

Sport England, Survey into adult physical activity attitudes and behaviour, 22nd June 2020

Methodology: Savanta ComRes interviewed 2,051 English adults (16+ online) 19th June to 22nd June. Data were weighted to be demographically representative of English adults by gender, age, region, social grade, and the estimated households with children under 16. Savanta ComRes is a member of the British Polling Council and abides by its rules. Full tables at www.comresglobal.com

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Page: i

Table of Contents

D1. Are you...?	1
BASE: All respondents	
D2. How old are you?	7
BASE: All respondents	
D3. Which of the following describes where you live?	16
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.	25
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?	31
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.	37
BASE: All respondents	
Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to the previous week?	49
BASE: All respondents	
Q2A. In the past week, on how many days have you done an activity, which was enough to work any of your muscles harder than usual (i.e. your muscle(s) felt tired, hot or were shaking)? These could be specific exercises (e.g. using weights or resistance bands, repetitive sit to stands, repetitive stair climbing, slow heel or toe raises, an exercise class etc.), OR other strengthening activities (e.g. heavy gardening, DIY, walking with heavy shopping, repetitively lifting heavy items etc.).	55
BASE: All respondents	
Q2B. In the past week, do you think you have done more, less, or the same amount of activity that has worked your muscles harder than usual (i.e. they felt tired, hot or were shaking), compared to a typical week before the COVID-19 restrictions were introduced?	67
BASE: All respondents	
Q3. Which, if any, of the following physical activities have you done in the past week?	73
BASE: All respondents	
Q3E. You said you have walked in the past week. For what purpose(s) did you walk?	85
BASE: All respondents who walked in the past week	
Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?	93
BASE: All respondents who cycled in the past week	
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.	99
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.	100
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.	106
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.	112
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.	118
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.	124
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.	130
BASE: All who have done some form of physical activity in the past week	
Q4.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.	136
BASE: All who have done some form of physical activity in the past week	

Page: ii
Table of Contents

Q4.9. Team sports (such as football, cricket, rugby etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.	142
BASE: All who have done some form of physical activity in the past week	
Q4.10. Racket sports (such as tennis, badminton, squash etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.	148
BASE: All who have done some form of physical activity in the past week	
Q4.11. Golf: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.	154
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.	160
BASE: All who have done some form of physical activity in the past week	
Q6D. SUMMARY: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?	166
BASE: All who have done some form of physical activity in the past week	
Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?	167
BASE: All who have done some form of physical activity in the past week	
Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?	173
BASE: All who have done some form of physical activity in the past week	
Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?	179
BASE: All who have done some form of physical activity in the past week	
Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?	185
BASE: All who have done some form of physical activity in the past week	
Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?	191
BASE: All who have done some form of physical activity in the past week	
Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?	197
BASE: All who have done some form of physical activity in the past week	
Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?	203
BASE: All who have done some form of physical activity in the past week	
Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?	209
BASE: All who have done some form of physical activity in the past week	
Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?	215
BASE: All who have done some form of physical activity in the past week	
Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?	221
BASE: All who have done some form of physical activity in the past week	
Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?	227
BASE: All who have done some form of physical activity in the past week	
Q7A. Thinking about the last 12 months, have you volunteered at least once in any capacity? By volunteered we mean given your time to support a good cause, e.g. a charity or in your community, but not including help given to your own friends or family.	233
BASE: All respondents	
Q7B. You said you have volunteered to support sport and physical activity in the last 12 months. Which of the following statements best describes your current situation?	239
BASE: All those who have volunteered to support sport and physical activity in the last 12 months	
Q8. SUMMARY: How much do you agree or disagree with each of these statements today?	248
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?	249
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?	255
BASE: All respondents	

Page: iii
Table of Contents

Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?	261
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?	268
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?	274
BASE: All respondents	
Q9. SUMMARY: To what extent do you agree or disagree with each statement?	280
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?	281
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?	287
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?	293
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?	299
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?	305
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?	311
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?	317
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?	323
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?	329
BASE: All respondents	
Q9.12. I have found it easier to do sport, exercise or physical activity in the past week compared to the previous week: To what extent do you agree or disagree with each statement?	335
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, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.	341
BASE: All respondents who have children under 16	
Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to the previous week?	347
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?	353
BASE: All respondents	
Q14. SUMMARY: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:	359
BASE: All respondents	
Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:	360
BASE: All respondents	
Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:	366
BASE: All respondents	
Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:	372
BASE: All respondents	

Page: iv
Table of Contents

Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:	378
BASE: All respondents	
Q14B. SUMMARY: Social distancing rules currently require people to be 2 metres apart. How would you feel about doing sport or physical activity in the places below if this distance was reduced to less than 2 metres?	384
BASE: All respondents	
Q14B.1. Public indoor spaces, such as gyms, swimming pools and other facilities (once they reopen): Social distancing rules currently require people to be 2 metres apart. How would you feel about doing sport or physical activity in the places below if this distance was reduced to less than 2 metres?	385
BASE: All respondents	
Q14B.2. Public outdoor spaces, such as parks, pitches, outdoor courts and playing fields: Social distancing rules currently require people to be 2 metres apart. How would you feel about doing sport or physical activity in the places below if this distance was reduced to less than 2 metres?	391
BASE: All respondents	
D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?	397
BASE: All respondents	
D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.	404
BASE: All respondents	
D8. Including yourself, how many people in total live in your household?	416
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.	422
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?	428
BASE: All respondents	
D11. To which of the following ethnic groups do you consider you belong?	434
BASE: All respondents	
D12. Which of the following best describes where you live?	440
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?	446
BASE: All respondents	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D1. Are you...?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Male

Female

Other

Prefer not to say

	Gender		Age			Region								
Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1001	1001	-	278	352	370	56	135	106	106	84	96	157	156	104
49%	100%	-	45%	52%	49%	57%	51%	53%	50%	48%	42%	48%	47%	50%
	b			a		f		f						
1041	-	1041	337	317	387	42	131	94	108	91	131	162	177	104
51%	-	100%	54%	47%	51%	43%	49%	47%	50%	52%	57%	50%	53%	50%
		a	b								ac			
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	-	-	5	2	2	-	-	-	-	1	2	6	-	-
*	-	-	1%	*	*	-	-	-	-	1%	1%	2%	-	-
												bcdh		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D1. Are you...?

BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	1001	86	229	251	150	101	184	566	434	844	26	65	35	5	8	138
	49%	61%	51%	48%	53%	44%	43%	51%	46%	48%	60%	55%	46%	41%	60%	53%
		bcefg	f		efh			efh								
Female	1041	54	217	265	135	129	241	537	505	909	17	53	41	7	5	123
	51%	39%	49%	51%	47%	56%	56%	48%	54%	52%	40%	45%	54%	51%	40%	47%
			a	a		ag	abdg	a	ag							
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Prefer not to say	9	-	1	4	-	1	3	5	4	6	-	-	-	1	-	1
	*	-	*	1%	-	*	1%	*	*	*	-	-	-	8%	-	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D1. Are you...?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	1001	630	181	147	328	168	57	337	43	35	22	41	74	61	163	226
	49%	49%	49%	47%	48%	51%	47%	61%	27%	74%	45%	43%	55%	35%	42%	50%
						dij	d	abdfghijk		abdfghijk	d	d	dgij		d	dij
Female	1041	653	189	163	352	160	66	216	117	11	26	54	58	111	223	226
	51%	51%	51%	52%	52%	48%	53%	39%	73%	23%	55%	56%	43%	65%	57%	50%
						ce	ce	e	abcefgghjk		ce	ceh	e	acehk	acehk	ce
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Prefer not to say	9	5	-	1	1	2	-	-	1	1	-	1	2	-	2	2
	*	*	-	*	*	1%	-	-	1%	2%	-	1%	1%	-	1%	*
										c		c	c			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D1. Are you...?

BASE: All respondents

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051 100%	327 100%	1114 100%	548 100%	62 100%	1724 100%	301 100%	1386 100%	222 100%	357 100%	61 100%	1419 100%	562 100%	68 100%	1645 100%	406 100%	1724 100%	311 100%
1001 49%	155 47%	531 48%	285 52%	30 48%	846 49%	143 47%	679 49%	92 41%	161 45%	34 56% a	718 51% ae	250 45%	29 42%	812 49%	189 46%	836 49%	157 50%
1041 51%	170 52%	581 52%	260 47%	31 50%	872 51%	157 52%	704 51%	130 59% cd	195 55%	26 44%	697 49%	311 55% d	39 58%	828 50%	214 53%	884 51%	151 49%
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
9 *	3 1% b	2 *	3 1%	1 2% b	6 *	1 *	3 *	- -	1 *	- -	4 *	1 *	- -	5 *	4 1%	4 *	3 1% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D1. Are you...?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Male

Female

Other

Prefer not to say

	Number of days active										Amount of activity in the past week compared to previous week		
Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
	a	b	c	d	e	f	g	h	i	j	a	b	c
2051	356	213	283	374	223	211	93	298	880	602	584	930	512
2051	365	208	284	360	223	215	95	301	867	611	577	943	508
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1001	154	92	126	183	116	116	56	158	424	329	283	463	244
49%	42%	44%	44%	51%	52%	54%	58%	52%	49%	54%	49%	49%	48%
				a	a	ac	abc	ac	a	abc			
1041	208	115	158	174	106	98	39	142	438	280	293	478	260
51%	57%	56%	56%	48%	48%	46%	42%	47%	51%	46%	51%	51%	51%
	defghij	fgj	fghj										
-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-
9	3	-	-	3	1	1	-	1	4	2	1	2	4
*	1%	-	-	1%	*	*	-	*	*	*	*	*	1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D1. Are you...?

BASE: All respondents

	Total	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	1001	227	143	200	151	97	73	30	80	448	183	270	470	248
	49%	42%	44%	51%	50%	54%	56%	61%	60%	51%	59%	49%	50%	47%
				a	a	ab	ab	ab	ab	ab	abcdi			
Female	1041	311	183	191	149	80	54	20	53	420	127	276	468	280
	51%	58%	56%	49%	50%	45%	42%	39%	40%	48%	41%	50%	50%	53%
		cdefghij	cefg hij	j	j					j				
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Prefer not to say	9	3	-	2	1	1	2	-	-	4	2	2	1	3
	*	1%	-	1%	*	1%	2%	-	-	*	1%	*	*	1%
							b							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	69	52	13	69	-	-	4	8	7	8	5	3	16	10	8
	3%	5%	1%	11%	-	-	4%	3%	4%	4%	3%	1%	5%	3%	4%
		b		bc									f		
18-24	207	95	112	207	-	-	9	28	19	23	19	20	43	33	14
	10%	9%	11%	33%	-	-	9%	10%	9%	11%	11%	9%	13%	10%	7%
				bc									i		
25-34	344	131	212	344	-	-	11	42	33	35	22	32	91	45	32
	17%	13%	20%	56%	-	-	11%	16%	17%	16%	12%	14%	28%	14%	15%
			a	bc									abcdefhi		
35-44	321	160	161	-	321	-	18	35	25	33	35	39	64	54	17
	16%	16%	15%	-	48%	-	18%	13%	12%	15%	20%	17%	20%	16%	8%
					ac		i			i	ci	i	bci	i	
45-54	351	193	157	-	351	-	14	56	35	37	26	43	37	61	42
	17%	19%	15%	-	52%	-	15%	21%	17%	17%	15%	19%	11%	18%	20%
		b			ac			g				g		g	g
55-64	299	181	117	-	-	299	18	46	33	30	30	35	38	41	29
	15%	18%	11%	-	-	39%	19%	17%	17%	14%	17%	15%	12%	12%	14%
		b				ab									
65+	460	189	270	-	-	460	24	52	48	49	39	57	37	89	65
	22%	19%	26%	-	-	61%	25%	19%	24%	23%	22%	25%	11%	27%	31%
		a				ab	g	g	g	g	g	g		bg	beg
NET: 16-34	620	278	337	620	-	-	23	77	59	66	47	55	149	88	55
	30%	28%	32%	100%	-	-	24%	29%	30%	31%	26%	24%	46%	26%	26%
		a		bc									abcdefhi		
NET: 35-54	672	352	317	-	672	-	32	91	60	70	61	82	101	115	60
	33%	35%	30%	-	100%	-	33%	34%	30%	33%	35%	36%	31%	35%	29%
		b			ac										
NET: 55+	760	370	387	-	-	760	43	98	81	79	69	91	75	130	94
	37%	37%	37%	-	-	100%	43%	37%	41%	37%	39%	40%	23%	39%	45%
						ab	g	g	g	g	g	g		g	g
Base for stats	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
Mean Score	46.55	46.54	46.66	25.05	44.39	66.01	48.37	46.48	48.01	45.73	47.08	48.46	39.91	48.40	50.13
					a	ab	g	g	g	g	g	g		g	bdg
Standard Deviation	17.947	17.722	18.107	5.583	5.742	7.408	17.531	16.938	18.526	17.645	18.161	16.878	16.665	18.375	18.977
Standard Error	.396	.559	.562	.211	.223	.282	1.664	1.021	1.235	1.190	1.350	1.255	.927	1.010	1.329
Error variance	.16	.31	.32	.04	.05	.08	2.77	1.04	1.53	1.42	1.82	1.57	.86	1.02	1.77

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	69	10	10	29	13	5	2	49	20	39	3	11	6	1	1	22
3%	7%	2%	6%	4%	2%	1%	4%	2%	2%	2%	6%	9%	8%	11%	12%	8%
	befh	f	befh	fh			bfb	f				a	a			a
18-24	207	20	61	55	28	30	12	137	70	146	14	24	15	1	2	55
10%	14%	14%	11%	10%	13%	3%	12%	7%	7%	8%	32%	20%	19%	11%	13%	21%
	fh	fh	fh	f	fh		fh	f			a	a	a			a
25-34	344	19	111	106	53	35	19	237	108	272	9	32	18	2	3	63
17%	14%	25%	20%	19%	15%	5%	21%	11%	11%	15%	20%	27%	23%	19%	21%	24%
	f	adefh	fh	fh	f		aefh	f				a				a
35-44	321	38	88	82	52	43	19	207	113	262	5	33	12	2	3	55
16%	27%	20%	16%	18%	18%	4%	19%	12%	12%	15%	12%	28%	15%	16%	26%	21%
	cdgh	fh	fh	fh	fh		fh	f				abd				a
45-54	351	27	74	112	60	45	33	214	138	314	6	14	10	3	3	36
17%	20%	16%	22%	21%	20%	8%	19%	15%	15%	18%	15%	12%	13%	23%	21%	14%
	f	f	bfb	fh	f		fh	f								
55-64	299	13	53	66	51	52	63	133	166	281	2	1	12	1	1	17
15%	10%	12%	13%	18%	22%	15%	12%	18%	18%	16%	5%	1%	16%	11%	8%	7%
				abcf	abcf			abcf		bcg			cg			c
65+	460	13	51	68	28	21	279	132	328	444	5	4	4	1	-	13
22%	9%	11%	13%	10%	9%	65%	12%	35%	35%	25%	11%	3%	5%	10%	-	5%
					abcdegh		abcdeg			bcdg	c					
NET: 16-34	620	48	182	191	94	70	34	422	198	458	25	67	38	5	6	141
30%	35%	41%	37%	33%	30%	8%	38%	21%	21%	26%	58%	56%	50%	41%	46%	54%
	fh	defh	fh	fh	fh		efh	f			a	a	a			a
NET: 35-54	672	65	161	195	111	88	52	421	251	576	12	47	21	5	6	91
33%	47%	36%	37%	39%	38%	12%	38%	27%	27%	33%	27%	40%	28%	39%	47%	35%
	befgh	fh	fh	fh	fh		fh	f								
NET: 55+	760	26	104	135	80	73	342	265	494	725	7	5	16	3	1	31
37%	19%	23%	26%	28%	32%	80%	24%	52%	52%	41%	15%	4%	21%	20%	8%	12%
				a	abg	abcdegh		abcdeg		bcdg	c		cg			c
Base for stats	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
Mean Score	46.55	40.56	40.91	42.74	43.40	43.80	62.65	41.73	52.22	48.51	36.36	33.40	36.86	39.47	35.60	35.29
		b	b				abcdegh	abcdeg		bcdg						
Standard Deviation	17.947	16.359	15.846	16.892	16.202	15.330	14.700	16.423	18.011	17.543	18.519	14.484	15.774	17.310	13.386	15.669
Standard Error	.396	1.383	.753	.735	.940	.981	.736	.493	.587	.421	2.701	1.296	1.775	4.626	3.713	.940
Error variance	.16	1.91	.57	.54	.88	.96	.54	.24	.35	.18	7.30	1.68	3.15	21.40	13.78	.88

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D2. How old are you?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	69 3%	40 3%	9 2%	6 2%	15 2%	5 1% c	4 3% cj	1 * c	2 1%	- -	- -	1 1% abcdefgijk	54 40%	2 1% c	1 * c	8 2% cj
18-24	207 10%	136 11% cd	40 11% c	11 4% c	51 7% c	44 13% cfij	12 10% j	35 6% j	20 12% cfj	6 13% fj	1 2% j	15 15% cfij	63 47% abcdefgijk	12 7% j	- - cfj	56 12% cfj
25-34	344 17%	146 11%	87 24% a	99 32% ab	186 27% a	79 24% dfhij	39 32% defghij	143 26% dfghij	23 14% j	7 16% j	4 9% j	15 15% hj	10 8% j	23 14% j	1 * dfghij	117 26% dfghij
35-44	321 16%	100 8%	94 25% a	117 38% ab	211 31% a	68 20% hij	29 24% hij	132 24% hij	33 21% hj	8 16% hj	6 13% hj	21 21% hj	1 1% hj	22 13% hj	1 * hij	97 21% hij
45-54	351 17%	175 14%	104 28% ac	61 20% a	165 24% a	76 23% hj	25 20% hj	130 23% hj	33 21% hj	12 25% hj	11 22% hj	20 20% hj	4 3% hj	39 23% hj	3 1% hij	101 22% hj
55-64	299 15%	253 20% bcd	25 7%	11 4%	36 5%	48 15% bh	6 5% h	87 16% bhj	26 16% bhj	8 18% bh	16 33% abcdhjk	21 22% bhjk	- - abcdhjk	47 27% abcdhjk	40 10% h	55 12% bh
65+	460 22%	438 34% bcd	12 3%	6 2%	17 3%	12 4%	9 7% h	26 5% abcghk	23 15% abcghk	6 12% achk	10 21% abcghk	5 5% 5%	2 2% 2%	26 15% abcghk	341 88% abcdefghik	20 5%
NET: 16-34	620 30%	321 25% a	136 37% a	116 37% a	252 37% a	127 38% dfij	55 44% cdfgij	178 32% fij	44 28% fj	13 29% fj	5 11% j	30 31% fj	127 95% abcdefgijk	37 22% j	2 1% cdfij	181 40% cdfij
NET: 35-54	672 33%	275 21% a	198 53% a	179 57% a	376 55% a	144 43% hj	54 44% hj	262 47% hij	66 41% hj	19 41% hj	17 35% hj	40 42% hj	4 3% 3%	61 35% hj	4 1% 1%	197 43% hj

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D2. How old are you?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: 55+

Base for stats

Mean Score

Standard Deviation

Standard Error

Error variance

	Children aged 15 or under in the household				Current employment status										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
760	691	37	17	53	60	15	113	50	14	26	26	2	73	381	75
37%	54%	10%	5%	8%	18%	12%	20%	31%	30%	54%	27%	2%	43%	98%	17%
	bcd	c			h	h	bh	abchk	bhk	abcdeghk	bhk		abcdghk	abcdeghik	h
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
46.55	51.46	39.25	38.08	38.72	40.60	38.11	42.29	45.31	44.83	52.85	42.30	20.72	49.00	69.27	39.92
	bcd				h	h	bhk	abchk	bhk	abcdeghk	bh		abcdghk	abcdeghik	h
17.947	18.910	12.532	10.177	11.521	13.969	13.680	12.711	16.903	15.160	13.874	14.452	9.346	15.886	7.072	13.920
.396	.510	.707	.626	.479	.754	1.259	.542	1.328	2.211	2.024	1.397	.719	1.208	.386	.648
.16	.26	.50	.39	.23	.57	1.59	.29	1.76	4.89	4.10	1.95	.52	1.46	.15	.42

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D2. How old are you?

BASE: All respondents

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																	
Unweighted Total	2051	334	1110	544	63	1717		286	1390			231	343	62	1414	559	68
Total	2051	327	1114	548	62	1724		301	1386			222	357	61	1419	562	68
	100%	100%	100%	100%	100%	100%		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	69	2	17	40	10	67		4	58			5	4	2	48	9	1
	3%	1%	2%	7%	16%	4%		1%	4%			2%	1%	4%	3%	2%	2%
				abe	abce	ab			a						be		
18-24	207	14	88	91	13	193		28	155			32	17	4	142	51	1
	10%	4%	8%	17%	21%	11%		9%	11%			14%	5%	7%	10%	9%	2%
			a	abe	abe	ab						bdef			bf	bf	
25-34	344	24	190	119	12	320		79	234			46	32	12	253	80	8
	17%	7%	17%	22%	19%	19%		26%	17%			21%	9%	19%	18%	14%	12%
			a	ab	a	a		b				be		b	b	b	
35-44	321	29	149	130	12	291		51	234			37	32	13	240	73	6
	16%	9%	13%	24%	20%	17%		17%	17%			17%	9%	21%	17%	13%	9%
			a	abe	a	ab						b		b	be		
45-54	351	49	188	111	3	302		59	240			53	52	13	244	95	21
	17%	15%	17%	20%	5%	18%		20%	17%			24%	14%	21%	17%	17%	31%
		d	d	d		d						bde				bde	
55-64	299	74	182	38	5	225		31	190			27	70	5	207	86	15
	15%	23%	16%	7%	8%	13%		10%	14%			12%	20%	9%	15%	15%	21%
		bcd	ce			c							acd			c	
65+	460	134	301	19	6	326		48	275			23	151	11	284	168	16
	22%	41%	27%	3%	10%	19%		16%	20%			10%	42%	19%	20%	30%	23%
		bcd	cde		c	c							acdef		a	ad	a
NET: 16-34	620	40	295	250	35	580		111	447			83	52	18	444	141	11
	30%	12%	26%	46%	56%	34%		37%	32%			37%	15%	30%	31%	25%	16%
			a	abe	abe	ab						bef		bf	bef	b	
NET: 35-54	672	79	336	241	15	593		111	474			90	84	26	484	168	27
	33%	24%	30%	44%	25%	34%		37%	34%			40%	24%	42%	34%	30%	40%
			a	abde		ab						be		be	b	b	b
NET: 55+	760	209	483	57	12	551		79	465			50	221	17	491	254	30
	37%	64%	43%	10%	19%	32%		26%	34%			22%	62%	27%	35%	45%	45%
		bcd	cde		c	cd			a				acdef		a	acd	ac
Base for stats	2051	327	1114	548	62	1724		301	1386			222	357	61	1419	562	68

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D2. How old are you?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Mean Score

Standard Deviation

Standard Error

Error variance

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
46.55	56.96	49.09	36.49	34.87	44.58	43.49	45.04	41.68	56.09	43.73	45.71	49.74	52.02	45.39	51.27	47.34	42.54
	bcde	cde			cd				acde		a	acd	acd		a	b	
17.947	16.063	17.475	14.131	18.332	17.604	16.360	17.707	16.288	16.972	16.753	17.466	18.425	15.322	17.466	19.083	18.115	16.134
.396	.879	.525	.606	2.310	.425	.967	.475	1.072	.916	2.128	.464	.779	1.858	.429	.963	.438	.899
.16	.77	.28	.37	5.33	.18	.94	.23	1.15	.84	4.53	.22	.61	3.45	.18	.93	.19	.81

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D2. How old are you?

BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	69	7	10	6	17	8	7	4	10	31	21	27	14	24
	3%	2%	5%	2%	5%	4%	3%	4%	3%	4%	3%	5%	1%	5%
			a		a							b		b
18-24	207	12	17	35	46	34	25	11	28	114	64	78	70	55
	10%	3%	8%	12%	13%	15%	12%	11%	9%	13%	10%	14%	7%	11%
			a	a	a	abh	a	a	a	ab	a	b		b
25-34	344	36	34	69	80	37	37	11	41	186	89	140	120	81
	17%	10%	16%	24%	22%	16%	17%	12%	14%	21%	15%	24%	13%	16%
			a	abeghj	aghj	a	a			aghj	a	bc		
35-44	321	31	35	48	63	50	29	15	50	161	94	110	131	77
	16%	9%	17%	17%	18%	22%	13%	16%	17%	19%	15%	19%	14%	15%
			a	a	a	afj		a	a	a	a	b		
45-54	351	65	39	40	62	32	34	22	57	134	113	84	167	97
	17%	18%	19%	14%	17%	14%	16%	23%	19%	15%	19%	14%	18%	19%
								cei						a
55-64	299	66	30	33	47	28	32	7	56	108	95	68	161	66
	15%	18%	14%	12%	13%	13%	15%	7%	19%	12%	16%	12%	17%	13%
		cgi							cdgi		g		ac	
65+	460	149	43	54	45	35	52	25	59	133	135	70	278	108
	22%	41%	21%	19%	12%	16%	24%	26%	19%	15%	22%	12%	30%	21%
		bdefghij	d	d			dei	dei	d		dei		ac	a
NET: 16-34	620	55	61	109	143	78	69	26	79	330	174	245	205	160
	30%	15%	29%	38%	40%	35%	32%	27%	26%	38%	28%	42%	22%	31%
			a	abhj	abghj	ah	a	a	a	abghj	a	bc		b
NET: 35-54	672	96	74	88	125	81	63	37	107	295	207	194	299	174
	33%	26%	36%	31%	35%	36%	29%	39%	36%	34%	34%	34%	32%	34%
			a		a	a		a	a	a	a			
NET: 55+	760	215	73	87	91	63	84	32	115	241	231	138	439	175
	37%	59%	35%	31%	25%	28%	39%	33%	38%	28%	38%	24%	47%	34%
		bdefghij	di				dei		dei		cdei		ac	a
Base for stats	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
Mean Score	46.55	55.45	46.39	44.06	41.81	42.51	46.75	46.98	46.61	42.72	46.72	40.62	50.71	45.80
		bdefghij	dei				dei	dei	dei		cdei		ac	a
Standard Deviation	17.947	16.596	17.941	18.227	17.056	17.380	18.122	18.170	16.745	17.537	17.435	16.552	17.521	18.139
Standard Error	.396	.880	1.229	1.083	.882	1.164	1.248	1.884	.970	.591	.711	.685	.575	.802
Error variance	.16	.77	1.51	1.17	.78	1.35	1.56	3.55	.94	.35	.50	.47	.33	.64

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D2. How old are you?

BASE: All respondents

	Number of days have done activity to work muscles											Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	69	9	15	14	11	5	9	3	2	31	14	28	18	18
	3%	2%	4%	4%	4%	3%	7%	6%	2%	4%	5%	5%	2%	3%
			a				a	a			a	b		
18-24	207	27	44	42	45	23	8	10	8	110	25	71	71	62
	10%	5%	14%	11%	15%	13%	6%	19%	6%	13%	8%	13%	8%	12%
			afhj	a	afhj	ah		afhj		afhj		b		b
25-34	344	54	50	81	73	33	24	7	22	187	53	129	136	75
	17%	10%	15%	21%	24%	18%	19%	15%	16%	21%	17%	23%	15%	14%
			a	a	abj	a	a		a	ab	a	bc		
35-44	321	53	50	85	48	26	27	10	21	159	58	101	121	95
	16%	10%	15%	22%	16%	14%	21%	21%	16%	18%	19%	18%	13%	18%
			a	abe	a		a	a	a	a	a	b		b
45-54	351	93	61	56	44	36	25	5	32	136	62	84	159	100
	17%	17%	19%	14%	15%	20%	19%	10%	24%	16%	20%	15%	17%	19%
									cdgi		c			
55-64	299	98	37	50	38	27	17	5	27	116	49	69	160	69
	15%	18%	11%	13%	13%	15%	13%	9%	20%	13%	16%	13%	17%	13%
		bcdi							bcdi				ac	
65+	460	207	70	64	41	28	19	10	21	133	50	67	275	110
	22%	38%	21%	16%	14%	16%	15%	20%	16%	15%	16%	12%	29%	21%
		bcddefghij	di										ac	a
NET: 16-34	620	91	109	138	129	61	40	20	32	328	93	228	225	155
	30%	17%	33%	35%	43%	34%	31%	40%	24%	38%	30%	42%	24%	29%
			ah	ah	abcfhj	a	a	ah		ahj	a	bc		b
NET: 35-54	672	146	111	141	92	62	52	15	53	295	120	185	279	196
	33%	27%	34%	36%	31%	35%	40%	30%	40%	34%	38%	34%	30%	37%
			a	a		a	a		a	a	ad			b
NET: 55+	760	304	106	114	80	55	36	15	48	249	100	136	435	180
	37%	56%	33%	29%	26%	31%	28%	29%	36%	29%	32%	25%	46%	34%
		bcddefghij							d				ac	a
Base for stats	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
Mean Score	46.55	54.37	44.98	43.43	41.54	44.04	43.65	41.92	47.11	42.90	44.85	40.99	50.37	45.78
		bcddefghij	d						cdi		d		ac	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D2. How old are you?

BASE: All respondents

	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
	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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Deviation	17.947	17.100	18.354	17.352	17.470	17.278	15.945	18.970	15.521	17.387	16.362	16.661	17.898	17.653
Standard Error	.396	.742	1.000	.875	.994	1.306	1.420	2.683	1.361	.587	.935	.708	.588	.764
Error variance	.16	.55	1.00	.77	.99	1.71	2.02	7.20	1.85	.34	.87	.50	.35	.58

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204	
Total	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98	56	42	23	32	43	98	-	-	-	-	-	-	-	-	-
	5%	6%	4%	4%	5%	6%	100%	-	-	-	-	-	-	-	-	-
							bcdefghi									
North West	266	135	131	77	91	98	-	266	-	-	-	-	-	-	-	-
	13%	14%	13%	12%	14%	13%	-	100%	-	-	-	-	-	-	-	-
								acdefghi								
Yorkshire and the Humber	200	106	94	59	60	81	-	-	200	-	-	-	-	-	-	-
	10%	11%	9%	10%	9%	11%	-	-	100%	-	-	-	-	-	-	-
									abdefghi							
West Midlands	214	106	108	66	70	79	-	-	-	214	-	-	-	-	-	-
	10%	11%	10%	11%	10%	10%	-	-	-	100%	-	-	-	-	-	-
										abcefgghi						
East Midlands	177	84	91	47	61	69	-	-	-	-	177	-	-	-	-	-
	9%	8%	9%	8%	9%	9%	-	-	-	-	100%	-	-	-	-	-
											abcdefghi					
East of England	229	96	131	55	82	91	-	-	-	-	-	229	-	-	-	-
	11%	10%	13%	9%	12%	12%	-	-	-	-	-	100%	-	-	-	-
			a									abcdeghi				
London	326	157	162	149	101	75	-	-	-	-	-	-	326	-	-	-
	16%	16%	16%	24%	15%	10%	-	-	-	-	-	-	100%	-	-	-
				bc	c								abcdefghi			
South East	333	156	177	88	115	130	-	-	-	-	-	-	-	333	-	-
	16%	16%	17%	14%	17%	17%	-	-	-	-	-	-	-	100%	-	-
														abcdefgi		
South West	208	104	104	55	60	94	-	-	-	-	-	-	-	-	208	
	10%	10%	10%	9%	9%	12%	-	-	-	-	-	-	-	-	100%	
						ab									abcdefgh	
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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								
Total	Male	Female	16-34	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
2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98	8	17	19	15	15	24	44	54	94	1	-	2	-	-	3
	5%	6%	4%	4%	5%	7%	6%	4%	6%	5% cg	2%	-	2%	-	-	1%
North West	266	20	56	75	41	26	48	151	115	244	1	14	3	1	2	20
	13%	14%	13%	14%	15%	11%	11%	14%	12%	14% bdg	2%	11% bd	4%	5%	15%	7%
Yorkshire and the Humber	200	11	33	51	27	23	54	96	105	180	4	13	2	1	-	19
	10%	8%	7%	10%	10%	10%	13% bg	9%	11% b	10% d	8%	11% d	3%	6%	-	7%
West Midlands	214	17	49	54	23	33	38	120	94	180	2	19	9	1	-	32
	10%	12%	11%	10%	8%	14% df	9%	11%	10%	10% 10%	4%	16% ab	12%	11%	-	12%
East Midlands	177	8	30	45	33	25	36	83	93	152	5	13	5	-	-	23
	9%	5%	7%	9%	11% abg	11%	8%	8%	10%	9% 9%	11%	11%	7%	-	-	9%
East of England	229	10	51	53	32	29	54	114	115	212	1	5	1	2	1	11
	11%	7%	11%	10%	11%	13%	13%	10%	12%	12% cdg	3%	4%	2%	17%	7%	4%
London	326	35	94	98	40	21	38	227	99	201	12	44	46	6	8	116
	16%	25% defh	21% defh	19% efh	14% f	9%	9%	20% defh	10%	11% 11%	29% a	37% a	61% abcg	43%	64%	44% ab
South East	333	18	80	80	40	34	81	178	155	302	12	9	4	2	2	29
	16%	13%	18%	15%	14%	15%	19%	16%	16%	17% cdg	27% cdg	8%	6%	18%	14%	11%
South West	208	12	38	45	34	25	54	95	113	194	6	2	3	-	-	11
	10%	8%	9%	9%	12%	11%	13% g	9%	12% cg	11% cg	14% cg	2%	4%	-	-	4%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98	57	18	21	39	17	4	20	9	1	2	6	6	9	24	21
	5%	4%	5%	7%	6%	5%	3%	4%	5%	2%	5%	7%	4%	5%	6%	5%
North West	266	171	48	37	84	50	12	74	22	7	8	9	13	25	45	62
	13%	13%	13%	12%	12%	15%	10%	13%	14%	15%	16%	10%	10%	15%	12%	14%
Yorkshire and the Humber	200	125	34	29	63	27	10	52	14	4	3	14	16	17	43	37
	10%	10%	9%	9%	9%	8%	8%	9%	9%	8%	6%	14% k	12%	10%	11%	8%
West Midlands	214	133	40	34	74	30	10	61	22	3	7	9	18	16	38	39
	10%	10%	11%	11%	11%	9%	8%	11%	14%	6%	16%	10%	14%	9%	10%	9%
East Midlands	177	113	31	24	55	27	16	45	8	5	4	11	13	17	30	43
	9%	9%	8%	8%	8%	8%	13% d	8%	5%	11%	9%	11%	9%	10%	8%	10%
East of England	229	151	38	31	69	31	15	63	13	5	5	8	11	27	51	45
	11%	12%	10%	10%	10%	9%	12%	11%	8%	11%	10%	8%	8%	16% adhk	13%	10%
London	326	188	62	57	120	57	26	108	28	9	4	18	28	27	21	83
	16%	15%	17%	18%	18%	17% j	21% fj	20% fj	17% j	20% j	8%	18% j	21% fj	16% j	5%	18% j
South East	333	204	64	55	119	56	24	90	28	4	6	11	13	23	79	80
	16%	16%	17%	17%	17%	17% h	19% h	16% h	17% h	8%	12%	11%	9%	13%	20% eghi	18% h
South West	208	146	36	22	58	35	7	40	18	9	9	10	16	10	55	43
	10%	11% c	10%	7%	9%	11%	6%	7%	11%	19% bcik	18% bci	11%	12% i	6%	14% bcik	9%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

	Children aged 15 or under in the household				Current employment status										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone				NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051 100%	327 100%	1114 100%	548 100%	62 100%	1724 100%	301 100%	1386 100%	222 100%	357 100%	61 100%	1419 100%	562 100%	68 100%	1645 100%	406 100%	1724 100%	311 100%
98 5%	16 5%	48 4%	30 5%	4 6%	82 5%	12 4%	66 5%	7 3%	29 8% ad	3 5%	56 4%	36 6% d	2 3%	72 4%	26 6%	85 5%	11 3%
266 13%	41 12%	154 14%	66 12%	6 10%	226 13%	30 10%	192 14%	32 14%	46 13%	8 14%	183 13%	76 14%	9 13%	218 13%	48 12%	225 13%	41 13%
200 10%	32 10%	110 10%	48 9%	10 16%	168 10%	28 9%	138 10%	24 11%	29 8%	6 10%	143 10%	52 9%	7 10%	161 10%	39 10%	171 10%	26 8%
214 10%	38 12%	107 10%	63 12%	6 10%	176 10%	34 11%	140 10%	22 10%	36 10%	5 8%	150 11%	57 10%	5 7%	178 11%	37 9%	187 11%	24 8%
177 9%	30 9%	101 9%	39 7%	7 11%	147 9%	19 6%	122 9%	24 11%	40 11%	4 7%	112 8%	57 10%	10 15% d	133 8%	43 11%	159 9% b	14 5%
229 11%	35 11%	130 12%	59 11%	5 8%	194 11%	26 9%	161 12%	21 10%	41 11%	3 5%	165 12%	54 10%	9 13%	159 10%	70 17% a	200 12%	28 9%
326 16%	47 14%	155 14%	112 20% abe	11 18%	278 16%	69 23% b	202 15%	29 13%	38 11%	13 22% be	242 17% be	69 12%	10 15%	320 19% b	5 1%	238 14%	85 27% a
333 16%	57 18%	182 16%	85 15%	9 14%	275 16%	45 15%	229 17%	33 15%	57 16%	9 14%	233 16%	92 16%	6 9%	260 16%	73 18%	281 16%	52 17%
208 10%	32 10%	127 11%	46 8%	4 7%	177 10%	36 12%	136 10%	30 13%	42 12%	9 15%	136 10%	69 12%	10 14%	142 9%	66 16% a	178 10%	30 10%
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D3. Which of the following describes where you live?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Outside of the UK

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98	23	6	11	21	9	9	4	16	40	29	25	51	21
	5%	6%	3%	4%	6%	4%	4%	4%	5%	5%	5%	4%	5%	4%
North West	266	49	33	33	43	26	30	11	42	102	82	79	119	63
	13%	13%	16%	12%	12%	12%	14%	11%	14%	12%	13%	14%	13%	12%
Yorkshire and the Humber	200	31	29	28	37	27	18	7	22	92	47	52	98	49
	10%	9%	14%	10%	10%	12%	8%	7%	7%	11%	8%	9%	10%	10%
			ahj			j								
West Midlands	214	42	19	34	39	17	16	14	34	90	64	54	103	52
	10%	12%	9%	12%	11%	7%	8%	14%	11%	10%	10%	9%	11%	10%
East Midlands	177	30	17	34	24	16	21	13	23	73	56	45	83	46
	9%	8%	8%	12%	7%	7%	10%	13%	8%	8%	9%	8%	9%	9%
				d				d						
East of England	229	51	21	28	29	31	24	6	37	89	67	57	109	60
	11%	14%	10%	10%	8%	14%	11%	7%	12%	10%	11%	10%	12%	12%
		d				d								
London	326	38	37	46	62	47	36	11	49	155	95	124	125	73
	16%	10%	18%	16%	17%	21%	17%	12%	16%	18%	16%	22%	13%	14%
			a	a	a	ag	a		a	a	a	bc		
South East	333	61	31	40	65	34	42	17	44	140	102	91	153	89
	16%	17%	15%	14%	18%	15%	19%	18%	14%	16%	17%	16%	16%	17%
South West	208	39	16	29	40	16	20	13	35	85	68	51	101	55
	10%	11%	8%	10%	11%	7%	9%	14%	12%	10%	11%	9%	11%	11%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Total	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98	34	17	14	14	10	2	2	5	38	9	21	57	20
	5%	6%	5%	4%	5%	6%	2%	3%	4%	4%	3%	4%	6%	4%
		fj												
North West	266	72	43	44	39	25	13	7	25	107	45	66	126	67
	13%	13%	13%	11%	13%	14%	10%	14%	19%	12%	14%	12%	13%	13%
									ci					
Yorkshire and the Humber	200	53	34	42	29	18	13	2	10	89	24	51	90	52
	10%	10%	10%	11%	10%	10%	10%	4%	7%	10%	8%	9%	10%	10%
West Midlands	214	61	35	36	33	13	15	6	16	81	37	49	105	56
	10%	11%	11%	9%	11%	7%	11%	13%	12%	9%	12%	9%	11%	11%
East Midlands	177	43	30	42	21	19	5	5	12	82	22	44	87	44
	9%	8%	9%	11%	7%	11%	4%	10%	9%	9%	7%	8%	9%	8%
				f		f				f				
East of England	229	59	32	47	27	21	22	6	15	95	43	67	105	55
	11%	11%	10%	12%	9%	12%	17%	12%	11%	11%	14%	12%	11%	10%
							abdi							
London	326	58	55	58	72	33	22	8	19	162	50	118	117	84
	16%	11%	17%	15%	24%	18%	17%	17%	15%	19%	16%	21%	12%	16%
			a		abchij	a	a			a	a	bc		
South East	333	97	53	64	45	24	26	5	19	133	50	83	153	93
	16%	18%	16%	16%	15%	13%	20%	10%	14%	15%	16%	15%	16%	18%
South West	208	64	28	47	21	16	11	9	12	84	32	49	99	58
	10%	12%	9%	12%	7%	9%	8%	17%	9%	10%	10%	9%	11%	11%
		d		d				bd						
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204	
Total	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1288	630	653	321	275	691	57	171	125	133	113	151	188	204	146	
	63%	63%	63%	52% b	41%	91% ab	58%	64%	63%	62%	64%	66%	58%	61%	70% agh	
Yes - children aged 0 to 12 months	71	21	50	37	34	-	3	10	5	11	6	3	16	14	5	
	3%	2%	5% a	6% c	5% c	-	3%	4%	2%	5% f	3%	1%	5% f	4%	2%	
Yes - children aged 13 months to 4 years old	166	68	97	91	71	4	12	25	14	15	16	15	27	28	13	
	8%	7%	9% a	15% bc	11% c	1%	12%	9%	7%	7%	9%	7%	8%	9%	6%	
Yes - children aged 5 to 10 years old	329	159	169	127	185	17	20	33	30	40	25	38	64	58	20	
	16%	16%	16%	20% c	28% ac	2%	20% bi	13%	15%	19% i	14%	17% i	20% bi	18% i	9%	
Yes - children aged 11 to 15 years old	319	170	148	71	206	42	22	39	28	36	24	32	52	51	34	
	16%	17%	14%	11% c	31% ac	6%	22%	15%	14%	17%	14%	14%	16%	15%	16%	
Prefer not to answer	82	43	36	46	20	15	2	11	11	8	9	9	18	10	4	
	4%	4%	3%	7% bc	3%	2%	2%	4%	6%	4%	5%	4%	5%	3%	2%	
NET: Yes	682	328	352	252	376	53	39	84	63	74	55	69	120	119	58	
	33%	33%	34%	41% c	56% ac	7%	40% i	32%	32%	35%	31%	30%	37% i	36%	28%	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1288	67	237	302	165	144	373	606	682	1144	23	52	39	9	7	131
	63%	48%	53%	58%	58%	62%	87%	55%	72%	65%	53%	44%	52%	72%	60%	50%
		a		a		abg	abcdegh		abcdeg	cdg						
Yes - children aged 0 to 12 months	71	8	24	21	8	7	4	52	19	53	2	10	4	1	1	18
	3%	6%	5%	4%	3%	3%	1%	5%	2%	3%	5%	8%	5%	10%	11%	7%
		fh	fh	fh		f		fh				a				a
Yes - children aged 13 months to 4 years old	166	15	58	42	24	20	8	114	52	139	3	18	3	-	1	25
	8%	11%	13%	8%	8%	9%	2%	10%	5%	8%	7%	15%	5%	-	9%	10%
		fh	cfh	f	f	f		fh	f			ad				
Yes - children aged 5 to 10 years old	329	34	112	90	47	28	19	236	93	270	9	31	14	-	1	55
	16%	24%	25%	17%	16%	12%	4%	21%	10%	15%	20%	26%	18%	-	10%	21%
		efh	cdefh	fh	fh	f		efh	f			a				a
Yes - children aged 11 to 15 years old	319	40	78	83	56	39	23	200	118	259	8	27	17	1	2	56
	16%	28%	17%	16%	20%	17%	5%	18%	13%	15%	19%	22%	23%	11%	20%	21%
		bcd efgh	fh	f	fh	f		fh	f			a	a			a
Prefer not to answer	82	5	14	30	12	9	12	49	33	52	4	8	6	1	-	19
	4%	3%	3%	6%	4%	4%	3%	4%	4%	3%	9%	7%	8%	8%	-	7%
				b fh							a	a	a			a
NET: Yes	682	68	197	188	108	78	42	453	228	563	17	58	30	3	5	112
	33%	49%	44%	36%	38%	34%	10%	41%	24%	32%	38%	49%	40%	20%	40%	43%
		cdefh	cefh	fh	fh	fh		efh	f			a				a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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				Current employment status										
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1288	1288	-	-	-	178	46	282	90	29	34	66	85	109	367	225
63%	100%	-	-	-	54%	38%	51%	56%	63%	70%	68%	63%	64%	95%	50%
	bcd				b		b	b	b	abck	abcdk	abck	abck	abcdeghnik	b
71	-	35	36	71	16	10	29	7	1	-	2	1	3	1	26
3%	-	9%	12%	10%	5%	8%	5%	4%	3%	-	2%	1%	2%	*	6%
	a	a	a	a	hj	fhij	hj	hj	j		j		j		hij
166	-	64	102	166	38	16	64	17	6	3	2	5	13	1	54
8%	-	17%	33%	24%	12%	13%	12%	10%	13%	7%	2%	3%	8%	*	12%
	a	abd	ab		ghj	ghj	ghj	ghj	ghj	j		j	gj		ghj
329	-	115	214	329	62	35	134	30	6	5	12	12	29	4	97
16%	-	31%	69%	48%	19%	28%	24%	18%	13%	10%	13%	9%	17%	1%	21%
	a	abd	ab		hj	adefghij	fghij	hj	j	j	j	j	hj		ghj
319	-	156	163	319	65	27	106	31	6	12	15	20	24	13	92
16%	-	42%	52%	47%	20%	22%	19%	19%	12%	26%	16%	15%	14%	3%	20%
	a	ab	a		j	j	j	j	j	j	j	j	j		j
82	-	-	-	-	10	5	19	6	1	1	6	21	9	4	15
4%	-	-	-	-	3%	4%	3%	4%	3%	2%	7%	16%	5%	1%	3%
						j	j	j			j	abcdeghijk	j		j
682	-	370	312	682	143	72	251	65	16	13	24	28	53	16	214
33%	-	100%	100%	100%	43%	58%	45%	41%	34%	28%	25%	21%	31%	4%	47%
	a	a	a	a	fghij	acdeghijk	fghij	ghj	j	j	j	j	hj		fghij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051 100%	327 100%	1114 100%	548 100%	62 100%	1724 100%	301 100%	1386 100%	222 100%	357 100%	61 100%	1419 100%	562 100%	68 100%	1645 100%	406 100%	1724 100%	311 100%
1288 63%	313 96% bcde	782 70% cde	176 32% cde	17 27% cd	974 57% cd	118 39%	841 61% a	123 55%	269 75% acde	35 58%	874 62%	374 67% ad	48 70% a	1013 62%	275 68% a	1081 63%	202 65%
71 3%	- - a	32 3% a	35 6% abe	4 7% a	71 4% a	26 9% b	45 3%	14 6% bd	8 2%	4 6%	49 3%	21 4%	4 5%	61 4%	10 3%	58 3%	13 4%
166 8%	- - a	63 6% a	88 16% abe	15 24% abe	166 10% ab	35 12%	128 9%	21 9% b	14 4%	5 8%	125 9% b	36 6%	2 4%	145 9% b	21 5%	142 8%	23 8%
329 16%	2 1%	119 11% a	188 34% abe	20 32% abe	327 19% ab	78 26% b	247 18%	36 16% b	37 10%	10 16%	253 18% be	71 13%	10 14%	273 17%	56 14%	272 16%	56 18%
319 16%	6 2%	98 9% a	184 34% abe	31 50% abce	313 18% ab	71 24% b	236 17%	40 18% b	43 12%	11 18%	224 16%	85 15%	6 9%	255 16%	64 16%	282 16% b	34 11%
82 4%	7 2%	36 3%	32 6% ab	7 11% abe	75 4%	16 5%	45 3%	15 7% d	12 3%	5 8% d	40 3%	26 5% d	5 7%	68 4%	14 3%	62 4%	12 4%
682 33%	7 2%	296 27% a	340 62% abe	38 62% abe	674 39% ab	167 56% b	500 36%	84 38% bef	76 21%	21 34% b	506 36% bef	161 29% b	16 23%	564 34% b	118 29%	581 34%	98 31%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of days active										Amount of activity in the past week compared to previous week		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1288	288	135	158	212	126	131	57	181	496	368	301	663	310
	63%	79%	65%	56%	59%	56%	61%	60%	60%	57%	60%	52%	70%	61%
		bcdefghij	ci										ac	a
Yes - children aged 0 to 12 months	71	5	5	14	16	6	8	4	12	37	24	33	28	10
	3%	1%	2%	5%	5%	3%	4%	4%	4%	4%	4%	6%	3%	2%
				a	a				a	a	a	bc		
Yes - children aged 13 months to 4 years old	166	17	15	37	30	22	14	8	23	89	46	61	52	53
	8%	5%	7%	13%	8%	10%	7%	8%	8%	10%	7%	11%	5%	10%
				abfhj	a	a				a		b		b
Yes - children aged 5 to 10 years old	329	31	25	52	60	44	48	19	50	156	117	132	117	80
	16%	8%	12%	18%	17%	20%	22%	20%	16%	18%	19%	23%	12%	16%
				a	a	ab	ab	a	a	ab	ab	bc		
Yes - children aged 11 to 15 years old	319	33	35	43	53	40	36	18	60	137	114	121	123	73
	16%	9%	17%	15%	15%	18%	17%	19%	20%	16%	19%	21%	13%	14%
			a	a	a	a	a	a	a	a	a	bc		
Prefer not to answer	82	13	8	15	16	8	8	1	13	39	21	23	23	29
	4%	4%	4%	5%	4%	4%	4%	1%	4%	5%	4%	4%	2%	6%
														b
NET: Yes	682	64	65	111	132	89	76	37	108	332	221	253	257	169
	33%	18%	31%	39%	37%	40%	36%	39%	36%	38%	36%	44%	27%	33%
			a	a	a	a	a	a	a	a	a	bc		b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
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
2051	531	337	393	309	175	126	50	130	877	306	554	928	534
2051 100%	541 100%	326 100%	393 100%	301 100%	178 100%	129 100%	50 100%	134 100%	872 100%	312 100%	548 100%	939 100%	530 100%
1288 63%	412 76% bcdefghij	211 65% ceij	224 57%	173 58%	92 52%	71 55%	29 58%	76 57%	489 56%	175 56%	300 55%	645 69% ac	322 61% a
71 3%	10 2%	8 2%	15 4%	14 5% a	8 4%	8 6% a	4 7% a	4 3%	37 4% a	16 5% a	22 4%	31 3%	17 3%
166 8%	22 4%	32 10% a	39 10% a	31 10% a	17 10% a	8 6%	3 7%	13 10% a	88 10% a	25 8% a	65 12% b	56 6%	44 8%
329 16%	55 10%	33 10%	75 19% ab	56 19% ab	45 25% ab	32 25% ab	9 18%	24 18% ab	177 20% ab	64 21% ab	121 22% bc	118 13%	83 16%
319 16%	58 11%	55 17% a	68 17% a	48 16% a	28 15%	23 18% a	8 16%	32 24% adi	143 16% a	63 20% a	100 18% b	122 13%	93 18% b
82 4%	19 3%	16 5%	16 4%	12 4%	8 4%	4 3%	1 1%	5 4%	37 4%	10 3%	18 3%	33 3%	25 5%
682 33%	110 20%	99 30% a	153 39% ab	115 38% ab	78 44% ab	54 42% ab	20 40% a	53 40% a	345 40% ab	127 41% ab	230 42% bc	261 28%	183 35% b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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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	2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	139	86	54	48	65	26	8	20	11	17	8	10	35	18	12
	7%	9%	5%	8%	10%	3%	8%	7%	6%	8%	4%	5%	11%	6%	6%
		b		c	c								cefhi		
Social Grade B	448	229	217	182	161	104	17	56	33	49	30	51	94	80	38
	22%	23%	21%	29%	24%	14%	17%	21%	16%	23%	17%	22%	29%	24%	18%
				bc	c								abcei	c	
Social Grade C1	521	251	265	191	195	135	19	75	51	54	45	53	98	80	45
	25%	25%	25%	31%	29%	18%	19%	28%	26%	25%	26%	23%	30%	24%	22%
				c	c								ai		
Social Grade C2	285	150	135	94	111	80	15	41	27	23	33	32	40	40	34
	14%	15%	13%	15%	17%	11%	15%	16%	14%	11%	18%	14%	12%	12%	16%
				c	c						dh				
Social Grade D	231	101	129	70	88	73	15	26	23	33	25	29	21	34	25
	11%	10%	12%	11%	13%	10%	16%	10%	11%	15%	14%	13%	6%	10%	12%
					c		g		g	bg	g	g			g
Social Grade E	428	184	241	34	52	342	24	48	54	38	36	54	38	81	54
	21%	18%	23%	6%	8%	45%	24%	18%	27%	18%	20%	23%	12%	24%	26%
		a				ab	g	g	bdg		g	g		g	bdg
NET: ABC1	1108	566	537	422	421	265	44	151	96	120	83	114	227	178	95
	54%	57%	52%	68%	63%	35%	45%	57%	48%	56%	47%	50%	70%	53%	46%
		b		bc	c			acei		i			abcdefhi		
NET: C2DE	943	434	505	198	251	494	54	115	105	94	93	115	99	155	113
	46%	43%	48%	32%	37%	65%	55%	43%	52%	44%	53%	50%	30%	47%	54%
		a			a	ab	bg	g	bg	g	bg	g		g	bdg

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	139	139	-	-	-	-	-	139	-	100	5	21	10	1	2	39
	7%	100%	-	-	-	-	-	13%	-	6%	12%	18%	13%	10%	16%	15%
		bcdefgh						bcdefh				a	a			a
Social Grade B	448	-	448	-	-	-	-	448	-	363	13	35	21	2	3	73
	22%	-	100%	-	-	-	-	40%	-	21%	29%	30%	27%	13%	22%	28%
			acdefgh					acdefh				a				a
Social Grade C1	521	-	-	521	-	-	-	521	-	438	14	36	16	4	4	74
	25%	-	-	100%	-	-	-	47%	-	25%	32%	30%	22%	34%	29%	28%
				abdefgh				abdefh								
Social Grade C2	285	-	-	-	285	-	-	-	285	247	6	11	17	-	1	35
	14%	-	-	-	100%	-	-	-	30%	14%	14%	9%	22%	-	10%	13%
					abcefg				abcefg				ac			
Social Grade D	231	-	-	-	-	231	-	-	231	204	-	10	10	3	1	24
	11%	-	-	-	-	100%	-	-	24%	12%	-	8%	13%	22%	10%	9%
						abcdfgh			abcdfg	b		b	b			b
Social Grade E	428	-	-	-	-	-	428	-	428	406	6	5	2	3	2	17
	21%	-	-	-	-	-	100%	-	45%	23%	13%	4%	3%	23%	13%	7%
							abcdegh		abcdeg	cdg	cd					
NET: ABC1	1108	139	448	521	-	-	-	1108	-	901	32	92	47	7	8	186
	54%	100%	100%	100%	-	-	-	100%	-	51%	73%	78%	62%	56%	67%	71%
		defh	defh	defh				defh			a	ad				a
NET: C2DE	943	-	-	-	285	231	428	-	943	857	12	26	29	6	4	76
	46%	-	-	-	100%	100%	100%	-	100%	49%	27%	22%	38%	44%	33%	29%
					abcg	abcg	abcg		abcg	bcg			c			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	139	67	37	31	68	19	12	62	7	3	5	3	16	5	7	31
	7%	5%	10%	10%	10%	6%	10%	11%	4%	7%	10%	3%	12%	3%	2%	7%
			a	a	a	j	dgij	adgijk		j	ij		adgijk			j
Social Grade B	448	237	92	105	197	76	31	184	48	11	15	13	30	8	31	107
	22%	18%	25%	34%	29%	23%	25%	33%	30%	23%	31%	14%	23%	5%	8%	24%
			a	ab	a	gij	gij	aghijk	gij	ij	gij	i	ij			gij
Social Grade C1	521	302	107	81	188	88	34	186	39	16	18	14	60	33	33	121
	25%	23%	29%	26%	28%	27%	27%	34%	24%	34%	37%	15%	45%	19%	8%	27%
			a			gi	gi	adgijk	j	gij	gij		abcdgijk	j		gi
Social Grade C2	285	165	60	48	108	75	26	70	29	9	10	12	13	22	17	102
	14%	13%	16%	15%	16%	23%	21%	13%	18%	18%	20%	13%	10%	13%	4%	22%
						cghij	chj	j	hj	j	j	j	j	j		cghij
Social Grade D	231	144	47	31	78	69	18	47	35	7	1	16	10	15	12	87
	11%	11%	13%	10%	11%	21%	15%	9%	22%	16%	2%	17%	7%	9%	3%	19%
						cfhij	cfhj	j	cfhij	fj		cfhij	j	j		cfhij
Social Grade E	428	373	27	16	42	3	2	3	2	1	-	38	5	88	287	5
	21%	29%	7%	5%	6%	1%	1%	1%	1%	2%	-	39%	4%	51%	74%	1%
		bcd										abcdefhfk	ack	abcdefghk	abcdefghik	
NET: ABC1	1108	606	236	217	453	183	77	433	94	30	38	30	106	47	71	260
	54%	47%	64%	70%	66%	55%	63%	78%	59%	64%	78%	31%	79%	27%	18%	57%
			a	a	a	gij	gij	abdegijk	gij	gij	adgijk	j	abdegijk	j		gij
NET: C2DE	943	682	134	94	228	148	46	120	66	17	11	66	28	125	316	194
	46%	53%	36%	30%	34%	45%	37%	22%	41%	36%	22%	69%	21%	73%	82%	43%
		bcd				cfh	ch		cfh	ch		abcdefhfk		abcdefghk	abcdefghik	cfh

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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BASE: All respondents

