20%	59 20%	29 12%	29 13%	13 14%	40 12%	146 18%	82 13%	102 15%	71 12%	126 17%
			ae hj	ae f j	ae hj					ae hj				b
Tend to disagree (2.0)	746 37%	131 35%	65 36%	121 42%	119 40%	90 37%	76 35%	30 32%	115 35%	329 40%	221 35%	238 35%	231 40%	273 36%
				aj						j				
Strongly disagree (1.0)	771 38%	164 43%	56 31%	80 28%	90 30%	99 41%	106 49%	44 48%	129 40%	270 33%	280 44%	270 40%	213 37%	285 38%
		bcdi				bcdi	bcdhi	bcdi	cdi		bcdi			
Don't know	83 4%	28 7%	15 8%	10 4%	7 2%	8 3%	2 1%	2 3%	10 3%	26 3%	15 2%	20 3%	33 6%	29 4%
		cdefhij	cdefhij										a	
NET: Agree	422 21%	55 15%	44 25%	75 26%	81 27%	45 19%	34 16%	16 17%	70 22%	201 24%	121 19%	146 22%	98 17%	166 22%
		af	af	ae f j	ae f j				a	af j		b		b
NET: Disagree	1517 75%	295 78%	121 67%	201 70%	209 70%	189 78%	182 83%	75 80%	245 75%	599 73%	502 79%	508 75%	444 77%	558 74%
		bcdi				bcd	bcdhi	b			bcdi			
Base for stats	1939	350	166	276	290	234	216	91	315	800	623	654	542	724
Mean Score	1.88	1.72	1.99	2.04	2.04	1.84	1.69	1.72	1.91	1.98	1.81	1.88	1.84	1.89
		afgj	afgj	ae f g j	ae f g j				af	ae f g j				
Standard Deviation	.884	.811	.890	.863	.905	.896	.795	.839	.960	.892	.893	.910	.833	.884
Standard Error	.020	.044	.069	.051	.053	.059	.054	.088	.054	.031	.036	.035	.036	.033
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.8. I feel guilty about not exercising more 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	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	313 15%	145 15%	167 16%	138 23% bc	105 16% c	69 9%	11 11%	44 17%	35 18%	28 13%	25 14%	35 16%	60 19%	45 14%	30 14%
Tend to agree (3.0)	668 33%	321 33%	340 33%	224 37% c	218 33%	226 30%	27 28%	84 32%	57 29%	70 33%	57 33%	75 34%	103 32%	123 38% c	71 34%
Tend to disagree (2.0)	654 32%	339 34%	312 30%	151 25%	215 32% a	287 39% ab	38 40% h	81 31%	63 32%	71 34%	59 33%	79 35%	96 30%	96 29%	70 34%
Strongly disagree (1.0)	314 16%	143 15%	168 16%	73 12%	98 15%	142 19% ab	14 15%	46 18%	34 17%	33 16%	28 16%	27 12%	49 15%	49 15%	33 16%
Don't know	74 4%	36 4%	37 4%	27 4%	27 4%	21 3%	6 6% i	8 3%	8 4%	9 4%	8 4%	7 3%	13 4%	13 4%	4 2%
NET: Agree	980 48%	465 47%	507 50%	362 59% bc	323 49% c	295 40%	38 39%	128 49%	92 47%	99 47%	82 46%	110 49%	163 51% a	168 51% a	101 49%
NET: Disagree	967 48%	482 49%	480 47%	224 37%	314 47% a	430 58% ab	53 54%	127 48%	97 49%	105 49%	87 49%	106 48%	145 45%	146 45%	103 50%
Base for stats	1948	948	987	586	637	725	90	255	189	203	169	216	308	314	203
Mean Score	2.50	2.49	2.51	2.73 bc	2.52 c	2.31	2.38	2.50	2.49	2.46	2.47	2.54	2.56	2.52	2.48
Standard Deviation	.945	.927	.965	.960	.943	.893	.891	.981	.992	.928	.934	.908	.978	.925	.933
Standard Error	.021	.031	.030	.038	.037	.035	.088	.063	.069	.063	.070	.069	.055	.051	.067
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.8. I feel guilty about not exercising more during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	313 15%	40 25%	78 17%	83 17%	38 15%	27 13%	47 10%	200 18%	113 12%	258 15%	12 23%	16 17%	17 21%	2 13%	1 10%	48 19%
			bcdefgh	fh	fh				fh								
Tend to agree	(3.0)	668 33%	58 37%	159 36%	161 33%	83 33%	66 32%	140 30%	379 35%	289 31%	563 32%	21 39%	38 40%	30 36%	5 27%	5 58%	99 38%
Tend to disagree	(2.0)	654 32%	39 25%	136 30%	157 32%	91 36%	63 31%	166 36%	333 30%	321 35%	577 33%	14 26%	28 29%	18 22%	9 52%	2 24%	71 27%
					a			a	a				d				
Strongly disagree	(1.0)	314 16%	16 10%	60 13%	70 14%	35 14%	39 19%	94 20%	146 13%	168 18%	277 16%	7 13%	12 13%	13 16%	1 4%	- -	33 13%
						ag	abcdg		abg								
Don't know		74 4%	5 3%	14 3%	17 3%	7 3%	12 6%	20 4%	36 3%	39 4%	60 3%	- -	1 1%	5 6%	1 4%	1 8%	7 3%
NET: Agree		980 48%	98 62%	237 53%	244 50%	121 48%	93 45%	187 40%	579 53%	402 43%	821 47%	34 62%	54 57%	46 57%	7 39%	6 68%	147 57%
			bcdefgh	fh	fh	f			efh			a				a	
NET: Disagree		967 48%	55 35%	197 44%	227 47%	126 49%	102 49%	260 56%	479 44%	488 53%	853 49%	21 38%	40 42%	31 38%	10 56%	2 24%	104 40%
				a	a	a	a	abcg	a	abcg	dg						
Base for stats	1948	153	433	471	247	196	448	1058	890	1675	54	94	78	16	9	251	
Mean Score	2.50	2.80	2.59	2.54	2.51	2.42	2.31	2.60	2.39	2.48	2.72	2.61	2.64	2.50	2.85	2.65	
			bcdefgh	efh	fh	f			efh							a	
Standard Deviation	.945	.944	.938	.948	.919	.961	.921	.946	.932	.943	.962	.919	1.013	.807	.632	.939	
Standard Error	.021	.076	.045	.043	.058	.067	.046	.029	.032	.023	.126	.090	.115	.196	.223	.058	
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.04	.05	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.8. I feel guilty about not exercising more during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self				
		None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	313 15%	171 13%	62 18%	64 20%	126 19%	10 35%	7 18%	72 16%	214 15%	10 17%	89 17%	283 16%	27 16%	32 12%	157 14%	107 20%	17 23%	281 16%
				a	a	cdf										abe	ab	
Tend to agree (3.0)	668 33%	414 32%	125 35%	109 34%	234 35%	6 22%	17 43%	144 32%	485 33%	16 29%	166 32%	606 34%	49 29%	87 32%	370 33%	188 35%	22 30%	581 33%
Tend to disagree (2.0)	654 32%	433 34%	120 34%	81 26%	201 30%	5 18%	9 23%	135 30%	496 34%	8 15%	149 29%	590 33%	49 29%	94 35%	388 34%	151 28%	21 28%	560 32%
		c	c					e	ef		e			c	c			
Strongly disagree (1.0)	314 16%	216 17%	35 10%	50 16%	85 13%	6 21%	4 11%	81 18%	209 14%	14 25%	91 18%	264 15%	38 22%	48 18%	178 16%	75 14%	13 17%	266 15%
		bd		b						d			a					
Don't know	74 4%	39 3%	11 3%	13 4%	24 4%	1 5%	2 5%	15 3%	48 3%	7 14%	18 4%	63 3%	7 4%	9 3%	42 4%	21 4%	2 3%	65 4%
										cdf								
NET: Agree	980 48%	585 46%	187 53%	173 54%	359 54%	16 56%	23 61%	216 48%	699 48%	25 46%	256 50%	889 49%	76 45%	119 44%	527 46%	295 54%	39 53%	862 49%
			a	a	a											abe		
NET: Disagree	967 48%	649 51%	155 44%	132 41%	286 43%	11 39%	13 34%	216 48%	705 49%	22 40%	240 47%	854 47%	87 51%	142 53%	565 50%	226 42%	33 45%	825 47%
		bcd												c	c			c
Base for stats	1948	1234	341	304	646	27	37	432	1404	47	496	1743	163	261	1093	522	73	1687
Mean Score	2.50	2.44	2.63	2.61	2.62	2.74	2.72	2.48	2.50	2.44	2.51	2.52	2.41	2.39	2.46	2.63	2.60	2.52
			a	a	a											abe		a
Standard Deviation	.945	.935	.897	.995	.944	1.191	.914	.980	.923	1.125	.989	.937	1.022	.924	.928	.967	1.033	.948
Standard Error	.021	.026	.053	.062	.040	.218	.146	.048	.025	.156	.045	.022	.080	.056	.028	.043	.121	.023
Error variance	*	*	*	*	*	.05	.02	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.8. I feel guilty about not exercising more during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	313 15%	59 20%	214 15%	48 22% bd	52 14%	14 20%	207 15%	96 17%	16 20%	260 16%	53 13%	256 15%	49 17%
Tend to agree (3.0)	668 33%	97 32%	476 34%	60 28%	108 29%	20 29%	479 34% f	171 30%	16 20%	535 33%	132 31%	568 33%	98 34%
Tend to disagree (2.0)	654 32%	91 30%	458 32%	60 28%	122 33%	24 34%	452 32%	182 32%	21 26%	509 32%	145 34%	560 33%	90 31%
Strongly disagree (1.0)	314 16%	42 14%	216 15%	37 17%	72 20% d	8 11%	213 15%	93 16%	21 27% cde	236 15%	78 18%	272 16%	40 14%
Don't know	74 4%	13 4%	46 3%	11 5%	15 4%	4 5%	41 3%	25 4%	5 7%	60 4%	15 3%	62 4%	9 3%
NET: Agree	980 48%	156 52%	690 49%	108 50%	160 43%	34 49%	687 49% b	266 47%	32 40%	795 50% b	185 44%	824 48%	148 52%
NET: Disagree	967 48%	133 44%	674 48%	96 45%	195 53%	32 46%	665 48%	275 49%	42 53%	745 47% a	222 53%	832 48%	130 45%
Base for stats	1948	289	1364	205	354	66	1351	541	74	1540	408	1656	278
Mean Score	2.50	2.60	2.50	2.58 b	2.39	2.61	2.50	2.50	2.36	2.53 b	2.39	2.49	2.56
Standard Deviation	.945	.972	.939	1.036	.972	.959	.934	.973	1.120	.945	.940	.942	.945
Standard Error	.021	.058	.026	.071	.053	.116	.025	.042	.131	.024	.048	.023	.055
Error variance	*	*	*	.01	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.8. I feel guilty about not exercising more during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	313 15%	71 19% fghj	34 19% fghj	47 17% fj	50 17% fj	39 16%	22 10%	9 10%	40 12%	136 16% fj	71 11%	99 15% b	55 9%	154 20% ab
Tend to agree (3.0)	668 33%	106 28%	65 36% hj	127 44% aefghj	116 39% ahj	77 32% h	72 33% h	27 29%	77 24%	320 39% ahj	176 28%	212 31% b	133 23%	316 42% ab
Tend to disagree (2.0)	654 32%	100 26%	50 28%	82 28%	89 30%	89 37% ac	82 37% abc	33 36%	129 40% abcdi	259 31%	245 38% abcdi	232 34% c	239 42% ac	178 24%
Strongly disagree (1.0)	314 16%	89 23% bcdei	24 13% c	19 7%	28 10%	31 13% c	37 17% cdi	20 22% cdei	65 20% cdei	79 10%	122 19% cdei	103 15% c	124 22% ac	84 11%
Don't know	74 4%	12 3%	7 4%	11 4%	13 5%	6 3%	6 3%	4 4%	15 4%	31 4%	24 4%	28 4%	24 4%	21 3%
NET: Agree	980 48%	178 47% hj	99 55% fghj	174 61% aefghj	166 56% afghj	116 48% hj	94 43%	36 39%	117 36%	456 55% aefghj	247 39%	311 46% b	188 33%	470 62% ab
NET: Disagree	967 48%	188 50% bcdei	74 41%	101 35%	118 40%	120 50% cdi	119 54% bcdei	54 57% bcdei	194 60% abcdi	338 41%	367 57% abcdi	335 50% c	364 63% ac	263 35%
Base for stats	1948	366	173	275	284	236	213	90	311	795	614	647	551	732
Mean Score	2.50	2.44	2.63 afghj	2.74 aefghj	2.66 afghj	2.52 ghj	2.37	2.27	2.30	2.65 afghj	2.32	2.47 b	2.21	2.74 ab
Standard Deviation	.945	1.060	.953	.825 aefghj	.883 afghj	.919 ghj	.891	.929	.940	.878 afghj	.921	.937 b	.905	.920 ab
Standard Error	.021	.056	.072	.049	.052	.060	.061	.098	.053	.031	.037	.037	.039	.034
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	454 22%	229 23%	223 22%	178 29% bc	145 22%	131 18%	18 18%	58 22%	52 27% f	46 21%	38 22%	38 17%	80 25% f	75 23%	49 24%
Tend to agree (3.0)	964 48%	502 51% b	453 44%	274 45%	323 49%	367 49%	48 50%	124 47%	87 44%	105 50%	89 50%	96 43%	159 50%	159 49%	96 46%
Tend to disagree (2.0)	375 19%	153 16%	221 22% a	105 17%	127 19%	143 19%	15 16%	50 19%	36 19%	38 18%	32 18%	61 28% abcdeghi	53 16%	57 17%	33 16%
Strongly disagree (1.0)	152 8%	72 7%	78 8%	35 6%	46 7%	71 10% a	11 11% c	21 8%	9 4%	12 6%	13 7%	23 10% c	19 6%	26 8%	19 9%
Don't know	78 4%	29 3%	48 5% a	21 4%	23 4%	33 4%	5 5%	11 4%	12 6% g	11 5%	4 2%	5 2%	8 3%	11 3%	10 5%
NET: Agree	1417 70%	731 74% b	676 66%	452 74% c	467 70%	499 67%	66 69%	182 69% f	139 71% f	151 71% f	127 72% f	134 60%	240 75% f	234 72% f	145 70% f
NET: Disagree	527 26%	224 23%	299 29% a	139 23%	173 26%	214 29% a	26 27%	70 27%	45 23%	50 24%	45 26%	84 38% bcdeghi	72 23%	82 25%	52 25%
Base for stats	1944	955	976	591	640	713	92	252	185	201	173	218	312	317	196
Mean Score	2.88	2.93	2.84	3.01	2.88	2.78	2.80	2.87	2.99	2.92	2.88	2.68	2.96	2.90	2.89
Standard Deviation	.852	.834	.867	.845	.836	.860	.887	.859	.822	.807	.840	.881	.822	.856	.892
Standard Error	.019	.028	.027	.033	.032	.034	.087	.056	.058	.056	.062	.067	.046	.047	.065
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity							
Total		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total		2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total		2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	454 22%	55 35% bcdefgh	110 25% efh	117 24% efh	58 23%	35 17%	79 17%	282 26% efh	171 18%	374 22%	15 27%	24 25%	26 31% a	5 31%	2 24%	72 28% a
Tend to agree	(3.0)	964 48%	71 45%	233 52% eh	232 48%	125 49%	87 42%	215 46%	536 49%	428 46%	819 47%	25 47%	47 50%	46 56%	7 41%	5 51%	130 50%
Tend to disagree	(2.0)	375 19%	21 14%	71 16%	88 18%	44 17%	47 23% abg	103 22% abg	180 16% abg	194 21% abg	335 19% d	9 16%	19 20% d	7 8%	2 12%	1 9%	38 15%
Strongly disagree	(1.0)	152 8%	7 4%	23 5%	42 9% b	19 8%	23 11% abg	38 8%	72 7%	80 9% b	137 8%	3 5%	3 3%	4 5%	3 16%	- -	13 5%
Don't know		78 4%	4 2%	11 2%	9 2%	7 3%	15 7% abcdg	33 7% abcdg	23 2%	55 6% bcg	70 4%	2 4%	2 2%	- -	- -	2 16%	5 2%
NET: Agree		1417 70%	126 80% cefh	343 77% efh	349 72% efh	183 72% efh	123 59%	294 63%	818 75% efh	599 65%	1193 69%	40 74%	71 75%	71 87% ac	12 72%	7 75%	202 78% a
NET: Disagree		527 26%	28 18%	94 21%	130 27% ab	63 25%	70 34% abdg	141 30% abg	252 23% abg	274 30% abg	472 27% dg	12 21%	22 24%	11 13%	5 28%	1 9%	51 20%
Base for stats		1944	154	437	479	247	193	435	1070	874	1664	52	94	82	17	8	253
Mean Score		2.88	3.13 cdefgh	2.98 efh	2.89 ef	2.90 e	2.70	2.77	2.96 efh	2.79	2.86	3.01	2.98	3.13 a	2.86	3.17	3.04 a
Standard Deviation		.852	.816	.793	.875	.849	.902	.845	.837	.861	.858	.827	.775	.761	1.061	.642	.798
Standard Error		.019	.065	.038	.039	.054	.064	.042	.025	.030	.021	.111	.076	.084	.250	.243	.049
Error variance		*	*	*	*	*	*	*	*	*	*	.01	.01	.01	.06	.06	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	454 22%	277 22%	89 25%	69 22%	158 24%	9 32% c	9 24%	76 17%	344 24% cf	15 27%	95 18%	435 24% b	13 8%	63 23%	240 21%	127 23%	23 31% b	391 22%
Tend to agree (3.0)	964 48%	602 47%	166 47%	159 50%	325 49%	10 33%	16 41%	199 44%	719 50% ef	20 37%	224 44%	888 49% b	61 36%	117 43%	560 49%	253 47%	33 45%	847 48%
Tend to disagree (2.0)	375 19%	238 19%	68 19%	57 18%	126 19%	5 16%	10 27% e	90 20%	263 18%	6 11%	106 21%	312 17%	47 28% a	50 19%	201 18%	110 20%	14 18%	324 19%
Strongly disagree (1.0)	152 8%	107 8% b	17 5%	24 8%	41 6%	4 13%	3 8%	58 13% d	80 6%	7 13% d	64 13% d	112 6% a	35 21% a	24 9% d	90 8% d	38 7% d	1 1%	128 7% d
Don't know	78 4%	50 4%	11 3%	8 3%	19 3%	2 6%	- -	24 5% d	46 3%	7 13% bcd	25 5%	60 3% a	13 8% a	16 6% ce	44 4%	14 3%	4 5%	62 4%
NET: Agree	1417 70%	878 69%	256 73%	228 72%	483 72%	19 65%	25 65%	275 62%	1063 73% cf	35 64%	319 62%	1323 73% b	74 44%	180 67%	800 71%	380 70%	57 76%	1237 71%
NET: Disagree	527 26%	345 27%	85 24%	81 26%	166 25%	8 29%	14 35%	148 33% d	344 24%	13 24%	170 33% d	424 23% a	82 48%	74 27%	290 26%	148 27%	15 19%	453 26%
Base for stats	1944	1223	341	309	650	27	38	423	1407	48	489	1746	156	254	1091	528	72	1690
Mean Score	2.88	2.86	2.96	2.88	2.92	2.90	2.81	2.69	2.94 cf	2.89	2.71	2.94 b	2.33	2.87	2.87	2.89	3.11 abce	2.89
Standard Deviation	.852	.866	.812	.841	.826	1.041	.906	.920	.811	1.018	.926	.825 b	.919	.897	.847	.851	.749	.845
Standard Error	.019	.024	.048	.052	.035	.190	.142	.046	.022	.140	.043	.020	.073	.055	.026	.038	.089	.021
Error variance	*	*	*	*	*	.04	.02	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	454	312	47	55	20	333	105	15	363	91	391	59
		22%	22%	22%	15%	28%	24%	19%	18%	23%	21%	23%	21%
				b		be	be						
Tend to agree	(3.0)	964	702	75	144	26	712	224	19	766	198	832	121
		48%	50%	35%	39%	37%	51%	40%	25%	48%	47%	48%	42%
			a		f		abcef	f				b	
Tend to disagree	(2.0)	375	257	63	91	14	232	136	29	289	86	309	65
		19%	18%	29%	25%	19%	17%	24%	36%	18%	20%	18%	23%
				d	d			d	bcde				
Strongly disagree	(1.0)	152	97	20	59	6	76	71	12	118	34	125	26
		8%	7%	9%	16%	8%	5%	13%	15%	7%	8%	7%	9%
				d	ad			d	d				
Don't know		78	41	10	21	5	39	30	5	64	14	61	16
		4%	3%	5%	6%	7%	3%	5%	6%	4%	3%	4%	5%
					d	d		d					
NET: Agree		1417	1015	123	199	46	1046	328	34	1129	289	1223	180
		70%	72%	57%	54%	65%	75%	58%	43%	71%	68%	71%	63%
			a	f		f	abef	f				b	
NET: Disagree		527	354	83	150	19	308	207	40	407	120	434	90
		26%	25%	38%	41%	28%	22%	37%	51%	25%	28%	25%	32%
				d	cd			d	acde				a
Base for stats		1944	1369	205	349	65	1354	535	74	1535	409	1657	271
Mean Score		2.88	2.90	2.73	2.56	2.92	2.96	2.68	2.49	2.90	2.84	2.90	2.79
				b		bef	abef						
Standard Deviation		.852	.831	.926	.950	.934	.801	.936	.986	.849	.863	.846	.892
Standard Error		.019	.023	.063	.052	.114	.022	.040	.115	.022	.044	.021	.053
Error variance		*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	454 22%	24 6%	21 11%	30 11%	68 23%	73 30%	76 35%	38 40%	124 38%	172 21%	238 37%	245 36%	75 13%	131 17%
			a	a	abc	abcd	abcd	abcd	abcd	abc	abcd	bc		b
Tend to agree (3.0)	964 48%	92 24%	78 43%	174 61%	178 60%	132 54%	118 54%	47 50%	145 45%	484 59%	310 49%	339 50%	258 45%	361 48%
			a	abhj	abhj	abh	abh	a	a	abhj	a			
Tend to disagree (2.0)	375 19%	139 37%	60 33%	58 20%	36 12%	26 11%	15 7%	5 6%	35 11%	120 15%	55 9%	56 8%	145 25%	169 22%
		cdefghij	cdefghij	defghij	f					fgj			a	a
Strongly disagree (1.0)	152 8%	90 24%	16 9%	15 5%	6 2%	8 3%	3 1%	3 3%	13 4%	28 3%	19 3%	19 3%	66 12%	64 8%
		bcddefghij	defhij	df									a	a
Don't know	78 4%	33 9%	6 3%	10 3%	9 3%	3 1%	7 3%	1 1%	9 3%	22 3%	17 3%	15 2%	31 5%	28 4%
		bcddefghij											a	
NET: Agree	1417 70%	116 31%	98 55%	204 71%	246 83%	205 85%	194 88%	85 91%	269 83%	655 79%	547 86%	583 87%	333 58%	492 65%
			a	ab	abc	abcd	abcd	abcd	abcd	abc	abcd	bc		b
NET: Disagree	527 26%	229 60%	76 42%	72 25%	42 14%	34 14%	18 8%	8 9%	48 15%	148 18%	74 12%	75 11%	211 37%	232 31%
		bcddefghij	cdefghij	defghij	f				f	fgj			ac	a
Base for stats	1944	345	174	277	288	239	212	93	317	804	621	659	544	725
Mean Score	2.88	2.15	2.60	2.80	3.07	3.13	3.26	3.29	3.20	2.99	3.23	3.23	2.63	2.77
			a	ab	abc	abcd	abcd	abcd	abcd	abc	abcd	bc		b
Standard Deviation	.852	.885	.812	.699	.667	.726	.652	.710	.790	.710	.733	.722	.869	.845
Standard Error	.019	.048	.061	.041	.039	.047	.045	.074	.044	.025	.029	.028	.038	.031
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	415 21%	195 20%	216 21%	172 28% bc	149 22% c	94 13%	14 15%	56 21% f	54 27% afi	48 23% f	39 22% f	27 12%	79 25% afi	66 20% f	33 16%
Tend to agree (3.0)	828 41%	423 43%	401 39%	250 41%	275 41%	303 41%	44 45%	109 41%	70 36%	93 44%	66 37%	88 40%	143 45% c	128 39%	87 42%
Tend to disagree (2.0)	454 22%	209 21%	243 24%	113 19%	143 21%	198 27% ab	22 23%	58 22%	39 20%	44 21%	48 27% g	63 28% cg	56 17%	78 24% g	48 23%
Strongly disagree (1.0)	218 11%	112 11%	105 10%	48 8%	63 10%	106 14% ab	14 14%	24 9%	20 10%	19 9%	20 11%	28 13%	28 9%	37 11%	29 14%
Don't know	107 5%	45 5%	60 6%	29 5%	33 5%	44 6%	3 3%	17 6% e	14 7% e	9 4%	3 2%	16 7% e	15 5%	19 6% e	10 5%
NET: Agree	1243 61%	618 63%	617 60%	422 69% c	424 64% c	397 53%	58 60%	165 63% f	124 63% f	141 66% f	105 59%	115 52%	222 69% efhi	193 59%	120 58%
NET: Disagree	672 33%	321 33%	347 34%	162 26%	206 31%	304 41% ab	35 37% g	81 31%	59 30%	62 29%	68 39% dg	91 41% bcdg	84 26%	115 35% g	77 37% g
Base for stats	1915	939	964	583	630	702	93	246	182	203	173	206	306	308	197
Mean Score	2.75	2.75	2.75	2.93 bc	2.81 c	2.55	2.62	2.80 f	2.86 afi	2.83 afi	2.71	2.55	2.89 aefhi	2.72	2.63
Standard Deviation	.921	.919	.922	.905	.911	.906	.918	.899	.964	.892	.943	.885	.895	.933	.932
Standard Error	.021	.031	.029	.036	.036	.036	.089	.059	.069	.061	.070	.069	.050	.052	.068
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																	
Unweighted Total		2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total		2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	415 21%	62 40% bcdefgh	86 19% f	107 22% fh	52 21% f	42 20% f	66 14% f	255 23% fh	160 17% fh	349 20%	16 30%	19 20%	21 25%	- -	3 35%	60 23%
Tend to agree	(3.0)	828 41%	56 35%	213 47% aefh	204 42% e	109 43% e	67 32% e	181 39% e	472 43% eh	356 38% eh	698 40%	17 31%	49 52% ab	39 47%	10 57%	4 43%	118 46% b
Tend to disagree	(2.0)	454 22%	31 19%	86 19%	107 22%	57 23%	57 27% bg	117 25% bg	223 20% bg	231 25% bg	396 23%	16 30% d	19 20%	13 15%	4 22%	- -	52 20%
Strongly disagree	(1.0)	218 11%	9 6%	43 10%	51 10%	23 9%	28 13% a	64 14% ag	103 9% ag	115 12% ag	193 11%	2 5%	7 7%	8 10%	4 21%	2 21%	24 9%
Don't know		107 5%	- -	20 5% a	20 4% a	13 5% a	14 7% ag	40 8% abcg	40 4% a	66 7% acg	97 6% cg	3 5%	1 1%	2 2%	- -	- -	5 2%
NET: Agree		1243 61%	118 75% cdefgh	298 67% efh	311 64% efh	161 63% efh	108 52% efh	247 53% efh	727 67% efh	516 56% efh	1048 60%	33 61%	68 72% a	59 72% a	10 57%	7 79%	178 69% a
NET: Disagree		672 33%	40 25%	129 29%	157 32%	81 32%	85 41% abcdg	181 39% abcg	326 30% abg	347 37% abg	589 34%	19 34%	26 27%	21 26%	7 43%	2 21%	75 29%
Base for stats		1915	158	427	468	241	193	428	1053	862	1637	52	95	81	17	9	253
Mean Score		2.75	3.09 bcdefgh	2.80 efh	2.79 fh	2.78 fh	2.63 fh	2.58 fh	2.84 efh	2.65 efh	2.74	2.90	2.85	2.89	2.36	2.92	2.84
Standard Deviation		.921	.903	.876	.919	.893	.980	.924	.905	.931	.926	.907	.831	.914	.830	1.161	.889
Standard Error		.021	.071	.042	.041	.057	.069	.047	.028	.032	.023	.122	.081	.102	.196	.387	.054
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.04	.15	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
		None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739	
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	415 21%	232 18%	93 26%	71 22%	164 24%	9 30%	13 35%	58 13%	324 22%	11 20%	80 16%	393 22%	20 12%	56 21%	221 19%	123 23%	15 19%	359 20%	
Tend to agree (3.0)	828 41%	505 40%	146 41%	140 44%	286 43%	10 33%	14 35%	165 37%	616 42%	24 44%	188 37%	767 42%	44 26%	88 32%	477 42%	232 43%	31 42%	740 42%	
Tend to disagree (2.0)	454 22%	310 24%	68 19%	66 21%	134 20%	7 23%	6 17%	121 27%	312 21%	8 15%	134 26%	391 22%	49 29%	78 29%	247 22%	112 21%	17 23%	376 21%	
Strongly disagree (1.0)	218 11%	155 12%	27 8%	29 9%	57 8%	4 13%	4 10%	73 16%	132 9%	6 11%	80 16%	168 9%	41 24%	34 13%	127 11%	47 9%	11 14%	184 11%	
Don't know	107 5%	70 5%	18 5%	11 3%	29 4%	- -	1 3%	30 7%	69 5%	6 11%	32 6%	87 5%	16 9%	14 5%	62 5%	29 5%	2 2%	92 5%	
NET: Agree	1243 61%	738 58%	238 68%	211 67%	449 67%	18 63%	27 70%	223 50%	939 65%	35 64%	269 52%	1160 64%	64 38%	144 53%	698 62%	355 66%	46 61%	1099 63%	
NET: Disagree	672 33%	466 37%	95 27%	95 30%	191 29%	11 37%	10 27%	193 43%	444 31%	14 25%	214 42%	559 31%	90 53%	112 42%	374 33%	159 29%	28 37%	560 32%	
Base for stats	1915	1203	334	306	640	29	37	417	1384	49	483	1719	154	256	1072	514	73	1659	
Mean Score	2.75	2.68	2.91	2.82	2.87	2.80	2.98	2.50	2.82	2.82	2.56	2.81	2.28	2.65	2.74	2.84	2.68	2.77	
Standard Deviation	.921	.929	.897	.894	.896	1.031	.985	.938	.899	.925	.956	.900	.999	.969	.918	.893	.958	.913	
Standard Error	.021	.026	.053	.055	.039	.182	.156	.047	.024	.126	.044	.022	.080	.059	.028	.040	.112	.022	
Error variance	*	*	*	*	*	.03	.02	*	*	.02	*	*	.01	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	415 21%	75 25%	274 19%	58 27%	53 14%	23 34%	293 21%	111 20%	19 24%	338 21%	77 18%	352 20%	61 21%
		b		bde		bde	b	b	b				
Tend to agree (3.0)	828 41%	120 40%	607 43%	82 38%	117 32%	20 28%	607 44%	196 35%	21 27%	668 42%	160 38%	719 42%	103 36%
							bcef						
Tend to disagree (2.0)	454 22%	55 18%	310 22%	51 24%	110 30%	16 23%	291 21%	151 27%	24 31%	357 22%	97 23%	381 22%	69 24%
					d			d	d				
Strongly disagree (1.0)	218 11%	32 11%	149 11%	16 8%	64 17%	7 11%	137 10%	76 13%	10 13%	158 10%	61 14%	183 11%	34 12%
					ad			ad			a		
Don't know	107 5%	20 7%	69 5%	9 4%	26 7%	3 4%	64 5%	31 6%	5 6%	79 5%	28 7%	83 5%	21 7%
NET: Agree	1243 61%	195 65%	881 62%	140 65%	170 46%	43 62%	900 65%	307 54%	40 51%	1006 63%	237 56%	1071 62%	163 57%
				bef		b	bef	b		b			
NET: Disagree	672 33%	87 29%	460 33%	68 31%	174 47%	24 34%	428 31%	227 40%	34 43%	515 32%	157 37%	564 33%	102 36%
					acde			ad	d				
Base for stats	1915	282	1341	207	344	67	1329	534	74	1521	394	1635	266
Mean Score	2.75	2.84	2.75	2.87	2.46	2.89	2.80	2.64	2.66	2.78	2.64	2.76	2.72
				be		be	be	b		b			
Standard Deviation	.921	.945	.906	.913	.966	1.018	.901	.966	1.010	.908	.964	.916	.956
Standard Error	.021	.057	.025	.062	.053	.123	.025	.042	.118	.023	.050	.023	.057
Error variance	*	*	*	*	*	.02	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	415 21%	17 5%	17 9%	33 11%	67 22%	74 30%	67 31%	36 39%	104 32%	173 21%	208 33%	212 32%	86 15%	113 15%
			a	a	abc	abcdi	abcdi	abcdi	abcdi	abc	abcdi	bc		
Tend to agree (3.0)	828 41%	84 22%	66 37%	143 50%	152 51%	109 45%	94 43%	38 41%	143 44%	404 49%	275 43%	298 44%	196 34%	324 43%
			a	ab	abj	a	a	a	a	abj	a	b		b
Tend to disagree (2.0)	454 22%	137 36%	53 29%	72 25%	53 18%	43 18%	41 19%	5 6%	50 15%	168 20%	96 15%	113 17%	151 26%	188 25%
		cdefghij	defghij	deghj	g	g	g		g	gj	g		a	a
Strongly disagree (1.0)	218 11%	99 26%	32 18%	23 8%	15 5%	11 5%	9 4%	7 8%	22 7%	49 6%	38 6%	33 5%	101 18%	83 11%
		bdefghij	cdefghij										ac	a
Don't know	107 5%	42 11%	12 7%	15 5%	11 4%	5 2%	8 4%	7 7%	6 2%	32 4%	21 3%	18 3%	41 7%	45 6%
		cdefhij	ehj	h				eh					a	a
NET: Agree	1243 61%	101 27%	83 46%	175 61%	218 73%	183 75%	161 74%	74 80%	247 76%	577 70%	483 76%	510 76%	282 49%	437 58%
			a	ab	abc	abc	abc	abci	abci	abc	abci	bc		b
NET: Disagree	672 33%	236 62%	85 47%	95 33%	68 23%	54 22%	50 23%	12 13%	72 22%	217 26%	135 21%	146 22%	252 44%	271 36%
		bdefghij	cdefghij	defghij	g					gj			ac	a
Base for stats	1915	336	169	271	286	237	211	87	320	794	617	656	534	708
Mean Score	2.75	2.06	2.40	2.68	2.94	3.04	3.04	3.19	3.03	2.88	3.06	3.05	2.50	2.66
			a	ab	abc	abci	abci	abcdi	abci	abc	abci	bc		b
Standard Deviation	.921	.862	.913	.796	.791	.824	.825	.881	.874	.815	.859	.835	.975	.884
Standard Error	.021	.048	.070	.047	.047	.054	.057	.094	.049	.029	.035	.032	.043	.033
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.11. The current situation has not impacted my current exercise regime: 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	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	252 12%	145 15% b	106 10% c	89 14% c	83 12% c	81 11% c	8 8%	30 12% b	26 13% c	25 12% d	16 9% e	23 10% f	44 14% g	45 14% h	34 17% ae
Tend to agree (3.0)	598 30%	310 32% b	285 28% c	163 27% c	181 27% c	255 34% ab	25 26%	75 29% b	69 35% g	67 31% d	54 31% e	79 35% f	78 24% g	98 30% h	54 26% i
Tend to disagree (2.0)	616 30%	297 30% c	313 31% c	165 27% c	223 34% a	227 30% c	35 36% c	78 30% b	49 25% c	59 28% d	50 28% e	61 27% f	114 35% g	97 30% h	73 35% c
Strongly disagree (1.0)	465 23%	193 20% a	268 26% a	161 26% c	151 23% c	153 21% c	24 25%	65 25% b	40 20% c	50 23% d	50 28% e	49 22% f	72 23% g	78 24% h	37 18% i
Don't know	91 5%	39 4% c	52 5% c	35 6% c	26 4% c	31 4% c	4 4%	15 6% b	12 6% c	11 5% d	7 4% e	12 5% f	13 4% g	10 3% h	8 4% i
NET: Agree	850 42%	455 46% b	391 38% c	251 41% c	263 40% c	336 45% c	33 34%	105 40% b	95 48% ag	92 44% d	70 39% e	102 46% f	122 38% g	143 44% h	89 43% i
NET: Disagree	1081 53%	489 50% a	581 57% a	326 53% c	375 56% c	380 51% c	59 61% cf	143 54% b	89 45% c	109 51% d	100 57% e	110 49% f	186 58% g	175 53% h	110 53% i
Base for stats	1931	945	972	578	638	715	92	248	184	201	170	211	308	317	199
Mean Score	2.33	2.43 b	2.23 c	2.31 c	2.31 c	2.37 c	2.18	2.29 b	2.44 ae	2.34 d	2.21 e	2.36 f	2.30 g	2.35 h	2.43 ae
Standard Deviation	.982	.980 b	.975 c	1.039 c	.973 c	.941 c	.925	.987 b	.985 ae	.987 d	.972 e	.956 f	.985 g	1.002 h	.984 ae
Standard Error	.022	.033 b	.031 c	.041 c	.038 c	.037 c	.090	.065 b	.070 ae	.068 d	.073 e	.074 f	.055 g	.055 h	.071 ae
Error variance	*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.11. The current situation has not impacted my current exercise regime: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	252 12%	29 19%	45 10%	55 11%	34 13%	25 12%	64 14%	129 12%	122 13%	216 12%	6 11%	14 15%	8 10%	1 5%	1 8%	30 12%	
Tend to agree (3.0)	598 30%	49 31%	124 28%	142 29%	87 34%	50 24%	146 31%	316 29%	283 30%	507 29%	11 21%	33 34%	30 37%	7 40%	3 28%	84 33%	
Tend to disagree (2.0)	616 30%	45 29%	144 32%	158 32%	66 26%	62 30%	141 30%	347 32%	269 29%	534 31%	17 31%	23 24%	23 28%	5 30%	3 34%	71 27%	
Strongly disagree (1.0)	465 23%	30 19%	118 26%	115 24%	56 22%	51 25%	95 20%	262 24%	203 22%	401 23%	19 34%	20 21%	17 21%	3 20%	2 22%	61 24%	
Don't know	91 5%	4 3%	17 4%	18 4%	12 5%	20 9%	21 4%	39 4%	52 6%	76 4%	2 3%	5 6%	4 5%	1 4%	1 8%	12 5%	
NET: Agree	850 42%	79 50%	169 38%	197 40%	121 47%	74 36%	210 45%	445 41%	405 44%	724 42%	17 32%	47 49%	38 47%	8 46%	3 36%	114 44%	
NET: Disagree	1081 53%	75 47%	262 58%	272 56%	122 48%	114 55%	236 51%	609 56%	472 51%	934 54%	35 65%	43 45%	40 49%	8 50%	5 56%	132 51%	
Base for stats	1931	154	431	470	242	188	447	1054	877	1658	53	90	78	16	9	246	
Mean Score	2.33	2.51	2.22	2.29	2.41	2.25	2.40	2.30	2.37	2.33	2.09	2.46	2.37	2.33	2.24	2.34	
Standard Deviation	.982	1.013	.965	.965	.994	1.002	.977	.976	.988	.982	1.018	1.013	.941	.891	.978	.985	
Standard Error	.022	.081	.046	.044	.063	.072	.048	.030	.034	.024	.136	.102	.106	.216	.346	.061	
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.05	.12	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.11. The current situation has not impacted my current exercise regime: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	252 12%	157 12%	44 12%	41 13%	85 13%	7 24% d	12 32% cdf	54 12%	168 12%	12 21% d	73 14%	214 12%	35 21% a	41 15%	129 11%	75 14%	7 10%	211 12%
Tend to agree (3.0)	598 30%	382 30%	93 26%	105 33%	198 30%	8 29%	13 33%	133 30%	433 30%	11 20%	154 30%	527 29%	50 29%	71 26%	344 30%	155 29%	28 38%	527 30%
Tend to disagree (2.0)	616 30%	391 31%	110 31%	91 29%	201 30%	8 26%	9 24%	130 29%	457 31%	12 22%	147 28%	569 31%	42 25%	88 33%	354 31%	156 29%	17 22%	527 30%
Strongly disagree (1.0)	465 23%	291 23%	85 24%	71 22%	156 23%	5 17%	3 9%	106 24% b	339 23% b	12 23%	114 22% b	419 23%	34 20%	60 22%	253 22%	132 24%	20 26%	405 23%
Don't know	91 5%	52 4%	20 6%	9 3%	29 4%	1 4%	1 3%	25 6%	56 4%	7 13% cdf	28 5%	76 4%	8 5%	10 4%	54 5%	24 4%	3 4%	81 5%
NET: Agree	850 42%	539 42%	137 39%	146 46%	283 42%	15 52%	25 64% odef	187 42%	601 41%	23 41%	226 44%	741 41%	85 50% a	111 41%	473 42%	230 42%	36 47%	739 42%
NET: Disagree	1081 53%	682 54%	195 55%	162 51%	357 53%	13 44%	13 33%	235 53% b	795 55% b	25 45%	260 51% b	988 55% b	77 45%	149 55%	607 54%	288 53%	36 49%	932 53%
Base for stats	1931	1221	332	308	640	28	37	422	1396	48	487	1730	162	260	1081	518	72	1671
Mean Score	2.33	2.33	2.29	2.38	2.33	2.61	2.90 cdf	2.32	2.31	2.46	2.38	2.31	2.53 a	2.35	2.32	2.33	2.32	2.33
Standard Deviation	.982	.977	.992	.983	.988	1.066	.975	.987	.969	1.134	1.002	.973	1.056	1.004	.963	1.011	.991	.979
Standard Error	.022	.027	.059	.061	.043	.192	.154	.049	.026	.156	.046	.023	.083	.061	.029	.045	.117	.024
Error variance	*	*	*	*	*	.04	.02	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.11. The current situation has not impacted my current exercise regime: 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	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0) 252 12%	47 16%	159 11%	29 13%	57 15%	15 21%	158 11%	83 15%	16 20%	195 12%	57 13%	209 12%	37 13%
		b			d	d		d	d				
Tend to agree	(3.0) 598 30%	90 30%	429 30%	57 26%	104 28%	20 29%	421 30%	157 28%	22 27%	470 29%	128 30%	528 31%	66 23%
												b	
Tend to disagree	(2.0) 616 30%	73 24%	443 31%	64 30%	104 28%	18 26%	435 31%	163 29%	21 27%	494 31%	122 29%	524 31%	89 31%
			a										
Strongly disagree	(1.0) 465 23%	75 25%	321 23%	55 26%	88 24%	13 18%	322 23%	135 24%	17 22%	370 23%	95 22%	380 22%	81 28%
												a	
Don't know	91 5%	17 6%	58 4%	11 5%	17 5%	4 6%	58 4%	28 5%	3 4%	70 4%	21 5%	77 5%	12 4%
NET: Agree	850 42%	137 45%	588 42%	85 39%	161 44%	35 50%	578 42%	240 42%	37 47%	665 42%	185 44%	736 43%	104 36%
												b	
NET: Disagree	1081 53%	147 49%	764 54%	119 55%	192 52%	31 44%	757 54%	298 53%	39 49%	864 54%	217 51%	904 53%	171 60%
												a	
Base for stats	1931	284	1352	204	353	65	1335	538	76	1529	402	1641	275
Mean Score	2.33	2.38	2.32	2.29	2.37	2.56 d	2.31	2.35	2.47	2.32	2.37	2.34 b	2.22
Standard Deviation	.982	1.048	.963	1.014	1.028	1.052	.966	1.019	1.062	.979	.994	.972 b	1.020
Standard Error	.022	.063	.026	.069	.056	.128	.026	.044	.123	.025	.051	.024 a	.060
Error variance	*	*	*	*	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q9.11. The current situation has not impacted my current exercise regime: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	252 12%	62 16% bcdfi	14 8%	22 8%	31 10%	30 12%	22 10%	14 15%	56 17%	83 10%	93 15%	98 14%	114 20%	36 5%
Tend to agree (3.0)	598 30%	107 28%	56 31%	85 30%	92 31%	71 29%	69 31%	25 26%	94 29%	248 30%	187 29%	188 28%	267 46%	141 19%
Tend to disagree (2.0)	616 30%	74 20%	54 30% a	93 32% a	100 34% a	82 34% a	73 33% a	33 36% a	107 33% a	275 33% a	213 33% a	245 36% b	113 20% c	252 34% b
Strongly disagree (1.0)	465 23%	106 28% dhj	51 28% hj	75 26% hj	63 21% h	54 22% h	46 21%	19 21%	50 15%	192 23% hj	115 18%	113 17% b	55 10%	291 39% ab
Don't know	91 5%	28 8% degij	6 3%	12 4%	11 4%	5 2%	9 4%	2 2%	19 6% e	27 3%	29 5%	30 5%	26 5%	33 4%
NET: Agree	850 42%	169 45%	69 38%	107 37%	123 41%	101 42%	91 42%	39 42%	150 46% c	331 40%	280 44%	285 42% c	381 66% ac	177 23%
NET: Disagree	1081 53%	180 48%	105 58% ah	167 58% ahj	163 55%	136 56% a	119 54%	53 57%	157 48%	467 57% ah	329 52%	358 53% b	168 29%	544 72% ab
Base for stats	1931	350	174	275	286	238	210	92	307	798	609	644	549	720
Mean Score	2.33	2.36	2.18	2.20	2.32	2.33	2.32	2.37	2.51 bcdefi	2.28	2.42	2.42 c	2.80 ac	1.89
Standard Deviation	.982	1.094	.948	.930	.938	.966	.936	.989	.970	.944	.964	.949	.881	.888
Standard Error	.022	.059	.072	.055	.055	.063	.065	.103	.055	.033	.039	.037	.038	.033
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? This might include walking, cycling, scootering, running, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	d	e	f	g	h	i
Unweighted Total	565	238	327	222	300	43	22	66	58	62	57	53	93	112	42
Total	669	298	371	258	348	63	22	84	61	70	64	72	115	129	52
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	59 9%	23 8%	36 10%	25 10%	29 8%	5 7%	1 5%	6 7%	2 3%	8 11%	6 9%	3 4%	8 7%	19 14% cf	6 12%
Some, but less than half an hour	199 30%	101 34%	98 26%	85 33%	95 27%	19 30%	2 10%	25 30%	12 19%	22 32%	23 36%	22 31%	46 41% ci	35 28%	11 21%
Between half an hour and an hour	265 40%	119 40%	146 39%	107 41%	141 40%	18 28%	10 45%	33 40% e	33 55% de	25 35%	12 19%	31 43% e	48 42% e	51 40% e	21 41% e
An hour or more	146 22%	54 18%	91 25%	41 16%	83 24% a	21 34% a	9 41%	20 23% g	14 23% g	15 22% g	24 37% gh	16 22% g	11 10%	23 18%	13 26% g
NET: Some	610 91%	275 92%	336 90%	233 90%	319 92%	58 93%	21 95%	78 93%	59 97% h	62 89%	59 91%	69 96% h	106 93%	110 86%	46 88%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? This might include walking, cycling, scootering, running, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	565	58	167	154	78	60	48	379	186	468	17	30	35	5	2	89
Total	669	69	197	181	94	71	57	448	222	554	19	35	42	6	3	105
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	59 9%	4 6%	11 6%	16 9%	10 11%	9 13%	7 12%	32 7%	27 12% b	43 8%	3 18%	8 23% a	3 7%	1 20%	- -	16 15% a
Some, but less than half an hour	199 30%	23 33%	56 28%	63 35%	24 26%	19 27%	14 24%	142 32%	57 26%	160 29%	9 46%	12 33%	14 32%	2 41%	- -	37 35%
Between half an hour and an hour	265 40%	23 33%	90 46%	69 38%	35 37%	26 36%	23 41%	182 41%	83 38%	219 39%	6 30%	13 38%	19 45%	2 38%	1 53%	42 40%
An hour or more	146 22%	19 27%	40 20%	33 18%	25 26%	17 24%	13 23%	91 20%	54 25%	133 24% cg	1 6%	2 6%	6 15%	- -	1 47%	11 10%
NET: Some	610 91%	65 94%	186 94%	165 91%	83 89%	62 87%	50 88%	416 93%	195 88%	511 92%	16 82%	27 77%	39 93%	5 80%	3 100%	89 85%
			h							cg						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? This might include walking, cycling, scootering, running, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	b	c	d	*a	*b	c	d	*e	f	a	b	*a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	565	-	296	269	565	6	17	67	466	9	90	514	41	4	237	291	33	561
Total	669	-	352	317	669	7	19	81	551	11	108	610	48	5	281	344	40	665
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	59	-	41	17	59	-	1	11	46	1	12	51	6	1	29	24	5	58
	9%	-	12%	6%	9%	-	6%	13%	8%	12%	11%	8%	12%	27%	10%	7%	11%	9%
			c															
Some, but less than half an hour	199	-	110	89	199	3	8	29	155	3	41	169	26	1	86	97	15	198
	30%	-	31%	28%	30%	48%	41%	36%	28%	31%	38%	28%	53%	24%	31%	28%	37%	30%
													a					
Between half an hour and an hour	265	-	122	143	265	2	8	18	231	6	28	254	9	1	107	145	12	264
	40%	-	35%	45%	40%	31%	43%	22%	42%	57%	26%	42%	19%	25%	38%	42%	30%	40%
				b					cf			b						
An hour or more	146	-	79	67	146	1	2	24	118	-	28	136	8	1	59	77	9	145
	22%	-	22%	21%	22%	20%	10%	30%	21%	-	26%	22%	16%	24%	21%	22%	22%	22%
NET: Some	610	-	311	300	610	7	18	71	505	10	96	559	43	3	252	320	35	607
	91%	-	88%	94%	91%	100%	94%	87%	92%	88%	89%	92%	88%	73%	90%	93%	89%	91%
				b														