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051 100%	327 100%	1114 100%	548 100%	62 100%	1724 100%	301 100%	1386 100%	222 100%	357 100%	61 100%	1419 100%	562 100%	68 100%	1645 100%	406 100%	1724 100%	311 100%
139 7%	16 5%	71 6%	47 9% a	6 9%	124 7%	34 11% b	88 6%	13 6%	25 7%	6 10%	97 7%	37 7%	6 9%	115 7%	25 6%	118 7%	20 7%
448 22%	40 12%	231 21% a	164 30% abe	13 21%	408 24% a	76 25%	328 24%	27 12% f	49 14% f	15 24% abf	346 24% abef	87 15% f	2 3%	367 22%	81 20%	387 22%	57 18%
521 25%	78 24%	267 24%	157 29% b	18 29%	443 26%	56 18%	373 27% a	62 28% b	68 19%	12 20%	380 27% be	122 22%	20 29%	439 27% b	81 20%	426 25%	91 29%
285 14%	24 7%	163 15% a	88 16% a	9 15%	261 15% a	50 17%	203 15%	29 13%	44 12%	12 19%	202 14%	73 13%	9 14%	231 14%	53 13%	247 14%	36 12%
231 11%	30 9%	130 12%	64 12%	7 11%	201 12%	36 12%	162 12%	36 16% bcd	31 9%	3 5%	155 11%	65 12%	5 8%	189 11%	43 10%	184 11%	44 14%
428 21%	140 43% bcde	251 23% ce	27 5%	9 15% c	288 17% c	50 17%	232 17%	55 25% d	139 39% acde	13 21%	238 17%	177 32% d	25 37% acd	303 18%	124 31% a	361 21%	62 20%
1108 54%	133 41%	570 51% a	368 67% abe	37 59% a	974 57% ab	165 55%	789 57%	102 46%	142 40%	33 54% b	823 58% abef	246 44%	28 42%	921 56% b	187 46%	932 54%	169 54%
943 46%	194 59% bcde	544 49% ce	180 33%	25 41%	749 43% c	136 45%	597 43%	120 54% d	215 60% cd	28 46%	596 42%	316 56% d	40 58% d	724 44%	220 54% a	792 46%	142 46%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	139	10	15	12	27	26	15	7	29	64	50	46	60	33
	7%	3%	7%	4%	7%	12%	7%	7%	10%	7%	8%	8%	6%	7%
			a		a	aci	a		ac	a	ac			
Social Grade B	448	46	36	70	79	53	61	25	78	202	164	146	191	107
	22%	13%	17%	24%	22%	24%	28%	27%	26%	23%	27%	25%	20%	21%
				a	a	a	ab	a	ab	a	ab	b		
Social Grade C1	521	66	60	86	93	60	53	20	83	239	156	161	209	143
	25%	18%	29%	30%	26%	27%	25%	21%	28%	28%	26%	28%	22%	28%
			a	a	a	a			a	a	a	b		b
Social Grade C2	285	41	21	39	64	30	28	15	46	134	89	94	137	52
	14%	11%	10%	14%	18%	14%	13%	16%	15%	15%	15%	16%	14%	10%
				ab						ab		c	c	
Social Grade D	231	47	27	26	51	21	28	5	26	98	59	64	100	64
	11%	13%	13%	9%	14%	9%	13%	5%	9%	11%	10%	11%	11%	13%
		g			ghj									
Social Grade E	428	156	49	51	45	33	30	23	39	130	92	66	246	109
	21%	43%	24%	18%	13%	15%	14%	24%	13%	15%	15%	11%	26%	21%
		bcd efghij	defhij					dfhij					ac	a
NET: ABC1	1108	122	111	167	199	139	128	52	190	505	370	353	460	284
	54%	33%	53%	59%	55%	62%	60%	55%	63%	58%	61%	61%	49%	56%
			a	a	a	a	a	a	abd	a	a	b		b
NET: C2DE	943	244	97	117	161	84	87	43	111	362	241	224	483	224
	46%	67%	47%	41%	45%	38%	40%	45%	37%	42%	39%	39%	51%	44%
		bcdefghij	h		h								ac	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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BASE: All respondents

	Total	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	139	17	21	29	27	16	9	4	15	72	29	46	58	35
	7%	3%	7%	7%	9%	9%	7%	9%	11%	8%	9%	8%	6%	7%
			a	a	a	a	a	a	a	a	a			
Social Grade B	448	80	68	102	69	48	40	14	27	219	81	143	172	128
	22%	15%	21%	26%	23%	27%	31%	28%	20%	25%	26%	26%	18%	24%
			a	a	a	a	abh	a		a	a	b		b
Social Grade C1	521	117	99	96	84	42	31	11	40	222	82	156	224	129
	25%	22%	30%	25%	28%	24%	24%	21%	30%	26%	26%	29%	24%	24%
			a		a				a			b		
Social Grade C2	285	48	46	59	46	35	21	5	25	140	50	79	143	61
	14%	9%	14%	15%	15%	20%	16%	9%	19%	16%	16%	14%	15%	12%
			a	a	a	a	a		a	a	a		c	
Social Grade D	231	77	30	40	28	20	19	7	11	88	37	54	100	74
	11%	14%	9%	10%	9%	11%	15%	13%	8%	10%	12%	10%	11%	14%
		bdi												a
Social Grade E	428	202	63	66	46	17	9	10	15	130	34	71	242	103
	21%	37%	19%	17%	15%	10%	7%	19%	11%	15%	11%	13%	26%	19%
		bcd efghij	efhj	efj	f			f		f			ac	a
NET: ABC1	1108	214	188	228	180	106	80	29	82	514	192	345	454	292
	54%	40%	58%	58%	60%	60%	62%	58%	62%	59%	61%	63%	48%	55%
			a	a	a	a	a	a	a	a	a	bc		b
NET: C2DE	943	327	138	165	121	72	49	21	51	358	121	203	485	238
	46%	60%	42%	42%	40%	40%	38%	42%	38%	41%	39%	37%	52%	45%
		bcd efghij											ac	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204	
Total	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
0 days	365 18%	154 15%	208 20% a	55 9%	96 14% a	215 28% ab	23 24% g	49 18% g	31 16% ai	42 20% g	30 17% g	51 22% g	38 12% g	61 18% g	39 19% g	
1 day	208 10%	92 9%	115 11%	61 10%	74 11%	73 10%	6 6%	33 12%	29 15% ai	19 9%	17 9%	21 9%	37 11%	31 9%	16 8%	
2 days	284 14%	126 13%	158 15%	109 18% bc	88 13%	87 11%	11 11%	33 12%	28 14%	34 16%	34 19% h	28 12%	46 14%	40 12%	29 14%	
3 days	360 18%	183 18%	174 17%	143 23% bc	125 19% c	91 12%	21 21%	43 16%	37 18%	39 18%	24 13%	29 13%	62 19%	65 20%	40 19%	
4 days	223 11%	116 12%	106 10%	78 13% c	81 12% c	63 8%	9 9%	26 10%	27 14% di	17 8%	16 9%	31 14%	47 14% di	34 10%	16 8%	
5 days	215 10%	116 12%	98 9%	69 11%	63 9%	84 11%	9 9%	30 11%	18 9%	16 8%	21 12%	24 11%	36 11%	42 13%	20 10%	
6 days	95 5%	56 6%	39 4%	26 4%	37 6%	32 4%	4 4%	11 4%	7 3%	14 6%	13 7% f	6 3%	11 3%	17 5%	13 6%	
7 days	301 15%	158 16%	142 14%	79 13%	107 16%	115 15%	16 16%	42 16%	22 11%	34 16%	23 13%	37 16%	49 15%	44 13%	35 17%	
NET: None (0 days)	365 18%	154 15%	208 20% a	55 9%	96 14% a	215 28% ab	23 24% g	49 18% g	31 16% ai	42 20% g	30 17% g	51 22% g	38 12% g	61 18% g	39 19% g	
NET: Occasionally (1 day)	208 10%	92 9%	115 11%	61 10%	74 11%	73 10%	6 6%	33 12%	29 15% ai	19 9%	17 9%	21 9%	37 11%	31 9%	16 8%	
NET: Some (2-4 days)	867 42%	424 42%	438 42%	330 53% bc	295 44% c	241 32%	40 41%	102 38%	92 46%	90 42%	73 42%	89 39%	155 48% b	140 42%	85 41%	
NET: Most 5+ days	611 30%	329 33% b	280 27%	174 28%	207 31%	231 30%	29 29%	82 31%	47 24%	64 30%	56 32%	67 29%	95 29%	102 31%	68 33% c	
Base for stats	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208	
Median	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	
Mean Score	3.17	3.37 b	2.98	3.35 c	3.33 c	2.88	3.10	3.15	2.96	3.12	3.16	3.09	3.35 c	3.17	3.28	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Standard Deviation

Standard Error

Error variance

	Gender		Age			Region								
Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
2.327	2.314	2.325	2.059	2.302	2.522	2.447	2.386	2.180	2.404	2.325	2.432	2.194	2.295	2.407
.051	.073	.072	.078	.089	.096	.232	.144	.145	.162	.173	.181	.122	.126	.168
*	.01	.01	.01	.01	.01	.05	.02	.02	.03	.03	.03	.01	.02	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	365 18%	10 7%	46 10%	66 13%	41 14% a	47 20% abcg	156 37% abcdegh	122 11%	244 26% abcdg	336 19% cdg	6 13%	12 10%	3 4%	2 12%	2 13%	24 9%
1 day	208 10%	15 11%	36 8%	60 11%	21 7%	27 12%	49 11%	111 10%	97 10%	170 10%	6 14%	14 12%	8 11%	5 37%	2 16%	35 13%
2 days	284 14%	12 9%	70 16% a	86 16% ah	39 14%	26 11%	51 12%	167 15% a	117 12%	231 13%	8 18%	23 19% a	14 19%	1 7%	1 7%	46 18% a
3 days	360 18%	27 19% f	79 18% f	93 18% f	64 23% fh	51 22% f	45 11%	199 18% f	161 17% f	295 17%	9 21%	27 23%	19 25% a	1 11%	2 16%	58 22% a
4 days	223 11%	26 18% bcdefh	53 12% f	60 12%	30 11%	21 9%	33 8%	139 13% fh	84 9%	182 10%	2 5%	16 14%	15 20% ab	2 15%	1 6%	37 14%
5 days	215 10%	15 11%	61 14% fh	53 10%	28 10%	28 12% f	30 7%	128 12% f	87 9%	187 11%	5 11%	12 10%	5 6%	1 8%	3 22%	24 9%
6 days	95 5%	7 5%	25 6% e	20 4%	15 5%	5 2%	23 5%	52 5%	43 5%	84 5%	1 2%	5 4%	4 5%	- -	1 11%	11 4%
7 days	301 15%	29 21% efh	78 17% efh	83 16% fh	46 16% f	26 11%	39 9%	190 17% efh	111 12%	272 15% cg	7 16%	10 9%	7 9%	1 11%	1 9%	27 10%
NET: None (0 days)	365 18%	10 7%	46 10%	66 13%	41 14% a	47 20% abcg	156 37% abcdegh	122 11%	244 26% abcdg	336 19% cdg	6 13%	12 10%	3 4%	2 12%	2 13%	24 9%
NET: Occasionally (1 day)	208 10%	15 11%	36 8%	60 11%	21 7%	27 12%	49 11%	111 10%	97 10%	170 10%	6 14%	14 12%	8 11%	5 37%	2 16%	35 13%
NET: Some (2-4 days)	867 42%	64 46% f	202 45% fh	239 46% fh	134 47% fh	98 42% f	130 30%	505 46% fh	362 38% f	708 40%	19 44%	66 56% a	49 64% ab	4 33%	4 29%	141 54% a
NET: Most 5+ days	611 30%	50 36% efh	164 37% cefh	156 30% f	89 31% fh	59 26%	92 22%	370 33% efh	241 26%	544 31% cdg	12 29%	26 22%	15 20%	2 18%	5 42%	62 24%
Base for stats	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
Median	3	4	3	3	3	3	2	3	3	3	3	3	3	2	3	3
Mean Score	3.17	3.85 cdefh	3.63 cefh	3.30 efh	3.39 efh	2.90 f	2.30	3.50 efh	2.78 f	3.18	3.11	3.07	3.30	2.58	3.40	3.14
Standard Deviation	2.327	2.196	2.229	2.259	2.265	2.238	2.388	2.247	2.360	2.377	2.299	1.963	1.822	2.231	2.869	2.008

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

100%

Standard Error

Error variance

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
2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
.051	.186	.106	.098	.131	.143	.120	.067	.077	.057	.335	.176	.205	.596	.657	.120
*	.03	.01	.01	.02	.02	.01	*	.01	*	.11	.03	.04	.36	.43	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	365 18%	288 22% bcd	38 10%	26 8%	64 9%	35 11%	15 12%	66 12%	23 15% h	2 4%	7 15%	21 22% acehk	10 7%	63 37% abcdeghk	122 31% abcdehfk	50 11%
1 day	208 10%	135 10% c	45 12% c	20 6%	65 9%	25 7%	12 9%	50 9%	16 10%	8 17% ak	8 16% a	12 12%	14 10%	22 13% a	42 11%	36 8%
2 days	284 14%	158 12%	54 15%	57 18% a	111 16% a	50 15% ei	23 19% ei	79 14% ei	29 18% ei	2 4%	4 8%	16 17% ei	21 16% ei	12 7%	47 12%	73 16% ei
3 days	360 18%	212 16%	75 20%	57 18%	132 19%	92 28% cdgij	28 23% ij	92 17% j	25 15%	11 23% j	7 15%	15 15%	27 20% ij	21 12%	41 11%	120 26% cdgij
4 days	223 11%	126 10%	41 11%	48 15% a	89 13% a	35 11%	15 12%	73 13% j	18 12%	7 14%	3 6%	7 8%	18 13% j	18 10%	29 8%	50 11%
5 days	215 10%	131 10%	37 10%	39 13%	76 11%	26 8%	13 11%	79 14% aijk	14 9%	7 14%	5 10%	10 10%	16 12%	10 6%	36 9%	39 9%
6 days	95 5%	57 4%	21 6%	17 5%	37 5%	14 4%	3 2%	24 4%	12 7% i	1 2%	2 4%	4 4%	7 5%	3 2%	25 6% i	17 4%
7 days	301 15%	181 14%	59 16%	49 16%	108 16%	54 16%	14 11%	89 16%	23 14%	10 22% j	12 25% bgij	11 11%	22 16%	21 12%	45 12%	68 15%
NET: None (0 days)	365 18%	288 22% bcd	38 10%	26 8%	64 9%	35 11%	15 12%	66 12%	23 15% h	2 4%	7 15%	21 22% acehk	10 7%	63 37% abcdeghk	122 31% abcdehfk	50 11%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Occasionally (1 day)	208	135	45	20	65	25	12	50	16	8	8	12	14	22	42	36
	10%	10%	12%	6%	9%	7%	9%	9%	10%	17%	16%	12%	10%	13%	11%	8%
		c	c							ak	a			a		
NET: Some (2-4 days)	867	496	170	162	332	177	66	244	72	19	14	39	66	51	118	243
	42%	39%	46%	52%	49%	54%	54%	44%	45%	41%	29%	40%	49%	30%	30%	54%
			a	a	a	cfgij	fgij	fij	fij				fij			cfgij
NET: Most 5+ days	611	368	117	104	221	94	30	192	48	18	19	25	44	35	106	124
	30%	29%	32%	34%	32%	28%	25%	35%	30%	38%	40%	26%	33%	20%	27%	27%
						i		bijk	i	i	i		i			
Base for stats	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
Median	3	3	3	3	3	3	3	3	3	4	3	2	3	2	2	3
Mean Score	3.17	2.99	3.42	3.63	3.52	3.43	3.10	3.51	3.25	3.87	3.52	2.78	3.59	2.34	2.64	3.34
			a	a	a	gij	i	gij	ij	bgij	ij		gij			gij
Standard Deviation	2.327	2.390	2.229	2.104	2.174	2.158	2.066	2.239	2.290	2.202	2.610	2.308	2.139	2.452	2.482	2.136
Standard Error	.051	.064	.126	.130	.090	.117	.190	.096	.180	.321	.381	.223	.165	.186	.135	.099
Error variance	*	*	.02	.02	.01	.01	.04	.01	.03	.10	.14	.05	.03	.03	.02	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
365	77	225	56	8	289	39	241	50	122	14	197	154	28	291	75	288	72
18%	23%	20%	10%	13%	17%	13%	17%	22%	34%	24%	14%	27%	41%	18%	18%	17%	23%
	ce	ce			c			d	ade	d		d	acde			a	
208	42	108	54	3	166	29	133	27	37	5	142	61	7	169	39	169	38
10%	13%	10%	10%	5%	10%	10%	10%	12%	10%	9%	10%	11%	10%	10%	10%	10%	12%
284	46	131	97	10	238	49	183	37	43	10	192	78	10	219	65	239	44
14%	14%	12%	18%	16%	14%	16%	13%	17%	12%	16%	14%	14%	15%	13%	16%	14%	14%
			be														
360	44	203	103	9	316	59	248	31	49	10	262	84	5	306	54	308	49
18%	13%	18%	19%	15%	18%	20%	18%	14%	14%	17%	18%	15%	7%	19%	13%	18%	16%
		a	a		a						bf			b			
223	20	118	79	6	203	32	168	24	32	6	156	57	4	176	47	188	34
11%	6%	11%	14%	10%	12%	11%	12%	11%	9%	10%	11%	10%	6%	11%	12%	11%	11%
		a	ab		a												
215	31	116	62	6	184	44	138	12	26	6	171	40	4	173	42	185	28
10%	10%	10%	11%	9%	11%	14%	10%	5%	7%	10%	12%	7%	5%	10%	10%	11%	9%
						b					abe						
95	16	54	20	5	79	13	65	6	8	2	79	14	1	70	25	83	12
5%	5%	5%	4%	8%	5%	4%	5%	2%	2%	3%	6%	2%	2%	4%	6%	5%	4%
											abe						
301	52	159	76	15	250	37	209	36	41	7	220	73	9	241	60	264	35
15%	16%	14%	14%	25%	14%	12%	15%	16%	11%	12%	16%	13%	14%	15%	15%	15%	11%
				bce													
365	77	225	56	8	289	39	241	50	122	14	197	154	28	291	75	288	72
18%	23%	20%	10%	13%	17%	13%	17%	22%	34%	24%	14%	27%	41%	18%	18%	17%	23%
	ce	ce			c			d	ade	d		d	acde			a	
208	42	108	54	3	166	29	133	27	37	5	142	61	7	169	39	169	38
10%	13%	10%	10%	5%	10%	10%	10%	12%	10%	9%	10%	11%	10%	10%	10%	10%	12%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
													NET: Longstanding physical and mental condition or illness				
Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
	a	b	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051 100%	327 100%	1114 100%	548 100%	62 100%	1724 100%	301 100%	1386 100%	222 100%	357 100%	61 100%	1419 100%	562 100%	68 100%	1645 100%	406 100%	1724 100%	311 100%
867 42%	110 34%	452 41%	279 51%	25 41%	756 44%	140 46%	600 43%	92 41%	124 35%	26 42%	610 43%	219 39%	19 28%	701 43%	166 41%	735 43%	126 40%
		a	abe		a			f			bf						
611 30%	98 30%	329 30%	158 29%	26 41%	513 30%	93 31%	412 30%	53 24%	74 21%	15 25%	470 33%	127 23%	14 21%	484 29%	127 31%	532 31%	75 24%
				bc						abef						b	
2051 3 3.17	327 2 2.93	1114 3 3.11	548 3 3.35	62 4 3.85	1724 3 3.22	301 3 3.27	1386 3 3.22	222 2 2.86	357 2 2.40	61 3 2.84	1419 3 3.39	562 2 2.66	68 1 2.19	1645 3 3.16	406 3 3.20	1724 3 3.24	311 3 2.77
			ab	abe	a			bf			abef					b	
2.327 .051 *	2.484 .136 .02	2.357 .071 .01	2.127 .091 .01	2.440 .307 .09	2.294 .055 *	2.161 .128 .02	2.322 .062 *	2.409 .158 .03	2.381 .129 .02	2.331 .296 .09	2.284 .061 *	2.375 .100 .01	2.514 .305 .09	2.318 .057 *	2.369 .119 .01	2.323 .056 *	2.303 .128 .02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	365 18%	365 100%	- -	- -	- -	- -	- -	- -	- -	- -	- -	27 5%	230 24%	92 18%
		bcd efghij											ac	a
1 day	208 10%	- -	208 100%	- -	- -	- -	- -	- -	- -	- -	- -	43 7%	82 9%	83 16%
			acde fghij											ab
2 days	284 14%	- -	- -	284 100%	- -	- -	- -	- -	- -	284 33%	- -	78 13%	111 12%	94 19%
				abde fghij						abde fghj				ab
3 days	360 18%	- -	- -	- -	360 100%	- -	- -	- -	- -	360 41%	- -	103 18%	152 16%	104 20%
					abce fghij					abce fghj				b
4 days	223 11%	- -	- -	- -	- -	223 100%	- -	- -	- -	223 26%	- -	94 16%	83 9%	46 9%
						abcde fghij				abcde fghj				
5 days	215 10%	- -	- -	- -	- -	- -	215 100%	- -	- -	- -	215 35%	87 15%	86 9%	40 8%
							abcde ghij				abcde ghi			
6 days	95 5%	- -	- -	- -	- -	- -	- -	95 100%	- -	- -	95 16%	43 7%	38 4%	14 3%
								abcde fghij			abcde fghi			
7 days	301 15%	- -	- -	- -	- -	- -	- -	- -	301 100%	- -	301 49%	104 18%	161 17%	36 7%
									abcde fgij		abcde fgi			
NET: None (0 days)	365 18%	365 100%	- -	- -	- -	- -	- -	- -	- -	- -	- -	27 5%	230 24%	92 18%
		bcd efghij											ac	a
NET: Occasionally (1 day)	208 10%	- -	208 100%	- -	- -	- -	- -	- -	- -	- -	- -	43 7%	82 9%	83 16%
			acde fghij											ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5+ days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Some (2-4 days)	867	-	-	284	360	223	-	-	-	867	-	274	345	243
	42%	-	-	100%	100%	100%	-	-	-	100%	-	47%	37%	48%
				abfghj	abfghj	abfghj				abfghj		b		b
NET: Most 5+ days	611	-	-	-	-	-	215	95	301	-	611	233	286	91
	30%	-	-	-	-	-	100%	100%	100%	-	100%	40%	30%	18%
							abcdei	abcdei	abcdei		abcdei	bc	c	
Base for stats	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
Median	3	0	1	2	3	4	5	6	7	3	6	4	3	2
Mean Score	3.17	-	1.00	2.00	3.00	4.00	5.00	6.00	7.00	2.93	6.14	3.98	3.05	2.56
										di		bc	c	
Standard Deviation	2.327	-	-	-	*	-	-	-	-	.762	.909	2.051	2.494	2.019
Standard Error	.051	-	-	-	*	-	-	-	-	.026	.037	.085	.082	.089
Error variance	*	-	-	-	*	-	-	-	-	*	*	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Number of days have done activity to work muscles											Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
	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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	365 18%	275 51% bcdefghij	33 10% deghij	30 8% degj	10 3%	6 3%	6 5%	- -	5 4%	46 5%	12 4%	25 5%	232 25% ac	96 18% a
1 day	208 10%	51 9% defhij	100 31% acdefghij	32 8% dehj	12 4%	6 3%	4 3%	2 4%	1 1%	50 6% hj	7 2%	35 6%	86 9%	84 16% ab
2 days	284 14%	61 11% efghj	74 23% adeefghij	105 27% adeefghij	35 12% efghj	7 4% j	2 1%	- -	1 1%	146 17% adeefghj	3 1%	72 13%	110 12%	95 18% ab
3 days	360 18%	49 9% hj	58 18% afhj	95 24% abfghj	115 38% abceefghij	32 18% afhj	5 4%	5 10% hj	1 1%	242 28% abefghj	11 3%	116 21% b	138 15%	103 19% b
4 days	223 11%	19 3% h	29 9% ah	55 14% abhj	51 17% abghj	53 30% abceefghij	13 10% ah	3 5% h	- -	160 18% abfghj	15 5% h	84 15% bc	86 9%	52 10%
5 days	215 10%	31 6%	12 4%	35 9% bh	32 11% abh	31 17% abcdhi	66 51% abcdeghij	4 9%	4 3%	98 11% abh	75 24% abcdghi	78 14% c	102 11% c	33 6%
6 days	95 5%	12 2%	9 3%	13 3%	10 3%	20 11% abcdhi	7 6% ah	23 46% abcdeefhij	1 1%	43 5% ah	31 10% abcdhi	37 7% bc	37 4%	19 4%
7 days	301 15%	44 8% b	12 4%	28 7% b	35 12% bc	23 13% bc	26 20% abcde	13 27% abcdei	120 89% abcdeefgij	86 10% b	159 51% abcdeefgi	101 18% c	149 16% c	48 9%
NET: None (0 days)	365 18%	275 51% bcdefghij	33 10% deghij	30 8% degj	10 3%	6 3%	6 5%	- -	5 4%	46 5%	12 4%	25 5%	232 25% ac	96 18% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
	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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Occasionally (1 day)	208	51	100	32	12	6	4	2	1	50	7	35	86	84
	10%	9%	31%	8%	4%	3%	3%	4%	1%	6%	2%	6%	9%	16%
		defhij	acdefghij	dehj						hj				ab
NET: Some (2-4 days)	867	128	160	255	201	92	19	7	2	549	29	272	334	250
	42%	24%	49%	65%	67%	52%	15%	15%	2%	63%	9%	50%	36%	47%
		fhj	afghj	abefghj	abefghj	afghj	h	h		abefghj	h	b		b
NET: Most 5+ days	611	87	32	76	78	74	99	41	125	227	265	216	287	101
	30%	16%	10%	19%	26%	42%	77%	81%	94%	26%	85%	39%	31%	19%
		b		b	abc	abcdi	abcdei	abcdei	abcdefgij	abc	abcdei	bc	c	
Base for stats	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
Median	3	0	2	3	3	4	5	6	7	3	7	4	3	2
Mean Score	3.17	1.72	2.24	3.05	3.66	4.30	4.87	5.60	6.53	3.51	5.70	3.98	3.02	2.66
			a	ab	abc	abcdi	abcdei	abcdefi	abcdefgij	abc	abcdefi	bc	c	
Standard Deviation	2.327	2.279	1.691	1.795	1.712	1.687	1.716	1.509	1.576	1.809	1.791	2.029	2.475	2.113
Standard Error	.051	.099	.092	.091	.097	.128	.153	.213	.138	.061	.102	.086	.081	.091
Error variance	*	.01	.01	.01	.01	.02	.02	.05	.02	*	.01	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to the previous 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		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	134	76	58	67	49	19	8	12	8	12	8	11	41	24	11
		7%	8%	6%	11% bc	7% c	3%	8%	5%	4%	6%	4%	5%	12% bcdefhi	7%	5%
A bit more	(4.0)	443	207	235	178	146	119	17	66	44	41	37	46	84	68	39
		22%	21%	23%	29% bc	22% c	16%	18%	25%	22%	19%	21%	20%	26%	20%	19%
Neither more nor less	(3.0)	943	463	478	205	299	439	51	119	98	103	83	109	125	153	101
		46%	46%	46%	33%	44% a	58% ab	52% g	45%	49% g	48% g	47% g	48% g	38%	46%	48% g
A bit less	(2.0)	343	171	168	110	116	117	11	36	32	40	32	40	46	61	44
		17%	17%	16%	18%	17%	15%	11%	14%	16%	19%	18%	18%	14%	18%	21% abg
A lot less	(1.0)	166	73	92	51	57	58	10	26	18	12	15	20	26	27	11
		8%	7%	9%	8%	8%	8%	11%	10%	9%	5%	8%	9%	8%	8%	5%
Don't know		23	10	11	10	6	8	-	6	2	6	2	2	4	-	2
		1%	1%	1%	2%	1%	1%	-	2% h	1%	3% h	1% h	1%	1%	-	1%
NET: More		577	283	293	245	194	138	25	79	52	54	45	57	124	91	51
		28%	28%	28%	40% bc	29% c	18%	26%	30%	26%	25%	25%	25%	38% abcdefhi	27%	24%
NET: Less		508	244	260	160	174	175	21	63	49	52	46	60	73	89	55
		25%	24%	25%	26%	26%	23%	22%	24%	25%	24%	26%	26%	22%	27%	26%
Base for stats		2028	990	1031	610	666	752	98	261	199	209	174	226	322	333	207
Mean Score		3.02	3.04	3.00	3.17 bc	3.02 c	2.90	3.02	3.01	2.96	3.01	2.95	2.94	3.21 bcdefhi	3.00	2.98
Standard Deviation		.990	.992	.987	1.102	1.014	.845	1.024	.995	.947	.924	.953	.964	1.093	1.002	.918
Standard Error		.022	.031	.031	.042	.039	.032	.097	.061	.063	.063	.071	.072	.061	.055	.065
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to the previous week?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	134	18	28	40	22	17	9	86	48	95	8	10	14	-	3	35
		7%	13% b f g h	6% f	8% f h	8% f	7% f	2% f	8% f h	5% f	5% f	18% a	9% a	18% a c	- a c	28% a	13% a
A bit more	(4.0)	443	29	118	120	72	47	57	267	176	364	9	34	23	4	3	73
		22%	20% f	26% f h	23% f h	25% f h	21% f	13% f	24% f h	19% f	21% f	22% f	29% a	30% a	34% a	23% a	28% a
Neither more nor less	(3.0)	943	60	191	209	137	100	246	460	483	837	14	49	25	3	2	93
		46%	43% a b c d e f g h	43% a b c d e f g h	40% a b c d e f g h	48% a b c d e f g h	43% a b c d e f g h	57% a b c d e f g h	42% a b c d e f g h	51% a b c d e f g h	48% a b c d e f g h	33% a b c d e f g h	41% a b c d e f g h	33% a b c d e f g h	21% a b c d e f g h	20% a b c d e f g h	35% a b c d e f g h
A bit less	(2.0)	343	21	76	99	36	42	68	197	146	300	9	15	10	4	2	39
		17%	15% a b c d e f g h	17% a b c d e f g h	19% a b c d e f g h	13% a b c d e f g h	18% a b c d e f g h	16% a b c d e f g h	18% a b c d e f g h	15% a b c d e f g h	17% a b c d e f g h	21% a b c d e f g h	12% a b c d e f g h	13% a b c d e f g h	29% a b c d e f g h	16% a b c d e f g h	15% a b c d e f g h
A lot less	(1.0)	166	12	31	44	16	22	41	87	79	144	3	10	5	2	1	20
		8%	8% a b c d e f g h	7% a b c d e f g h	8% a b c d e f g h	6% a b c d e f g h	10% a b c d e f g h	10% a b c d e f g h	8% a b c d e f g h	8% a b c d e f g h	8% a b c d e f g h	8% a b c d e f g h	7% a b c d e f g h	8% a b c d e f g h	6% a b c d e f g h	15% a b c d e f g h	7% a b c d e f g h
Don't know		23	-	3	8	2	3	8	11	12	18	-	1	-	-	1	2
		1%	- a b c d e f g h	1% a b c d e f g h	1% a b c d e f g h	1% a b c d e f g h	1% a b c d e f g h	2% a b c d e f g h	1% a b c d e f g h	1% a b c d e f g h	1% a b c d e f g h	1% a b c d e f g h	- a b c d e f g h	1% a b c d e f g h	- a b c d e f g h	- a b c d e f g h	7% a b c d e f g h
NET: More		577	46	146	161	94	64	66	353	224	459	17	44	36	4	6	108
		28%	33% f h	33% f h	31% f h	33% f h	28% f	15% f	32% f h	24% f	26% f	39% a	37% a	48% a	34% a	51% a	41% a
NET: Less		508	33	107	143	52	64	109	284	224	444	12	24	14	6	3	59
		25%	24% a b c d e f g h	24% a b c d e f g h	28% a b c d e f g h	18% a b c d e f g h	28% a b c d e f g h	25% a b c d e f g h	26% a b c d e f g h	24% a b c d e f g h	25% a b c d e f g h	28% a b c d e f g h	21% a b c d e f g h	19% a b c d e f g h	44% a b c d e f g h	22% a b c d e f g h	23% a b c d e f g h
Base for stats		2028	139	445	513	283	228	420	1097	931	1740	43	117	75	13	12	261
Mean Score		3.02	3.14	3.08	3.03	3.17	2.98	2.82	3.06	2.97	2.98	3.22	3.17	3.42	2.75	3.54	3.25
			f	f h	f	c e f h	f		f h	f			a	a			a
Standard Deviation		.990	1.095	.982	1.043	.945	1.036	.862	1.026	.943	.965	1.179	1.040	1.117	1.132	1.330	1.108
Standard Error		.022	.093	.047	.046	.055	.067	.044	.031	.031	.023	.172	.093	.126	.302	.384	.067
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	.01	.02	.09	.15	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to the previous week?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461	
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
134	57	33	39	72	31	9	43	11	6	1	2	15	12	5	40	
7%	4%	9%	12%	11%	9%	7%	8%	7%	13%	2%	2%	11%	7%	1%	9%	
		a	a	a	gj	j	gj	j	fgj			fgj	j		gj	
443	244	95	86	181	84	29	137	33	10	8	24	34	33	50	113	
22%	19%	26%	28%	27%	25%	24%	25%	21%	22%	17%	25%	25%	19%	13%	25%	
		a	a	a	j	j	j	j			j	j			j	
943	663	151	106	257	124	46	249	76	20	28	41	40	89	229	170	
46%	51%	41%	34%	38%	38%	37%	45%	47%	42%	58%	43%	30%	52%	59%	37%	
	bcd						ahk	ahk		abhk	h		abhk	abcdeghk		
343	208	69	50	119	58	26	79	29	10	8	20	24	20	68	85	
17%	16%	19%	16%	17%	18%	21%	14%	18%	20%	17%	21%	18%	12%	17%	19%	
						i					i				i	
166	102	22	28	50	30	12	39	10	1	3	9	17	13	32	42	
8%	8%	6%	9%	7%	9%	10%	7%	6%	3%	6%	9%	13%	7%	8%	9%	
												cde				
23	13	-	2	2	4	1	4	1	-	-	-	5	4	3	4	
1%	1%	-	1%	*	1%	1%	1%	1%	-	-	-	4%	3%	1%	1%	
												cgjk				
577	301	128	125	253	115	38	180	44	17	9	26	49	45	55	152	
28%	23%	35%	40%	37%	35%	31%	33%	28%	35%	18%	27%	36%	26%	14%	34%	
		a	a	a	fj	j	fj	j	j		j	fij	j		fj	
508	310	91	78	169	88	39	119	39	11	11	29	41	33	99	127	
25%	24%	25%	25%	25%	27%	31%	21%	24%	23%	23%	30%	30%	19%	26%	28%	
						ci					i	ci			ci	
2028	1274	370	309	679	327	122	548	159	47	48	96	129	167	384	449	
3.02	2.96	3.13	3.19	3.16	3.08	2.97	3.12	3.04	3.23	2.90	2.90	3.04	3.07	2.82	3.05	
		a	a	a	j		gj	j	j		j	j	j		j	
.990	.924	1.015	1.130	1.068	1.085	1.074	.993	.957	1.014	.807	.958	1.195	.949	.809	1.082	
.022	.025	.057	.070	.045	.059	.099	.043	.075	.148	.118	.093	.094	.073	.044	.051	
*	*	*	*	*	*	.01	*	.01	.02	.01	.01	.01	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to the previous week?

BASE: All respondents

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	134	15	65	46	8	119		37	79		17	16	10	90	36	5	
		7%	5%	6%	8%	13%	7%		12%	6%		8%	5%	16%	6%	6%	7%	
					ab	ab			b					abde				
A bit more	(4.0)	443	47	232	150	14	396		84	305		55	67	12	311	117	15	
		22%	14%	21%	27%	22%	23%		28%	22%		25%	19%	20%	22%	21%	22%	
				a	abe	a			b					acde	ac	ac		
Neither more nor less	(3.0)	943	184	535	199	24	759		106	639		84	192	18	657	261	31	
		46%	56%	48%	36%	39%	44%		35%	46%		38%	54%	30%	46%	46%	45%	
			bcde	ce		c			a					acde	ac	ac		
A bit less	(2.0)	343	48	188	95	11	294		54	233		38	48	12	246	85	12	
		17%	15%	17%	17%	18%	17%		18%	17%		17%	14%	19%	17%	15%	17%	
A lot less	(1.0)	166	31	81	50	4	134		19	113		26	31	8	103	57	6	
		8%	10%	7%	9%	6%	8%		6%	8%		12%	9%	14%	7%	10%	9%	
									d			d			d	d		
Don't know		23	1	13	7	1	21		1	17		3	2	1	12	6	-	
		1%	*	1%	1%	2%	1%		*	1%		2%	1%	1%	1%	1%	-	
NET: More		577	62	297	196	22	515		121	384		71	83	22	401	153	19	
		28%	19%	27%	36%	35%	30%		40%	28%		32%	23%	36%	28%	27%	28%	
				a	abe	a	a		b			b		b		b		
NET: Less		508	80	269	144	15	429		73	346		64	80	20	349	142	18	
		25%	24%	24%	26%	24%	25%		24%	25%		29%	22%	33%	25%	25%	26%	
Base for stats		2028	326	1101	540	61	1702		300	1369		218	355	60	1407	556	68	
Mean Score		3.02	2.90	3.01	3.09	3.18	3.04		3.22	3.00		2.99	2.97	3.06	3.03	2.98	2.99	
				a	a	a			b									
Standard Deviation		.990	.925	.955	1.076	1.082	1.000		1.079	.977		1.098	.930	1.277	.972	1.017	1.019	
Standard Error		.022	.051	.029	.047	.137	.024		.064	.026		.073	.050	.163	.026	.043	.124	
Error variance		*	*	*	*	.02	*		*	*		.01	*	.03	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to the previous week?

BASE: All respondents

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512	
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	134	4	8	7	24	18	20	18	35	49	73	134	-	-
		7%		1%	4%	2%	7%	8%	9%	19%	12%	6%	12%	23%	-	-
				a		ac	ac	abc	abcdefi	abcdi	ac	abcdi	bc			
A bit more		(4.0)	443	23	35	71	78	76	67	25	68	225	160	443	-	-
		22%		6%	17%	25%	22%	34%	31%	26%	23%	26%	26%	77%	-	-
				a	ab	a	abcdhij	abdh	a	a	ab	ab	bc			
Neither more nor less		(3.0)	943	230	82	111	152	83	86	38	161	345	286	-	943	-
		46%		63%	40%	39%	42%	37%	40%	40%	53%	40%	47%	-	100%	-
				bcdefghij						bcdefgi		cei		ac		
A bit less		(2.0)	343	29	37	69	89	40	36	14	30	198	80	-	-	343
		17%		8%	18%	24%	25%	18%	17%	14%	10%	23%	13%	-	-	67%
				ah	afghj	abefghj	ah	ah				ahj	a			ab
A lot less		(1.0)	166	63	46	25	15	6	4	-	7	46	11	-	-	166
		8%		17%	22%	9%	4%	3%	2%	-	2%	5%	2%	-	-	33%
				cdefghij	cdefghij	defghij	gi					fghj				ab
Don't know			23	17	-	2	2	1	2	-	-	4	2	-	-	-
		1%		5%	-	1%	1%	*	1%	-	-	1%	*	-	-	-
				bcdefghij												
NET: More			577	27	43	78	103	94	87	43	104	274	233	577	-	-
		28%		7%	21%	27%	29%	42%	40%	45%	34%	32%	38%	100%	-	-
				a	a	ab	abcdi	abcdi	abcdi	abcdi	ab	ab	abcdi	bc		
NET: Less			508	92	83	94	104	46	40	14	36	243	91	-	-	508
		25%		25%	40%	33%	29%	21%	19%	14%	12%	28%	15%	-	-	100%
				ghj	adeefghij	aefghj	efghj	h	h			efghj				ab
Base for stats			2028	348	208	283	358	222	213	95	301	862	610	577	943	508
Mean Score			3.02	2.65	2.62	2.88	3.02	3.27	3.29	3.50	3.32	3.04	3.34	4.23	3.00	1.67
					ab	ab	abcdi	abcdi	abcdei	abcdi	abc	abcdi		c		
Standard Deviation			.990	.892	1.118	.967	.951	.939	.925	.964	.885	.964	.913	.423	-	.469
Standard Error			.022	.049	.077	.058	.049	.063	.064	.100	.051	.033	.037	.018	-	.021
Error variance			*	*	.01	*	*	*	*	.01	*	*	*	*	-	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to the previous week?

BASE: All respondents

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	134	7	16	14	28	21	18	9	22	63	49	109	11	12
		7%	1%	5%	4%	9%	12%	14%	18%	16%	7%	16%	20%	1%	2%
			a	a	abc	abci	abci	abci	abci	abcdi	ac	abcdi	bc		
A bit more	(4.0)	443	39	75	111	87	58	33	6	32	256	72	257	121	61
		22%	7%	23%	28%	29%	33%	26%	13%	24%	29%	23%	47%	13%	11%
			a	ag	ag	abgj	a		a	abgj	a		bc		
Neither more nor less	(3.0)	943	325	127	150	134	63	53	23	69	346	145	120	690	122
		46%	60%	39%	38%	44%	35%	41%	46%	52%	40%	46%	22%	73%	23%
			bcdefgij							bcei		cei		ac	
A bit less	(2.0)	343	74	63	95	41	30	19	12	7	167	38	53	87	201
		17%	14%	19%	24%	14%	17%	15%	23%	5%	19%	12%	10%	9%	38%
			h	ahj	ade fhij	h	h	h	hj		adhj	h			ab
A lot less	(1.0)	166	79	42	21	11	5	4	-	3	37	7	10	22	133
		8%	15%	13%	5%	4%	3%	3%	-	3%	4%	2%	2%	2%	25%
			cdefghij	cdefghij	j										ab
Don't know		23	16	3	2	-	1	1	-	-	3	1	-	8	1
		1%	3%	1%	*	-	1%	1%	-	-	*	*	-	1%	*
			bcdhij											a	
NET: More		577	46	91	125	115	79	52	16	54	319	121	366	132	73
		28%	9%	28%	32%	38%	44%	40%	31%	40%	37%	39%	67%	14%	14%
			a	a	ab	abc	ab	a	ab	ab	ab	ab	bc		
NET: Less		508	153	105	116	53	35	23	12	11	204	46	62	109	334
		25%	28%	32%	30%	17%	20%	18%	23%	8%	23%	15%	11%	12%	63%
			defhij	defhij	defhij	h	h	h	h		dhj				ab
Base for stats		2028	525	323	391	301	177	128	50	134	869	312	548	931	529
Mean Score		3.02	2.66	2.87	3.01	3.26	3.34	3.33	3.26	3.46	3.16	3.38	3.73	3.01	2.28
			a	a	abc	abci	abc	ab	abcdi	abc	abci	abci	bc	c	
Standard Deviation		.990	.872	1.063	.944	.938	.989	.996	1.022	.916	.961	.967	.944	.604	1.036
Standard Error		.022	.038	.058	.048	.053	.075	.089	.145	.080	.032	.055	.040	.020	.045
Error variance		*	*	*	*	*	.01	.01	.02	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2A. In the past week, on how many days have you done an activity, which was enough to work any of your muscles harder than usual (i.e. your muscle(s) felt tired, hot or were shaking)? These could be specific exercises (e.g. using weights or resistance bands, repetitive sit to stands, repetitive stair climbing, slow heel or toe raises, an exercise class etc.), OR other strengthening activities (e.g. heavy gardening, DIY, walking with heavy shopping, repetitively lifting heavy items etc.).

BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	541 26%	227 23%	311 30% a	91 15%	146 22% a	304 40% ab	34 35% g	72 27% g	53 26% g	61 28% g	43 24% g	59 26% g	58 18%	97 29% g	64 31% g
1 day	326 16%	143 14%	183 18% a	109 18%	111 16%	106 14%	17 17%	43 16%	34 17%	35 16%	30 17%	32 14%	55 17%	53 16%	28 13%
2 days	393 19%	200 20%	191 18%	138 22% c	141 21% c	114 15%	14 15%	44 16%	42 21%	36 17%	42 24%	47 20%	58 18%	64 19%	47 23%
3 day	301 15%	151 15%	149 14%	129 21% bc	92 14%	80 10%	14 14%	39 14%	29 15%	33 15%	21 12%	27 12%	72 22% bcefhi	45 13%	21 10%
4 days	178 9%	97 10%	80 8%	61 10%	62 9%	55 7%	10 10%	25 9%	18 9%	13 6%	19 11%	21 9%	33 10%	24 7%	16 8%
5 days	129 6%	73 7%	54 5%	40 7%	52 8% c	36 5%	2 2%	13 5%	13 6%	15 7%	5 3%	22 10% abe	22 7%	26 8% ae	11 5%
6 days	50 2%	30 3%	20 2%	20 3%	15 2%	15 2%	2 2%	7 3%	2 1%	6 3%	5 3%	6 3%	8 3%	5 2%	9 4% c
7 days	134 7%	80 8% b	53 5%	32 5%	53 8% a	48 6%	5 5%	25 9%	10 5%	16 7%	12 7%	15 6%	19 6%	19 6%	12 6%
NET: None (0 days)	541 26%	227 23%	311 30% a	91 15%	146 22% a	304 40% ab	34 35% g	72 27% g	53 26% g	61 28% g	43 24% g	59 26% g	58 18%	97 29% g	64 31% g
NET: Occasionally (1 day)	326 16%	143 14%	183 18% a	109 18%	111 16%	106 14%	17 17%	43 16%	34 17%	35 16%	30 17%	32 14%	55 17%	53 16%	28 13%
NET: Some (2-4 days)	872 42%	448 45% b	420 40%	328 53% bc	295 44% c	249 33%	38 38%	107 40%	89 44%	81 38%	82 46%	95 42%	162 50% abdhi	133 40%	84 40%
NET: Most (5+ days)	312 15%	183 18% b	127 12%	93 15%	120 18% c	100 13%	9 9%	45 17%	24 12%	37 17%	22 12%	43 19% a	50 15%	50 15%	32 15%
Base for stats	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2A. In the past week, on how many days have you done an activity, which was enough to work any of your muscles harder than usual (i.e. your muscle(s) felt tired, hot or were shaking)? These could be specific exercises (e.g. using weights or resistance bands, repetitive sit to stands, repetitive stair climbing, slow heel or toe raises, an exercise class etc.), OR other strengthening activities (e.g. heavy gardening, DIY, walking with heavy shopping, repetitively lifting heavy items etc.).

BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	2.25	2.49	2.01	2.52	2.44	1.85	1.88	2.35	2.10	2.24	2.22	2.37	2.50	2.12	2.12
		b		c	c						a	achi			
Standard Deviation	2.057	2.120	1.970	1.869	2.095	2.111	1.992	2.200	1.919	2.148	2.020	2.107	1.946	2.028	2.099
Standard Error	.045	.067	.061	.071	.081	.080	.189	.133	.128	.145	.150	.157	.108	.111	.147
Error variance	*	*	*	.01	.01	.01	.04	.02	.02	.02	.02	.02	.01	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2A. In the past week, on how many days have you done an activity, which was enough to work any of your muscles harder than usual (i.e. your muscle(s) felt tired, hot or were shaking)? These could be specific exercises (e.g. using weights or resistance bands, repetitive sit to stands, repetitive stair climbing, slow heel or toe raises, an exercise class etc.), OR other strengthening activities (e.g. heavy gardening, DIY, walking with heavy shopping, repetitively lifting heavy items etc.).

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	541 26%	17 12%	80 18%	117 22% a	48 17%	77 33% abcdg	202 47% abcdegh	214 19% a	327 35% abcdg	500 28% cdg	9 20%	16 13%	9 12%	2 18%	1 10%	37 14%
1 day	326 16%	21 15%	68 15%	99 19% eh	46 16%	30 13%	63 15%	188 17%	138 15%	277 16%	8 18%	17 15%	13 17%	4 30%	2 19%	44 17%
2 days	393 19%	29 21%	102 23% fh	96 19%	59 21%	40 17%	66 15%	228 21% f	165 18%	325 18%	11 25%	29 25%	17 22%	1 7%	- -	58 22%
3 day	301 15%	27 19% fh	69 15% f	84 16% f	46 16% f	28 12%	46 11%	180 16% fh	121 13%	244 14%	7 16%	24 20% a	15 20%	2 12%	4 31%	51 20% a
4 days	178 9%	16 12% f	48 11% f	42 8% f	35 12% fh	20 9% f	17 4%	106 10% f	72 8% f	148 8%	2 5%	11 9%	10 13%	- -	3 24%	26 10%
5 days	129 6%	9 7% f	40 9% fh	31 6% f	21 7% f	19 8% f	9 2%	80 7% f	49 5% f	103 6%	2 5%	13 11% a	5 7%	3 23%	1 7%	24 9% a
6 days	50 2%	4 3%	14 3%	11 2%	5 2%	7 3%	10 2%	29 3%	21 2%	44 3%	1 2%	2 1%	2 3%	1 11%	- -	6 2%
7 days	134 7%	15 11% efh	27 6%	40 8% f	25 9% fh	11 5%	15 3%	82 7% f	51 5%	118 7%	4 8%	6 5%	4 6%	- -	1 9%	15 6%
NET: None (0 days)	541 26%	17 12%	80 18%	117 22% a	48 17%	77 33% abcdg	202 47% abcdegh	214 19% a	327 35% abcdg	500 28% cdg	9 20%	16 13%	9 12%	2 18%	1 10%	37 14%
NET: Occasionally (1 day)	326 16%	21 15%	68 15%	99 19% eh	46 16%	30 13%	63 15%	188 17%	138 15%	277 16%	8 18%	17 15%	13 17%	4 30%	2 19%	44 17%
NET: Some (2-4 days)	872 42%	72 52% efh	219 49% efh	222 43% f	140 49% efh	88 38% f	130 30%	514 46% efh	358 38% f	717 41%	20 46%	65 55% a	42 55% a	2 19%	7 54%	136 52% a
NET: Most (5+ days)	312 15%	29 21% fh	81 18% fh	82 16% f	50 18% fh	37 16% f	34 8%	192 17% fh	121 13% f	265 15%	7 15%	21 17%	11 15%	4 33%	2 16%	45 17%
Base for stats	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
Mean Score	2.25	2.90 cefg	2.55 efh	2.33 fh	2.63 cefh	2.10 f	1.43	2.49 efh	1.96 f	2.19	2.31	2.61 a	2.65	2.57	3.07	2.59 a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2A. In the past week, on how many days have you done an activity, which was enough to work any of your muscles harder than usual (i.e. your muscle(s) felt tired, hot or were shaking)? These could be specific exercises (e.g. using weights or resistance bands, repetitive sit to stands, repetitive stair climbing, slow heel or toe raises, an exercise class etc.), OR other strengthening activities (e.g. heavy gardening, DIY, walking with heavy shopping, repetitively lifting heavy items etc.).

BASE: All respondents

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Deviation	2.057	2.088	1.987	2.067	2.056	2.083	1.845	2.045	2.036	2.083	2.047	1.827	1.878	2.227	2.006	1.900
Standard Error	.045	.177	.094	.090	.119	.133	.092	.061	.066	.050	.299	.163	.211	.595	.556	.114
Error variance	*	.03	.01	.01	.01	.02	.01	*	*	*	.09	.03	.04	.35	.31	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2A. In the past week, on how many days have you done an activity, which was enough to work any of your muscles harder than usual (i.e. your muscle(s) felt tired, hot or were shaking)? These could be specific exercises (e.g. using weights or resistance bands, repetitive sit to stands, repetitive stair climbing, slow heel or toe raises, an exercise class etc.), OR other strengthening activities (e.g. heavy gardening, DIY, walking with heavy shopping, repetitively lifting heavy items etc.).

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	541 26%	412 32% bcd	66 18%	44 14%	110 16%	66 20% h	19 16%	108 20% h	39 24% h	8 18%	8 16%	33 34% abcefhk	16 12%	71 42% abcdehfk	172 44% abcdehfk	85 19% h
1 day	326 16%	211 16%	60 16%	39 12%	99 15%	48 15%	24 19%	82 15%	28 17%	8 18%	11 23%	11 12%	33 24% acgijk	20 12%	60 16%	72 16%
2 days	393 19%	224 17%	87 24% a	66 21%	153 22% a	75 23% ej	27 22% e	109 20%	32 20%	4 8%	10 20%	20 20%	30 22% e	28 16%	60 15%	102 22% ej
3 day	301 15%	173 13%	51 14%	64 20% ab	115 17% a	59 18% dj	23 18% j	92 17% j	16 10%	8 18%	7 14%	13 13%	21 15% j	28 16% j	36 9%	81 18% dj
4 days	178 9%	92 7%	40 11% a	37 12% a	78 11% a	34 10% j	10 8%	51 9% j	15 10%	8 17% j	6 13% j	6 7%	13 10%	14 8%	20 5%	44 10% j
5 days	129 6%	71 5%	25 7%	29 9% a	54 8% a	24 7% ij	7 5% i	53 10% ij	12 7% ij	3 6% i	4 8% i	5 5% i	8 6% i	1 *	13 3% i	31 7% ij
6 days	50 2%	29 2%	11 3%	9 3%	20 3%	5 2%	1 1%	17 3% i	4 3% i	4 8% abfijk	- - i	4 4% i	6 5% aik	- -	8 2%	7 1%
7 days	134 7%	76 6%	28 8%	25 8%	53 8%	18 6%	13 11% j	42 8%	13 8%	3 7%	4 7%	5 5%	8 6%	9 5%	19 5%	31 7%
NET: None (0 days)	541 26%	412 32% bcd	66 18%	44 14%	110 16%	66 20% h	19 16%	108 20% h	39 24% h	8 18%	8 16%	33 34% abcefhk	16 12%	71 42% abcdehfk	172 44% abcdehfk	85 19% h

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2A. In the past week, on how many days have you done an activity, which was enough to work any of your muscles harder than usual (i.e. your muscle(s) felt tired, hot or were shaking)? These could be specific exercises (e.g. using weights or resistance bands, repetitive sit to stands, repetitive stair climbing, slow heel or toe raises, an exercise class etc.), OR other strengthening activities (e.g. heavy gardening, DIY, walking with heavy shopping, repetitively lifting heavy items etc.).

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Occasionally (1 day)	326	211	60	39	99	48	24	82	28	8	11	11	33	20	60	72
	16%	16%	16%	12%	15%	15%	19%	15%	17%	18%	23%	12%	24%	12%	16%	16%
												acgijk				
NET: Some (2-4 days)	872	489	179	166	345	168	59	251	64	20	22	39	63	70	116	227
	42%	38%	48%	53%	51%	51%	48%	45%	40%	43%	46%	40%	47%	41%	30%	50%
		a	a	a	dij	j	j	j	j	j	j	j	j	j	dij	dij
NET: Most (5+ days)	312	175	65	62	127	48	21	112	30	10	7	13	22	10	39	69
	15%	14%	18%	20%	19%	15%	17%	20%	18%	22%	15%	14%	17%	6%	10%	15%
			a	a	i	ij	aijk	ij	ij	ij	i	i	ij			ij
Base for stats	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
Mean Score	2.25	2.02	2.55	2.82	2.67	2.40	2.57	2.60	2.38	2.85	2.43	2.02	2.53	1.66	1.57	2.45
		a	a	a	ij	gij	gij	gij	ij	gij	ij	j	gij			gij
Standard Deviation	2.057	2.047	2.046	1.993	2.025	1.925	2.075	2.089	2.166	2.187	1.984	2.056	1.939	1.891	1.966	1.966
Standard Error	.045	.055	.115	.123	.084	.104	.191	.089	.170	.319	.289	.199	.149	.144	.107	.092
Error variance	*	*	.01	.02	.01	.01	.04	.01	.03	.10	.08	.04	.02	.02	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2A. In the past week, on how many days have you done an activity, which was enough to work any of your muscles harder than usual (i.e. your muscle(s) felt tired, hot or were shaking)? These could be specific exercises (e.g. using weights or resistance bands, repetitive sit to stands, repetitive stair climbing, slow heel or toe raises, an exercise class etc.), OR other strengthening activities (e.g. heavy gardening, DIY, walking with heavy shopping, repetitively lifting heavy items etc.).

BASE: All respondents

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone				NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness			Yes	No
Total	a	b	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
541	130	306	92	12	411	48	351	56	148	13	343	183	30	428	113	430	108
26%	40%	28%	17%	19%	24%	16%	25%	25%	41%	21%	24%	33%	45%	26%	28%	25%	35%
	bcd	ce			c		a		acde			ad	acd			a	a
326	51	168	102	6	275	35	237	40	55	11	221	91	11	257	69	285	40
16%	15%	15%	19%	9%	16%	12%	17%	18%	15%	18%	16%	16%	15%	16%	17%	17%	13%
							a										
393	47	216	114	15	346	66	266	37	48	10	288	88	6	309	84	332	56
19%	14%	19%	21%	24%	20%	22%	19%	17%	14%	16%	20%	16%	8%	19%	21%	19%	18%
		a	a		a						bef						
301	36	152	98	14	265	52	208	38	41	7	211	77	9	256	45	252	47
15%	11%	14%	18%	23%	15%	17%	15%	17%	12%	12%	15%	14%	13%	16%	11%	15%	15%
			ab	ab	a									b			
178	13	103	58	4	165	42	120	16	28	9	121	51	3	140	37	153	22
9%	4%	9%	11%	6%	10%	14%	9%	7%	8%	15%	9%	9%	4%	9%	9%	9%	7%
		a	a		a	b				af							
129	19	69	38	3	110	26	83	10	16	6	96	30	3	109	20	112	15
6%	6%	6%	7%	5%	6%	9%	6%	4%	5%	10%	7%	5%	4%	7%	5%	7%	5%
50	8	25	16	2	42	15	27	2	7	1	40	10	-	34	16	44	6
2%	3%	2%	3%	3%	2%	5%	2%	1%	2%	2%	3%	2%	-	2%	4%	3%	2%
						b								a			
134	23	75	29	7	111	17	93	22	14	4	99	33	7	111	23	115	18
7%	7%	7%	5%	11%	6%	6%	7%	10%	4%	6%	7%	6%	10%	7%	6%	7%	6%
								be			b		b				
541	130	306	92	12	411	48	351	56	148	13	343	183	30	428	113	430	108
26%	40%	28%	17%	19%	24%	16%	25%	25%	41%	21%	24%	33%	45%	26%	28%	25%	35%
	bcd	ce			c		a		acde			ad	acd			a	a
326	51	168	102	6	275	35	237	40	55	11	221	91	11	257	69	285	40
16%	15%	15%	19%	9%	16%	12%	17%	18%	15%	18%	16%	16%	15%	16%	17%	17%	13%
							a										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2A. In the past week, on how many days have you done an activity, which was enough to work any of your muscles harder than usual (i.e. your muscle(s) felt tired, hot or were shaking)? These could be specific exercises (e.g. using weights or resistance bands, repetitive sit to stands, repetitive stair climbing, slow heel or toe raises, an exercise class etc.), OR other strengthening activities (e.g. heavy gardening, DIY, walking with heavy shopping, repetitively lifting heavy items etc.).