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? This might include walking, cycling, scootering, running, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	565	123	434	64	71	21	418	134	21	464	101	495	69
Total	669	146	514	77	87	25	492	161	27	549	120	587	81
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	59	17	40	5	10	4	42	16	3	49	10	52	7
	9%	11%	8%	7%	11%	14%	9%	10%	11%	9%	8%	9%	8%
Some, but less than half an hour	199	57	139	30	37	6	133	61	13	172	27	158	41
	30%	39%	27%	39%	43%	25%	27%	38%	47%	31%	23%	27%	50%
		b	d	d	d	d	d	d	d			a	a
Between half an hour and an hour	265	55	208	25	18	9	211	46	5	215	50	243	22
	40%	38%	40%	32%	20%	36%	43%	29%	19%	39%	42%	41%	28%
							be					b	b
An hour or more	146	17	127	17	22	6	105	39	6	113	33	134	11
	22%	12%	25%	22%	26%	25%	21%	24%	23%	21%	28%	23%	14%
			a										
NET: Some	610	129	474	72	77	22	450	146	24	500	110	535	74
	91%	89%	92%	93%	89%	86%	91%	90%	89%	91%	92%	91%	92%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q10a. On average, how much physical activity and exercise does each child in your household do on a typical day at the moment? This might include walking, cycling, scootering, running, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Number of days active											Amount of activity since the COVID-19 restrictions were introduced		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	*g	h	i	j	a	b	c
Unweighted Total	565	73	56	88	97	76	72	24	79	261	175	229	122	210
Total	669	87	65	102	117	91	85	29	95	310	208	269	146	250
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	59	19	11	14	1	6	2	3	2	22	7	16	16	26
	9%	22%	17%	14%	1%	7%	3%	9%	2%	7%	3%	6%	11%	10%
		defhij	dfhij	dfhij		d				d				
Some, but less than half an hour	199	36	23	38	48	18	18	3	14	105	35	64	44	89
	30%	42%	36%	38%	41%	20%	21%	11%	15%	34%	17%	24%	30%	36%
		efhj	ehj	efhj	efhj				acdi	efhj		c	c	a
Between half an hour and an hour	265	18	25	30	44	40	40	18	51	114	109	122	64	80
	40%	20%	38%	30%	38%	44%	47%	62%	54%	37%	52%	45%	44%	32%
			a		a	a	ac		acdi	a	acdi	c	c	
An hour or more	146	14	6	19	23	27	25	5	27	69	57	67	22	55
	22%	16%	9%	18%	20%	30%	29%	18%	29%	22%	27%	25%	15%	22%
						ab	b		b	b	b	b		
NET: Some	610	68	54	88	116	84	82	26	92	288	201	253	130	224
	91%	78%	83%	86%	99%	93%	97%	91%	98%	93%	97%	94%	89%	90%
				abcei	a	abc		abc	abc	abc	abc			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? 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	565	238	327	222	300	43	22	66	58	62	57	53	93	112	42
Total	669	298	371	258	348	63	22	84	61	70	64	72	115	129	52
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	43 6%	22 7%	21 6%	16 6%	26 8%	- -	3 14%	4 5%	4 7%	9 12%	6 9%	3 4%	9 8%	2 2%	4 7%
A bit more (4.0)	158 24%	86 29%	73 20%	74 29%	72 21%	13 20%	5 24%	18 21%	18 29%	16 23%	12 18%	22 31%	32 28%	26 20%	10 19%
Neither more nor less (3.0)	207 31%	92 31%	115 31%	84 32%	101 29%	22 35%	7 32%	19 23%	18 29%	24 34%	26 41%	20 28%	31 27%	47 36%	15 30%
A bit less (2.0)	117 17%	53 18%	64 17%	43 17%	64 18%	11 17%	3 14%	17 20%	8 12%	9 12%	8 12%	12 17%	22 20%	22 17%	17 33%
A lot less (1.0)	126 19%	39 13%	87 23%	34 13%	78 22%	13 21%	4 17%	23 27%	12 19%	14 19%	13 20%	13 19%	17 14%	25 19%	6 12%
Don't know	18 3%	7 2%	12 3%	7 3%	7 2%	5 8%	- -	4 5%	2 3%	- -	- -	2 2%	4 3%	7 5%	- -
NET: More	201 30%	108 36%	94 25%	90 35%	98 28%	13 20%	8 38%	22 26%	22 36%	24 35%	17 27%	25 34%	41 36%	28 22%	13 26%
NET: Less	243 36%	92 31%	151 41%	77 30%	142 41%	24 38%	7 31%	39 46%	19 32%	22 32%	21 33%	25 35%	39 34%	47 36%	23 45%
Base for stats	651	291	360	251	342	58	22	80	59	70	64	70	111	122	52
Mean Score	2.81	3.00	2.66	2.98	2.72	2.59	3.03	2.55	2.92	2.96	2.82	2.84	2.95	2.66	2.76
Standard Deviation	1.194	1.148	1.210	1.131	1.245	1.073	1.299	1.255	1.239	1.276	1.203	1.180	1.196	1.086	1.110
Standard Error	.051	.075	.068	.077	.073	.170	.277	.158	.166	.162	.159	.164	.126	.105	.171
Error variance	*	.01	*	.01	.01	.03	.08	.02	.03	.03	.03	.03	.02	.01	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? 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	
		a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	565	58	167	154	78	60	48	379	186	468	17	30	35	5	2	89	
Total	669	69	197	181	94	71	57	448	222	554	19	35	42	6	3	105	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	43 6%	12 17%	9 5%	7 4%	7 8%	6 8%	2 4%	28 6%	15 7%	32 6%	2 12%	2 7%	4 9%	1 17%	1 47%	11 10%	
		bcfgh															
A bit more (4.0)	158 24%	21 31%	50 26%	39 22%	24 25%	18 25%	6 11%	111 25%	48 21%	123 22%	4 23%	13 36%	17 41%	- -	1 53%	35 34%	
		f								a							
Neither more nor less (3.0)	207 31%	17 24%	60 30%	63 35%	26 28%	24 34%	17 29%	140 31%	67 30%	177 32%	4 19%	9 27%	9 22%	4 62%	- -	26 25%	
A bit less (2.0)	117 17%	5 7%	46 23%	30 17%	17 18%	10 14%	9 15%	81 18%	36 16%	93 17%	5 24%	8 24%	6 15%	- -	- -	19 18%	
		a															
A lot less (1.0)	126 19%	13 19%	28 14%	37 20%	18 19%	11 15%	19 34%	78 17%	48 22%	117 21%	2 12%	1 3%	5 11%	1 20%	- -	9 9%	
		beg								cg							
Don't know	18 3%	2 2%	3 2%	5 3%	2 3%	2 3%	4 7%	9 2%	9 4%	13 2%	2 11%	1 4%	1 3%	- -	- -	5 4%	
		bg															
NET: More	201 30%	33 48%	60 30%	46 25%	31 33%	23 33%	8 15%	139 31%	62 28%	155 28%	7 35%	15 43%	21 49%	1 17%	3 100%	46 44%	
		bcfgh								a							
NET: Less	243 36%	18 26%	74 38%	67 37%	35 37%	21 29%	28 49%	159 36%	83 38%	210 38%	7 35%	9 27%	11 26%	1 20%	- -	28 27%	
		ae															
Base for stats	651	68	194	177	91	69	53	438	213	542	17	34	41	6	3	100	
Mean Score	2.81	3.21	2.83	2.71	2.84	2.96	2.31	2.84	2.75	2.74	3.00	3.21	3.22	2.94	4.47	3.19	
		bcfgh								a							
Standard Deviation	1.194	1.353	1.119	1.145	1.237	1.174	1.197	1.177	1.229	1.198	1.295	1.009	1.170	1.342	.634	1.144	
Standard Error	.051	.179	.087	.093	.142	.154	.178	.061	.092	.056	.334	.187	.201	.600	.449	.124	
Error variance	*	.03	.01	.01	.02	.02	.03	*	.01	*	.11	.04	.04	.36	.20	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
		*a	b	c	d	*a	*b	c	d	*e	f	a	b	*a	b	c	d	e
Significance Level: 95%																		
Unweighted Total	565	-	296	269	565	6	17	67	466	9	90	514	41	4	237	291	33	561
Total	669	-	352	317	669	7	19	81	551	11	108	610	48	5	281	344	40	665
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 43 6%	-	18 5%	25 8%	43 6%	4 52%	2 12%	6 7%	31 6%	- -	12 11% d	41 7%	2 4%	-	16 6%	23 7%	4 9%	43 6%
A bit more	(4.0) 158 24%	-	91 26%	67 21%	158 24%	1 17%	7 34%	11 13%	136 25% c	4 33%	18 17%	149 24%	10 20%	1 25%	74 26%	72 21%	11 29%	157 24%
Neither more nor less	(3.0) 207 31%	-	114 32%	93 29%	207 31%	-	7 36%	25 31%	174 32%	-	32 30%	187 31%	17 35%	2 48%	93 33%	100 29%	11 28%	205 31%
A bit less	(2.0) 117 17%	-	50 14%	67 21% b	117 17%	-	2 11%	11 14%	102 19%	1 13%	13 12%	109 18%	5 9%	-	43 15%	68 20%	6 15%	117 18%
A lot less	(1.0) 126 19%	-	67 19%	59 19%	126 19%	2 31%	-	22 27%	97 18%	5 42%	25 23%	107 17%	14 29%	1 27%	44 16%	76 22%	5 12%	125 19%
Don't know	18 3%	-	12 3%	6 2%	18 3%	-	1 7%	6 7% d	10 2%	1 12%	7 6% d	17 3%	1 2%	-	10 4%	5 1%	3 7% c	18 3%
NET: More	201 30%	-	109 31%	92 29%	201 30%	5 69%	9 46%	17 21%	167 30%	4 33%	31 28%	189 31%	12 24%	1 25%	90 32%	95 28%	15 38%	200 30%
NET: Less	243 36%	-	117 33%	126 40%	243 36%	2 31%	2 11%	34 41%	199 36%	6 55%	38 35%	216 35%	18 38%	1 27%	87 31%	144 42% b	11 27%	242 36%
Base for stats	651	-	340	311	651	7	18	76	540	10	101	593	47	5	270	339	37	646
Mean Score	2.81	-	2.83	2.78	2.81	3.58	3.51	2.56	2.82	2.27	2.80	2.84	2.61	2.70	2.91	2.70	3.10	2.81
Standard Deviation	1.194	-	1.178	1.213	1.194	1.917	.890	1.273	1.164	1.459	1.322	1.187	1.237	1.262	1.146	1.225	1.185	1.195
Standard Error	.051	-	.070	.075	.051	.783	.222	.160	.054	.516	.143	.053	.196	.631	.076	.072	.213	.051
Error variance	*	-	*	.01	*	.61	.05	.03	*	.27	.02	*	.04	.40	.01	.01	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? 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	565	123	434	64	71	21	418	134	21	464	101	495	69
Total	669	146	514	77	87	25	492	161	27	549	120	587	81
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 43 6%	17 12% b	24 5%	6 8%	11 12% d	5 20%	23 5%	19 12% d	3 10%	34 6%	9 7%	40 7%	3 4%
A bit more	(4.0) 158 24%	48 33% b	106 21%	13 17%	10 12%	7 28%	125 25% b	28 17%	2 9%	135 25%	23 19%	144 24%	15 18%
Neither more nor less	(3.0) 207 31%	33 23%	172 33% a	14 19%	26 30%	6 23%	160 32% a	43 27%	2 9%	160 29%	47 39% a	178 30%	28 34%
A bit less	(2.0) 117 17%	14 10%	102 20% a	19 24%	11 13%	2 9%	90 18%	24 15%	8 29%	100 18%	17 14%	107 18%	10 12%
A lot less	(1.0) 126 19%	29 20%	96 19%	22 28% d	24 28% d	5 20%	80 16%	42 26% d	9 33%	103 19%	23 19%	104 18%	22 27%
Don't know	18 3%	3 2%	14 3%	3 3%	4 4%	- -	13 3%	4 2%	3 10%	17 3%	2 1%	15 3%	4 4%
NET: More	201 30%	66 45% b	131 25%	20 25%	21 24%	12 48%	149 30%	48 30%	5 19%	170 31%	32 26%	183 31%	18 22%
NET: Less	243 36%	43 30%	198 39%	41 53% d	35 41%	7 29%	170 35%	67 41%	17 62%	203 37%	40 33%	211 36%	32 39%
Base for stats	651	142	500	75	83	25	479	157	24	533	118	572	78
Mean Score	2.81	3.08 b	2.72	2.51	2.66	3.19	2.84 a	2.73	2.26	2.81	2.81	2.84	2.59
Standard Deviation	1.194	1.325	1.141	1.314	1.364	1.421	1.137	1.359	1.371	1.199	1.175	1.191	1.207
Standard Error	.051	.121	.055	.167	.165	.310	.056	.119	.315	.057	.117	.054	.149
Error variance	*	.01	*	.03	.03	.10	*	.01	.10	*	.01	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q10b. How does this compare to the amount of physical activity and exercise they would usually do on a weekend day before the coronavirus outbreak? 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										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
	a	b	c	d	e	f	*g	h	i	j	a	b	c	
Significance Level: 95%														
Unweighted Total	565	73	56	88	97	76	72	24	79	261	175	229	122	210
Total	669	87	65	102	117	91	85	29	95	310	208	269	146	250
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	43 6%	2 3%	6 9%	5 5%	3 3%	5 5%	5 5%	2 8%	14 15%	14 4%	21 10%	27 10%	4 3%	12 5%
A bit more (4.0)	158 24%	9 10%	6 9%	20 20%	34 29%	27 30%	30 35%	5 17%	28 30%	81 26%	63 30%	102 38%	22 15%	34 14%
Neither more nor less (3.0)	207 31%	32 36%	20 30%	34 33%	35 30%	29 32%	22 26%	10 34%	25 26%	99 32%	57 27%	69 26%	80 54%	56 22%
A bit less (2.0)	117 17%	11 13%	11 17%	14 14%	28 24%	20 22%	14 16%	6 20%	14 14%	62 20%	33 16%	36 13%	26 18%	54 22%
A lot less (1.0)	126 19%	29 33%	21 32%	25 24%	15 12%	10 11%	13 15%	6 20%	9 9%	49 16%	28 13%	25 9%	13 9%	87 35%
Don't know	18 3%	4 5%	2 3%	3 3%	3 2%	- -	1 1%	- -	5 5%	6 2%	6 3%	9 3%	3 2%	7 3%
NET: More	201 30%	11 13%	12 18%	26 25%	37 32%	32 35%	34 41%	7 25%	42 44%	95 31%	84 40%	129 48%	26 18%	46 18%
NET: Less	243 36%	40 46%	31 48%	39 38%	42 36%	29 32%	27 32%	12 40%	23 24%	111 36%	61 29%	61 23%	38 26%	141 56%
Base for stats	651	83	63	99	114	91	84	29	89	304	202	260	143	243
Mean Score	2.81	2.34	2.45	2.67	2.86	2.98	2.99	2.74	3.27	2.83	3.08	3.27	2.85	2.30
Standard Deviation	1.194	1.146	1.298	1.216	1.075	1.081	1.176	1.221	1.194	1.127	1.200	1.126	.879	1.229
Standard Error	.051	.137	.177	.132	.110	.124	.140	.249	.138	.070	.092	.076	.080	.086
Error variance	*	.02	.03	.02	.01	.02	.02	.06	.02	*	.01	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak than 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	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important (5.0)	476 24%	216 22%	257 25%	160 26% c	158 24%	159 21%	14 15%	63 24% a	50 26% a	55 26% a	44 25% a	44 20%	81 25% a	78 24% a	47 23%
Somewhat more important (4.0)	822 41%	396 40%	422 41%	259 42%	272 41%	291 39%	44 45%	100 38%	79 40%	89 42%	65 37%	93 42%	135 42%	140 43%	78 38%
No more or less important (3.0)	601 30%	307 31%	291 28%	132 21%	197 30% a	272 36% ab	32 33%	81 31%	51 26%	57 27%	55 31%	80 36% cg	78 24%	94 29%	74 36% cdg
Somewhat less important (2.0)	51 3%	31 3%	19 2%	27 4% c	17 3% c	7 1%	4 4% f	7 3%	6 3%	4 2%	4 2%	1 *	14 4% f	7 2%	4 2%
Much less important (1.0)	21 1%	12 1%	8 1%	15 2% bc	4 1%	3 *	2 2% c	3 1%	- -	2 1%	4 3% ci	1 1%	6 2%	4 1%	- -
Don't know	50 2%	23 2%	27 3%	20 3%	16 2%	15 2%	1 1%	9 3%	11 5% fgh	5 2%	5 3%	4 2%	7 2%	5 2%	4 2%
NET: More important	1298 64%	611 62%	680 66% a	419 68% c	429 65%	449 60%	58 60%	163 62%	130 66%	144 68%	109 62%	137 61%	216 67%	218 67%	125 60%
NET: Less important	73 4%	43 4% b	27 3%	42 7% bc	21 3% c	10 1%	6 6% f	10 4%	6 3%	6 3%	8 5% f	2 1%	20 6% fi	11 3%	4 2%
Base for stats	1972	961	998	593	648	731	95	254	186	207	172	219	313	322	203
Mean Score	3.85	3.80	3.90 a	3.88	3.87	3.82	3.68	3.84	3.94 a	3.92 a	3.81	3.81	3.87	3.87 a	3.83
Standard Deviation	.852	.864	.832	.941	.832	.793	.848	.869	.816	.834	.933	.779	.914	.843	.802
Standard Error	.019	.028	.026	.037	.032	.031	.082	.056	.058	.057	.069	.059	.051	.046	.057
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak than compared to other times?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more important	(5.0)	476	57 36% bcdefgh	118 26% cf	97 20%	61 24%	51 24%	94 20%	271 25% c	205 22%	384 22%	11 20%	37 39% ab	29 36% ab	4 21%	3 34% a	84 32%
Somewhat more important	(4.0)	822	62 39%	199 45% fh	217 44% fh	100 40%	78 37%	166 36%	478 44% fh	344 37%	714 41%	24 44%	31 33% a	33 40%	7 43%	5 49%	100 39%
No more or less important	(3.0)	601	32 20%	106 24%	142 29% a	81 32% abg	58 28%	182 39% abceg	280 26% abcg	321 35%	551 32% cdg	11 20%	15 16%	15 18%	3 17%	2 16%	45 18%
Somewhat less important	(2.0)	51	5 3%	14 3%	12 2%	5 2%	6 3%	10 2%	30 3%	21 2%	36 2%	3 6% a	5 6% a	4 5%	- -	- -	13 5% a
Much less important	(1.0)	21	2 1%	2 *	7 1%	2 1%	6 3% b f g h	2 *	11 1%	11 1%	11 1%	2 5% a	4 4% a	1 1%	3 19%	- -	10 4% a
Don't know		50	1 *	9 2%	14 3%	4 2%	8 4% a	14 3%	23 2%	27 3%	39 2%	3 6% d	3 3%	- -	- -	- -	6 2%
NET: More important		1298	118 75% cdefh	317 71% cdefh	314 64% f	161 63% f	129 62%	260 56%	749 68% fh	549 59%	1098 63%	35 64%	68 71% a	63 76% a	11 64%	8 84%	184 71% a
NET: Less important		73	7 4%	16 3%	19 4%	8 3%	13 6% f	11 2%	41 4%	32 3%	47 3%	6 11% a	9 10% a	5 6%	3 19%	- -	23 9% a
Base for stats		1972	157	439	474	250	199	453	1070	902	1696	51	92	82	17	9	252
Mean Score		3.85	4.06 cdefgh	3.95 cefh	3.81	3.85	3.81	3.75	3.90 cfh	3.79	3.84	3.73	4.00	4.05 a	3.48	4.18	3.93
Standard Deviation		.852	.885	.821	.839	.847	.961	.818	.843	.860	.819	1.027	1.082	.907	1.381	.729	1.036
Standard Error		.019	.070	.039	.038	.053	.067	.040	.025	.029	.020	.139	.107	.100	.326	.243	.063
Error variance		*	*	*	*	*	*	*	*	*	*	.02	.01	.01	.11	.06	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak than compared to other times?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important (5.0)	476 24%	296 23%	81 23%	80 25%	160 24%	7 24%	6 16%	101 23%	342 24%	20 36%	114 22%	439 24%	33 20%	68 25%	241 21%	150 28%	18 24%	409 23%
Somewhat more important (4.0)	822 41%	501 39%	154 44%	143 45%	296 44%	15 53%	11 29%	163 36%	620 43%	13 24%	189 37%	761 42%	44 26%	104 38%	465 41%	223 41%	30 40%	718 41%
No more or less important (3.0)	601 30%	417 33%	90 26%	77 24%	167 25%	5 18%	10 25%	151 34%	428 29%	8 14%	165 32%	513 28%	72 42%	91 34%	362 32%	133 24%	15 20%	509 29%
Somewhat less important (2.0)	51 3%	22 2%	13 4%	11 4%	24 4%	2 5%	7 18%	13 3%	29 2%	2 3%	21 4%	43 2%	7 4%	3 1%	27 2%	17 3%	5 6%	49 3%
Much less important (1.0)	21 1%	9 1%	6 2%	2 1%	8 1%	- -	3 8%	8 2%	9 1%	1 1%	12 2%	14 1%	5 3%	1 *	11 1%	7 1%	2 3%	21 1%
Don't know	50 2%	27 2%	9 3%	4 1%	13 2%	- -	2 5%	12 3%	25 2%	11 21%	14 3%	37 2%	9 5%	3 1%	29 3%	13 2%	6 7%	47 3%
NET: More important	1298 64%	797 63%	234 67%	223 70%	457 68%	22 77%	17 45%	263 59%	962 66%	33 60%	303 59%	1200 66%	77 45%	172 64%	707 62%	372 69%	48 63%	1126 64%
NET: Less important	73 4%	32 2%	19 5%	13 4%	32 5%	2 5%	10 25%	21 5%	38 3%	3 5%	33 6%	56 3%	12 7%	4 1%	38 3%	24 5%	7 9%	69 4%
Base for stats	1972	1246	343	313	656	29	37	435	1427	44	501	1769	160	267	1106	529	70	1705
Mean Score	3.85	3.84	3.85	3.92	3.88	3.95	3.30	3.77	3.88	4.15	3.74	3.89	3.58	3.88	3.81	3.93	3.81	3.85
Standard Deviation	.852	.829	.883	.839	.863	.807	1.206	.905	.814	.975	.932	.831	.975	.809	.834	.886	1.008	.859
Standard Error	.019	.023	.052	.052	.037	.143	.193	.045	.021	.141	.042	.020	.077	.048	.025	.039	.121	.021
Error variance	*	*	*	*	*	.02	.04	*	*	.02	*	*	.01	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak than 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
		a	b	a	b	c	d	e	f	a	b	a	b	
Significance Level: 95%														
Unweighted Total		2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total		2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	476	71	330	43	74	17	345	118	13	391	86	399	71
		24%	23%	23%	20%	20%	24%	25%	21%	17%	24%	20%	23%	25%
Somewhat more important	(4.0)	822	120	588	84	135	20	597	205	31	649	172	724	97
		41%	40%	42%	39%	36%	29%	43%	36%	39%	41%	41%	42%	34%
							bce						b	
No more or less important	(3.0)	601	80	418	70	131	20	397	190	28	452	148	504	95
		30%	26%	30%	32%	35%	28%	29%	34%	35%	28%	35%	29%	33%
						d		d	d		a			
Somewhat less important	(2.0)	51	15	29	6	10	6	31	20	1	49	2	39	10
		3%	5%	2%	3%	3%	8%	2%	3%	1%	3%	1%	2%	3%
			b			abdef					b			
Much less important	(1.0)	21	5	14	7	6	3	5	13	2	16	6	17	4
		1%	1%	1%	3%	2%	4%	*	2%	2%	1%	1%	1%	1%
					d	d	d		d	d				
Don't know		50	12	30	7	14	4	18	21	4	42	8	35	10
		2%	4%	2%	3%	4%	6%	1%	4%	5%	3%	2%	2%	3%
					d	d	d		d	d				
NET: More important		1298	190	919	126	209	37	942	323	44	1040	258	1123	168
		64%	63%	65%	59%	57%	53%	68%	57%	56%	65%	61%	65%	59%
								abcef					b	
NET: Less important		73	20	44	12	16	9	36	32	3	65	8	56	14
		4%	7%	3%	6%	4%	12%	3%	6%	4%	4%	2%	3%	5%
			b		d		bde		d		b			
Base for stats		1972	290	1380	208	356	65	1375	545	75	1557	414	1683	277
Mean Score		3.85	3.82	3.86	3.72	3.73	3.65	3.91	3.73	3.70	3.87	3.80	3.86	3.80
								abcef						
Standard Deviation		.852	.916	.838	.927	.884	1.088	.810	.920	.863	.861	.817	.838	.912
Standard Error		.019	.055	.023	.063	.048	.133	.022	.039	.100	.022	.041	.021	.053
Error variance		*	*	*	*	*	.02	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11. To what extent do you think it is more or less important to be active during the coronavirus outbreak than compared to other times?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	476	68	25	57	64	61	58	26	116	183	241	76	157
		24%	18%	14%	20%	22%	25%	27%	28%	36%	22%	36%	13%	21%
					b	ab	ab	ab	abcdefi	b	abcdi	bc		b
Somewhat more important	(4.0)	822	107	80	127	143	100	101	50	114	371	294	218	306
		41%	28%	44%	44%	48%	41%	46%	53%	35%	45%	44%	38%	41%
			ah	ah	ah	ah	a	ah	aejh	ah	ah	b		
No more or less important	(3.0)	601	176	60	85	74	66	50	14	76	225	111	247	237
		30%	46%	33%	30%	25%	27%	23%	15%	23%	27%	16%	43%	31%
			bcdefghij	fghj	gj	g	g				gj		ac	a
Somewhat less important	(2.0)	51	7	9	8	7	6	5	2	6	22	14	14	21
		3%	2%	5%	3%	2%	2%	2%	2%	2%	3%	2%	3%	3%
				j										
Much less important	(1.0)	21	7	3	3	2	4	1	-	2	9	3	3	15
		1%	2%	1%	1%	1%	2%	*	-	1%	1%	1%	*	2%
			j											ab
Don't know		50	13	5	5	5	5	3	2	12	16	10	17	17
		2%	4%	2%	2%	2%	2%	2%	2%	4%	2%	1%	3%	2%
NET: More important		1298	175	105	184	208	161	159	76	230	554	536	294	464
		64%	46%	58%	64%	70%	67%	73%	81%	71%	67%	79%	51%	62%
			a	a	a	ab	a	abc	abcdehi	ab	ab	bc		b
NET: Less important		73	14	12	11	10	10	6	2	8	31	17	17	36
		4%	4%	6%	4%	3%	4%	3%	2%	2%	4%	3%	3%	5%
				hj										a
Base for stats	1972	365	176	281	292	237	215	92	314	810	621	664	558	736
Mean Score	3.85	3.61	3.66	3.81	3.89	3.88	3.98	4.08	4.07	3.86	4.04	4.14	3.63	3.77
				a	ab	ab	abc	abcdei	abcdei	ab	abcdei	bc		b
Standard Deviation	.852	.877	.840	.829	.799	.880	.791	.725	.861	.834	.818	.801	.766	.885
Standard Error	.019	.047	.063	.049	.047	.057	.054	.076	.049	.029	.033	.031	.033	.032
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

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	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking in general	375 19%	151 15%	221 22% a	97 16%	121 18%	157 21% a	20 21%	48 18%	46 24% g	38 18%	32 18%	45 20%	44 14%	61 19%	40 20%
Jogging / running	152 8%	75 8%	76 7%	85 14% bc	51 8% c	15 2%	6 6%	16 6%	11 6%	10 5%	16 9%	21 9%	40 12% bcdhi	18 5%	14 7%
Exercise / workouts / fitness	137 7%	52 5%	84 8% a	72 12% bc	39 6% c	26 3%	5 5%	12 4%	13 7%	13 6%	8 5%	6 3%	35 11% bdef	30 9% bf	15 7% f
Cycling	115 6%	79 8% b	36 4%	40 7% c	47 7% c	28 4%	6 6%	11 4%	14 7%	12 6%	12 7%	15 7%	20 6%	16 5%	11 5%
Yoga	59 3%	22 2%	37 4%	26 4% c	21 3% c	11 2%	1 1%	6 2%	5 3%	5 2%	3 2%	7 3%	14 4%	11 3%	7 4%
Online workouts	56 3%	15 2%	41 4% a	21 3% c	25 4% c	10 1%	2 2%	10 4%	3 2%	5 2%	5 3%	5 2%	8 2%	12 4%	6 3%
Gardening	47 2%	20 2%	27 3%	4 1%	12 2%	30 4% ab	2 2%	4 2%	4 2%	9 4%	6 3%	5 2%	7 2%	5 2%	4 2%
Football	31 2%	26 3% b	4 * *	19 3% bc	8 1%	3 * *	2 2%	6 2%	2 1%	3 1%	3 2%	3 1%	8 2%	4 1%	1 * *
Weight lifting	26 1%	19 2% b	6 1%	17 3% bc	7 1%	2 * *	2 2% f	1 * *	2 1%	2 1%	4 2% bf	- - -	10 3% bfh	2 1%	2 1%
Gym work in general	22 1%	13 1%	9 1%	12 2% c	7 1%	3 * *	1 1%	- - -	2 1%	5 2% bf	1 1%	- - -	9 3% bf	3 1%	1 * *
Dancing	20 1%	5 * *	14 1% a	4 1%	7 1%	8 1%	2 2%	1 * *	3 1%	- - -	1 1%	2 1%	2 1%	3 1%	6 3% bdgh
Skipping	14 1%	5 1%	9 1%	8 1%	1 * *	5 1%	- - -	3 1%	- - -	2 1%	1 1%	2 1%	3 1%	2 1%	- - -

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%															
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Cardio	13 1%	5 1%	7 1%	7 1%	6 1%	- -	1 1%	- -	- -	3 1%	2 1%	1 1%	3 1%	3 1%	- -
Badminton	13 1%	6 1%	7 1%	5 1%	6 1%	2 *	- -	1 *	- -	3 2%	1 *	- -	4 1%	1 *	2 1%
DIY	11 1%	6 1%	5 *	2 *	4 1%	5 1%	2 2%	1 *	2 1%	2 1%	1 1%	- -	- -	1 *	2 1%
Press-ups / push-ups	11 1%	10 1%	1 *	7 1%	3 *	1 *	- -	- -	- -	1 *	2 1%	1 *	5 2%	2 1%	- -
Swimming	10 *	6 1%	5 *	5 1%	2 *	2 *	1 1%	3 1%	1 1%	- -	- -	- -	3 1%	- -	1 1%
Time with family	10 *	7 1%	3 *	6 1%	3 *	1 *	1 1%	4 1%	1 *	1 1%	- -	- -	1 *	- -	1 1%
Tennis	9 *	6 1%	3 *	4 1%	3 *	2 *	- -	2 1%	- -	1 *	1 1%	- -	3 1%	1 *	1 *
Walking in the countryside	9 *	4 *	4 *	1 *	2 *	6 1%	- -	1 1%	- -	2 1%	- -	- -	1 *	3 1%	1 1%
Exploring	8 *	3 *	5 *	- -	4 1%	5 1%	- -	2 1%	- -	2 1%	1 *	- -	2 1%	2 1%	- -
Martial Arts	8 *	6 1%	2 *	2 *	4 1%	2 *	1 1%	3 1%	1 1%	- -	- -	- -	1 *	1 *	1 *
Stretching	8 *	7 1%	1 *	2 *	5 1%	1 *	1 1%	- -	1 1%	1 *	1 *	- -	3 1%	1 *	- -
Trampoline	7 *	4 *	3 *	4 1%	2 *	1 *	1 1%	1 *	- -	- -	- -	1 1%	- -	4 1%	- -
Zumba	7 *	1 *	6 1%	4 1%	3 *	- -	- -	- -	1 1%	- -	1 *	3 1%	1 *	1 *	- -

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

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
	a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Significance Level: 95%															
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Pilates	6*	2*	4*	1*	3*	2*	-	-	-	1*	-	1*	3*	1*	1*
Sit-ups	6*	5*	1*	3*	1*	2*	-	-	1*	-	-	-	3*	1*	1*
Aerobics	6*	3*	3*	1*	4*	1*	-	1*	1*	-	-	-	1*	3*	1*
Resistance training	6*	4*	2*	2*	3*	1*	1*	-	-	-	-	2*	-	2*	1*
Cross Training	5*	4*	2*	-	2*	3*	1*	1*	-	-	1*	-	-	2*	-
Meditation	5*	2*	3*	1*	2*	2*	-	-	-	1*	-	-	2*	3*	-
Basketball	5*	3*	1*	4*	1*	-	-	-	2*	-	1*	2*	-	-	-
Boxing	5*	5*	-	3*	1*	1*	-	1*	-	1*	1*	-	2*	-	-
Cricket	4*	3*	1*	3*	-	2*	-	-	-	1*	-	1*	-	2*	-
Squats	4*	3*	1*	3*	-	1*	1*	-	-	-	1*	1*	1*	-	-
Golf	4*	4*	-	1*	-	2*	-	2*	-	-	-	-	1*	-	-
Breathing exercises	3*	2*	1*	2*	-	1*	-	1*	-	-	-	-	3*	-	-
Fishing	3*	3*	-	1*	-	2*	-	1*	1*	-	-	-	-	-	1*
Table tennis	3*	3*	-	1*	1*	2*	-	-	-	-	1*	-	-	2*	-
Climbing	3*	3*	-	2*	1*	-	-	-	2*	-	-	-	1*	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