BASE: All respondents

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
872	96	472	270	33	775	160	595	91	117	26	620	216	18	706	166	738	124
42%	29%	42%	49%	54%	45%	53%	43%	41%	33%	43%	44%	38%	26%	43%	41%	43%	40%
		a	ab	a	a	b		bf		f	bef	f					
312	50	168	83	11	263	58	204	34	37	11	235	72	9	254	59	271	39
15%	15%	15%	15%	18%	15%	19%	15%	15%	10%	18%	17%	13%	14%	15%	14%	16%	13%
											be						
2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
2.25	1.86	2.23	2.46	2.67	2.32	2.75	2.24	2.31	1.69	2.50	2.34	2.02	1.80	2.27	2.16	2.29	1.98
		a	ab	a	a	b		b		b	bef	b				b	
2.057	2.160	2.074	1.918	2.119	2.030	1.977	2.040	2.159	1.955	2.052	2.074	2.044	2.268	2.058	2.056	2.061	2.037
.045	.118	.062	.082	.267	.049	.117	.055	.142	.106	.261	.055	.086	.275	.051	.104	.050	.113
*	.01	*	.01	.07	*	.01	*	.02	.01	.07	*	.01	.08	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	541	275	51	61	49	19	31	12	44	128	87	46	325	153
	26%	75%	24%	21%	14%	8%	14%	12%	15%	15%	14%	8%	34%	30%
		bcd efghij	defghij	defhij					e	e	e		a	a
1 day	326	33	100	74	58	29	12	9	12	160	32	91	127	105
	16%	9%	48%	26%	16%	13%	5%	9%	4%	18%	5%	16%	13%	21%
		hj	acdefghij	adefghij	afhj	fhj				aefghj				ab
2 days	393	30	32	105	95	55	35	13	28	255	76	125	150	116
	19%	8%	15%	37%	27%	25%	16%	13%	9%	29%	12%	22%	16%	23%
			ah	abdefghij	abfghj	abfghj	ah			abfghj	a	b		b
3 day	301	10	12	35	115	51	32	10	35	201	78	115	134	53
	15%	3%	6%	12%	32%	23%	15%	11%	12%	23%	13%	20%	14%	10%
				ab	abce fghij	abcfghj	ab	a	ab	abcfghj	ab	bc	c	
4 days	178	6	6	7	32	53	31	20	23	92	74	79	63	35
	9%	2%	3%	2%	9%	24%	14%	21%	8%	11%	12%	14%	7%	7%
					abc	abcd fghij	abcdh	abcdhij	abc	abc	abch	bc		
5 days	129	6	4	2	5	13	66	7	26	19	99	52	53	23
	6%	2%	2%	1%	1%	6%	31%	7%	9%	2%	16%	9%	6%	5%
						abcdi	abcde ghij	abcdi	abcdi		abcde ghi	bc		
6 days	50	-	2	-	5	3	4	23	13	7	41	16	23	12
	2%	-	1%	-	1%	1%	2%	24%	4%	1%	7%	3%	2%	2%
					ac	a	ac	abcde fghij	abcdei		abcdefi			
7 days	134	5	1	1	1	-	4	1	120	2	125	54	69	11
	7%	1%	*	*	*	-	2%	1%	40%	*	20%	9%	7%	2%
		i					dei		abcde fgij		abcde fgi	c	c	
NET: None (0 days)	541	275	51	61	49	19	31	12	44	128	87	46	325	153
	26%	75%	24%	21%	14%	8%	14%	12%	15%	15%	14%	8%	34%	30%
		bcd efghij	defghij	defhij					e	e	e		a	a
NET: Occasionally (1 day)	326	33	100	74	58	29	12	9	12	160	32	91	127	105
	16%	9%	48%	26%	16%	13%	5%	9%	4%	18%	5%	16%	13%	21%
		hj	acdefghij	adefghij	afhj	fhj				aefghj				ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Some (2-4 days)	872	46	50	146	242	160	98	43	86	549	227	319	346	204
	42%	13%	24%	51%	67%	72%	45%	46%	29%	63%	37%	55%	37%	40%
			a	abhj	abcfghj	abcfghij	abhj	abh	a	abcfghj	abh	bc		
NET: Most (5+ days)	312	12	7	3	11	15	75	31	159	29	265	121	145	46
	15%	3%	3%	1%	3%	7%	35%	33%	53%	3%	43%	21%	15%	9%
						acdi	abcdei	abcdei	abcdefgij	c	abcdefi	bc	c	
Base for stats	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
Mean Score	2.25	.59	1.25	1.52	2.18	2.63	3.21	3.46	4.35	2.08	3.81	3.00	2.08	1.76
			a	ab	abc	abcdi	abcdei	abcdei	abcdefgij	abc	abcdefi	bc	c	
Standard Deviation	2.057	1.316	1.222	1.124	1.331	1.403	1.875	2.083	2.636	1.355	2.369	1.952	2.155	1.746
Standard Error	.045	.070	.084	.067	.069	.094	.129	.216	.153	.046	.097	.081	.071	.077
Error variance	*	*	.01	*	*	.01	.02	.05	.02	*	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2A. In the past week, on how many days have you done an activity, which was enough to work any of your muscles harder than usual (i.e. your muscle(s) felt tired, hot or were shaking)? These could be specific exercises (e.g. using weights or resistance bands, repetitive sit to stands, repetitive stair climbing, slow heel or toe raises, an exercise class etc.), OR other strengthening activities (e.g. heavy gardening, DIY, walking with heavy shopping, repetitively lifting heavy items etc.).

BASE: All respondents

	Total	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	541 26%	541 100%	-	-	-	-	-	-	-	-	-	22 4%	341 36%	156 29%
		bcdefghij											ac	a
1 day	326 16%	-	326 100%	-	-	-	-	-	-	-	-	74 13%	119 13%	128 24%
			acdefghij											ab
2 days	393 19%	-	-	393 100%	-	-	-	-	-	393 45%	-	118 22%	153 16%	119 22%
				abdefghij						abdefghj		b		b
3 day	301 15%	-	-	-	301 100%	-	-	-	-	301 35%	-	121 22%	133 14%	46 9%
					abcefg hij					abcefg hij		bc	c	
4 days	178 9%	-	-	-	-	178 100%	-	-	-	178 20%	-	72 13%	61 7%	44 8%
						abcd fghij				abcd fghj		bc		
5 days	129 6%	-	-	-	-	-	129 100%	-	-	-	129 41%	58 11%	51 5%	20 4%
							abcde ghij				abcde ghi	bc		
6 days	50 2%	-	-	-	-	-	-	50 100%	-	-	50 16%	26 5%	17 2%	7 1%
								abcde fhij			abcde fhi	bc		
7 days	134 7%	-	-	-	-	-	-	-	134 100%	-	134 43%	58 11%	64 7%	10 2%
									abcde fgij		abcde fgi	bc	c	
NET: None (0 days)	541 26%	541 100%	-	-	-	-	-	-	-	-	-	22 4%	341 36%	156 29%
		bcdefghij											ac	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2A. In the past week, on how many days have you done an activity, which was enough to work any of your muscles harder than usual (i.e. your muscle(s) felt tired, hot or were shaking)? These could be specific exercises (e.g. using weights or resistance bands, repetitive sit to stands, repetitive stair climbing, slow heel or toe raises, an exercise class etc.), OR other strengthening activities (e.g. heavy gardening, DIY, walking with heavy shopping, repetitively lifting heavy items etc.).

BASE: All respondents

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
	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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Occasionally (1 day)	326	-	326	-	-	-	-	-	-	-	-	74	119	128
	16%	-	100%	-	-	-	-	-	-	-	-	13%	13%	24%
			acdefghij											ab
NET: Some (2-4 days)	872	-	-	393	301	178	-	-	-	872	-	311	347	209
	42%	-	-	100%	100%	100%	-	-	-	100%	-	57%	37%	39%
				abfghj	abfghj	abfghj				abfghj		bc		
NET: Most (5+ days)	312	-	-	-	-	-	129	50	134	-	312	141	131	37
	15%	-	-	-	-	-	100%	100%	100%	-	100%	26%	14%	7%
							abcdei	abcdei	abcdei		abcdei	bc	c	
Base for stats	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
Mean Score	2.25	-	1.00	2.00	3.00	4.00	5.00	6.00	7.00	2.75	6.02	3.30	1.99	1.68
							i				fi	bc	c	
Standard Deviation	2.057	-	-	-	-	-	*	-	-	.771	.918	1.922	2.112	1.662
Standard Error	.045	-	-	-	-	-	*	-	-	.026	.052	.082	.069	.072
Error variance	*	-	-	-	-	-	*	-	-	*	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2B. In the past week, do you think you have done more, less, or the same amount of activity that has worked your muscles harder than usual (i.e. they felt tired, hot or were shaking), compared to a typical week before the COVID-19 restrictions were introduced?

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		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	116 6%	62 6%	54 5%	57 9% bc	37 5% c	22 3%	5 5%	14 5%	8 4%	12 6%	5 3%	13 6%	32 10% bcehi	19 6%	7 3%
A bit more	(4.0)	432 21%	208 21%	223 21%	171 28% bc	148 22% c	114 15%	16 17%	52 19%	43 21%	37 17%	39 22%	54 24%	85 26% abdh	64 19%	42 20%
Neither more nor less	(3.0)	939 46%	470 47%	468 45%	225 36%	279 42% a	435 57% ab	57 58% cfgh	126 47% g	90 45% g	105 49% g	87 49% g	105 46% g	117 36%	153 46% g	99 48% g
A bit less	(2.0)	290 14%	147 15%	142 14%	84 13%	103 15%	103 14%	10 10%	34 13%	28 14%	31 15%	23 13%	33 14%	37 11%	55 16%	38 18% ag
A lot less	(1.0)	241 12%	100 10%	138 13% a	72 12%	92 14% c	76 10%	10 10%	33 13%	24 12%	25 12%	21 12%	22 9%	47 14%	39 12%	20 10%
Don't know		33 2%	13 1%	17 2%	12 2%	12 2%	9 1%	- -	7 3%	6 3%	5 2%	1 1%	2 1%	7 2%	3 1%	2 1%
NET: More		548 27%	270 27%	276 27%	228 37% bc	185 27% c	136 18%	21 22%	66 25%	51 26%	49 23%	44 25%	67 29%	118 36% abcdehi	83 25%	49 24%
NET: Less		530 26%	248 25%	280 27%	155 25%	196 29% c	180 24%	20 20%	67 25%	52 26%	56 26%	44 25%	55 24%	84 26%	93 28%	58 28%
Base for stats		2018	987	1024	608	659	750	98	259	194	210	175	226	319	330	207
Mean Score		2.95	2.98	2.91	3.10 bc	2.90	2.87	2.96	2.92	2.91	2.90	2.91	3.02	3.06	2.91	2.89
Standard Deviation		1.031	1.010	1.048	1.122	1.075	.893	.943	1.032	1.016	1.011	.973	1.000	1.175	1.029	.948
Standard Error		.023	.032	.033	.043	.042	.034	.090	.063	.069	.069	.073	.075	.066	.057	.067
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2B. In the past week, do you think you have done more, less, or the same amount of activity that has worked your muscles harder than usual (i.e. they felt tired, hot or were shaking), compared to a typical week before the COVID-19 restrictions were introduced?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	116	12	26	36	21	14	7	74	42	84	6	11	8	-	3	29
		6%	9% fh	6% f	7% fh	7% f	6% f	2% f	7% fh	4% f	5% fh	14% a	9% a	11% a	-	25% a	11% a
A bit more	(4.0)	432	34	117	120	58	40	63	271	161	358	10	30	25	4	1	71
		21%	25% fh	26% efh	23% fh	20% fh	17% fh	15% fh	24% efh	17% fh	20% fh	24% fh	26% fh	33% a	33% a	9% a	27% a
Neither more nor less	(3.0)	939	58	172	224	143	100	242	454	485	838	14	40	26	2	5	86
		46%	42% fh	39% fh	43% fh	50% bcg	43% bcg	57% abceg	41% abceg	51% abceg	48% bcdg	31% fh	34% fh	34% fh	18% fh	36% fh	33% fh
A bit less	(2.0)	290	20	75	75	34	37	49	170	120	250	8	20	6	4	1	39
		14%	14% fh	17% fh	14% fh	12% fh	16% fh	11% fh	15% fh	13% fh	14% fh	19% fh	17% fh	8% fh	28% fh	12% fh	15% fh
A lot less	(1.0)	241	15	53	54	27	37	54	122	118	204	5	16	10	3	1	34
		12%	11% fh	12% fh	10% fh	9% cdg	16% cdg	13% cdg	11% cdg	13% cdg	12% cdg	10% cdg	14% cdg	14% cdg	21% cdg	7% cdg	13% cdg
Don't know		33	-	5	11	2	4	12	16	17	26	1	2	-	-	1	3
		2%	-	1% fh	2% fh	1% fh	2% fh	3% ad	1% ad	2% ad	1% ad	2% ad	1% ad	-	-	10% ad	1% ad
NET: More		548	46	143	156	79	54	71	345	203	441	17	41	33	4	4	99
		27%	33% efh	32% efh	30% efh	28% fh	23% f	17% fh	31% efh	22% f	25% fh	38% a	35% a	44% a	33% a	35% a	38% a
NET: Less		530	35	128	129	61	74	103	292	238	454	13	36	16	6	2	73
		26%	25% fh	29% d	25% d	21% cdfh	32% cdfh	24% cdfh	26% cdfh	25% cdfh	26% cdfh	29% cdfh	30% cdfh	22% cdfh	49% cdfh	18% cdfh	28% cdfh
Base for stats		2018	139	443	509	283	227	416	1092	926	1733	43	117	75	13	11	259
Mean Score		2.95	3.06 efh	2.97 f	3.02 efh	3.04 efh	2.81 efh	2.81 efh	3.00 efh	2.88 efh	2.92	3.13	3.00	3.19 a	2.63	3.39	3.08 a
Standard Deviation		1.031	1.082	1.071	1.047	.999	1.099	.909	1.061	.991	1.005	1.205	1.167	1.175	1.192	1.289	1.182
Standard Error		.023	.091	.051	.046	.058	.071	.046	.032	.033	.024	.178	.105	.132	.319	.372	.071
Error variance		*	.01	*	*	*	.01	*	*	*	*	.03	.01	.02	.10	.14	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2B. In the past week, do you think you have done more, less, or the same amount of activity that has worked your muscles harder than usual (i.e. they felt tired, hot or were shaking), compared to a typical week before the COVID-19 restrictions were introduced?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461	
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
116	61	27	24	51	23	11	34	9	5	2	5	13	8	5	34	
6%	5%	7%	8%	8%	7%	9%	6%	5%	12%	4%	5%	10%	5%	1%	8%	
			a	a	j	j	j	j	j		j	j	j		j	
432	239	90	89	179	78	29	130	39	13	10	17	36	28	53	106	
21%	19%	24%	29%	26%	23%	23%	24%	25%	27%	20%	18%	27%	16%	14%	23%	
		a	a	a	j	j	j	j	j			ij			j	
939	645	154	107	261	123	46	257	65	18	22	42	41	95	229	169	
46%	50%	42%	34%	38%	37%	38%	47%	41%	39%	46%	44%	30%	55%	59%	37%	
	bcd						ahk	h		h	h		abcdehk	abcdeghk		
290	174	55	47	103	49	21	73	22	9	11	14	22	20	50	69	
14%	14%	15%	15%	15%	15%	17%	13%	14%	18%	23%	14%	17%	12%	13%	15%	
										i						
241	148	42	38	80	54	15	53	21	2	4	16	17	15	44	69	
12%	12%	11%	12%	12%	16%	12%	10%	13%	4%	7%	16%	13%	9%	11%	15%	
					cei						ce				cei	
33	20	1	6	7	5	1	6	4	-	-	3	4	5	6	6	
2%	2%	*	2%	1%	2%	1%	1%	3%	-	-	3%	3%	3%	1%	1%	
												c				
548	300	117	113	230	100	40	164	48	18	11	22	49	36	58	141	
27%	23%	32%	36%	34%	30%	33%	30%	30%	39%	23%	23%	37%	21%	15%	31%	
		a	a	a	ij	ij	ij	j				gij			ij	
530	322	97	86	183	102	36	126	42	11	15	29	40	36	94	138	
26%	25%	26%	27%	27%	31%	29%	23%	26%	23%	31%	30%	30%	21%	24%	30%	
					ci										ci	
2018	1268	369	306	675	326	122	547	156	47	48	94	130	167	382	448	
2.95	2.91	3.01	3.04	3.03	2.90	3.01	3.04	2.96	3.23	2.89	2.81	3.04	2.96	2.80	2.93	
				a		j	gj					j				
1.031	.990	1.072	1.125	1.096	1.150	1.132	1.004	1.073	1.030	.939	1.086	1.183	.928	.866	1.145	
.023	.027	.061	.070	.046	.063	.105	.043	.085	.150	.137	.106	.092	.072	.048	.054	
*	*	*	*	*	*	.01	*	.01	.02	.02	.01	.01	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2B. In the past week, do you think you have done more, less, or the same amount of activity that has worked your muscles harder than usual (i.e. they felt tired, hot or were shaking), compared to a typical week before the COVID-19 restrictions were introduced?

BASE: All respondents

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	116	10	64	36	6	105		30	72		18	11	6	80	30	6	
		6%	3%	6%	7%	9%	6%		10%	5%		8%	3%	10%	6%	5%	9%	
					a	a	a		b			b		b			b	
A bit more	(4.0)	432	52	218	143	19	381		77	298		42	53	10	320	94	10	
		21%	16%	20%	26%	31%	22%		26%	22%		19%	15%	16%	23%	17%	14%	
					abe	ab	a							be				
Neither more nor less	(3.0)	939	172	544	200	22	767		110	638		92	201	23	639	274	36	
		46%	53%	49%	37%	36%	44%		37%	46%		41%	56%	37%	45%	49%	53%	
			cde	cde			c		a			acde					a	
A bit less	(2.0)	290	46	156	80	8	243		44	195		32	47	11	207	80	9	
		14%	14%	14%	15%	13%	14%		15%	14%		15%	13%	18%	15%	14%	14%	
A lot less	(1.0)	241	40	119	75	6	200		35	164		35	43	10	154	79	7	
		12%	12%	11%	14%	10%	12%		12%	12%		16%	12%	17%	11%	14%	10%	
									d			d		d		d		
Don't know		33	6	13	13	1	27		5	19		3	2	1	19	6	-	
		2%	2%	1%	2%	2%	2%		2%	1%		1%	1%	1%	1%	1%	-	
NET: More		548	62	282	179	25	486		107	370		60	64	16	400	124	16	
		27%	19%	25%	33%	40%	28%		35%	27%		27%	18%	27%	28%	22%	23%	
				a	abe	abe	a		b			b		be			b	
NET: Less		530	87	275	155	14	444		79	359		67	90	21	361	159	16	
		26%	26%	25%	28%	22%	26%		26%	26%		30%	25%	35%	25%	28%	23%	
																	b	
Base for stats		2018	321	1101	535	61	1696		296	1367		219	355	60	1400	557	68	
Mean Score		2.95	2.83	2.96	2.97	3.18	2.97		3.08	2.94		2.89	2.84	2.86	2.97	2.85	2.99	
				a		a	a		b			be		be			b	
Standard Deviation		1.031	.954	1.001	1.119	1.094	1.043		1.133	1.023		1.143	.931	1.203	1.022	1.037	1.017	
Standard Error		.023	.053	.030	.049	.139	.025		.068	.028		.076	.050	.154	.027	.044	.123	
Error variance		*	*	*	*	.02	*		*	*		.01	*	.02	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2B. In the past week, do you think you have done more, less, or the same amount of activity that has worked your muscles harder than usual (i.e. they felt tired, hot or were shaking), compared to a typical week before the COVID-19 restrictions were introduced?

BASE: All respondents

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512	
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	116	4	5	7	22	18	20	13	27	47	60	91	13	12
		6%	1%	2%	3%	6%	8%	9%	14%	9%	5%	10%	16%	1%	2%	
						abc	abc	abci	abcdi	abci	a	abcdi	bc			
A bit more		(4.0)	432	21	30	64	94	66	58	24	74	225	156	275	108	50
		21%	6%	15%	23%	26%	30%	27%	26%	25%	26%	26%	48%	11%	10%	
				a	ab	ab	ab	ab	ab	ab	ab	ab	bc			
Neither more nor less		(3.0)	939	232	86	110	138	86	102	37	149	334	287	132	690	109
		46%	64%	41%	39%	38%	38%	47%	39%	49%	39%	47%	23%	73%	21%	
			bcd efghij				di		cdei		cdei		ac			
A bit less		(2.0)	290	26	38	61	60	32	23	15	34	153	73	44	72	174
		14%	7%	18%	22%	17%	14%	11%	16%	11%	18%	12%	8%	8%	34%	
				afhj	aefhj	aj	a	a	a	a	afhj	a			ab	
A lot less		(1.0)	241	70	46	34	43	20	10	4	14	97	28	29	50	161
		12%	19%	22%	12%	12%	9%	5%	4%	5%	11%	5%	5%	5%	32%	
			cdefghij	cdefghij	fghj	fghj	hj				fghj				ab	
Don't know		33	12	3	8	2	1	2	1	4	11	7	7	10	3	
		2%	3%	1%	3%	1%	*	1%	1%	1%	1%	1%	1%	1%	1%	
			deij		de											
NET: More		548	25	35	72	116	84	78	37	101	272	216	366	120	62	
		27%	7%	17%	25%	32%	38%	36%	39%	33%	31%	35%	63%	13%	12%	
				a	ab	ab	abc	abc	abc	abc	abc	abc	bc			
NET: Less		530	96	84	95	103	52	33	19	48	250	101	73	122	334	
		26%	26%	40%	33%	29%	23%	16%	20%	16%	29%	17%	13%	13%	66%	
			fhj	ade fghij	aefghj	fhj	fhj				fhj				ab	
Base for stats		2018	353	205	277	357	222	213	94	297	856	604	571	933	505	
Mean Score		2.95	2.61	2.57	2.82	2.98	3.14	3.25	3.29	3.22	2.97	3.24	3.62	2.96	2.17	
					ab	ab	abci	abcdi	abcdi	abcdi	abc	abcdi	bc	c		
Standard Deviation		1.031	.906	1.070	1.010	1.077	1.056	.938	1.039	.930	1.056	.949	1.006	.679	1.060	
Standard Error		.023	.049	.074	.061	.056	.071	.065	.108	.054	.036	.039	.042	.022	.047	
Error variance		*	*	.01	*	*	.01	*	.01	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q2B. In the past week, do you think you have done more, less, or the same amount of activity that has worked your muscles harder than usual (i.e. they felt tired, hot or were shaking), compared to a typical week before the COVID-19 restrictions were introduced?

BASE: All respondents

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	116 6%	3 1%	11 3%	17 4%	24 8%	17 10%	12 9%	10 20%	22 16%	58 7%	44 14%	116 21%	- -	- -
				a	a	ab	abc	abc	abcdei	abcdi	ab	abcdi	bc		
A bit more	(4.0)	432 21%	19 4%	63 19%	101 26%	97 32%	55 31%	46 35%	16 31%	36 27%	253 29%	97 31%	432 79%	- -	- -
				a	ab	ab	ab	abc	a	a	ab	ab	bc		
Neither more nor less	(3.0)	939 46%	341 63%	119 37%	153 39%	133 44%	61 34%	51 39%	17 33%	64 48%	347 40%	131 42%	- -	939 100%	- -
			bcdefghij			be				be				ac	
A bit less	(2.0)	290 14%	50 9%	65 20%	85 22%	33 11%	31 18%	16 12%	6 12%	6 4%	149 17%	27 9%	- -	- -	290 55%
				adhj	adfhj	h	adhj	h			adhj				ab
A lot less	(1.0)	241 12%	106 20%	64 20%	34 9%	14 5%	13 7%	4 3%	1 2%	4 3%	61 7%	10 3%	- -	- -	241 45%
			cdefghij	cdefghij	dfhj		j				j				ab
Don't know		33 2%	22 4%	4 1%	3 1%	1 *	- -	1 1%	1 2%	2 1%	4 *	3 1%	- -	- -	- -
			bcdeij												
NET: More		548 27%	22 4%	74 23%	118 30%	121 40%	72 41%	58 45%	26 51%	58 43%	311 36%	141 45%	548 100%	- -	- -
				a	ab	abc	abc	abc	abci	abc	ab	abci	bc		
NET: Less		530 26%	156 29%	128 39%	119 30%	46 15%	44 25%	20 15%	7 14%	10 7%	209 24%	37 12%	- -	- -	530 100%
			dfghij	acdefghij	dfghij	h	dfhj	h			dfhj				ab
Base for stats		2018	519	322	390	300	178	128	49	132	868	309	548	939	530
Mean Score		2.95	2.54	2.67	2.96	3.28	3.18	3.35	3.56	3.49	3.11	3.45	4.21	3.00	1.55
					ab	abci	abc	abci	abcei	abcdei	abc	abcdei	c		
Standard Deviation		1.031	.876	1.104	1.003	.923	1.066	.934	1.026	.931	1.000	.948	.409	-	.498
Standard Error		.023	.039	.061	.051	.053	.081	.084	.147	.082	.034	.055	.017	-	.022
Error variance		*	*	*	*	*	.01	.01	.02	.01	*	*	*	-	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204	
Total	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1296	620	674	358	424	514	59	149	142	121	111	155	202	215	142	
	63%	62%	65%	58%	63% a	68% a	60%	56%	71% abdg	57%	63%	68% bd	62%	64% b	68% bd	
Running or jogging	454	261	190	217	182	55	22	50	48	40	34	47	105	84	25	
	22%	26% b	18%	35% bc	27% c	7%	22% i	19% i	24% i	19%	19% i	21% i	32% abcdefghi	25% i	12%	
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	389	198	189	164	126	99	17	40	38	44	30	40	89	60	33	
	19%	20%	18%	27% bc	19% c	13%	17%	15%	19%	20%	17%	17%	27% abcefghi	18%	16%	
Home activity, fitness or exercise class viewed online or on TV, DVD or video	367	141	225	168	121	79	17	41	42	32	29	41	81	51	35	
	18%	14%	22% a	27% bc	18% c	10%	17%	15%	21%	15%	16%	18%	25% bdehi	15%	17%	
Cycling (either for leisure or travel)	332	200	132	134	125	73	11	50	35	33	32	32	55	58	26	
	16%	20% b	13%	22% c	19% c	10%	11%	19%	17%	15%	18%	14%	17%	17%	13%	
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	204	100	103	79	85	41	7	29	28	25	18	22	26	27	20	
	10%	10%	10%	13% c	13% c	5%	8%	11%	14% gh	12%	10%	10%	8%	8%	10%	
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	135	76	59	64	58	12	5	16	14	17	12	8	27	26	9	
	7%	8%	6%	10% c	9% c	2%	5%	6%	7%	8%	7%	4%	8% f	8%	4%	
Golf	72	63	9	26	25	21	3	15	8	10	2	10	8	13	4	
	4%	6% b	1%	4%	4%	3%	3%	6% egi	4%	5% e	1%	4%	2%	4%	2%	
Team sports (such as football, cricket, rugby etc.)	68	47	19	47	18	2	3	6	5	6	8	5	18	11	6	
	3%	5% b	2%	8% bc	3% c	*	3%	2%	3%	3%	5%	2%	5%	3%	3%	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204	
Total	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Racket sports (such as tennis, badminton, squash etc.)	67	37	29	36	23	7	2	7	3	6	7	7	19	10	6	
	3%	4%	3%	6%	3%	1%	2%	2%	1%	3%	4%	3%	6%	3%	3%	
				bc	c								bc			
Other sport, exercise or physical activity	106	54	51	30	25	51	4	14	6	9	12	15	12	23	12	
	5%	5%	5%	5%	4%	7%	4%	5%	3%	4%	7%	7%	4%	7%	6%	
						b								c		
I have not done any physical activity in the past week	248	106	140	43	69	136	19	35	19	31	19	32	28	41	24	
	12%	11%	13%	7%	10%	18%	20%	13%	9%	15%	11%	14%	8%	12%	11%	
			a		a	ab	cegi			g		g				
NET: Home based activity	775	352	420	319	263	194	32	89	82	85	70	82	151	110	75	
	38%	35%	40%	51%	39%	25%	32%	33%	41%	40%	39%	36%	46%	33%	36%	
			a	bc	c								abfhi			
NET: Any physical activity in the past week	1803	895	901	577	603	623	79	232	181	183	158	196	298	292	185	
	88%	89%	87%	93%	90%	82%	80%	87%	91%	85%	89%	86%	92%	88%	89%	
		b		bc	c			a	a		a		adf		a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1296 63%	78 56%	284 64%	335 64%	186 65%	149 64%	264 62%	697 63%	599 63%	1134 64% dg	25 58%	73 62%	39 52%	3 25%	7 57%	147 56%
Running or jogging	454 22%	51 37% cdefh	155 35% cdefh	130 25% efh	68 24% efh	32 14% f	19 4% f	336 30% cdefh	118 13% f	341 19%	16 38% a	52 44% a	28 37% a	3 26%	4 36%	104 40% a
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	389 19%	46 33% bcdefgh	103 23% cefh	89 17%	64 23% efh	32 14%	55 13%	237 21% cefh	152 16%	317 18%	6 14%	32 27% a	22 29% a	4 31%	5 37%	68 26% a
Home activity, fitness or exercise class viewed online or on TV, DVD or video	367 18%	47 34% bcdefgh	99 22% efh	103 20% fh	47 17% f	34 15% f	37 9%	249 22% defh	118 13% f	291 17%	8 19%	33 28% a	23 31% a	2 17%	3 22%	69 26% a
Cycling (either for leisure or travel)	332 16%	29 21% fh	92 21% fh	90 17% fh	62 22% efh	34 15% f	24 6%	211 19% fh	121 13% f	280 16%	8 18%	21 18%	13 18%	- -	3 28%	46 17%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	204 10%	28 20% bcdefgh	53 12% fh	54 10% fh	28 10% f	25 11% f	16 4%	135 12% fh	69 7% f	168 10%	7 15%	16 13%	7 10%	- -	3 23%	32 12%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	135 7%	23 17% bcdefgh	41 9% fh	31 6% f	21 7% fh	13 6% f	6 1%	95 9% fh	39 4% f	105 6%	5 11%	9 8%	11 15% a	- -	4 34%	29 11% a
Golf	72 4%	15 11% bcdefgh	19 4%	13 3%	11 4%	4 2%	10 2%	48 4% eh	24 3%	66 4% g	1 2%	2 2%	- -	- -	- -	3 1%
Team sports (such as football, cricket, rugby etc.)	68 3%	15 11% bcdefgh	20 5% fh	12 2% f	12 4% f	7 3% f	1 *	48 4% cfh	20 2% f	49 3%	3 7%	6 5%	6 8% a	- -	1 6%	16 6% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Racket sports (such as tennis, badminton, squash etc.)	67	20	22	12	5	3	4	54	12	49	5	8	2	-	1	16
	3%	14%	5%	2%	2%	1%	1%	5%	1%	3%	12%	7%	3%	-	7%	6%
		bcdefgh	cdefh					cdefh				ad	a			a
Other sport, exercise or physical activity	106	9	22	26	16	7	27	57	50	90	5	4	5	-	1	14
	5%	6%	5%	5%	5%	3%	6%	5%	5%	5%	10%	4%	6%	-	6%	5%
I have not done any physical activity in the past week	248	8	31	53	25	33	98	91	156	227	3	8	4	4	-	19
	12%	6%	7%	10%	9%	14%	23%	8%	17%	13%	8%	7%	5%	28%	-	7%
						abdg	abcdegh		abcdg	cdg						
NET: Home based activity	775	83	206	202	110	73	101	492	284	633	18	59	42	5	7	130
	38%	60%	46%	39%	38%	31%	24%	44%	30%	36%	40%	50%	56%	38%	57%	50%
		bcdefgh	cdefh	efh	fh	f		cefh	f			a	a			a
NET: Any physical activity in the past week	1803	132	417	467	260	198	330	1016	787	1531	40	110	72	9	12	244
	88%	94%	93%	90%	91%	86%	77%	92%	83%	87%	92%	93%	95%	72%	100%	93%
		efh	efh	fh	efh	f		efh	f			a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1296	842	239	179	418	216	75	328	103	30	36	68	82	102	256	291
	63%	65%	65%	57%	61%	65%	61%	59%	64%	64%	74%	71%	61%	60%	66%	64%
		c									c	c			c	
Running or jogging	454	197	116	121	237	95	32	184	34	9	5	20	49	11	15	127
	22%	15%	31%	39%	35%	29%	26%	33%	21%	19%	11%	20%	36%	7%	4%	28%
			a	a	a	fij	fij	defgij	ij	ij	j	ij	defgij			fij
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	389	210	84	86	170	63	30	120	32	8	8	14	34	27	54	92
	19%	16%	23%	27%	25%	19%	24%	22%	20%	17%	16%	15%	26%	16%	14%	20%
			a	a	a		j	j					gij			j
Home activity, fitness or exercise class viewed online or on TV, DVD or video	367	189	72	92	164	82	23	105	35	8	6	15	36	22	35	104
	18%	15%	20%	29%	24%	25%	18%	19%	22%	17%	13%	16%	27%	13%	9%	23%
			a	ab	a	cij	j	j	ij			j	cfgij			ij
Cycling (either for leisure or travel)	332	163	67	88	155	68	26	121	29	10	6	15	25	12	21	94
	16%	13%	18%	28%	23%	21%	21%	22%	18%	21%	12%	15%	19%	7%	5%	21%
			a	ab	a	ij	ij	ij	ij	ij		ij	ij			ij
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	204	78	55	60	115	32	22	63	22	5	8	9	16	14	13	55
	10%	6%	15%	19%	17%	10%	18%	11%	14%	11%	17%	10%	12%	8%	3%	12%
			a	a	a	j	acij	j	j	j	j	j	j	j		j
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	135	46	40	41	82	31	20	52	8	4	1	4	6	9	-	50
	7%	4%	11%	13%	12%	9%	16%	9%	5%	8%	2%	4%	5%	5%	-	11%
			a	a	a	j	acdghij	hj	j	j	j	j	j	j		dghij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Golf	72 4%	37 3%	12 3%	21 7% a	33 5% a	16 5% i	8 6% i	22 4% i	4 3%	1 3%	3 6% i	1 1%	3 2%	1 1%	12 3%	23 5% i
Team sports (such as football, cricket, rugby etc.)	68 3%	29 2%	13 4%	19 6% a	33 5% a	11 3% ij	10 8% acdij	19 3% ij	2 1%	3 7% ij	1 3% i	3 3% ij	17 13% acdfgijk	- - -	1 * -	21 5% ij
Racket sports (such as tennis, badminton, squash etc.)	67 3%	28 2%	20 5% a	17 5% a	37 5% a	11 3% ij	9 8% agij	27 5% gij	6 3% ij	2 4% gij	1 2% -	- - -	7 5% gij	- - -	3 1% -	20 4% gij
Other sport, exercise or physical activity	106 5%	83 6% bcd	11 3%	9 3%	20 3%	16 5%	3 3%	21 4%	5 3%	4 8%	5 11% bcdik	7 7%	9 7%	5 3%	31 8% cdik	19 4%
I have not done any physical activity in the past week	248 12%	194 15% bcd	25 7%	16 5%	41 6%	28 9%	7 6%	47 9%	18 11% h	3 7%	3 7%	15 16% abchk	6 5%	41 24% abcdefhk	79 20% abcdefhk	36 8%
NET: Home based activity	775 38%	406 32%	163 44% a	179 58% ab	342 50% a	132 40% j	56 46% ij	234 42% ij	67 42% j	17 37%	19 40% j	33 35% j	68 51% agijk	54 32%	93 24%	188 42% ij
NET: Any physical activity in the past week	1803 88%	1093 85%	345 93% a	296 95% a	640 94% a	302 91% gij	116 94% gij	506 91% gij	143 89% ij	44 93% ij	45 93% ij	81 84%	128 95% dgij	130 76%	309 80%	418 92% gij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness			Yes	No
Total	a	b	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1296	208	720	335	33	1088	161	912	135	185	25	949	310	34	1022	274	1110	183
63%	63%	65%	61%	54%	63%	53%	66% a	61% bc	52%	41%	67% bcef	55% c	50%	62%	67%	64%	59%
454	31	220	179	24	423	79	333	42	29	7	363	74	4	376	78	385	66
22%	10%	20% a	33% abe	39% abe	25% ab	26%	24%	19% bef	8%	11%	26% abcef	13% b	6%	23%	19%	22%	21%
389	51	203	117	18	338	70	262	40	53	8	291	90	11	322	68	335	54
19%	16%	18%	21% a	30% ab	20%	23%	19%	18%	15%	14%	20% be	16%	16%	20%	17%	19%	17%
367	42	178	133	15	325	54	265	34	36	12	276	74	6	307	60	307	60
18%	13%	16%	24% abe	24% a	19% ab	18%	19%	15%	10%	20% b	19% bef	13%	9%	19%	15%	18%	19%
332	39	154	127	12	294	51	240	31	39	6	253	70	5	269	63	284	48
16%	12%	14%	23% abe	20%	17% ab	17%	17%	14%	11%	10%	18% bef	12%	7%	16%	15%	16%	15%
204	12	111	74	7	192	38	149	24	27	5	147	49	8	157	47	186	16
10%	4%	10% a	14% ab	11% a	11% a	13%	11%	11%	8%	9%	10%	9%	11%	10%	12%	11% b	5%
135	17	66	49	3	117	34	82	17	15	10	93	36	4	117	17	115	19
7%	5%	6%	9% ab	4%	7%	11% b	6%	7%	4%	16% abde	7%	6%	6%	7% b	4%	7%	6%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total	2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
Total	2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Golf	72 4%	7 2%	34 3%	28 5% ab	3 5%	65 4%	12 4%	50 4%	4 2%	5 1%	4 6% bf	57 4% be	12 2%	- -	52 3%	20 5%	63 4%	7 2%
Team sports (such as football, cricket, rugby etc.)	68 3%	7 2%	22 2%	33 6% abe	6 10% abe	60 4% b	21 7% b	38 3%	8 4%	10 3%	5 9% bdf	42 3%	23 4%	- -	57 3%	11 3%	53 3%	14 5%
Racket sports (such as tennis, badminton, squash etc.)	67 3%	3 1%	37 3%	20 4% a	6 9% abce	63 4% a	19 6% b	42 3%	11 5%	13 4%	4 6%	39 3%	24 4%	3 5%	57 3%	10 2%	60 3%	7 2%
Other sport, exercise or physical activity	106 5%	21 7%	58 5%	23 4%	3 5%	85 5%	11 4%	71 5%	13 6%	21 6%	2 3%	70 5%	33 6%	3 4%	82 5%	24 6%	96 6%	9 3%
I have not done any physical activity in the past week	248 12%	49 15% c	151 14% c	42 8%	6 9%	199 12% c	28 9%	163 12%	30 14% d	94 26% ade	13 21% d	129 9%	112 20% ad	21 30% ade	200 12%	48 12%	190 11%	54 17% a
NET: Home based activity	775 38%	93 28%	395 35% a	255 47% abe	32 51% ab	682 40% ab	124 41%	546 39%	72 32%	96 27%	21 34%	581 41% abef	169 30%	19 27%	636 39%	140 34%	667 39%	106 34%
NET: Any physical activity in the past week	1803 88%	278 85%	963 86%	506 92% abe	57 91%	1525 88%	273 91%	1223 88%	192 86% bef	264 74%	48 79%	1291 91% abcef	450 80% bf	48 70%	1445 88%	359 88%	1534 89% b	258 83%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1296	133	126	178	245	158	161	66	228	581	455	373	584	331
	63%	36%	61%	63%	68%	71%	75%	69%	76%	67%	75%	65%	62%	65%
			a	a	a	abc	abci	a	abcdi	a	abcdi			
Running or jogging	454	9	22	60	91	78	73	34	89	228	195	200	164	89
	22%	2%	10%	21%	25%	35%	34%	36%	29%	26%	32%	35%	17%	17%
			a	ab	ab	abcdi	abcdi	abcd	abc	ab	abcdi	bc		
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	389	11	36	47	58	56	60	35	86	161	181	160	160	69
	19%	3%	17%	16%	16%	25%	28%	37%	29%	19%	30%	28%	17%	14%
			a	a	a	abcdi	abcdi	abcdei	abcdi	a	abcdi	bc		
Home activity, fitness or exercise class viewed online or on TV, DVD or video	367	6	23	41	83	59	52	28	75	183	155	154	131	82
	18%	2%	11%	14%	23%	27%	24%	29%	25%	21%	25%	27%	14%	16%
			a	a	abc	abc	abc	abc	abc	abc	abc	bc		
Cycling (either for leisure or travel)	332	7	11	47	73	51	60	18	66	170	144	130	139	62
	16%	2%	5%	16%	20%	23%	28%	19%	22%	20%	24%	22%	15%	12%
			a	ab	ab	ab	abcdi	ab	ab	ab	abc	bc		
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	204	8	18	25	49	26	34	12	33	100	79	76	81	47
	10%	2%	9%	9%	14%	11%	16%	12%	11%	12%	13%	13%	9%	9%
			a	a	a	a	abc	a	a	a	a	bc		
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	135	3	7	19	30	23	23	10	18	72	52	72	33	29
	7%	1%	3%	7%	8%	10%	11%	11%	6%	8%	8%	13%	3%	6%
			a	a	ab	ab	ab	ab	a	ab	ab	bc		
Golf	72	1	2	5	24	12	15	6	7	42	28	23	33	16
	4%	*	1%	2%	7%	5%	7%	6%	2%	5%	5%	4%	3%	3%
				a	abch	abc	abch	abc	a	abc	ab			
Team sports (such as football, cricket, rugby etc.)	68	5	2	7	21	10	7	3	13	38	23	32	23	12
	3%	1%	1%	2%	6%	5%	3%	4%	4%	4%	4%	5%	2%	2%
					abc	ab			ab	ab	ab	bc		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Racket sports (such as tennis, badminton, squash etc.)	67	3	4	7	22	5	11	5	8	34	25	33	25	7
	3%	1%	2%	3%	6%	2%	5%	6%	3%	4%	4%	6%	3%	1%
				abceh			a	a	a	a	a	bc		
Other sport, exercise or physical activity	106	12	5	16	16	10	14	8	25	42	47	27	49	28
	5%	3%	2%	6%	5%	4%	6%	8%	8%	5%	8%	5%	5%	6%
							ab	abdi			abi			
I have not done any physical activity in the past week	248	197	19	16	8	2	2	-	3	26	5	11	162	64
	12%	54%	9%	6%	2%	1%	1%	-	1%	3%	1%	2%	17%	13%
		bcd efghij	defghij	defghij						j			ac	a
NET: Home based activity	775	23	70	97	157	107	110	60	151	361	321	306	305	163
	38%	6%	34%	34%	44%	48%	51%	63%	50%	42%	53%	53%	32%	32%
		a	a	a	abc	abc	abci	abcdefhi	abci	abc	abcdi	bc		
NET: Any physical activity in the past week	1803	168	189	268	352	220	212	95	298	840	606	566	781	444
	88%	46%	91%	94%	98%	99%	99%	100%	99%	97%	99%	98%	83%	87%
			a	a	abc	abc	abc	abc	abc	abc	abci	bc		b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Total	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1296	296	227	256	192	117	86	30	94	564	210	365	572	344
	63%	55%	70%	65%	64%	66%	67%	60%	70%	65%	67%	66%	61%	65%
			a	a	a	a	a		a	a	a	b		
Running or jogging	454	21	53	98	88	74	59	17	43	261	119	183	169	100
	22%	4%	16%	25%	29%	42%	46%	34%	32%	30%	38%	33%	18%	19%
			a	ab	ab	abcdi	abcdhi	ab	ab	ab	abcdi	bc		
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	389	25	47	85	86	45	39	17	45	217	101	156	159	73
	19%	5%	14%	22%	29%	25%	30%	33%	34%	25%	32%	28%	17%	14%
			a	ab	abc	ab	ab	ab	abci	ab	abci	bc		
Home activity, fitness or exercise class viewed online or on TV, DVD or video	367	29	49	87	71	48	38	14	31	206	83	161	125	79
	18%	5%	15%	22%	24%	27%	30%	28%	23%	24%	27%	29%	13%	15%
			a	ab	ab	ab	ab	ab	ab	ab	ab	bc		
Cycling (either for leisure or travel)	332	30	41	70	65	43	37	12	34	178	83	119	134	77
	16%	6%	12%	18%	21%	24%	29%	23%	25%	20%	27%	22%	14%	15%
			a	ab	ab	ab	abci	ab	ab	ab	abci	bc		
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	204	16	36	38	42	28	18	8	18	108	45	71	78	53
	10%	3%	11%	10%	14%	16%	14%	16%	14%	12%	14%	13%	8%	10%
			a	a	a	ac	a	a	a	a	a	b		
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	135	8	18	28	25	23	15	5	13	76	33	62	44	29
	7%	1%	5%	7%	8%	13%	12%	11%	9%	9%	11%	11%	5%	5%
			a	a	a	abc	ab	a	a	a	ab	bc		
Golf	72	4	8	23	16	7	9	1	5	45	15	21	32	18
	4%	1%	2%	6%	5%	4%	7%	2%	4%	5%	5%	4%	3%	3%
			a	ab	a	a	ab		a	ab	a			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
	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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	68	6	7	13	17	9	6	3	6	39	15	28	23	15
	3%	1%	2%	3%	6%	5%	5%	6%	5%	4%	5%	5%	2%	3%
				a	ab	a	a	a	a	a	a	b		
Racket sports (such as tennis, badminton, squash etc.)	67	1	11	14	23	10	5	1	3	47	8	27	27	13
	3%	*	3%	4%	8%	6%	4%	1%	2%	5%	3%	5%	3%	2%
			a	a	abchj	a	a		a	aj	a	bc		
Other sport, exercise or physical activity	106	8	19	31	13	11	13	5	7	55	24	32	46	26
	5%	1%	6%	8%	4%	6%	10%	9%	5%	6%	8%	6%	5%	5%
			a	ad	a	a	ad	a	a	a	a			
I have not done any physical activity in the past week	248	198	23	15	4	2	1	-	5	21	5	7	162	67
	12%	37%	7%	4%	1%	1%	1%	-	3%	2%	2%	1%	17%	13%
		bcd efghij	cdefij	d									ac	a
NET: Home based activity	775	66	112	169	152	98	73	32	73	419	178	304	300	167
	38%	12%	34%	43%	50%	55%	57%	63%	55%	48%	57%	55%	32%	31%
			a	ab	ab	abc	abc	abci	abc	ab	abci	bc		
NET: Any physical activity in the past week	1803	343	303	378	297	176	128	50	129	851	307	541	777	464
	88%	63%	93%	96%	99%	99%	99%	100%	97%	98%	98%	99%	83%	87%
			a	ab	abc	ab	ab	a	a	ab	ab	bc		b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents who walked in the past week

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1292	614	676	403	421	468	66	154	160	124	115	122	201	211	139
Total	1296	620	674	358	424	514	59	149	142	121	111	155	202	215	142
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	953	480	472	259	308	386	45	123	108	84	83	110	142	162	98
	74%	77%	70%	72%	73%	75%	76%	82%	76%	69%	74%	71%	70%	76%	69%
		b						dfgi							
To get to/from shops or supermarkets	568	263	304	144	194	229	21	60	64	55	43	71	105	89	60
	44%	42%	45%	40%	46%	45%	35%	40%	45%	46%	38%	46%	52%	41%	42%
													abeh		
For personal business, e.g. running errands or visiting the doctor	154	77	76	57	56	41	8	14	13	14	6	18	35	24	21
	12%	12%	11%	16%	13%	8%	14%	10%	9%	11%	5%	12%	17%	11%	15%
				c	c		e						bce		e
To get to/from my place of work	134	69	65	41	61	33	4	14	12	7	9	19	24	34	11
	10%	11%	10%	11%	14%	6%	6%	10%	9%	6%	8%	12%	12%	16%	8%
				c	c									acdi	
For journeys made as part of my work	86	51	35	26	43	17	1	9	7	8	7	7	21	17	9
	7%	8%	5%	7%	10%	3%	1%	6%	5%	7%	6%	4%	10%	8%	6%
		b		c	c								a		
To volunteer or provide support to others	45	23	21	13	18	13	2	4	2	4	3	5	11	7	5
	3%	4%	3%	4%	4%	3%	4%	3%	1%	3%	3%	3%	6%	3%	4%
													c		
For another purpose	86	26	60	15	23	49	3	9	9	10	8	16	4	10	17
	7%	4%	9%	4%	5%	9%	6%	6%	6%	8%	8%	10%	2%	4%	12%
			a			ab			g	g	g	gh			gh
NET: Travel/utility	725	346	379	204	255	266	28	77	81	65	52	90	138	122	71
	56%	56%	56%	57%	60%	52%	48%	52%	57%	54%	46%	58%	68%	57%	50%
					c								abcdehi		
NET: Leisure, fitness & recreation and travel/utility	427	217	210	115	147	165	17	55	51	33	28	53	78	76	36
	33%	35%	31%	32%	35%	32%	30%	37%	36%	27%	25%	34%	38%	35%	26%
								ei					dei		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents who walked in the past week

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g
Unweighted Total	1292	79	279	337	194	158	245	695	597	1124	27	76	40	3	7	153
Total	1296	78	284	335	186	149	264	697	599	1134	25	73	39	3	7	147
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	953	64	229	247	120	102	190	540	413	839	19	49	32	1	4	105
	74%	82% deh	81% cdefh	74% d	65%	68%	72%	78% deh	69%	74%	78%	68%	81%	37%	52%	71%
To get to/from shops or supermarkets	568	30	121	138	80	70	129	289	279	502	8	28	21	2	2	61
	44%	39%	43%	41%	43%	47%	49% g	41%	47%	44%	32%	39%	53%	63%	29%	41%
For personal business, e.g. running errands or visiting the doctor	154	16	45	36	22	16	18	97	57	124	7	10	4	-	2	23
	12%	20% cefh	16% fh	11%	12%	11%	7%	14% fh	9%	11%	28%	14%	9%	-	31%	16%
To get to/from my place of work	134	10	25	39	29	29	3	74	60	112	3	9	7	-	2	20
	10%	13% f	9% f	12% f	15% bfh	19% bcfgh	1% f	11% f	10% f	10%	11%	12%	18%	-	29%	14%
For journeys made as part of my work	86	9	19	22	18	13	4	51	35	72	1	10	2	-	-	13
	7%	12% fh	7% f	7% f	10% f	9% f	2% f	7% f	6% f	6%	3%	14% a	5%	-	-	9%
To volunteer or provide support to others	45	8	11	8	4	5	9	27	18	38	1	3	-	-	1	5
	3%	10% bcdefgh	4%	2%	2%	3%	3%	4%	3%	3%	3%	5%	-	-	19%	4%
For another purpose	86	5	16	18	17	10	19	40	46	81	1	1	-	1	-	4
	7%	7%	6%	5%	9%	7%	7%	6%	8%	7% g	5%	2%	-	37%	-	3%
NET: Travel/utility	725	44	158	189	107	89	138	391	334	629	12	42	24	2	5	85
	56%	57%	55%	56%	57%	60%	52%	56%	56%	56%	46%	58%	61%	63%	76%	58%
NET: Leisure, fitness & recreation and travel/utility	427	32	109	109	52	51	75	250	177	377	6	20	16	-	2	44
	33%	42% dfh	38% dfh	33%	28%	34%	28%	36% dfh	30%	33%	24%	28%	41%	-	29%	30%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents who walked in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	1292	894	203	151	354	224	72	326	105	29	34	75	102	104	221	296
Total	1296	842	239	179	418	216	75	328	103	30	36	68	82	102	256	291
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	953	620	182	128	311	147	58	254	64	24	25	53	61	63	205	204
	74%	74%	76%	72%	74%	68%	77% di	77% adik	62%	81%	70%	78% di	74%	62%	80% adik	70%
To get to/from shops or supermarkets	568	368	103	81	184	95	30	131	61	16	19	39	29	45	104	126
	44%	44%	43%	45%	44%	44%	40%	40%	59% abchijk	54%	53%	57% chjk	35%	44%	41%	43%
For personal business, e.g. running errands or visiting the doctor	154	91	31	26	58	40	11	36	19	2	6	9	8	8	15	51
	12%	11%	13%	15%	14%	18% cij	14% j	11% j	18% cij	5%	18% j	13%	10%	8%	6%	17% cij
To get to/from my place of work	134	78	29	26	56	16	11	70	24	2	3	1	3	2	3	27
	10%	9%	12%	15% a	13% a	7% gij	15% ghij	21% aghijk	24% afghijk	5%	8% j	1%	4%	2%	1%	9% gij
For journeys made as part of my work	86	54	20	12	31	11	6	41	16	5	2	1	1	1	2	17
	7%	6%	8%	7%	8%	5% j	8% hij	12% aghijk	15% aghijk	16%	5%	1%	2%	1%	1%	6% ij
To volunteer or provide support to others	45	23	9	11	19	10	3	7	9	2	1	1	1	2	9	13
	3%	3%	4%	6% a	5%	5%	4%	2%	8% cghi	7%	3%	1%	1%	2%	4%	5%
For another purpose	86	68	7	8	15	19	2	10	4	2	2	6	5	15	21	21
	7%	8% bd	3%	4%	4%	9% c	3%	3%	4%	6%	5%	9% c	6%	15% bcdhk	8% c	7% c
NET: Travel/utility	725	456	141	107	249	129	42	191	79	19	23	40	37	50	113	171
	56%	54%	59%	60%	60%	60% hj	56%	58% hj	77% abcghijk	63%	65% hj	59% j	46%	49%	44%	59% hj

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents who walked in the past week

Significance Level: 95%

Unweighted Total

Total

NET: Leisure, fitness & recreation and travel/utility

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	*e	f	g	h	i	j	k	
1292	894	203	151	354	224	72	326	105	29	34	75	102	104	221	296	
1296	842	239	179	418	216	75	328	103	30	36	68	82	102	256	291	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
427	272	88	59	147	71	25	123	40	13	15	27	19	19	75	96	
33%	32%	37%	33%	35%	33%	33%	38%	39%	44%	41%	40%	23%	18%	29%	33%	
					i	i	hij	hi		hi	hi			i	i	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents who walked in the past week

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
						NET: Lives with others							NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
	Total	Lives alone	2-3	4-5	6+		Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
Significance Level: 95%		a	b	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	1292	210	717	332	33	1082	154	911	144	179	25	939	313	34	1028	264	1100	188
Total	1296	208	720	335	33	1088	161	912	135	185	25	949	310	34	1022	274	1110	183
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	953 74%	144 70%	529 74%	253 76%	26 78%	808 74%	99 61%	701 77% a	88 65%	124 67%	14 58%	721 76% abef	208 67% f	17 49%	743 73%	210 77%	833 75% b	117 64%
To get to/from shops or supermarkets	568 44%	111 53% bce	301 42%	138 41%	18 53%	457 42%	82 51% b	369 40%	61 45%	67 36%	8 33%	427 45% b	121 39%	15 44%	478 47% b	90 33%	462 42%	105 57% a
For personal business, e.g. running errands or visiting the doctor	154 12%	26 12%	82 11%	45 13%	2 5%	128 12%	28 17% b	96 10%	20 15%	27 15%	7 27%	98 10%	46 15% d	8 22% d	127 12%	27 10%	124 11%	29 16%
To get to/from my place of work	134 10%	15 7%	79 11%	37 11%	3 10%	119 11%	23 14%	94 10%	9 7%	11 6%	5 18%	106 11% b	24 8%	1 2%	116 11% b	19 7%	107 10%	27 15% a
For journeys made as part of my work	86 7%	13 6%	54 8%	18 5%	1 3%	73 7%	13 8%	58 6%	7 5%	7 4%	2 9%	68 7%	16 5%	- -	77 8% b	9 3%	73 7%	13 7%
To volunteer or provide support to others	45 3%	6 3%	26 4%	13 4%	- -	39 4%	14 8% b	24 3%	7 5%	8 5%	1 5%	29 3%	13 4%	3 10% d	33 3%	11 4%	40 4%	5 3%
For another purpose	86 7%	18 9% c	51 7%	15 4%	2 7%	68 6%	11 7%	57 6%	14 11%	16 8%	1 4%	61 6%	24 8%	7 20% bde	63 6%	23 8%	77 7%	9 5%
NET: Travel/utility	725 56%	129 62% b	389 54%	188 56%	19 56%	596 55%	112 69% b	474 52%	77 57%	90 48%	15 59%	537 57% b	161 52%	20 60%	604 59% b	121 44%	596 54%	129 70% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents who walked in the past week

Significance Level: 95%

Unweighted Total

Total

NET: Leisure, fitness & recreation and travel/utility

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	*c	d	e	f	a	b	a	b
1292	210	717	332	33	1082	154	911	144	179	25	939	313	34	1028	264	1100	188
1296	208	720	335	33	1088	161	912	135	185	25	949	310	34	1022	274	1110	183
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
427	76	228	111	11	351	58	289	36	38	4	340	73	5	357	69	358	68
33%	37%	32%	33%	34%	32%	36%	32%	26%	21%	17%	36% abef	23%	16%	35% b	25%	32%	37%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents who walked in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	1292	128	131	178	255	158	156	64	222	591	442	376	578	329
Total	1296	133	126	178	245	158	161	66	228	581	455	373	584	331
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	953	72	81	127	176	130	129	52	187	433	368	274	433	243
	74%	54%	64%	71%	72%	82%	80%	79%	82%	75%	81%	74%	74%	73%
				a	a	abcdi	ab	ab	abcdi	ab	abcdi			
To get to/from shops or supermarkets	568	62	59	80	97	68	65	30	107	245	201	186	226	153
	44%	47%	47%	45%	40%	43%	40%	45%	47%	42%	44%	50%	39%	46%
												b		b
For personal business, e.g. running errands or visiting the doctor	154	14	14	18	32	15	23	11	26	65	61	61	63	30
	12%	10%	11%	10%	13%	9%	15%	17%	11%	11%	13%	16%	11%	9%
												bc		
To get to/from my place of work	134	8	14	18	22	17	28	7	19	57	55	63	47	23
	10%	6%	11%	10%	9%	11%	18%	11%	8%	10%	12%	17%	8%	7%
							acdhi				a	bc		
For journeys made as part of my work	86	2	9	9	19	11	15	7	13	39	36	33	40	12
	7%	2%	7%	5%	8%	7%	9%	11%	6%	7%	8%	9%	7%	4%
			a		a	a	a	a		a	a	c	c	
To volunteer or provide support to others	45	3	3	4	10	7	7	3	7	21	18	17	19	8
	3%	2%	3%	2%	4%	4%	4%	5%	3%	4%	4%	5%	3%	2%
For another purpose	86	20	2	11	16	5	8	5	19	32	31	19	48	17
	7%	15%	2%	6%	7%	3%	5%	7%	8%	6%	7%	5%	8%	5%
		bcdefhij			b				be		b			
NET: Travel/utility	725	73	78	100	133	85	94	39	124	318	257	247	285	189
	56%	54%	61%	56%	54%	54%	59%	59%	54%	55%	56%	66%	49%	57%
												bc		b
NET: Leisure, fitness & recreation and travel/utility	427	25	33	53	75	58	66	28	88	187	182	155	160	111
	33%	19%	26%	30%	31%	37%	41%	42%	39%	32%	40%	42%	27%	34%
				a	a	a	abcdi	ab	ab	a	abcdi	bc		b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents who walked in the past week

	Number of days have done activity to work muscles											Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
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	1292	289	234	255	198	113	83	30	90	566	203	368	564	344
Total	1296	296	227	256	192	117	86	30	94	564	210	365	572	344
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	953	198	163	198	142	84	67	20	81	425	168	277	420	247
	74%	67%	72%	78% a	74%	72%	78%	68%	86% abdegi	75% a	80% ab	76%	74%	72%
To get to/from shops or supermarkets	568	119	99	116	88	45	34	16	50	249	100	182	227	154
	44%	40%	44%	46%	46%	39%	40%	54%	53% ae	44%	48%	50% b	40%	45%
For personal business, e.g. running errands or visiting the doctor	154	28	19	36	20	23	12	6	10	78	28	53	60	40
	12%	10%	9%	14%	10%	19% abd	14%	18%	11%	14% b	13%	14%	10%	12%
To get to/from my place of work	134	18	19	25	22	14	20	7	10	61	36	56	53	22
	10%	6%	8%	10%	11% a	12%	23% abcdehi	23% abci	10%	11% a	17% abci	15% bc	9%	6%
For journeys made as part of my work	86	14	12	22	13	8	8	3	6	44	17	34	33	16
	7%	5%	5%	9%	7%	7%	9%	10%	6%	8%	8%	9% bc	6%	5%
To volunteer or provide support to others	45	5	5	8	7	9	5	1	4	24	11	15	20	10
	3%	2%	2%	3%	4%	7% ab	6% a	3%	5%	4%	5% a	4%	4%	3%
For another purpose	86	37	7	10	12	9	4	2	4	31	11	18	47	21
	7%	13% bcdhij	3%	4%	6%	8% b	5%	7%	5%	6%	5%	5%	8% a	6%
NET: Travel/utility	725	147	123	154	110	67	53	19	52	331	124	231	292	193
	56%	50%	54%	60% a	57%	58%	61%	64%	56%	59% a	59% a	63% bc	51%	56%
NET: Leisure, fitness & recreation and travel/utility	427	72	63	101	64	39	35	12	41	205	88	149	168	106
	33%	24%	28%	40% ab	33% a	34%	41% ab	39%	43% ab	36% ab	42% ab	41% bc	29%	31%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents who cycled in the past week

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	d	e	*f	g	h	*i
Unweighted Total	334	201	133	148	117	69	13	50	39	34	33	26	53	59	27
Total	332	200	132	134	125	73	11	50	35	33	32	32	55	58	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	261	159	101	105	90	65	10	41	32	26	27	26	40	41	19
	78%	80%	77%	78%	73%	89% b	91%	81%	91% gh	78%	84%	80%	73%	70%	73%
To get to/from shops or supermarkets	66	41	25	21	29	16	2	11	3	4	3	7	12	14	9
	20%	21%	19%	16%	23%	21%	16%	21%	10%	13%	10%	23%	23%	25%	34%
To get to/from my place of work	37	27	10	14	17	5	1	3	4	3	3	2	7	9	4
	11%	13%	7%	11%	13%	7%	9%	5%	10%	9%	11%	7%	14%	16%	15%
For journeys made as part of my work	36	23	13	16	17	2	1	-	2	1	1	4	10	13	3
	11%	11%	10%	12% c	14% c	3%	9%	-	6%	4%	3%	13%	19% bde	22% bcde	12%
For personal business, e.g. running errands or visiting the doctor	31	16	15	14	14	3	-	5	3	3	3	2	7	5	2
	9%	8%	11%	11%	11%	4%	-	11%	9%	10%	9%	7%	13%	9%	8%
To volunteer or provide support to others	25	13	11	11	11	2	1	5	2	1	3	3	6	3	2
	7%	7%	9%	8%	9%	3%	7%	9%	4%	3%	8%	9%	12%	5%	7%
For another purpose	4	-	4	2	2	-	-	1	-	1	-	-	2	-	-
	1%	-	3% a	2%	2%	-	-	2%	-	4%	-	-	4%	-	-
NET: Travel/utility	131	82	49	50	58	23	3	18	10	9	9	15	23	30	13
	40%	41%	37%	37%	46%	32%	32%	36%	29%	28%	29%	47%	43%	51% cde	49%
NET: Leisure, fitness & recreation and travel/utility	64	41	23	23	26	15	2	9	7	3	4	9	11	12	6
	19%	21%	17%	17%	21%	21%	23%	19%	20%	9%	13%	27%	19%	21%	23%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents who cycled in the past week

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	b	c	d	e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	334	29	90	90	65	36	24	209	125	281	9	21	13	-	4	47
Total	332	29	92	90	62	34	24	211	121	280	8	21	13	-	3	46
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
For leisure, fitness, or recreation	261	22	70	73	49	27	21	165	96	220	8	13	12	-	3	36
	78%	76%	76%	81%	79%	77%	86%	78%	80%	78%	100%	62%	87%	-	100%	79%
To get to/from shops or supermarkets	66	5	18	19	7	9	8	42	24	49	3	7	2	-	1	14
	20%	18%	19%	21%	11%	26%	34%	20%	20%	18%	45%	34%	15%	-	28%	30% a
To get to/from my place of work	37	2	9	9	9	7	-	21	16	31	2	1	3	-	-	6
	11%	8%	10%	10%	14%	21% g	-	10%	13%	11%	23%	7%	21%	-	-	13%
For journeys made as part of my work	36	4	12	7	9	4	-	23	13	26	-	6	4	-	-	10
	11%	15%	13%	8%	14%	11%	-	11%	10%	9%	-	27%	32%	-	-	22% a
For personal business, e.g. running errands or visiting the doctor	31	2	15	7	4	4	-	23	8	25	1	2	3	-	-	6
	9%	7%	16% h	8%	6%	12%	-	11%	6%	9%	11%	7%	23%	-	-	12%
To volunteer or provide support to others	25	5	6	6	5	1	2	17	8	17	1	3	1	-	-	5
	7%	18%	6%	6%	7%	3%	9%	8%	7%	6%	12%	16%	6%	-	-	11%
For another purpose	4	1	1	1	-	-	1	3	1	4	-	-	-	-	-	-
	1%	4%	1%	1%	-	-	3%	2%	1%	1%	-	-	-	-	-	-
NET: Travel/utility	131	10	40	32	25	15	9	82	49	104	3	13	6	-	1	23
	40%	34%	43%	36%	40%	44%	37%	39%	41%	37%	45%	60%	44%	-	28%	50%
NET: Leisure, fitness & recreation and travel/utility	64	4	19	15	12	7	6	38	25	47	3	5	4	-	1	13
	19%	14%	21%	17%	19%	21%	26%	18%	21%	17%	45%	22%	32%	-	28%	29% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents who cycled in the past week

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	*b	c	*d	*e	*f	*g	h	*i	*j	k
Unweighted Total	334	185	57	75	132	69	24	117	29	11	6	16	32	12	18	93
Total	332	163	67	88	155	68	26	121	29	10	6	15	25	12	21	94
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	261	139	51	63	114	54	20	92	19	10	4	11	22	9	20	74
	78%	85%	76%	72%	74%	79%	77%	76%	65%	100%	67%	75%	87%	75%	96%	79%
		cd														
To get to/from shops or supermarkets	66	34	14	15	29	13	4	19	7	3	1	5	4	3	6	18
	20%	21%	21%	18%	19%	19%	17%	16%	25%	34%	21%	31%	16%	28%	28%	19%
To get to/from my place of work	37	16	6	14	20	6	3	20	4	-	1	-	1	-	-	10
	11%	10%	9%	16%	13%	9%	13%	17%	15%	-	14%	-	6%	-	-	10%
For journeys made as part of my work	36	8	13	14	27	9	6	14	5	-	1	-	-	-	-	15
	11%	5%	20%	16%	17%	14%	23%	12%	17%	-	19%	-	-	-	-	16%
			a	a	a	h		h								h
For personal business, e.g. running errands or visiting the doctor	31	11	7	10	17	7	6	12	1	2	-	2	1	1	-	13
	9%	7%	10%	12%	11%	11%	23%	10%	3%	17%	-	10%	3%	10%	-	14%
To volunteer or provide support to others	25	9	2	11	13	7	2	8	3	-	-	-	2	1	1	9
	7%	5%	3%	12%	8%	10%	8%	6%	10%	-	-	-	10%	7%	7%	10%
For another purpose	4	2	2	-	2	-	-	1	1	-	-	1	-	1	-	-
	1%	1%	4%	-	2%	-	-	1%	4%	-	-	6%	-	7%	-	-
NET: Travel/utility	131	59	26	38	63	25	12	50	15	4	3	5	6	4	6	37
	40%	36%	38%	43%	41%	37%	49%	42%	52%	41%	54%	31%	25%	35%	28%	40%
NET: Leisure, fitness & recreation and travel/utility	64	36	12	13	25	11	7	23	6	4	1	2	3	2	5	17
	19%	22%	18%	15%	16%	16%	26%	19%	21%	41%	21%	12%	12%	17%	23%	19%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents who cycled in the past week

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone				NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness			NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness			Yes	No
Total	a	b	c	*d	e	a	b	a	b	*c	d	e	*f	a	b	a	b
334	42	158	121	13	292	45	245	35	38	6	251	73	5	272	62	283	50
332	39	154	127	12	294	51	240	31	39	6	253	70	5	269	63	284	48
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
261	31	120	98	12	230	35	193	25	25	3	201	51	3	212	49	226	34
78%	80%	78%	77%	94%	78%	68%	80%	81%	65%	52%	80%	73%	54%	79%	78%	80%	71%
											b						
66	8	29	28	1	58	10	47	3	7	1	53	10	-	56	11	57	10
20%	21%	19%	22%	10%	20%	20%	20%	8%	18%	21%	21%	14%	-	21%	17%	20%	20%
37	2	20	14	1	34	10	24	3	2	1	31	6	-	28	9	31	5
11%	6%	13%	11%	6%	12%	19%	10%	9%	5%	17%	12%	8%	-	10%	14%	11%	11%
36	1	19	15	-	35	11	24	3	5	1	27	8	1	29	6	31	5
11%	2%	13%	12%	-	12%	21%	10%	10%	14%	17%	11%	12%	24%	11%	10%	11%	10%
		a				b											
31	5	15	10	1	26	11	15	5	5	1	21	9	2	27	4	27	4
9%	13%	10%	8%	6%	9%	22%	6%	17%	14%	17%	8%	13%	46%	10%	6%	10%	8%
						b											
25	4	8	12	1	20	7	12	2	4	2	16	7	-	19	6	18	6
7%	11%	5%	9%	6%	7%	14%	5%	6%	10%	34%	6%	9%	-	7%	10%	6%	14%
						b											
4	1	3	-	-	3	-	3	-	-	1	3	1	-	3	1	3	1
1%	2%	2%	-	-	1%	-	1%	-	-	13%	1%	1%	-	1%	2%	1%	2%
131	15	63	51	2	116	29	86	11	17	3	100	27	2	107	24	108	23
40%	39%	41%	40%	16%	40%	56%	36%	34%	44%	51%	39%	39%	46%	40%	39%	38%	49%
						b											
64	8	33	22	1	56	13	42	5	3	1	51	9	-	52	12	53	10
19%	21%	21%	17%	10%	19%	25%	17%	15%	9%	17%	20%	13%	-	19%	19%	19%	22%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents who cycled in the past week

		Number of days active									Amount of activity in the past week compared to previous week			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c
Unweighted Total	334	7	12	46	76	51	57	20	65	173	142	129	141	62
Total	332	7	11	47	73	51	60	18	66	170	144	130	139	62
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	261	5	9	41	53	40	48	15	50	134	113	99	109	51
	78%	64%	80%	87%	73%	80%	81%	84%	76%	79%	79%	76%	79%	82%
To get to/from shops or supermarkets	66	1	2	10	18	8	12	4	10	36	27	32	24	10
	20%	13%	21%	22%	25%	15%	21%	24%	15%	21%	19%	25%	17%	16%
To get to/from my place of work	37	2	2	4	6	7	8	3	6	17	16	17	16	4
	11%	23%	13%	9%	8%	13%	13%	16%	9%	10%	11%	13%	11%	6%
For journeys made as part of my work	36	1	1	2	5	4	11	3	8	11	22	18	14	3
	11%	17%	7%	4%	7%	8%	19% cdi	17%	12%	7%	16% ci	14%	10%	5%
For personal business, e.g. running errands or visiting the doctor	31	-	1	5	7	10	7	2	1	21	9	19	9	4
	9%	-	6%	10% h	9% h	19% hj	11% h	10%	1%	12% h	6%	14% b	6%	6%
To volunteer or provide support to others	25	-	1	3	6	3	5	-	7	12	11	12	9	4
	7%	-	6%	7%	8%	6%	8%	-	10%	7%	8%	9%	7%	6%
For another purpose	4	-	1	-	1	1	-	-	1	2	1	1	1	2
	1%	-	7%	-	1%	2%	-	-	2%	1%	1%	1%	1%	3%
NET: Travel/utility	131	4	4	14	29	22	26	7	26	65	58	63	49	19
	40%	53%	35%	31%	40%	44%	43%	38%	39%	39%	40%	48% bc	36%	31%
NET: Leisure, fitness & recreation and travel/utility	64	1	2	8	10	13	14	4	11	31	29	33	21	10
	19%	17%	21%	18%	13%	26%	23%	22%	16%	18%	20%	26% b	15%	16%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents who cycled in the past week

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		Total	0	1	2	3	4	5	6	7	NET: 2-4 days	NET: 5+ days	NET: More	Neither more nor less
Significance Level: 95%		a	b	c	d	e	f	*g	h	i	j	a	b	c
Unweighted Total	334	30	44	70	67	41	36	13	33	178	82	123	133	76
Total	332	30	41	70	65	43	37	12	34	178	83	119	134	77
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	261	22	37	53	56	32	28	9	25	141	61	95	106	59
	78%	73%	90%	75%	87%	74%	75%	73%	73%	79%	74%	79%	79%	76%
			cj											
To get to/from shops or supermarkets	66	6	8	17	9	14	4	2	6	40	13	28	25	12
	20%	18%	19%	24%	14%	33%	12%	18%	19%	22%	16%	24%	19%	15%
						dfj								
To get to/from my place of work	37	2	2	8	6	6	6	2	5	20	14	18	12	6
	11%	5%	4%	11%	9%	13%	17%	18%	15%	11%	16%	15%	9%	8%
For journeys made as part of my work	36	2	1	6	6	7	8	3	3	19	13	17	13	6
	11%	7%	2%	9%	10%	16%	20%	24%	8%	11%	16%	14%	10%	8%
						b	b				b			
For personal business, e.g. running errands or visiting the doctor	31	-	2	6	4	10	7	2	1	19	10	11	10	10
	9%	-	5%	8%	6%	22%	18%	18%	3%	11%	12%	9%	8%	13%
						abcdh	ah							
To volunteer or provide support to others	25	1	3	5	5	3	4	-	4	13	7	8	12	5
	7%	3%	7%	8%	8%	7%	9%	-	11%	8%	9%	6%	9%	7%
For another purpose	4	-	1	1	1	-	-	-	1	2	1	2	2	-
	1%	-	2%	2%	1%	-	-	-	4%	1%	1%	2%	2%	-
NET: Travel/utility	131	10	11	29	20	26	14	5	16	74	35	51	50	29
	40%	34%	28%	41%	30%	59%	39%	42%	47%	42%	43%	43%	37%	38%
						abdi								
NET: Leisure, fitness & recreation and travel/utility	64	2	8	12	12	14	5	2	8	39	15	28	24	11
	19%	6%	20%	17%	18%	33%	14%	15%	24%	22%	18%	24%	18%	14%
						a								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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)	1296 100%	669 52%	554 43%	159 12%	627 48%
Cycling (either for leisure or travel)	332 100%	204 62%	104 31%	38 12%	128 38%
Running or jogging	454 100%	343 75%	96 21%	26 6%	111 25%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	367 100%	275 75%	70 19%	32 9%	92 25%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	389 100%	323 83%	47 12%	25 7%	66 17%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	204 100%	60 29%	89 44%	79 39%	145 71%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	135 100%	48 36%	52 38%	48 36%	86 64%
Team sports (such as football, cricket, rugby etc.)	68 100%	18 26%	42 63%	11 16%	50 74%
Racket sports (such as tennis, badminton, squash etc.)	67 100%	20 31%	41 61%	5 8%	46 69%
Golf	72 100%	17 24%	51 71%	5 6%	55 76%
Other sport, exercise or physical activity	106 100%	75 70%	28 26%	4 4%	31 30%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	1292	614	676	403	421	468	66	154	160	124	115	122	201	211	139
Total	1296	620	674	358	424	514	59	149	142	121	111	155	202	215	142
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	669	337	330	173	204	291	36	76	69	63	52	77	114	102	80
	52%	54%	49%	48%	48%	57%	62%	51%	49%	52%	47%	49%	56%	48%	56%
						ab	eh								
With another adult or adults	554	262	292	162	176	215	18	63	65	54	55	66	80	95	57
	43%	42%	43%	45%	42%	42%	31%	42%	46%	44%	49%	43%	40%	44%	40%
									a		a				
With a child or children	159	61	97	44	98	17	8	18	18	11	17	26	19	31	10
	12%	10%	14%	12%	23%	3%	14%	12%	13%	9%	15%	17%	10%	15%	7%
			a	c	ac						i	gi		i	
NET: With somebody else	627	283	344	184	220	223	22	74	72	59	59	79	88	112	62
	48%	46%	51%	52%	52%	43%	38%	49%	51%	48%	53%	51%	44%	52%	44%
				c	c						a			a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g
Unweighted Total	1292	79	279	337	194	158	245	695	597	1124	27	76	40	3	7	153
Total	1296	78	284	335	186	149	264	697	599	1134	25	73	39	3	7	147
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	669	38	133	160	103	76	158	332	337	584	12	40	20	1	4	77
	52%	49%	47%	48%	55%	51%	60%	48%	56%	51%	50%	56%	50%	21%	53%	52%
							bcg		bcg							
With another adult or adults	554	33	142	148	69	65	97	323	231	485	11	32	15	1	2	62
	43%	43%	50%	44%	37%	44%	37%	46%	39%	43%	46%	44%	37%	42%	31%	42%
			dfh					dfh								
With a child or children	159	8	44	50	26	17	14	102	57	136	1	7	11	1	1	22
	12%	11%	15%	15%	14%	11%	5%	15%	9%	12%	5%	9%	29%	37%	16%	15%
			fh	fh	f	f		fh	f				acg			
NET: With somebody else	627	39	151	175	83	73	107	366	262	550	13	32	19	3	3	70
	48%	51%	53%	52%	45%	49%	40%	52%	44%	49%	50%	44%	50%	79%	47%	48%
			fh	fh				fh								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	*e	f	g	h	i	j	k
Unweighted Total	1292	894	203	151	354	224	72	326	105	29	34	75	102	104	221	296
Total	1296	842	239	179	418	216	75	328	103	30	36	68	82	102	256	291
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	669	472	107	72	179	109	34	166	49	16	22	38	45	48	142	143
	52%	56%	45%	40%	43%	50%	45%	51%	47%	54%	63%	55%	55%	47%	56%	49%
		bcd														
With another adult or adults	554	363	97	77	174	96	30	147	43	13	13	26	35	39	111	126
	43%	43%	41%	43%	42%	44%	40%	45%	42%	42%	37%	39%	42%	38%	44%	43%
With a child or children	159	21	71	65	136	29	15	49	22	4	2	8	4	19	6	44
	12%	2%	30%	36%	33%	14%	19%	15%	22%	13%	7%	12%	5%	19%	2%	15%
		a	a	a	a	hj	hj	hj	hj		j		hj			hj
NET: With somebody else	627	371	132	107	239	108	41	162	54	14	13	30	37	54	113	149
	48%	44%	55%	60%	57%	50%	55%	49%	53%	46%	37%	45%	45%	53%	44%	51%
			a	a	a											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	*c	d	e	f	a	b	a	b
1292	210	717	332	33	1082	154	911	144	179	25	939	313	34	1028	264	1100	188
1296	208	720	335	33	1088	161	912	135	185	25	949	310	34	1022	274	1110	183
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
669	171	340	141	17	497	81	412	74	98	17	480	172	17	540	129	559	109
52%	82%	47%	42%	50%	46%	50%	45%	55%	53%	69%	51%	55%	49%	53%	47%	50%	60%
	bcde															a	
554	34	344	162	14	520	62	448	51	82	8	411	122	17	431	123	489	61
43%	16%	48%	48%	43%	48%	38%	49%	38%	44%	31%	43%	39%	51%	42%	45%	44%	33%
		a	a	a	a		a									b	
159	5	72	74	7	154	30	123	15	9	1	132	24	1	120	39	137	22
12%	2%	10%	22%	22%	14%	18%	14%	11%	5%	5%	14%	8%	3%	12%	14%	12%	12%
		a	abe	ab	ab			b			be						
627	37	380	194	17	591	80	500	61	88	8	469	138	17	482	145	550	74
48%	18%	53%	58%	50%	54%	50%	55%	45%	47%	31%	49%	45%	51%	47%	53%	50%	40%
		a	a	a	a											b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

	Total	Number of days active										Amount of activity in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	1292	128	131	178	255	158	156	64	222	591	442	376	578	329
Total	1296	133	126	178	245	158	161	66	228	581	455	373	584	331
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	669	78	70	95	121	67	76	36	126	284	238	185	316	160
	52%	58%	55%	54%	49%	43%	47%	55%	55%	49%	52%	50%	54%	48%
		e	e	e					e		e			
With another adult or adults	554	48	50	74	108	77	76	27	93	260	196	156	249	148
	43%	36%	40%	42%	44%	49%	47%	42%	41%	45%	43%	42%	43%	45%
						a								
With a child or children	159	11	11	25	35	27	16	8	26	87	50	54	57	48
	12%	8%	8%	14%	14%	17%	10%	12%	11%	15%	11%	14%	10%	15%
						abj						b		b
NET: With somebody else	627	55	57	82	124	91	85	30	103	297	218	187	268	171
	48%	42%	45%	46%	51%	57%	53%	45%	45%	51%	48%	50%	46%	52%
						abchj								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
		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	1292	289	234	255	198	113	83	30	90	566	203	368	564	344	
Total	1296	296	227	256	192	117	86	30	94	564	210	365	572	344	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Nobody, I did this on my own	669	164	114	132	95	53	49	14	48	280	111	190	306	163	
	52%	56%	50%	52%	50%	45%	57%	46%	51%	50%	53%	52%	54%	47%	
With another adult or adults	554	119	106	103	85	56	33	15	37	244	85	145	245	157	
	43%	40%	47%	40%	45%	48%	38%	51%	40%	43%	41%	40%	43%	46%	
With a child or children	159	26	20	39	28	18	13	2	13	85	28	53	53	50	
	12%	9%	9%	15% ab	15% a	15%	15%	8%	14%	15% ab	13%	15% b	9%	14% b	
NET: With somebody else	627	131	113	124	97	64	37	16	46	284	99	174	266	181	
	48%	44%	50%	48%	50%	55%	43%	54%	49%	50%	47%	48%	46%	53%	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	334	201	133	148	117	69	13	50	39	34	33	26	53	59	27
Total	332	200	132	134	125	73	11	50	35	33	32	32	55	58	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	204	134	70	74	75	55	6	28	24	20	17	20	38	34	16
	62%	67%	53%	55%	60%	75%	56%	55%	69%	62%	53%	61%	70%	59%	63%
		b				ab									
With another adult or adults	104	54	50	55	33	16	4	20	8	9	11	13	10	19	10
	31%	27%	38%	41%	27%	21%	35%	40%	24%	26%	36%	39%	18%	33%	37%
		a		bc				g							
With a child or children	38	19	20	10	26	3	2	5	3	5	5	1	8	8	1
	12%	9%	15%	8%	21%	4%	18%	9%	10%	16%	14%	4%	14%	14%	5%
					ac										
NET: With somebody else	128	66	62	60	49	18	5	22	11	13	15	13	16	24	10
	38%	33%	47%	45%	40%	25%	44%	45%	31%	38%	47%	39%	30%	41%	37%
			a	c	c										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%		*a	b	c	d	e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	334	29	90	90	65	36	24	209	125	281	9	21	13	-	4	47
Total	332	29	92	90	62	34	24	211	121	280	8	21	13	-	3	46
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	204	18	48	60	37	23	19	126	79	171	6	11	8	-	3	28
	62%	62%	52%	66%	59%	66%	81%	59%	65% b	61%	85%	54%	59%	-	75%	62%
With another adult or adults	104	7	37	28	19	8	4	73	31	94	-	4	3	-	1	8
	31%	25%	41% h	31%	30%	24%	15%	35%	25%	34% g	-	19%	21%	-	25%	17%
With a child or children	38	4	14	5	9	5	1	23	16	26	1	7	4	-	-	12
	12%	13%	15% c	5% c	15% c	16%	4%	11%	13%	9%	15%	33%	29%	-	-	27% a
NET: With somebody else	128	11	44	31	26	12	5	86	42	109	1	10	6	-	1	17
	38%	38%	48% h	34%	41%	34%	19%	41%	35%	39%	15%	46%	41%	-	25%	38%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	*b	c	*d	*e	*f	*g	h	*i	*j	k
Unweighted Total	334	185	57	75	132	69	24	117	29	11	6	16	32	12	18	93
Total	332	163	67	88	155	68	26	121	29	10	6	15	25	12	21	94
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	204	110	46	40	86	33	11	85	17	9	4	9	15	6	16	44
	62%	67%	69%	45%	56%	49%	41%	70%	58%	93%	63%	58%	60%	54%	78%	47%
		cd	c					ak								
With another adult or adults	104	53	14	31	45	30	9	32	10	1	1	4	9	3	5	39
	31%	32%	21%	36%	29%	44%	36%	26%	33%	7%	16%	28%	37%	28%	22%	42%
						c									c	
With a child or children	38	1	14	23	38	9	8	11	4	-	1	2	1	2	-	17
	12%	*	22%	27%	24%	13%	32%	9%	13%	-	21%	15%	3%	17%	-	19%
			a	a	a											ch
NET: With somebody else	128	54	21	48	69	35	15	36	12	1	2	6	10	5	5	50
	38%	33%	31%	55%	44%	51%	59%	30%	42%	7%	37%	42%	40%	46%	22%	53%
				ab	a	c										c

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	*d	e	a	b	a	b	*c	d	e	*f	a	b	a	b
334	42	158	121	13	292	45	245	35	38	6	251	73	5	272	62	283	50
332	39	154	127	12	294	51	240	31	39	6	253	70	5	269	63	284	48
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
204	34	100	64	6	170	31	139	19	19	4	158	39	2	174	31	171	32
62%	89%	65%	50%	46%	58%	60%	58%	60%	48%	66%	63%	56%	40%	64%	49%	60%	68%
	bce	c												b			
104	4	47	48	4	99	14	84	12	17	2	74	27	3	74	30	92	11
31%	11%	31%	38%	34%	34%	28%	35%	40%	43%	34%	29%	39%	60%	27%	47%	32%	24%
		a	a		a									a			
38	-	10	25	4	38	9	30	-	4	-	35	4	-	34	4	33	5
12%	-	6%	20%	29%	13%	17%	12%	-	9%	-	14%	5%	-	13%	7%	12%	10%
			ab		ab						ae						
128	4	53	63	7	124	20	102	12	20	2	95	30	3	96	32	112	15
38%	11%	35%	50%	54%	42%	40%	42%	40%	52%	34%	37%	44%	60%	36%	51%	40%	32%
		a	ab		a									a			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 in the past week compared to previous week			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c
Unweighted Total	334	7	12	46	76	51	57	20	65	173	142	129	141	62
Total	332	7	11	47	73	51	60	18	66	170	144	130	139	62
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	204	6	9	23	40	35	39	11	41	98	91	71	92	41
	62%	84%	79%	49%	56%	69% c	66%	60%	62%	58%	63%	55%	66%	66%
With another adult or adults	104	1	2	18	25	15	16	6	20	58	42	50	38	15
	31%	16%	21%	39%	34%	29%	27%	33%	30%	34%	29%	38%	27%	24%
With a child or children	38	-	-	9	11	1	9	2	6	21	18	15	14	9
	12%	-	-	20% e	15% e	2% e	16% e	13%	9%	12% e	12% e	12%	10%	15%
NET: With somebody else	128	1	2	24	32	16	20	7	25	72	53	59	47	21
	38%	16%	21%	51% e	44%	31%	34%	40%	38%	42%	37%	45%	34%	34%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
	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	334	30	44	70	67	41	36	13	33	178	82	123	133	76
Total	332	30	41	70	65	43	37	12	34	178	83	119	134	77
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	204	21	18	37	44	30	28	7	20	111	55	71	91	42
	62%	71%	44%	53%	67%	69%	76%	56%	59%	62%	66%	59%	68%	54%
		b			b	b	bc			b	b		c	
With another adult or adults	104	4	22	25	19	10	8	5	10	54	23	41	36	25
	31%	14%	54%	36%	29%	22%	22%	44%	30%	30%	28%	35%	27%	33%
			adehij	a										
With a child or children	38	6	4	12	5	5	3	-	4	21	7	12	13	14
	12%	19%	10%	17%	7%	12%	9%	-	11%	12%	9%	10%	10%	18%
NET: With somebody else	128	9	23	33	21	13	9	5	14	68	28	48	43	35
	38%	29%	56%	47%	33%	31%	24%	44%	41%	38%	34%	41%	32%	46%
			adehij	f										b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	463	267	193	244	169	50	26	52	53	40	36	38	105	86	27
Total	454	261	190	217	182	55	22	50	48	40	34	47	105	84	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	343	206	134	161	134	47	16	40	38	33	28	33	73	65	17
	75%	79%	71%	74%	74%	86%	73%	80%	79%	82%	83%	69%	70%	78%	70%
		b													
With another adult or adults	96	50	46	51	39	6	3	10	8	5	6	14	29	14	8
	21%	19%	24%	23%	22%	12%	14%	20%	17%	13%	17%	29%	28%	17%	30%
With a child or children	26	9	18	8	17	1	3	1	2	2	-	6	7	6	-
	6%	3%	9%	4%	9%	2%	12%	2%	4%	6%	-	12%	7%	7%	-
			a		a						e				
NET: With somebody else	111	55	56	56	48	8	6	10	10	7	6	15	31	18	8
	25%	21%	29%	26%	26%	14%	27%	20%	21%	18%	17%	31%	30%	22%	30%
			a												

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%		a	b	c	d	e	*f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	463	52	154	133	71	34	19	339	124	347	17	52	27	4	5	105
Total	454	51	155	130	68	32	19	336	118	341	16	52	28	3	4	104
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	343	35	115	98	54	27	15	248	95	268	12	32	21	2	2	68
	75%	67%	74%	76%	79%	84%	79%	74%	81%	79% cg	71%	63%	74%	46%	46%	66%
With another adult or adults	96	14	36	26	12	5	3	76	20	57	5	19	7	2	2	35
	21%	28%	24%	20%	18%	16%	16%	23%	17%	17%	29%	37% a	26%	54%	54%	34% a
With a child or children	26	4	9	7	3	1	1	21	6	20	-	1	4	-	1	6
	6%	9%	6%	6%	5%	4%	5%	6%	5%	6%	-	3%	14%	-	17%	6%
NET: With somebody else	111	17	40	32	14	5	4	88	23	72	5	19	7	2	2	35
	25%	33%	26%	24%	21%	16%	21%	26%	19%	21%	29%	37% a	26%	54%	54%	34% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	b	c	d	a	b	c	d	*e	*f	*g	h	*i	*j	k
Unweighted Total	463	235	99	103	202	96	31	178	34	10	6	21	62	12	13	127
Total	454	197	116	121	237	95	32	184	34	9	5	20	49	11	15	127
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	343	153	83	92	175	66	25	145	22	6	4	13	40	9	14	91
	75%	78%	72%	76%	74%	69%	77%	79%	64%	71%	69%	66%	83% d	78%	92%	71%
With another adult or adults	96	42	23	26	49	23	7	35	12	3	2	4	8	1	1	30
	21%	21%	20%	21%	21%	24%	23%	19%	34% c	29%	31%	23%	17%	10%	8%	24%
With a child or children	26	2	17	6	23	7	4	10	1	-	-	2	1	1	-	11
	6%	1%	15% ac	5% a	10% a	8%	12% h	5%	2%	-	-	11%	2%	12%	-	9%
NET: With somebody else	111	44	33	29	62	29	7	40	12	3	2	7	8	2	1	37
	25%	22%	28%	24%	26%	31%	23%	21%	36% h	29%	31%	34%	17%	22%	8%	29%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	*d	e	a	b	a	*b	*c	d	e	*f	a	b	a	b
463	34	227	176	26	429	72	344	44	29	7	367	76	4	384	79	390	69
454	31	220	179	24	423	79	333	42	29	7	363	74	4	376	78	385	66
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
343	29	165	130	19	314	51	254	31	16	4	281	47	4	284	58	292	49
75%	92%	75%	73%	80%	74%	65%	76% a	74%	56%	54%	77% e	64%	100%	76%	75%	76%	74%
bce																	
96	3	45	44	5	94	23	69	9	10	3	71	23	-	81	15	80	15
21%	8%	20%	25% a	20%	22%	29%	21%	23%	36%	46%	20%	31% d	-	22%	20%	21%	22%
26	-	14	12	-	26	6	20	3	2	-	21	5	-	21	6	24	2
6%	-	6%	7%	-	6%	7%	6%	6%	8%	-	6%	6%	-	5%	7%	6%	3%
111	3	55	49	5	109	28	79	11	13	3	82	27	-	92	20	93	17
25%	8%	25% a	27% a	20%	26% a	35% b	24%	26%	44%	46%	23%	36% d	-	24%	25%	24%	26%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 in the past week compared to previous week			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		*a	*b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	463	8	24	61	96	81	71	33	89	238	193	202	168	92
Total	454	9	22	60	91	78	73	34	89	228	195	200	164	89
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	343	7	13	49	69	53	53	23	76	171	152	146	134	62
	75%	82%	60%	81%	76%	69%	72%	69%	85% efgi	75%	78%	73%	82% ac	70%
With another adult or adults	96	2	7	10	20	20	19	8	10	51	38	50	25	21
	21%	18%	31%	17%	22%	26% h	26% h	25%	12%	22% h	19%	25% b	15%	23%
With a child or children	26	-	2	2	2	7	3	4	7	12	13	12	8	6
	6%	-	9%	4%	2%	9%	3%	10%	7%	5%	6%	6%	5%	7%
NET: With somebody else	111	2	9	11	22	24	20	11	13	58	44	55	30	27
	25%	18%	40%	19%	24%	31% h	28% h	31% h	15%	25% h	22%	27% b	18%	30% b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
	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	463	21	57	102	94	72	57	18	42	268	117	186	173	102
Total	454	21	53	98	88	74	59	17	43	261	119	183	169	100
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	343	18	42	76	67	50	44	11	35	193	90	129	139	73
	75%	82%	80%	77%	76%	67%	75%	62%	82%	74%	76%	70%	82% a	73%
With another adult or adults	96	4	9	21	17	20	15	4	6	59	25	46	25	25
	21%	18%	17%	22%	19%	27%	25%	25%	15%	22%	21%	25% b	15%	26% b
With a child or children	26	1	3	4	4	8	1	2	3	16	6	12	7	7
	6%	6%	5%	4%	5%	11%	2%	13%	6%	6%	5%	7%	4%	7%
NET: With somebody else	111	4	11	22	21	24	15	6	8	68	29	54	30	27
	25%	18%	20%	23%	24%	33%	25%	38%	18%	26%	24%	30% b	18%	27%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	375	144	230	189	117	69	20	41	49	34	30	33	79	54	35
Total	367	141	225	168	121	79	17	41	42	32	29	41	81	51	35
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	275	91	183	128	87	60	12	28	32	26	22	31	57	39	29
	75%	65%	81%	76%	72%	76%	74%	70%	77%	81%	75%	74%	71%	76%	81%
		a													
With another adult or adults	70	38	32	34	22	15	3	11	7	4	6	5	20	10	5
	19%	27%	14%	20%	18%	19%	16%	27%	16%	11%	21%	12%	25%	19%	15%
		b													
With a child or children	32	16	15	9	16	6	2	1	3	2	4	7	9	2	1
	9%	12%	7%	5%	13%	8%	10%	3%	7%	7%	13%	17%	11%	5%	4%
					a							b			
NET: With somebody else	92	50	42	39	34	19	4	12	10	6	7	11	24	12	7
	25%	35%	19%	24%	28%	24%	26%	30%	23%	19%	25%	26%	29%	24%	19%
		b													

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	375	49	98	107	51	36	34	254	121	294	10	35	23	2	3	73
Total	367	47	99	103	47	34	37	249	118	291	8	33	23	2	3	69
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	275	33	75	81	33	21	31	189	86	224	7	25	14	-	1	48
	75%	69%	76%	79%	70%	63%	85% e	76%	73%	77%	90%	78%	62%	-	27%	69%
With another adult or adults	70	14	19	15	8	11	4	47	23	48	1	6	8	2	2	19
	19%	29% cf	19%	14%	17%	33% cfg	10%	19%	19%	17%	10%	19%	32%	100%	73%	27% a
With a child or children	32	2	10	9	6	2	2	21	10	23	-	3	4	-	-	7
	9%	4%	10%	9%	12%	7%	6%	8%	9%	8%	-	9%	17%	-	-	10%
NET: With somebody else	92	14	24	22	14	12	6	60	32	67	1	7	9	2	2	21
	25%	31%	24%	21%	30%	37% f	15%	24%	27%	23%	10%	22%	38%	100%	73%	31%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	*b	c	d	*e	*f	*g	h	*i	j	k
Unweighted Total	375	216	62	79	141	83	22	106	35	8	7	17	47	20	30	105
Total	367	189	72	92	164	82	23	105	35	8	6	15	36	22	35	104
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	275	158	46	61	107	61	14	72	28	6	3	12	31	18	30	75
	75%	83%	64%	66%	65%	75%	62%	69%	80%	73%	54%	81%	86%	82%	83%	72%
		bcd										c				
With another adult or adults	70	28	18	21	39	16	5	28	6	2	2	1	5	-	5	21
	19%	15%	24%	23%	24%	19%	23%	27%	18%	27%	34%	5%	14%	-	13%	20%
				a												
With a child or children	32	5	11	15	25	6	5	11	1	-	1	2	1	4	1	11
	9%	2%	15%	16%	16%	8%	21%	10%	2%	-	12%	14%	2%	18%	3%	11%
			a	a	a											
NET: With somebody else	92	32	26	31	57	21	9	33	7	2	3	3	5	4	6	29
	25%	17%	36%	34%	35%	25%	38%	31%	20%	27%	46%	19%	14%	18%	17%	28%
			a	a	a			h								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	*d	e	a	b	a	b	*c	d	e	*f	a	b	a	b
375	45	179	136	15	330	51	272	38	34	12	279	77	6	316	59	314	60
367	42	178	133	15	325	54	265	34	36	12	276	74	6	307	60	307	60
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
275	36	132	97	10	240	34	204	31	29	7	205	59	6	228	47	234	41
75%	85%	74%	73%	70%	74%	62%	77% a	90% d	81%	57%	74%	79%	100%	74%	79%	76%	68%
70	4	37	24	4	66	16	47	3	5	4	55	13	-	62	8	58	12
19%	10%	21%	18%	30%	20%	30%	18%	10%	15%	34%	20%	18%	-	20%	13%	19%	21%
32	2	13	15	1	30	7	21	-	2	1	25	3	-	25	6	23	8
9%	5%	7%	12%	9%	9%	12%	8%	-	6%	9%	9%	4%	-	8%	11%	8%	14%
92	6	46	35	4	86	20	61	3	7	5	71	15	-	79	13	73	19
25%	15%	26%	27%	30%	26%	38% b	23%	10%	19%	43%	26% a	21%	-	26%	21%	24%	32%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 in the past week compared to previous week			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c
Unweighted Total	375	5	23	43	87	61	53	28	75	191	156	157	133	84
Total	367	6	23	41	83	59	52	28	75	183	155	154	131	82
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	275	4	18	28	58	43	38	24	62	129	125	113	98	64
	75%	59%	80%	68%	69%	73%	74%	85%	83% di	70%	80% i	74%	75%	78%
With another adult or adults	70	3	4	11	19	13	10	3	8	43	21	31	24	14
	19%	41%	17%	26% hj	23% h	22%	19%	11%	10%	23% hj	14%	20%	19%	17%
With a child or children	32	1	2	3	7	5	7	1	5	15	13	13	11	8
	9%	22%	9%	9%	9%	8%	13%	3%	7%	8%	8%	8%	9%	9%
NET: With somebody else	92	3	5	13	25	16	14	4	13	54	30	40	33	18
	25%	41%	20%	32%	31% h	27%	26%	15%	17%	30% hj	20%	26%	25%	22%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

	Total	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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	375	29	54	87	77	47	38	14	29	211	81	163	127	83
Total	367	29	49	87	71	48	38	14	31	206	83	161	125	79
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	275	24	41	66	50	33	29	9	24	148	62	125	94	55
	75%	80%	83%	75%	70%	69%	75%	65%	80%	72%	75%	77%	75%	69%
With another adult or adults	70	6	7	14	17	9	9	4	4	40	17	26	22	22
	19%	20%	14%	16%	25%	18%	25%	28%	12%	20%	21%	16%	17%	27% a
With a child or children	32	1	1	11	6	6	2	1	2	23	6	12	11	8
	9%	5%	3%	13%	8%	13%	6%	7%	8%	11%	7%	8%	9%	10%
NET: With somebody else	92	6	8	21	21	15	9	5	6	57	20	36	32	24
	25%	20%	17%	25%	30%	31%	25%	35%	20%	28%	25%	23%	25%	31%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	390	198	190	184	119	87	19	40	44	44	30	31	88	62	32
Total	389	198	189	164	126	99	17	40	38	44	30	40	89	60	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	323	164	157	135	102	86	15	32	31	33	25	36	74	48	29
	83%	83%	83%	82%	81%	87%	90%	82%	83%	75%	84%	91%	83%	79%	88%
With another adult or adults	47	20	27	26	11	10	2	6	4	10	4	4	9	8	2
	12%	10%	14%	16%	9%	10%	10%	15%	10%	22% i	14%	9%	10%	13%	5%
With a child or children	25	16	10	5	17	4	-	2	2	2	1	-	10	5	2
	7%	8%	5%	3%	13% ac	4%	-	6%	7%	5%	3%	-	11%	8%	7%
NET: With somebody else	66	34	33	29	24	13	2	7	6	11	5	4	16	12	4
	17%	17%	17%	18%	19%	13%	10%	18%	17%	25%	16%	9%	17%	21%	12%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	390	45	99	89	69	36	52	233	157	315	6	34	23	4	4	71
Total	389	46	103	89	64	32	55	237	152	317	6	32	22	4	5	68
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	323	34	87	69	58	28	48	190	133	271	5	23	14	3	3	49
	83%	73%	84%	78%	90% ac	85%	87%	80%	88% acg	85% cg	79%	71%	66%	83%	71%	71%
With another adult or adults	47	9	9	12	5	5	7	30	17	36	1	4	5	1	-	11
	12%	19%	9%	14%	8%	15%	13%	13%	11%	11%	21%	13%	25%	17%	-	17%
With a child or children	25	5	8	9	2	-	1	22	4	13	-	6	5	-	1	12
	7%	10% h	8% h	10% h	4%	-	2%	9% h	2%	4%	-	20% a	21%	-	29%	18% a
NET: With somebody else	66	12	16	20	6	5	7	48	19	46	1	9	7	1	1	20
	17%	27% dh	16%	22% dh	10%	15%	13%	20% h	12%	15%	21%	29% a	34%	17%	29%	29% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	*b	c	d	*e	*f	*g	h	*i	j	k
Unweighted Total	390	233	73	73	146	66	28	117	32	8	7	17	42	27	46	94
Total	389	210	84	86	170	63	30	120	32	8	8	14	34	27	54	92
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	323	182	67	67	134	53	23	97	23	7	6	14	32	22	45	76
	83%	87%	80%	78%	79%	84%	78%	81%	72%	90%	84%	100%	93%	81%	84%	82%
		d											d			
With another adult or adults	47	27	11	8	19	5	5	18	4	1	1	-	2	3	7	11
	12%	13%	13%	9%	11%	8%	18%	15%	13%	10%	16%	-	7%	10%	13%	11%
With a child or children	25	2	9	14	22	5	2	7	5	-	1	-	-	2	3	7
	7%	1%	10%	16%	13%	7%	7%	6%	15%	-	16%	-	-	9%	5%	7%
			a	a	a				h							
NET: With somebody else	66	28	17	19	36	10	6	23	9	1	1	-	2	5	8	16
	17%	13%	20%	22%	21%	16%	22%	19%	28%	10%	16%	-	7%	19%	16%	18%
				a	a				h							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	*d	e	a	b	a	b	*c	d	e	*f	a	b	a	b
390	52	204	115	19	338	65	266	41	49	9	292	87	11	324	66	334	55
389	51	203	117	18	338	70	262	40	53	8	291	90	11	322	68	335	54
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
323	47	168	92	16	276	52	219	29	47	5	244	72	9	265	58	275	47
83%	93%	83%	79%	87%	82%	74%	83%	72%	88%	54%	84%	80%	81%	82%	86%	82%	87%
	c																
47	4	29	12	2	43	13	29	10	5	1	31	15	2	40	7	42	5
12%	7%	14%	11%	13%	13%	19%	11%	25% bd	9%	17%	11%	16%	19%	13%	10%	13%	9%
25	-	9	16	-	25	7	18	1	3	2	21	5	-	22	4	23	2
7%	-	4%	14%	-	7% a	10%	7%	2%	5%	29%	7%	5%	-	7%	5%	7%	4%
			abe														
66	4	35	25	2	62	18	43	11	6	4	47	18	2	57	9	59	7
17%	7%	17%	21% a	13%	18%	26%	17%	28%	12%	46%	16%	20%	19%	18%	14%	18%	13%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 in the past week compared to previous week			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	390	11	36	45	62	57	59	35	85	164	179	158	160	72
Total	389	11	36	47	58	56	60	35	86	161	181	160	160	69
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	323	9	31	35	53	40	49	32	74	128	155	131	134	58
	83%	78%	87%	75%	90% ce	72%	82%	90% e	86% e	79%	86% e	82%	84%	84%
With another adult or adults	47	-	3	7	6	10	11	2	8	23	21	19	19	9
	12%	-	10%	14%	10%	18%	18%	6%	10%	14%	12%	12%	12%	13%
With a child or children	25	3	2	5	-	7	3	1	5	12	9	12	10	3
	7%	22%	6%	10% d	-	12% dj	4%	4%	6%	7% d	5%	8%	6%	4%
NET: With somebody else	66	3	5	11	6	16	11	3	12	33	26	29	26	11
	17%	22%	13%	25% d	10%	28% dahi	18%	10%	14%	21%	14%	18%	16%	16%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
	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	390	26	48	84	87	46	38	17	44	217	99	156	159	74
Total	389	25	47	85	86	45	39	17	45	217	101	156	159	73
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	323	24	37	71	72	34	34	14	37	176	85	131	134	56
	83%	97%	78%	83%	84%	75%	87%	86%	83%	81%	85%	84%	84%	77%
With another adult or adults	47	1	7	8	12	10	4	2	4	29	10	17	21	10
	12%	3%	15%	9%	14%	22% c	10%	14%	9%	14%	10%	11%	13%	13%
With a child or children	25	-	3	10	2	3	2	-	5	15	7	9	8	8
	7%	-	7%	11% d	3%	6%	6%	-	11%	7%	7%	6%	5%	12%
NET: With somebody else	66	1	10	15	14	11	5	2	8	40	15	24	25	17
	17%	3%	22%	17%	16%	25%	13%	14%	17%	19%	15%	16%	16%	23%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	202	99	102	87	78	37	8	27	32	26	19	17	25	28	20
Total	204	100	103	79	85	41	7	29	28	25	18	22	26	27	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	60	36	23	17	25	17	3	8	8	10	5	6	8	4	7
	29%	36%	23%	21%	30%	43%	37%	29%	29%	40%	29%	27%	29%	14%	35%
		b				a									
With another adult or adults	89	41	48	43	30	16	2	13	10	9	7	11	16	12	9
	44%	41%	47%	55%	36%	38%	26%	45%	36%	35%	41%	49%	62%	43%	42%
				b											
With a child or children	79	33	45	28	40	10	4	12	10	10	8	10	8	12	6
	39%	33%	43%	35%	48%	26%	49%	41%	35%	38%	42%	43%	31%	46%	29%
					c										
NET: With somebody else	145	64	80	62	59	23	5	20	20	15	13	16	18	23	13
	71%	64%	77%	79%	70%	57%	63%	71%	71%	60%	71%	73%	71%	86%	65%
			a			c									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%		*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	202	28	50	54	29	26	15	132	70	165	7	16	7	-	3	33
Total	204	28	53	54	28	25	16	135	69	168	7	16	7	-	3	32
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	60	9	14	21	5	4	6	44	15	54	2	2	1	-	-	5
	29%	33%	27%	39%	17%	18%	40%	33%	22%	32%	33%	11%	12%	-	-	15%
										g						
With another adult or adults	89	11	27	21	17	11	3	58	31	64	3	12	5	-	2	22
	44%	39%	50%	38%	59%	42%	20%	43%	44%	38%	52%	74%	70%	-	58%	68%
															a	
With a child or children	79	9	23	19	12	10	6	50	28	65	1	5	4	-	2	12
	39%	31%	43%	34%	44%	40%	39%	37%	41%	39%	15%	35%	54%	-	69%	38%
NET: With somebody else	145	19	39	33	23	21	9	91	53	114	4	14	6	-	3	28
	71%	67%	73%	61%	83%	82%	60%	67%	78%	68%	67%	89%	88%	-	100%	85%
															a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Children aged 15 or under in the household				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	202	89	47	52	99	34	20	59	21	5	8	11	20	13	11	54
Total	204	78	55	60	115	32	22	63	22	5	8	9	16	14	13	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	60	29	15	10	25	8	8	21	4	1	2	3	3	5	6	15
	29%	38%	28%	16%	22%	24%	35%	33%	18%	17%	24%	28%	18%	37%	47%	28%
		cd														
With another adult or adults	89	43	22	20	42	12	8	30	12	3	4	4	10	3	5	19
	44%	55%	40%	34%	37%	35%	35%	47%	56%	56%	43%	41%	67%	19%	38%	35%
		cd														
With a child or children	79	9	26	41	67	14	11	17	11	1	5	3	6	8	2	26
	39%	12%	47%	68%	58%	44%	52%	27%	49%	28%	56%	32%	40%	54%	16%	47%
			a	ab	a											c
NET: With somebody else	145	49	39	51	90	25	14	42	18	4	6	7	13	9	7	39
	71%	62%	72%	84%	78%	76%	65%	67%	82%	83%	76%	72%	82%	63%	53%	72%
			a	a												

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	*d	e	a	b	*a	*b	*c	d	e	*f	a	b	a	*b
202	14	111	70	7	188	35	146	26	28	6	140	52	8	156	46	183	17
204	12	111	74	7	192	38	149	24	27	5	147	49	8	157	47	186	16
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
60	7	38	14	1	53	14	36	7	12	1	39	17	3	50	10	56	3
29%	56%	34%	19%	10%	27%	37%	24%	29%	43%	20%	27%	35%	34%	32%	21%	30%	15%
		c															
89	5	49	30	4	84	19	63	13	12	3	61	25	3	68	21	81	8
44%	44%	44%	41%	56%	44%	49%	43%	56%	43%	64%	41%	52%	41%	43%	45%	43%	49%
79	1	31	41	6	77	11	64	5	6	1	67	9	3	59	20	71	7
39%	10%	28%	55%	80%	40%	30%	43%	20%	23%	15%	45%	18%	41%	37%	42%	38%	43%
			be		b						e						
145	5	73	60	6	139	24	113	17	15	4	108	31	5	107	37	130	14
71%	44%	66%	81%	90%	73%	63%	76%	71%	57%	80%	73%	65%	66%	68%	79%	70%	85%
			b														

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 in the past week compared to previous week			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		*a	*b	*c	d	*e	f	*g	h	i	j	a	b	c
Unweighted Total	202	8	18	25	50	25	33	12	31	100	76	76	78	48
Total	204	8	18	25	49	26	34	12	33	100	79	76	81	47
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	60	3	10	5	14	6	10	4	8	25	22	22	25	13
	29%	41%	55%	18%	29%	25%	29%	30%	25%	25%	28%	29%	30%	28%
With another adult or adults	89	2	4	12	21	11	17	6	16	44	39	41	30	17
	44%	30%	20%	47%	43%	44%	51%	49%	48%	44%	50%	54%	37%	37%
												b		
With a child or children	79	3	4	13	15	13	9	6	15	41	30	24	35	21
	39%	39%	25%	50%	30%	52%	28%	47%	46%	41%	39%	31%	42%	44%
NET: With somebody else	145	5	8	21	35	19	24	8	25	75	57	54	57	34
	71%	59%	45%	82%	71%	75%	71%	70%	75%	75%	72%	71%	70%	72%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
	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	202	17	37	38	42	26	18	8	16	106	42	70	74	57
Total	204	16	36	38	42	28	18	8	18	108	45	71	78	53
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	60	5	11	11	11	9	6	1	5	31	13	18	26	15
	29%	28%	32%	30%	26%	33%	33%	16%	29%	29%	28%	26%	33%	29%
With another adult or adults	89	3	15	17	19	11	9	7	9	46	24	39	32	17
	44%	19%	43%	44%	45%	38%	50%	84%	47%	43%	55%	55%	41%	33%
												c		
With a child or children	79	9	14	13	12	11	7	1	11	37	19	27	27	24
	39%	53%	41%	35%	30%	41%	37%	12%	59%	34%	41%	37%	35%	44%
NET: With somebody else	145	12	24	27	31	18	12	7	13	76	32	53	53	38
	71%	72%	68%	70%	74%	67%	67%	84%	71%	71%	72%	74%	67%	71%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	134	76	58	70	53	11	6	16	15	17	12	7	26	26	9
Total	135	76	59	64	58	12	5	16	14	17	12	8	27	26	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	48	28	20	23	20	6	2	4	3	9	4	3	9	11	3
	36%	37%	35%	36%	34%	48%	32%	26%	20%	52%	38%	40%	35%	41%	35%
With another adult or adults	52	32	20	27	19	5	1	7	5	6	4	2	14	9	4
	38%	42%	33%	42%	33%	42%	18%	42%	33%	35%	33%	28%	52%	37%	39%
With a child or children	48	22	26	15	29	4	4	8	8	4	3	4	7	8	2
	36%	29%	44%	24%	49%	36%	68%	47%	54%	24%	29%	50%	26%	31%	26%
					a										
NET: With somebody else	86	48	39	41	39	6	4	12	11	8	7	5	18	15	6
	64%	63%	65%	64%	66%	52%	68%	74%	80%	48%	62%	60%	65%	59%	65%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	134	22	40	31	20	15	6	93	41	103	5	10	12	-	4	31
Total	135	23	41	31	21	13	6	95	39	105	5	9	11	-	4	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	48	5	19	11	3	8	3	35	14	33	3	6	6	-	1	16
	36%	22%	45%	37%	16%	60%	48%	37%	35%	31%	59%	68%	50%	-	20%	53% a
With another adult or adults	52	11	13	17	7	2	1	41	10	40	2	2	6	-	2	12
	38%	47%	32%	55% h	34%	18%	14%	43%	26%	38%	41%	21%	50%	-	52%	40%
With a child or children	48	9	14	8	11	3	2	32	16	43	-	1	3	-	1	6
	36%	41%	35%	27%	54%	22%	38%	33%	41%	40% g	-	11%	31%	-	28%	19%
NET: With somebody else	86	18	23	20	18	5	3	60	26	72	2	3	6	-	3	14
	64%	78%	55%	63%	84%	40%	52%	63%	65%	69% g	41%	32%	50%	-	80%	47%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