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	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Calisthenics	3	3	-	2	-	1	-	-	-	1	-	1	1	-	-
	*	*	-	*	-	*	-	-	-	*	-	1%	*	-	-
Long distance walks	3	2	1	-	1	2	-	-	-	2	-	-	1	-	-
	*	*	*	-	*	*	-	-	-	1%	-	-	*	-	-
Spin class	2	1	1	-	1	1	-	-	1	-	-	-	-	-	1
	*	*	*	-	*	*	-	-	1%	-	-	-	-	-	*
Hiking	2	2	-	1	-	1	-	-	-	-	1	-	-	1	-
	*	*	-	*	-	*	-	-	-	-	1%	-	-	*	-
Athletics	2	-	2	1	1	-	-	-	-	-	1	-	-	1	-
	*	-	*	*	*	-	-	-	-	-	*	-	-	*	-
Volleyball	1	1	-	1	-	-	-	-	-	-	-	-	1	-	-
	*	*	-	*	-	-	-	-	-	-	-	-	*	-	-
Group exercises	1	-	1	-	1	-	-	-	-	-	-	1	-	-	-
	*	-	*	-	*	-	-	-	-	-	-	*	-	-	-
Rugby	1	1	-	1	-	-	-	1	-	-	-	-	-	-	-
	*	*	-	*	-	-	-	*	-	-	-	-	-	-	-
Time with friends	1	1	-	1	-	-	-	-	-	-	-	-	1	-	-
	*	*	-	*	-	-	-	-	-	-	-	-	*	-	-
Darts	1	1	-	1	-	-	-	-	-	-	-	-	-	1	-
	*	*	-	*	-	-	-	-	-	-	-	-	-	*	-
Netball	1	-	1	1	-	-	-	-	-	1	-	-	-	-	-
	*	-	*	*	-	-	-	-	-	*	-	-	-	-	-
Other	45	22	23	17	18	11	3	6	6	7	3	2	9	8	2
	2%	2%	2%	3%	3%	1%	3%	2%	3%	3%	2%	1%	3%	2%	1%
Nothing / don't know	858	424	429	169	266	422	42	131	80	88	79	108	97	141	92
	42%	43%	42%	28%	40%	57%	44%	50%	41%	41%	45%	48%	30%	43%	44%
				a	ab		g	g	g	g	g	g		g	g
NET: Would like to continue	1164	560	595	443	397	324	54	132	117	124	97	115	223	187	115
	58%	57%	58%	72%	60%	43%	56%	50%	59%	59%	55%	52%	70%	57%	56%
				bc	c							abcdefhi			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Walking in general	375 19%	33 21%	86 19%	89 18%	42 16%	36 17%	89 19%	208 19%	167 18%	340 20% bg	4 8%	14 14%	9 11%	3 18%	4 41%	34 13%	
Jogging / running	152 8%	19 12% dfh	45 10% fh	50 10% fh	16 6% f	16 8% fh	6 1% dfh	114 10% dfh	37 4% f	115 7%	8 15% a	7 8%	14 18% ac	1 7%	1 8%	32 12% a	
Exercise / workouts / fitness	137 7%	12 8% f	39 9% fh	36 7% f	23 9% fh	15 7% f	12 2% fh	87 8% fh	50 5% f	99 6%	3 6%	19 20% ab	11 14% a	2 13%	1 12%	37 14% a	
Cycling	115 6%	15 10% efh	27 6%	29 6%	20 8% ef	7 3%	17 4%	71 7% f	44 5%	101 6%	2 4%	5 5%	4 4%	1 5%	1 9%	12 5%	
Yoga	59 3%	10 6% cdfh	20 4% fh	13 3%	5 2%	6 3%	6 1%	42 4% fh	17 2%	51 3%	1 1%	1 1%	2 3%	2 11%	1 9%	6 2%	
Online workouts	56 3%	6 4% f	19 4% fh	15 3%	4 2%	6 3%	6 1%	40 4% fh	16 2%	48 3%	2 3%	2 2%	2 3%	- -	- -	6 2%	
Gardening	47 2%	2 1%	8 2%	5 1%	7 3%	10 5% abcg	14 3% cg	15 1% cg	32 3% cg	43 2%	1 2%	- -	1 2%	1 5%	- -	4 1%	
Football	31 2%	5 3% f	7 1%	10 2% f	6 2% f	2 1%	2 *	21 2% f	10 1%	20 1%	3 6% a	3 3% a	2 3%	1 8%	- -	10 4% a	
Weight lifting	26 1%	2 1%	6 1%	7 1%	4 2%	4 2%	3 1%	14 1% 1%	12 1%	16 1%	3 6% a	2 2%	2 3%	1 5%	1 13%	10 4% a	
Gym work in general	22 1%	2 1%	5 1%	9 2%	1 *	3 2%	2 *	16 1% 1%	6 1%	12 1%	4 7% a	4 4% a	2 3% a	- -	- -	10 4% a	
Dancing	20 1%	- -	5 1%	2 *	3 1%	2 1%	7 2% c	6 1% 1%	13 1%	20 1%	- -	- -	- -	- -	- -	- -	
Skipping	14 1%	1 *	2 *	7 2% h	1 *	1 *	2 *	10 1% 1%	4 *	8 *	1 1%	2 2% a	2 3% a	- -	- -	5 2% a	
Cardio	13 1%	2 1%	5 1%	3 1%	1 *	- -	2 *	10 1% 1%	3 *	9 1%	1 3% a	- -	1 2%	- -	- -	3 1%	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Badminton	13 1%	- -	7 2% fh	4 1%	2 1%	- -	- -	11 1%	2 *	12 1%	- -	1 1%	- -	- -	- -	1 *	
DIY	11 1%	- -	3 1%	4 1%	- -	2 1%	2 *	7 1%	4 *	11 1%	- -	- -	- -	- -	- -	- -	
Press-ups / push-ups	11 1%	3 2%	- -	3 1%	2 1%	1 *	3 1%	5 *	6 1%	7 *	1 1%	1 1%	- -	- -	- -	2 1%	
Swimming	10 *	- -	3 1% c	- -	2 1% c	2 1% c	2 *	3 *	7 1%	9 1%	- -	1 1%	- -	- -	- -	1 *	
Time with family	10 *	- -	2 1%	3 1%	3 1% f	2 1% f	- -	5 *	5 1%	9 1%	- -	- -	- -	- -	1 8%	1 *	
Tennis	9 *	- -	1 *	5 1%	1 *	1 *	1 *	6 1%	3 *	8 *	- -	- -	1 1%	- -	- -	1 *	
Walking in the countryside	9 *	2 1% h	1 *	5 1% h	- -	- -	1 *	8 1%	1 *	8 *	1 1%	- -	- -	- -	- -	1 *	
Exploring	8 *	- -	5 1%	1 *	2 1%	- -	1 *	6 1%	3 *	7 *	1 2% a	- -	- -	- -	- -	1 *	
Martial Arts	8 *	- -	1 *	5 1%	- -	1 *	1 *	6 1%	2 *	5 *	- -	1 1% a	2 2% a	- -	- -	3 1% a	
Stretching	8 *	3 2% fh	2 *	3 1%	1 *	- -	- -	7 1%	1 *	6 *	- -	- -	2 2% a	- -	- -	2 1%	
Trampoline	7 *	- -	1 *	2 *	1 1%	2 1%	1 *	3 *	4 *	7 *	- -	- -	- -	- -	- -	- -	
Zumba	7 *	1 1%	4 1% h	1 *	- -	1 1%	- -	6 1%	1 *	6 *	- -	- -	1 2%	- -	- -	1 1%	
Pilates	6 *	1 1%	1 *	1 *	- -	1 *	2 1%	3 *	3 *	4 *	- -	- -	- -	1 6%	- -	1 *	
Sit-ups	6 *	1 1%	- -	2 *	- -	- -	3 1%	3 *	3 *	4 *	- -	1 1% a	- -	- -	- -	1 1%	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Aerobics	6	1	-	1	1	1	2	2	4	5	-	1	-	-	-	1
	*	1%	-	*	*	*	*	*	*	*	-	1%	-	-	-	*
Resistance training	6	1	2	3	-	-	-	6	-	5	1	-	-	-	-	1
	*	*	*	1%	-	-	-	1%	-	*	1%	-	-	-	-	*
		h	h	h				h								
Cross Training	5	-	4	-	1	1	-	4	2	5	1	-	-	-	-	1
	*	-	1%	-	*	*	-	*	*	*	1%	-	-	-	-	*
			c													
Meditation	5	1	2	-	1	1	1	3	3	4	-	2	-	-	-	2
	*	*	*	-	*	*	*	*	*	*	-	2%	-	-	-	1%
												a				
Basketball	5	-	1	2	2	-	-	3	2	3	-	1	1	-	-	2
	*	-	*	*	1%	-	-	*	*	*	-	1%	1%	-	-	1%
												a				
Boxing	5	1	1	1	1	-	1	3	2	3	-	1	-	-	-	1
	*	*	*	*	*	-	*	*	*	*	-	1%	-	-	-	1%
												a				
Cricket	4	2	-	1	1	-	1	3	2	3	-	2	-	-	-	2
	*	1%	-	*	*	-	*	*	*	*	-	2%	-	-	-	1%
		b										a				
Squats	4	1	-	1	1	1	-	2	2	3	-	1	-	-	-	1
	*	1%	-	*	*	1%	-	*	*	*	-	2%	-	-	-	1%
												a				
Golf	4	-	1	1	1	-	-	3	1	2	-	1	-	-	-	1
	*	-	*	*	*	-	-	*	*	*	-	1%	-	-	-	*
												a				
Breathing exercises	3	-	1	-	-	-	2	1	2	3	-	-	-	-	-	-
	*	-	*	-	-	-	*	*	*	*	-	-	-	-	-	-
Fishing	3	-	1	-	1	-	1	1	2	3	-	-	-	-	-	-
	*	-	*	-	*	-	*	*	*	*	-	-	-	-	-	-
Table tennis	3	2	-	2	-	-	-	3	-	2	-	1	-	-	-	1
	*	1%	-	*	-	-	-	*	-	*	-	1%	-	-	-	*
		b										a				
Climbing	3	-	2	-	1	-	-	2	1	2	-	1	-	-	-	1
	*	-	*	-	*	-	-	*	*	*	-	1%	-	-	-	*
Calisthenics	3	-	1	-	1	1	-	1	2	1	-	1	1	-	-	2
	*	-	*	-	*	*	-	*	*	*	-	1%	1%	-	-	1%
												a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Long distance walks	3 *	- -	- -	3 1% h	- -	- -	- -	3 *	- -	2 *	- -	- -	1 1% a	- -	- -	1 *	
Spin class	2 *	- -	- -	1 *	1 *	- -	- -	1 *	1 *	2 *	- -	- -	- -	- -	- -	- -	
Hiking	2 *	- -	1 *	- -	- -	- -	1 *	1 *	1 *	2 *	- -	- -	- -	- -	- -	- -	
Athletics	2 *	- -	- -	1 *	1 *	- -	- -	1 *	1 *	1 *	- -	- -	1 1% a	- -	- -	1 *	
Volleyball	1 *	- -	- -	1 *	- -	- -	- -	1 *	- -	- -	- -	- -	1 2% a	- -	- -	1 1% a	
Group exercises	1 *	- -	- -	- -	- -	1 g	- -	- -	1 *	1 *	- -	- -	- -	- -	- -	- -	
Rugby	1 *	1 1% h	- -	- -	- -	- -	- -	1 *	- -	1 *	- -	- -	- -	- -	- -	- -	
Time with friends	1 *	1 1% h	- -	- -	- -	- -	- -	1 *	- -	1 *	- -	- -	- -	- -	- -	- -	
Darts	1 *	- -	- -	- -	1 *	- -	- -	- -	1 *	1 *	- -	- -	- -	- -	- -	- -	
Netball	1 *	- -	1 *	- -	- -	- -	- -	1 *	- -	- -	- -	- -	1 1% a	- -	- -	1 *	
Other	45 2%	1 1%	10 2%	14 3%	7 3%	5 2%	8 2%	26 2%	19 2%	33 2%	3 5%	5 6% a	3 4%	1 5%	-	12 5% a	
Nothing / don't know	858 42%	42 26%	153 34%	185 38% a	103 41% a	87 42% ag	287 62% abcdegh	380 35% a	478 51% abcdeg	780 45% cdg	20 37%	24 25%	19 23%	4 24%	1 8%	68 26%	
NET: Would like to continue	1164 58%	116 74% cdefgh	294 66% fh	303 62% fh	151 59% fh	121 58% fh	180 38% fh	714 65% efh	451 49% f	955 55%	34 63%	71 75% a	63 77% a	13 76%	9 92%	191 74% a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking in general	375 19%	229 18%	63 18%	74 23%	136 20%	3 12%	1 3%	65 15%	301 21%	5 9%	70 14%	357 20%	12 7%	41 15%	232 20%	93 17%	10 13%	335 19%
				a				b	bcef		b	b			a			
Jogging / running	152 8%	86 7%	31 9%	26 8%	57 8%	5 16%	6 16%	20 5%	115 8%	6 11%	31 6%	138 8%	12 7%	12 4%	74 7%	54 10%	12 16%	140 8%
						cf	cf		c		c					ab	abe	a
Exercise / workouts / fitness	137 7%	82 6%	29 8%	17 5%	47 7%	4 14%	2 6%	27 6%	100 7%	3 6%	34 7%	124 7%	10 6%	14 5%	70 6%	45 8%	8 10%	123 7%
Cycling	115 6%	57 4%	29 8%	24 8%	53 8%	2 9%	4 10%	17 4%	89 6%	3 5%	24 5%	111 6%	4 2%	10 4%	65 6%	36 7%	4 5%	105 6%
			a	a	a							b						
Yoga	59 3%	43 3%	4 1%	11 4%	16 2%	1 3%	1 2%	8 2%	46 3%	3 6%	9 2%	55 3%	3 2%	3 1%	34 3%	18 3%	5 6%	56 3%
										cf							a	a
Online workouts	56 3%	25 2%	14 4%	15 5%	29 4%	- -	1 3%	3 1%	52 4%	- -	5 1%	56 3%	- -	3 1%	26 2%	26 5%	1 1%	53 3%
			a	a	a				cf			b				ab		
Gardening	47 2%	36 3%	8 2%	2 1%	11 2%	2 6%	- -	11 2%	34 2%	- -	13 2%	43 2%	4 2%	5 2%	33 3%	9 2%	- -	42 2%
Football	31 2%	9 1%	8 2%	9 3%	17 2%	3 10%	3 9%	2 *	18 1%	5 9%	8 2%	27 1%	2 1%	2 1%	16 1%	10 2%	2 3%	29 2%
			a	a	a	cdf	cdf											
Weight lifting	26 1%	21 2%	1 *	3 1%	4 1%	- -	1 2%	6 1%	18 1%	2 3%	7 1%	25 1%	1 *	3 1%	12 1%	9 2%	2 3%	23 1%
Gym work in general	22 1%	12 1%	2 1%	6 2%	8 1%	- -	- -	4 1%	17 1%	1 1%	4 1%	19 1%	3 2%	3 1%	5 *	13 2%	1 1%	19 1%
																be		
Dancing	20 1%	14 1%	1 *	1 *	3 *	- -	- -	8 2%	11 1%	- -	8 2%	19 1%	1 1%	5 2%	12 1%	1 *	2 3%	15 1%
								d						c	c		c	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Skipping	14 1%	12 1%	- -	1 *	1 *	- -	2 5%	2 *	10 1%	- -	4 1%	12 1%	2 1%	3 1%	6 1%	4 1%	1 1%	11 1%
							cdf											
Cardio	13 1%	6 *	3 1%	2 1%	6 1%	- -	1 2%	2 *	9 1%	1 2%	3 1%	13 1%	- -	2 1%	9 1%	2 *	- -	11 1%
Badminton	13 1%	4 *	4 1%	3 1%	7 1% a	- -	- -	1 *	12 1%	- -	1 *	11 1%	1 1%	- -	6 1%	6 1%	- -	13 1%
DIY	11 1%	6 1%	1 *	3 1%	5 1%	- -	- -	1 *	10 1%	- -	1 *	10 1%	- -	2 1%	6 1%	3 1%	- -	9 1%
Press-ups / push-ups	11 1%	6 *	2 1%	1 *	3 1%	1 3%	- -	2 *	6 *	2 4%	2 *	11 1%	- -	1 *	4 *	3 1%	2 3%	10 1%
										cdf							abce	
Swimming	10 *	4 *	2 1%	4 1% a	6 1%	1 4% d	- -	3 1%	6 *	- -	4 1%	8 *	1 *	- -	4 *	6 1%	- -	10 1%
Time with family	10 *	3 *	6 2% a	1 *	7 1% a	- -	- -	2 *	8 1%	- -	2 *	8 *	1 1%	- -	6 1%	3 *	1 1%	10 1%
Tennis	9 *	4 *	- -	4 1%	4 1%	- -	- -	3 1%	6 *	- -	3 1%	8 *	- -	1 *	1 *	6 1% b	1 1% b	8 *
Walking in the countryside	9 *	6 *	3 1%	- -	3 *	- -	- -	3 1%	6 *	- -	3 1%	9 *	- -	2 1%	3 *	3 1%	- -	7 *
Exploring	8 *	5 *	3 1%	1 *	4 1%	- -	- -	- -	8 1%	- -	- -	8 *	- -	2 1%	4 *	3 *	- -	7 *
Martial Arts	8 *	4 *	- -	4 1%	4 1%	- -	- -	3 1%	5 *	- -	3 1%	8 *	- -	1 *	3 *	4 1%	- -	7 *
Stretching	8 *	3 *	1 *	3 1%	4 1%	- -	- -	1 *	7 *	- -	1 *	8 *	- -	1 *	3 *	4 1%	- -	7 *

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Trampolining	7	2	1	4	5	-	-	-	7	-	-	7	-	1	3	2	1	6
	*	*	*	1%	1%	-	-	-	1%	-	-	*	-	*	*	*	2%	*
				a	a													
Zumba	7	3	1	3	4	1	-	-	5	1	1	6	1	1	3	3	-	6
	*	*	*	1%	1%	2%	-	-	*	2%	*	*	1%	*	*	*	-	*
				cf	cf													
Pilates	6	5	-	1	1	-	-	3	3	-	3	6	-	1	5	-	-	5
	*	*	-	*	*	-	-	1%	*	-	1%	*	-	*	*	-	-	*
Sit-ups	6	3	2	-	2	-	-	3	2	1	3	6	-	-	4	1	1	6
	*	*	1%	-	*	-	-	1%	*	2%	1%	*	-	-	*	*	2%	*
										d							ac	
Aerobics	6	3	3	-	3	-	-	1	5	-	1	6	-	-	4	1	-	6
	*	*	1%	-	*	-	-	*	*	-	*	*	-	-	*	*	-	*
Resistance training	6	4	1	-	1	-	-	2	4	-	2	6	-	2	4	-	-	4
	*	*	*	-	*	-	-	*	*	-	*	*	-	1%	*	-	-	*
Cross Training	5	4	1	-	1	-	-	2	3	-	2	5	-	-	3	2	-	5
	*	*	*	-	*	-	-	*	*	-	*	*	-	-	*	*	-	*
Meditation	5	5	-	-	-	-	-	3	3	-	3	5	-	-	4	1	-	5
	*	*	-	-	-	-	-	1%	*	-	1%	*	-	-	*	*	-	*
Basketball	5	3	-	1	1	1	1	1	2	-	3	3	2	-	1	2	2	5
	*	*	-	*	*	3%	2%	*	*	-	1%	*	1%	-	*	*	3%	*
						cd	d						a				abce	
Boxing	5	3	-	1	1	-	-	-	5	-	-	5	-	2	-	3	-	3
	*	*	-	*	*	-	-	-	*	-	-	*	-	1%	-	1%	-	*
														b		b		
Cricket	4	1	-	3	3	-	-	2	3	-	2	4	-	-	2	1	2	4
	*	*	-	1%	*	-	-	*	*	-	*	*	-	-	*	*	2%	*
				a													abce	
Squats	4	2	-	1	1	-	-	-	4	-	-	4	-	-	1	3	-	4
	*	*	-	*	*	-	-	-	*	-	-	*	-	-	*	*	-	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Golf	4	2	1	-	1	-	-	1	2	-	1	2	-	-	2	-	1	4
	*	*	*	-	*	-	-	*	*	-	*	*	-	-	*	-	2%	*
																	abce	
Breathing exercises	3	1	-	1	1	-	-	1	2	-	1	3	-	-	2	1	-	3
	*	*	-	*	*	-	-	*	*	-	*	*	-	-	*	*	-	*
Fishing	3	2	-	-	-	-	-	2	1	-	2	3	-	1	2	-	-	2
	*	*	-	-	-	-	-	*	*	-	*	*	-	*	*	-	-	*
Table tennis	3	2	-	2	2	-	-	2	2	-	2	3	-	-	1	1	2	3
	*	*	-	*	*	-	-	*	*	-	*	*	-	-	*	*	2%	*
																	abce	
Climbing	3	1	1	1	2	-	-	-	2	1	-	2	1	-	1	2	-	3
	*	*	*	*	*	-	-	-	*	2%	-	*	1%	-	*	*	-	*
										cdf								
Calisthenics	3	3	-	-	-	-	-	-	3	-	-	3	-	-	2	1	-	3
	*	*	-	-	-	-	-	-	*	-	-	*	-	-	*	*	-	*
Long distance walks	3	-	2	1	3	-	-	2	1	-	2	3	-	-	2	1	-	3
	*	-	*	*	*	-	-	*	*	-	*	*	-	-	*	*	-	*
			a	a	a													
Spin class	2	1	-	1	1	-	-	-	2	-	-	2	-	1	-	-	1	1
	*	*	-	*	*	-	-	-	*	-	-	*	-	*	-	-	1%	*
														b			bce	
Hiking	2	2	-	-	-	-	-	-	2	-	-	2	-	-	1	1	-	2
	*	*	-	-	-	-	-	-	*	-	-	*	-	-	*	*	-	*
Athletics	2	1	1	-	1	-	-	-	1	1	-	1	1	-	1	-	1	2
	*	*	*	-	*	-	-	-	*	1%	-	*	1%	-	*	-	1%	*
										cdf			a				c	
Volleyball	1	-	1	-	1	-	-	-	1	-	-	1	-	-	-	1	-	1
	*	-	*	-	*	-	-	-	*	-	-	*	-	-	-	*	-	*
			a															
Group exercises	1	1	-	-	-	-	-	-	-	1	-	1	-	-	1	-	-	1
	*	*	-	-	-	-	-	-	-	2%	-	*	-	-	*	-	-	*
										cdf								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Rugby	1	1	-	-	-	1	-	-	-	-	1	-	1	-	-	1	-	1
	*	*	-	-	-	3%	-	-	-	-	*	-	*	-	-	*	-	*
						cdf							a					
Time with friends	1	1	-	-	-	-	-	-	1	-	-	1	-	-	-	1	-	1
	*	*	-	-	-	-	-	-	*	-	-	*	-	-	-	*	-	*
Darts	1	1	-	-	-	-	-	-	1	-	-	1	-	-	1	-	-	1
	*	*	-	-	-	-	-	-	*	-	-	*	-	-	*	-	-	*
Netball	1	1	-	-	-	-	-	-	1	-	-	1	-	-	1	-	-	1
	*	*	-	-	-	-	-	-	*	-	-	*	-	-	*	-	-	*
Other	45	29	9	6	15	1	2	12	30	1	15	41	4	9	25	11	1	37
	2%	2%	2%	2%	2%	4%	5%	3%	2%	1%	3%	2%	2%	3%	2%	2%	1%	2%
Nothing / don't know	858	601	133	100	233	5	14	248	568	23	267	723	108	154	498	184	22	703
	42%	47%	38%	32%	35%	17%	36%	56%	39%	42%	52%	40%	64%	57%	44%	34%	29%	40%
		bcd						abde	a	a	abd	a		bcde	cde			c
NET: Would like to continue	1164	672	220	217	436	24	25	199	885	32	247	1083	62	116	637	359	53	1049
	58%	53%	62%	68%	65%	83%	64%	44%	61%	58%	48%	60%	36%	43%	56%	66%	71%	60%
			a	a	a	cdef	cf		cf	c		b			a	abe	ab	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

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	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking in general	375 19%	57 19%	274 19%	34 16%	52 14%	11 16%	279 20% be	86 15%	9 12%	291 18%	84 20%	334 19% b	41 14%
Jogging / running	152 8%	28 9%	109 8%	17 8% b	13 3%	5 8%	115 8% be	32 6%	3 4%	123 8%	29 7%	126 7%	26 9%
Exercise / workouts / fitness	137 7%	20 7%	99 7%	17 8%	22 6%	6 8%	97 7%	39 7%	4 5%	114 7%	23 5%	113 7%	23 8%
Cycling	115 6%	15 5%	89 6%	9 4%	15 4%	5 7%	87 6%	25 4%	3 4%	83 5%	33 8% a	100 6%	14 5%
Yoga	59 3%	8 3%	47 3%	6 3%	6 2%	2 3%	45 3%	13 2%	1 1%	44 3%	15 4%	52 3%	6 2%
Online workouts	56 3%	2 1%	49 3% a	2 1%	3 1%	- -	50 4% abe	5 1%	- -	50 3%	6 2%	53 3%	3 1%
Gardening	47 2%	7 2%	33 2%	6 3%	11 3%	3 4%	34 2%	13 2%	4 4%	33 2%	14 3%	47 3% b	- -
Football	31 2%	13 4% b	14 1%	2 1%	1 *	4 6% abde	22 2% b	6 1%	1 1%	25 2%	5 1%	28 2%	2 1%
Weight lifting	26 1%	1 *	21 1%	3 2%	2 1%	2 2%	19 1%	6 1%	1 2%	22 1%	3 1%	17 1%	9 3% a
Gym work in general	22 1%	8 3% b	10 1%	2 1%	2 *	2 2%	17 1%	5 1%	- -	20 1%	2 *	18 1%	4 1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Dancing	20 1%	1 *	14 1%	3 1%	5 1%	1 1%	12 1%	8 1%	1 1%	13 1%	6 1%	17 1%	3 1%
Skipping	14 1%	2 1%	9 1%	2 1%	3 1%	1 1%	8 1%	6 1%	- -	12 1%	2 *	14 1%	- -
Cardio	13 1%	2 1%	9 1%	- -	2 1%	1 1%	9 1%	3 1%	- -	9 1%	4 1%	12 1%	1 *
Badminton	13 1%	3 1%	9 1%	2 1%	3 1%	- -	7 *	6 1%	- -	11 1%	2 *	13 1%	- -
DIY	11 1%	1 *	8 1%	1 1%	- -	- -	10 1%	1 *	- -	9 1%	2 *	9 1%	1 *
Press-ups / push-ups	11 1%	3 1%	5 *	1 *	- -	1 b	7 1%	2 *	- -	11 1%	- -	9 1%	2 1%
Swimming	10 *	1 *	9 1%	3 1%	2 1%	1 1%	4 *	6 1%	- -	6 *	4 1%	9 1%	1 *
Time with family	10 *	1 *	8 1%	- -	1 *	- -	9 1%	1 *	- -	10 1%	- -	7 *	2 1%
Tennis	9 *	6 2% b	2 *	- -	2 1%	4 abdef	3 *	5 1% d	- -	7 *	2 *	7 *	- -
Walking in the countryside	9 *	- -	7 *	- -	1 *	2 2% ad	6 *	3 *	- -	4 *	4 1% a	9 1%	- -
Exploring	8 *	- -	7 *	2 1%	- -	- -	7 *	2 *	- -	8 1%	- -	7 *	1 *
Martial Arts	8 *	4 1% b	3 *	1 *	3 1%	1 1%	5 *	3 *	1 1%	8 *	- -	7 *	1 *

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b	a	b	c	d	e	f	a	b	a	b	
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Stretching	8	1	6	-	2	-	5	2	-	6	2	6	2
	*	*	*	-	1%	-	*	*	-	*	*	*	1%
Trampolining	7	1	6	1	-	-	6	1	-	6	1	7	-
	*	*	*	1%	-	-	*	*	-	*	*	*	-
Zumba	7	2	4	1	-	1	4	2	-	7	-	5	2
	*	1%	*	*	-	1%	*	*	-	*	-	*	1%
						b							
Pilates	6	-	5	-	1	-	4	1	-	6	1	6	-
	*	-	*	-	*	-	*	*	-	*	*	*	-
Sit-ups	6	2	2	-	1	-	5	1	-	5	1	5	1
	*	1%	*	-	*	-	*	*	-	*	*	*	*
Aerobics	6	1	3	-	-	-	5	-	-	3	3	5	-
	*	*	*	-	-	-	*	-	-	*	1%	*	-
Resistance training	6	1	3	2	1	1	2	4	-	5	1	6	-
	*	*	*	1%	*	1%	*	1%	-	*	*	*	-
Cross Training	5	1	5	1	1	-	5	1	1	2	4	5	-
	*	*	*	*	*	-	*	*	1%	*	1%	*	-
											a		
Meditation	5	-	4	-	1	-	4	1	-	4	2	5	-
	*	-	*	-	*	-	*	*	-	*	*	*	-
Basketball	5	2	3	1	1	1	2	3	-	5	-	3	1
	*	1%	*	*	*	1%	*	*	-	*	-	*	*
Boxing	5	1	2	2	-	-	3	2	-	4	1	5	-
	*	*	*	1%	-	-	*	*	-	*	*	*	-
Cricket	4	1	4	-	-	-	4	-	-	3	1	4	-
	*	*	*	-	-	-	*	-	-	*	*	*	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Squats	4	2	2	-	-	-	4	-	-	4	-	3	1
	*	1%	*	-	-	-	*	-	-	*	-	*	1%
Golf	4	1	2	-	-	-	4	-	-	2	1	4	-
	*	*	*	-	-	-	*	-	-	*	*	*	-
Breathing exercises	3	-	3	-	1	-	3	1	-	3	-	3	1
	*	-	*	-	*	-	*	*	-	*	-	*	*
Fishing	3	-	2	1	-	-	2	1	-	2	1	3	-
	*	-	*	*	-	-	*	*	-	*	*	*	-
Table tennis	3	-	3	-	1	-	2	1	-	2	1	3	-
	*	-	*	-	*	-	*	*	-	*	*	*	-
Climbing	3	1	2	-	-	-	3	-	-	1	2	3	-
	*	*	*	-	-	-	*	-	-	*	1% a	*	-
Calisthenics	3	-	2	-	-	-	3	-	-	3	-	3	-
	*	-	*	-	-	-	*	-	-	*	-	*	-
Long distance walks	3	-	3	-	-	2	1	2	-	1	2	3	-
	*	-	*	-	-	2% abde	*	*	-	*	*	*	-
Spin class	2	1	-	-	1	-	1	1	-	2	-	2	-
	*	*	-	-	*	-	*	*	-	*	-	*	-
		b											
Hiking	2	-	2	-	-	-	2	-	-	2	-	1	1
	*	-	*	-	-	-	*	-	-	*	-	*	*
Athletics	2	1	1	-	-	-	2	-	-	1	1	2	-
	*	*	*	-	-	-	*	-	-	*	*	*	-
Volleyball	1	-	1	-	-	-	1	-	-	1	-	1	-
	*	-	*	-	-	-	*	-	-	*	-	*	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b	a	b	c	d	e	f	a	b	a	b	
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Group exercises	1	-	1	-	-	-	1	-	-	1	-	1	-
	*	-	*	-	-	-	*	-	-	*	-	*	-
Rugby	1	1	-	-	-	-	1	-	-	-	1	1	-
	*	*	-	-	-	-	*	-	-	-	*	*	-
		b											
Time with friends	1	-	1	-	-	-	1	-	-	1	-	1	-
	*	-	*	-	-	-	*	-	-	*	-	*	-
Darts	1	1	-	-	-	-	1	-	-	1	-	1	-
	*	*	-	-	-	-	*	-	-	*	-	*	-
Netball	1	1	-	-	-	1	-	1	-	1	-	1	-
	*	*	-	-	-	1%	-	*	-	*	-	*	-
					d								
Other	45	7	29	5	9	1	27	13	2	38	8	35	9
	2%	2%	2%	2%	2%	1%	2%	2%	3%	2%	2%	2%	3%
Nothing / don't know	858	112	577	102	223	27	534	296	51	675	183	702	149
	42%	37%	41%	47%	60%	38%	38%	52%	65%	42%	43%	41%	52%
				d	acde			cd	acde			a	
NET: Would like to continue	1164	190	833	114	147	43	859	269	28	925	240	1016	137
	58%	63%	59%	53%	40%	62%	62%	48%	35%	58%	57%	59%	48%
				bf		bef	abef	bf				b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking in general	375 19%	33 9%	35 20% a	59 21% a	51 17% a	51 21% a	45 21% a	18 20% a	83 25% adi	161 19% a	146 23% ad	167 25% bc	89 15% b	118 16% c
Jogging / running	152 8%	9 2%	13 7% a	18 6% a	34 11% ac	28 12% ac	16 7% a	9 9% a	24 7% a	80 10% a	49 8% a	85 13% bc	24 4% b	42 6% c
Exercise / workouts / fitness	137 7%	5 1%	7 4% a	27 9% ab	27 9% ab	19 8% a	22 10% ab	6 6% a	23 7% a	73 9% ab	52 8% a	78 12% bc	18 3% b	40 5% c
Cycling	115 6%	5 1%	5 3%	11 4% a	23 8% ab	16 6% a	18 8% abc	11 11% abci	27 8% abc	49 6% a	55 9% abci	55 8% bc	24 4% b	37 5% c
Yoga	59 3%	5 1%	4 2%	10 4% a	13 4% a	5 2%	4 2%	3 4%	15 5% a	28 3% a	22 3% a	23 3% b	9 2% b	25 3% b
Online workouts	56 3%	5 1%	3 2%	6 2% h	8 3% hj	8 3% h	13 6% abchi	8 9% abcdehi	5 2% h	22 3% ah	26 4% ah	30 4% bc	10 2% b	17 2% c
Gardening	47 2%	7 2%	4 2%	13 4% hj	5 2% h	6 2% h	6 3% h	2 2% h	4 1% h	24 3% ah	12 2% ah	14 2% bc	16 3% b	16 2% c
Football	31 2%	1 *	1 *	5 2% a	5 2% a	4 2% a	2 1% a	6 6% abcdefi	8 2% a	13 2% a	16 2% a	19 3% bc	5 1% b	5 1% c
Weight lifting	26 1%	2 *	2 1%	4 1% h	4 1% h	5 2% h	4 2% h	1 2% h	4 1% h	13 2% ah	10 2% ah	8 1% bc	5 1% b	13 2% c
Gym work in general	22 1%	2 *	- -	3 1% h	8 3% abhj	5 2% hj	3 1% h	- -	1 * h	17 2% ahj	3 1% h	11 2% bc	2 * b	9 1% c
Dancing	20 1%	1 *	4 2% a	3 1% a	2 1% a	3 1% a	3 1% a	2 2% a	3 1% a	8 1% ah	7 1% ah	9 1% bc	5 1% b	6 1% c
Skipping	14 1%	1 *	1 1%	3 1% h	3 1% h	1 * h	2 1% h	- -	4 1% h	7 1% ah	5 1% ah	1 * bc	4 1% b	9 1% c