	Children aged 15 or under in the household				Current employment status										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed									
	a	b	c	d	a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	134	56	34	36	70	31	18	50	8	4	1	5	8	9	- 49
Total	135	46	40	41	82	31	20	52	8	4	1	4	6	9	- 50
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	- 100%
Nobody, I did this on my own	48	21	12	10	22	10	6	21	2	1	-	1	3	4	- 16
	36%	46%	30%	25%	27%	33%	31%	41%	22%	40%	-	37%	40%	41%	- 32%
		cd													
With another adult or adults	52	21	16	14	29	13	7	19	5	2	-	1	2	2	- 20
	38%	45%	39%	33%	36%	41%	38%	37%	63%	60%	-	20%	35%	24%	- 40%
With a child or children	48	7	20	21	41	9	10	16	3	1	1	2	2	5	- 19
	36%	15%	49%	52%	50%	29%	49%	31%	42%	37%	100%	43%	24%	50%	- 37%
		a	a	a	a										
NET: With somebody else	86	25	28	31	60	21	14	31	6	2	1	2	4	5	- 34
	64%	54%	70%	75%	73%	67%	69%	59%	78%	60%	100%	63%	60%	59%	- 68%
			a	a	a										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
					NET: Lives with others							NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
Total	Lives alone	2-3	4-5	6+		Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
	*a	b	c	*d	e	a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
134	20	65	46	3	114	32	81	17	16	10	91	38	4	116	18	114	19
135	17	66	49	3	117	34	82	17	15	10	93	36	4	117	17	115	19
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
48	11	21	17	-	38	12	26	4	4	4	35	11	1	47	1	43	5
36%	61%	32%	34%	-	32%	35%	32%	25%	25%	40%	37%	29%	31%	40%	8%	37%	25%
52	5	29	17	1	47	12	33	11	9	3	31	19	2	44	7	43	9
38%	28%	44%	35%	28%	40%	36%	41%	64%	57%	35%	33%	53% d	51%	38%	43%	37%	46%
48	3	23	21	2	45	10	35	4	4	2	37	9	1	39	10	43	5
36%	16%	35%	42%	72%	39%	29%	42%	24%	24%	25%	40%	26%	18%	33%	55%	37%	29%
86	7	44	32	3	79	22	56	12	12	6	59	26	3	70	16	72	14
64%	39%	68%	66%	100%	68%	65%	68%	75%	75%	60%	63%	71%	69%	60%	92%	63%	75%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Number of days active									Amount of activity in the past week compared to previous week			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		*a	*b	*c	d	*e	*f	*g	*h	i	j	a	b	*c
Unweighted Total	134	4	6	19	32	23	21	10	19	74	50	71	34	28
Total	135	3	7	19	30	23	23	10	18	72	52	72	33	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	48	2	2	5	14	8	11	3	4	27	18	31	9	9
	36%	44%	27%	26%	47%	36%	46%	28%	23%	38%	34%	44%	26%	30%
With another adult or adults	52	1	4	13	8	10	6	3	6	31	16	22	14	15
	38%	23%	56%	69%	27%	45%	28%	32%	31%	43%	30%	30%	42%	52%
With a child or children	48	1	4	1	10	9	9	4	10	20	23	23	14	11
	36%	33%	55%	6%	34%	39%	38%	39%	56%	28%	45%	32%	41%	39%
NET: With somebody else	86	2	5	14	16	15	13	7	14	45	34	41	24	20
	64%	56%	73%	74%	53%	64%	54%	72%	77%	62%	66%	56%	74%	70%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
	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	134	7	19	30	24	21	15	6	12	75	33	61	44	29
Total	135	8	18	28	25	23	15	5	13	76	33	62	44	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	48	2	2	11	13	10	6	2	4	33	12	24	16	8
	36%	21%	10%	39%	51%	42%	41%	31%	32%	44%	36%	39%	37%	29%
With another adult or adults	52	3	10	13	10	8	4	2	3	30	9	21	16	15
	38%	36%	55%	46%	40%	33%	26%	37%	21%	40%	26%	34%	37%	50%
With a child or children	48	6	8	10	3	7	6	2	6	20	14	21	14	13
	36%	79%	47%	35%	13%	29%	41%	31%	47%	26%	42%	34%	32%	45%
NET: With somebody else	86	6	16	17	12	13	9	4	9	43	21	38	28	21
	64%	79%	90%	61%	49%	58%	59%	69%	68%	56%	64%	61%	63%	71%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	73	52	20	55	16	2	3	7	7	7	9	4	18	12	6
Total	68	47	19	47	18	2	3	6	5	6	8	5	18	11	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	18	9	8	11	5	1	1	1	-	2	2	3	4	2	4
	26%	18%	41%	23%	30%	63%	29%	14%	-	27%	29%	56%	20%	15%	65%
With another adult or adults	42	34	8	31	10	1	1	5	4	4	6	2	9	9	2
	63%	72%	42%	66%	57%	37%	36%	75%	87%	60%	71%	44%	54%	85%	35%
With a child or children	11	5	5	7	3	-	1	1	1	2	-	-	5	-	1
	16%	11%	27%	15%	19%	-	35%	12%	13%	28%	-	-	30%	-	20%
NET: With somebody else	50	39	11	37	12	1	2	5	5	4	6	2	14	9	2
	74%	82%	59%	77%	70%	37%	71%	86%	100%	73%	71%	44%	80%	85%	35%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	73	16	22	13	13	8	1	51	22	51	4	7	7	-	1	19
Total	68	15	20	12	12	7	1	48	20	49	3	6	6	-	1	16
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	18	3	5	4	1	4	1	11	7	11	1	2	2	-	-	5
	26%	19%	22%	29%	7%	65%	100%	23%	33%	23%	28%	31%	37%	-	-	31%
With another adult or adults	42	10	14	6	11	2	-	30	13	34	2	4	2	-	1	9
	63%	66%	67%	50%	93%	25%	-	62%	64%	69%	72%	69%	26%	-	100%	55%
With a child or children	11	3	3	3	1	1	-	9	2	5	-	1	2	-	1	4
	16%	20%	16%	21%	11%	10%	-	18%	10%	11%	-	15%	37%	-	100%	24%
NET: With somebody else	50	12	16	9	11	2	-	37	13	38	2	4	4	-	1	11
	74%	81%	78%	71%	93%	35%	-	77%	67%	77%	72%	69%	63%	-	100%	69%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	73	37	12	17	29	12	9	19	3	3	1	3	22	-	1	21
Total	68	29	13	19	33	11	10	19	2	3	1	3	17	-	1	21
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	18	7	4	5	9	2	4	3	2	1	-	1	4	-	1	5
	26%	24%	32%	23%	27%	15%	37%	17%	70%	39%	-	27%	25%	-	100%	25%
With another adult or adults	42	20	6	13	19	10	4	13	1	2	1	2	10	-	-	13
	63%	68%	49%	65%	59%	85%	37%	72%	30%	61%	100%	73%	58%	-	-	63%
With a child or children	11	3	4	3	7	-	3	2	-	-	1	-	5	-	-	3
	16%	10%	28%	16%	21%	-	26%	12%	-	-	100%	-	27%	-	-	12%
NET: With somebody else	50	22	9	15	24	10	6	16	1	2	1	2	13	-	-	16
	74%	76%	68%	77%	73%	85%	63%	83%	30%	61%	100%	73%	75%	-	-	75%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	*d	e	*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
73	8	24	34	7	65	20	44	9	10	5	46	23	-	61	12	57	15
68	7	22	33	6	60	21	38	8	10	5	42	23	-	57	11	53	14
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
18	4	6	4	3	14	5	7	4	2	2	9	8	-	15	3	12	5
26%	53%	28%	14%	52%	23%	25%	19%	47%	22%	29%	21%	34%	-	26%	26%	23%	34%
42	3	13	23	2	39	15	24	3	7	4	27	13	-	34	8	36	6
63%	47%	62%	72%	38%	65%	69%	64%	38%	68%	71%	66%	56%	-	61%	74%	68%	44%
11	-	2	7	2	11	2	8	1	1	-	8	2	-	9	1	8	3
16%	-	10%	21%	25%	18%	10%	22%	15%	10%	-	20%	10%	-	16%	12%	14%	21%
50	3	16	28	3	47	16	31	4	8	4	33	15	-	42	8	41	9
74%	47%	72%	86%	48%	77%	75%	81%	53%	78%	71%	79%	66%	-	74%	74%	77%	66%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Number of days active									Amount of activity in the past week compared to previous week			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	a	*b	*c
Unweighted Total	73	5	2	8	23	11	7	3	14	42	24	33	25	13
Total	68	5	2	7	21	10	7	3	13	38	23	32	23	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	18	3	-	-	9	1	1	-	4	9	5	8	4	4
	26%	61%	-	-	41%	8%	12%	-	33%	25%	22%	27%	17%	38%
With another adult or adults	42	1	2	7	10	8	4	3	8	25	15	19	17	6
	63%	14%	100%	100%	49%	76%	59%	100%	61%	65%	66%	60%	74%	56%
With a child or children	11	1	-	-	2	2	2	1	2	4	5	5	4	1
	16%	25%	-	-	10%	23%	29%	27%	15%	12%	21%	16%	18%	7%
NET: With somebody else	50	2	2	7	12	9	6	3	9	28	18	23	19	7
	74%	39%	100%	100%	59%	92%	88%	100%	67%	75%	78%	73%	83%	62%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
	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	73	6	8	16	18	9	7	3	6	43	16	29	25	17
Total	68	6	7	13	17	9	6	3	6	39	15	28	23	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	18	3	1	2	4	2	1	1	3	8	5	10	4	3
	26%	51%	12%	18%	22%	23%	13%	43%	53%	21%	35%	34%	16%	22%
With another adult or adults	42	1	6	10	11	6	5	2	2	27	8	14	18	10
	63%	12%	88%	76%	66%	68%	75%	57%	26%	70%	52%	52%	78%	67%
With a child or children	11	2	1	1	3	1	1	1	1	5	3	5	3	2
	16%	37%	11%	6%	19%	9%	12%	32%	20%	12%	19%	17%	14%	12%
NET: With somebody else	50	3	6	11	13	7	5	2	3	31	10	18	19	12
	74%	49%	88%	82%	78%	77%	87%	57%	47%	79%	65%	66%	84%	78%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	66	36	30	39	20	7	2	8	4	6	7	6	17	10	6
Total	67	37	29	36	23	7	2	7	3	6	7	7	19	10	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	20	11	10	12	6	3	-	1	-	5	2	2	5	4	1
	31%	28%	34%	32%	27%	34%	-	13%	-	81%	34%	33%	25%	41%	16%
With another adult or adults	41	21	19	22	14	5	1	6	3	1	5	5	11	6	3
	61%	57%	66%	62%	59%	66%	58%	87%	100%	19%	66%	67%	61%	59%	48%
With a child or children	5	5	-	2	3	-	1	-	-	-	-	-	3	-	2
	8%	14%	-	6%	15%	-	42%	-	-	-	-	-	14%	-	36%
		b													
NET: With somebody else	46	27	19	24	17	5	2	6	3	1	5	5	14	6	5
	69%	72%	66%	68%	73%	66%	100%	87%	100%	19%	66%	67%	75%	59%	84%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	66	18	23	12	6	3	4	53	13	48	5	8	2	-	1	16
Total	67	20	22	12	5	3	4	54	12	49	5	8	2	-	1	16
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	20	6	7	5	-	1	1	18	2	12	2	4	1	-	-	7
	31%	32%	30%	44%	-	30%	29%	34%	17%	26%	32%	50%	61%	-	-	43%
With another adult or adults	41	12	14	6	3	2	3	33	8	35	3	2	-	-	1	6
	61%	62%	64%	50%	59%	70%	71%	60%	66%	72%	68%	19%	-	-	100%	36%
With a child or children	5	1	1	1	2	-	-	3	2	1	-	3	1	-	-	3
	8%	6%	6%	6%	41%	-	-	6%	17%	3%	-	31%	39%	-	-	21%
NET: With somebody else	46	14	16	7	5	2	3	36	10	36	3	4	1	-	1	9
	69%	68%	70%	56%	100%	70%	71%	66%	83%	74%	68%	50%	39%	-	100%	57%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed											
Significance Level: 95%	a	*b	*c	d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k	
Unweighted Total	66	33	17	14	31	11	9	25	6	2	1	-	9	-	3	20
Total	67	28	20	17	37	11	9	27	6	2	1	-	7	-	3	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	-	100%	100%
Nobody, I did this on my own	20	5	11	3	14	1	1	11	3	-	-	-	3	-	1	2
	31%	17%	53%	20%	38%	11%	13%	40%	56%	-	-	-	37%	-	37%	12%
With another adult or adults	41	22	9	10	19	8	7	14	2	2	-	-	5	-	2	16
	61%	77%	47%	58%	52%	77%	79%	51%	44%	100%	-	-	63%	-	63%	78%
		d														
With a child or children	5	2	-	4	4	1	1	3	-	-	1	-	-	-	-	2
	8%	6%	-	23%	10%	12%	8%	9%	-	-	100%	-	-	-	-	10%
NET: With somebody else	46	23	9	14	23	9	8	16	2	2	1	-	5	-	2	18
	69%	83%	47%	80%	62%	89%	87%	60%	44%	100%	100%	-	63%	-	63%	88%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	*c	*d	e	*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
66	3	37	21	5	63	16	45	10	12	4	39	23	3	56	10	58	8
67	3	37	20	6	63	19	42	11	13	4	39	24	3	57	10	60	7
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
20	1	13	3	4	20	7	12	5	5	2	10	9	3	20	1	19	1
31%	23%	34%	13%	78%	31%	35%	27%	42%	35%	66%	26%	38%	75%	34%	8%	33%	13%
41	2	23	14	1	38	10	28	5	6	1	27	12	1	34	7	35	6
61%	77%	63%	67%	22%	60%	51%	68%	46%	49%	34%	70%	49%	25%	60%	69%	58%	87%
5	-	1	4	-	5	3	2	1	2	-	1	3	-	3	2	5	-
8%	-	3%	20%	-	9%	13%	5%	12%	16%	-	3%	14%	-	6%	22%	9%	-
46	2	25	18	1	44	12	31	6	8	1	29	15	1	37	9	40	6
69%	77%	66%	87%	22%	69%	65%	73%	58%	65%	34%	74%	62%	25%	66%	92%	67%	87%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Number of days active									Amount of activity in the past week compared to previous week			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	a	*b	*c
Unweighted Total	66	3	3	8	22	6	10	6	8	36	24	32	26	7
Total	67	3	4	7	22	5	11	5	8	34	25	33	25	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	20	2	1	3	9	1	1	1	2	13	4	14	4	2
	31%	72%	32%	43%	39%	17%	11%	21%	25%	37%	18%	41%	16%	26%
With another adult or adults	41	1	3	3	12	4	8	4	5	20	17	15	21	4
	61%	28%	68%	46%	55%	83%	67%	79%	65%	57%	69%	47%	84%	57%
With a child or children	5	-	-	1	1	-	3	-	1	2	3	4	-	1
	8%	-	-	10%	6%	-	22%	-	10%	6%	13%	12%	-	17%
NET: With somebody else	46	1	3	4	13	4	10	4	6	22	21	20	21	6
	69%	28%	68%	57%	61%	83%	89%	79%	75%	63%	82%	59%	84%	74%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
	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	66	1	12	14	22	10	4	1	2	46	7	25	28	13
Total	67	1	11	14	23	10	5	1	3	47	8	27	27	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	20	-	1	6	8	3	1	-	1	17	3	9	9	2
	31%	-	8%	42%	34%	33%	26%	-	52%	36%	33%	35%	33%	17%
With another adult or adults	41	1	10	7	13	5	2	1	1	26	4	15	16	9
	61%	100%	92%	49%	59%	54%	47%	100%	48%	55%	52%	58%	62%	67%
With a child or children	5	-	-	1	2	1	1	-	-	4	1	2	1	2
	8%	-	-	9%	7%	13%	27%	-	-	9%	16%	8%	5%	16%
NET: With somebody else	46	1	10	8	15	7	3	1	1	30	5	18	18	11
	69%	100%	92%	58%	66%	67%	74%	100%	48%	64%	67%	65%	67%	83%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	*b	*a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	70	61	9	29	23	18	3	15	8	10	2	8	7	13	4
Total	72	63	9	26	25	21	3	15	8	10	2	10	8	13	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	17	15	2	7	8	2	-	3	1	4	-	1	3	4	-
	24%	24%	24%	27%	33%	9%	-	23%	13%	40%	-	11%	42%	34%	-
With another adult or adults	51	45	7	16	17	19	2	11	7	6	2	7	5	9	4
	71%	71%	76%	60%	67%	91%	62%	72%	87%	60%	100%	74%	58%	66%	100%
With a child or children	5	5	-	3	1	-	1	1	-	-	-	1	1	-	-
	6%	7%	-	12%	5%	-	38%	6%	-	-	-	15%	16%	-	-
NET: With somebody else	55	48	7	19	17	19	3	12	7	6	2	9	5	9	4
	76%	76%	76%	73%	67%	91%	100%	77%	87%	60%	100%	89%	58%	66%	100%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	70	15	17	14	11	4	9	46	24	64	1	2	-	-	-	3
Total	72	15	19	13	11	4	10	48	24	66	1	2	-	-	-	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	-	100%
Nobody, I did this on my own	17	4	7	3	2	1	-	14	3	16	-	1	-	-	-	1
	24%	26%	37%	25%	20%	21%	-	30%	12%	24%	-	45%	-	-	-	33%
With another adult or adults	51	11	10	10	9	2	10	31	20	48	1	1	-	-	-	2
	71%	74%	51%	75%	80%	53%	100%	65%	84%	74%	100%	55%	-	-	-	67%
With a child or children	5	1	2	-	-	1	-	4	1	2	-	1	-	-	-	1
	6%	8%	12%	-	-	26%	-	7%	4%	3%	-	55%	-	-	-	40%
NET: With somebody else	55	11	12	10	9	3	10	33	21	50	1	1	-	-	-	2
	76%	74%	63%	75%	80%	79%	100%	70%	88%	76%	100%	55%	-	-	-	67%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	70	39	11	17	28	16	7	21	5	1	3	1	4	1	11	23
Total	72	37	12	21	33	16	8	22	4	1	3	1	3	1	12	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	17	6	5	5	10	4	4	3	4	1	1	-	-	-	-	8
	24%	17%	38%	24%	29%	25%	55%	14%	83%	100%	42%	-	-	-	-	35%
With another adult or adults	51	30	6	15	21	9	3	18	1	-	2	1	3	1	12	13
	71%	81%	54%	69%	64%	60%	45%	82%	17%	-	58%	100%	100%	100%	100%	55%
With a child or children	5	1	1	3	4	4	-	1	-	-	-	-	-	-	-	4
	6%	2%	8%	13%	11%	23%	-	4%	-	-	-	-	-	-	-	15%
NET: With somebody else	55	30	7	16	23	12	3	19	1	-	2	1	3	1	12	15
	76%	83%	62%	76%	71%	75%	45%	86%	17%	-	58%	100%	100%	100%	100%	65%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	*c	*d	e	*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
70	8	35	24	3	62	11	48	4	5	3	55	11	-	52	18	61	7
72	7	34	28	3	65	12	50	4	5	4	57	12	-	52	20	63	7
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
17	4	5	7	1	13	5	8	-	2	2	12	4	-	15	2	13	3
24%	60%	15%	26%	23%	20%	44%	15%	-	44%	65%	22%	31%	-	29%	11%	21%	47%
51	2	28	19	3	49	7	41	4	3	1	43	8	-	36	16	48	4
71%	29%	82%	69%	77%	76%	56%	83%	100%	56%	35%	75%	69%	-	69%	77%	76%	53%
5	1	1	3	-	4	-	2	-	-	-	3	-	-	2	2	4	-
6%	11%	3%	10%	-	6%	-	5%	-	-	-	5%	-	-	4%	12%	6%	-
55	3	29	20	3	52	7	42	4	3	1	44	8	-	37	18	50	4
76%	40%	85%	74%	77%	80%	56%	85%	100%	56%	35%	78%	69%	-	71%	89%	79%	53%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

		Number of days active									Amount of activity in the past week compared to previous week			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	*a	b	*c
Unweighted Total	70	1	2	6	23	12	13	5	8	41	26	22	32	16
Total	72	1	2	5	24	12	15	6	7	42	28	23	33	16
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	17	1	-	1	5	1	5	2	2	7	9	8	5	4
	24%	100%	-	19%	22%	10%	36%	36%	25%	18%	33%	34%	17%	24%
With another adult or adults	51	-	2	4	18	10	8	4	5	32	17	14	27	10
	71%	-	100%	81%	75%	82%	55%	64%	75%	78%	62%	60%	83%	64%
With a child or children	5	-	-	-	1	1	3	-	-	2	3	3	-	2
	6%	-	-	-	3%	8%	18%	-	-	4%	10%	12%	-	12%
NET: With somebody else	55	-	2	4	19	11	10	4	5	34	18	15	27	12
	76%	-	100%	81%	78%	90%	64%	64%	75%	82%	67%	66%	83%	76%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
	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	70	5	7	23	15	6	8	1	5	44	14	21	31	17
Total	72	4	8	23	16	7	9	1	5	45	15	21	32	18
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	17	1	1	7	3	1	2	-	2	11	5	4	6	7
	24%	20%	14%	29%	19%	19%	28%	-	41%	24%	30%	21%	18%	40%
With another adult or adults	51	3	6	14	13	5	6	1	3	32	11	16	25	10
	71%	80%	73%	61%	81%	81%	72%	100%	59%	71%	70%	75%	77%	55%
With a child or children	5	-	1	2	-	-	1	-	-	2	1	2	1	1
	6%	-	13%	10%	-	-	14%	-	-	5%	8%	10%	4%	6%
NET: With somebody else	55	3	7	17	13	5	6	1	3	35	11	16	26	11
	76%	80%	86%	71%	81%	81%	72%	100%	59%	76%	70%	79%	82%	60%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	107	56	50	35	25	47	5	16	7	9	11	12	12	22	13
Total	106	54	51	30	25	51	4	14	6	9	12	15	12	23	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	75	36	38	19	20	36	3	10	5	6	8	11	9	14	10
	70%	66%	74%	64%	80%	70%	65%	71%	88%	66%	66%	76%	76%	61%	78%
With another adult or adults	28	14	13	8	4	16	1	4	1	2	3	4	3	7	3
	26%	26%	26%	27%	15%	30%	35%	29%	12%	26%	26%	24%	24%	30%	22%
With a child or children	4	4	-	3	1	-	-	-	-	1	1	-	-	2	-
	4%	7%	-	9%	5%	-	-	-	-	8%	8%	-	-	9%	-
				c											
NET: With somebody else	31	18	13	11	5	16	1	4	1	3	4	4	3	9	3
	30%	34%	26%	36%	20%	30%	35%	29%	12%	34%	34%	24%	24%	39%	22%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	107	9	24	26	16	7	25	59	48	89	5	5	5	-	1	16
Total	106	9	22	26	16	7	27	57	50	90	5	4	5	-	1	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	75	5	15	16	11	5	22	36	38	62	3	4	4	-	1	11
	70%	61%	68%	61%	72%	73%	82%	64%	78%	69%	60%	80%	84%	-	100%	76%
With another adult or adults	28	2	5	10	3	2	5	17	10	25	2	1	-	-	-	3
	26%	28%	22%	39%	22%	27%	18%	31%	20%	28%	40%	20%	-	-	-	19%
With a child or children	4	1	2	-	1	-	-	3	1	3	-	-	1	-	-	1
	4%	11%	9%	-	6%	-	-	5%	2%	3%	-	-	16%	-	-	5%
NET: With somebody else	31	3	7	10	4	2	5	20	11	28	2	1	1	-	-	3
	30%	39%	32%	39%	28%	27%	18%	36%	22%	31%	40%	20%	16%	-	-	24%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

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

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total	107	86	10	8	18	17	4	20	6	4	5	7	11	6	27	21
Total	106	83	11	9	20	16	3	21	5	4	5	7	9	5	31	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	75	59	5	9	14	10	2	16	3	4	4	5	5	4	21	12
	70%	71%	41%	100%	68%	62%	54%	77%	68%	100%	77%	78%	54%	83%	69%	60%
With another adult or adults	28	23	3	-	3	5	2	5	2	-	1	2	3	-	9	6
	26%	28%	31%	-	17%	30%	46%	23%	32%	-	23%	22%	28%	-	31%	33%
With a child or children	4	1	3	-	3	1	-	-	-	-	-	-	2	1	-	1
	4%	1%	28%	-	15%	8%	-	-	-	-	-	-	18%	17%	-	7%
NET: With somebody else	31	24	7	-	7	6	2	5	2	-	1	2	4	1	9	8
	30%	29%	59%	-	32%	38%	46%	23%	32%	-	23%	22%	46%	17%	31%	40%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	*c	*d	e	*a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
107	21	57	26	3	86	10	73	12	21	2	71	32	2	85	22	96	10
106	21	58	23	3	85	11	71	13	21	2	70	33	3	82	24	96	9
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
75	21	36	17	1	54	10	42	11	17	2	44	27	1	59	16	67	7
70%	97%	62%	72%	37%	64%	91%	58%	80%	80%	100%	63%	83% d	51%	72%	65%	70%	73%
28	1	21	4	2	27	1	26	1	4	-	23	4	1	20	8	25	3
26%	3%	36%	17%	63%	32%	9%	36%	10%	20%	-	33% e	13%	49%	24%	31%	26%	27%
4	-	1	3	-	4	-	4	1	-	-	3	1	-	3	1	4	-
4%	-	2%	11%	-	5%	-	5%	10%	-	-	4%	4%	-	4%	4%	4%	-
31	1	22	7	2	31	1	30	3	4	-	26	6	1	23	8	29	3
30%	3%	38%	28%	63%	36%	9%	42%	20%	20%	-	37% e	17%	49%	28%	35%	30%	27%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 in the past week compared to previous week			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	b	*c
Unweighted Total	107	11	6	16	18	10	14	8	24	44	46	29	48	28
Total	106	12	5	16	16	10	14	8	25	42	47	27	49	28
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	75	10	4	8	12	8	12	4	17	28	32	20	39	14
	70%	83%	86%	51%	73%	78%	87%	46%	67%	66%	69%	76%	80%	51%
With another adult or adults	28	2	1	6	4	1	2	4	8	10	14	6	8	13
	26%	17%	14%	35%	22%	12%	13%	54%	33%	25%	31%	21%	15%	46%
With a child or children	4	-	-	2	1	1	-	-	-	4	-	1	2	1
	4%	-	-	14%	4%	9%	-	-	-	j	-	3%	4%	3%
NET: With somebody else	31	2	1	8	4	2	2	4	8	14	14	6	10	14
	30%	17%	14%	49%	27%	22%	13%	54%	33%	34%	31%	24%	20%	49%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

	Total	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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	107	7	21	31	14	11	12	4	7	56	23	33	45	26
Total	106	8	19	31	13	11	13	5	7	55	24	32	46	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	75	2	12	24	8	7	12	5	6	38	22	20	36	15
	70%	26%	67%	75%	61%	58%	91%	100%	88%	69%	92%	64%	79%	60%
With another adult or adults	28	6	5	5	4	5	1	-	1	14	2	9	10	9
	26%	74%	29%	17%	32%	42%	9%	-	12%	26%	8%	29%	21%	33%
With a child or children	4	-	1	2	1	-	-	-	-	3	-	2	-	2
	4%	-	4%	7%	7%	-	-	-	-	6%	-	7%	-	7%
NET: With somebody else	31	6	6	8	5	5	1	-	1	17	2	11	10	10
	30%	74%	33%	25%	39%	42%	9%	-	12%	31%	8%	36%	21%	40%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D. SUMMARY: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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
Racket sports (such as tennis, badminton, squash etc.)	67 100%	15 23%	33 50%	13 20%	4 5%	1 2%	- -	48 73%	5 7%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	135 100%	26 19%	52 39%	46 34%	7 5%	4 3%	- -	78 58%	11 8%
Other sport, exercise or physical activity	106 100%	23 21%	35 33%	35 33%	10 10%	2 2%	- -	58 55%	13 12%
Running or jogging	454 100%	63 14%	171 38%	152 34%	53 12%	13 3%	2 *	234 52%	66 15%
Cycling (either for leisure or travel)	332 100%	46 14%	122 37%	116 35%	37 11%	8 2%	2 1%	169 51%	45 14%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	367 100%	52 14%	131 36%	121 33%	52 14%	10 3%	2 1%	183 50%	62 17%
Team sports (such as football, cricket, rugby etc.)	68 100%	12 18%	21 32%	21 31%	9 13%	4 6%	- -	34 50%	13 19%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	389 100%	54 14%	139 36%	156 40%	31 8%	7 2%	2 1%	193 50%	38 10%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	204 100%	27 13%	71 35%	79 39%	22 11%	3 1%	2 1%	98 48%	25 12%
Golf	72 100%	16 22%	19 26%	24 33%	9 13%	4 6%	- -	35 48%	14 19%
Walking (either for leisure or travel)	1296 100%	115 9%	369 28%	554 43%	203 16%	50 4%	5 *	484 37%	253 20%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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		1292	614	676	403	421	468	66	154	160	124	115	122	201	211	139	
Total		1296	620	674	358	424	514	59	149	142	121	111	155	202	215	142	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	115	43	71	57	36	22	5	14	9	10	7	10	28	22	10	
		9%	7%	11%	16%	8%	4%	9%	10%	6%	9%	6%	6%	14%	10%	7%	
				a	bc	c								cefi			
A bit more	(4.0)	369	177	191	127	139	102	16	46	36	28	43	50	65	53	31	
		28%	29%	28%	36%	33%	20%	27%	31%	25%	23%	39%	32%	32%	25%	21%	
					c	c					cdhi	i	i				
Neither more nor less	(3.0)	554	288	265	101	169	285	30	60	63	58	41	63	72	95	73	
		43%	47%	39%	28%	40%	55%	50%	40%	45%	48%	37%	41%	36%	44%	52%	
			b			a	ab	g			g					eg	
A bit less	(2.0)	203	86	117	58	59	86	7	23	27	21	15	22	29	35	24	
		16%	14%	17%	16%	14%	17%	12%	15%	19%	17%	13%	14%	14%	16%	17%	
A lot less	(1.0)	50	23	27	14	19	17	1	5	6	4	4	10	7	9	4	
		4%	4%	4%	4%	4%	3%	1%	3%	4%	3%	4%	7%	4%	4%	3%	
Don't know		5	3	3	1	2	3	-	1	-	-	1	-	1	1		
		*	*	*	*	*	*	-	1%	-	-	1%	-	1%	*	1%	
NET: More		484	220	262	185	175	124	21	61	45	39	50	60	93	75	40	
		37%	36%	39%	52%	41%	24%	36%	41%	32%	32%	45%	38%	46%	35%	28%	
					bc	c			i			cdi		cdhi			
NET: Less		253	109	144	72	78	103	8	28	33	25	19	33	36	44	28	
		20%	18%	21%	20%	18%	20%	14%	18%	23%	20%	17%	21%	18%	20%	20%	
Base for stats		1291	618	671	357	422	512	59	148	142	121	110	155	201	214	141	
Mean Score		3.23	3.21	3.24	3.44	3.27	3.05	3.30	3.29	3.10	3.17	3.30	3.17	3.39	3.21	3.13	
					bc	c								ci			
Standard Deviation		.949	.900	.993	1.060	.957	.820	.848	.953	.934	.920	.924	.976	1.010	.973	.869	
Standard Error		.026	.036	.038	.053	.047	.038	.104	.077	.074	.083	.087	.088	.071	.067	.074	
Error variance		*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	.01	*	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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	
Significance Level: 95%			a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g	
Unweighted Total		1292	79	279	337	194	158	245	695	597	1124	27	76	40	3	7	153	
Total		1296	78	284	335	186	149	264	697	599	1134	25	73	39	3	7	147	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	115	12	21	31	24	12	14	64	50	88	7	9	7	-	3	26	
		9%	15% bf	8%	9%	13% f	8%	5%	9%	8%	8%	28%	12%	19% a	-	35%	17% a	
A bit more	(4.0)	369	23	103	101	60	37	45	227	142	309	5	25	21	1	3	55	
		28%	29% f	36% efh	30% fh	32% fh	25%	17%	33% fh	24% f	27%	21%	34%	54% ac	37%	42%	37% a	
Neither more nor less	(3.0)	554	24	108	135	77	71	139	267	287	505	9	26	8	-	1	44	
		43%	31%	38%	40%	41%	48% abg	53% abcdg	38% abg	48% abcg	45% dg	36%	36%	22%	-	12%	30%	
A bit less	(2.0)	203	18	37	56	20	23	49	111	92	187	2	9	2	2	1	15	
		16%	23% bd	13%	17% d	11%	16%	19% d	16%	15%	17% dg	6%	12%	4%	63%	10%	10%	
A lot less	(1.0)	50	1	14	11	6	5	13	25	24	41	2	3	1	-	-	5	
		4%	2%	5%	3%	3%	3%	5%	4%	4%	4%	6%	4%	2%	-	-	4%	
Don't know		5	-	1	1	-	-	3	2	3	3	1	1	-	-	-	2	
		*	-	*	*	-	-	1%	*	*	*	3%	2% a	-	-	-	1%	
NET: More		484	35	125	132	83	50	60	291	193	397	12	33	28	1	6	81	
		37%	44% fh	44% efh	39% fh	45% efh	33% f	23%	42% fh	32% f	35%	49%	46%	72% acg	37%	78%	55% a	
NET: Less		253	19	50	67	26	28	62	137	116	229	3	12	2	2	1	20	
		20%	25% d	18%	20%	14%	19%	24% d	20%	19%	20% d	12%	17%	6%	63%	10%	14%	
Base for stats		1291	78	283	334	186	149	261	695	596	1131	24	71	39	3	7	145	
Mean Score		3.23	3.33 f	3.29 f	3.26 f	3.41 efh	3.19 f	2.99	3.28 fh	3.17 f	3.19	3.60	3.38	3.83 ac	2.75	4.03	3.56 a	
Standard Deviation		.949	1.046	.953	.953	.952	.918	.886	.962	.930	.927	1.171	1.003	.854	1.158	1.014	1.017	
Standard Error		.026	.118	.057	.052	.068	.073	.057	.037	.038	.028	.230	.116	.135	.668	.383	.083	
Error variance		*	.01	*	*	*	.01	*	*	*	*	.05	.01	.02	.45	.15	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

		Children aged 15 or under in the household				Current employment status												
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total		1292	894	203	151	354	224	72	326	105	29	34	75	102	104	221	296	
Total		1296	842	239	179	418	216	75	328	103	30	36	68	82	102	256	291	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	115	58	30	23	53	33	11	23	9	6	2	3	10	10	9	44
		9%	7%	13%	13%	13%	15%	14%	7%	9%	19%	5%	4%	12%	10%	4%	15%	
				a	a	a	cgj	cgj		j				j	j		cgj	
A bit more		(4.0)	369	207	72	79	151	60	27	112	30	9	8	26	30	27	40	87
		28%	25%	30%	44%	36%	28%	37%	34%	29%	29%	23%	38%	37%	27%	16%	30%	
					ab	a	j	j	j	j			j	j	j		j	
Neither more nor less		(3.0)	554	410	85	47	132	75	18	144	47	13	20	27	19	47	143	94
		43%	49%	36%	26%	32%	35%	24%	44%	45%	44%	56%	40%	23%	46%	56%	32%	
				bcd			h		abhk	bhk		abhk	bh		abhk	abcghk		
A bit less		(2.0)	203	132	43	20	63	36	15	41	14	2	5	9	17	13	51	51
		16%	16%	18%	11%	15%	16%	20%	12%	14%	8%	13%	13%	21%	13%	20%	17%	
														c		c		
A lot less		(1.0)	50	31	8	9	16	12	4	8	1	-	1	4	4	4	11	16
		4%	4%	3%	5%	4%	6%	5%	2%	1%	-	3%	5%	5%	4%	4%	6%	
							c				-							
Don't know			5	4	-	1	1	-	-	-	1	-	-	-	2	1	1	-
		*	*	-	1%	*	-	-	-	1%	-	-	-	3%	1%	*	-	
														ack				
NET: More			484	265	102	102	204	93	38	135	39	14	10	28	40	37	49	131
		37%	31%	43%	57%	49%	43%	51%	41%	38%	48%	28%	42%	48%	36%	19%	45%	
				a	ab	a	j	fj	j	j			j	fj	j		j	
NET: Less			253	163	51	29	80	48	19	49	16	2	6	12	21	17	62	67
		20%	19%	21%	16%	19%	22%	25%	15%	16%	8%	16%	18%	26%	17%	24%	23%	
							c	c						c		c	c	
Base for stats		1291	838	239	178	417	216	75	328	102	30	36	68	80	102	254	291	
Mean Score		3.23	3.16	3.31	3.49	3.39	3.30	3.36	3.31	3.30	3.59	3.14	3.22	3.30	3.25	2.94	3.32	
				a	a	a	j	j	j	j			j	j	j		j	
Standard Deviation		.949	.897	1.014	1.018	1.019	1.095	1.106	.867	.879	.896	.838	.922	1.090	.945	.819	1.096	
Standard Error		.026	.030	.071	.083	.054	.073	.130	.048	.086	.166	.144	.106	.109	.093	.055	.064	
Error variance		*	*	.01	.01	*	.01	.02	*	.01	.03	.02	.01	.01	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
							NET: Lives with others							NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness					
		Total	Lives alone	2-3	4-5	6+			Yes	No	Mental condition or illness	Physical condition or illness	Other	No						
Significance Level: 95%			a	b	c	d	e		a	b	a	b	*c	d	e	f	a	b	a	b
Unweighted Total		1292	210	717	332	33	1082		154	911	144	179	25	939	313	34	1028	264	1100	188
Total		1296	208	720	335	33	1088		161	912	135	185	25	949	310	34	1022	274	1110	183
		100%	100%	100%	100%	100%	100%		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more		(5.0)	115	13	63	36	4	102	25	75	11	14	8	81	29	3	97	17	100	14
		9%	6%	9%	11%	11%	9%		16% b	8%	8%	7%	32%	9%	9%	8%	10%	6%	9%	7%
A bit more		(4.0)	369	46	182	128	13	323	47	272	39	42	5	278	79	7	293	76	315	52
		28%	22%	25%	38% abe	40% a	30% ab		29%	30%	29%	22%	20%	29%	25%	20%	29%	28%	28%	28%
Neither more nor less		(3.0)	554	110	335	101	8	444	60	380	51	92	9	411	135	17	427	128	472	82
		43%	53% cde	47% cde	30%	24%	41% c		37%	42%	38%	50% a	36%	43%	44%	50%	42%	47%	43%	45%
A bit less		(2.0)	203	32	116	50	6	172	23	147	25	30	3	144	55	4	168	35	176	27
		16%	15%	16%	15%	17%	16%		14%	16%	19%	16%	12%	15%	18%	12%	16%	13%	16%	15%
A lot less		(1.0)	50	8	21	21	-	42	4	35	9	7	-	30	14	3	32	17	41	8
		4%	4%	3%	6% b	-	4%		2%	4%	7% d	4%	-	3%	4%	10% d	3%	6% a	4%	5%
Don't know		5	-	2	1	3	5	2	3	-	-	-	5	-	-	-	5	-	5	-
		*	-	*	*	8% abce	*	1%	*	-	-	-	1%	-	-	-	1%	-	*	-
NET: More		484	58	245	163	17	425	72	347	50	55	13	359	107	9	390	93	415	66	
		37%	28%	34%	49% abe	51% ab	39% ab	45%	38%	37%	30%	52%	38% b	34%	28%	38%	34%	37%	36%	
NET: Less		253	39	138	70	6	214	27	182	35	38	3	174	68	8	200	53	217	36	
		20%	19%	19%	21%	17%	20%	17%	20%	26% d	20%	12%	18%	22%	22%	20%	19%	20%	19%	
Base for stats		1291	208	718	334	31	1083	159	909	135	185	25	944	310	34	1017	274	1104	183	
Mean Score		3.23	3.11	3.21	3.32 a	3.48 a	3.25	3.42 b	3.23	3.12	3.13	3.72	3.25	3.17	3.04	3.25	3.15	3.23	3.19	
Standard Deviation		.949	.867	.918	1.051	.937	.963	.999	.947	1.035	.910	1.064	.924	.971	1.032	.950	.944	.950	.940	
Standard Error		.026	.060	.034	.058	.168	.029	.081	.031	.086	.068	.213	.030	.055	.177	.030	.058	.029	.069	
Error variance		*	*	*	*	.03	*	.01	*	.01	*	.05	*	*	.03	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

		Number of days active										Amount of activity in the past week compared to previous week		
Total		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	1292	128	131	178	255	158	156	64	222	591	442	376	578	329
Total	1296	133	126	178	245	158	161	66	228	581	455	373	584	331
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	115	3	7	12	21	20	15	9	27	54	82	19	11
	9%	3%	5%	7%	9%	13%	9%	14%	12%	9%	11%	22%	3%	3%
					a	ab	a	ab	ab	a	a	bc		
A bit more	(4.0)	369	16	28	50	78	55	53	21	68	183	206	104	59
	28%	12%	22%	28%	32%	35%	33%	32%	30%	32%	31%	55%	18%	18%
			a	a	a	ab	a	a	a	ab	a	bc		
Neither more nor less	(3.0)	554	81	58	75	91	51	66	21	112	217	65	402	83
	43%	61%	46%	42%	37%	32%	41%	32%	49%	37%	44%	18%	69%	25%
		bcd efghij	e						degi		ei		ac	a
A bit less	(2.0)	203	23	22	34	44	28	21	13	19	106	15	51	137
	16%	17%	17%	19%	18%	17%	13%	19%	8%	18%	11%	4%	9%	41%
		h	h	hj	hj	h		h		hj			a	ab
A lot less	(1.0)	50	9	12	6	10	4	5	1	4	19	4	7	39
	4%	7%	9%	3%	4%	2%	3%	2%	2%	3%	2%	1%	1%	12%
		hj	cdefhij											ab
Don't know		5	1	1	-	-	1	2	-	-	1	1	1	3
	*	1%	1%	-	-	1%	1%	-	-	*	1%	*	*	1%
						i								
NET: More	484	19	35	63	99	75	67	30	94	237	192	288	123	70
	37%	15%	28%	35%	41%	47%	42%	46%	41%	41%	42%	77%	21%	21%
			a	a	ab	abc	ab	ab	ab	ab	ab	bc		
NET: Less	253	32	33	40	54	31	26	14	22	126	62	18	58	175
	20%	24%	26%	22%	22%	20%	16%	21%	10%	22%	14%	5%	10%	53%
		hj	fhj	hj	hj	h		h		hj			a	ab
Base for stats	1291	132	126	178	245	157	159	66	228	580	453	372	583	329
Mean Score	3.23	2.86	2.98	3.16	3.23	3.38	3.32	3.37	3.42	3.25	3.38	3.94	3.13	2.60
				a	ab	abc	ab	ab	abcdi	ab	abcdi	bc	c	
Standard Deviation	.949	.807	.993	.926	.979	.997	.933	1.015	.860	.970	.908	.801	.655	1.022
Standard Error	.026	.072	.087	.069	.061	.080	.075	.127	.058	.040	.043	.041	.027	.057
Error variance	*	.01	.01	*	*	.01	.01	.02	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
		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		1292	289	234	255	198	113	83	30	90	566	203	368	564	344	
Total		1296	296	227	256	192	117	86	30	94	564	210	365	572	344	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	115	10	19	15	26	17	10	2	15	59	27	72	24	18
		9%	3%	8%	6%	14%	15%	12%	6%	16%	10%	13%	20%	4%	5%	
				a		ac	ac	a		abc	ac	ac	bc			
A bit more		(4.0)	369	42	63	89	60	40	30	12	33	189	75	178	107	79
		28%	14%	28%	35%	31%	35%	35%	40%	35%	34%	36%	49%	19%	23%	
				a	a	a	a	a	a	a	a	a	bc			
Neither more nor less		(3.0)	554	171	82	101	78	37	35	8	41	216	84	85	368	96
		43%	58%	36%	40%	41%	32%	41%	28%	44%	38%	40%	23%	64%	28%	
			bcd	efghij										ac		
A bit less		(2.0)	203	51	48	41	24	17	11	7	4	81	22	27	62	114
		16%	17%	21%	16%	12%	15%	13%	25%	4%	14%	11%	7%	11%	33%	
			hj	d hij	h	h	h	h	h j		h				ab	
A lot less		(1.0)	50	18	13	9	4	4	-	-	2	17	2	3	11	35
		4%	6%	6%	4%	2%	3%	-	-	-	2%	3%	1%	1%	2%	10%
			d f ij	f j	j											ab
Don't know		5	3	1	-	-	1	-	-	-	1	-	-	-	-	3
		*	1%	1%	-	-	1%	-	-	-	*	-	-	-	-	1%
																b
NET: More		484	52	82	105	86	58	40	14	47	248	102	250	131	97	
		37%	18%	36%	41%	45%	49%	47%	47%	51%	44%	48%	69%	23%	28%	
				a	a	a	ab	a	a	ab	ab	ab	bc			
NET: Less		253	69	61	50	28	21	11	7	5	99	24	29	73	149	
		20%	23%	27%	19%	15%	18%	13%	25%	6%	17%	11%	8%	13%	43%	
			d f h ij	c d f h ij	h j	h	h		h j		h j			a	ab	
Base for stats		1291	293	225	256	192	115	86	30	94	563	210	365	572	342	
Mean Score		3.23	2.92	3.12	3.24	3.41	3.43	3.46	3.28	3.59	3.34	3.49	3.80	3.12	2.80	
				a	a	abc	ab	ab	a	abc i	ab	abc i	bc	c		
Standard Deviation		.949	.835	1.025	.916	.948	1.024	.865	.927	.864	.952	.876	.866	.726	1.070	
Standard Error		.026	.049	.067	.057	.067	.097	.095	.169	.091	.040	.061	.045	.031	.058	
Error variance		*	*	*	*	*	.01	.01	.03	.01	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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		334	201	133	148	117	69	13	50	39	34	33	26	53	59	27	
Total		332	200	132	134	125	73	11	50	35	33	32	32	55	58	26	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	46	33	13	23	17	6	1	5	2	3	5	4	17	6	4
			14%	16%	10%	18%	14%	8%	7%	10%	5%	10%	17%	12%	31% bcdh	10%	15%
A bit more		(4.0)	122	73	49	59	38	25	3	18	16	16	9	9	18	22	10
			37%	36%	38%	44% b	30%	34%	32%	35%	46%	48%	28%	28%	34%	38%	40%
Neither more nor less		(3.0)	116	70	46	35	50	31	5	18	12	11	13	13	13	22	9
			35%	35%	35%	26%	40% a	42% a	46%	36%	33%	34%	41%	40%	24%	38%	34%
A bit less		(2.0)	37	19	18	13	15	10	2	7	4	2	4	5	4	6	2
			11%	10%	14%	9%	12%	13%	16%	15%	13%	7%	14%	16%	8%	10%	7%
A lot less		(1.0)	8	4	4	4	3	1	-	2	-	1	-	1	2	1	1
			2%	2%	3%	3%	3%	2%	-	4%	-	2%	-	4%	3%	2%	5%
Don't know			2	1	1	-	1	1	-	-	1	-	-	-	-	1	-
			1%	1%	1%	-	1%	1%	-	-	2%	-	-	-	-	2%	-
NET: More			169	106	63	83	55	31	4	23	18	19	14	13	35	28	14
			51%	53%	48%	62% bc	44%	42%	39%	45%	51%	57%	45%	41%	65% b	48%	55%
NET: Less			45	23	22	16	18	11	2	9	4	3	4	6	6	7	3
			14%	12%	17%	12%	15%	15%	16%	19%	13%	9%	14%	19%	11%	12%	11%
Base for stats			330	199	131	134	123	73	11	50	34	33	32	32	55	57	26
Mean Score			3.49	3.56	3.38	3.64 bc	3.40	3.35	3.29	3.32	3.45	3.55	3.48	3.30	3.82 bh	3.44	3.54
Standard Deviation			.952	.947	.953	.967	.962	.875	.851	.983	.796	.861	.942	1.009	1.056	.894	1.006
Standard Error			.052	.067	.083	.079	.089	.106	.236	.139	.129	.148	.164	.198	.145	.117	.194
Error variance			*	*	.01	.01	.01	.01	.06	.02	.02	.02	.03	.04	.02	.01	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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
Significance Level: 95%			*a	b	c	d	e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		334	29	90	90	65	36	24	209	125	281	9	21	13	-	4	47
Total		332	29	92	90	62	34	24	211	121	280	8	21	13	-	3	46
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
A lot more		46	8	17	13	5	3	-	38	9	34	1	5	4	-	1	10
		14%	26%	19%	14%	8%	10%	-	18%	7%	12%	10%	24%	28%	-	22%	23%
				h					h								
A bit more		122	10	34	33	18	16	10	77	45	100	4	10	6	-	1	20
		37%	36%	37%	36%	30%	47%	42%	37%	37%	36%	46%	46%	43%	-	28%	44%
Neither more nor less		116	9	32	22	27	15	10	64	52	103	2	6	2	-	2	11
		35%	32%	35%	25%	44%	43%	42%	30%	43%	37%	23%	28%	13%	-	50%	24%
					cg	c			cg								
A bit less		37	1	8	17	9	-	3	26	12	34	1	1	1	-	-	3
		11%	3%	9%	19%	15%	-	11%	12%	10%	12%	11%	3%	10%	-	-	6%
				e	e				e								
A lot less		8	1	-	4	2	-	1	5	3	6	1	-	1	-	-	2
		2%	4%	-	4%	3%	-	5%	2%	3%	2%	10%	-	6%	-	-	3%
Don't know		2	-	-	2	-	-	-	2	-	2	-	-	-	-	-	-
		1%	-	-	2%	-	-	-	1%	-	1%	-	-	-	-	-	-
NET: More		169	18	51	46	24	20	10	115	54	134	4	15	10	-	2	30
		51%	61%	56%	50%	38%	57%	42%	54%	44%	48%	56%	69%	72%	-	50%	66%
				d					d							a	
NET: Less		45	2	8	20	11	-	4	30	15	41	2	1	2	-	-	4
		14%	7%	9%	23%	18%	-	16%	14%	12%	15%	21%	3%	16%	-	-	10%
					beh	e			e	e							
Base for stats		330	29	92	88	62	34	24	209	121	278	8	21	13	-	3	46
Mean Score		3.49	3.76	3.66	3.39	3.25	3.67	3.22	3.56	3.36	3.43	3.34	3.89	3.79	-	3.72	3.76
				dh			dh		d								a
Standard Deviation		.952	1.015	.886	1.080	.926	.658	.843	.997	.857	.937	1.199	.817	1.172	-	.950	.993
Standard Error		.052	.188	.093	.115	.115	.110	.172	.069	.077	.056	.400	.178	.325	-	.475	.145
Error variance		*	.04	.01	.01	.01	.01	.03	*	.01	*	.16	.03	.11	-	.23	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