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Cardio	13 1%	- -	- -	2 1%	2 1%	3 1%	4 2%	1 1%	1 *	7 1%	5 1%	4 1%	2 *	6 1%
					a	a	ah							
Badminton	13 1%	- -	- -	2 1%	3 1%	2 1%	2 1%	1 1%	2 1%	7 1%	6 1%	7 1%	2 *	4 1%
					a			a					*	
DIY	11 1%	3 1%	1 *	1 *	1 *	2 1%	1 1%	- -	2 1%	4 *	3 1%	4 1%	4 1%	2 *
Press-ups / push-ups	11 1%	2 1%	1 *	3 1%	- -	1 *	2 1%	- -	3 1%	4 *	5 1%	6 1%	4 1%	1 *
												c		
Swimming	10 *	1 *	- -	1 *	3 1%	- -	3 1%	- -	2 1%	4 1%	5 1%	5 1%	3 *	3 *
Time with family	10 *	- -	1 1%	1 *	3 1%	1 *	3 1%	- -	1 *	5 1%	4 1%	3 *	1 *	5 1%
					a		a							
Tennis	9 *	- -	2 1%	3 1%	- -	2 1%	- -	- -	2 1%	5 1%	2 *	- -	3 *	6 a
			a	a										a
Walking in the countryside	9 *	1 *	- -	1 *	2 1%	1 *	1 *	1 1%	2 1%	3 *	4 1%	4 1%	1 *	3 *
Exploring	8 *	- -	- -	1 *	1 *	- -	1 *	1 1%	5 2%	2 *	7 1%	7 1%	- -	1 *
									ai		i	bc		
Martial Arts	8 *	2 *	1 1%	1 *	- -	1 *	1 *	- -	2 1%	2 *	3 *	5 1%	1 *	2 *
Stretching	8 *	- -	1 1%	- -	2 1%	2 1%	3 1%	- -	- -	3 *	3 *	4 1%	1 *	3 *
							ach							
Trampoline	7 *	1 *	1 1%	1 *	1 *	- -	- -	2 2%	1 *	2 *	3 1%	3 *	3 *	1 *
								aefi						
Zumba	7 *	- -	1 1%	2 1%	2 1%	- -	- -	- -	2 1%	4 *	2 *	2 *	- -	5 1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less	
		a	b	c	d	e	f	g	h	i	j	a	b	c	
Significance Level: 95%															
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762	
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Pilates	6	-	-	-	4	1	1	-	-	5	1	3	1	2	
	*	-	-	-	1%	1%	*	-	-	1%	*	1%	*	*	
					achj										
Sit-ups	6	2	-	1	-	1	1	-	1	2	2	4	1	1	
	*	1%	-	*	-	*	*	-	*	*	*	1%	*	*	
Aerobics	6	1	-	1	1	1	1	-	1	3	2	6	-	-	
	*	*	-	*	*	*	*	-	*	*	*	1%	-	-	
												bc			
Resistance training	6	-	1	-	1	-	1	1	2	1	4	3	1	1	
	*	-	*	-	*	-	*	1%	1%	*	1%	*	*	*	
Cross Training	5	1	-	-	1	-	1	-	2	1	3	2	-	3	
	*	*	-	-	*	-	1%	-	1%	*	1%	*	-	*	
Meditation	5	1	-	-	1	2	-	-	2	3	2	4	-	1	
	*	*	-	-	*	1%	-	-	*	*	*	1%	-	*	
Basketball	5	3	-	-	-	-	-	2	-	-	2	3	2	-	
	*	1%	-	-	-	-	-	2%	-	-	*	*	*	-	
		i						bcd efhij							
Boxing	5	-	-	2	1	-	1	-	1	3	2	3	-	2	
	*	-	-	1%	*	-	*	-	*	*	*	*	-	*	
Cricket	4	-	-	-	2	-	-	1	2	2	3	2	-	2	
	*	-	-	-	1%	-	-	1%	*	*	*	*	-	*	
								aci							
Squats	4	-	1	1	1	-	1	-	-	2	1	-	3	1	
	*	-	*	1%	*	-	*	-	-	*	*	-	*	*	
Golf	4	1	-	-	-	1	1	-	-	1	1	1	-	2	
	*	*	-	-	-	1%	1%	-	-	*	*	*	-	*	
Breathing exercises	3	1	-	-	1	-	1	-	-	1	1	1	-	1	
	*	*	-	-	*	-	*	-	-	*	*	*	-	*	
Fishing	3	2	-	-	-	-	-	-	1	-	1	-	1	2	
	*	1%	-	-	-	-	-	-	*	-	*	-	*	*	
		i													

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Table tennis	3	-	-	-	2	1	-	-	-	3	-	2	-	2
	*	-	-	-	1%	*	-	-	-	*	-	*	-	*
					j									
Climbing	3	-	-	-	2	-	1	-	-	2	1	2	-	1
	*	-	-	-	1%	-	1%	-	-	*	*	*	-	*
Calisthenics	3	1	1	-	1	-	-	-	-	1	-	-	-	3
	*	*	1%	-	*	-	-	-	-	*	-	-	-	*
			j											
Long distance walks	3	-	1	-	2	-	-	-	-	2	-	-	-	3
	*	-	1%	-	1%	-	-	-	-	*	-	-	-	*
Spin class	2	-	-	-	-	-	1	-	1	-	2	1	1	-
	*	-	-	-	-	-	*	-	*	-	*	*	*	-
							i							
Hiking	2	-	-	-	-	-	1	-	1	-	2	2	-	-
	*	-	-	-	-	-	*	-	*	-	*	*	-	-
Athletics	2	-	1	1	-	-	-	-	-	1	-	1	1	-
	*	-	*	*	-	-	-	-	-	*	-	*	*	-
Volleyball	1	-	-	-	-	1	-	-	-	1	-	1	-	-
	*	-	-	-	-	1%	-	-	-	*	-	*	-	-
Group exercises	1	1	-	-	-	-	-	-	-	-	-	-	-	1
	*	*	-	-	-	-	-	-	-	-	-	-	-	*
Rugby	1	1	-	-	-	-	-	-	-	-	-	1	-	-
	*	*	-	-	-	-	-	-	-	-	-	*	-	-
Time with friends	1	-	-	-	-	-	1	-	-	-	1	-	-	1
	*	-	-	-	-	-	*	-	-	-	*	-	-	*
Darts	1	-	-	-	1	-	-	-	-	1	-	-	-	1
	*	-	-	-	*	-	-	-	-	*	-	-	-	*
Netball	1	-	-	-	1	-	-	-	-	1	-	1	-	-
	*	-	-	-	*	-	-	-	-	*	-	*	-	-
Other	45	3	8	4	14	5	3	2	6	23	11	18	6	21
	2%	1%	4%	2%	5%	2%	1%	2%	2%	3%	2%	3%	1%	3%
			aj		acfhj					a		b		b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11A. Thinking about any sport, exercise or physical activity you have done during lockdown, what new experiences, habits or activities, if any, have you found that you would like to continue once the restrictions are lifted?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing / don't know	858	283	86	114	93	85	64	26	106	292	196	138	340	370
	42%	75%	47%	40%	31%	35%	29%	28%	33%	35%	31%	20%	59%	49%
		bcdefghij	defghij	dfgj									ac	a
NET: Would like to continue	1164	95	95	172	204	157	155	67	220	533	441	536	235	383
	58%	25%	53%	60%	69%	65%	71%	72%	67%	65%	69%	80%	41%	51%
			a	a	abc	ab	abc	abc	ab	ab	abc	bc		b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

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	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gym work in general	280 14%	121 12%	158 15% a	135 22% bc	97 15% c	48 6%	10 10%	40 15%	29 15%	28 13%	23 13%	32 15%	54 17%	41 12%	25 12%
Swimming	260 13%	83 8%	177 17% a	70 11%	110 17% ac	80 11%	15 16%	34 13%	23 12%	29 14%	21 12%	31 14%	36 11%	45 14%	26 13%
Walking in general	257 13%	105 11%	149 15% a	39 6%	82 12% a	137 18% ab	14 15% g	43 16% g	25 13% g	26 12%	20 11%	29 13% g	24 8%	50 15% g	26 13%
Football	107 5%	98 10% b	9 1%	59 10% bc	30 5% c	18 2%	5 5%	14 5%	11 5%	12 6%	9 5%	7 3%	31 10% fhi	10 3%	8 4%
Jogging / running	76 4%	44 4%	30 3%	40 7% c	29 4% c	7 1%	4 4%	5 2%	4 2%	13 6% bch	5 3%	5 2%	26 8% bcefhi	8 3%	6 3%
Cycling	47 2%	30 3% b	16 2%	16 3%	18 3%	12 2%	- -	9 3% i	4 2% i	4 2%	2 1%	5 2% i	11 3% i	11 3% ai	- -
Golf	40 2%	34 3% b	6 1%	1 *	12 2% a	26 3% a	2 2%	5 2%	6 3% g	5 3%	4 2%	1 1%	2 1%	8 3%	5 2%
Weight lifting	29 1%	18 2%	11 1%	18 3% c	9 1% c	1 *	- -	4 1%	1 1%	2 1%	2 1%	1 1%	10 3% f	5 2%	3 1%
Walking on the beach	28 1%	10 1%	18 2%	5 1%	10 2%	13 2%	4 4% cdegi	5 2%	1 1%	2 1%	- -	5 2% e	2 1%	7 2% e	2 1%
Tennis	28 1%	19 2% b	8 1%	14 2% c	9 1%	5 1%	- -	4 1%	- -	7 3% ce	1 *	3 1%	6 2% c	5 1%	2 1%
Time with family	26 1%	8 1%	18 2%	10 2% b	2 * a	14 2% b	1 1%	1 *	6 3% bh	2 1%	3 2%	2 1%	3 1%	2 1%	6 3% bh
Dancing	23 1%	4 *	18 2% a	11 2% b	2 * a	10 1%	2 2%	3 1%	2 1%	4 2%	1 *	3 1%	4 1%	3 1%	2 1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

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	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yoga	23 1%	3 *	20 2% a	6 1%	9 1%	8 1%	1 1%	4 1%	- -	4 2%	- -	- -	8 2% cef	5 1%	2 1%
Time with friends	21 1%	11 1%	8 1%	9 2%	3 *	8 1%	1 1%	1 *	5 2% h	1 1%	5 3% bh	1 *	3 1%	1 *	3 2%
Hiking	19 1%	10 1%	9 1%	5 1%	6 1%	8 1%	2 2% h	3 1% h	1 1%	3 1% h	3 2% h	- -	1 * -	- -	7 3% cfgh
Badminton	19 1%	10 1%	9 1%	10 2% b	1 *	8 1%	- -	3 1%	3 2%	3 1%	1 1%	1 1%	2 1%	3 1%	2 1%
Exercise / workouts / fitness	18 1%	2 *	15 1% a	5 1%	6 1%	7 1%	3 3% bfg	- -	3 2% b	3 1%	3 2% b	- -	1 * -	4 1%	1 1%
Walking in the countryside	17 1%	9 1%	8 1%	2 *	6 1% a	9 1% a	2 2% cg	5 2% cg	- -	1 1%	3 2% g	1 1%	- -	4 1%	1 *
Fishing	16 1%	15 2% b	1 *	6 1%	1 *	9 1% b	1 1%	4 2% h	3 2% h	2 1%	1 1%	- -	1 * -	- -	4 2% h
Cricket	15 1%	14 1% b	1 *	6 1%	3 1%	6 1%	1 1%	4 1% h	2 1%	1 1%	- -	- -	5 1% h	- -	3 1% h
Rugby	14 1%	11 1% b	2 *	5 1%	7 1% c	1 *	- -	3 1%	2 1%	3 2% g	- -	1 1%	- -	2 1%	2 1%
Pilates	9 *	3 *	5 1%	1 *	3 *	5 1%	- -	- -	- -	- -	3 2% bcd	1 *	2 1%	1 *	1 1%
Aqua exercises	7 *	- -	7 1% a	1 *	1 *	5 1%	1 1%	1 *	2 1%	- -	- -	- -	1 * -	2 1%	- -
Netball	7 *	- -	7 1% a	5 1% c	1 *	- -	- -	1 *	1 *	2 1%	- -	2 1%	- -	- -	1 *

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

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	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Bowling	6	4	3	1	-	6	-	-	2	1	1	-	-	-	2
	*	*	*	*	-	1%	-	-	1%	*	1%	-	-	-	1%
						b			gh						
Basketball	6	5	1	6	-	-	1	-	-	2	-	-	3	1	-
	*	1%	*	1%	-	-	1%	-	-	1%	-	-	1%	*	-
				bc											
Boxing	6	3	3	4	3	-	-	-	1	1	1	1	2	-	1
	*	*	*	1%	*	-	-	-	*	*	1%	*	1%	-	1%
				c											
Group exercises	6	1	5	2	3	2	-	1	1	2	1	1	1	-	-
	*	*	1%	*	*	*	-	*	1%	1%	*	*	*	-	-
Team sports in general	6	5	2	5	1	-	-	1	1	1	1	-	1	1	2
	*	*	*	1%	*	-	-	*	*	*	*	-	*	*	1%
				bc											
Table tennis	6	4	3	3	1	3	-	1	-	-	1	-	1	3	-
	*	*	*	*	*	*	-	*	-	-	1%	-	*	1%	-
Zumba	6	-	6	-	4	2	-	2	-	-	1	1	-	2	-
	*	-	1%	-	1%	*	-	1%	-	-	*	*	-	1%	-
			a												
Darts	6	4	1	-	4	1	-	1	-	-	1	-	2	-	1
	*	*	*	-	1%	*	-	1%	-	-	1%	-	*	-	1%
					a										
Squash	6	4	2	2	1	2	1	2	-	-	-	1	-	1	-
	*	*	*	*	*	*	1%	1%	-	-	-	*	-	*	-
Motor sports	5	4	1	1	2	2	-	-	-	1	-	1	1	1	1
	*	*	*	*	*	*	-	-	-	*	-	1%	*	*	*
Climbing	5	3	2	4	1	-	1	2	-	-	-	2	-	1	-
	*	*	*	1%	*	-	1%	1%	-	-	-	1%	-	*	-
				c											
Martial Arts	5	3	2	4	1	-	-	1	-	1	-	1	2	-	1
	*	*	*	1%	*	-	-	*	-	*	-	*	*	-	*
				c											
Spin class	5	-	5	2	1	2	-	1	2	-	1	-	-	-	1
	*	-	*	*	*	*	-	*	1%	-	1%	-	-	-	*
			a												

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

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	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Trampolining	4	-	4	4	-	-	-	-	2	1	-	-	-	1	-
	*	-	*	1%	-	-	-	-	1%	*	-	-	-	*	-
				bc											
Long distance walks	3	3	-	-	2	1	-	1	-	-	-	-	1	2	-
	*	*	-	-	*	*	-	*	-	-	-	-	*	*	-
Surfing	3	1	2	-	2	1	-	-	-	1	-	-	-	1	1
	*	*	*	-	*	*	-	-	-	*	-	-	-	*	1%
Volleyball	3	2	1	1	1	1	-	-	-	-	-	-	2	1	-
	*	*	*	*	*	*	-	-	-	-	-	-	1%	*	-
Athletics	3	1	2	2	1	-	-	-	-	-	-	1	-	2	-
	*	*	*	*	*	-	-	-	-	-	-	1%	-	1%	-
Skiing	2	2	-	-	1	1	-	-	-	-	-	1	1	-	-
	*	*	-	-	*	*	-	-	-	-	-	1%	*	-	-
Gardening	2	-	2	-	1	1	-	-	-	-	-	-	-	2	-
	*	-	*	-	*	*	-	-	-	-	-	-	-	1%	-
Cardio	2	1	1	-	2	-	2	-	-	-	-	-	-	-	-
	*	*	*	-	*	-	2%	-	-	-	-	-	-	-	-
							bcdeg								
Skateboarding	1	1	1	1	-	-	-	-	-	1	-	-	-	1	-
	*	*	*	*	-	-	-	-	-	*	-	-	-	*	-
Exploring	1	-	1	-	-	1	-	-	1	-	-	-	-	-	-
	*	-	*	-	-	*	-	-	1%	-	-	-	-	-	-
Skipping	1	1	-	-	-	1	-	-	-	-	-	-	1	-	-
	*	*	-	-	-	*	-	-	-	-	-	-	*	-	-
Aerobics	1	1	-	-	1	-	-	-	-	-	-	-	1	-	-
	*	*	-	-	*	-	-	-	-	-	-	-	*	-	-
Meditation	1	-	1	-	1	-	-	-	-	-	-	-	1	-	-
	*	-	*	-	*	-	-	-	-	-	-	-	*	-	-
Press-ups / push-ups	1	-	1	-	1	-	-	-	-	-	-	-	1	-	-
	*	-	*	-	*	-	-	-	-	-	-	-	*	-	-
Other	77	34	40	15	28	34	7	8	5	7	15	5	11	11	7
	4%	3%	4%	2%	4%	5%	7%	3%	3%	3%	8%	2%	3%	3%	4%
						a					bcdfgh				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Nothing / don't know

NET: Looking forward to resuming

	Gender		Age			Region									
	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
	a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing / don't know	624	304	318	137	194	293	26	70	63	63	50	85	87	107	75
	31%	31%	31%	22%	29%	39%	27%	27%	32%	30%	28%	38%	27%	33%	36%
				a	ab						beg			bg	
NET: Looking forward to resuming	1398	680	707	475	469	453	70	193	134	149	127	138	234	220	132
	69%	69%	69%	78%	71%	61%	73%	73%	68%	70%	72%	62%	73%	67%	64%
				bc	c			fi		f		fi			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Gym work in general	280 14%	31 20% fh	74 16% fh	71 14% f	35 14% f	27 13% f	43 9% f	175 16% fh	105 11% f	231 13% f	9 16% f	20 21% a	12 15% a	2 10% a	1 15% a	44 17% a	
Swimming	260 13%	25 16% f	74 17% cfh	56 12% f	34 13% f	28 13% f	44 9% f	155 14% f	105 11% f	233 13% f	7 13% f	8 8% f	8 9% f	2 13% f	1 10% f	26 10% f	
Walking in general	257 13%	7 5% cdg	43 10% cdg	68 14% ab	37 15% ab	32 15% abg	70 15% abg	118 11% a	140 15% abg	238 14% cdg	5 10% cdg	6 6% cdg	5 6% cdg	2 11% cdg	1 12% cdg	19 7% cdg	
Football	107 5%	18 12% bcefgh	25 6% f	24 5% f	18 7% f	10 5% f	12 3% f	67 6% f	40 4% f	83 5% f	5 9% f	13 14% ad	3 4% ad	1 5% ad	- - ad	22 9% a	
Jogging / running	76 4%	8 5% f	22 5% fh	22 5% fh	8 3% fh	10 5% fh	6 1% fh	53 5% fh	24 3% fh	57 3% fh	4 7% fh	5 5% fh	7 9% a	1 7% a	1 9% a	18 7% a	
Cycling	47 2%	4 3% f	15 3% f	11 2% efh	11 4% efh	2 1% efh	4 1% efh	29 3% f	17 2% f	34 2% f	1 1% f	5 5% a	3 3% a	- - a	- - a	9 3% a	
Golf	40 2%	3 2% cg	8 2% cg	6 1% cg	4 1% cg	2 1% cg	16 3% cg	18 2% cg	22 2% cg	39 2% g	- - g	- - g	1 1% g	- - g	- - g	1 * g	
Weight lifting	29 1%	5 3% fh	8 2% fh	8 2% fh	3 1% fh	2 1% fh	2 * fh	21 2% fh	8 1% fh	17 1% fh	2 4% a	4 4% a	3 4% a	1 5% a	- - a	10 4% a	
Walking on the beach	28 1%	1 1% fh	6 1% fh	7 2% fh	6 2% fh	2 1% fh	6 1% fh	15 1% fh	13 1% fh	25 1% fh	1 1% fh	- - fh	2 3% fh	- - fh	- - fh	3 1% fh	
Tennis	28 1%	2 1% efh	13 3% efh	7 1% efh	3 1% efh	1 * efh	2 * efh	22 2% fh	6 1% fh	20 1% fh	2 3% fh	1 1% fh	4 5% a	1 7% a	- - a	8 3% a	
Time with family	26 1%	1 * fh	2 1% fh	6 1% fh	6 3% bg	1 * bg	10 2% bg	9 1% bg	17 2% g	24 1% g	- - g	1 1% g	1 1% g	- - g	- - g	2 1% g	
Dancing	23 1%	1 * e	3 1% e	10 2% e	4 2% e	- - e	5 1% e	14 1% e	9 1% e	20 1% e	2 3% e	- - e	1 1% e	- - e	- - e	3 1% e	
Yoga	23 1%	4 2% h	8 2% h	4 1% h	1 * h	3 1% h	3 1% h	16 1% h	7 1% h	19 1% h	1 1% h	- - h	2 3% h	- - h	1 8% h	4 1% h	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Time with friends	21 1%	4 2%	2 *	9 2%	4 2%	- -	3 1%	14 1%	7 1%	19 1%	- -	1 1%	- -	- -	- -	1 *	
		be		be													
Hiking	19 1%	- -	5 1%	6 1%	3 1%	2 1%	3 1%	11 1%	8 1%	18 1%	- -	- -	1 1%	- -	- -	1 *	
Badminton	19 1%	1 1%	8 2%	3 1%	- -	1 *	5 1%	13 1%	6 1%	13 1%	1 1%	5 5%	- -	- -	- -	6 2%	
			dh									ad				a	
Exercise / workouts / fitness	18 1%	2 2%	6 1%	6 1%	1 *	- -	2 1%	14 1%	3 *	16 1%	- -	1 2%	- -	- -	- -	1 1%	
			h	h				h									
Walking in the countryside	17 1%	- -	3 1%	7 1%	1 *	1 1%	5 1%	10 1%	7 1%	17 1%	- -	- -	- -	- -	- -	- -	
Fishing	16 1%	1 1%	3 1%	1 *	3 1%	2 1%	6 1%	5 *	12 1%	14 1%	- -	- -	- -	- -	1 13%	1 *	
							cg	cg									
Cricket	15 1%	- -	4 1%	7 2%	- -	1 *	3 1%	11 1%	4 *	13 1%	1 2%	1 1%	- -	- -	- -	2 1%	
				dh													
Rugby	14 1%	1 1%	5 1%	1 *	3 1%	2 1%	1 *	8 1%	6 1%	12 1%	- -	- -	2 2%	- -	- -	2 1%	
Pilates	9 *	- -	2 *	2 *	- -	1 *	4 1%	4 *	5 1%	8 *	- -	- -	- -	1 4%	- -	1 *	
Aqua exercises	7 *	- -	5 1%	- -	- -	1 *	1 *	5 *	2 *	7 *	- -	- -	- -	- -	- -	- -	
			ch														
Netball	7 *	- -	3 1%	3 1%	- -	- -	- -	7 1%	- -	7 *	- -	- -	- -	- -	- -	- -	
			h	h				h									
Bowling	6 *	- -	- -	1 *	- -	- -	6 1%	1 *	6 1%	6 *	- -	- -	- -	- -	- -	- -	
							bcg	g									
Basketball	6 *	1 1%	2 *	3 1%	- -	1 *	- -	6 1%	1 *	2 *	2 3%	1 1%	2 2%	- -	- -	4 2%	
			a	a				a			a	a	a			a	
Boxing	6 *	1 *	1 *	2 1%	- -	2 1%	- -	4 *	2 *	6 *	- -	1 1%	- -	- -	- -	1 *	
						f											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Group exercises	6 *	1 1%	1 *	3 1%	- -	1 *	1 *	5 *	2 *	6 *	- -	- -	- -	- -	- -	- -	
Team sports in general	6 *	- -	2 1%	2 *	2 1%	- -	- -	5 *	2 *	6 *	- -	- -	- -	- -	- -	- -	
Table tennis	6 *	2 1%	- -	3 1%	1 *	1 *	- -	4 *	2 *	5 *	1 1%	- -	- -	- -	- -	1 *	
Zumba	6 *	- -	1 *	1 *	- -	1 *	3 1%	2 *	4 *	5 *	- -	- -	- -	1 4%	- -	1 *	
Darts	6 *	- -	1 *	2 *	1 *	1 1%	- -	4 *	2 *	6 *	- -	- -	- -	- -	- -	- -	
Squash	6 *	1 1%	1 *	2 *	1 1%	- -	- -	4 *	1 *	6 *	- -	- -	- -	- -	- -	- -	
Motor sports	5 *	- -	1 *	- -	2 1%	- -	1 *	1 *	4 *	5 *	- -	- -	- -	- -	- -	- -	
Climbing	5 *	- -	2 *	1 *	2 1%	- -	- -	3 *	2 *	5 *	- -	- -	- -	- -	- -	- -	
Martial Arts	5 *	1 1%	- -	3 1%	1 *	- -	- -	4 *	1 *	2 *	1 1%	- -	1 1%	- -	1 8%	3 1%	
Spin class	5 *	- -	3 1%	1 *	- -	- -	1 *	3 *	1 *	5 *	- -	- -	- -	- -	- -	- -	
Trampoline	4 *	1 1%	- -	1 *	2 1%	- -	- -	2 *	2 *	3 *	- -	- -	1 1%	- -	- -	1 *	
Long distance walks	3 *	- -	1 *	- -	1 *	1 *	1 *	1 *	3 *	3 *	1 1%	- -	- -	- -	- -	1 *	
Surfing	3 *	2 1%	- -	- -	- -	- -	1 *	2 *	1 *	3 *	- -	- -	- -	- -	- -	- -	
Volleyball	3 *	1 1%	- -	2 *	- -	- -	- -	3 *	- -	3 *	- -	- -	- -	- -	- -	- -	
Athletics	3 *	1 1%	1 *	1 *	- -	- -	- -	3 *	- -	- -	1 2%	- -	2 3%	- -	- -	3 1%	
		h									a		a			a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Skiing	2 *	- -	- -	2 1% h	- -	- -	- -	2 *	- -	2 *	- -	- -	- -	- -	- -	- -
Gardening	2 *	- -	2 * h	- -	- -	- -	- -	2 *	- -	2 *	- -	- -	- -	- -	- -	- -
Cardio	2 *	- -	- -	- -	2 1% cg	- -	- -	- -	2 *	2 *	- -	- -	- -	- -	- -	- -
Skateboarding	1 *	- -	- -	1 *	- -	1 *	- -	1 *	1 *	1 *	- -	- -	- -	- -	- -	- -
Exploring	1 *	- -	- -	- -	- -	- -	1 *	- -	1 *	1 *	- -	- -	- -	- -	- -	- -
Skipping	1 *	- -	- -	- -	1 * g	- -	- -	- -	1 *	- -	- -	- -	1 1% a	- -	- -	1 * a
Aerobics	1 *	- -	- -	1 *	- -	- -	- -	1 *	- -	1 *	- -	- -	- -	- -	- -	- -
Meditation	1 *	- -	- -	- -	- -	- -	1 *	- -	1 *	- -	- -	1 1% a	- -	- -	- -	1 * a
Press-ups / push-ups	1 *	- -	- -	- -	1 *	- -	- -	- -	1 *	- -	1 1% a	- -	- -	- -	- -	1 * a
Other	77 4%	9 6%	20 4%	13 3%	6 3%	6 3%	23 5%	42 4%	35 4%	58 3%	4 7%	5 6%	3 3%	2 10%	- -	14 5%
Nothing / don't know	624 31%	32 20%	107 24%	141 29% a	80 32% abg	68 33% abg	196 42% abcdeg	280 26% abcg	345 37% abcg	551 32% bg	9 17%	27 28%	22 26%	5 29%	2 24%	65 25%
NET: Looking forward to resuming	1398 69%	126 80% cdefh	340 76% defh	348 71% fh	174 68% f	139 67% f	271 58% defh	814 74% defh	584 63% defh	1184 68%	45 83% a	68 72%	61 74%	12 71%	7 76%	193 75% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gym work in general	280 14%	159 12%	64 18%	45 14%	109 16%	6 20%	3 9%	37 8%	224 15%	10 19%	46 9%	261 14%	17 10%	19 7%	163 14%	81 15%	18 23%	261 15%
			a	a	a	cf			cf	cf					a	a	abe	a
Swimming	260 13%	138 11%	66 19%	50 16%	116 17%	2 6%	3 8%	45 10%	205 14%	6 11%	49 10%	241 13%	17 10%	25 9%	156 14%	74 14%	5 7%	236 13%
			a	a	a				cf						a			a
Walking in general	257 13%	183 14%	42 12%	27 9%	69 10%	3 9%	1 2%	83 19%	167 12%	3 6%	87 17%	235 13%	16 10%	44 16%	153 13%	53 10%	8 10%	213 12%
								bde			bde			ce	c			
Football	107 5%	51 4%	18 5%	28 9%	46 7%	3 9%	4 10%	14 3%	84 6%	3 6%	20 4%	97 5%	6 4%	7 3%	41 4%	47 9%	11 15%	99 6%
				a	a		c		c							abe	abe	ab
Jogging / running	76 4%	35 3%	11 3%	23 7%	34 5%	- -	2 6%	11 3%	56 4%	7 12%	13 3%	69 4%	5 3%	5 2%	30 3%	35 7%	6 8%	72 4%
				ab	a					acdf						abe	ab	b
Cycling	47 2%	20 2%	12 3%	10 3%	22 3%	2 8%	2 6%	6 1%	35 2%	1 2%	10 2%	43 2%	2 1%	2 1%	25 2%	15 3%	4 6%	44 3%
			a	a	a	cf											a	
Golf	40 2%	31 2%	8 2%	1 *	9 1%	- -	- -	8 2%	32 2%	- -	8 2%	37 2%	1 1%	6 2%	26 2%	8 1%	- -	34 2%
		c																
Weight lifting	29 1%	19 2%	4 1%	5 2%	8 1%	- -	1 2%	3 1%	24 2%	2 3%	4 1%	28 2%	1 *	3 1%	12 1%	11 2%	3 4%	26 1%
Walking on the beach	28 1%	22 2%	6 2%	- -	6 1%	- -	- -	7 2%	21 1%	- -	7 1%	27 2%	1 *	4 1%	19 2%	5 1%	- -	24 1%
		c	c															
Tennis	28 1%	11 1%	6 2%	9 3%	15 2%	- -	1 2%	3 1%	23 2%	1 2%	3 1%	26 1%	1 1%	6 2%	11 1%	10 2%	1 2%	22 1%
				a	a													
Time with family	26 1%	18 1%	3 1%	5 1%	8 1%	1 3%	- -	11 2%	13 1%	1 1%	12 2%	24 1%	2 1%	6 2%	13 1%	8 1%	- -	20 1%
								d			d							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Dancing	23 1%	17 1%	2 1%	4 1%	6 1%	- -	- -	5 1%	18 1%	- -	5 1%	23 1%	- -	3 1%	13 1%	6 1%	1 2%	20 1%
Yoga	23 1%	11 1%	6 2%	2 1%	8 1%	1 3%	1 2%	1 *	18 1%	1 3%	3 1%	22 1%	1 *	5 2%	9 1%	8 2%	- -	18 1%
Time with friends	21 1%	14 1%	3 1%	3 1%	6 1%	- -	1 3%	5 1%	14 1%	1 1%	6 1%	18 1%	3 2%	3 1%	12 1%	5 1%	1 1%	17 1%
Hiking	19 1%	15 1%	4 1%	- -	4 1%	- -	- -	2 1%	17 1%	- -	2 *	19 1%	- -	2 1%	13 1%	5 1%	- -	17 1%
Badminton	19 1%	14 1%	3 1%	1 *	4 1%	- -	- -	2 *	16 1%	1 3%	2 *	17 1%	2 1%	1 *	13 1%	5 1%	- -	18 1%
Exercise / workouts / fitness	18 1%	10 1%	7 2%	- -	7 1%	- -	- -	5 1%	12 1%	- -	5 1%	17 1%	- -	2 1%	12 1%	4 1%	- -	16 1%
Walking in the countryside	17 1%	10 1%	4 1%	2 1%	7 1%	- -	- -	6 1%	11 1%	- -	6 1%	17 1%	- -	2 1%	13 1%	2 *	- -	15 1%
Fishing	16 1%	7 1%	4 1%	1 *	5 1%	1 3%	- -	5 1%	10 1%	1 2%	5 1%	13 1%	2 1%	2 1%	11 1%	2 *	1 2%	14 1%
Cricket	15 1%	11 1%	3 1%	1 *	4 1%	2 7%	- -	2 *	10 1%	1 2%	4 1%	14 1%	1 *	1 *	11 1%	3 *	- -	14 1%
Rugby	14 1%	6 *	4 1%	3 1%	6 1%	- -	- -	5 1%	9 1%	- -	5 1%	13 1%	1 1%	3 1%	4 *	7 1%	- -	11 1%
Pilates	9 *	8 1%	1 *	- -	1 *	- -	- -	4 1%	4 *	1 2%	4 1%	8 *	1 1%	1 *	6 1%	1 *	- -	7 *
Aqua exercises	7 *	6 *	- -	1 *	1 *	- -	- -	3 1%	3 *	- -	3 1%	5 *	1 1%	1 *	4 *	2 *	- -	6 *