		Children aged 15 or under in the household				Current employment status												
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%			a	b	c	d	a	*b	c	*d	*e	*f	*g	h	*i	*j	k	
Unweighted Total		334	185	57	75	132	69	24	117	29	11	6	16	32	12	18	93	
Total		332	163	67	88	155	68	26	121	29	10	6	15	25	12	21	94	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	46	22	9	14	24	15	4	14	3	3	-	1	5	2	-	19
			14%	14%	14%	16%	15%	22%	14%	11%	10%	33%	-	8%	19%	16%	-	20%
A bit more		(4.0)	122	60	21	37	58	28	7	36	15	2	3	6	11	3	11	35
			37%	37%	31%	42%	37%	41%	29%	30%	50%	23%	51%	42%	43%	27%	53%	38%
Neither more nor less		(3.0)	116	59	25	26	51	20	8	54	7	2	2	3	6	7	8	28
			35%	36%	37%	30%	33%	29%	30%	45% ahk	25%	18%	35%	20%	23%	57%	37%	30%
A bit less		(2.0)	37	16	8	10	18	4	6	14	3	3	-	3	3	-	1	10
			11%	10%	12%	11%	12%	6%	22%	12%	12%	26%	-	22%	13%	-	4%	10%
A lot less		(1.0)	8	5	2	-	2	1	1	2	1	-	-	1	1	-	1	2
			2%	3%	4%	-	2%	2%	5%	1%	3%	-	-	8%	3%	-	6%	3%
Don't know			2	1	1	-	1	-	-	1	-	-	1	-	-	-	-	-
			1%	1%	2%	-	1%	-	-	1%	-	-	14%	-	-	-	-	-
NET: More			169	82	30	51	81	43	11	50	18	6	3	7	15	5	11	54
			51%	50%	45%	58%	53%	c	43%	41%	61%	56%	51%	50%	61% c	43%	53%	57% c
NET: Less			45	21	11	10	21	5	7	16	4	3	-	5	4	-	2	12
			14%	13%	16%	11%	14%	8%	27%	13%	15%	26%	-	30%	16%	-	10%	13%
Base for stats		330	162	66	88	153	68	26	120	29	10	5	15	25	12	21	94	
Mean Score		3.49	3.48	3.40	3.63	3.53	c	3.25	3.39	3.54	3.64	3.59	3.19	3.61	3.59	3.37	3.61	
Standard Deviation		.952	.950	1.010	.892	.948	.931	1.119	.887	.945	1.254	.548	1.152	1.047	.783	.836	1.005	
Standard Error		.052	.070	.135	.103	.083	.112	.228	.082	.175	.378	.245	.288	.185	.226	.197	.104	
Error variance		*	*	.02	.01	.01	.01	.05	.01	.03	.14	.06	.08	.03	.05	.04	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
														NET: Longstanding physical and mental condition or illness						
		Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No	
Significance Level: 95%			a	b	c	*d	e	a	b	a	b	*c	d	e	*f	a	b	a	b	
Unweighted Total		334	42	158	121	13	292	45	245	35	38	6	251	73	5	272	62	283	50	
Total		332	39	154	127	12	294	51	240	31	39	6	253	70	5	269	63	284	48	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	46	3	18	23	2	43	8	33	4	1	-	38	5	-	42	5	37	10
			14%	9%	12%	18%	14%	15%	16%	14%	13%	2%	-	15% b	7%	-	15%	8%	13%	20%
A bit more		(4.0)	122	9	57	51	5	113	26	86	14	17	1	92	29	3	99	23	107	15
			37%	25%	37%	40%	42%	38%	51% b	36%	44%	44%	13%	36%	41%	61%	37%	37%	38%	31%
Neither more nor less		(3.0)	116	18	56	39	3	98	9	89	8	15	3	87	24	-	89	27	101	14
			35%	46%	36%	31%	27%	34%	18%	37% a	25%	38%	52%	34%	35%	-	33%	43%	36%	30%
A bit less		(2.0)	37	5	18	13	2	33	7	26	5	5	2	26	11	1	31	6	32	6
			11%	12%	11%	10%	17%	11%	13%	11%	15%	14%	35%	10%	16%	23%	12%	10%	11%	12%
A lot less		(1.0)	8	1	5	2	-	7	1	6	1	1	-	7	1	1	6	2	7	1
			2%	3%	3%	1%	-	2%	1%	3%	3%	2%	-	3%	1%	17%	2%	3%	2%	3%
Don't know		2	2	-	-	-	-	-	-	-	-	-	-	2	-	-	2	-	-	2
		1%	5%	-	-	-	-	-	-	-	-	-	-	1%	-	-	1%	-	-	4% a
			bce																	
NET: More		169	13	75	74	7	156	35	119	18	18	1	130	34	3	141	28	144	24	
		51%	33%	49%	58% a	56%	53% a	67% b	50%	57%	46%	13%	52%	48%	61%	52%	44%	51%	51%	
NET: Less		45	6	23	14	2	39	8	32	5	6	2	34	12	2	37	8	38	7	
		14%	15%	15%	11%	17%	13%	15%	13%	17%	16%	35%	13%	17%	39%	14%	13%	14%	15%	
Base for stats		330	37	154	127	12	294	51	240	31	39	6	251	70	5	267	63	284	46	
Mean Score		3.49	3.25	3.43	3.63 a	3.54	3.52	3.67	3.48	3.51	3.30	2.79	3.51	3.37	3.05	3.52	3.36	3.48	3.56	
Standard Deviation		.952	.925	.962	.933	.973	.952	.957	.946	1.001	.818	.724	.970	.877	1.369	.966	.884	.937	1.050	
Standard Error		.052	.146	.077	.085	.270	.056	.143	.060	.169	.133	.296	.061	.103	.612	.059	.112	.056	.152	
Error variance		*	.02	.01	.01	.07	*	.02	*	.03	.02	.09	*	.01	.37	*	.01	*	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days active									Amount of activity in the past week compared to previous week				
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			*a	*b	c	d	e	f	*g	h	i	j	a	b	c	
Unweighted Total		334	7	12	46	76	51	57	20	65	173	142	129	141	62	
Total		332	7	11	47	73	51	60	18	66	170	144	130	139	62	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	46	2	2	8	8	6	11	3	7	22	20	37	6	3
		14%	33%	14%	17%	12%	12%	18%	15%	10%	13%	14%	28%	5%	5%	
													bc			
A bit more		(4.0)	122	-	4	10	30	20	20	8	29	60	58	64	41	17
		37%	-	37%	21%	42%	40%	34%	44%	44%	36%	40%	49%	29%	27%	
						c	c			c		c	bc			
Neither more nor less		(3.0)	116	2	1	21	22	18	21	6	24	61	52	18	83	14
		35%	24%	12%	45%	30%	37%	36%	35%	37%	36%	36%	14%	60%	23%	
														ac		
A bit less		(2.0)	37	2	2	7	9	6	6	1	4	22	11	7	8	22
		11%	31%	19%	16%	12%	11%	10%	5%	6%	13%	8%	6%	6%	35%	
															ab	
A lot less		(1.0)	8	-	2	1	3	-	-	-	2	4	2	2	-	6
		2%	-	18%	2%	4%	-	-	-	3%	2%	1%	2%	-	10%	
															ab	
Don't know			2	1	-	-	-	-	1	-	-	-	1	2	-	-
		1%	12%	-	-	-	-	2%	-	-	-	1%	2%	-	-	
NET: More			169	2	6	18	39	26	31	11	36	83	78	101	47	20
		51%	33%	51%	38%	53%	52%	52%	59%	54%	49%	54%	78%	34%	32%	
													bc			
NET: Less			45	2	4	8	12	6	6	1	6	26	13	9	8	28
		14%	31%	37%	18%	17%	11%	10%	5%	9%	15%	9%	7%	6%	45%	
															ab	
Base for stats		330	6	11	47	73	51	59	18	66	170	143	128	139	62	
Mean Score		3.49	3.40	3.11	3.35	3.44	3.53	3.61	3.69	3.52	3.44	3.58	3.99	3.33	2.83	
													bc	c		
Standard Deviation		.952	1.418	1.410	1.003	1.001	.856	.911	.808	.871	.958	.876	.893	.661	1.096	
Standard Error		.052	.579	.407	.148	.115	.120	.122	.181	.108	.073	.074	.079	.056	.139	
Error variance		*	.33	.17	.02	.01	.01	.01	.03	.01	.01	.01	.01	*	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
		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		334	30	44	70	67	41	36	13	33	178	82	123	133	76	
Total		332	30	41	70	65	43	37	12	34	178	83	119	134	77	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	46 14%	2 7%	6 14%	11 16%	10 15%	4 9%	6 17%	2 14%	6 17%	25 14%	14 17%	26 22% b	10 7%	10 14%
A bit more		(4.0)	122 37%	7 22%	11 28%	25 36%	26 40%	20 45% a	14 37%	5 42%	15 43%	71 40%	33 40%	62 52% bc	32 24%	27 35%
Neither more nor less		(3.0)	116 35%	13 43%	18 45%	23 33%	22 34%	15 35%	13 34%	2 17%	10 31%	60 34%	25 30%	21 18%	78 58% ac	18 23%
A bit less		(2.0)	37 11%	7 22%	3 7%	8 11%	7 11%	5 11%	3 8%	3 27%	2 6%	20 11%	8 10%	7 6%	15 11%	16 21% a
A lot less		(1.0)	8 2%	1 4%	3 7% d	3 4%	- -	- -	- -	- -	1 2%	3 2%	1 1%	3 2%	- -	5 7% b
Don't know			2 1%	1 3% i	- -	- -	- -	- -	1 3% i	- -	- -	- 1%	1 1%	1 1%	- -	1 2%
NET: More			169 51%	9 29%	17 42%	36 52% a	36 55% a	23 54% a	20 55% a	7 56%	20 60% a	96 54% a	47 57% a	88 74% bc	42 31%	37 48% b
NET: Less			45 14%	8 26%	6 14%	11 16%	7 11%	5 11%	3 8%	3 27%	3 9%	23 13%	9 11%	10 8%	15 11%	21 27% ab
Base for stats		330	29	41	70	65	43	36	12	34	178	82	118	134	76	
Mean Score		3.49	3.06	3.35	3.47	3.60	3.52	3.66	3.43	3.67	3.53	3.63	3.85 bc	3.28	3.28	
Standard Deviation		.952	.961	1.043	1.035	.883	.809	.876	1.084	.927	.926	.920	.909	.756	1.152	
Standard Error		.052	.178	.157	.124	.108	.126	.148	.301	.161	.069	.102	.082	.066	.133	
Error variance		*	.03	.02	.02	.01	.02	.02	.09	.03	*	.01	.01	*	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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		463	267	193	244	169	50	26	52	53	40	36	38	105	86	27
Total		454	261	190	217	182	55	22	50	48	40	34	47	105	84	25
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	63	36	26	36	23	4	4	9	4	8	6	5	17	10	2
		14%	14%	14%	16%	13%	8%	16%	17%	8%	19%	17%	11%	16%	12%	8%
A bit more	(4.0)	171	100	70	86	69	16	7	20	19	10	14	21	39	31	9
		38%	38%	37%	39%	38%	29%	30%	39%	41%	25%	40%	45%	37%	38%	38%
Neither more nor less	(3.0)	152	92	61	58	68	26	7	16	16	15	11	10	40	28	8
		34%	35%	32%	27%	37%	48%	32%	32%	33%	39%	32%	22%	38%	34%	34%
						a	a									
A bit less	(2.0)	53	28	25	27	20	6	5	5	5	6	3	9	6	11	4
		12%	11%	13%	12%	11%	11%	22%	10%	11%	15%	9%	18%	6%	13%	17%
												g				
A lot less	(1.0)	13	5	7	10	1	2	-	1	3	1	-	2	3	2	1
		3%	2%	4%	5%	1%	4%	-	1%	7%	2%	-	4%	3%	3%	3%
					b											
Don't know		2	1	1	1	1	-	-	-	-	-	1	-	-	1	-
		*	*	*	*	*	-	-	-	-	-	2%	-	-	1%	-
NET: More		234	136	96	121	92	20	10	29	23	18	19	27	56	41	11
		52%	52%	51%	56%	51%	37%	47%	57%	49%	44%	57%	56%	53%	49%	46%
					c											
NET: Less		66	33	33	37	21	8	5	6	9	7	3	11	9	13	5
		15%	13%	17%	17%	12%	15%	22%	11%	18%	17%	9%	22%	8%	16%	20%
												g				
Base for stats		453	260	189	217	181	55	22	50	48	40	33	47	105	83	25
Mean Score		3.48	3.52	3.44	3.51	3.51	3.27	3.41	3.62	3.33	3.44	3.66	3.41	3.58	3.43	3.29
Standard Deviation		.968	.925	1.009	1.053	.874	.902	1.026	.937	1.017	1.043	.877	1.041	.925	.962	.969
Standard Error		.045	.057	.073	.068	.067	.128	.201	.130	.140	.165	.148	.169	.090	.104	.187
Error variance		*	*	.01	*	*	.02	.04	.02	.02	.03	.02	.03	.01	.01	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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	
Significance Level: 95%			a	b	c	d	e	*f	g	h	a	*b	c	*d	*e	*f	g	
Unweighted Total		463	52	154	133	71	34	19	339	124	347	17	52	27	4	5	105	
Total		454	51	155	130	68	32	19	336	118	341	16	52	28	3	4	104	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	63	6	21	21	6	7	3	47	16	48	6	5	3	-	-	14	
		14%	12%	13%	16%	9%	21%	14%	14%	13%	14%	34%	10%	11%	-	-	13%	
A bit more	(4.0)	171	17	56	50	33	8	6	123	47	126	6	19	10	2	3	40	
		38%	33%	36%	39%	49% e	24%	35%	37%	40%	37%	36%	37%	35%	71%	63%	39%	
Neither more nor less	(3.0)	152	20	55	42	18	10	6	118	34	112	2	24	10	-	2	38	
		34%	40%	36%	32%	27%	32%	31%	35%	29%	33%	12%	46%	37%	-	37%	36%	
A bit less	(2.0)	53	7	17	11	10	7	1	36	17	46	2	3	3	-	-	8	
		12%	14%	11%	9%	15%	21%	5%	11%	15%	13%	10%	6%	10%	-	-	7%	
A lot less	(1.0)	13	1	6	4	-	1	2	10	3	8	1	-	2	1	-	4	
		3%	1%	4%	3%	-	2%	11%	3%	2%	2%	9%	-	7%	29%	-	4%	
Don't know		2	-	-	1	-	-	1	1	1	1	-	-	-	-	-	-	
		*	-	-	1%	-	-	4%	*	1%	*	-	-	-	-	-	-	
NET: More		234	23	76	71	40	14	9	171	63	175	11	24	13	2	3	54	
		52%	45%	49%	55%	58%	45%	49%	51%	53%	51%	70%	47%	46%	71%	63%	52%	
NET: Less		66	8	23	15	10	7	3	46	20	53	3	3	5	1	-	12	
		15%	15%	15%	12%	15%	23%	15%	14%	17%	16%	18%	6%	17%	29%	-	12%	
Base for stats		453	51	155	129	68	32	18	335	117	340	16	52	28	3	4	104	
Mean Score		3.48	3.40	3.44	3.57	3.53	3.41	3.39	3.48	3.48	3.48	3.77	3.51	3.33	3.13	3.63	3.49	
Standard Deviation		.968	.920	.978	.969	.860	1.120	1.178	.965	.980	.970	1.292	.765	1.057	1.616	.549	.963	
Standard Error		.045	.128	.079	.084	.102	.192	.278	.053	.088	.052	.313	.106	.203	.808	.246	.094	
Error variance		*	.02	.01	.01	.01	.04	.08	*	.01	*	.10	.01	.04	.65	.06	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	*e	*f	*g	h	*i	*j	k	
463	235	99	103	202	96	31	178	34	10	6	21	62	12	13	127	
454	197	116	121	237	95	32	184	34	9	5	20	49	11	15	127	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
63	23	18	19	37	17	4	21	7	2	-	3	6	3	-	21	
14%	12%	16%	16%	16%	18%	12%	11%	20%	17%	-	17%	13%	26%	-	17%	
171	69	48	46	93	37	15	68	8	5	3	9	19	3	4	52	
38%	35%	41%	38%	40%	39%	47%	37%	24%	59%	56%	45%	40%	25%	25%	41%	
152	71	35	43	77	26	8	71	14	2	2	5	13	4	8	35	
34%	36%	30%	35%	33%	28%	26%	k	42%	24%	30%	25%	26%	31%	53%	27%	
53	25	14	13	26	12	4	22	4	-	1	1	6	2	2	15	
12%	13%	12%	11%	11%	12%	11%	12%	13%	-	14%	4%	13%	17%	16%	12%	
13	8	1	1	2	3	-	4	-	-	-	1	4	-	1	3	
3%	4%	1%	1%	1%	3%	-	2%	-	-	-	5%	8%	-	7%	2%	
	d											c				
2	1	-	-	-	-	1	-	-	-	-	1	-	-	-	1	
*	*	-	-	-	-	3%	-	-	-	-	4%	-	-	-	1%	
						c										
234	92	66	65	131	54	19	88	15	7	3	12	26	6	4	73	
52%	47%	57%	53%	55%	57%	60%	48%	45%	76%	56%	62%	53%	51%	25%	58%	
66	34	15	14	29	15	4	26	4	-	1	2	10	2	3	18	
15%	17%	13%	11%	12%	15%	11%	14%	13%	-	14%	9%	21%	17%	22%	14%	
453	196	116	121	237	95	31	184	34	9	5	19	49	11	15	126	
3.48	3.37	3.59	3.57	3.58	3.57	3.62	3.43	3.52	3.94	3.41	3.67	3.38	3.60	2.96	3.58	
				a												
.968	.990	.933	.905	.917	1.029	.864	.915	.971	.673	.809	1.019	1.123	1.101	.849	.988	
.045	.065	.094	.089	.065	.105	.158	.069	.167	.213	.330	.228	.143	.318	.235	.088	
*	*	.01	.01	*	.01	.02	*	.03	.05	.11	.05	.02	.10	.06	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
		Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Significance Level: 95%			a	b	c	*d	e	a	b	a	*b	*c	d	e	*f	a	b	a	b	
Unweighted Total		463	34	227	176	26	429	72	344	44	29	7	367	76	4	384	79	390	69	
Total		454	31	220	179	24	423	79	333	42	29	7	363	74	4	376	78	385	66	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	63	1	30	29	3	62	19	40	10	5	4	40	19	1	53	10	60	3
			14%	3%	14%	16%	13%	15%	25%	12%	25%	19%	62%	11%	26%	31%	14%	13%	16%	5%
					a	a	a	b	d	d	d	d	d	d	d	d	b	b	b	
A bit more		(4.0)	171	9	83	69	9	162	30	126	14	9	1	142	22	2	144	27	150	21
			38%	30%	38%	39%	38%	38%	38%	38%	34%	31%	16%	39%	30%	51%	38%	35%	39%	32%
Neither more nor less		(3.0)	152	15	73	57	8	137	18	117	11	9	-	129	20	1	127	26	121	30
			34%	49%	33%	32%	32%	32%	23%	35%	27%	31%	-	36%	27%	19%	34%	33%	31%	46%
																			a	
A bit less		(2.0)	53	5	27	20	2	48	10	38	3	3	2	45	7	-	43	10	45	9
			12%	16%	12%	11%	9%	11%	13%	12%	8%	9%	22%	12%	10%	-	11%	13%	12%	13%
A lot less		(1.0)	13	1	6	4	2	12	1	10	2	3	-	7	5	-	9	4	9	2
			3%	3%	3%	2%	7%	3%	1%	3%	4%	10%	-	2%	6%	-	2%	5%	2%	3%
														d	d					
Don't know			2	-	2	-	-	2	-	1	1	-	-	-	1	-	1	1	1	-
			*	-	1%	-	-	*	-	*	2%	-	-	-	1%	-	*	1%	*	-
										d				d						
NET: More			234	10	113	98	12	224	50	167	25	15	5	182	41	3	197	38	209	25
			52%	32%	51%	55%	51%	53%	63%	50%	59%	50%	78%	50%	56%	81%	52%	48%	54%	38%
					a	a	a	a	b	b									b	b
NET: Less			66	6	33	24	4	60	11	49	5	5	2	52	12	-	52	14	54	10
			15%	19%	15%	13%	16%	14%	14%	15%	11%	19%	22%	14%	16%	-	14%	18%	14%	16%
Base for stats			453	31	218	179	24	421	79	332	41	29	7	363	73	4	375	77	384	66
Mean Score			3.48	3.13	3.48	3.56	3.40	3.51	3.73	3.44	3.71	3.40	4.17	3.45	3.60	4.12	3.50	3.39	3.54	3.24
					a	a	a	a	b	b									b	b
Standard Deviation			.968	.832	.969	.966	1.084	.973	1.006	.955	1.067	1.206	1.318	.911	1.164	.802	.953	1.038	.969	.854
Standard Error			.045	.143	.065	.073	.213	.047	.119	.052	.163	.224	.498	.048	.134	.401	.049	.118	.049	.103
Error variance			*	.02	*	.01	.05	*	.01	*	.03	.05	.25	*	.02	.16	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			*a	*b	c	d	e	f	g	h	i	j	a	b	c	
Unweighted Total		463	8	24	61	96	81	71	33	89	238	193	202	168	92	
Total		454	9	22	60	91	78	73	34	89	228	195	200	164	89	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	63	1	4	5	9	16	12	3	13	30	28	43	9	10
		14%	14%	18%	8%	10%	21% cd	17%	9%	15%	13%	14%	22% bc	6%	12%	
A bit more		(4.0)	171	3	8	22	36	25	31	16	29	83	76	117	30	24
		38%	41%	37%	37%	39%	33%	42%	47%	33%	36%	39%	58% bc	18%	27%	
Neither more nor less		(3.0)	152	1	3	19	31	27	22	8	40	78	70	30	109	13
		34%	14%	14%	32%	34%	35%	31%	24%	45% g	34%	36%	15%	66% ac	14%	
A bit less		(2.0)	53	1	2	12	12	9	6	6	6	33	18	8	16	29
		12%	10%	8%	21% fhj	14%	11%	8%	17%	7%	15%	9%	4%	10% a	33% ab	
A lot less		(1.0)	13	2	5	1	2	-	2	1	1	2	4	1	-	12
		3%	21%	23%	1%	2%	-	3%	3%	1%	1%	2%	*	-	14% ab	
Don't know		2	-	-	1	1	-	-	-	-	2	-	1	-	1	
		*	-	-	1%	1%	-	-	-	-	1%	-	*	-	1%	
NET: More		234	5	12	26	45	42	43	19	42	113	104	160	40	34	
		52%	55%	55%	44%	49%	54%	59%	56%	48%	50%	53%	80% bc	24%	39% b	
NET: Less		66	3	7	13	14	9	8	7	7	36	21	9	16	41	
		15%	31%	30%	22% hj	15%	11%	10%	20%	8%	16%	11%	4%	10% a	46% ab	
Base for stats		453	9	22	59	90	78	73	34	89	227	195	199	164	88	
Mean Score		3.48	3.18	3.20	3.29	3.42	3.64 c	3.63 c	3.41	3.54	3.46	3.55	3.97 bc	3.20 c	2.91	
Standard Deviation		.968	1.462	1.460	.938	.914	.942	.946	.980	.857	.936	.911	.757	.687	1.279	
Standard Error		.045	.517	.298	.121	.094	.105	.112	.171	.091	.061	.066	.053	.053	.134	
Error variance		*	.27	.09	.01	.01	.01	.01	.03	.01	*	*	*	*	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions				
		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		463	21	57	102	94	72	57	18	42	268	117	186	173	102	
Total		454	21	53	98	88	74	59	17	43	261	119	183	169	100	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	63	3	2	15	15	8	11	4	5	38	20	39	12	11
			14%	15%	4%	15%	17%	11%	18%	21%	13%	14%	17%	21%	7%	11%
					b	b		b			b	b	bc			
A bit more		(4.0)	171	2	19	38	30	34	23	9	17	102	49	103	41	27
			38%	8%	35%	38%	34%	46%	39%	52%	40%	39%	41%	56%	24%	27%
														bc		
Neither more nor less		(3.0)	152	11	16	25	36	24	21	2	17	85	40	30	95	27
			34%	51%	30%	25%	41%	32%	36%	11%	40%	33%	34%	16%	56%	27%
						c									ac	a
A bit less		(2.0)	53	5	10	19	5	6	3	3	2	30	8	10	19	24
			12%	25%	19%	19%	6%	8%	5%	16%	6%	11%	7%	6%	11%	24%
					dfj	defhj										ab
A lot less		(1.0)	13	-	4	2	3	2	1	-	1	7	2	1	2	10
			3%	-	7%	2%	3%	3%	2%	-	2%	3%	1%	*	1%	10%
					j											ab
Don't know			2	-	2	-	-	-	-	-	-	-	-	1	1	-
			*	-	3%	-	-	-	-	-	-	-	-	*	*	-
					i											
NET: More			234	5	21	52	44	42	34	13	22	139	69	142	53	39
			52%	23%	40%	53%	50%	57%	57%	73%	53%	53%	58%	77%	31%	39%
												b	bc			
NET: Less			66	5	14	21	8	8	4	3	3	37	10	11	20	34
			15%	25%	27%	21%	9%	11%	7%	16%	7%	14%	8%	6%	12%	35%
					defhij	dfhj									a	ab
Base for stats			453	21	51	98	88	74	59	17	43	261	119	183	168	100
Mean Score			3.48	3.13	3.11	3.45	3.55	3.54	3.67	3.78	3.56	3.51	3.65	3.92	3.25	3.05
						b	b	b	b		b	b	b	bc		
Standard Deviation			.968	.990	1.028	1.038	.943	.905	.897	.987	.859	.967	.892	.802	.788	1.179
Standard Error			.045	.216	.139	.103	.097	.107	.119	.233	.133	.059	.082	.059	.060	.117
Error variance			*	.05	.02	.01	.01	.01	.01	.05	.02	*	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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		375	144	230	189	117	69	20	41	49	34	30	33	79	54	35	
Total		367	141	225	168	121	79	17	41	42	32	29	41	81	51	35	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	52	25	27	27	16	9	1	2	5	9	2	2	22	4	5
			14%	18%	12%	16%	13%	11%	4%	6%	11%	27% bcefh	8%	5%	27% bcefh	9%	14%
A bit more		(4.0)	131	53	77	66	45	20	6	19	14	11	14	14	27	16	11
			36%	38%	34%	39% c	37%	26%	36%	46%	33%	36%	48%	35%	33%	31%	31%
Neither more nor less		(3.0)	121	48	73	45	40	36	6	19	16	5	8	19	13	19	15
			33%	34%	32%	27%	33%	45% a	37%	46% dg	38% dg	17%	28%	46% dg	16%	38% dg	43% dg
A bit less		(2.0)	52	12	40	23	17	12	3	1	6	4	5	4	17	8	3
			14%	9%	18% a	14%	14%	15%	18%	2%	14%	14%	17% b	10%	22% b	17% b	9%
A lot less		(1.0)	10	2	7	6	2	1	-	-	1	2	-	1	2	3	1
			3%	2%	3%	4%	2%	2%	-	-	2%	6%	-	3%	2%	5%	2%
Don't know			2	-	2	1	-	1	1	-	1	-	-	-	-	-	-
			1%	-	1%	1%	-	1%	5%	-	2%	-	-	-	-	-	-
NET: More			183	79	103	92	61	29	7	21	18	20	16	16	48	20	16
			50%	56%	46%	55% c	51%	37%	40%	52%	44%	63% h	56%	40%	60% h	40%	46%
NET: Less			62	15	47	29	20	13	3	1	6	6	5	6	19	11	4
			17%	10%	21% a	17%	16%	16%	18%	2%	15% b	20% b	17% b	14%	24% b	22% b	11%
Base for stats			366	141	223	167	121	78	16	41	41	32	29	41	81	51	35
Mean Score			3.45	3.61	3.34	3.51	3.46	3.31	3.28	3.55	3.39	3.65	3.47	3.28	3.60	3.21	3.47
				b													
Standard Deviation			.988	.936	1.008	1.034	.962	.920	.839	.640	.935	1.207	.875	.861	1.171	1.013	.931
Standard Error			.051	.078	.067	.075	.089	.112	.193	.100	.135	.207	.160	.150	.132	.138	.157
Error variance			*	.01	*	.01	.01	.01	.04	.01	.02	.04	.03	.02	.02	.02	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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
Significance Level: 95%			a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total		375	49	98	107	51	36	34	254	121	294	10	35	23	2	3	73
Total		367	47	99	103	47	34	37	249	118	291	8	33	23	2	3	69
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	52	8	18	13	5	4	3	39	13	37	2	7	5	-	1	14
		14%	18%	18%	13%	11%	11%	9%	16%	11%	13%	19%	21%	22%	-	27%	21%
A bit more	(4.0)	131	18	30	37	21	18	7	85	46	104	3	13	9	1	-	26
		36%	38%	30%	36%	44%	54%	19%	34%	39%	36%	41%	39%	40%	38%	-	38%
						f	bfg			f							
Neither more nor less	(3.0)	121	12	37	29	15	8	20	78	43	103	1	7	4	-	2	14
		33%	26%	37%	28%	32%	24%	53%	31%	36%	35%	9%	21%	19%	-	73%	20%
								aceg			g						
A bit less	(2.0)	52	6	12	20	5	3	6	38	14	42	1	4	4	1	-	10
		14%	13%	12%	19%	10%	8%	17%	15%	12%	14%	10%	11%	16%	62%	-	14%
A lot less	(1.0)	10	2	3	3	1	1	-	8	2	4	2	3	1	-	-	5
		3%	5%	3%	3%	2%	2%	-	3%	1%	2%	20%	8%	3%	-	-	7%
													a				a
Don't know		2	-	-	1	-	-	1	1	1	2	-	-	-	-	-	-
		1%	-	-	1%	-	-	3%	*	1%	1%	-	-	-	-	-	-
NET: More		183	26	48	50	26	22	10	124	59	140	5	19	14	1	1	40
		50%	56%	48%	49%	56%	66%	28%	50%	50%	48%	61%	60%	62%	38%	27%	59%
			f	f	f	f	f		f	f							
NET: Less		62	9	14	23	6	4	6	46	15	46	2	6	4	1	-	15
		17%	18%	15%	22%	12%	10%	17%	18%	13%	16%	30%	20%	19%	62%	-	21%
Base for stats		366	47	99	102	47	34	36	248	117	289	8	33	23	2	3	69
Mean Score		3.45	3.50	3.49	3.37	3.53	3.64	3.20	3.44	3.46	3.44	3.30	3.52	3.63	2.76	3.54	3.51
							f										
Standard Deviation		.988	1.094	1.010	1.032	.900	.880	.844	1.033	.888	.941	1.514	1.199	1.112	1.304	1.109	1.185
Standard Error		.051	.156	.102	.100	.126	.147	.147	.065	.081	.055	.479	.203	.232	.922	.640	.139
Error variance		*	.02	.01	.01	.02	.02	.02	*	.01	*	.23	.04	.05	.85	.41	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

		Children aged 15 or under in the household				Current employment status												
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic		
Total		None	1 child	2 or more children	NET: Yes	Currently furloughed												
Significance Level: 95%		a	b	c	d	a	*b	c	d	*e	*f	*g	h	*i	j	k		
Unweighted Total		375	216	62	79	141	83	22	106	35	8	7	17	47	20	30	105	
Total		367	189	72	92	164	82	23	105	35	8	6	15	36	22	35	104	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	52	24	7	19	26	11	7	11	6	2	1	-	7	5	2	19
		14%	12%	10%	21%	16%	14%	33%	10%	17%	24%	12%	-	19%	21%	7%	18%	
A bit more		(4.0)	131	67	33	28	61	35	9	33	14	5	2	6	16	6	5	44
		36%	35%	46%	31%	37%	43%	41%	32%	39%	60%	28%	38%	44%	27%	15%	43%	
							j			j				j			j	
Neither more nor less		(3.0)	121	63	24	30	54	22	4	42	9	1	4	5	8	7	20	26
		33%	33%	33%	33%	33%	27%	17%	40% hk	25%	16%	61%	32%	21%	32%	56% adhk	25%	
A bit less		(2.0)	52	33	5	12	17	11	1	17	6	-	-	3	4	4	7	12
		14%	17% b	7%	13%	10%	13%	5%	16%	17%	-	-	17%	10%	20%	19%	11%	
A lot less		(1.0)	10	3	4	1	5	3	1	1	-	-	-	1	2	-	1	4
		3%	1%	5%	1%	3%	3%	5%	1%	-	-	-	6%	6%	-	3%	4%	
Don't know			2	1	-	1	1	-	-	-	1	-	-	1	-	-	-	-
		1%	*	-	1%	1%	-	-	-	2%	-	-	7%	-	-	-	-	-
NET: More			183	90	40	48	88	46	17	44	20	7	3	6	23	10	8	63
		50%	48%	55%	52%	53%	57%	73%	42%	56%	84%	39%	38%	63%	48%	22%	60%	
							cj		j	j				cj			cj	
NET: Less			62	36	9	13	21	13	2	19	6	-	-	4	6	4	8	16
		17%	19%	12%	14%	13%	16%	10%	18%	17%	-	-	23%	16%	20%	22%	15%	
Base for stats			366	189	72	91	163	82	23	105	34	8	6	14	36	22	35	104
Mean Score			3.45	3.40	3.48	3.58	3.54	3.51	3.90	3.33	3.57	4.09	3.51	3.10	3.60	3.49	3.03	3.60
							j				j			j			j	
Standard Deviation			.988	.964	.944	1.005	.976	.992	1.105	.918	.980	.669	.758	.947	1.108	1.056	.879	1.024
Standard Error			.051	.066	.120	.114	.083	.109	.236	.089	.168	.237	.287	.237	.162	.236	.160	.100
Error variance			*	*	.01	.01	.01	.01	.06	.01	.03	.06	.08	.06	.03	.06	.03	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
		Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Significance Level: 95%			a	b	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total		375	45	179	136	15	330	51	272	38	34	12	279	77	6	316	59	314	60	
Total		367	42	178	133	15	325	54	265	34	36	12	276	74	6	307	60	307	60	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	52	6	22	22	3	46	12	33	10	7	2	33	16	2	49	3	49	3
			14%	14%	12%	17%	17%	14%	23%	13%	29%	19%	17%	12%	22%	38%	16%	5%	16%	5%
										d				d		b		b		
A bit more		(4.0)	131	14	66	46	5	117	18	96	16	13	2	98	27	4	111	20	105	26
			36%	34%	37%	35%	31%	36%	33%	36%	47%	37%	15%	36%	37%	62%	36%	33%	34%	43%
Neither more nor less		(3.0)	121	15	62	42	2	106	12	91	3	13	5	95	20	-	91	30	101	19
			33%	36%	35%	31%	16%	33%	22%	34%	9%	35%	38%	34%	27%	-	30%	50%	33%	33%
											a			a	a		a			
A bit less		(2.0)	52	7	23	18	4	45	11	34	4	2	3	43	8	-	44	8	42	10
			14%	16%	13%	13%	29%	14%	21%	13%	12%	7%	25%	15%	11%	-	14%	13%	14%	17%
A lot less		(1.0)	10	-	5	4	1	10	1	9	-	1	1	7	1	-	10	-	8	1
			3%	-	3%	3%	6%	3%	1%	3%	-	2%	6%	2%	2%	-	3%	-	3%	2%
Don't know			2	-	1	1	-	2	-	2	1	-	-	1	1	-	2	-	2	-
			1%	-	*	1%	-	1%	-	1%	3%	-	-	*	1%	-	1%	-	1%	-
										d										
NET: More			183	20	87	68	7	163	30	129	26	20	4	131	43	6	161	22	154	29
			50%	48%	49%	52%	49%	50%	56%	49%	76%	56%	31%	48%	58%	100%	52%	37%	50%	49%
											d					b				
NET: Less			62	7	28	21	5	55	12	43	4	3	4	49	10	-	54	8	50	11
			17%	16%	16%	16%	35%	17%	22%	16%	12%	9%	31%	18%	13%	-	18%	13%	16%	19%
Base for stats			366	42	177	132	15	324	54	263	33	36	12	275	73	6	305	60	305	60
Mean Score			3.45	3.45	3.43	3.49	3.24	3.45	3.56	3.42	3.96	3.64	3.11	3.39	3.66	4.38	3.48	3.29	3.47	3.33
											d				d					
Standard Deviation			.988	.928	.960	1.017	1.257	.996	1.102	.980	.955	.941	1.184	.969	1.012	.528	1.026	.748	1.005	.896
Standard Error			.051	.138	.072	.088	.325	.055	.154	.060	.157	.161	.342	.058	.116	.216	.058	.097	.057	.116
Error variance			*	.02	.01	.01	.11	*	.02	*	.02	.03	.12	*	.01	.05	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days active										Amount of activity in the past week compared to previous week		
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%			*a	*b	c	d	e	f	*g	h	i	j	a	b	c
Unweighted Total		375	5	23	43	87	61	53	28	75	191	156	157	133	84
Total		367	6	23	41	83	59	52	28	75	183	155	154	131	82
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)		52 14%	3 41%	2 9%	1 2%	11 13% c	8 13% c	13 25% ci	3 10%	12 16% c	19 11%	28 18% ci	41 27% bc	6 5%	4 5%
A bit more (4.0)		131 36%	1 20%	5 22%	15 37%	31 38%	25 42%	16 30%	11 39%	27 36%	71 39%	54 35%	73 48% b	29 22%	29 36% b
Neither more nor less (3.0)		121 33%	1 19%	9 40%	12 30%	28 34%	18 31%	15 30%	14 51%	23 30%	59 32%	52 34%	30 19%	81 62% ac	9 11%
A bit less (2.0)		52 14%	- -	5 22%	11 27% dj	10 11%	9 14%	8 15%	- -	10 13%	29 16%	18 11%	7 4%	11 8%	34 42% ab
A lot less (1.0)		10 3%	1 20%	2 8%	1 2%	3 4%	- -	- -	- -	2 3%	4 2%	2 2%	3 2%	2 1%	5 6% b
Don't know		2 1%	- -	- -	1 3%	- -	- -	- -	- -	1 1%	1 1%	1 1%	- -	2 1%	- -
NET: More		183 50%	4 61%	7 30%	16 38%	42 51%	33 55%	29 56%	14 49%	39 52%	90 49%	82 53%	114 74% bc	35 27%	34 41% b
NET: Less		62 17%	1 20%	7 30%	12 29% j	13 15%	9 14%	8 15%	- -	12 17%	33 18%	20 13%	10 6%	13 10%	39 48% ab
Base for stats		366	6	23	40	83	59	52	28	74	182	154	154	129	82
Mean Score		3.45	3.63	3.00	3.10	3.44	3.54	3.66	3.59	3.49	3.40	3.57	3.93	3.21	2.92
						c	c		c		c		bc	c	
Standard Deviation		.988	1.634	1.079	.901	.992	.902	1.023	.672	1.028	.953	.969	.898	.720	1.115
Standard Error		.051	.731	.225	.139	.106	.115	.141	.127	.119	.069	.078	.072	.063	.122
Error variance		*	.53	.05	.02	.01	.01	.02	.02	.01	*	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
		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		375	29	54	87	77	47	38	14	29	211	81	163	127	83	
Total		367	29	49	87	71	48	38	14	31	206	83	161	125	79	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	52	3	3	5	16	8	7	2	8	29	16	37	8	7
		14%		10%	7%	6%	23%	16%	17%	12%	26%	14%	20%	23%	6%	8%
						bc			c		c	bc	bc			
A bit more		(4.0)	131	9	18	35	26	19	11	2	10	80	23	76	32	23
		36%		31%	37%	40%	37%	40%	29%	15%	33%	39%	28%	47%	25%	29%
													bc			
Neither more nor less		(3.0)	121	8	12	31	21	17	16	8	8	69	32	28	73	19
		33%		27%	24%	36%	30%	34%	42%	58%	28%	33%	39%	17%	58%	24%
														ac		
A bit less		(2.0)	52	7	10	14	6	5	4	2	3	25	9	16	11	25
		14%		25%	21%	16%	8%	10%	10%	15%	11%	12%	11%	10%	9%	31%
					d									ab		
A lot less		(1.0)	10	-	5	1	1	-	1	-	1	3	2	3	1	5
		3%		-	11%	2%	2%	-	2%	-	3%	1%	2%	2%	1%	7%
					cdeij											b
Don't know		2	2	-	-	-	-	-	-	-	-	-	-	-	1	-
		1%	6%	-	-	-	-	-	-	-	-	-	-	-	1%	-
NET: More		183	12	22	40	42	27	18	4	18	110	39	113	40	30	
		50%	41%	44%	46%	60%	56%	46%	27%	59%	53%	48%	70%	32%	38%	
													bc			
NET: Less		62	7	16	16	7	5	5	2	4	27	11	20	12	30	
		17%	25%	32%	18%	10%	10%	12%	15%	14%	13%	13%	12%	9%	38%	
				defij											ab	
Base for stats		366	28	49	87	71	48	38	14	31	206	83	161	125	79	
Mean Score		3.45	3.28	3.08	3.33	3.72	3.62	3.49	3.24	3.68	3.53	3.52	3.79	3.28	3.01	
						bc	b				b	b	bc	c		
Standard Deviation		.988	.994	1.147	.880	.973	.874	.970	.887	1.078	.924	.999	.982	.738	1.111	
Standard Error		.051	.191	.156	.094	.111	.127	.157	.237	.200	.064	.111	.077	.066	.122	
Error variance		*	.04	.02	.01	.01	.02	.02	.06	.04	*	.01	.01	*	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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		390	198	190	184	119	87	19	40	44	44	30	31	88	62	32	
Total		389	198	189	164	126	99	17	40	38	44	30	40	89	60	33	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	54	24	30	31	19	4	3	3	6	6	3	7	17	6	2	
		14%	12%	16%	19% c	15% c	4%	16%	9%	17%	13%	10%	19%	19%	11%	7%	
A bit more	(4.0)	139	71	66	65	40	34	5	15	14	11	8	15	30	28	13	
		36%	36%	35%	40%	32%	34%	29%	37%	36%	26%	28%	38%	33%	47% d	38%	
Neither more nor less	(3.0)	156	82	73	51	59	45	8	19	15	21	14	12	32	18	16	
		40%	41%	39%	31%	47% a	45% a	50%	48%	41%	49% h	48%	29%	36%	29%	49%	
A bit less	(2.0)	31	18	13	13	5	13	1	2	1	3	3	5	6	7	2	
		8%	9%	7%	8%	4%	13% b	4%	6%	4%	7%	11%	14%	7%	11%	6%	
A lot less	(1.0)	7	3	4	3	2	2	-	-	1	1	1	-	3	1	-	
		2%	2%	2%	2%	1%	2%	-	-	2%	3%	3%	-	3%	2%	-	
Don't know		2	-	2	1	-	1	-	-	-	1	-	-	1	-	-	
		1%	-	1%	*	-	1%	-	-	-	2%	-	-	1%	-	-	
NET: More		193	95	97	96	59	38	8	18	20	17	11	23	47	35	15	
		50%	48%	51%	59% bc	47%	38%	46%	46%	53%	39%	38%	57%	52%	58%	45%	
NET: Less		38	21	17	16	7	15	1	2	2	4	4	5	9	8	2	
		10%	11%	9%	10%	6%	15% b	4%	6%	6%	10%	14%	14%	10%	13%	6%	
Base for stats		387	198	187	163	126	98	17	40	38	43	30	40	88	60	33	
Mean Score		3.52	3.48	3.57	3.67 c	3.56 c	3.24	3.57	3.49	3.62	3.41	3.31	3.62	3.59	3.53	3.47	
Standard Deviation		.895	.882	.913	.935	.852	.826	.835	.746	.890	.916	.910	.953	.995	.902	.725	
Standard Error		.045	.063	.067	.069	.078	.089	.192	.118	.134	.140	.166	.171	.107	.115	.128	
Error variance		*	*	*	*	.01	.01	.04	.01	.02	.02	.03	.03	.01	.01	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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
Significance Level: 95%			a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total		390	45	99	89	69	36	52	233	157	315	6	34	23	4	4	71
Total		389	46	103	89	64	32	55	237	152	317	6	32	22	4	5	68
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	54	8	13	12	11	5	4	34	20	41	2	5	5	-	1	13
		14%	18%	13%	14%	17%	17%	7%	14%	13%	13%	36%	15%	23%	-	28%	19%
A bit more	(4.0)	139	16	32	40	21	13	16	89	50	115	2	12	6	1	3	23
		36%	36%	31%	45%	32%	41%	29%	37%	33%	36%	31%	37%	29%	17%	54%	34%
Neither more nor less	(3.0)	156	19	48	27	27	9	27	93	63	130	2	11	9	1	1	24
		40%	41%	46%	31%	42%	28%	48%	39%	41%	41%	33%	35%	39%	30%	18%	34%
A bit less	(2.0)	31	2	6	6	5	4	8	15	16	24	-	2	2	2	-	7
		8%	5%	6%	7%	7%	12%	14%	6%	11%	7%	-	8%	10%	53%	-	10%
A lot less	(1.0)	7	-	3	2	1	1	-	6	2	5	-	2	-	-	-	2
		2%	-	3%	2%	1%	2%	-	2%	1%	2%	-	6%	-	-	-	3%
Don't know		2	-	-	1	-	-	1	1	1	2	-	-	-	-	-	-
		1%	-	-	1%	-	-	2%	*	1%	1%	-	-	-	-	-	-
NET: More		193	25	46	53	32	19	20	123	70	156	4	16	11	1	4	36
		50%	54%	44%	59%	49%	58%	36%	52%	46%	49%	67%	52%	51%	17%	82%	53%
NET: Less		38	2	9	8	6	5	8	20	18	29	-	4	2	2	-	9
		10%	5%	9%	9%	9%	14%	14%	8%	12%	9%	-	13%	10%	53%	-	12%
Base for stats		387	46	103	88	64	32	54	237	151	315	6	32	22	4	5	68
Mean Score		3.52	3.67	3.45	3.62	3.57	3.58	3.29	3.56	3.47	3.52	4.03	3.47	3.64	2.65	4.10	3.57
			f		f												
Standard Deviation		.895	.839	.915	.900	.910	.990	.799	.897	.894	.874	.908	1.036	.959	.872	.755	.999
Standard Error		.045	.125	.092	.096	.110	.165	.112	.059	.072	.049	.371	.178	.200	.436	.378	.119
Error variance		*	.02	.01	.01	.01	.03	.01	*	.01	*	.14	.03	.04	.19	.14	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

	Children aged 15 or under in the household				Current employment status												
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic		
	a	b	c	d	a	*b	c	d	*e	*f	*g	h	*i	j	k		
390	233	73	73	146	66	28	117	32	8	7	17	42	27	46	94		
389	210	84	86	170	63	30	120	32	8	8	14	34	27	54	92		
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%		
54	22	15	16	31	11	8	12	7	1	-	1	7	6	1	19		
14%	11%	18%	18%	18% a	17% j	27%	10%	21% j	15%	-	5%	20% j	22%	3%	21% cj		
139	77	30	29	58	24	10	43	11	3	2	4	15	10	18	34		
36%	37%	35%	33%	34%	38%	34%	36%	34%	33%	26%	29%	42%	36%	33%	37%		
156	87	33	33	67	23	10	55	11	4	6	9	7	9	21	33		
40%	41%	40%	39%	39%	36%	35%	46% h	35%	52%	74%	66%	20%	34%	40%	36%		
31	18	6	6	11	5	1	5	3	-	-	-	5	2	10	6		
8%	9%	7%	7%	7%	7%	4%	4%	9%	-	-	-	14% c	8%	18% ck	6%		
7	4	-	2	2	1	-	4	-	-	-	-	-	-	2	1		
2%	2%	-	3%	1%	1%	-	3%	-	-	-	-	-	-	4%	1%		
2	2	-	-	-	-	-	-	-	-	-	-	1	-	1	-		
1%	1%	-	-	-	-	-	-	-	-	-	-	2%	-	2%	-		
193	100	45	44	89	35	18	56	18	4	2	5	22	16	19	53		
50%	47%	54%	52%	53%	55% j	61%	46%	55%	48%	26%	34%	63% j	58%	36%	57% j		
38	22	6	8	14	5	1	9	3	-	-	-	5	2	12	7		
10%	10%	7%	9%	8%	9%	4%	8%	9%	-	-	-	14%	8%	22% ack	7%		
387	208	84	86	170	63	30	120	32	8	8	14	34	27	53	92		
3.52	3.46	3.65	3.58	3.62	3.63 j	3.85	3.46 j	3.67 j	3.63	3.26	3.40	3.71 j	3.71	3.12	3.70 j		
.895	.870	.858	.956	.907	.904	.887	.862	.924	.779	.469	.611	.976	.918	.900	.900		
.045	.057	.100	.112	.075	.111	.168	.080	.163	.275	.177	.148	.152	.177	.134	.093		
*	*	.01	.01	.01	.01	.03	.01	.03	.08	.03	.02	.02	.03	.02	.01		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
		Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Significance Level: 95%			a	b	c	*d	e	a	b	a	b	*c	d	e	*f	a	b	a	b	
Unweighted Total		390	52	204	115	19	338	65	266	41	49	9	292	87	11	324	66	334	55	
Total		389	51	203	117	18	338	70	262	40	53	8	291	90	11	322	68	335	54	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	54	6	23	23	3	48	10	37	8	5	1	42	11	3	48	6	48	7
			14%	12%	11%	19% b	15%	14%	14%	14%	20%	10%	9%	14%	12%	29%	15%	9%	14%	13%
A bit more		(4.0)	139	14	74	47	4	125	30	93	13	22	3	101	35	3	112	27	118	20
			36%	27%	36%	40%	24%	37%	43%	35%	32%	42%	41%	35%	39%	24%	35%	39%	35%	38%
Neither more nor less		(3.0)	156	21	92	37	6	135	21	111	16	18	3	121	32	4	126	30	133	22
			40%	42%	45% c	32%	32%	40%	30%	42%	39%	33%	36%	42%	36%	34%	39%	44%	40%	41%
A bit less		(2.0)	31	10	8	8	5	21	5	15	4	7	1	19	11	1	25	5	27	4
			8%	19% bce	4%	7%	29%	6%	7%	6%	9%	13%	14%	7%	12%	13%	8%	8%	8%	7%
A lot less		(1.0)	7	-	5	2	-	7	3	4	-	1	-	6	1	-	7	-	6	1
			2%	-	2%	2%	-	2%	4%	2%	-	2%	-	2%	1%	-	2%	-	2%	2%
Don't know			2	-	2	-	-	2	-	2	-	-	-	2	-	-	2	-	2	-
			1%	-	1%	-	-	1%	-	1%	-	-	-	1%	-	-	1%	-	1%	-
NET: More			193	20	97	69	7	173	40	130	21	28	4	142	45	6	161	32	166	27
			50%	39%	47%	59% ab	39%	51%	58%	50%	51%	52%	50%	49%	51%	53%	50%	48%	50%	51%
NET: Less			38	10	13	10	5	28	8	19	4	8	1	25	12	1	33	5	33	5
			10%	19% be	6%	9%	29%	8%	12%	7%	9%	15%	14%	9%	13%	13%	10%	8%	10%	9%
Base for stats			387	51	201	117	18	336	70	260	40	53	8	289	90	11	320	68	333	54
Mean Score			3.52	3.33	3.51	3.68 a	3.25	3.55	3.56	3.56	3.62	3.44	3.44	3.53	3.48	3.69	3.53	3.49	3.52	3.53
Standard Deviation			.895	.926	.839	.931	1.055	.888	.981	.862	.916	.926	.895	.893	.903	1.072	.920	.772	.901	.874
Standard Error			.045	.128	.059	.087	.242	.048	.122	.053	.143	.132	.298	.052	.097	.323	.051	.095	.049	.118
Error variance			*	.02	*	.01	.06	*	.01	*	.02	.02	.09	* .01	.01	.10	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days active									Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%			*a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total		390	11	36	45	62	57	59	35	85	164	179	158	160	72
Total		389	11	36	47	58	56	60	35	86	161	181	160	160	69
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)		54 14%	2 20%	6 18%	4 9%	4 8%	9 16%	11 18%	4 13%	13 15%	18 11%	28 15%	44 27% bc	7 4%	4 6%
A bit more (4.0)		139 36%	2 21%	8 23%	14 31%	21 37%	23 42%	26 44% b	14 40%	29 33%	59 37%	69 38%	81 51% bc	34 21%	24 34% b
Neither more nor less (3.0)		156 40%	5 42%	14 40%	20 44%	24 41%	20 35%	19 32%	15 42%	40 46%	64 40%	73 41%	32 20%	106 66% ac	18 27%
A bit less (2.0)		31 8%	1 6%	5 14% fj	6 14% fj	7 11% f	4 7%	1 2%	2 6%	5 6%	17 11% fj	8 5%	2 1%	10 7% a	19 27% ab
A lot less (1.0)		7 2%	1 11%	2 5% h	1 3%	1 1%	- -	2 3%	- -	- -	2 1%	2 1%	2 1%	1 1%	4 6% ab
Don't know		2 1%	- -	- -	- -	1 2%	- -	1 1%	- -	- -	1 1%	1 *	- -	2 1%	- -
NET: More		193 50%	5 42%	15 41%	19 40%	26 44%	33 58%	37 62% c	18 52%	42 48%	77 48%	97 54%	125 78% bc	41 25%	28 40% b
NET: Less		38 10%	2 17%	7 19% fhj	8 17% fj	7 13%	4 7%	3 5%	2 6%	5 6%	19 12% j	10 6%	4 2%	11 7% a	23 33% ab
Base for stats		387	11	36	47	57	56	59	35	86	160	181	160	158	69
Mean Score		3.52	3.35	3.35	3.29	3.38	3.67 c	3.73 cdi	3.59	3.57	3.46	3.63 c	4.02 bc	3.22	3.06
Standard Deviation		.895	1.239	1.106	.919	.849	.840	.889	.797	.818	.876	.837	.790	.653	1.052
Standard Error		.045	.374	.184	.137	.109	.111	.117	.135	.089	.069	.063	.063	.052	.124
Error variance		*	.14	.03	.02	.01	.01	.01	.02	.01	*	*	*	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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		390	26	48	84	87	46	38	17	44	217	99	156	159	74
Total		389	25	47	85	86	45	39	17	45	217	101	156	159	73
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more		(5.0)	54	3	4	7	13	6	7	3	11	26	41	4	8
		14%	14%	9%	8%	15%	14%	18%	16%	24% ci	12%	20% c	26% bc	3%	11% b
A bit more		(4.0)	139	8	15	31	28	19	18	8	13	77	76	40	23
		36%	30%	31%	36%	32%	41%	46%	48%	29%	36%	39%	49% bc	25%	32%
Neither more nor less		(3.0)	156	9	21	37	38	15	10	5	21	90	31	103	22
		40%	36%	45%	43%	44%	33%	26%	28%	47%	42%	36%	20%	65% ac	31%
A bit less		(2.0)	31	4	4	9	5	4	3	1	-	19	6	10	15
		8%	16%	8%	11% h	6%	10% h	7%	8%	-	9% h	4%	4%	6%	21% ab
A lot less		(1.0)	7	1	3	1	1	-	-	-	3	-	2	1	4
		2%	5%	7% ij	1%	1%	2%	-	-	-	1%	-	1%	1%	6% ab
Don't know		2	-	-	-	1	-	1	-	-	1	1	1	1	-
		1%	-	-	-	1%	-	2%	-	-	1%	1%	1%	1%	-
NET: More		193	11	19	38	41	25	25	11	24	104	60	117	44	31
		50%	44%	40%	45%	47%	55%	64% bc	64%	53%	48%	59% bc	75% bc	28%	43% b
NET: Less		38	5	7	10	6	5	3	1	-	22	4	7	11	19
		10%	21%	15% hj	12% h	7%	12% h	7%	8%	-	10% h	4%	5%	7%	27% ab
Base for stats		387	25	47	85	85	45	38	17	45	215	100	155	158	73
Mean Score		3.52	3.32	3.28	3.40	3.55	3.55	3.77 bc	3.72	3.77 bci	3.49	3.76 bci	3.96 bc	3.23	3.21
Standard Deviation		.895	1.068	.989	.831	.858	.935	.846	.861	.818	.863	.828	.847	.627	1.081
Standard Error		.045	.210	.143	.091	.093	.138	.139	.209	.123	.059	.084	.068	.050	.126
Error variance		*	.04	.02	.01	.01	.02	.02	.04	.02	*	.01	*	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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		202	99	102	87	78	37	8	27	32	26	19	17	25	28	20	
Total		204	100	103	79	85	41	7	29	28	25	18	22	26	27	20	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	27	14	14	17	8	2	-	6	2	3	2	1	5	5	3
			13%	14%	13%	22% bc	9%	5%	-	21%	7%	13%	10%	6%	18%	17%	16%
A bit more		(4.0)	71	40	31	32	30	9	4	8	11	8	9	7	8	6	9
			35%	40%	30%	41% c	35%	22%	59%	28%	38%	33%	51%	31%	32%	21%	45%
Neither more nor less		(3.0)	79	39	41	20	32	28	1	12	12	9	4	10	12	13	6
			39%	39%	39%	25%	37%	68% ab	19%	41%	44%	34%	22%	44%	45%	49%	30%
A bit less		(2.0)	22	7	14	8	12	2	1	2	2	3	3	4	1	4	2
			11%	7%	13%	10%	14%	5%	13%	6%	8%	12%	16%	19%	4%	13%	10%
A lot less		(1.0)	3	-	3	1	2	-	-	-	1	2	-	-	-	-	-
			1%	-	3%	1%	2%	-	-	-	3%	8%	-	-	-	-	-
Don't know			2	1	1	1	1	-	1	1	-	-	-	-	-	-	-
			1%	1%	1%	1%	1%	-	9%	4%	-	-	-	-	-	-	-
NET: More			98	54	45	49	38	11	4	14	13	12	11	8	13	10	12
			48%	53%	44%	63% bc	45%	27%	59%	48%	46%	46%	62%	36%	51%	38%	60%
NET: Less			25	7	16	9	14	2	1	2	3	5	3	4	1	4	2
			12%	7%	16%	11%	17%	5%	13%	6%	10%	20%	16%	19%	4%	13%	10%
Base for stats		202	100	102	78	84	41	7	28	28	25	18	22	26	27	20	
Mean Score		3.49	3.60	3.38	3.73 bc	3.36	3.27	3.51	3.65	3.40	3.32	3.56	3.22	3.65	3.42	3.66	
Standard Deviation		.906	.814	.973	.953	.929	.637	.793	.906	.858	1.113	.906	.841	.834	.936	.882	
Standard Error		.064	.082	.097	.103	.106	.105	.300	.178	.152	.218	.208	.204	.167	.177	.197	
Error variance		*	.01	.01	.01	.01	.01	.09	.03	.02	.05	.04	.04	.03	.03	.04	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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	
Significance Level: 95%		*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g	
Unweighted Total		202	28	50	54	29	26	15	132	70	165	7	16	7	-	3	33
Total		204	28	53	54	28	25	16	135	69	168	7	16	7	-	3	32
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
A lot more	(5.0)	27	5	6	7	3	3	3	18	9	20	1	4	1	-	1	7
		13%	17%	12%	14%	12%	11%	19%	13%	13%	12%	13%	27%	11%	-	27%	21%
A bit more	(4.0)	71	7	17	23	11	10	4	47	24	59	1	5	3	-	2	12
		35%	26%	32%	42%	38%	39%	24%	35%	35%	35%	22%	34%	43%	-	73%	37%
Neither more nor less	(3.0)	79	12	22	18	12	8	7	52	27	68	2	5	3	-	-	9
		39%	42%	42%	34%	42%	34%	45%	39%	40%	40%	28%	32%	36%	-	-	29%
A bit less	(2.0)	22	4	5	5	2	3	2	14	8	17	2	1	1	-	-	4
		11%	15%	9%	9%	8%	14%	13%	10%	11%	10%	37%	8%	9%	-	-	13%
A lot less	(1.0)	3	-	1	1	-	1	-	2	1	3	-	-	-	-	-	-
		1%	-	2%	1%	-	3%	-	1%	1%	2%	-	-	-	-	-	-
Don't know		2	-	2	-	-	-	-	2	-	1	-	-	-	-	-	-
		1%	-	3%	-	-	-	-	1%	-	1%	-	-	-	-	-	-
NET: More		98	12	23	30	14	12	7	65	33	79	2	10	4	-	3	19
		48%	43%	43%	56%	50%	49%	43%	48%	48%	47%	35%	61%	54%	-	100%	58%
NET: Less		25	4	6	6	2	4	2	16	8	20	2	1	1	-	-	4
		12%	15%	12%	10%	8%	17%	13%	12%	12%	12%	37%	8%	9%	-	-	13%
Base for stats		202	28	51	54	28	25	16	134	69	167	7	16	7	-	3	32
Mean Score		3.49	3.44	3.43	3.58	3.54	3.40	3.49	3.49	3.48	3.46	3.10	3.81	3.56	-	4.27	3.65
Standard Deviation		.906	.958	.916	.893	.814	.980	.972	.912	.902	.899	1.138	.952	.877	-	.553	.968
Standard Error		.064	.181	.132	.122	.151	.192	.251	.080	.108	.070	.430	.238	.331	-	.319	.168
Error variance		*	.03	.02	.01	.02	.04	.06	.01	.01	*	.18	.06	.11	-	.10	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	*b	c	*d	*e	*f	*g	*h	*i	*j	k	
202	89	47	52	99	34	20	59	21	5	8	11	20	13	11	54	
204	78	55	60	115	32	22	63	22	5	8	9	16	14	13	55	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
27	16	4	6	10	7	1	4	2	1	2	2	4	3	1	8	
13%	21%	8%	10%	9%	23%	4%	7%	9%	17%	19%	17%	27%	22%	9%	15%	
	d				c											
71	24	23	20	44	11	11	25	3	3	2	5	9	-	3	22	
35%	30%	43%	33%	38%	33%	51%	39%	13%	56%	24%	49%	59%	-	27%	40%	
79	32	20	23	43	9	6	28	11	1	3	3	1	10	6	15	
39%	41%	37%	38%	37%	28%	27%	45%	50%	28%	39%	34%	9%	68%	48%	27%	
22	6	7	8	15	5	4	5	3	-	1	-	1	1	2	9	
11%	7%	13%	14%	13%	14%	18%	7%	14%	-	18%	-	5%	10%	16%	16%	
3	1	-	2	2	1	-	1	1	-	-	-	-	-	-	1	
1%	1%	-	3%	2%	3%	-	1%	6%	-	-	-	-	-	-	1%	
2	-	-	1	1	-	-	-	2	-	-	-	-	-	-	-	
1%	-	-	2%	1%	-	-	-	8%	-	-	-	-	-	-	-	
98	40	28	26	54	18	12	29	5	4	4	6	13	3	5	30	
48%	51%	51%	43%	47%	56%	55%	46%	22%	72%	43%	66%	86%	22%	37%	55%	
25	6	7	10	17	5	4	5	4	-	1	-	1	1	2	9	
12%	8%	13%	17%	15%	17%	18%	8%	20%	-	18%	-	5%	10%	16%	17%	
202	78	55	59	114	32	22	63	20	5	8	9	16	14	13	55	
3.49	3.62	3.46	3.33	3.39	3.59	3.40	3.44	3.06	3.89	3.45	3.82	4.08	3.35	3.30	3.52	
.906	.928	.819	.963	.895	1.082	.844	.786	.986	.735	1.055	.729	.759	.965	.881	.989	
.064	.098	.120	.135	.090	.186	.189	.102	.226	.329	.373	.220	.170	.268	.266	.135	
*	.01	.01	.02	.01	.03	.04	.01	.05	.11	.14	.05	.03	.07	.07	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
														NET: Longstanding physical and mental condition or illness						
		Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No	
Significance Level: 95%			*a	b	c	*d	e	a	b	*a	*b	*c	d	e	*f	a	b	a	*b	
Unweighted Total		202	14	111	70	7	188	35	146	26	28	6	140	52	8	156	46	183	17	
Total		204	12	111	74	7	192	38	149	24	27	5	147	49	8	157	47	186	16	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	27	4	14	8	1	23	2	20	6	4	1	18	7	3	21	6	25	2
			13%	33%	13%	11%	10%	12%	4%	13%	25%	14%	16%	12%	15%	41%	13%	14%	14%	13%
A bit more		(4.0)	71	3	43	24	2	69	20	47	12	12	2	46	23	3	59	12	63	8
			35%	21%	39%	32%	26%	36%	52% b	32%	50%	43%	32%	31%	47%	35%	38%	25%	34%	50%
Neither more nor less		(3.0)	79	4	42	29	4	75	12	63	3	9	3	64	13	2	56	24	74	5
			39%	33%	38%	39%	63%	39%	31%	42%	14%	32%	53%	44% e	26%	24%	35%	51%	40%	33%
A bit less		(2.0)	22	1	12	9	-	21	5	15	3	2	-	16	5	-	18	4	20	1
			11%	6%	11%	12%	-	11%	13%	10%	12%	8%	-	11%	10%	-	11%	9%	11%	4%
A lot less		(1.0)	3	1	-	2	-	2	-	2	-	1	-	2	1	-	2	1	3	-
			1%	6%	-	3%	-	1%	-	1%	-	3%	-	1%	2%	-	1%	2%	2%	-
Don't know			2	-	-	2	-	2	-	1	-	-	-	1	-	-	2	-	1	-
			1%	-	-	2%	-	1%	-	1%	-	-	-	1%	-	-	1%	-	1%	-
NET: More			98	7	57	32	3	92	22	67	18	16	3	64	30	6	80	18	88	10
			48%	55%	51%	44%	37%	48%	57%	45%	75%	58%	47%	43%	62% d	76%	51%	39%	47%	63%
NET: Less			25	2	12	11	-	23	5	17	3	3	-	18	6	-	20	5	23	1
			12%	12%	11%	15%	-	12%	13%	12%	12%	11%	-	12%	12%	-	13%	10%	12%	4%
Base for stats		202	12	111	72	7	190	38	147	24	27	5	146	49	8	155	47	185	16	
Mean Score		3.49	3.69	3.53	3.39	3.47	3.47	3.49	3.46	3.88	3.59	3.63	3.42	3.64	4.17	3.51	3.41	3.47	3.71	
Standard Deviation		.906	1.227	.853	.947	.730	.884	.777	.903	.932	.944	.818	.889	.922	.842	.910	.900	.913	.760	
Standard Error		.064	.328	.081	.115	.276	.065	.131	.075	.183	.178	.334	.075	.128	.298	.073	.133	.068	.184	
Error variance		*	.11	.01	.01	.08	*	.02	.01	.03	.03	.11	.01	.02	.09	.01	.02	*	.03	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			*a	*b	*c	d	*e	f	*g	h	i	j	a	b	c	
Unweighted Total		202	8	18	25	50	25	33	12	31	100	76	76	78	48	
Total		204	8	18	25	49	26	34	12	33	100	79	76	81	47	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	27	1	1	3	5	6	5	2	5	14	12	19	6	3
		13%	10%	4%	11%	11%	22%	14%	19%	15%	14%	15%	24% bc	7%	6%	
A bit more		(4.0)	71	2	8	8	14	9	18	5	8	30	31	38	18	15
		35%	22%	44%	30%	28%	35%	54% dhi	43%	25%	30%	40%	50% b	22%	33%	
Neither more nor less		(3.0)	79	5	6	11	19	10	8	3	17	40	27	14	51	14
		39%	68%	35%	44%	39%	39%	22%	27%	51% f	40%	35%	18%	63% ac	31%	
A bit less		(2.0)	22	-	2	4	10	1	1	-	3	15	5	6	3	13
		11%	-	13%	15%	20% fj	4%	4%	-	10%	15%	6%	7%	4%	27% ab	
A lot less		(1.0)	3	-	1	-	-	-	1	1	-	-	2	-	2	1
		1%	-	4%	-	-	-	2%	11%	-	-	3%	-	3%	2%	
Don't know			2	-	-	-	1	-	1	-	-	1	1	-	1	1
		1%	-	-	-	1%	-	3%	-	-	1%	1%	-	1%	1%	
NET: More			98	3	8	10	19	15	23	7	13	44	43	57	23	18
		48%	32%	48%	41%	39%	57%	68% dhi	63%	39%	44%	55%	75% bc	29%	39%	
NET: Less			25	-	3	4	10	1	2	1	3	15	7	6	5	14
		12%	-	18%	15%	20%	4%	7%	11%	10%	15%	9%	7%	7%	29% ab	
Base for stats		202	8	18	25	48	26	33	12	33	99	77	76	80	46	
Mean Score		3.49	3.42	3.30	3.37	3.30	3.76	3.75 d	3.61	3.44	3.43	3.60	3.92 bc	3.27	3.14	
Standard Deviation		.906	.717	.934	.878	.930	.855	.859	1.173	.873	.910	.915	.850	.765	.961	
Standard Error		.064	.254	.220	.176	.133	.171	.152	.339	.157	.091	.106	.097	.087	.140	
Error variance		*	.06	.05	.03	.02	.03	.02	.11	.02	.01	.01	.01	.01	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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		202	17	37	38	42	26	18	8	16	106	42	70	74	57
Total		204	16	36	38	42	28	18	8	18	108	45	71	78	53
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more		(5.0)	27	1	4	5	10	1	4	1	16	6	17	6	4
		13%	5%	11%	14%	23%	4%	24%	9%	7%	15%	14%	24% bc	8%	8%
A bit more		(4.0)	71	6	15	11	9	12	9	3	6	18	31	19	21
		35%	36%	42%	28%	22%	45%	50%	33%	35%	30%	41%	44% b	24%	39%
Neither more nor less		(3.0)	79	8	13	16	17	10	3	4	10	16	14	48	18
		39%	48%	37%	41%	41%	36%	15%	46%	52%	40%	36%	20%	61% ac	33%
A bit less		(2.0)	22	1	2	6	6	4	1	1	16	3	9	4	9
		11%	4%	5%	15%	15%	15%	6%	11%	6%	15%	7%	12%	5%	17% b
A lot less		(1.0)	3	-	2	-	-	-	1	-	-	1	-	1	2
		1%	-	6% i	-	-	-	4%	-	-	-	2%	-	1% 1	4%
Don't know		2	1	-	1	-	-	-	-	-	1	-	-	1	-
		1%	7%	-	2%	-	-	-	-	-	1%	-	-	1%	-
NET: More		98	7	19	16	19	13	14	3	8	48	25	48	25	25
		48%	41%	53%	42%	45%	49%	74%	43%	42%	45%	55%	68% bc	32%	47%
NET: Less		25	1	4	6	6	4	2	1	1	16	4	9	5	11
		12%	4%	10%	15%	15%	15%	11%	11%	6%	15%	9%	12%	6%	20% b
Base for stats		202	15	36	37	42	28	18	8	18	107	45	71	78	53
Mean Score		3.49	3.45	3.48	3.42	3.53	3.37	3.83	3.41	3.43	3.45	3.59	3.80 bc	3.33	3.30
Standard Deviation		.906	.693	.964	.928	1.014	.798	1.036	.867	.731	.926	.894	.946	.744	.969
Standard Error		.064	.173	.158	.153	.156	.156	.244	.306	.183	.090	.138	.113	.087	.128
Error variance		*	.03	.03	.02	.02	.02	.06	.09	.03	.01	.02	.01	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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		134	76	58	70	53	11	6	16	15	17	12	7	26	26	9
Total		135	76	59	64	58	12	5	16	14	17	12	8	27	26	9
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	26	19	7	11	13	1	1	4	2	2	4	1	9	2	1
		19%	25% b	11%	18%	23%	10%	18%	25%	14%	11%	33%	16%	32%	8%	9%
A bit more	(4.0)	52	32	20	22	24	6	1	8	7	5	5	1	9	14	3
		39%	42%	34%	35%	41%	48%	17%	48%	48%	29%	43%	10%	32%	53%	35%
Neither more nor less	(3.0)	46	19	27	25	18	3	2	4	5	7	3	5	7	9	4
		34%	25%	46% a	39%	30%	27%	36%	26%	32%	42%	23%	60%	25%	36%	46%
A bit less	(2.0)	7	4	4	3	2	2	1	-	-	2	-	1	2	1	1
		5%	5%	6%	5%	4%	15%	15%	-	-	10%	-	14%	8%	3%	10%
A lot less	(1.0)	4	2	2	2	1	-	1	-	1	1	-	-	1	-	-
		3%	3%	3%	4%	2%	-	13%	-	6%	7%	-	-	3%	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		78	51	27	33	37	7	2	12	9	7	9	2	17	16	4
		58%	67% b	46%	52%	63%	58%	35%	74%	62%	41%	77%	27%	64%	61%	44%
NET: Less		11	6	5	5	4	2	2	-	1	3	-	1	3	1	1
		8%	8%	9%	8%	6%	15%	29%	-	6%	17%	-	14%	11%	3%	10%
Base for stats		135	76	59	64	58	12	5	16	14	17	12	8	27	26	9
Mean Score		3.66	3.82	3.46	3.58	3.78	3.53	3.11	3.99	3.65	3.28	4.10	3.29	3.83	3.66	3.43
			b													
Standard Deviation		.939	.961	.875	.960	.924	.909	1.387	.741	.959	1.063	.780	.956	1.078	.674	.837
Standard Error		.081	.110	.115	.115	.127	.274	.566	.185	.248	.258	.225	.361	.211	.132	.279
Error variance		.01	.01	.01	.01	.02	.08	.32	.03	.06	.07	.05	.13	.04	.02	.08

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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
Significance Level: 95%			*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total		134	22	40	31	20	15	6	93	41	103	5	10	12	-	4	31
Total		135	23	41	31	21	13	6	95	39	105	5	9	11	-	4	29
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
A lot more	(5.0)	26	4	10	2	7	2	1	16	10	18	2	3	3	-	-	8
		19%	18%	24% c	5%	35%	12%	18%	17%	25% c	17%	44%	30%	25%	-	-	26%
A bit more	(4.0)	52	7	21	12	6	3	3	41	11	42	1	3	2	-	3	10
		39%	32%	51%	40%	26%	24%	51%	43%	29%	40%	30%	35%	18%	-	79%	34%
Neither more nor less	(3.0)	46	8	10	14	7	5	2	32	14	39	1	1	4	-	1	7
		34%	35%	23%	45%	35%	41%	31%	33%	36%	37%	25%	13%	37%	-	21%	25%
A bit less	(2.0)	7	2	1	2	-	2	-	5	2	6	-	1	1	-	-	2
		5%	9%	2%	7%	-	16%	-	6%	5%	6%	-	8%	7%	-	-	5%
A lot less	(1.0)	4	1	-	1	1	1	-	2	2	1	-	1	1	-	-	3
		3%	5%	-	3%	3%	6%	-	2%	4%	1%	-	14%	14%	-	-	9% a
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		78	12	31	14	13	5	4	56	21	60	4	6	5	-	3	18
		58%	50%	75% c	45%	61%	36%	69%	59%	54%	57%	75%	65%	43%	-	79%	60%
NET: Less		11	3	1	3	1	3	-	7	4	7	-	2	2	-	-	4
		8%	15%	2%	10%	3%	23%	-	8%	9%	6%	-	22%	20%	-	-	14%
Base for stats		135	23	41	31	21	13	6	95	39	105	5	9	11	-	4	29
Mean Score		3.66	3.48	3.97 c	3.38	3.90	3.19	3.87	3.66	3.66	3.67	4.19	3.60	3.34	-	3.79	3.62
Standard Deviation		.939	1.083	.757	.812	1.025	1.096	.759	.896	1.046	.853	.913	1.431	1.351	-	.463	1.213
Standard Error		.081	.231	.120	.146	.229	.283	.310	.093	.163	.084	.408	.452	.390	-	.231	.218
Error variance		.01	.05	.01	.02	.05	.08	.10	.01	.03	.01	.17	.20	.15	-	.05	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

		Children aged 15 or under in the household				Current employment status												
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic		
Total		None	1 child	2 or more children	NET: Yes	Currently furloughed												
Significance Level: 95%		a	b	c	d	a	*b	c	*d	*e	*f	*g	*h	*i	*j	k		
Unweighted Total		134	56	34	36	70	31	18	50	8	4	1	5	8	9	-	49	
Total		135	46	40	41	82	31	20	52	8	4	1	4	6	9	-	50	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	
A lot more		(5.0)	26	9	9	7	16	7	3	11	1	-	-	1	2	1	-	10
		19%	20%	23%	17%	20%	23%	17%	21%	16%	-	-	19%	26%	11%	-	20%	
A bit more		(4.0)	52	18	16	16	32	10	10	21	3	3	-	1	2	2	-	20
		39%	38%	39%	39%	39%	34%	50%	40%	35%	79%	-	18%	37%	22%	-	40%	
Neither more nor less		(3.0)	46	15	13	16	29	10	7	17	3	-	1	2	1	5	-	16
		34%	33%	32%	40%	36%	32%	33%	33%	38%	-	100%	63%	12%	55%	-	32%	
A bit less		(2.0)	7	3	1	1	2	2	-	2	1	1	-	-	1	1	-	2
		5%	7%	3%	2%	3%	7%	-	3%	12%	21%	-	-	13%	12%	-	4%	
A lot less		(1.0)	4	1	1	1	2	2	-	1	-	-	-	1	-	-	-	2
		3%	2%	3%	2%	3%	5%	-	2%	-	-	-	-	13%	-	-	3%	
Don't know			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More			78	27	25	23	48	17	13	32	4	3	-	1	4	3	-	30
		58%	58%	62%	56%	59%	57%	67%	61%	50%	79%	-	37%	63%	33%	-	61%	
NET: Less			11	4	3	2	4	4	-	3	1	1	-	-	2	1	-	4
		8%	9%	6%	4%	5%	12%	-	6%	12%	21%	-	-	26%	12%	-	7%	
Base for stats			135	46	40	41	82	31	20	52	8	4	1	4	6	9	-	50
Mean Score			3.66	3.68	3.75	3.68	3.72	3.62	3.84	3.74	3.54	3.58	3.00	3.56	3.50	3.31	-	3.71
Standard Deviation			.939	.935	.958	.861	.906	1.076	.707	.912	.956	.958	-	.917	1.456	.871	-	.947
Standard Error			.081	.125	.164	.144	.108	.193	.167	.129	.338	.479	-	.410	.515	.290	-	.135
Error variance			.01	.02	.03	.02	.01	.04	.03	.02	.11	.23	-	.17	.26	.08	-	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
														NET: Longstanding physical and mental condition or illness						
		Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No	
Significance Level: 95%			*a	b	c	*d	e	a	b	*a	*b	*c	d	e	*f	a	*b	a	*b	
Unweighted Total		134	20	65	46	3	114	32	81	17	16	10	91	38	4	116	18	114	19	
Total		135	17	66	49	3	117	34	82	17	15	10	93	36	4	117	17	115	19	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	26	4	11	11	1	22	9	12	3	4	4	15	10	1	24	2	21	4
			19%	21%	16%	22%	28%	19%	27%	14%	21%	24%	41%	16%	27%	31%	20%	12%	18%	22%
A bit more		(4.0)	52	4	28	19	-	47	10	37	5	6	1	41	10	2	46	6	48	4
			39%	26%	43%	40%	-	41%	30%	45%	29%	39%	8%	44%	28%	38%	39%	37%	42%	23%
Neither more nor less		(3.0)	46	6	23	16	1	40	12	28	7	6	3	32	13	1	38	8	37	9
			34%	32%	36%	32%	40%	34%	35%	35%	43%	36%	30%	34%	36%	31%	32%	46%	32%	46%
A bit less		(2.0)	7	3	2	1	1	4	1	3	-	-	1	4	1	-	7	-	6	2
			5%	17%	3%	3%	32%	4%	4%	-	-	14%	4%	4%	-	6%	-	5%	9%	
A lot less		(1.0)	4	1	1	2	-	3	1	2	1	-	1	2	2	-	3	1	4	-
			3%	4%	2%	3%	-	2%	4%	2%	8%	-	7%	2%	5%	-	2%	5%	3%	-
Don't know			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More			78	8	39	30	1	70	20	49	8	10	5	56	20	3	69	9	68	9
			58%	46%	59%	61%	28%	59%	58%	60%	49%	64%	48%	60%	55%	69%	59%	49%	60%	45%
NET: Less			11	4	3	3	1	7	3	5	1	-	2	6	3	-	10	1	9	2
			8%	21%	5%	6%	32%	6%	8%	6%	8%	-	21%	6%	9%	-	9%	5%	8%	9%
Base for stats			135	17	66	49	3	117	34	82	17	15	10	93	36	4	117	17	115	19
Mean Score			3.66	3.41	3.68	3.74	3.25	3.70	3.74	3.66	3.55	3.88	3.60	3.68	3.67	4.01	3.68	3.52	3.66	3.58
Standard Deviation			.939	1.150	.855	.951	1.508	.903	1.034	.842	1.087	.797	1.409	.858	1.092	.909	.946	.907	.936	.961
Standard Error			.081	.257	.106	.140	.871	.085	.183	.094	.264	.199	.446	.090	.177	.454	.088	.214	.088	.221
Error variance			.01	.07	.01	.02	.76	.01	.03	.01	.07	.04	.20	.01	.03	.21	.01	.05	.01	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days active										Amount of activity in the past week compared to previous week		
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%			*a	*b	*c	d	*e	*f	*g	*h	i	j	a	b	*c
Unweighted Total		134	4	6	19	32	23	21	10	19	74	50	71	34	28
Total		135	3	7	19	30	23	23	10	18	72	52	72	33	29
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	26	1	-	3	7	6	7	-	3	15	10	20	2	4
		19%	20%	-	13%	23%	25%	29%	-	15%	21%	18%	28% b	5%	15%
A bit more	(4.0)	52	2	4	5	13	7	8	5	9	25	21	29	10	13
		39%	57%	55%	26%	43%	31%	33%	46%	47%	35%	41%	40%	29%	46%
Neither more nor less	(3.0)	46	1	-	11	8	9	8	5	5	28	17	19	20	6
		34%	23%	-	56%	28%	38%	34%	47%	26%	38%	34%	26%	60% a	22%
A bit less	(2.0)	7	-	2	-	2	1	-	1	2	3	2	2	1	4
		5%	-	27%	-	6%	6%	-	7%	8%	5%	4%	3%	3%	14%
A lot less	(1.0)	4	-	1	1	-	-	1	-	1	1	2	2	1	1
		3%	-	18%	4%	-	-	4%	-	4%	1%	3%	3%	2%	3%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		78	3	4	8	20	13	15	5	11	41	31	49	11	17
		58%	77%	55%	40%	66%	57%	63%	46%	62%	56%	59%	68% b	34%	61%
NET: Less		11	-	3	1	2	1	1	1	2	4	4	4	2	5
		8%	-	45%	4%	6%	6%	4%	7%	12%	6%	7%	6%	6%	16%
Base for stats		135	3	7	19	30	23	23	10	18	72	52	72	33	29
Mean Score		3.66	3.98	2.91	3.45	3.83	3.76	3.85	3.39	3.61	3.71	3.67	3.87 b	3.30	3.57
Standard Deviation		.939	.774	1.342	.894	.872	.918	.982	.646	1.000	.894	.932	.952	.732	1.009
Standard Error		.081	.387	.548	.205	.154	.191	.214	.204	.229	.104	.132	.113	.126	.191
Error variance		.01	.15	.30	.04	.02	.04	.05	.04	.05	.01	.02	.01	.02	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days have done activity to work muscles									Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions				
			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		134	7	19	30	24	21	15	6	12	75	33		61	44	29
Total		135	8	18	28	25	23	15	5	13	76	33		62	44	29
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%		100%	100%	100%
A lot more		(5.0)	26	1	1	3	6	7	3	1	4	16	7	16	6	4
		19%	9%	7%	12%	24%	30%	20%	14%	29%	22%	23%		26%	13%	15%
A bit more		(4.0)	52	5	6	12	9	6	6	2	5	28	13	31	12	10
		39%	60%	33%	44%	38%	27%	42%	41%	37%	37%	40%		50%	27%	33%
														b		
Neither more nor less		(3.0)	46	2	9	12	8	6	3	2	4	26	8	14	22	11
		34%	31%	50%	44%	32%	28%	19%	31%	28%	35%	25%		22%	49%	37%
														a		
A bit less		(2.0)	7	-	2	-	1	3	-	1	-	5	1	1	2	5
		5%	-	10%	-	6%	15%	-	14%	-	6%	2%		1%	4%	16%
A lot less		(1.0)	4	-	-	-	-	-	3	-	1	-	4	1	3	-
		3%	-	-	-	-	-	19%	-	6%	-	11%		1%	7%	-
												i				
Don't know			-	-	-	-	-	-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More			78	5	7	16	15	13	9	3	8	44	21	46	17	14
		58%	69%	40%	56%	62%	58%	62%	55%	66%	59%	63%		75%	40%	47%
														b		
NET: Less			11	-	2	-	1	3	3	1	1	5	4	2	5	5
		8%	-	10%	-	6%	15%	19%	14%	6%	6%	13%		2%	11%	16%
												c				
Base for stats		135	8	18	28	25	23	15	5	13	76	33		62	44	29
Mean Score		3.66	3.78	3.36	3.69	3.80	3.73	3.45	3.55	3.84	3.74	3.61		3.97	3.35	3.46
														b		
Standard Deviation		.939	.632	.773	.690	.890	1.071	1.376	.989	1.075	.874	1.192		.804	.990	.944
Standard Error		.081	.239	.177	.126	.182	.234	.355	.404	.310	.101	.207		.103	.149	.175
Error variance		.01	.06	.03	.02	.03	.05	.13	.16	.10	.01	.04		.01	.02	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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		73	52	20	55	16	2	3	7	7	7	9	4	18	12	6
Total		68	47	19	47	18	2	3	6	5	6	8	5	18	11	6
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	12	9	3	10	2	-	1	2	1	-	1	-	6	1	1
		18%	19%	17%	21%	12%	-	29%	32%	29%	-	9%	-	31%	8%	14%
A bit more	(4.0)	21	15	5	16	6	-	1	2	1	3	4	-	7	2	2
		32%	33%	26%	33%	32%	-	36%	33%	28%	49%	49%	-	38%	14%	33%
Neither more nor less	(3.0)	21	13	8	11	8	2	-	-	1	3	1	4	5	5	2
		31%	28%	41%	23%	45%	100%	-	-	30%	51%	15%	78%	27%	46%	33%
A bit less	(2.0)	9	6	3	6	2	-	1	1	-	-	2	1	-	2	1
		13%	13%	13%	14%	11%	-	35%	23%	-	-	27%	22%	-	15%	20%
A lot less	(1.0)	4	3	1	4	-	-	-	1	1	-	-	-	1	2	-
		6%	7%	4%	9%	-	-	-	12%	14%	-	-	-	4%	18%	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		34	24	8	26	8	-	2	4	3	3	5	-	12	2	3
		50%	52%	42%	54%	44%	-	65%	66%	56%	49%	58%	-	69%	21%	47%
NET: Less		13	9	3	11	2	-	1	2	1	-	2	1	1	4	1
		19%	20%	17%	22%	11%	-	35%	34%	14%	-	27%	22%	4%	33%	20%
Base for stats		68	47	19	47	18	2	3	6	5	6	8	5	18	11	6
Mean Score		3.43	3.43	3.39	3.44	3.45	3.00	3.59	3.52	3.57	3.49	3.40	2.78	3.91	2.78	3.40
Standard Deviation		1.117	1.158	1.061	1.225	.873	-	1.545	1.558	1.437	.549	1.052	.460	1.008	1.176	1.056
Standard Error		.131	.161	.237	.165	.218	-	.892	.589	.543	.208	.351	.230	.238	.339	.431
Error variance		.02	.03	.06	.03	.05	-	.80	.35	.29	.04	.12	.05	.06	.12	.19

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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
Significance Level: 95%			*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total		73	16	22	13	13	8	1	51	22	51	4	7	7	-	1	19
Total		68	15	20	12	12	7	1	48	20	49	3	6	6	-	1	16
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
A lot more	(5.0)	12	3	3	4	3	-	-	10	3	9	1	1	1	-	-	3
		18%	20%	14%	30%	23%	-	-	20%	14%	19%	27%	14%	21%	-	-	18%
A bit more	(4.0)	21	5	7	3	2	4	-	16	5	14	2	2	3	-	-	7
		32%	34%	36%	28%	13%	60%	-	33%	28%	29%	51%	32%	49%	-	-	40%
Neither more nor less	(3.0)	21	3	6	4	5	1	1	13	8	16	-	3	1	-	-	3
		31%	17%	32%	36%	43%	22%	100%	28%	40%	32%	-	43%	14%	-	-	22%
A bit less	(2.0)	9	1	3	1	2	1	-	5	4	7	-	1	1	-	-	2
		13%	6%	15%	6%	21%	18%	-	10%	19%	14%	-	12%	16%	-	-	10%
A lot less	(1.0)	4	3	1	-	-	-	-	4	-	3	1	-	-	-	1	1
		6%	22%	4%	-	-	-	-	9%	-	5%	23%	-	-	-	100%	9%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		34	8	10	7	4	4	-	25	8	23	2	3	4	-	-	9
		50%	54%	50%	58%	36%	60%	-	53%	42%	48%	77%	45%	70%	-	-	59%
NET: Less		13	4	4	1	2	1	-	9	4	10	1	1	1	-	1	3
		19%	29%	19%	6%	21%	18%	-	19%	19%	20%	23%	12%	16%	-	100%	20%
Base for stats		68	15	20	12	12	7	1	48	20	49	3	6	6	-	1	16
Mean Score		3.43	3.23	3.41	3.82	3.38	3.41	3.00	3.46	3.37	3.42	3.58	3.47	3.75	-	1.00	3.48
Standard Deviation		1.117	1.482	1.045	.973	1.109	.847	-	1.182	.964	1.123	1.769	.947	1.056	-	-	1.212
Standard Error		.131	.371	.223	.270	.308	.299	-	.166	.206	.157	.885	.358	.399	-	-	.278
Error variance		.02	.14	.05	.07	.09	.09	-	.03	.04	.02	.78	.13	.16	-	-	.08

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

		Children aged 15 or under in the household				Current employment status											
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total		None	1 child	2 or more children	NET: Yes	Currently furloughed											
Significance Level: 95%		a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k	
Unweighted Total		73	37	12	17	29	12	9	19	3	3	1	3	22	-	1	21
Total		68	29	13	19	33	11	10	19	2	3	1	3	17	-	1	21
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
A lot more	(5.0)	12	6	2	3	6	4	1	5	-	1	-	-	2	-	-	5
		18%	22%	19%	18%	18%	33%	12%	27%	-	22%	-	-	9%	-	-	24%
A bit more	(4.0)	21	11	3	6	9	3	6	2	1	1	-	1	7	-	-	9
		32%	38%	26%	30%	28%	30%	57%	11%	37%	40%	-	54%	41%	-	-	42%
Neither more nor less	(3.0)	21	6	5	8	13	2	2	9	1	-	1	1	3	-	1	5
		31%	19%	39%	41%	41%	20%	23%	48%	34%	-	100%	46%	18%	-	100%	21%
A bit less	(2.0)	9	4	2	1	3	1	-	3	1	1	-	-	3	-	-	1
		13%	13%	16%	5%	10%	6%	-	15%	30%	39%	-	-	18%	-	-	3%
A lot less	(1.0)	4	2	-	1	1	1	1	-	-	-	-	-	2	-	-	2
		6%	7%	-	6%	4%	11%	8%	-	-	-	-	-	13%	-	-	9%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		34	18	6	9	15	7	7	7	1	2	-	1	8	-	-	14
		50%	60%	44%	47%	46%	63%	70%	37%	37%	61%	-	54%	50%	-	-	66%
NET: Less		13	6	2	2	4	2	1	3	1	1	-	-	5	-	-	3
		19%	21%	16%	11%	13%	17%	8%	15%	30%	39%	-	-	31%	-	-	13%
Base for stats		68	29	13	19	33	11	10	19	2	3	1	3	17	-	1	21
Mean Score		3.43	3.53	3.47	3.47	3.47	3.68	3.67	3.49	3.07	3.44	3.00	3.54	3.15	-	3.00	3.68
Standard Deviation		1.117	1.201	1.013	1.067	1.029	1.348	1.011	1.066	1.065	1.456	*	.636	1.245	-	-	1.176
Standard Error		.131	.197	.292	.259	.191	.389	.337	.245	.615	.841	*	.367	.266	-	-	.257
Error variance		.02	.04	.09	.07	.04	.15	.11	.06	.38	.71	*	.13	.07	-	-	.07

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of people in household including self				Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
														NET: Longstanding physical and mental condition or illness					
		Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%			*a	*b	c	*d	e	*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total		73	8	24	34	7	65	20	44	9	10	5	46	23	-	61	12	57	15
Total		68	7	22	33	6	60	21	38	8	10	5	42	23	-	57	11	53	14
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
A lot more		(5.0)	12	1	5	6	1	11	5	6	2	3	1	6	6	11	1	11	1
			18%	12%	24%	17%	12%	19%	25%	16%	20%	28%	24%	16%	25%	20%	7%	22%	5%
A bit more		(4.0)	21	1	8	10	2	20	8	11	2	1	4	15	6	17	4	16	4
			32%	21%	37%	31%	30%	33%	37%	29%	20%	12%	76%	35%	25%	30%	39%	31%	30%
Neither more nor less		(3.0)	21	5	4	9	3	16	5	12	3	2	-	16	5	18	3	13	8
			31%	68%	19%	29%	47%	27%	23%	30%	37%	24%	-	38%	24%	32%	29%	25%	58%
A bit less		(2.0)	9	-	3	5	1	9	1	7	2	2	-	3	4	7	1	8	1
			13%	-	13%	15%	12%	14%	6%	19%	23%	24%	-	6%	19%	12%	13%	14%	7%
A lot less		(1.0)	4	-	1	3	-	4	2	2	-	1	-	2	1	3	1	4	-
			6%	-	7%	8%	-	7%	9%	6%	-	12%	-	5%	5%	5%	12%	8%	-
Don't know			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More			34	2	13	15	3	31	13	17	3	4	5	21	11	29	5	28	5
			50%	32%	61%	48%	41%	52%	62%	45%	39%	40%	100%	51%	51%	50%	46%	53%	35%
NET: Less			13	-	4	8	1	13	3	9	2	4	-	5	6	10	3	12	1
			19%	-	20%	23%	12%	21%	15%	25%	23%	36%	-	11%	25%	18%	25%	22%	7%
Base for stats			68	7	22	33	6	60	21	38	8	10	5	42	23	57	11	53	14
Mean Score			3.43	3.44	3.58	3.33	3.41	3.43	3.63	3.30	3.36	3.19	4.24	3.50	3.46	3.48	3.16	3.45	3.34
Standard Deviation			1.117	.747	1.209	1.184	.916	1.157	1.213	1.135	1.114	1.463	.474	1.011	1.241	1.110	1.170	1.213	.709
Standard Error			.131	.264	.247	.203	.346	.143	.271	.171	.371	.462	.212	.149	.259	.142	.338	.161	.183
Error variance			.02	.07	.06	.04	.12	.02	.07	.03	.14	.21	.04	.02	.07	.02	.11	.03	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

		Number of days active										Amount of activity in the past week compared to previous week		
Total		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	a	*b	*c
Significance Level: 95%														
Unweighted Total	73	5	2	8	23	11	7	3	14	42	24	33	25	13
Total	68	5	2	7	21	10	7	3	13	38	23	32	23	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	12	-	1	2	5	1	1	2	8	4	11	-	2
		18%	-	48%	24%	24%	12%	10%	38%	13%	16%	34%	-	14%
A bit more	(4.0)	21	2	-	4	8	2	3	-	3	14	12	4	4
		32%	33%	-	55%	37%	23%	48%	-	21%	36%	38%	17%	33%
Neither more nor less	(3.0)	21	3	1	-	4	5	2	2	5	9	6	13	2
		31%	52%	52%	-	18%	49%	26%	62%	40%	39%	19%	59%	15%
A bit less	(2.0)	9	-	-	1	4	1	1	-	1	6	1	4	4
		13%	-	-	22%	17%	9%	16%	-	11%	16%	3%	17%	31%
A lot less	(1.0)	4	1	-	-	1	1	-	-	2	1	2	1	1
		6%	14%	-	-	3%	7%	-	-	15%	4%	6%	6%	6%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	34	2	1	5	13	4	4	1	4	22	10	23	4	5
	50%	33%	48%	78%	62%	35%	58%	38%	33%	57%	41%	72%	17%	47%
NET: Less	13	1	-	1	4	2	1	-	3	7	4	3	5	4
	19%	14%	-	22%	21%	17%	16%	-	27%	20%	19%	9%	24%	38%
Base for stats	68	5	2	7	21	10	7	3	13	38	23	32	23	12
Mean Score	3.43	3.05	3.96	3.81	3.62	3.22	3.52	3.76	3.04	3.54	3.29	3.89	2.87	3.17
Standard Deviation	1.117	1.061	1.628	1.115	1.156	1.070	.947	1.154	1.250	1.116	1.143	1.116	.778	1.249
Standard Error	.131	.474	1.151	.394	.241	.323	.358	.666	.334	.172	.233	.194	.156	.346
Error variance	.02	.23	1.32	.16	.06	.10	.13	.44	.11	.03	.05	.04	.02	.12

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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		73	6	8	16	18	9	7	3	6	43	16	29	25	17
Total		68	6	7	13	17	9	6	3	6	39	15	28	23	15
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	12	-	1	2	6	2	-	1	-	11	1	8	3	1
		18%	-	12%	18%	34%	27%	-	25%	-	27%	5%	29%	15%	6%
A bit more	(4.0)	21	2	4	5	4	2	2	1	2	10	6	9	6	5
		32%	28%	53%	35%	23%	17%	35%	43%	39%	26%	38%	32%	25%	33%
Neither more nor less	(3.0)	21	3	2	3	4	3	3	1	3	10	7	7	10	4
		31%	44%	25%	24%	21%	34%	48%	32%	49%	25%	45%	27%	43%	27%
A bit less	(2.0)	9	1	-	3	2	2	1	-	-	6	1	2	3	4
		13%	16%	-	23%	10%	21%	17%	-	-	17%	7%	9%	11%	24%
A lot less	(1.0)	4	1	1	-	2	-	-	-	1	2	1	1	1	1
		6%	12%	11%	-	11%	-	-	-	12%	5%	5%	4%	6%	10%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		34	2	5	7	10	4	2	2	2	21	7	17	9	6
		50%	28%	64%	53%	57%	45%	35%	68%	39%	53%	43%	60%	40%	39%
NET: Less		13	2	1	3	4	2	1	-	1	8	2	4	4	5
		19%	28%	11%	23%	21%	21%	17%	-	12%	22%	12%	13%	17%	34%
Base for stats		68	6	7	13	17	9	6	3	6	39	15	28	23	15
Mean Score		3.43	2.88	3.54	3.49	3.59	3.51	3.18	3.93	3.16	3.54	3.31	3.72	3.31	3.01
Standard Deviation		1.117	1.042	1.142	1.075	1.383	1.170	.764	.927	1.000	1.209	.887	1.123	1.080	1.125
Standard Error		.131	.426	.404	.269	.326	.390	.289	.535	.408	.184	.222	.208	.216	.273
Error variance		.02	.18	.16	.07	.11	.15	.08	.29	.17	.03	.05	.04	.05	.07

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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		66	36	30	39	20	7	2	8	4	6	7	6	17	10	6
Total		67	37	29	36	23	7	2	7	3	6	7	7	19	10	6
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more		(5.0)	15	10	5	8	7	-	1	1	1	1	3	3	3	2
			23%	27%	17%	22%	32%	-	11%	47%	20%	13%	41%	17%	31%	30%
A bit more		(4.0)	33	14	19	20	10	3	2	-	4	6	3	10	4	3
			50%	39%	64%	56%	42%	45%	38%	-	68%	87%	38%	53%	43%	56%
				a												
Neither more nor less		(3.0)	13	9	5	5	4	4	3	1	1	-	1	4	2	1
			20%	23%	15%	13%	19%	55%	39%	27%	12%	-	22%	23%	15%	14%
A bit less		(2.0)	4	3	1	2	2	-	1	1	-	-	-	-	1	-
			5%	7%	3%	6%	7%	-	42%	12%	-	-	-	-	12%	-
A lot less		(1.0)	1	1	-	1	-	-	-	-	-	-	-	1	-	-
			2%	3%	-	4%	-	-	-	-	-	-	-	7%	-	-
Don't know			-	-	-	-	-	-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More			48	24	24	28	17	3	3	1	5	7	5	13	8	5
			73%	66%	82%	78%	74%	45%	49%	47%	88%	100%	78%	70%	73%	86%
NET: Less			5	4	1	3	2	-	1	1	-	-	-	1	1	-
			7%	11%	3%	9%	7%	-	12%	26%	-	-	-	7%	12%	-
Base for stats			67	37	29	36	23	7	7	3	6	7	7	19	10	6
Mean Score			3.86	3.78	3.96	3.87	3.99	3.45	3.47	3.67	4.09	4.13	4.19	3.73	3.92	4.16
Standard Deviation			.902	1.048	.676	.950	.907	.535	.920	1.587	.615	.361	.830	1.002	1.010	.709
Standard Error			.111	.175	.123	.152	.203	.202	.325	.794	.251	.137	.339	.243	.319	.289
Error variance			.01	.03	.02	.02	.04	.04	.11	.63	.06	.02	.11	.06	.10	.08

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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
Significance Level: 95%			*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total		66	18	23	12	6	3	4	53	13	48	5	8	2	-	1	16
Total		67	20	22	12	5	3	4	54	12	49	5	8	2	-	1	16
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
A lot more	(5.0)	15	6	5	3	1	-	-	14	1	12	1	1	-	-	-	2
		23%	30%	23%	26%	15%	-	-	27%	7%	25%	17%	15%	-	-	-	13%
A bit more	(4.0)	33	9	11	4	4	3	2	24	9	26	2	5	-	-	-	7
		50%	46%	49%	34%	68%	100%	58%	45%	72%	53%	40%	66%	-	-	-	46%
Neither more nor less	(3.0)	13	3	4	3	1	-	2	11	3	8	2	2	1	-	1	5
		20%	17%	18%	27%	16%	-	42%	20%	21%	16%	43%	19%	39%	-	100%	33%
A bit less	(2.0)	4	1	1	2	-	-	-	4	-	3	-	-	-	-	-	-
		5%	6%	3%	13%	-	-	-	7%	-	6%	-	-	-	-	-	-
A lot less	(1.0)	1	-	1	-	-	-	-	1	-	-	-	-	1	-	-	1
		2%	-	6%	-	-	-	-	2%	-	-	-	-	61%	-	-	8%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		48	15	16	7	4	3	2	39	10	38	3	7	-	-	-	10
		73%	77%	73%	60%	84%	100%	58%	71%	79%	78%	57%	81%	-	-	-	59%
NET: Less		5	1	2	2	-	-	-	5	-	3	-	-	1	-	-	1
		7%	6%	9%	13%	-	-	-	9%	-	6%	-	-	61%	-	-	8%
Base for stats		67	20	22	12	5	3	4	54	12	49	5	8	2	-	1	16
Mean Score		3.86	4.01	3.81	3.72	3.99	4.00	3.58	3.86	3.85	3.97	3.73	3.96	1.78	-	3.00	3.56
Standard Deviation		.902	.871	1.043	1.036	.626	-	.568	.970	.528	.812	.810	.621	1.339	-	-	1.022
Standard Error		.111	.205	.217	.299	.255	-	.284	.133	.146	.117	.362	.220	.947	-	-	.256
Error variance		.01	.04	.05	.09	.07	-	.08	.02	.02	.01	.13	.05	.90	-	-	.07

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

		Children aged 15 or under in the household				Current employment status											
							Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total		None	1 child	2 or more children	NET: Yes	Currently furloughed											
Significance Level: 95%		a	*b	*c	d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k	
Unweighted Total		66	33	17	14	31	11	9	25	6	2	1	-	9	-	3	20
Total		67	28	20	17	37	11	9	27	6	2	1	-	7	-	3	20
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	-	100%	100%
A lot more	(5.0)	15	5	4	6	11	2	2	6	1	1	-	-	3	-	-	4
		23%	17%	21%	37%	29%	16%	23%	22%	17%	60%	-	-	43%	-	-	19%
A bit more	(4.0)	33	11	12	9	21	5	5	14	2	-	-	-	4	-	2	11
		50%	40%	59%	55%	57%	49%	56%	50%	45%	-	-	-	57%	-	72%	52%
Neither more nor less	(3.0)	13	10	3	-	3	3	1	6	2	-	1	-	-	-	1	4
		20%	35%	14%	-	7%	23%	13%	21%	38%	-	100%	-	-	-	28%	19%
A bit less	(2.0)	4	2	-	1	1	1	1	1	-	1	-	-	-	-	-	2
		5%	8%	-	7%	3%	12%	8%	3%	-	40%	-	-	-	-	-	10%
A lot less	(1.0)	1	-	1	-	1	-	-	1	-	-	-	-	-	-	-	-
		2%	-	6%	-	4%	-	-	5%	-	-	-	-	-	-	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		48	16	16	16	32	7	7	20	3	1	-	-	7	-	2	14
		73%	57%	80%	93%	86% a	65%	79%	72%	62%	60%	-	-	100%	-	72%	72%
NET: Less		5	2	1	1	3	1	1	2	-	1	-	-	-	-	-	2
		7%	8%	6%	7%	7%	12%	8%	8%	-	40%	-	-	-	-	-	10%
Base for stats		67	28	20	17	37	11	9	27	6	2	1	-	7	-	3	20
Mean Score		3.86	3.65	3.88	4.23	4.04	3.69	3.94	3.81	3.80	3.81	3.00	-	4.43	-	3.72	3.81
Standard Deviation		.902	.869	.983	.809	.912	.917	.868	.985	.790	2.034	-	-	.533	-	.538	.880
Standard Error		.111	.151	.238	.216	.164	.277	.289	.197	.322	1.438	-	-	.178	-	.311	.197
Error variance		.01	.02	.06	.05	.03	.08	.08	.04	.10	2.07	-	-	.03	-	.10	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
														NET: Longstanding physical and mental condition or illness					
		Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%			*a	b	*c	*d	e	*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total		66	3	37	21	5	63	16	45	10	12	4	39	23	3	56	10	58	8
Total		67	3	37	20	6	63	19	42	11	13	4	39	24	3	57	10	60	7
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	15	-	5	8	3	15	5	10	5	1	1	7	7	-	15	-	13	2
		23%	-	13%	37%	46%	24%	25%	25%	41%	9%	34%	19%	29%	-	27%	-	23%	26%
A bit more	(4.0)	33	1	19	10	3	32	12	20	4	5	2	22	10	1	27	6	31	2
		50%	37%	51%	49%	54%	50%	61%	48%	39%	41%	46%	57%	42%	36%	48%	60%	53%	25%
Neither more nor less	(3.0)	13	2	10	1	-	11	1	9	1	4	1	7	5	1	11	3	10	3
		20%	63%	28%	4%	-	18%	8%	20%	12%	34%	20%	19%	21%	39%	19%	27%	17%	49%
A bit less	(2.0)	4	-	2	2	-	4	1	2	1	2	-	1	2	1	2	1	4	-
		5%	-	4%	10%	-	6%	6%	4%	8%	16%	-	2%	8%	25%	4%	13%	6%	-
A lot less	(1.0)	1	-	1	-	-	1	-	1	-	-	-	1	-	-	1	-	1	-
		2%	-	3%	-	-	2%	-	3%	-	-	-	3%	-	-	2%	-	2%	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		48	1	24	18	6	47	17	31	9	7	3	29	17	1	43	6	45	3
		73%	37%	64%	86%	100%	74%	86%	73%	81%	51%	80%	76%	71%	36%	75%	60%	75%	51%
NET: Less		5	-	3	2	-	5	1	3	1	2	-	2	2	1	4	1	5	-
		7%	-	8%	10%	-	8%	6%	7%	8%	16%	-	5%	8%	25%	6%	13%	8%	-
Base for stats		67	3	37	20	6	63	19	42	11	13	4	39	24	3	57	10	60	7
Mean Score		3.86	3.37	3.66	4.14	4.46	3.89	4.05	3.87	4.14	3.44	4.14	3.86	3.91	3.11	3.93	3.47	3.87	3.77
Standard Deviation		.902	.586	.898	.907	.550	.911	.785	.940	.945	.900	.847	.869	.929	.921	.914	.753	.909	.905
Standard Error		.111	.338	.148	.198	.246	.115	.196	.140	.299	.260	.424	.139	.194	.532	.122	.238	.119	.320
Error variance		.01	.11	.02	.04	.06	.01	.04	.02	.09	.07	.18	.02	.04	.28	.01	.06	.01	.10

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

		Number of days active										Amount of activity in the past week compared to previous week		
Total		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	a	*b	*c
Significance Level: 95%														
Unweighted Total	66	3	3	8	22	6	10	6	8	36	24	32	26	7
Total	67	3	4	7	22	5	11	5	8	34	25	33	25	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	15	1	-	6	2	2	1	4	8	6	9	6	-
	23%	-	32%	-	27%	34%	17%	13%	44%	22%	25%	28%	23%	-
A bit more	(4.0)	33	-	4	13	3	9	3	-	19	12	18	10	4
	50%	72%	-	52%	60%	50%	75%	57%	-	57%	46%	54%	39%	60%
Neither more nor less	(3.0)	13	3	1	3	1	1	2	4	5	6	2	9	2
	20%	-	68%	10%	14%	16%	8%	30%	42%	13%	24%	5%	37%	30%
A bit less	(2.0)	4	-	2	-	-	-	-	1	2	1	3	-	1
	5%	28%	-	21%	-	-	-	-	15%	5%	5%	9%	-	11%
A lot less	(1.0)	1	-	1	-	-	-	-	-	1	-	1	-	-
	2%	-	-	17%	-	-	-	-	-	4%	-	4%	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	48	2	1	4	19	4	11	4	4	27	18	27	16	4
	73%	72%	32%	52%	86%	84%	92%	70%	44%	79%	71%	83%	63%	60%
NET: Less	5	1	-	3	-	-	-	-	1	3	1	4	-	1
	7%	28%	-	39%	-	-	-	-	15%	8%	5%	12%	-	11%
Base for stats	67	3	4	7	22	5	11	5	8	34	25	33	25	7
Mean Score	3.86	3.44	3.63	2.95	4.13	4.18	4.10	3.83	3.73	3.88	3.92	3.94	3.86	3.49
Standard Deviation	.902	1.123	1.075	1.283	.636	.760	.515	.695	1.245	.941	.840	1.026	.783	.729
Standard Error	.111	.648	.621	.454	.136	.310	.163	.284	.440	.157	.172	.181	.153	.276
Error variance	.01	.42	.39	.21	.02	.10	.03	.08	.19	.02	.03	.03	.02	.08

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days have done activity to work muscles									Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
		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		66	1	12	14	22	10	4	1	2	46	7	25	28	13
Total		67	1	11	14	23	10	5	1	3	47	8	27	27	13
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more		(5.0)	15	1	-	7	3	3	-	1	10	4	9	5	1
		23%	-	9%	-	30%	33%	56%	-	52%	22%	50%	34%	21%	5%
A bit more		(4.0)	33	6	10	9	4	1	1	1	23	3	14	13	7
		50%	100%	53%	68%	40%	45%	27%	100%	48%	50%	40%	51%	48%	52%
Neither more nor less		(3.0)	13	3	4	5	1	1	-	-	9	1	1	8	4
		20%	-	29%	26%	21%	9%	17%	-	-	20%	10%	5%	29%	33%
A bit less		(2.0)	4	1	1	2	-	-	-	-	3	-	3	1	-
		5%	-	8%	5%	9%	-	-	-	-	6%	-	11%	3%	-
A lot less		(1.0)	1	-	-	-	1	-	-	-	1	-	-	-	1
		2%	-	-	-	-	13%	-	-	-	3%	-	-	-	10%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		48	1	7	10	16	8	4	1	3	34	7	23	18	7
		73%	100%	63%	68%	70%	78%	83%	100%	100%	71%	90%	85%	69%	57%
NET: Less		5	-	1	1	2	1	-	-	-	4	-	3	1	1
		7%	-	8%	5%	9%	13%	-	-	-	9%	-	11%	3%	10%
Base for stats		67	1	11	14	23	10	5	1	3	47	8	27	27	13
Mean Score		3.86	4.00	3.64	3.63	3.92	3.86	4.39	4.00	4.52	3.82	4.40	4.08	3.86	3.42
Standard Deviation		.902	-	.796	.607	.946	1.319	.859	-	.633	.941	.709	.912	.783	1.011
Standard Error		.111	-	.230	.162	.202	.417	.430	-	.448	.139	.268	.182	.148	.280
Error variance		.01	-	.05	.03	.04	.17	.18	-	.20	.02	.07	.03	.02	.08

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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		70	61	9	29	23	18	3	15	8	10	2	8	7	13	4	
Total		72	63	9	26	25	21	3	15	8	10	2	10	8	13	4	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	16	16	-	8	7	1	1	4	1	3	1	-	3	2	1
		22%	25%	-	29%	29%	5%	26%	24%	13%	30%	62%	-	42%	15%	23%	
A bit more		(4.0)	19	14	5	7	8	4	-	6	5	3	1	-	2	1	1
		26%	23%	51%	27%	33%	17%	-	41%	62%	29%	38%	-	26%	9%	22%	
Neither more nor less		(3.0)	24	20	4	5	5	14	1	5	1	3	-	5	3	5	1
		33%	32%	41%	17%	22%	66%	36%	34%	13%	33%	-	53%	32%	35%	32%	
A bit less		(2.0)	9	9	1	6	2	1	1	-	1	-	-	3	-	3	1
		13%	14%	8%	24%	9%	5%	38%	-	13%	-	-	-	32%	-	26%	23%
A lot less		(1.0)	4	4	-	1	2	1	-	-	-	1	-	1	-	2	-
		6%	7%	-	3%	8%	7%	-	-	-	8%	-	15%	-	14%	-	
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		35	30	5	15	15	5	1	10	6	6	2	-	5	3	2	
		48%	47%	51%	56%	61%	22%	26%	66%	75%	59%	100%	-	68%	24%	45%	
NET: Less		14	13	1	7	4	2	1	-	1	1	-	5	-	5	1	
		19%	21%	8%	27%	17%	12%	38%	-	13%	8%	-	47%	-	41%	23%	
Base for stats		72	63	9	26	25	21	3	15	8	10	2	10	8	13	4	
Mean Score		3.45	3.45	3.43	3.55	3.65	3.08	3.15	3.90	3.75	3.73	4.62	2.38	4.10	2.84	3.44	
Standard Deviation		1.146	1.201	.673	1.234	1.232	.852	1.504	.787	.894	1.200	.704	.771	.911	1.278	1.259	
Standard Error		.137	.154	.224	.229	.257	.201	.869	.203	.316	.380	.498	.273	.344	.355	.629	
Error variance		.02	.02	.05	.05	.07	.04	.75	.04	.10	.14	.25	.07	.12	.13	.40	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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
Significance Level: 95%			*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total		70	15	17	14	11	4	9	46	24	64	1	2	-	-	-	3
Total		72	15	19	13	11	4	10	48	24	66	1	2	-	-	-	3
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	-	100%
A lot more	(5.0)	16	6	8	1	1	-	-	15	1	12	1	2	-	-	-	3
		22%	37%	43%	5%	9%	-	-	31%	4%	18%	100%	100%	-	-	-	100%
A bit more	(4.0)	19	6	2	5	3	1	2	13	6	19	-	-	-	-	-	-
		26%	38%	11%	38%	26%	21%	23%	27%	24%	29%	-	-	-	-	-	-
Neither more nor less	(3.0)	24	2	4	5	5	1	6	11	13	24	-	-	-	-	-	-
		33%	14%	20%	35%	50%	35%	66%	22%	54%	36%	-	-	-	-	-	-
A bit less	(2.0)	9	2	3	2	1	2	1	6	4	7	-	-	-	-	-	-
		13%	10%	14%	12%	8%	44%	10%	12%	15%	11%	-	-	-	-	-	-
A lot less	(1.0)	4	-	2	1	1	-	-	3	1	4	-	-	-	-	-	-
		6%	-	12%	9%	7%	-	-	7%	3%	6%	-	-	-	-	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		35	12	10	6	4	1	2	28	7	31	1	2	-	-	-	3
		48%	75%	54%	44%	36%	21%	23%	58%	28%	47%	100%	100%	-	-	-	100%
NET: Less		14	2	5	3	2	2	1	9	4	11	-	-	-	-	-	-
		19%	10%	26%	21%	15%	44%	10%	20%	18%	17%	-	-	-	-	-	-
Base for stats		72	15	19	13	11	4	10	48	24	66	1	2	-	-	-	3
Mean Score		3.45	4.02	3.58	3.19	3.24	2.77	3.13	3.62	3.12	3.41	5.00	5.00	-	-	-	5.00
Standard Deviation		1.146	.998	1.489	1.058	1.010	.902	.598	1.252	.829	1.103	-	*	-	-	-	-
Standard Error		.137	.258	.361	.283	.304	.451	.199	.185	.169	.138	-	*	-	-	-	-
Error variance		.02	.07	.13	.08	.09	.20	.04	.03	.03	.02	-	*	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

	Children aged 15 or under in the household				Current employment status												
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic		
	a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k		
70	39	11	17	28	16	7	21	5	1	3	1	4	1	11	23		
72	37	12	21	33	16	8	22	4	1	3	1	3	1	12	23		
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%		
16	6	2	6	8	5	2	2	3	-	1	1	1	-	-	7		
22%	16%	18%	30%	25%	33%	26%	9%	61%	-	42%	100%	47%	-	-	31%		
19	7	5	6	12	4	2	9	1	1	-	-	-	-	2	6		
26%	20%	46%	29%	35%	25%	28%	38%	17%	100%	-	-	-	-	18%	26%		
24	16	2	6	8	4	2	8	1	-	-	-	-	1	8	6		
33%	43%	18%	29%	25%	24%	29%	36%	22%	-	-	-	-	100%	62%	26%		
9	5	1	3	4	2	1	3	-	-	1	-	2	-	1	3		
13%	13%	8%	13%	11%	14%	17%	12%	-	-	30%	-	53%	-	8%	15%		
4	3	1	-	1	1	-	1	-	-	1	-	-	-	1	1		
6%	8%	10%	-	4%	5%	-	5%	-	-	28%	-	-	-	12%	3%		
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-		
35	13	8	12	20	9	4	11	3	1	1	1	1	-	2	13		
48%	36%	64%	59%	61%	58%	54%	48%	78%	100%	42%	100%	47%	-	18%	57%		
14	8	2	3	5	3	1	4	-	-	2	-	2	-	2	4		
19%	22%	18%	13%	15%	18%	17%	17%	-	-	58%	-	53%	-	20%	18%		
72	37	12	21	33	16	8	22	4	1	3	1	3	1	12	23		
3.45	3.22	3.54	3.75	3.68	3.68	3.64	3.35	4.39	4.00	2.98	5.00	3.42	3.00	2.86	3.66		
1.146	1.131	1.222	1.042	1.097	1.230	1.124	1.003	.942	-	2.161	-	1.833	-	.885	1.171		
.137	.181	.369	.253	.207	.307	.425	.219	.421	-	1.248	-	.917	-	.267	.244		
.02	.03	.14	.06	.04	.09	.18	.05	.18	-	1.56	-	.84	-	.07	.06		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
														NET: Longstanding physical and mental condition or illness						
		Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No	
Significance Level: 95%			*a	b	*c	*d	e	*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b	
Unweighted Total		70	8	35	24	3	62	11	48	4	5	3	55	11	-	52	18	61	7	
Total		72	7	34	28	3	65	12	50	4	5	4	57	12	-	52	20	63	7	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	
A lot more		(5.0)	16	2	5	8	1	14	4	9	-	2	-	12	2	-	14	1	13	2
		22%	22%	15%	30%	23%	22%	33%	19%	-	41%	-	21%	19%	-	28%	6%	20%	31%	
A bit more		(4.0)	19	2	7	7	3	17	6	11	2	2	1	13	5	-	14	5	15	4
		26%	23%	21%	27%	77%	27%	48%	23%	55%	39%	35%	24%	47%	-	27%	24%	24%	53%	
Neither more nor less		(3.0)	24	2	13	8	-	22	2	19	1	1	2	21	3	-	15	9	24	-
		33%	30%	39%	30%	-	33%	18%	39%	25%	21%	65%	36%	28%	-	28%	46%	38%	-	
A bit less		(2.0)	9	1	5	4	-	9	-	6	-	-	-	7	-	-	7	2	8	-
		13%	10%	15%	13%	-	14%	-	13%	-	-	-	13%	-	-	14%	12%	13%	-	
A lot less		(1.0)	4	1	3	-	-	3	-	3	1	-	-	3	1	-	2	2	3	1
		6%	16%	9%	-	-	5%	-	6%	19%	-	-	-	6%	6%	-	4%	11%	5%	16%
Don't know			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		35	3	12	16	3	31	10	21	2	4	1	25	8	-	28	6	28	6	
		48%	45%	36%	57%	100%	48%	82%	42%	55%	79%	35%	45%	65%	-	55%	30%	44%	84%	
NET: Less		14	2	8	4	-	12	-	9	1	-	-	11	1	-	9	5	12	1	
		19%	25%	24%	13%	-	18%	-	19%	19%	-	-	19%	6%	-	17%	24%	18%	16%	
Base for stats		72	7	34	28	3	65	12	50	4	5	4	57	12	-	52	20	63	7	
Mean Score		3.45	3.26	3.18	3.73	4.23	3.47	4.15	3.35	3.17	4.20	3.35	3.41	3.72	-	3.62	3.02	3.41	3.82	
Standard Deviation		1.146	1.431	1.157	1.041	.502	1.120	.733	1.120	1.329	.841	.562	1.145	1.019	-	1.143	1.060	1.104	1.415	
Standard Error		.137	.506	.196	.213	.290	.142	.221	.162	.665	.376	.324	.154	.307	-	.159	.250	.141	.535	
Error variance		.02	.26	.04	.05	.08	.02	.05	.03	.44	.14	.11	.02	.09	-	.03	.06	.02	.29	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	i	*j	*a	b	*c	
Unweighted Total		70	1	2	6	23	12	13	5	8	41	26	22	32	16	
Total		72	1	2	5	24	12	15	6	7	42	28	23	33	16	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	16	1	-	1	4	1	3	3	3	6	9	8	3	5
		22%	100%	-	19%	15%	10%	17%	59%	45%	14%	33%	32%	11%	29%	
A bit more		(4.0)	19	-	-	3	4	4	7	1	-	11	8	7	11	1
		26%	-	-	59%	17%	32%	44%	21%	-	27%	28%	30%	34%	5%	
Neither more nor less		(3.0)	24	-	1	1	10	5	3	1	3	16	7	5	15	4
		33%	-	57%	23%	42%	38%	17%	21%	42%	39%	24%	20%	47%	23%	
A bit less		(2.0)	9	-	1	-	3	2	2	-	1	6	3	3	2	4
		13%	-	43%	-	13%	20%	14%	-	13%	13%	11%	13%	6%	28%	
A lot less		(1.0)	4	-	-	-	3	-	1	-	-	3	1	1	1	2
		6%	-	-	-	13%	-	8%	-	-	7%	4%	5%	2%	15%	
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		35	1	-	4	8	5	9	5	3	17	17	15	15	5	
		48%	100%	-	77%	32%	42%	61%	79%	45%	41%	61%	62%	44%	34%	
NET: Less		14	-	1	-	6	2	3	-	1	9	4	4	3	7	
		19%	-	43%	-	26%	20%	22%	-	13%	21%	15%	18%	8%	43%	
Base for stats		72	1	2	5	24	12	15	6	7	42	28	23	33	16	
Mean Score		3.45	5.00	2.57	3.96	3.09	3.32	3.48	4.38	3.78	3.27	3.74	3.72	3.45	3.06	
Standard Deviation		1.146	-	.689	.709	1.213	.941	1.200	.889	1.247	1.102	1.170	1.212	.857	1.491	
Standard Error		.137	-	.487	.290	.253	.272	.333	.398	.441	.172	.230	.258	.151	.373	
Error variance		.02	-	.24	.08	.06	.07	.11	.16	.19	.03	.05	.07	.02	.14	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
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		70	5	7	23	15	6	8	1	5	44	14	21	31	17
Total		72	4	8	23	16	7	9	1	5	45	15	21	32	18
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	16	1	-	7	1	1	3	-	2	9	5	8	3	4
		22%	39%	-	29%	5%	19%	37%	-	41%	19%	35%	38%	11%	24%
A bit more	(4.0)	19	1	-	7	8	2	-	1	-	17	1	9	8	2
		26%	20%	-	29%	53%	29%	-	100%	-	37%	8%	43%	24%	11%
Neither more nor less	(3.0)	24	1	3	6	6	3	2	-	3	14	6	2	17	4
		33%	22%	43%	25%	36%	39%	28%	-	59%	31%	37%	11%	51%	22%
A bit less	(2.0)	9	-	3	3	1	1	2	-	-	5	2	2	4	3
		13%	-	38%	13%	5%	13%	22%	-	-	10%	13%	8%	13%	19%
A lot less	(1.0)	4	1	1	1	-	-	1	-	-	1	1	-	-	4
		6%	19%	19%	4%	-	-	13%	-	-	2%	8%	-	-	24%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		35	2	-	13	9	3	3	1	2	26	7	17	11	6
		48%	58%	-	58%	59%	48%	37%	100%	41%	57%	43%	81%	35%	35%
NET: Less		14	1	4	4	1	1	3	-	-	5	3	2	4	8
		19%	19%	57%	17%	5%	13%	35%	-	-	12%	20%	8%	13%	43%
Base for stats		72	4	8	23	16	7	9	1	5	45	15	21	32	18
Mean Score		3.45	3.59	2.24	3.66	3.60	3.54	3.25	4.00	3.82	3.62	3.51	4.10	3.33	2.93
Standard Deviation		1.146	1.731	.808	1.157	.689	1.021	1.563	-	1.090	.980	1.338	.920	.851	1.533
Standard Error		.137	.774	.306	.241	.178	.417	.553	-	.488	.148	.357	.201	.153	.372
Error variance		.02	.60	.09	.06	.03	.17	.31	-	.24	.02	.13	.04	.02	.14