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Netball	7	3	1	2	3	-	-	-	7	-	-	7	-	1	2	4	-	6
	*	*	*	1%	1%	-	-	-	*	-	-	*	-	*	*	1%	-	*
Bowling	6	6	-	-	-	-	-	1	6	-	1	6	-	1	4	-	1	5
	*	1%	-	-	-	-	-	*	*	-	*	*	-	*	*	-	1%	*
																		c
Basketball	6	5	-	1	1	-	1	1	5	-	1	5	-	1	2	3	-	6
	*	*	-	*	*	-	2%	*	*	-	*	*	-	*	*	1%	-	*
Boxing	6	4	1	1	2	-	-	1	4	2	1	5	2	-	2	4	-	6
	*	*	*	*	*	-	-	*	*	3%	*	*	1%	-	*	1%	-	*
										cdf								b
Group exercises	6	5	1	-	1	-	-	2	4	1	2	6	-	1	4	1	1	5
	*	*	*	-	*	-	-	*	*	2%	*	*	-	*	*	*	1%	*
Team sports in general	6	6	-	-	-	-	-	1	5	-	1	6	-	1	2	4	-	5
	*	*	-	-	-	-	-	*	*	-	*	*	-	*	*	1%	-	*
Table tennis	6	3	-	3	3	-	-	5	1	1	5	5	1	1	3	1	2	5
	*	*	-	1%	*	-	-	1%	*	1%	1%	*	1%	*	*	*	2%	*
								d		d	d							bce
Zumba	6	5	-	1	1	-	-	3	3	-	3	6	-	-	5	1	-	6
	*	*	-	*	*	-	-	1%	*	-	1%	*	-	-	*	*	-	*
Darts	6	1	1	3	4	-	-	2	4	-	2	4	1	1	1	4	-	5
	*	*	*	1%	1%	-	-	*	*	-	*	*	1%	*	*	1%	-	*
				a	a													b
Squash	6	4	1	-	1	-	-	-	6	-	-	6	-	-	4	1	-	6
	*	*	*	-	*	-	-	-	*	-	-	*	-	-	*	*	-	*
Motor sports	5	4	-	1	1	-	-	1	4	-	1	5	-	-	3	2	-	5
	*	*	-	*	*	-	-	*	*	-	*	*	-	-	*	*	-	*
Climbing	5	5	-	-	-	-	-	-	5	-	-	5	-	1	4	1	-	4
	*	*	-	-	-	-	-	-	*	-	-	*	-	*	*	*	-	*
Martial Arts	5	4	-	-	-	-	1	2	3	-	2	4	1	1	1	2	1	4
	*	*	-	-	-	-	2%	*	*	-	*	*	*	*	*	*	1%	*
							d											b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Spin class	5*	3*	-	1*	1*	-	-	-	5*	-	-	5*	-	-	4*	1*	-	5*
Trampolining	4*	1*	2	1*	3*	-	-	1*	2*	1	1*	4*	-	-	-	3	1	4*
			1%							1%					1%	1%		
			a		a					d					b	b		
Long distance walks	3*	3*	-	-	-	-	-	-	3*	-	-	3*	-	1*	3*	-	-	3*
Surfing	3*	1*	-	2	2*	-	-	-	2*	1	-	3*	-	1*	-	2*	-	2*
			-	1%						2%								
										cdf				b		b		
Volleyball	3*	2*	1*	-	1*	-	-	-	3*	-	-	3*	-	-	2*	1*	-	3*
Athletics	3*	1*	-	2	2*	-	-	-	3*	-	-	3*	-	1*	-	1*	1	2*
			-	1%													2%	
				a													bce	
Skiing	2*	1*	-	1*	1*	-	-	-	2*	-	-	2*	-	-	2*	-	-	2*
Gardening	2*	1*	-	1*	1*	-	-	1*	1*	-	1*	2*	-	-	1*	1*	-	2*
Cardio	2*	-	-	2	2*	-	-	-	2*	-	-	2*	-	-	1*	1*	-	2*
			-	1%														
				a	a													
Skateboarding	1*	1*	-	-	-	-	-	-	1*	-	-	1*	-	-	-	1*	-	1*
Exploring	1*	1*	-	-	-	-	-	-	1*	-	-	1*	-	-	1*	-	-	1*
Skipping	1*	1*	-	-	-	-	-	-	1*	-	-	1*	-	-	1*	-	-	1*
Aerobics	1*	1*	-	-	-	-	-	1*	-	-	1*	-	1*	-	1*	-	-	1*
			-	-	-								1%					
												a						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Meditation	1	1	-	-	-	-	-	-	1	-	-	1	-	-	1	-	-	1
	*	*	-	-	-	-	-	-	*	-	-	*	-	-	*	-	-	*
Press-ups / push-ups	1	1	-	-	-	-	1	-	-	-	1	-	1	-	1	-	-	1
	*	*	-	-	-	-	2%	-	-	-	*	-	*	-	*	-	-	*
							cdf						a					
Other	77	54	8	11	19	1	2	22	50	2	25	70	6	14	39	21	3	63
	4%	4%	2%	3%	3%	5%	5%	5%	3%	3%	5%	4%	4%	5%	3%	4%	4%	4%
Nothing / don't know	624	432	89	84	172	10	16	166	417	15	192	518	85	112	369	127	16	513
	31%	34%	25%	26%	26%	34%	41%	37%	29%	28%	37%	29%	50%	41%	33%	23%	22%	29%
		bcd					d			d		a		bcde	c			c
NET: Looking forward to resuming	1398	841	264	233	497	19	23	281	1036	39	323	1288	85	158	765	415	59	1239
	69%	66%	75%	74%	74%	66%	59%	63%	71%	72%	63%	71%	50%	59%	67%	77%	78%	71%
			a	a	a				cf			b			a	abe	a	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gym work in general	280 14%	49 16%	205 15%	43 20% bde	31 8%	8 12%	199 14% b	72 13% b	9 11%	239 15% b	41 10%	233 14%	46 16%
Swimming	260 13%	48 16%	184 13%	30 14%	49 13%	11 16%	179 13%	76 13%	11 14%	205 13%	56 13%	226 13%	33 12%
Walking in general	257 13%	38 13%	173 12%	21 10% c	71 19% acd	1 2%	174 12% c	82 14% c	10 13% c	215 13%	43 10%	218 13%	40 14%
Football	107 5%	21 7%	74 5%	8 4%	8 2%	7 10% abe	82 6% be	20 3%	2 3%	87 5%	20 5%	89 5%	16 5%
Jogging / running	76 4%	9 3%	58 4%	6 3% b	3 1%	3 5% b	63 4% be	11 2%	1 1%	68 4% b	8 2%	61 4%	14 5%
Cycling	47 2%	5 2%	38 3%	4 2%	4 1%	1 2%	35 3%	9 2%	- -	40 3%	7 2%	41 2%	6 2%
Golf	40 2%	7 2%	26 2%	1 1%	4 1%	1 1%	35 3% e	5 1%	1 2%	25 2%	15 4% a	36 2%	3 1%
Weight lifting	29 1%	7 2%	19 1%	- -	1 *	1 1%	26 2% abe	2 *	- -	27 2% b	2 *	23 1%	4 2%
Walking on the beach	28 1%	2 1%	22 2%	2 1%	7 2%	- -	21 1%	7 1%	2 2%	19 1%	9 2%	27 2%	1 *
Tennis	28 1%	6 2%	16 1%	4 2%	2 *	1 2%	23 2%	5 1%	2 2%	24 2%	3 1%	27 2%	1 *
Time with family	26 1%	3 1%	16 1%	4 2%	6 2%	2 2%	15 1%	10 2%	1 1%	17 1%	9 2%	23 1%	2 1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b	a	b	c	d	e	f	a	b	a	b	
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Dancing	23	4	16	5	2	-	16	7	-	21	2	18	5
	1%	1%	1%	2%	1%	-	1%	1%	-	1%	1%	1%	2%
Yoga	23	6	12	4	2	1	16	6	1	20	3	19	3
	1%	2%	1%	2%	*	2%	1%	1%	1%	1%	1%	1%	1%
Time with friends	21	4	12	4	1	4	12	8	1	14	7	19	1
	1%	1%	1%	2%	*	6%	1%	1%	1%	1%	2%	1%	*
				b		bde							
Hiking	19	2	15	4	3	-	14	6	1	13	6	16	3
	1%	1%	1%	2%	1%	-	1%	1%	2%	1%	1%	1%	1%
Badminton	19	4	13	1	1	-	17	2	-	16	3	16	3
	1%	1%	1%	*	*	-	1%	*	-	1%	1%	1%	1%
							e						
Exercise / workouts / fitness	18	1	15	1	3	-	14	4	-	12	6	16	2
	1%	*	1%	*	1%	-	1%	1%	-	1%	1%	1%	1%
Walking in the countryside	17	3	12	2	9	-	7	10	1	14	3	17	-
	1%	1%	1%	1%	2%	-	1%	2%	2%	1%	1%	1%	-
					d			d					
Fishing	16	1	13	1	5	-	10	5	1	12	4	14	2
	1%	*	1%	1%	1%	-	1%	1%	2%	1%	1%	1%	1%
Cricket	15	1	11	2	-	1	11	3	-	12	3	13	2
	1%	*	1%	1%	-	1%	1%	1%	-	1%	1%	1%	1%
							b						
Rugby	14	2	9	-	3	3	8	5	-	9	5	11	2
	1%	1%	1%	-	1%	4%	1%	1%	-	1%	1%	1%	1%
						abd							
Pilates	9	2	5	-	-	-	8	-	-	8	1	7	2
	*	1%	*	-	-	-	1%	-	-	*	*	*	1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Aqua exercises	7	1	5	-	1	-	5	1	-	6	1	6	1
	*	*	*	-	*	-	*	*	-	*	*	*	*
Netball	7	-	6	-	-	-	7	-	-	4	2	5	2
	*	-	*	-	-	-	*	-	-	*	1%	*	1%
Bowling	6	1	4	-	2	-	4	2	-	6	1	6	1
	*	*	*	-	1%	-	*	*	-	*	*	*	*
Basketball	6	1	5	1	-	1	4	2	-	6	1	6	-
	*	*	*	*	-	1% b	*	*	-	*	*	*	-
Boxing	6	2	4	2	1	-	4	3	-	5	1	5	1
	*	1%	*	1%	*	-	*	1%	-	*	*	*	*
Group exercises	6	-	5	2	1	-	5	2	1	5	1	6	-
	*	-	*	1%	*	-	*	*	1%	*	*	*	-
Team sports in general	6	1	5	1	-	-	5	1	-	4	2	6	-
	*	*	*	*	-	-	*	*	-	*	1%	*	-
Table tennis	6	1	4	1	2	1	2	4	1	5	1	5	-
	*	*	*	1%	*	2% d	*	1% d	1%	*	*	*	-
Zumba	6	2	4	1	-	-	5	1	-	5	1	6	-
	*	1%	*	*	-	-	*	*	-	*	*	*	-
Darts	6	-	5	-	1	-	4	1	-	6	-	4	2
	*	-	*	-	*	-	*	*	-	*	-	*	1%
Squash	6	-	4	1	-	-	4	1	-	6	-	5	1
	*	-	*	*	-	-	*	*	-	*	-	*	*
Motor sports	5	1	4	-	1	-	4	1	-	4	1	4	1
	*	*	*	-	*	-	*	*	-	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b	a	b	c	d	e	f	a	b	a	b	
Significance Level: 95%													
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Climbing	5	-	4	-	-	-	5	-	-	4	1	3	2
	*	-	*	-	-	-	*	-	-	*	*	*	1%
Martial Arts	5	1	3	1	-	1	3	2	-	3	2	3	2
	*	*	*	*	-	1% b	*	*	-	*	*	*	1%
Spin class	5	-	5	-	2	-	3	2	-	3	2	5	-
	*	-	*	-	*	-	*	*	-	*	*	*	-
Trampolining	4	1	3	-	-	-	4	-	-	1	3	4	-
	*	*	*	-	-	-	*	-	-	*	1% a	*	-
Long distance walks	3	-	3	-	-	-	3	-	-	3	-	3	1
	*	-	*	-	-	-	*	-	-	*	-	*	*
Surfing	3	-	2	-	-	-	2	-	-	2	1	3	-
	*	-	*	-	-	-	*	-	-	*	*	*	-
Volleyball	3	1	1	1	-	-	-	1	-	3	-	3	-
	*	*	*	*	-	-	-	*	-	*	-	*	-
Athletics	3	-	2	-	-	-	3	-	-	3	-	2	1
	*	-	*	-	-	-	*	-	-	*	-	*	*
Skiing	2	1	1	-	-	-	2	-	-	1	1	2	-
	*	*	*	-	-	-	*	-	-	*	*	*	-
Gardening	2	-	2	-	-	-	2	-	-	2	-	2	-
	*	-	*	-	-	-	*	-	-	*	-	*	-
Cardio	2	-	2	-	-	-	2	-	-	2	-	1	1
	*	-	*	-	-	-	*	-	-	*	-	*	*
Skateboarding	1	1	1	-	-	-	1	-	-	1	1	1	-
	*	*	*	-	-	-	*	-	-	*	*	*	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

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	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Exploring	1	-	1	-	-	-	-	-	-	1	-	1	-
	*	-	*	-	-	-	-	-	-	*	-	*	-
Skipping	1	-	1	-	-	-	1	-	-	1	-	1	-
	*	-	*	-	-	-	*	-	-	*	-	*	-
Aerobics	1	-	1	1	-	-	-	1	-	1	-	-	1
	*	-	*	*	-	-	-	*	-	*	-	-	*
				d									a
Meditation	1	-	-	-	-	-	1	-	-	-	1	1	-
	*	-	-	-	-	-	*	-	-	-	*	*	-
Press-ups / push-ups	1	1	-	-	-	-	1	-	-	1	-	1	-
	*	*	-	-	-	-	*	-	-	*	-	*	-
Other	77	14	47	8	18	4	48	28	3	59	17	62	13
	4%	5%	3%	4%	5%	5%	3%	5%	3%	4%	4%	4%	5%
Nothing / don't know	624	75	427	69	144	25	401	199	34	474	150	524	94
	31%	25%	30%	32%	39%	36%	29%	35%	43%	30%	36%	31%	33%
				d	d			d	d		a		
NET: Looking forward to resuming	1398	227	983	147	226	45	992	367	45	1126	272	1194	193
	69%	75%	70%	68%	61%	64%	71%	65%	57%	70%	64%	69%	67%
							bef			b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gym work in general	280 14%	24 6%	30 17% a	42 15% a	51 17% a	37 15% a	35 16% a	19 20% a	43 13% a	130 16% a	96 15% a	110 16% b	42 7% b	127 17% b
Swimming	260 13%	34 9%	30 17% a	33 12% a	40 13% a	36 15% a	28 13% a	9 10% a	50 15% a	109 13% a	87 14% a	107 16% b	48 8% b	102 14% b
Walking in general	257 13%	66 17% dehij	26 15%	41 14% d	26 9%	26 11%	27 12%	10 10%	36 11%	93 11%	72 11%	60 9%	54 9%	142 19% ab
Football	107 5%	13 3%	5 3%	16 6% ab	22 8% ab	13 5%	16 7% a	5 5%	18 5%	51 6% a	38 6% a	42 6% b	22 4% b	42 6% b
Jogging / running	76 4%	3 1%	3 2%	10 4% a	11 4% a	15 6% ab	9 4% a	4 5% a	20 6% ab	37 4% a	33 5% a	37 5% b	9 2% b	29 4% b
Cycling	47 2%	5 1%	6 3%	8 3%	9 3%	6 2%	5 2%	2 2%	6 2%	23 3%	13 2%	7 1%	8 1%	30 4% ab
Golf	40 2%	7 2%	2 1%	2 1%	2 1%	5 2%	11 5% abcdi	1 1%	10 3% cdi	9 1%	22 3% cdi	14 2%	10 2%	16 2%
Weight lifting	29 1%	1 *	2 1%	4 1%	5 2%	4 2%	4 2%	4 4% a	4 1% a	12 2%	12 2% a	12 2% b	3 * b	14 2% b
Walking on the beach	28 1%	5 1%	4 2% f	6 2% f	4 1%	4 2%	- -	3 3% f	3 1% f	13 2%	6 1%	7 1%	9 2%	11 1%
Tennis	28 1%	- -	- -	4 1% a	9 3% ab	2 1%	5 2% ab	1 1%	7 2% ab	15 2% a	13 2% a	11 2%	9 2%	7 1%
Time with family	26 1%	6 2%	1 1%	1 *	6 2%	3 1%	2 1%	2 2%	5 2%	11 1%	9 1%	15 2% b	2 * b	8 1% b
Dancing	23 1%	2 1%	3 2%	4 1%	1 *	3 1%	4 2%	4 4% adhi	2 1% adhi	8 1%	10 2%	8 1%	1 * b	14 2% b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Total	Number of days active									Amount of activity since the COVID-19 restrictions were introduced			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yoga	23 1%	2 *	2 1%	4 1%	5 2%	2 1%	1 *	1 1%	6 2%	11 1%	8 1%	9 1%	6 1%	7 1%
Time with friends	21 1%	4 1%	1 1%	4 1%	6 2%	1 *	2 1%	2 2%	1 *	11 1%	5 1%	10 2% b	2 *	7 1%
Hiking	19 1%	4 1%	-	3 1%	2 1%	2 1%	3 1%	1 1%	4 1%	8 1%	8 1%	5 1%	6 1%	8 1%
Badminton	19 1%	2 1%	2 1%	2 1%	4 1%	1 1%	3 2%	1 1%	3 1%	7 1%	7 1%	10 1% b	-	9 1% b
Exercise / workouts / fitness	18 1%	2 *	-	4 1%	4 1%	2 1%	2 1%	-	5 2%	9 1%	7 1%	6 1%	2 *	9 1%
Walking in the countryside	17 1%	4 1%	2 1%	1 *	6 2% ehj	-	1 1%	1 1%	1 *	8 1%	3 1%	1 *	6 1% a	10 1% a
Fishing	16 1%	4 1%	3 2%	1 *	1 *	3 1%	2 1%	-	2 1%	5 1%	4 1%	4 1%	5 1%	6 1%
Cricket	15 1%	4 1%	-	5 2% de	-	-	-	2 2% def	4 1%	5 1%	6 1%	3 *	6 1%	6 1%
Rugby	14 1%	2 1%	1 1%	1 *	-	3 1%	2 1%	3 3% dhi	1 *	4 1%	6 1%	2 *	3 1%	7 1%
Pilates	9 *	2 1%	2 1% hj	1 *	1 *	3 1% j	-	-	-	5 1%	-	1 *	5 1% a	3 *
Aqua exercises	7 *	1 *	1 *	-	1 *	-	1 *	-	3 1% i	1 *	4 1%	2 *	1 *	4 1%
Netball	7 *	-	1 *	4 1% adh	-	-	-	2 2% adefhij	-	4 *	2 *	1 *	-	5 1% b
Bowling	6 *	1 *	-	-	-	2 1%	1 1%	1 1%	1 *	2 *	3 *	1 *	1 *	5 1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Basketball	6*	1*	1*	1* 1%	1*	-	2* 1%	-	-	3*	2*	1*	2*	4*
Boxing	6*	2*	1*	2* 1%	-	1*	1*	-	-	3*	1*	-	1*	5* 1% a
Group exercises	6*	1*	1* 1%	-	2* 1%	-	2* 1%	1* 1%	-	2*	3*	2*	1*	3*
Team sports in general	6*	1*	-	1*	-	-	1*	1* 2% di	2* 1%	1*	5* 1%	2*	1*	3*
Table tennis	6*	2*	-	1* *	2* 1%	-	-	1* 1%	-	4* *	1* *	1* *	-	5* 1% b
Zumba	6*	3* 1%	-	1* *	1* *	-	-	-	1* *	2* *	1* *	2* *	-	4* *
Darts	6*	-	1* 1%	1* *	3* 1%	-	-	-	1* *	4* *	1* *	4* 1%	-	2* *
Squash	6*	-	-	1* *	1* *	-	3* 2% ahi	-	-	2* *	3* 1%	2* *	1* *	2* *
Motor sports	5*	2* 1%	-	-	-	2* 1%	-	-	1* *	2* *	1* *	3* *	2* *	-
Climbing	5*	-	1* 1%	-	1* *	-	1* *	1* 1%	2* *	1* *	3* 1%	1* *	-	4* *
Martial Arts	5*	-	-	1* *	3* 1% aj	1* *	-	-	-	5* 1% j	-	-	1* *	4* 1% a
Spin class	5*	-	-	-	1* *	1* *	1* *	-	2* *	2* *	3* *	2* *	-	3* *
Trampolining	4*	-	1* *	1* *	-	-	-	1* 1% ai	1* *	1* *	2* *	1* *	1* *	2* *

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less	
		a	b	c	d	e	f	g	h	i	j	a	b	c	
Significance Level: 95%															
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762	
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Long distance walks	3	-	-	-	1	1	1	-	1	2	2	3	1	-	
	*	-	-	-	*	*	*	-	*	*	*	*	*	-	
Surfing	3	-	-	-	1	-	1	-	1	1	2	1	-	2	
	*	-	-	-	*	-	*	-	*	*	*	*	-	*	
Volleyball	3	-	-	-	-	-	1	-	2	-	3	1	-	2	
	*	-	-	-	-	-	1%	-	1%	-	*	*	-	*	
							i		i		i				
Athletics	3	1	-	1	-	1	-	-	-	2	-	-	-	3	
	*	*	-	*	-	*	-	-	-	*	-	-	-	*	
Skiing	2	-	-	-	-	1	-	-	1	1	1	1	1	-	
	*	-	-	-	-	*	-	-	*	*	*	*	*	-	
Gardening	2	1	-	-	-	1	-	-	-	1	-	1	-	1	
	*	*	-	-	-	*	-	-	-	*	-	*	-	*	
Cardio	2	1	-	-	-	-	-	1	-	-	1	-	1	1	
	*	*	-	-	-	-	-	1%	-	-	*	-	*	*	
								i							
Skateboarding	1	-	-	-	1	-	1	-	-	1	1	1	-	1	
	*	-	-	-	*	-	*	-	-	*	*	*	-	*	
Exploring	1	-	-	-	-	-	-	-	1	-	1	-	-	1	
	*	-	-	-	-	-	-	-	*	-	*	-	-	*	
Skipping	1	-	-	-	1	-	-	-	-	1	-	-	-	1	
	*	-	-	-	*	-	-	-	-	*	-	-	-	*	
Aerobics	1	-	1	-	-	-	-	-	-	-	-	-	-	1	
	*	-	*	-	-	-	-	-	-	-	-	-	-	*	
			i												
Meditation	1	1	-	-	-	-	-	-	-	-	-	1	-	-	
	*	*	-	-	-	-	-	-	-	-	-	*	-	-	
Press-ups / push-ups	1	-	-	1	-	-	-	-	-	1	-	1	-	-	
	*	-	-	*	-	-	-	-	-	*	-	*	-	-	
Other	77	11	3	11	11	14	10	3	15	35	28	35	16	25	
	4%	3%	2%	4%	4%	6%	4%	4%	5%	4%	4%	5%	3%	3%	
						b						b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

Q11B. Thinking about any sport, exercise or physical activity you have not been able to do during lockdown, what, if anything, are you most looking forward to resuming once the restrictions are lifted?

BASE: All respondents

	Total	Number of days active									Amount of activity since the COVID-19 restrictions were introduced			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing / don't know	624	181	58	74	72	67	55	23	93	213	172	179	306	133
	31%	48%	32%	26%	24%	28%	25%	25%	29%	26%	27%	27%	53%	18%
		bcdefghij										c	ac	
NET: Looking forward to resuming	1398	197	122	213	225	175	164	70	232	613	466	495	270	620
	69%	52%	68%	74%	76%	72%	75%	75%	71%	74%	73%	73%	47%	82%
		a	a	a	a	a	a	a	a	a	a	b		ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D6. Which one of the following best describes you today?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	29 1%	16 2%	13 1%	13 2%	11 2%	5 1%	1 1%	4 2%	5 3%	5 2%	1 *	2 1%	7 2%	3 1%	1 *
I am self-isolating because someone in my household has virus symptoms	38 2%	26 3%	13 1%	23 4%	12 2%	3 *	4 4%	1 *	4 2%	7 3%	2 1%	1 1%	14 4%	5 1%	2 1%
I am self-isolating because I am at increased risk due to my age or health condition	447 22%	222 23%	224 22%	86 14%	88 13%	273 37%	34 35%	47 18%	43 22%	44 21%	39 22%	53 24%	53 17%	82 25%	51 25%
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1453 72%	687 70%	756 74%	460 75%	538 81%	455 61%	56 58%	205 78%	138 70%	154 73%	131 74%	162 73%	229 71%	231 70%	147 71%
Prefer not to say	55 3%	33 3%	19 2%	31 5%	14 2%	10 1%	2 2%	6 2%	6 3%	2 1%	4 2%	4 2%	17 5%	7 2%	6 3%
NET: Self-isolating	515 25%	264 27%	249 24%	122 20%	112 17%	281 38%	39 40%	52 20%	52 26%	56 26%	42 24%	57 25%	74 23%	90 27%	54 26%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D6. Which one of the following best describes you today?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
I am self-isolating because I have had virus symptoms	29 1%	6 4%	6 1%	6 1%	2 1%	3 1%	6 1%	18 2%	10 1%	27 2%	1 1%	1 1%	- -	1 4%	- -	2 1%	
		bcdfgh															
I am self-isolating because someone in my household has virus symptoms	38 2%	2 1%	9 2%	17 4%	4 2%	2 1%	4 1%	29 3%	10 1%	16 1%	6 11%	6 7%	8 9%	- -	1 8%	21 8%	
				efh				fh			a		a			a	
I am self-isolating because I am at increased risk due to my age or health condition	447 22%	33 21%	64 14%	68 14%	50 20%	40 19%	191 41%	166 15%	281 30%	401 23%	11 20%	19 19%	11 14%	3 19%	2 20%	46 18%	
		bc		c		abcdegh		abcdeg		g							
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1453 72%	107 68%	364 81%	382 78%	191 75%	155 75%	252 54%	854 78%	599 64%	1257 72%	33 61%	65 68%	62 75%	13 77%	5 48%	177 69%	
		f	afh	afh	fh	fh	afh	f		b							
Prefer not to say	55 3%	8 5%	4 1%	14 3%	6 2%	8 4%	15 3%	26 2%	29 3%	34 2%	4 7%	5 5%	1 2%	- -	2 23%	12 5%	
		bg		b		b		b			a	a				a	
NET: Self-isolating	515 25%	42 27%	79 18%	92 19%	56 22%	44 21%	201 43%	213 19%	301 32%	443 26%	18 33%	26 27%	19 23%	4 23%	3 29%	69 27%	
		bcg				abcdegh		bcdeg									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D6. Which one of the following best describes you today?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	29	20	5	2	7	29	-	-	-	-	29	20	8	4	14	6	4	24
	1%	2%	1%	1%	1%	100%	-	-	-	-	6%	1%	5%	2%	1%	1%	5%	1%
						bcd					cd		a				bce	
I am self-isolating because someone in my household has virus symptoms	38	15	11	8	19	-	38	-	-	-	38	26	9	3	18	15	3	36
	2%	1%	3%	3%	3%	-	100%	-	-	-	7%	1%	6%	1%	2%	3%	4%	2%
			a		a		acdef				cde		a					
I am self-isolating because I am at increased risk due to my age or health condition	447	346	43	39	81	-	-	447	-	-	447	346	83	91	260	83	14	357
	22%	27%	12%	12%	12%	-	-	100%	-	-	87%	19%	49%	34%	23%	15%	18%	20%
		bcd						abdef			abde		a	bcde	c			c
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1453	859	290	261	551	-	-	-	1453	-	-	1370	62	166	818	420	49	1287
	72%	68%	82%	82%	82%	-	-	-	100%	-	-	76%	37%	61%	72%	78%	65%	73%
			a		a				abcef			b		abd				a
Prefer not to say	55	32	4	7	11	-	-	-	-	55	-	44	7	7	25	17	6	48
	3%	3%	1%	2%	2%	-	-	-	-	100%	-	2%	4%	2%	2%	3%	7%	3%
										abcd							abe	
NET: Self-isolating	515	381	59	49	108	29	38	447	-	-	515	392	100	98	292	105	21	417
	25%	30%	17%	15%	16%	100%	100%	100%	-	-	100%	22%	59%	36%	26%	19%	27%	24%
		bcd				de	de	de			de		a	bce	c			c

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D6. Which one of the following best describes you 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	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	29 1%	13 4%	9 1%	9 4%	3 1%	6 9%	11 1%	16 3%	3 4%	22 1%	7 2%	24 1%	5 2%
		b		bd		bde		d	bd				
I am self-isolating because someone in my household has virus symptoms	38 2%	13 4%	22 2%	4 2%	5 1%	4 5%	22 2%	13 2%	- -	34 2%	4 1%	29 2%	8 3%
		b		b		bdf							
I am self-isolating because I am at increased risk due to my age or health condition	447 22%	67 22%	279 20%	53 25%	201 54%	32 45%	192 14%	246 43%	35 44%	329 21%	118 28%	380 22%	63 22%
				d	ade	ad		ad	ad		a		
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1453 72%	200 66%	1073 76%	148 69%	156 42%	26 38%	1138 82%	284 50%	41 52%	1167 73%	286 68%	1246 73%	202 70%
			a	bcef			abcef	bc		b			
Prefer not to say	55 3%	9 3%	27 2%	2 1%	4 1%	2 2%	29 2%	7 1%	- -	48 3%	7 2%	39 2%	9 3%
NET: Self-isolating	515 25%	93 31%	310 22%	66 31%	209 57%	42 60%	226 16%	275 49%	38 48%	385 24%	130 31%	433 25%	76 26%
		b		d	ade	ad		ad	ad		a		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D6. Which one of the following best describes you today?

BASE: All respondents

	Total	Number of days active									Amount of activity since the COVID-19 restrictions were introduced			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am self-isolating because I have had virus symptoms	29 1%	5 1%	5 3%	6 2%	3 1%	4 2%	1 1%	- -	6 2%	12 1%	7 1%	11 2%	9 2%	8 1%
I am self-isolating because someone in my household has virus symptoms	38 2%	1 *	5 3%	10 3%	8 3%	6 2%	3 2%	1 1%	4 1%	24 3%	9 1%	18 3%	11 2%	10 1%
			a	aj	a	a				aj				
I am self-isolating because I am at increased risk due to my age or health condition	447 22%	138 36%	41 23%	65 23%	62 21%	53 22%	28 13%	17 18%	44 13%	180 22%	88 14%	108 16%	159 28%	179 24%
		bdefghij	fhj	fhj	fhj	fhj				fhj			a	a
I am not self-isolating, so I could leave the house for essential trips (including work) and to exercise once a day	1453 72%	221 59%	123 68%	201 70%	217 73%	172 71%	183 84%	74 79%	262 80%	590 71%	518 81%	517 77%	385 67%	539 72%
			a	a	a	a	abcdei	a	abcdei	a	abcdei	bc		
Prefer not to say	55 3%	13 4%	6 3%	5 2%	7 2%	8 3%	4 2%	2 3%	10 3%	19 2%	16 3%	20 3%	11 2%	18 2%
NET: Self-isolating	515 25%	143 38%	51 28%	80 28%	73 25%	63 26%	32 15%	17 19%	54 17%	216 26%	104 16%	137 20%	179 31%	196 26%
		bdefghij	fhj	fhj	fhj	fhj				fhj			ac	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D7. Are you well enough to exercise today?

BASE: All respondents

Significance Level: 95%

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1806	892	905	558	595	653	80	237	169	191	166	202	286	288	187
	89%	91%	88%	91%	90%	88%	83%	90%	86%	90%	94%	91%	89%	88%	91%
				c							ach				
No	170	65	101	38	58	73	11	21	22	16	9	15	25	34	18
	8%	7%	10%	6%	9%	10%	11%	8%	11%	7%	5%	7%	8%	10%	9%
			a			a	e		e					e	
Don't know	46	27	19	16	11	20	6	5	6	5	2	6	9	6	2
	2%	3%	2%	3%	2%	3%	6%	2%	3%	3%	1%	3%	3%	2%	1%
							beh								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D7. Are you well enough to exercise today?

BASE: All respondents

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1806	151	411	438	232	181	393	1000	806	1552	44	88	74	13	9	228
	89%	96%	92%	90%	91%	87%	84%	91%	87%	89%	80%	93%	89%	77%	100%	88%
		cefh	fh	f	fh		efh			b		b				
No	170	5	32	37	18	19	59	73	97	149	8	4	6	3	-	21
	8%	3%	7%	8%	7%	9%	13%	7%	10%	9%	15%	4%	7%	16%	-	8%
				a	a	abcdg		abg			c					
Don't know	46	2	5	13	4	8	15	20	26	34	3	3	3	1	-	10
	2%	1%	1%	3%	1%	4%	3%	2%	3%	2%	5%	3%	3%	7%	-	4%
					b	b		b								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D7. Are you well enough to exercise today?

BASE: All respondents

Significance Level: 95%

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1806	1132	320	290	610	20	26	346	1370	44	392	1806	-	236	1018	489	63	1570
	89%	89%	91%	91%	91%	71%	67%	77%	94%	80%	76%	100%	-	87%	90%	90%	85%	90%
									abcef			b						
No	170	109	26	23	48	8	9	83	62	7	100	-	170	28	90	45	6	142
	8%	9%	7%	7%	7%	27%	25%	18%	4%	13%	19%	-	100%	10%	8%	8%	8%	8%
						d	d	d		d	d	-	a					
Don't know	46	33	7	4	11	1	3	19	20	4	23	-	-	6	26	8	5	40
	2%	3%	2%	1%	2%	2%	9%	4%	1%	7%	4%	-	-	2%	2%	2%	7%	2%
							d	d		d	d						abce	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D7. Are you well enough to exercise today?

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	255	1288	173	247	53	1336	417	48	1437	369	1557	235
	84%	91%	80%	67%	75%	96%	74%	61%	90%	87%	91%	82%
		a	bf			abcef	bf				b	
No	38	98	35	106	11	40	124	26	130	40	126	42
	13%	7%	16%	29%	16%	3%	22%	33%	8%	9%	7%	15%
	b		d	acde	d		d	acde			a	
Don't know	9	24	8	17	6	17	24	5	33	13	35	10
	3%	2%	4%	5%	8%	1%	4%	6%	2%	3%	2%	3%
			d	d	d		d	d				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D7. Are you well enough to exercise today?

BASE: All respondents

Significance Level: 95%

	Number of days active										Amount of activity since the COVID-19 restrictions were introduced			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1806	279	152	252	278	228	208	90	319	758	617	636	480	673
	89%	74%	84%	88%	94%	94%	95%	97%	98%	92%	97%	94%	84%	89%
			a	a	abc	abc	abc	abc	abcdei	ab	abcdei	bc		b
No	170	78	22	29	13	12	10	2	5	53	16	34	77	57
	8%	21%	12%	10%	4%	5%	4%	2%	2%	6%	3%	5%	13%	8%
		bcdefghij	defghij	defghij	h	h	h			hj			ac	
Don't know	46	21	7	5	6	3	1	1	2	14	4	4	18	23
	2%	6%	4%	2%	2%	1%	*	1%	1%	2%	1%	1%	3%	3%
		cdefhij	fhj										a	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	270	123	145	34	74	162	17	28	33	30	13	25	33	56	34
	13%	13%	14%	5%	11%	22%	18%	10%	17%	14%	8%	11%	10%	17%	17%
					a	ab	eg		eg	e				beg	eg
2-3	1134	550	578	286	347	502	59	160	116	112	101	139	149	174	125
	56%	56%	56%	47%	52%	67%	61%	61%	59%	53%	57%	62%	47%	53%	60%
					a	ab	g	g	g	g	g	g			g
4-5	542	263	276	245	226	72	20	66	40	59	56	52	116	92	41
	27%	27%	27%	40%	34%	10%	20%	25%	20%	28%	32%	23%	36%	28%	20%
				bc	c						aci		abcdfhi	ci	
6+	75	48	25	48	17	10	1	10	8	10	6	7	22	5	6
	4%	5%	2%	8%	3%	1%	1%	4%	4%	5%	4%	3%	7%	1%	3%
		b		bc					h	h			ah		
NET: Lives with others	1752	861	879	579	589	584	79	235	164	181	163	198	287	271	172
	87%	87%	86%	95%	89%	78%	82%	90%	83%	86%	92%	89%	90%	83%	83%
				bc	c			h			acdhi		achi		
Base for stats	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
Mean Score	2.91	3.01	2.81	3.55	3.04	2.27	2.54	2.99	2.98	2.91	3.04	2.76	3.28	2.75	2.62
		b		bc	c				a	afhi			adfhi		
Standard Deviation	2.050	2.614	1.288	2.303	1.273	2.200	1.134	2.971	3.903	1.435	1.363	1.223	1.609	1.233	1.659
Standard Error	.046	.085	.040	.089	.049	.085	.109	.189	.267	.096	.100	.092	.089	.067	.117
Error variance	*	.01	*	.01	*	.01	.01	.04	.07	.01	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Lives alone	270	12	39	51	15	27	126	102	168	245	11	4	8	1	-	24	
	13%	7%	9%	10%	6%	13%	27%	9%	18%	14%	20%	4%	10%	7%	-	9%	
				d		d	abcdegh		abcdg	cg	cg						
2-3	1134	78	237	253	151	124	291	568	566	1025	19	35	29	10	3	97	
	56%	50%	53%	52%	59%	60%	62%	52%	61%	59%	36%	37%	35%	58%	36%	37%	
				cg	acg	abcg		abcg	abcg	bcdg							
4-5	542	56	158	162	78	48	40	376	166	425	21	40	37	4	3	106	
	27%	36%	35%	33%	31%	23%	9%	34%	18%	25%	39%	42%	45%	26%	33%	41%	
		efh	efh	efh	fh	f		efh	f		a	a	a			a	
6+	75	11	13	22	10	8	10	47	28	40	3	16	8	2	3	31	
	4%	7%	3%	5%	4%	4%	2%	4%	3%	2%	5%	16%	10%	10%	30%	12%	
		bfh		f				f				ab	a			a	
NET: Lives with others	1752	146	408	437	239	181	341	992	760	1490	43	91	74	16	9	234	
	87%	93%	91%	90%	94%	87%	73%	91%	82%	86%	80%	96%	90%	93%	100%	91%	
		fh	fh	fh	cefh	f		fh	f			ab				ab	
Base for stats	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
Mean Score	2.91	3.28	3.17	3.08	3.08	2.86	2.28	3.14	2.63	2.74	3.10	3.89	3.58	5.46	4.04	3.73	
		efh	fh	fh	fh	f		efh	f		a	ab	a			a	
Standard Deviation	2.050	1.392	2.416	1.503	1.323	1.306	2.713	1.917	2.164	1.339	1.522	1.735	1.411	10.544	1.566	3.084	
Standard Error	.046	.110	.114	.066	.083	.089	.131	.057	.072	.032	.200	.169	.155	2.485	.522	.187	
Error variance	*	.01	.01	*	.01	.01	.02	*	.01	*	.04	.03	.02	6.18	.27	.03	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	270	257	2	2	5	4	3	91	166	7	98	236	28	270	-	-	-	-
	13%	20%	1%	1%	1%	15%	7%	20%	11%	12%	19%	13%	16%	100%	-	-	-	-
		bcd						bd		d				bcd				
2-3	1134	824	240	41	281	14	18	260	818	25	292	1018	90	-	1134	-	-	1134
	56%	65%	68%	13%	42%	50%	46%	58%	56%	46%	57%	56%	53%	-	100%	-	-	65%
		cd	cd		c										acde			acd
4-5	542	165	103	242	344	6	15	83	420	17	105	489	45	-	-	542	-	542
	27%	13%	29%	76%	51%	22%	39%	19%	29%	32%	20%	27%	27%	-	-	100%	-	31%
			a	abd	ab		cf		cf	cf						abde		abd
6+	75	27	7	33	40	4	3	14	49	6	21	63	6	-	-	-	75	75
	4%	2%	2%	10%	6%	13%	8%	3%	3%	10%	4%	4%	4%	-	-	-	100%	4%
				abd	ab	cdf				cdf							abce	abc
NET: Lives with others	1752	1016	350	315	665	24	36	357	1287	48	417	1570	142	-	1134	542	75	1752
	87%	80%	99%	99%	99%	85%	93%	80%	89%	88%	81%	87%	84%	-	100%	100%	100%	100%
			a	a	a		c		cf						a	a	a	a
Base for stats	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
Mean Score	2.91	2.38	3.30	4.29	3.77	3.23	3.53	2.53	2.95	4.23	2.65	2.88	2.86	1.00	2.38	4.26	7.92	3.20
			a	abd	ab	cf	cdf		cf	cdf						be	bce	b
Standard Deviation	2.050	1.782	.956	.975	1.086	1.867	1.316	1.316	1.798	7.056	1.382	1.731	1.418	-	.487	.440	7.303	2.050
Standard Error	.046	.048	.056	.059	.046	.330	.206	.064	.047	.903	.062	.041	.109	-	.014	.019	.843	.049
Error variance	*	*	*	*	*	.11	.04	*	*	.82	*	*	.01	-	*	*	.71	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	270	-	-	35	69	8	167	91	21	213	57	194	74
	13%	-	-	16%	19%	11%	12%	16%	26%	13%	13%	11%	26%
					d			d	acde				a
2-3	1134	178	937	112	224	37	780	327	37	887	247	972	156
	56%	59%	66%	52%	61%	53%	56%	58%	47%	55%	58%	57%	54%
			a		af								
4-5	542	106	422	60	65	19	396	125	18	436	106	487	49
	27%	35%	30%	28%	18%	28%	28%	22%	23%	27%	25%	28%	17%
				b		b	be					b	
6+	75	17	51	9	12	5	50	22	3	63	12	65	8
	4%	6%	4%	4%	3%	8%	4%	4%	4%	4%	3%	4%	3%
NET: Lives with others	1752	302	1410	181	300	62	1226	475	58	1386	366	1524	213
	87%	100%	100%	84%	81%	89%	88%	84%	74%	87%	87%	89%	74%
				f		f	bef	f				b	
Base for stats	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
Mean Score	2.91	3.31	3.12	3.05	2.55	3.21	2.91	2.80	2.64	2.92	2.87	2.93	2.47
				b		bf	b					b	
Standard Deviation	2.050	1.241	1.715	3.233	1.308	1.454	1.424	2.263	1.433	1.795	2.817	1.364	1.601
Standard Error	.046	.073	.046	.215	.069	.171	.038	.095	.162	.045	.140	.033	.092
Error variance	*	.01	*	.05	*	.03	*	.01	.03	*	.02	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Total	Number of days active										Amount of activity since the COVID-19 restrictions were introduced		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	270	62	27	37	37	23	26	15	43	97	85	67	97	102
	13%	16%	15%	13%	12%	9%	12%	17%	13%	12%	13%	10%	17%	14%
		ei											a	a
2-3	1134	220	87	179	152	138	111	56	193	468	359	381	331	414
	56%	58%	48%	63%	51%	57%	51%	60%	59%	57%	56%	57%	58%	55%
		b		bdf					bdf	b				
4-5	542	88	57	63	91	73	77	20	73	227	170	209	122	206
	27%	23%	32%	22%	31%	30%	35%	22%	22%	28%	27%	31%	21%	27%
		ach		ach	ach	ch	acghij					b		b
6+	75	9	10	7	17	9	5	2	17	33	23	17	25	31
	4%	2%	5%	2%	6%	4%	2%	2%	5%	4%	4%	3%	4%	4%
				acf					a					
NET: Lives with others	1752	316	154	249	260	220	193	78	283	729	553	607	478	651
	87%	84%	85%	87%	88%	91%	88%	83%	87%	88%	87%	90%	83%	86%
					a					a		bc		
Base for stats	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
Mean Score	2.91	2.66	2.99	2.72	3.07	3.03	3.02	2.67	3.08	2.93	3.00	3.03	2.69	2.89
			ac		acg	acg	acg			ac	a	b		b
Standard Deviation	2.050	1.519	1.394	1.204	1.465	1.363	1.328	1.249	3.996	1.357	2.999	2.095	1.441	1.478
Standard Error	.046	.079	.103	.070	.085	.088	.090	.129	.222	.047	.119	.080	.061	.054
Error variance	*	.01	.01	*	.01	.01	.01	.02	.05	*	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 16 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

Significance Level: 95%

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1739	818	909	632	596	511	89	219	177	190	172	157	292	276	167
Total	1752	861	879	579	589	584	79	235	164	181	163	198	287	271	172
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	302	142	157	102	118	82	11	45	19	35	27	31	62	40	31
	17%	17%	18%	18%	20%	14%	14%	19%	12%	19%	16%	16%	22%	15%	18%
					c			c		c			ch		
No	1410	690	713	457	459	494	65	184	141	144	134	163	210	229	139
	80%	80%	81%	79%	78%	85%	82%	78%	86%	79%	82%	82%	73%	84%	81%
						ab			bg		g	g		g	
Prefer not to say	40	29	9	21	12	8	3	6	4	2	2	4	15	3	2
	2%	3%	1%	4%	2%	1%	4%	3%	2%	1%	1%	2%	5%	1%	1%
		b		c									dehi		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 16 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	1739	146	407	454	240	184	308	1007	732	1466	45	100	73	17	9	244
Total	1752	146	408	437	239	181	341	992	760	1490	43	91	74	16	9	234
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	302	31	56	77	36	32	70	164	138	242	10	24	20	3	-	56
	17%	21%	14%	18%	15%	18%	20%	17%	18%	16%	22%	26%	27%	18%	-	24%
		b				b					a	a			a	
No	1410	109	348	353	199	142	258	810	600	1225	33	62	53	13	7	168
	80%	74%	85%	81%	83%	79%	76%	82%	79%	82%	76%	68%	72%	82%	77%	72%
			aefh		af			af		cdg						
Prefer not to say	40	6	4	7	3	7	13	17	23	22	1	5	1	-	2	9
	2%	4%	1%	2%	1%	4%	4%	2%	3%	2%	3%	6%	1%	-	23%	4%
		bg			b	bg		b			a				a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 16 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	*a	b	c	d	e	f	a	b	*a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	1739	1095	294	267	561	27	38	338	1283	53	403	1559	140	-	1135	529	75	1739
Total	1752	1016	350	315	665	24	36	357	1287	48	417	1570	142	-	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
Yes	302	138	76	70	146	13	13	67	200	9	93	255	38	-	178	106	17	302
	17%	14%	22%	22%	22%	54%	38%	19%	16%	18%	22%	16%	27%	-	16%	20%	23%	17%
			a	a	a		cdef				d		a			b		
No	1410	855	271	243	514	9	22	279	1073	27	310	1288	98	-	937	422	51	1410
	80%	84%	77%	77%	77%	36%	62%	78%	83%	55%	74%	82%	69%	-	83%	78%	69%	80%
		bcd					be	bcef		e		b		-	cd		d	
Prefer not to say	40	23	4	1	5	3	-	11	14	13	14	27	6	-	20	14	6	40
	2%	2%	1%	*	1%	11%	-	3%	1%	27%	3%	2%	4%	-	2%	3%	8%	2%
		d						d		bcd	d		a			bce		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 16 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	1739	1402	186	286	63	1217	469	55	1389	350	1500	222
Total	1752	1410	181	300	62	1226	475	58	1386	366	1524	213
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	302	-	49	69	23	168	123	15	238	64	262	37
	17%	-	27%	23%	37%	14%	26%	25%	17%	17%	17%	17%
		b	d	d	bd		d	d				
No	1410	1410	129	227	35	1043	342	42	1119	291	1233	173
	80%	100%	72%	75%	57%	85%	72%	73%	81%	80%	81%	81%
		a	c	c		abcef	c					
Prefer not to say	40	-	2	5	4	15	9	1	29	11	29	3
	2%	-	1%	2%	6%	1%	2%	2%	2%	3%	2%	2%
					abde							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 16 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

Significance Level: 95%

	Number of days active										Amount of activity since the COVID-19 restrictions were introduced			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
	a	b	c	d	e	f	g	h	i	j	a	b	c	
Unweighted Total	1739	304	154	257	260	217	189	77	281	734	547	608	462	653
Total	1752	316	154	249	260	220	193	78	283	729	553	607	478	651
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	302	52	31	42	44	46	32	10	43	132	86	116	70	114
	17%	17%	20%	17%	17%	21%	17%	13%	15%	18%	16%	19%	15%	18%
No	1410	254	117	199	213	172	153	67	236	583	456	477	397	525
	80%	80%	76%	80%	82%	78%	80%	86%	83%	80%	82%	79%	83%	81%
Prefer not to say	40	10	5	8	3	2	7	1	4	14	12	13	11	11
	2%	3%	3%	3%	1%	1%	4%	1%	1%	2%	2%	2%	2%	2%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	216 11%	73 7%	141 14%	92 15%	78 12%	46 6%	9 9%	41 15%	21 11%	14 7%	16 9%	34 15%	30 9%	21 6%	30 15%
			a	c	c			dgh				dh			dh
Yes - physical condition or illness	370 18%	161 16%	206 20%	50 8%	111 17%	209 28%	25 26%	55 21%	39 20%	29 14%	31 18%	45 20%	35 11%	63 19%	47 23%
			a	a	ab		dg	dg	g		g	g		g	dg
Yes - other	70 3%	47 5%	23 2%	26 4%	27 4%	17 2%	5 5%	7 3%	10 5%	7 3%	8 5%	6 3%	15 5%	7 2%	5 2%
		b		c											
No	1393 69%	699 71%	687 67%	435 71%	465 70%	493 66%	59 61%	169 64%	126 64%	161 76%	123 70%	150 67%	236 74%	240 73%	130 63%
				c						abcfi			abci	abci	
Prefer not to say	64 3%	36 4%	24 2%	29 5%	19 3%	16 2%	3 3%	10 4%	6 3%	5 3%	4 3%	6 3%	14 5%	8 2%	6 3%
				c											
NET: Longstanding condition or illness	566 28%	249 25%	313 31%	148 24%	181 27%	237 32%	35 36%	85 32%	65 33%	45 21%	49 28%	67 30%	69 22%	80 24%	71 34%
			a			a	dgh	dgh	dgh			dg			dgh
NET: Longstanding physical and mental condition or illness	79 4%	26 3%	53 5%	16 3%	33 5%	30 4%	3 3%	17 7%	5 2%	4 2%	5 3%	16 7%	8 2%	11 3%	9 4%
			a		a			cdg				cdgh			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Total	Social Grade							Ethnicity								
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273	
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Yes - mental condition or illness	216 11%	12 7%	36 8%	54 11%	24 10%	31 15%	58 13%	102 9%	114 12%	199 11%	8 15%	4 4%	1 1%	2 12%	1 13%	16 6%	
						abg	b		bg	cdg	cdg						
Yes - physical condition or illness	370 18%	17 11%	56 13%	69 14%	38 15%	43 21%	146 31%	142 13%	227 24%	339 20%	11 20%	6 6%	9 11%	2 12%	1 13%	29 11%	
						abcg	abcdegh		abcdg	cg	c						
Yes - other	70 3%	9 6%	11 3%	11 2%	14 5%	11 6%	13 3%	32 3%	38 4%	59 3%	3 5%	2 2%	5 6%	1 5%	-	11 4%	
		c			bcg	bcg									-		
No	1393 69%	116 74%	347 78%	358 73%	177 70%	134 65%	260 56%	822 75%	571 61%	1181 68%	30 55%	81 85%	67 82%	12 71%	7 72%	197 76%	
		fh	defh	efh	fh	f		efh	f	b		ab	ab			ab	
Prefer not to say	64 3%	6 4%	7 2%	16 3%	4 2%	5 2%	25 5%	29 3%	34 4%	43 2%	3 6%	3 3%	1 1%	-	1 15%	8 3%	
							bdg		b								
NET: Longstanding condition or illness	566 28%	35 22%	93 21%	114 23%	73 29%	68 33%	182 39%	242 22%	323 35%	510 29%	21 39%	12 12%	14 17%	5 29%	1 13%	53 20%	
					bg	abcg	abcdg		abcg	cdg	cdg						
NET: Longstanding physical and mental condition or illness	79 4%	1 1%	8 2%	19 4%	2 1%	16 8%	32 7%	28 3%	51 5%	76 4%	1 1%	1 1%	-	-	1 13%	3 1%	
				bd		abcdg	abcdg		abdg	g							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	216	129	40	37	77	9	4	53	148	2	66	173	35	35	112	60	9	181
	11%	10%	11%	12%	12%	32%	11%	12%	10%	3%	13%	10%	21%	13%	10%	11%	12%	10%
						bcd		e			e		a					
Yes - physical condition or illness	370	273	48	39	87	3	5	201	156	4	209	247	106	69	224	65	12	300
	18%	21%	14%	12%	13%	11%	13%	45%	11%	7%	41%	14%	62%	26%	20%	12%	15%	17%
		bcd						abde			abde		a	bce	c			c
Yes - other	70	40	17	8	25	6	4	32	26	2	42	53	11	8	37	19	5	62
	3%	3%	5%	3%	4%	22%	10%	7%	2%	3%	8%	3%	7%	3%	3%	4%	7%	4%
						cdef	d	d			d		a					
No	1393	861	254	238	492	11	22	192	1138	29	226	1336	40	167	780	396	50	1226
	69%	68%	72%	75%	74%	39%	58%	43%	78%	53%	44%	74%	23%	62%	69%	73%	66%	70%
				a	a				abcef			b		a	a			a
Prefer not to say	64	30	7	9	16	2	3	9	31	19	14	53	5	12	27	21	3	51
	3%	2%	2%	3%	2%	7%	8%	2%	2%	34%	3%	3%	3%	4%	2%	4%	4%	3%
							cd			abcd								
NET: Longstanding condition or illness	566	382	91	70	161	16	13	246	284	7	275	417	124	91	327	125	22	475
	28%	30%	26%	22%	24%	54%	34%	55%	20%	13%	53%	23%	73%	34%	29%	23%	29%	27%
		cd				de	de	bde			bde		a	ce	c			
NET: Longstanding physical and mental condition or illness	79	51	13	14	27	3	-	35	41	-	38	48	26	21	37	18	3	58
	4%	4%	4%	4%	4%	11%	-	8%	3%	-	7%	3%	15%	8%	3%	3%	4%	3%
						bde		de			de		a	bce				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	216	49	129	216	79	6	-	216	79	176	40	182	32
	11%	16%	9%	100%	21%	9%	-	38%	100%	11%	9%	11%	11%
		b		bcde	cd	d		bcd	bcde				
Yes - physical condition or illness	370	69	227	79	370	8	-	370	79	277	92	309	58
	18%	23%	16%	37%	100%	11%	-	65%	100%	17%	22%	18%	20%
		b		cd	acde	d		acd	acde		a		
Yes - other	70	23	35	6	8	70	-	70	4	57	13	60	9
	3%	8%	3%	3%	2%	100%	-	12%	5%	4%	3%	3%	3%
		b		d	d	abdef		abd	d				
No	1393	168	1043	-	-	-	1393	-	-	1109	284	1201	189
	69%	56%	74%	-	-	-	100%	-	-	69%	67%	70%	66%
			a				abcef						
Prefer not to say	64	10	25	-	-	-	-	-	-	52	12	43	10
	3%	3%	2%	-	-	-	-	-	-	3%	3%	3%	4%
NET: Longstanding condition or illness	566	123	342	216	370	70	-	566	79	439	126	474	87
	28%	41%	24%	100%	100%	100%	-	100%	100%	27%	30%	28%	30%
		b		d	d	d		d	d				
NET: Longstanding physical and mental condition or illness	79	15	42	79	79	4	-	79	79	62	17	68	11
	4%	5%	3%	37%	21%	6%	-	14%	100%	4%	4%	4%	4%
				bcde	cde	d		cd	abcde				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Total	Number of days active									Amount of activity since the COVID-19 restrictions were introduced			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	216	49	28	37	37	23	12	6	23	97	41	59	68	88
	11%	13%	16%	13%	12%	9%	5%	7%	7%	12%	6%	9%	12%	12%
		fhj	fghj	fhj	fhj					fhj				
Yes - physical condition or illness	370	137	41	44	46	34	21	16	30	124	67	76	147	145
	18%	36%	23%	15%	16%	14%	9%	17%	9%	15%	11%	11%	25%	19%
		bcddefghij	cdefhij	hj	fhj			fh		fhj			ac	a
Yes - other	70	11	6	13	11	12	6	3	7	36	16	24	17	28
	3%	3%	4%	5%	4%	5%	3%	4%	2%	4%	2%	4%	3%	4%
										j				
No	1393	200	108	195	208	176	178	69	258	580	505	510	366	507
	69%	53%	60%	68%	70%	73%	81%	74%	79%	70%	79%	76%	64%	67%
		a	a	a	ab	ab	abcdei	ab	abcdi	ab	abcdei	bc		
Prefer not to say	64	15	7	9	6	7	5	1	14	21	20	20	18	19
	3%	4%	4%	3%	2%	3%	2%	1%	4%	3%	3%	3%	3%	3%
NET: Longstanding condition or illness	566	163	65	82	82	60	36	24	53	225	113	144	191	227
	28%	43%	36%	29%	28%	25%	17%	26%	16%	27%	18%	21%	33%	30%
		cdefghij	efhij	fhj	fhj	fhj		h		fhj			a	a
NET: Longstanding physical and mental condition or illness	79	30	11	12	10	7	2	2	6	29	10	14	37	28
	4%	8%	6%	4%	3%	3%	1%	2%	2%	3%	2%	2%	6%	4%
		cdefhij	fhj	fhj						fhj			ac	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1734	817	906	456	574	705	93	236	178	178	153	203	204	293	197
	86%	83%	88%	74%	86%	94%	96%	90%	91%	84%	87%	91%	64%	89%	95%
			a		a	ab	bdegh	g	dg	g	g	dg		g	bdegh
Mixed	54	30	25	27	15	12	4	8	3	4	4	2	18	10	2
	3%	3%	2%	4%	2%	2%	4%	3%	2%	2%	2%	1%	5%	3%	1%
				bc									cdfi		
Asian	95	63	32	60	25	10	-	9	9	19	9	1	34	13	1
	5%	6%	3%	10%	4%	1%	-	4%	5%	9%	5%	1%	11%	4%	*
		b		bc	c			ai	afi	abfhi	afi		abcefhi	afi	
Black	82	39	44	42	28	13	-	6	3	8	3	9	45	7	2
	4%	4%	4%	7%	4%	2%	-	2%	2%	4%	2%	4%	14%	2%	1%
				bc	c					a		a	abcdefhi		
Chinese	17	11	6	9	7	1	-	2	1	1	1	3	6	2	2
	1%	1%	1%	2%	1%	*	-	1%	1%	*	1%	2%	2%	*	1%
				c	c										
Other ethnic group	9	7	2	4	1	4	-	-	-	2	-	1	4	1	1
	*	1%	*	1%	*	*	-	-	-	1%	-	1%	1%	*	1%
Prefer not to answer	30	17	9	13	13	3	-	3	2	1	6	3	11	2	2
	1%	2%	1%	2%	2%	*	-	1%	1%	*	3%	1%	3%	1%	1%
				c	c						dh		dh		
NET: Non-white	258	149	109	143	77	38	4	24	17	33	17	17	106	32	8
	13%	15%	11%	23%	12%	5%	4%	9%	8%	15%	10%	8%	33%	10%	4%
		b		bc	c			i		abcfi	i		abcdefhi	ai	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1734	120	373	412	227	168	435	905	829	1734	-	-	-	-	-	-
	86%	76%	83%	84%	89%	81%	93%	83%	89%	100%	-	-	-	-	-	-
			a	abeg			abcegh	a	abceg	bcdg						
Mixed	54	12	13	15	4	4	6	40	14	-	54	-	-	-	-	54
	3%	7%	3%	3%	2%	2%	1%	4%	2%	-	100%	-	-	-	-	21%
		bcddefgh		h				fh			acd					acd
Asian	95	12	22	22	11	15	13	56	39	-	-	95	-	-	-	95
	5%	7%	5%	5%	4%	7%	3%	5%	4%	-	-	100%	-	-	-	37%
		f	dfh	fh	f	dfh		f				abd				abd
Black	82	6	30	24	7	13	2	60	22	-	-	-	82	-	-	82
	4%	4%	7%	5%	3%	6%	*	5%	2%	-	-	-	100%	-	-	32%
		f	dfh	fh	f	dfh		fh	f				abcg			abc
Chinese	17	2	3	5	2	4	1	10	7	-	-	-	-	17	-	17
	1%	1%	1%	1%	1%	2%	*	1%	1%	-	-	-	-	100%	-	7%
					f											abcd
Other ethnic group	9	1	1	2	1	2	1	5	5	-	-	-	-	-	9	9
	*	1%	*	*	*	1%	*	*	1%	-	-	-	-	-	100%	4%
																ac
Prefer not to answer	30	5	5	7	2	1	9	17	12	-	-	-	-	-	-	-
	1%	3%	1%	1%	1%	1%	2%	2%	1%	-	-	-	-	-	-	-
NET: Non-white	258	33	69	69	26	38	23	171	87	-	54	95	82	17	9	258
	13%	21%	16%	14%	10%	18%	5%	16%	9%	-	100%	100%	100%	100%	100%	100%
		cdfh	dfh	fh	f	dfh		dfh	f		a	a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	Total	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others
	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1734	1125	292	262	554	27	16	401	1257	34	443	1552	149	245	1025	425	40	1490
	86%	88%	83%	83%	83%	92%	42%	90%	87%	62%	86%	86%	88%	91%	90%	78%	53%	85%
		bcd				be		be	be	b	be			cde	cde	d		cd
Mixed	54	30	8	11	19	1	6	11	33	4	18	44	8	11	19	21	3	43
	3%	2%	2%	3%	3%	2%	16%	2%	2%	7%	3%	2%	5%	4%	2%	4%	4%	2%
							cdf			d				b		b		
Asian	95	54	21	14	35	1	6	19	65	5	26	88	4	4	35	40	16	91
	5%	4%	6%	4%	5%	3%	17%	4%	4%	8%	5%	5%	2%	2%	3%	7%	21%	5%
							cdf									ab	abce	ab
Black	82	37	21	20	42	-	8	11	62	1	19	74	6	8	29	37	8	74
	4%	3%	6%	6%	6%	-	20%	3%	4%	3%	4%	4%	3%	3%	3%	7%	11%	4%
			a	a	a		acdef									abe	abe	b
Chinese	17	10	5	1	6	1	-	3	13	-	4	13	3	1	10	4	2	16
	1%	1%	1%	*	1%	3%	-	1%	1%	-	1%	1%	2%	*	1%	1%	2%	1%
Other ethnic group	9	6	-	3	3	-	1	2	5	2	3	9	-	-	3	3	3	9
	*	*	-	1%	*	-	2%	*	*	4%	1%	1%	-	-	*	1%	4%	1%
										cdf							abce	
Prefer not to answer	30	11	5	5	10	-	1	1	18	9	2	26	-	1	13	11	4	29
	1%	1%	1%	2%	2%	-	3%	*	1%	16%	*	1%	-	*	1%	2%	5%	2%
							cf			abcdf							abe	
NET: Non-white	258	137	55	49	105	2	21	46	177	12	69	228	21	24	97	106	31	234
	13%	11%	16%	16%	16%	8%	55%	10%	12%	22%	13%	13%	12%	9%	9%	20%	41%	13%
			a	a	a		acdef			cd						abe	abce	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1734	242	1225	199	339	59	1181	510	76	1336	398	1494	233
	86%	80%	87%	92%	92%	84%	85%	90%	97%	84%	94%	87%	81%
			a	d	d			d	cd		a	b	
Mixed	54	10	33	8	11	3	30	21	1	48	6	41	12
	3%	3%	2%	4%	3%	4%	2%	4%	1%	3%	2%	2%	4%
Asian	95	24	62	4	6	2	81	12	1	92	4	78	17
	5%	8%	4%	2%	2%	3%	6%	2%	1%	6%	1%	5%	6%
		b					abe			b			
Black	82	20	53	1	9	5	67	14	-	77	5	70	11
	4%	7%	4%	*	3%	7%	5%	3%	-	5%	1%	4%	4%
		b			a	aef	aef	a		b			
Chinese	17	3	13	2	2	1	12	5	-	13	4	13	3
	1%	1%	1%	1%	1%	1%	1%	1%	-	1%	1%	1%	1%
Other ethnic group	9	-	7	1	1	-	7	1	1	8	1	7	3
	*	-	1%	1%	*	-	*	*	2%	1%	*	*	1%
Prefer not to answer	30	4	16	1	2	-	14	3	-	26	4	15	8
	1%	1%	1%	*	1%	-	1%	*	-	2%	1%	1%	3%
													a
NET: Non-white	258	56	168	16	29	11	197	53	3	238	20	209	46
	13%	19%	12%	8%	8%	16%	14%	9%	3%	15%	5%	12%	16%
		b				abf	abef			b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Total	Number of days active									Amount of activity since the COVID-19 restrictions were introduced			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1734	339	155	240	246	199	190	82	282	686	555	557	520	642
	86%	90%	86%	84%	83%	82%	87%	88%	87%	83%	87%	83%	90%	85%
		cdei									i		ac	
Mixed	54	10	5	8	7	8	5	5	6	23	16	19	10	25
	3%	3%	3%	3%	2%	3%	2%	6%	2%	3%	3%	3%	2%	3%
								h						
Asian	95	10	7	19	19	12	12	2	14	50	28	42	16	37
	5%	3%	4%	6%	6%	5%	5%	2%	4%	6%	4%	6%	3%	5%
				a	a					a		b		b
Black	82	13	9	11	16	16	6	-	10	43	17	40	14	28
	4%	4%	5%	4%	5%	6%	3%	-	3%	5%	3%	6%	2%	4%
			g		gi	gj				gj		bc		
Chinese	17	2	1	3	3	3	3	-	3	9	5	6	3	8
	1%	*	*	1%	1%	1%	1%	-	1%	1%	1%	1%	*	1%
Other ethnic group	9	2	1	3	2	-	-	-	-	6	-	2	4	3
	*	1%	1%	1%	1%	-	-	-	-	1%	-	*	1%	*
		j	j	j	j					j				
Prefer not to answer	30	2	2	2	3	5	3	3	10	10	16	8	9	9
	1%	*	1%	1%	1%	2%	1%	4%	3%	1%	3%	1%	2%	1%
								aci	aci		aci			
NET: Non-white	258	38	23	45	47	38	26	7	33	131	66	109	47	102
	13%	10%	13%	16%	16%	16%	12%	8%	10%	16%	10%	16%	8%	14%
				ahj	aghj	ahj				aghj		b		b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	767	421	342	289	262	216	34	102	58	73	54	55	231	110	51
	38%	43%	33%	47%	39%	29%	35%	39%	29%	34%	31%	25%	72%	34%	25%
		b		bc	c			cfi		fi			abcdefhi	fi	
Urban - Town and Fringe	832	372	452	226	283	324	40	112	91	91	72	88	80	169	90
	41%	38%	44%	37%	43%	43%	41%	42%	46%	43%	41%	40%	25%	51%	44%
		a		a	a	a	g	g	g	g	g	g		befg	g
Rural - Village	393	173	218	93	112	188	21	44	44	44	48	76	9	45	62
	19%	18%	21%	15%	17%	25%	22%	17%	23%	21%	27%	34%	3%	14%	30%
		a		ab	ab	ab	gh	g	gh	gh	bgh	abcdgh		g	bdgh
Rural - Hamlet and Isolated Dwelling	29	18	11	4	7	18	2	5	4	4	3	4	-	4	4
	1%	2%	1%	1%	1%	2%	2%	2%	2%	2%	2%	2%	-	1%	2%
		a		a	a	a	g	g	g	g	g	g		g	g
NET: Urban	1600	793	795	515	544	540	73	214	149	164	126	143	311	279	141
	79%	81%	78%	84%	82%	72%	76%	81%	75%	77%	71%	64%	97%	85%	68%
				c	c		f	efi	f	fi			abcdefhi	acdefi	
NET: Rural	422	191	229	97	119	206	23	49	48	48	51	80	9	49	66
	21%	19%	22%	16%	18%	28%	24%	19%	25%	23%	29%	36%	3%	15%	32%
				ab	ab	ab	gh	g	gh	gh	bgh	abcdgh		g	bdgh

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	767	69	179	174	103	86	157	422	346	615	24	54	48	9	3	138
	38%	43%	40%	36%	40%	42%	34%	39%	37%	35%	44%	57%	59%	50%	28%	53%
		f	f			f						a	a			a
Urban - Town and Fringe	832	53	181	220	103	78	197	454	379	722	24	37	29	4	6	100
	41%	34%	40%	45%	41%	38%	42%	42%	41%	42%	44%	39%	35%	26%	60%	39%
				a												
Rural - Village	393	31	83	90	45	39	104	204	189	373	6	4	4	4	-	18
	19%	20%	18%	19%	18%	19%	22%	19%	20%	21%	12%	4%	5%	24%	-	7%
										cdg						
Rural - Hamlet and Isolated Dwelling	29	5	5	4	3	4	9	14	16	25	-	-	1	-	1	2
	1%	3%	1%	1%	1%	2%	2%	1%	2%	1%	-	-	1%	-	12%	1%
		c														
NET: Urban	1600	122	360	394	206	165	354	876	724	1336	48	92	77	13	8	238
	79%	77%	80%	81%	81%	79%	76%	80%	78%	77%	88%	96%	94%	76%	88%	92%
											a	a	a			a
NET: Rural	422	36	88	94	48	43	113	218	204	398	6	4	5	4	1	20
	21%	23%	20%	19%	19%	21%	24%	20%	22%	23%	12%	4%	6%	24%	12%	8%
										bcdg						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	767	468	143	126	269	12	13	140	577	25	165	695	56	108	410	211	38	660
	38%	37%	40%	40%	40%	41%	34%	31%	40%	46%	32%	38%	33%	40%	36%	39%	51%	38%
									cf	cf							bce	
Urban - Town and Fringe	832	519	141	140	281	10	21	189	590	23	220	741	74	106	477	225	25	727
	41%	41%	40%	44%	42%	35%	55%	42%	41%	41%	43%	41%	44%	39%	42%	41%	33%	41%
Rural - Village	393	263	65	49	114	6	4	107	271	5	117	343	40	53	230	99	10	340
	19%	21%	19%	15%	17%	21%	11%	24%	19%	9%	23%	19%	23%	20%	20%	18%	14%	19%
		c						de		de								
Rural - Hamlet and Isolated Dwelling	29	22	4	2	6	1	-	11	15	2	12	26	-	3	17	7	2	26
	1%	2%	1%	1%	1%	4%	-	3%	1%	4%	2%	1%	-	1%	1%	1%	3%	1%
								d		d								
NET: Urban	1600	987	284	266	549	22	34	329	1167	48	385	1437	130	213	887	436	63	1386
	79%	78%	80%	84%	82%	75%	89%	74%	80%	87%	75%	80%	77%	79%	78%	80%	84%	79%
				a	a		cf		cf	cf								
NET: Rural	422	286	69	51	120	7	4	118	286	7	130	369	40	57	247	106	12	366
	21%	22%	20%	16%	18%	25%	11%	26%	20%	13%	25%	20%	23%	21%	22%	20%	16%	21%
		cd						bde		bde								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2022	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	2022	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	767	124	518	89	114	27	540	199	28	767	-	613	146
	38%	41%	37%	41%	31%	39%	39%	35%	35%	48%	-	36%	51%
				b			b			b			a
Urban - Town and Fringe	832	114	601	87	163	29	568	240	35	832	-	716	110
	41%	38%	43%	41%	44%	42%	41%	42%	44%	52%	-	42%	38%
										b			
Rural - Village	393	63	270	38	85	13	268	119	15	-	393	361	31
	19%	21%	19%	18%	23%	18%	19%	21%	19%	-	93%	21%	11%
											a	b	
Rural - Hamlet and Isolated Dwelling	29	1	21	1	8	-	16	8	1	-	29	28	-
	1%	*	1%	1%	2%	-	1%	1%	2%	-	7%	2%	-
											a	b	
NET: Urban	1600	238	1119	176	277	57	1109	439	62	1600	-	1329	255
	79%	79%	79%	82%	75%	82%	80%	78%	79%	100%	-	77%	89%
										b			a
NET: Rural	422	64	291	40	92	13	284	126	17	-	422	389	31
	21%	21%	21%	18%	25%	18%	20%	22%	21%	-	100%	23%	11%
											a	b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Total	Number of days active									Amount of activity since the COVID-19 restrictions were introduced			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	767	113	58	129	134	98	74	38	124	361	236	256	204	302
	38%	30%	32%	45%	45%	40%	34%	40%	38%	44%	37%	38%	36%	40%
				abfj	abfj	a			a	abfj	a			
Urban - Town and Fringe	832	178	90	105	112	100	101	32	115	317	248	258	249	315
	41%	47%	50%	37%	38%	41%	46%	35%	35%	38%	39%	38%	43%	42%
		cdghij	cdghij				cdhi							
Rural - Village	393	78	31	50	47	41	40	21	84	138	145	148	113	129
	19%	21%	17%	18%	16%	17%	18%	23%	26%	17%	23%	22%	20%	17%
									bdefi		di	c		
Rural - Hamlet and Isolated Dwelling	29	8	2	2	5	4	4	2	3	10	9	12	9	7
	1%	2%	1%	1%	2%	2%	2%	2%	1%	1%	1%	2%	2%	1%
NET: Urban	1600	291	147	234	245	198	176	70	238	677	484	514	453	617
	79%	77%	82%	82%	83%	82%	80%	75%	73%	82%	76%	76%	79%	82%
			h	hj	hj	h				ahj				a
NET: Rural	422	87	33	52	52	45	43	23	87	149	154	160	122	136
	21%	23%	18%	18%	17%	18%	20%	25%	27%	18%	24%	24%	21%	18%
		i							bcdei		cdi	c		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

Significance Level: 95%

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2022	947	1061	673	687	662	109	247	213	223	186	178	329	337	200
Total	2022	984	1024	612	664	746	96	263	197	212	177	223	320	327	207
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1718	838	872	489	562	666	88	223	166	188	164	200	244	267	178
	85%	85%	85%	80%	85%	89%	91%	85%	85%	89%	93%	90%	76%	81%	86%
					a	ab	gh	g	g	gh	bcghi	gh			g
No	287	134	148	115	95	77	8	36	27	22	12	22	71	60	28
	14%	14%	14%	19%	14%	10%	9%	14%	14%	10%	7%	10%	22%	18%	14%
				bc	c			e	e				abcdefi	edef	e
Prefer not to say	17	12	4	8	6	3	-	4	4	2	-	1	5	1	1
	1%	1%	*	1%	1%	*	-	2%	2%	1%	-	*	2%	*	*
		b							h						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2022	160	450	511	257	215	429	1121	901	1719	58	105	83	18	9	273
Total	2022	158	448	488	254	208	467	1093	929	1734	54	95	82	17	9	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1718	145	395	402	214	171	391	941	777	1494	41	78	70	13	7	209
	85%	92%	88%	82%	84%	82%	84%	86%	84%	86%	75%	82%	85%	79%	72%	81%
		cdefgh	ceh				c			bg						
No	287	13	51	81	36	33	72	145	142	233	12	17	11	3	3	46
	14%	8%	11%	17%	14%	16%	15%	13%	15%	13%	22%	18%	14%	16%	28%	18%
			ab		a	a		a								
Prefer not to say	17	-	2	5	3	3	4	7	10	8	2	-	1	1	-	3
	1%	-	*	1%	1%	2%	1%	1%	1%	*	3%	-	1%	5%	-	1%
											a					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

	Children aged 15 or under in the household				Self-isolating status						Well enough to exercise today		Number of people in household including self					
	None	1 child	2 or more children	NET: Yes	Self-isolating because of virus symptoms	Self-isolating because someone in household has virus symptoms	Self-isolating because at increased risk	Not self-isolating	Prefer not to say	NET: Self-isolating	Yes	No	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	a	b	c	d	e	f	a	b	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2022	1364	296	269	565	32	41	425	1463	61	498	1805	170	283	1135	529	75	1739
Total	2022	1273	352	317	669	29	38	447	1453	55	515	1806	170	270	1134	542	75	1752
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1718	1071	306	281	587	24	29	380	1246	39	433	1557	126	194	972	487	65	1524
	85%	84%	87%	89%	88%	84%	76%	85%	86%	71%	84%	86%	74%	72%	86%	90%	87%	87%
				a			e	e	e		b				a	ab	a	a
No	287	193	46	35	81	5	8	63	202	9	76	235	42	74	156	49	8	213
	14%	15%	13%	11%	12%	16%	22%	14%	14%	16%	15%	13%	25%	27%	14%	9%	10%	12%
												a		bcde	c			
Prefer not to say	17	9	-	1	1	-	1	5	5	7	5	14	2	2	7	6	2	15
	1%	1%	-	*	*	-	2%	1%	*	13%	1%	1%	1%	1%	1%	1%	3%	1%
									acdf								b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	293	1402	226	357	72	1390	566	78	1616	406	1700	302
Total	302	1410	216	370	70	1393	566	79	1600	422	1718	287
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	262	1233	182	309	60	1201	474	68	1329	389	1718	-
	85%	87%	85%	84%	86%	86%	84%	86%	83%	92% a	100% b	-
No	37	173	32	58	9	189	87	11	255	31	-	287
	12%	12%	15%	16%	12%	14%	15%	14%	16% b	7%	-	100% a
Prefer not to say	3	4	2	2	1	3	4	-	15	2	-	-
	1%	*	1%	*	1%	*	1%	-	1%	*	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 8th May - 11th May 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

Significance Level: 95%

	Total	Number of days active									Amount of activity since the COVID-19 restrictions were introduced			
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	Neither more nor less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2022	369	182	297	298	240	217	94	325	835	636	679	561	762
Total	2022	378	180	286	297	242	219	93	326	826	638	674	575	753
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1718	302	151	235	252	209	206	79	284	696	569	595	491	618
	85%	80%	84%	82%	85%	86%	94%	85%	87%	84%	89%	88%	85%	82%
							abcdeghij		a		abci	c		
No	287	74	29	48	44	30	12	13	37	122	61	76	75	133
	14%	20%	16%	17%	15%	13%	5%	13%	11%	15%	10%	11%	13%	18%
		efhij	fj	fhj	fj	f		f	f	fj				ab
Prefer not to say	17	2	1	3	2	4	1	2	5	8	7	3	9	3
	1%	*	1%	1%	1%	1%	*	2%	1%	1%	1%	*	1%	*
													c	