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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		107	56	50	35	25	47	5	16	7	9	11	12	12	22	13
Total		106	54	51	30	25	51	4	14	6	9	12	15	12	23	12
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	23	12	11	8	8	7	2	4	-	4	3	1	3	5	2
		21%	22%	22%	26%	33%	13%	39%	30%	-	41%	28%	8%	22%	20%	13%
A bit more	(4.0)	35	16	19	9	7	20	1	5	3	1	1	6	5	8	5
		33%	29%	37%	29%	29%	38%	37%	34%	62%	11%	8%	43%	39%	35%	38%
Neither more nor less	(3.0)	35	21	15	7	8	20	-	4	2	2	4	5	2	10	6
		33%	38%	29%	25%	33%	38%	-	30%	38%	25%	33%	33%	15%	45%	49%
A bit less	(2.0)	10	6	4	6	1	3	1	1	-	2	2	2	2	-	-
		10%	11%	8%	21%	5%	6%	25%	6%	-	23%	21%	15%	16%	-	-
A lot less	(1.0)	2	-	2	-	-	2	-	-	-	-	1	-	1	-	-
		2%	-	4%	-	-	4%	-	-	-	-	10%	-	8%	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		58	27	30	16	15	26	3	9	3	4	4	8	7	13	6
		55%	50%	59%	55%	62%	52%	75%	64%	62%	52%	36%	51%	61%	55%	51%
NET: Less		13	6	6	6	1	5	1	1	-	2	4	2	3	-	-
		12%	11%	12%	21%	5%	10%	25%	6%	-	23%	31%	15%	24%	-	-
Base for stats		106	54	51	30	25	51	4	14	6	9	12	15	12	23	12
Mean Score		3.62	3.60	3.64	3.60	3.90	3.50	3.90	3.88	3.62	3.71	3.23	3.44	3.51	3.76	3.65
Standard Deviation		.995	.957	1.052	1.102	.939	.949	1.352	.946	.536	1.299	1.387	.873	1.288	.788	.735
Standard Error		.096	.128	.149	.186	.188	.138	.605	.237	.202	.433	.418	.252	.372	.168	.204
Error variance		.01	.02	.02	.03	.04	.02	.37	.06	.04	.19	.17	.06	.14	.03	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous 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
Significance Level: 95%			*a	*b	*c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	*g
Unweighted Total		107	9	24	26	16	7	25	59	48	89	5	5	5	-	1	16
Total		106	9	22	26	16	7	27	57	50	90	5	4	5	-	1	14
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
A lot more	(5.0)	23	1	5	4	5	4	4	10	13	18	1	1	3	-	-	4
		21%	8%	24%	14%	29%	62%	16%	17%	27%	20%	16%	19%	59%	-	-	30%
A bit more	(4.0)	35	3	7	10	3	1	11	21	14	30	3	1	1	-	-	4
		33%	38%	34%	40%	18%	12%	39%	37%	29%	33%	62%	17%	20%	-	-	31%
Neither more nor less	(3.0)	35	4	8	9	6	1	8	20	15	33	-	1	1	-	1	3
		33%	41%	37%	34%	40%	12%	29%	36%	30%	36%	-	20%	21%	-	100%	18%
A bit less	(2.0)	10	1	1	3	2	1	2	5	5	7	1	2	-	-	-	3
		10%	13%	6%	11%	13%	13%	8%	9%	10%	8%	22%	45%	-	-	-	21%
A lot less	(1.0)	2	-	-	-	-	-	2	-	2	2	-	-	-	-	-	-
		2%	-	-	-	-	-	8%	-	4%	2%	-	-	-	-	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		58	4	13	14	7	5	15	31	27	48	4	2	4	-	-	9
		55%	46%	58%	54%	47%	75%	55%	54%	55%	53%	78%	35%	79%	-	-	61%
NET: Less		13	1	1	3	2	1	4	5	7	10	1	2	-	-	-	3
		12%	13%	6%	11%	13%	13%	16%	9%	14%	11%	22%	45%	-	-	-	21%
Base for stats		106	9	22	26	16	7	27	57	50	90	5	4	5	-	1	14
Mean Score		3.62	3.40	3.76	3.57	3.64	4.24	3.48	3.62	3.63	3.60	3.72	3.09	4.38	-	3.00	3.70
Standard Deviation		.995	.867	.898	.888	1.069	1.199	1.122	.882	1.121	.977	1.109	1.322	.910	-	-	1.146
Standard Error		.096	.289	.183	.174	.267	.453	.224	.115	.162	.104	.496	.591	.407	-	-	.286
Error variance		.01	.08	.03	.03	.07	.21	.05	.01	.03	.01	.25	.35	.17	-	-	.08

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

		Children aged 15 or under in the household				Current employment status											
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Unweighted Total		107	86	10	8	18	17	4	20	6	4	5	7	11	6	27	21
Total		106	83	11	9	20	16	3	21	5	4	5	7	9	5	31	19
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	23	16	2	3	6	3	1	7	2	2	-	2	2	-	4	4
		21%	19%	22%	34%	28%	22%	20%	34%	34%	48%	-	25%	25%	-	13%	22%
A bit more	(4.0)	35	28	5	2	7	7	2	4	1	-	1	3	4	1	13	9
		33%	34%	41%	26%	34%	44%	54%	20%	15%	-	23%	39%	39%	18%	43%	46%
Neither more nor less	(3.0)	35	30	2	3	4	5	-	6	3	2	4	1	2	4	9	5
		33%	36%	17%	27%	21%	29%	-	28%	51%	52%	77%	19%	17%	82%	30%	24%
A bit less	(2.0)	10	7	2	1	3	1	1	4	-	-	-	1	2	-	2	2
		10%	8%	20%	13%	17%	5%	26%	17%	-	-	-	17%	19%	-	7%	9%
A lot less	(1.0)	2	2	-	-	-	-	-	-	-	-	-	-	-	-	2	-
		2%	3%	-	-	-	-	-	-	-	-	-	-	-	-	7%	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		58	44	7	6	13	10	3	11	2	2	1	4	6	1	17	13
		55%	53%	63%	60%	62%	66%	74%	54%	49%	48%	23%	63%	64%	18%	56%	67%
NET: Less		13	9	2	1	3	1	1	4	-	-	-	1	2	-	4	2
		12%	11%	20%	13%	17%	5%	26%	17%	-	-	-	17%	19%	-	14%	9%
Base for stats		106	83	11	9	20	16	3	21	5	4	5	7	9	5	31	19
Mean Score		3.62	3.58	3.65	3.81	3.73	3.82	3.68	3.72	3.82	3.96	3.23	3.71	3.71	3.18	3.48	3.80
Standard Deviation		.995	.975	1.086	1.111	1.072	.859	1.265	1.142	1.009	1.156	.470	1.108	1.106	.424	1.050	.904
Standard Error		.096	.105	.343	.393	.253	.208	.632	.255	.412	.578	.210	.419	.333	.173	.202	.197
Error variance		.01	.01	.12	.15	.06	.04	.40	.07	.17	.33	.04	.18	.11	.03	.04	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of people in household including self				Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space			
														NET: Longstanding physical and mental condition or illness						
		Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No	
Significance Level: 95%			*a	b	*c	*d	e	*a	b	*a	*b	*c	d	e	*f	a	*b	a	*b	
Unweighted Total		107	21	57	26	3	86	10	73	12	21	2	71	32	2	85	22	96	10	
Total		106	21	58	23	3	85	11	71	13	21	2	70	33	3	82	24	96	9	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	23	3	12	7	-	19	5	13	3	3	1	16	6	-	20	3	23	-
			21%	16%	21%	30%	-	23%	48%	18%	21%	13%	53%	22%	20%	-	24%	12%	24%	-
A bit more		(4.0)	35	7	20	7	1	28	4	24	5	7	1	23	10	1	27	8	30	5
			33%	34%	34%	30%	36%	33%	36%	34%	38%	32%	47%	33%	32%	51%	33%	34%	32%	55%
Neither more nor less		(3.0)	35	9	20	6	1	27	2	25	5	10	-	22	14	1	25	11	32	3
			33%	40%	35%	24%	27%	32%	16%	35%	40%	45%	-	31%	42%	49%	30%	45%	33%	27%
A bit less		(2.0)	10	1	4	4	1	9	-	8	-	1	-	8	1	-	8	2	9	2
			10%	4%	8%	16%	37%	11%	-	11%	-	5%	-	12%	3%	-	10%	9%	9%	17%
A lot less		(1.0)	2	1	1	-	-	1	-	1	-	1	-	1	1	-	2	-	2	-
			2%	6%	2%	-	-	1%	-	1%	-	6%	-	1%	4%	-	3%	-	2%	-
Don't know			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More			58	11	32	14	1	48	9	37	8	9	2	39	17	1	47	11	53	5
			55%	50%	56%	60%	36%	56%	84%	52%	60%	45%	100%	56%	52%	51%	57%	46%	55%	55%
NET: Less			13	2	5	4	1	10	-	9	-	2	-	9	2	-	10	2	11	2
			12%	10%	9%	16%	37%	12%	-	13%	-	10%	-	13%	7%	-	13%	9%	11%	17%
Base for stats			106	21	58	23	3	85	11	71	13	21	2	70	33	3	82	24	96	9
Mean Score			3.62	3.50	3.66	3.74	2.99	3.66	4.32	3.56	3.81	3.42	4.53	3.63	3.62	3.51	3.66	3.49	3.65	3.38
Standard Deviation			.995	1.018	.960	1.078	1.023	.993	.775	.964	.793	.982	.739	1.006	.969	.624	1.041	.830	1.015	.809
Standard Error			.096	.222	.127	.211	.591	.107	.245	.113	.229	.214	.523	.119	.171	.441	.113	.177	.104	.256
Error variance			.01	.05	.02	.04	.35	.01	.06	.01	.05	.05	.27	.01	.03	.19	.01	.03	.01	.07

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	b	*c	
Unweighted Total		107	11	6	16	18	10	14	8	24	44	46	29	48	28	
Total		106	12	5	16	16	10	14	8	25	42	47	27	49	28	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	23	2	1	3	6	1	2	3	4	11	9	15	6	2
			21%	17%	29%	21%	39%	8%	13%	35%	16%	25%	18%	54%	12%	6%
A bit more		(4.0)	35	6	2	7	3	6	4	-	8	16	12	9	16	10
			33%	47%	37%	43%	15%	66%	29%	-	32%	37%	26%	32%	34%	36%
Neither more nor less		(3.0)	35	2	2	3	4	2	7	5	10	10	22	3	26	7
			33%	17%	34%	21%	27%	18%	49%	65%	40%	23%	47%	9%	53%	25%
												i				
A bit less		(2.0)	10	-	-	2	3	1	1	-	3	6	4	1	1	7
			10%	-	-	15%	19%	7%	9%	-	12%	15%	9%	4%	2%	25%
A lot less		(1.0)	2	2	-	-	-	-	-	-	-	-	-	-	-	2
			2%	18%	-	-	-	-	-	-	-	-	-	-	-	8%
Don't know			-	-	-	-	-	-	-	-	-	-	-	-	-	-
			-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More			58	8	3	10	9	7	6	3	12	26	21	23	22	12
			55%	65%	66%	64%	54%	75%	42%	35%	48%	63%	44%	86%	46%	42%
NET: Less			13	2	-	2	3	1	1	-	3	6	4	1	1	9
			12%	18%	-	15%	19%	7%	9%	-	12%	15%	9%	4%	2%	33%
Base for stats		106	12	5	16	16	10	14	8	25	42	47		27	49	28
Mean Score		3.62	3.47	3.96	3.71	3.75	3.76	3.46	3.71	3.51	3.73	3.53		4.36	3.56	3.07
Standard Deviation		.995	1.345	.884	.998	1.194	.747	.862	1.022	.915	1.008	.902		.833	.732	1.085
Standard Error		.096	.405	.361	.250	.281	.236	.230	.361	.187	.152	.133		.155	.106	.205
Error variance		.01	.16	.13	.06	.08	.06	.05	.13	.03	.02	.02		.02	.01	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to the previous week?

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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
		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		107	7	21	31	14	11	12	4	7	56	23	33	45	26	
Total		106	8	19	31	13	11	13	5	7	55	24	32	46	26	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	23	2	5	5	3	4	-	2	2	12	4	12	5	4
		21%	23%	29%	15%	21%	38%	-	42%	30%	21%	16%	39%	12%	17%	
													b			
A bit more		(4.0)	35	3	6	12	4	1	6	1	2	17	9	14	12	8
		33%	33%	35%	38%	33%	8%	44%	31%	31%	31%	38%	44%	27%	31%	
Neither more nor less		(3.0)	35	3	5	6	5	5	7	1	3	16	11	4	25	6
		33%	44%	26%	19%	40%	43%	56%	27%	39%	29%	46%	11%	55%	23%	
													a			
A bit less		(2.0)	10	-	1	8	1	1	-	-	-	10	-	1	3	6
		10%	-	4%	24%	7%	11%	-	-	-	17%	-	3%	7%	25%	
A lot less		(1.0)	2	-	1	1	-	-	-	-	1	-	1	-	1	
		2%	-	6%	3%	-	-	-	-	-	2%	-	3%	-	5%	
Don't know			-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		58	4	12	17	7	5	6	3	4	29	13	26	18	12	
		55%	56%	64%	53%	54%	46%	44%	73%	61%	52%	54%	83%	39%	48%	
													b			
NET: Less		13	-	2	9	1	1	-	-	-	11	-	2	3	8	
		12%	-	10%	27%	7%	11%	-	-	-	19%	-	6%	7%	30%	
Base for stats		106	8	19	31	13	11	13	5	7	55	24	32	46	26	
Mean Score		3.62	3.79	3.76	3.38	3.68	3.73	3.44	4.15	3.92	3.52	3.71	4.13	3.44	3.30	
													b			
Standard Deviation		.995	.846	1.133	1.117	.915	1.130	.517	.927	.896	1.070	.747	.947	.792	1.174	
Standard Error		.096	.320	.247	.201	.245	.341	.149	.464	.339	.143	.156	.165	.118	.230	
Error variance		.01	.10	.06	.04	.06	.12	.02	.21	.11	.02	.02	.03	.01	.05	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q7A. Thinking about the last 12 months, have you volunteered at least once in any capacity? By volunteered we mean given your time to support a good cause, e.g. a charity or in your community, but not including help given to your own friends or family.

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	2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes, to support the response to the coronavirus	231	109	121	92	86	53	9	19	29	22	23	26	47	37	20
	11%	11%	12%	15%	13%	7%	9%	7%	14%	10%	13%	11%	14%	11%	9%
				c	c				b		b		b		
Yes, to support sport and physical activity	179	114	65	88	72	20	12	24	18	21	13	13	37	23	18
	9%	11%	6%	14%	11%	3%	12%	9%	9%	10%	7%	6%	11%	7%	9%
		b		c	c								fh		
Yes, to support a cause outside of coronavirus or sport and physical activity	349	179	169	119	94	137	6	50	26	35	32	41	69	60	31
	17%	18%	16%	19%	14%	18%	6%	19%	13%	16%	18%	18%	21%	18%	15%
				b		b		a	a	a	a	a	ac	a	a
I have not volunteered in the last 12 months	1353	639	710	340	448	566	74	178	135	144	118	155	182	224	144
	66%	64%	68%	55%	67%	75%	76%	67%	67%	67%	67%	68%	56%	67%	69%
			a		a	ab	g	g	g	g	g	g		g	g
NET: Have volunteered	698	362	332	280	224	194	24	89	65	70	59	73	144	109	64
	34%	36%	32%	45%	33%	25%	24%	33%	33%	33%	33%	32%	44%	33%	31%
		b		bc	c								abcdefhi		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q7A. Thinking about the last 12 months, have you volunteered at least once in any capacity? By volunteered we mean given your time to support a good cause, e.g. a charity or in your community, but not including help given to your own friends or family.

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes, to support the response to the coronavirus	231	33	63	53	33	23	25	150	81	180	8	22	15	-	1	46
	11%	24%	14%	10%	12%	10%	6%	14%	9%	10%	18%	19%	19%	-	7%	17%
		bcdefgh	fh	f	f			fh				a	a			a
Yes, to support sport and physical activity	179	22	60	39	31	16	11	121	58	137	3	23	10	2	2	39
	9%	16%	13%	8%	11%	7%	3%	11%	6%	8%	8%	19%	13%	12%	16%	15%
		cefh	cefh	f	fh	f		cfh	f			a				a
Yes, to support a cause outside of coronavirus or sport and physical activity	349	41	78	87	37	29	78	205	144	285	10	27	18	-	1	57
	17%	29%	17%	17%	13%	13%	18%	19%	15%	16%	23%	23%	24%	-	11%	22%
		bcdefgh						de				a				a
I have not volunteered in the last 12 months	1353	57	265	353	188	169	322	674	679	1205	25	51	38	11	8	133
	66%	41%	59%	68%	66%	73%	75%	61%	72%	69%	57%	43%	50%	88%	67%	51%
		a	a	abg	a	abg	abcdg	a	abdg	cdg						
NET: Have volunteered	698	82	183	168	97	62	105	434	264	553	19	67	37	2	4	129
	34%	59%	41%	32%	34%	27%	25%	39%	28%	31%	43%	57%	50%	12%	33%	49%
		bcdefgh	cefh	f	fh			cefh				a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q7A. Thinking about the last 12 months, have you volunteered at least once in any capacity? By volunteered we mean given your time to support a good cause, e.g. a charity or in your community, but not including help given to your own friends or family.

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed											
Significance Level: 95%	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes, to support the response to the coronavirus	231	100	57	63	120	46	29	70	31	7	3	5	12	6	23	75
	11%	8%	15%	20%	18%	14%	23%	13%	19%	16%	6%	5%	9%	3%	6%	16%
		a	a	a	a	gij	acdfghij	gij	cdghij	gij		i				ghij
Yes, to support sport and physical activity	179	67	48	55	103	33	13	76	10	5	3	6	15	10	9	46
	9%	5%	13%	18%	15%	10%	11%	14%	7%	10%	6%	6%	11%	6%	2%	10%
		a	a	a	a	j	j	dghj	j	j		j				j
Yes, to support a cause outside of coronavirus or sport and physical activity	349	220	58	53	111	58	28	85	24	7	9	8	24	23	84	86
	17%	17%	16%	17%	16%	18%	23%	15%	15%	14%	19%	8%	18%	13%	22%	19%
						g	gi	g			g		g		cgi	g
I have not volunteered in the last 12 months	1353	927	221	158	378	203	61	342	103	30	33	79	87	133	282	264
	66%	72%	60%	51%	55%	61%	50%	62%	64%	64%	69%	82%	65%	78%	73%	58%
		bcd	c			b		b	b		b	abcdehk	b	abcdehk	abcdk	
NET: Have volunteered	698	360	149	154	304	128	62	211	57	17	15	17	47	38	105	189
	34%	28%	40%	49%	45%	39%	50%	38%	36%	36%	31%	18%	35%	22%	27%	42%
		a	a	ab	a	gij	acdfghij	gij	gij	gi		gi				gij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q7A. Thinking about the last 12 months, have you volunteered at least once in any capacity? By volunteered we mean given your time to support a good cause, e.g. a charity or in your community, but not including help given to your own friends or family.

BASE: All respondents

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
					NET: Lives with others							NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
Total	Lives alone	2-3	4-5	6+		Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
	a	b	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
231	25	113	85	7	206	71	131	24	37	12	153	66	6	186	45	195	35
11%	8%	10%	16%	11%	12%	24%	9%	11%	10%	20%	11%	12%	9%	11%	11%	11%	11%
			abe		a	b				abde							
179	12	82	78	7	167	55	108	20	23	10	127	46	5	149	31	151	25
9%	4%	7%	14%	12%	10%	18%	8%	9%	7%	16%	9%	8%	8%	9%	8%	9%	8%
		a	abe	a	ab	b				be							
349	65	185	87	13	285	60	219	40	65	15	235	103	15	279	70	296	52
17%	20%	17%	16%	21%	17%	20%	16%	18%	18%	25%	17%	18%	22%	17%	17%	17%	17%
1353	234	766	316	38	1119	126	967	148	245	23	944	366	46	1079	274	1137	205
66%	71%	69%	58%	61%	65%	42%	70%	67%	68%	39%	67%	65%	68%	66%	67%	66%	66%
	ce	ce			c		a	c	c		c	c	c				
698	93	348	232	24	604	175	419	74	113	37	475	196	22	565	132	587	107
34%	29%	31%	42%	39%	35%	58%	30%	33%	32%	61%	33%	35%	32%	34%	33%	34%	34%
			abe		ab	b				abdef							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q7A. Thinking about the last 12 months, have you volunteered at least once in any capacity? By volunteered we mean given your time to support a good cause, e.g. a charity or in your community, but not including help given to your own friends or family.

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes, to support the response to the coronavirus	231	13	24	32	44	33	32	9	45	108	85	116	72	42
	11%	4%	12%	11%	12%	15%	15%	9%	15%	12%	14%	20%	8%	8%
			a	a	a	a	a	a	a	a	a	bc		
Yes, to support sport and physical activity	179	6	8	28	39	31	24	9	36	98	68	86	51	42
	9%	2%	4%	10%	11%	14%	11%	9%	12%	11%	11%	15%	5%	8%
				ab	ab	ab	ab	a	ab	ab	ab	bc		b
Yes, to support a cause outside of coronavirus or sport and physical activity	349	40	26	55	62	42	47	26	52	159	125	117	153	77
	17%	11%	12%	19%	17%	19%	22%	27%	17%	18%	20%	20%	16%	15%
				ab	a	a	ab	abdhi	a	ab	ab	bc		
I have not volunteered in the last 12 months	1353	312	154	178	226	126	122	54	182	529	358	288	685	361
	66%	85%	74%	62%	63%	57%	57%	57%	60%	61%	59%	50%	73%	71%
		bdefghij	cdefghij										a	a
NET: Have volunteered	698	54	54	107	134	97	93	41	119	337	253	289	258	147
	34%	15%	26%	38%	37%	43%	43%	43%	40%	39%	41%	50%	27%	29%
			a	ab	ab	ab	ab	ab	ab	ab	ab	bc		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q7A. Thinking about the last 12 months, have you volunteered at least once in any capacity? By volunteered we mean given your time to support a good cause, e.g. a charity or in your community, but not including help given to your own friends or family.

BASE: All respondents

	Total	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes, to support the response to the coronavirus	231	22	24	61	41	38	16	7	22	141	45	94	77	58
	11%	4%	7%	16%	14%	22%	12%	14%	16%	16%	14%	17%	8%	11%
			a	ab	ab	abdfj	a	a	ab	ab	ab	bc		
Yes, to support sport and physical activity	179	9	21	39	40	23	24	9	13	103	47	75	57	46
	9%	2%	7%	10%	13%	13%	19%	18%	10%	12%	15%	14%	6%	9%
			a	a	ab	ab	abchi	ab	a	ab	abc	bc		
Yes, to support a cause outside of coronavirus or sport and physical activity	349	67	56	73	60	37	27	11	19	170	57	121	137	89
	17%	12%	17%	19%	20%	21%	21%	22%	14%	19%	18%	22%	15%	17%
			a	a	a	a	a			a	a	bc		
I have not volunteered in the last 12 months	1353	453	234	233	167	87	69	27	85	486	180	280	687	357
	66%	84%	72%	59%	55%	49%	54%	53%	63%	56%	58%	51%	73%	67%
		bcd efghij	cdefgij	e					e				ac	a
NET: Have volunteered	698	88	92	160	134	91	60	24	49	386	132	268	252	173
	34%	16%	28%	41%	45%	51%	46%	47%	37%	44%	42%	49%	27%	33%
			a	ab	ab	abch	ab	ab	a	ab	ab	bc		b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q7B. You said you have volunteered to support sport and physical activity in the last 12 months. Which of the following statements best describes your current situation?

BASE: All those who have volunteered to support sport and physical activity in the last 12 months

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total	182	114	67	96	67	19	13	25	20	23	13	10	36	24	18	
Total	179	114	65	88	72	20	12	24	18	21	13	13	37	23	18	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
I am currently volunteering in sport and physical activity in the same role(s) as before COVID-19 restrictions were introduced	28 16%	22 19%	6 9%	11 12%	14 19%	3 16%	4 32%	2 9%	2 14%	4 19%	2 18%	1 11%	6 15%	4 18%	2 12%	
I am currently volunteering in sport and physical activity in the same role(s) as before COVID-19 restrictions were introduced, and have taken on additional role(s)	37 21%	23 20%	14 21%	19 22%	18 25%	- -	- -	7 27%	- -	7 32%	3 24%	1 11%	9 23%	5 22%	5 29%	
I am currently volunteering in sport and physical activity, but in a new or different role(s) to before COVID-19 restrictions were introduced	24 13%	17 15%	7 10%	14 15%	8 12%	2 8%	3 23%	3 14%	3 19%	2 10%	2 12%	1 11%	7 19%	1 5%	1 5%	
I have currently stopped or paused my volunteering in sport and physical activity because of COVID-19 restrictions	35 19%	21 19%	14 21%	13 15%	14 19%	8 41%	2 20%	6 25%	4 22%	3 12%	3 22%	3 22%	4 10%	7 32%	3 19%	
I have stopped or paused volunteering in sport and physical activity for another reason not to do with COVID-19 restrictions	20 11%	14 13%	6 9%	12 14%	6 8%	2 10%	2 14%	1 4%	4 24%	2 11%	- -	2 17%	5 12%	2 10%	2 10%	
None of the above	36 20%	16 14%	19 29% a	19 22%	12 17%	5 24%	1 12%	5 22%	4 22%	3 16%	3 24%	4 28%	7 20%	3 12%	5 25%	
NET: Currently volunteering	88 49%	62 55%	26 41%	44 50%	40 56%	5 25%	6 54%	12 50%	6 33%	13 61%	7 54%	4 33%	21 57%	11 46%	8 46%	
NET: Stopped volunteering	55 31%	36 31%	20 30%	25 29%	20 27%	10 51%	4 34%	7 29%	8 46%	5 23%	3 22%	5 39%	8 23%	10 42%	5 29%	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q7B. You said you have volunteered to support sport and physical activity in the last 12 months. Which of the following statements best describes your current situation?

BASE: All those who have volunteered to support sport and physical activity in the last 12 months

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	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	182	23	56	41	33	18	11	120	62	136	4	23	11	2	2	42
Total	179	22	60	39	31	16	11	121	58	137	3	23	10	2	2	39
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am currently volunteering in sport and physical activity in the same role(s) as before COVID-19 restrictions were introduced	28 16%	7 33%	10 17%	5 12%	6 18%	- -	- -	22 18%	6 10%	23 17%	1 26%	2 9%	2 21%	- -	- -	5 12%
I am currently volunteering in sport and physical activity in the same role(s) as before COVID-19 restrictions were introduced, and have taken on additional role(s)	37 21%	8 37%	15 24%	7 17%	5 15%	1 6%	2 18%	29 24%	8 13%	24 18%	- -	6 28%	4 38%	1 45%	2 100%	13 32%
I am currently volunteering in sport and physical activity, but in a new or different role(s) to before COVID-19 restrictions were introduced	24 13%	4 17%	7 12%	5 13%	4 13%	3 17%	1 8%	16 13%	8 13%	17 12%	1 30%	4 16%	1 11%	- -	- -	6 14%
I have currently stopped or paused my volunteering in sport and physical activity because of COVID-19 restrictions	35 19%	1 4%	15 25%	8 21%	4 12%	4 25%	3 30%	24 20%	11 19%	30 22%	- -	4 18%	1 7%	- -	- -	5 12%
I have stopped or paused volunteering in sport and physical activity for another reason not to do with COVID-19 restrictions	20 11%	2 7%	5 8%	8 20%	6 18%	- -	- -	15 12%	6 10%	18 13%	- -	1 4%	1 15%	- -	- -	2 6%
None of the above	36 20%	1 3%	8 14%	7 17%	7 23%	8 52%	5 45%	16 13%	20 35% bcg	24 18%	1 44%	6 26%	1 7%	1 55%	- -	9 23%
NET: Currently volunteering	88 49%	19 86%	32 53%	17 42%	15 47%	4 23%	3 26%	67 55% h	21 36%	64 47%	2 56%	12 52%	7 70%	1 45%	2 100%	23 59%
NET: Stopped volunteering	55 31%	2 11%	20 33%	16 41%	10 31%	4 25%	3 30%	38 32%	17 29%	48 35%	- -	5 22%	2 23%	- -	- -	7 18%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q7B. You said you have volunteered to support sport and physical activity in the last 12 months. Which of the following statements best describes your current situation?

BASE: All those who have volunteered to support sport and physical activity in the last 12 months

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	*b	c	*d	*e	*f	*g	*h	*i	*j	k	
Unweighted Total	182	81	42	47	89	36	12	73	11	5	3	6	19	9	8	48
Total	179	67	48	55	103	33	13	76	10	5	3	6	15	10	9	46
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am currently volunteering in sport and physical activity in the same role(s) as before COVID-19 restrictions were introduced	28 16%	9 13%	9 20%	9 17%	18 18%	3 10%	2 18%	16 21%	1 9%	- -	- -	1 21%	2 10%	1 8%	2 24%	6 12%
I am currently volunteering in sport and physical activity in the same role(s) as before COVID-19 restrictions were introduced, and have taken on additional role(s)	37 21%	9 13%	14 29% a	13 24%	27 26% a	5 15%	7 48%	18 24%	4 39%	1 18%	- -	- -	1 5%	1 13%	- -	12 25%
I am currently volunteering in sport and physical activity, but in a new or different role(s) to before COVID-19 restrictions were introduced	24 13%	6 9%	8 16%	9 17%	17 17%	5 15%	- -	13 17%	1 8%	1 27%	- -	- -	3 18%	1 13%	- -	5 10%
I have currently stopped or paused my volunteering in sport and physical activity because of COVID-19 restrictions	35 19%	16 24% b	4 8%	13 23%	17 16%	12 35% c	2 15%	9 12%	2 17%	2 34%	2 73%	1 17%	2 15%	- -	4 40%	14 29% c
I have stopped or paused volunteering in sport and physical activity for another reason not to do with COVID-19 restrictions	20 11%	11 17% c	6 12%	2 4%	8 8%	3 9%	- -	10 13%	2 19%	- -	1 27%	- -	5 31%	- -	- -	3 6%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q7B. You said you have volunteered to support sport and physical activity in the last 12 months. Which of the following statements best describes your current situation?

BASE: All those who have volunteered to support sport and physical activity in the last 12 months

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
Significance Level: 95%		a	b	c	d	a	*b	c	*d	*e	*f	*g	*h	*i	*j	k
Unweighted Total	182	81	42	47	89	36	12	73	11	5	3	6	19	9	8	48
Total	179	67	48	55	103	33	13	76	10	5	3	6	15	10	9	46
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
None of the above	36	16	7	8	15	5	2	10	1	1	-	4	3	6	3	8
	20%	23%	15%	15%	15%	16%	18%	13%	7%	21%	-	62%	21%	66%	36%	17%
NET: Currently volunteering	88	24	31	32	63	13	9	47	6	2	-	1	5	3	2	22
	49%	36%	65%	58%	61%	40%	67%	62%	57%	45%	-	21%	33%	34%	24%	48%
			a	a	a			a								
NET: Stopped volunteering	55	27	10	15	25	14	2	19	4	2	3	1	7	-	4	17
	31%	41%	20%	27%	24%	44%	15%	25%	36%	34%	100%	17%	45%	-	40%	36%
		bd				c										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q7B. You said you have volunteered to support sport and physical activity in the last 12 months. Which of the following statements best describes your current situation?

BASE: All those who have volunteered to support sport and physical activity in the last 12 months

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
182	15	83	76	8	167	52	110	19	24	10	129	46	5	151	31	152	27
179	12	82	78	7	167	55	108	20	23	10	127	46	5	149	31	151	25
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
28	-	14	13	1	28	11	16	4	3	1	21	6	1	26	2	27	1
16%	-	17%	16%	16%	17%	20%	15%	18%	12%	8%	17%	13%	23%	18%	5%	18%	5%
37	3	17	13	3	34	17	17	6	9	4	21	16	2	29	8	32	5
21%	25%	21%	17%	44%	20%	31% b	15%	29%	39%	39%	17%	34% d	39%	20%	25%	21%	20%
24	1	8	15	-	23	9	13	1	1	2	18	5	-	21	3	18	4
13%	7%	9%	19%	-	14%	17%	12%	4%	5%	25%	14%	10%	-	14%	10%	12%	17%
35	3	14	17	2	32	5	28	4	6	2	25	9	1	26	9	29	6
19%	20%	17%	22%	27%	19%	9%	25% a	18%	24%	20%	19%	21%	16%	17%	31%	19%	25%
20	3	11	6	1	18	6	10	1	1	-	18	2	-	18	2	16	4
11%	22%	13%	8%	12%	10%	11%	9%	6%	3%	-	14%	5%	-	12%	6%	11%	15%
36	3	18	14	-	33	6	25	5	4	1	24	8	1	29	7	29	5
20%	25%	23%	18%	-	20%	12%	23%	25%	16%	7%	19%	18%	22%	19%	23%	19%	19%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q7B. You said you have volunteered to support sport and physical activity in the last 12 months. Which of the following statements best describes your current situation?

BASE: All those who have volunteered to support sport and physical activity in the last 12 months

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	*d	e	a	b	*a	*b	*c	d	e	*f	a	b	a	*b
182	15	83	76	8	167	52	110	19	24	10	129	46	5	151	31	152	27
179	12	82	78	7	167	55	108	20	23	10	127	46	5	149	31	151	25
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
88	4	39	41	4	84	37	46	10	13	7	60	26	3	76	12	77	10
49%	32%	48%	53%	60%	51%	68%	43%	51%	56%	73%	48%	57%	62%	51%	40%	51%	41%
						b											
55	5	24	23	3	50	11	38	5	6	2	43	12	1	44	11	45	10
31%	43%	30%	29%	40%	30%	20%	35%	24%	27%	20%	34%	25%	16%	30%	37%	30%	40%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q7B. You said you have volunteered to support sport and physical activity in the last 12 months. Which of the following statements best describes your current situation?

BASE: All those who have volunteered to support sport and physical activity in the last 12 months

		Number of days active										Amount of activity in the past week compared to previous week		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		*a	*b	*c	d	e	*f	*g	h	i	j	a	b	c
Unweighted Total	182	5	10	27	40	33	24	8	35	100	67	88	50	44
Total	179	6	8	28	39	31	24	9	36	98	68	86	51	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am currently volunteering in sport and physical activity in the same role(s) as before COVID-19 restrictions were introduced	28	-	1	2	6	4	5	1	9	12	15	16	9	3
	16%	-	16%	7%	16%	13%	20%	14%	24%	12%	21%	19%	17%	7%
I am currently volunteering in sport and physical activity in the same role(s) as before COVID-19 restrictions were introduced, and have taken on additional role(s)	37	1	1	8	14	3	3	2	5	25	10	15	14	8
	21%	23%	9%	27%	37% ehj	8%	13%	21%	15%	25% e	15%	17%	27%	19%
I am currently volunteering in sport and physical activity, but in a new or different role(s) to before COVID-19 restrictions were introduced	24	-	1	4	3	7	4	3	2	14	8	14	5	4
	13%	-	18%	16%	7%	22%	16%	30%	5%	14%	12%	17%	9%	11%
I have currently stopped or paused my volunteering in sport and physical activity because of COVID-19 restrictions	35	1	1	5	5	7	3	1	11	17	15	16	8	11
	19%	14%	19%	18%	14%	23%	15%	13%	29%	18%	22%	18%	16%	27%
I have stopped or paused volunteering in sport and physical activity for another reason not to do with COVID-19 restrictions	20	2	1	4	2	2	4	2	4	7	10	9	8	3
	11%	41%	10%	13%	5%	5%	16%	22%	12%	7%	15%	11%	15%	8%
None of the above	36	1	2	5	8	9	5	-	5	23	10	16	8	12
	20%	21%	29%	19%	21%	29%	20%	-	14%	23%	14%	19%	15%	28%
NET: Currently volunteering	88	1	3	14	23	13	12	6	16	50	33	45	27	16
	49%	23%	43%	50%	60%	43%	49%	65%	44%	52%	49%	53%	54%	37%
NET: Stopped volunteering	55	3	2	9	7	9	7	3	15	25	25	25	16	15
	31%	56%	28%	31%	19%	28%	31%	35%	41% d	25%	37%	29%	31%	35%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q7B. You said you have volunteered to support sport and physical activity in the last 12 months. Which of the following statements best describes your current situation?

BASE: All those who have volunteered to support sport and physical activity in the last 12 months

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
	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	182	9	22	41	40	24	24	9	13	105	46	76	57	47
Total	179	9	21	39	40	23	24	9	13	103	47	75	57	46
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I am currently volunteering in sport and physical activity in the same role(s) as before COVID-19 restrictions were introduced	28 16%	- -	4 18%	7 17%	2 5%	2 8%	6 25%	1 14%	6 46%	11 10%	13 29% di	14 18%	10 18%	3 7%
I am currently volunteering in sport and physical activity in the same role(s) as before COVID-19 restrictions were introduced, and have taken on additional role(s)	37 21%	1 8%	7 32%	4 10%	15 36% cj	4 17%	1 4%	4 51%	1 11%	22 22%	7 15%	15 19%	12 22%	10 22%
I am currently volunteering in sport and physical activity, but in a new or different role(s) to before COVID-19 restrictions were introduced	24 13%	- -	1 5%	6 15%	6 16%	6 28%	4 16%	- -	- -	19 18%	4 9%	9 12%	8 14%	7 15%
I have currently stopped or paused my volunteering in sport and physical activity because of COVID-19 restrictions	35 19%	4 50%	3 14%	8 21%	6 16%	5 23%	4 15%	2 22%	2 13%	20 20%	7 16%	12 16%	8 14%	14 30%
I have stopped or paused volunteering in sport and physical activity for another reason not to do with COVID-19 restrictions	20 11%	3 28%	2 8%	5 14%	2 4%	3 13%	5 22%	- -	1 7%	10 10%	6 13%	9 12%	8 14%	3 7%
None of the above	36 20%	1 14%	5 23%	9 23%	9 23%	3 12%	5 19%	1 13%	3 22%	21 20%	9 19%	17 22%	11 19%	9 19%
NET: Currently volunteering	88 49%	1 8%	12 55%	16 42%	23 57%	12 52%	11 45%	6 65%	8 57%	52 50%	24 52%	37 49%	30 54%	20 44%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q7B. You said you have volunteered to support sport and physical activity in the last 12 months. Which of the following statements best describes your current situation?

BASE: All those who have volunteered to support sport and physical activity in the last 12 months

	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
	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	182	9	22	41	40	24	24	9	13	105	46	76	57	47
Total	179	9	21	39	40	23	24	9	13	103	47	75	57	46
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Stopped volunteering	55	7	5	14	8	8	9	2	3	30	14	22	16	17
	31%	78%	22%	35%	20%	36%	36%	22%	21%	29%	29%	29%	28%	37%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
2051 100%	433 21%	1030 50%	364 18%	140 7%	77 4%	7 *	1463 71%	217 11%
2051 100%	482 23%	974 47%	342 17%	163 8%	80 4%	10 1%	1456 71%	243 12%
2051 100%	495 24%	937 46%	411 20%	132 6%	67 3%	8 *	1433 70%	199 10%
2051 100%	407 20%	811 40%	447 22%	241 12%	136 7%	11 1%	1217 59%	376 18%
2051 100%	351 17%	768 37%	428 21%	337 16%	152 7%	16 1%	1118 55%	489 24%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	482	252	229	179	177	126	22	71	49	39	38	40	92	85	45
		23%	25%	22%	29%	26%	17%	22%	27%	25%	18%	22%	17%	28%	26%	22%
					c	c			df					df	df	
Agree	(4.0)	974	487	482	309	313	352	41	115	102	114	77	117	153	153	101
		47%	49%	46%	50%	47%	46%	42%	43%	51%	53%	44%	51%	47%	46%	49%
											ab					
Neither agree nor disagree	(3.0)	342	157	184	80	118	144	17	43	28	36	39	36	47	58	39
		17%	16%	18%	13%	18%	19%	17%	16%	14%	17%	22%	16%	14%	18%	19%
						a	a					cg				
Disagree	(2.0)	163	67	94	38	40	84	13	22	13	15	14	26	25	21	13
		8%	7%	9%	6%	6%	11%	14%	8%	7%	7%	8%	11%	8%	6%	6%
							ab	chi								
Strongly disagree	(1.0)	80	30	49	9	20	51	6	13	5	10	8	10	6	14	9
		4%	3%	5%	1%	3%	7%	6%	5%	2%	4%	4%	5%	2%	4%	4%
							ab	g	g							
Don't know		10	7	4	4	4	2	-	2	2	-	-	-	3	2	2
		1%	1%	*	1%	1%	*	-	1%	1%	-	-	-	1%	*	1%
NET: Agree		1456	739	710	488	490	478	63	187	152	154	116	157	245	238	146
		71%	74%	68%	79%	73%	63%	64%	70%	76%	72%	65%	69%	75%	72%	70%
			b		bc	c				ae				ae		
NET: Disagree		243	98	143	48	60	135	19	35	18	25	22	36	32	35	22
		12%	10%	14%	8%	9%	18%	19%	13%	9%	12%	12%	16%	10%	10%	10%
				a			ab	cghi				cg				
Base for stats		2041	994	1038	616	667	758	98	264	198	214	177	229	323	331	207
Mean Score		3.79	3.87	3.72	3.99	3.88	3.55	3.61	3.79	3.90	3.74	3.70	3.66	3.92	3.83	3.78
			b		bc	c				aef				adef		
Standard Deviation		1.017	.970	1.053	.898	.968	1.100	1.147	1.083	.938	.988	1.036	1.035	.956	1.017	.996
Standard Error		.023	.031	.033	.034	.038	.042	.109	.066	.063	.067	.077	.077	.053	.056	.070
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	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		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	482	50	127	128	77	45	56	304	177	393	15	33	32	3	2	85
		23%	36% ce fgh	28% efh	25% fh	27% efh	19% f	13% efh	27% efh	19% f	22%	35% a	28%	43% ac	24%	16%	32% a
Agree	(4.0)	974	64	237	265	129	95	185	565	409	844	17	58	29	5	7	116
		47%	46% de fgh	53% efh	51% efh	45% efh	41% efh	43% efh	51% efh	43% efh	48%	39% efh	49%	38% efh	39% efh	54% efh	44% efh
Neither agree nor disagree	(3.0)	342	12	62	76	52	51	89	150	192	297	6	17	9	3	3	38
		17%	8% a	14% a	15% a	18% ag	22% ab cdg	21% ab cdg	14% ab cdg	20% ab cdg	17%	13% ab cdg	15%	12% ab cdg	23% ab cdg	22% ab cdg	14% ab cdg
Disagree	(2.0)	163	9	12	38	19	30	55	59	104	143	5	9	3	-	1	18
		8%	6% b	3% b	7% b	7% b	13% ab cdg	13% ab cdg	5% b	11% b cdg	8% b	11% b	8% b	4% b	- b	7% b	7% b
Strongly disagree	(1.0)	80	6	8	11	6	10	40	25	56	74	1	1	2	1	-	5
		4%	4% c	2% c	2% c	2% c	4% bc de gh	9% bc de gh	2% c	6% bc de gh	4% c	2% c	1% c	3% c	8% c	- c	2% c
Don't know		10	-	2	3	2	1	3	5	5	7	-	-	1	1	-	2
		1%	- a	1% a	1% a	1% a	* a	1% a	* a	1% a	* a	- a	- a	1% a	6% a	- a	1% a
NET: Agree		1456	114	364	392	206	139	241	870	586	1237	32	91	61	8	9	201
		71%	81% de fgh	81% c de fgh	75% efh	72% efh	60% efh	56% efh	79% de fgh	62% f	70% de fgh	74% de fgh	77%	80% de fgh	64% de fgh	71% de fgh	76% a
NET: Disagree		243	14	20	49	25	40	95	83	159	218	5	10	5	1	1	22
		12%	10% b	5% b	9% b	9% b	17% b cdg	22% ab cdg h	8% b	17% ab cdg	12% b	13% b	8% b	7% b	8% b	7% b	9% b
Base for stats		2041	139	445	518	283	230	425	1103	938	1751	43	118	75	12	12	261
Mean Score		3.79	4.03 efh	4.04 c de fgh	3.89 efh	3.89 efh	3.58 f	3.38 f	3.97 efh	3.58 f	3.76 efh	3.94 efh	3.95 a	4.15 a	3.77 a	3.80 a	3.99 a
Standard Deviation		1.017	1.031	.832	.932	.954	1.073	1.149	.909	1.095	1.023	1.052	.892	.980	1.134	.826	.953
Standard Error		.023	.087	.040	.041	.056	.069	.058	.027	.036	.025	.153	.080	.111	.315	.229	.057
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.10	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461	
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
482	255	118	92	209	91	33	145	42	17	9	15	46	25	60	124	
23%	20%	32%	29%	31%	28%	27%	26%	26%	36%	19%	16%	34%	15%	15%	27%	
		a	a	a	gij	ij	gij	gij	gij			cfgij			gij	
974	622	173	145	317	159	56	277	76	23	27	51	64	75	167	215	
47%	48%	47%	46%	47%	48%	45%	50%	47%	50%	56%	53%	47%	44%	43%	47%	
						j										
342	221	57	49	106	48	22	96	29	3	10	12	12	32	78	71	
17%	17%	16%	16%	16%	15%	18%	17%	18%	7%	20%	12%	9%	19%	20%	16%	
						h	h	h		h			h	eh	h	
163	123	17	15	33	25	10	25	9	3	1	8	5	19	57	35	
8%	10%	5%	5%	5%	8%	8%	5%	6%	7%	3%	8%	4%	11%	15%	8%	
	bcd												ch	acdfhk	c	
80	61	5	10	15	6	2	9	3	-	-	11	5	18	27	8	
4%	5%	1%	3%	2%	2%	2%	2%	2%	-	-	11%	4%	11%	7%	2%	
	bd										abcdefhk		abcdefhk	abcdk		
10	6	-	1	1	1	-	1	2	-	1	-	3	2	-	1	
1%	*	-	*	*	*	-	*	1%	-	2%	-	2%	1%	-	*	
								cj		cj		cjk	j			
1456	877	290	236	527	250	88	422	118	40	36	66	109	100	226	338	
71%	68%	78%	76%	77%	76%	72%	76%	73%	86%	75%	68%	81%	58%	58%	75%	
	a	a	a	a	ij	ij	ij	ij	gij	ij		gij			ij	
243	184	22	25	48	31	12	34	12	3	1	19	10	37	84	43	
12%	14%	6%	8%	7%	9%	10%	6%	7%	7%	3%	19%	7%	22%	22%	10%	
	bcd										abcdfhk		abcdfhk	abcdfhk		
2041	1282	370	310	680	329	123	552	158	47	48	96	131	169	387	452	
3.79	3.69	4.03	3.94	3.99	3.92	3.86	3.95	3.92	4.15	3.93	3.54	4.07	3.41	3.45	3.91	
	a	a	a	a	gij	gij	gij	gij	gij	gij		gij			gij	
1.017	1.044	.883	.971	.925	.939	.966	.875	.903	.839	.716	1.187	.961	1.193	1.125	.946	
.023	.028	.050	.060	.038	.051	.089	.037	.071	.122	.106	.115	.075	.091	.061	.044	
*	*	*	*	*	*	.01	*	.01	.01	.01	.01	.01	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	482	57	254	146	24	424		67	348		44	33	15	385	83	7	
		23%	18%	23%	27%	39%	25%		22%	25%		20%	9%	25%	27%	15%	11%	
				a	a	abce	a					b		bef	abef	b		
Agree	(4.0)	974	150	528	268	27	824		142	669		86	99	21	753	190	13	
		47%	46%	47%	49%	44%	48%		47%	48%		39%	28%	35%	53%	34%	20%	
									bf			bf		abcef		f		
Neither agree nor disagree	(3.0)	342	64	188	85	5	278		60	209		41	83	16	202	128	11	
		17%	20%	17%	16%	8%	16%		20%	15%		18%	23%	27%	14%	23%	17%	
			d						b				d	d		d		
Disagree	(2.0)	163	32	99	30	2	130		22	104		34	80	5	59	96	23	
		8%	10%	9%	5%	2%	8%		7%	8%		15%	23%	9%	4%	17%	34%	
			c	c					d			d	acde		d	acde		
Strongly disagree	(1.0)	80	21	44	13	3	60		8	52		14	59	3	14	62	12	
		4%	6%	4%	2%	5%	3%		3%	4%		7%	17%	5%	1%	11%	18%	
			ce						d			d	acde	d		ad	acd	
Don't know		10	2	2	5	2	8		2	4		2	2	-	6	3	1	
		1%	1%	*	1%	3%	*		1%	*		1%	1%	-	*	1%	1%	
					b	be												
NET: Agree		1456	208	782	415	51	1248		210	1017		130	132	36	1138	274	21	
		71%	64%	70%	76%	83%	72%		70%	73%		59%	37%	60%	80%	49%	30%	
				a	ab	ab	a					bef		bf	abcef	bf		
NET: Disagree		243	53	143	43	4	190		30	156		49	140	8	73	158	35	
		12%	16%	13%	8%	7%	11%		10%	11%		22%	39%	14%	5%	28%	52%	
			ce	c					d			d	acde	d		cd	acde	
Base for stats		2041	326	1112	543	60	1715		299	1382		220	355	61	1413	559	67	
Mean Score		3.79	3.59	3.76	3.93	4.13	3.83		3.80	3.84		3.50	2.90	3.66	4.02	3.24	2.71	
				a	abe	abe	a					bef		bef	abcef	bf		
Standard Deviation		1.017	1.086	1.026	.926	1.003	.999		.957	1.008		1.167	1.240	1.105	.820	1.223	1.282	
Standard Error		.023	.060	.031	.040	.128	.024		.057	.027		.077	.067	.140	.022	.052	.157	
Error variance		*	*	*	*	.02	*		*	*		.01	*	.02	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512	
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	482	40	33	49	81	54	70	39	116	184	225	191	184	107
		23%	11%	16%	17%	22%	24%	33%	41%	39%	21%	37%	33%	19%	21%	
					a	a	ab	abcdi	abcdei	abcdei	a	abcdei	bc			
Agree		(4.0)	974	111	106	143	193	129	107	46	139	465	292	281	424	261
		47%	30%	51%	50%	54%	58%	50%	49%	46%	54%	48%	49%	45%	51%	
				a	a	ah	ahj	a	a	a	ahj	a			b	
Neither agree nor disagree		(3.0)	342	88	40	57	61	30	28	5	33	148	66	66	197	75
		17%	24%	19%	20%	17%	14%	13%	5%	11%	17%	11%	11%	21%	15%	
			defghij	ghj	fghj	ghj	g	g			ghj			ac		
Disagree		(2.0)	163	69	23	26	18	7	7	4	9	51	20	28	88	45
		8%	19%	11%	9%	5%	3%	3%	4%	3%	6%	3%	5%	9%	9%	
			bcdefghij	defghij	defhj						hj			a	a	
Strongly disagree		(1.0)	80	52	6	9	5	3	2	1	3	17	6	10	47	19
		4%	14%	3%	3%	1%	1%	1%	1%	1%	2%	1%	2%	5%	4%	
			bcdefghij		j									a	a	
Don't know			10	5	-	1	2	-	1	-	2	2	3	2	3	2
		1%	1%	-	*	*	-	*	-	1%	*	*	*	*	*	*
			i													
NET: Agree		1456	151	139	192	274	183	177	85	255	649	517	472	608	368	
		71%	41%	67%	68%	76%	82%	82%	90%	85%	75%	85%	82%	65%	72%	
				a	a	abc	abci	abci	abcdi	abcdi	abc	abcdi	bc		b	
NET: Disagree		243	121	29	35	23	10	9	5	12	68	25	38	135	63	
		12%	33%	14%	12%	6%	4%	4%	5%	4%	8%	4%	7%	14%	12%	
			bcdefghij	defghij	defhij						hj			a	a	
Base for stats		2041	360	208	284	358	223	214	95	299	864	609	575	940	507	
Mean Score		3.79	3.05	3.66	3.70	3.91	4.00	4.11	4.24	4.19	3.87	4.17	4.07	3.65	3.78	
				a	a	abc	abci	abcdi	abcdei	abcdei	abc	abcdei	bc		b	
Standard Deviation		1.017	1.236	.964	.963	.847	.793	.810	.822	.815	.881	.815	.891	1.051	.997	
Standard Error		.023	.066	.066	.057	.044	.053	.056	.085	.047	.030	.033	.037	.035	.044	
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534	
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	482	79	52	90	84	52	42	18	64	227	125	179	180	117
		23%	15%	16%	23%	28%	29%	33%	36%	48%	26%	40%	33%	19%	22%	
					ab	ab	ab	abc	abc	abcdefi	ab	abcdei	bc			
Agree		(4.0)	974	204	172	213	154	101	57	24	48	467	130	273	419	269
		47%	38%	53%	54%	51%	57%	44%	49%	36%	54%	42%	50%	45%	51%	
				ahj	ahj	ahj	afhj				ahj				b	
Neither agree nor disagree		(3.0)	342	118	56	65	48	16	20	5	15	129	40	65	195	77
		17%	22%	17%	17%	16%	9%	16%	10%	11%	15%	13%	12%	21%	15%	
			deghij	e	e	e					e			ac		
Disagree		(2.0)	163	75	38	21	9	7	7	1	4	37	12	26	91	45
		8%	14%	12%	5%	3%	4%	6%	2%	3%	4%	4%	5%	10%	8%	
			cdefghij	cdeghij										a	a	
Strongly disagree		(1.0)	80	58	9	2	5	1	1	2	2	8	5	5	51	19
		4%	11%	3%	1%	2%	1%	1%	4%	2%	1%	2%	1%	5%	4%	
			bcd efhij	ci					c					a	a	
Don't know			10	6	-	2	1	1	1	-	-	3	1	-	3	3
		1%	1%	-	*	*	*	1%	-	-	*	*	-	*	1%	
			b													
NET: Agree			1456	283	224	303	238	153	100	42	113	694	255	452	600	386
		71%	52%	69%	77%	79%	86%	77%	85%	84%	80%	81%	82%	64%	73%	
				a	ab	ab	abci	a	ab	ab	ab	ab	bc		b	
NET: Disagree			243	133	46	23	14	8	8	3	6	46	17	31	141	64
		12%	25%	14%	6%	5%	5%	7%	5%	5%	5%	6%	6%	15%	12%	
			bcd efghij	cde fhij										a	a	
Base for stats			2041	535	326	391	300	177	128	50	134	868	312	548	936	527
Mean Score			3.79	3.32	3.67	3.94	4.01	4.10	4.04	4.12	4.26	4.00	4.14	4.09	3.63	3.80
				a	ab	ab	abc	ab	ab	abcd fi	ab	abci	bc		b	
Standard Deviation			1.017	1.204	.966	.810	.847	.775	.892	.929	.890	.817	.900	.841	1.067	1.000
Standard Error			.023	.053	.053	.041	.048	.059	.080	.131	.078	.028	.052	.036	.035	.043
Error variance			*	*	*	*	*	*	.01	.02	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	433	220	212	163	147	123	15	54	45	42	36	46	77	71	48
		21%	22%	20%	26% c	22% c	16%	15%	20%	22%	20%	20%	20%	24%	21%	23%
Agree	(4.0)	1030	522	506	314	343	373	50	130	99	105	93	115	164	171	103
		50%	52%	49%	51%	51%	49%	51%	49%	49%	49%	53%	50%	50%	52%	49%
Neither agree nor disagree	(3.0)	364	165	195	90	121	153	16	47	39	46	28	42	47	61	38
		18%	16%	19%	14%	18%	20% a	16%	18%	19%	22% g	16%	18%	14%	18%	18%
Disagree	(2.0)	140	56	83	36	40	64	14	16	15	11	9	18	26	15	14
		7%	6%	8% a	6%	6%	8%	15% bcdeg	6%	8%	5%	5%	8%	8%	5%	7%
Strongly disagree	(1.0)	77	36	41	15	16	46	3	17	2	9	11	8	11	11	5
		4%	4%	4%	2%	2%	6% ab	4%	6% c	1%	4% c	6% c	4%	3%	3%	2%
Don't know		7	2	5	2	4	1	-	2	1	1	-	-	1	2	1
		*	*	*	*	1%	*	-	1%	*	*	-	-	*	1%	*
NET: Agree		1463	741	718	477	490	496	65	184	144	147	129	160	241	243	151
		71%	74% b	69%	77% c	73% c	65%	66%	69%	72%	69%	73%	70%	74%	73%	72%
NET: Disagree		217	92	123	51	56	110	18	33	17	20	20	27	37	27	19
		11%	9%	12%	8%	8%	14% ab	18% cd	12%	8%	9%	11%	12%	11%	8%	9%
Base for stats		2044	998	1037	618	667	759	98	264	199	214	177	229	325	331	207
Mean Score		3.78	3.83	3.74	3.93	3.85	3.61	3.59	3.71	3.85	3.75	3.75	3.75	3.83	3.83	3.84
			b		c	c				a				a	a	a
Standard Deviation		.978	.954	.999	.927	.914	1.046	1.025	1.058	.885	.970	1.035	.982	.988	.934	.938
Standard Error		.022	.030	.031	.035	.036	.040	.097	.064	.059	.066	.077	.073	.055	.052	.066
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	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		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	433	43	109	124	66	35	56	276	157	358	16	29	24	1	2	73
		21%	31% efh	24% efh	24% efh	23% efh	15%	13%	25% efh	17%	20%	38% a	25%	32% a	5%	16%	28% a
Agree	(4.0)	1030	75	252	254	135	112	201	581	449	886	18	63	34	8	6	129
		50%	54% cdfh	56% cdfh	49%	48%	49%	47%	52% h	48%	50%	41%	53%	46%	65%	44%	49%
Neither agree nor disagree	(3.0)	364	10	53	89	57	59	96	152	212	317	8	16	8	4	4	40
		18%	7%	12%	17% ab	20% abg	26% abcg	22% abcg	14% a	22% abcg	18%	18%	14%	11%	30%	33%	15%
Disagree	(2.0)	140	8	17	38	21	14	42	62	78	122	2	7	5	-	1	14
		7%	6%	4%	7% b	7% b	6%	10% bg	6%	8% bg	7%	4%	6%	7%	-	6%	5%
Strongly disagree	(1.0)	77	4	15	14	5	9	30	33	44	69	-	3	3	-	-	6
		4%	3%	3%	3%	2%	4%	7% bcdg	3%	5% dg	4%	-	3%	4%	-	-	2%
Don't know		7	-	2	1	1	1	3	3	5	7	-	-	-	-	-	-
		*	-	*	*	*	1%	1%	*	*	*	-	-	-	-	-	-
NET: Agree		1463	118	361	378	201	147	257	857	606	1243	34	92	59	9	8	202
		71%	85% cdefh	81% cdefh	73% efh	71% fh	64%	60%	77% cdefh	64%	71%	79%	78%	78%	70%	61%	77% a
NET: Disagree		217	12	32	52	26	23	72	96	121	191	2	10	8	-	1	20
		11%	8%	7%	10%	9%	10%	17% abcdeg	9%	13% bg	11%	4%	8%	11%	-	6%	8%
Base for stats		2044	139	446	519	284	230	425	1105	939	1752	43	118	75	13	12	262
Mean Score		3.78	4.04 cdefh	3.95 efh	3.84 efh	3.83 efh	3.65	3.50	3.91 efh	3.64 f	3.77	4.13 a	3.92	3.96	3.76	3.71	3.95 a
Standard Deviation		.978	.931	.901	.962	.926	.946	1.066	.936	1.006	.982	.837	.919	1.034	.561	.841	.923
Standard Error		.022	.079	.043	.042	.054	.061	.054	.028	.033	.024	.122	.082	.116	.150	.233	.055
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.02	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461	
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
433	251	94	76	170	79	25	120	35	16	14	15	43	29	58	104	
21%	19%	25%	24%	25%	24%	21%	22%	22%	34%	29%	16%	32%	17%	15%	23%	
		a		a	j		j		gij	j		bcdgijk			j	
1030	639	189	162	350	168	60	298	79	21	27	52	64	70	192	229	
50%	50%	51%	52%	51%	51%	49%	54%	49%	44%	56%	54%	47%	41%	49%	50%	
					i		i				i				i	
364	245	56	49	104	58	26	89	33	6	5	14	14	43	76	84	
18%	19%	15%	16%	15%	18%	21%	16%	20%	14%	10%	14%	11%	25%	20%	18%	
	d				h	h		h					acfgh	h	h	
140	85	25	20	45	16	9	30	10	2	2	10	8	14	40	25	
7%	7%	7%	6%	7%	5%	7%	5%	6%	5%	3%	10%	6%	8%	10%	5%	
											ac			ack		
77	63	5	5	10	9	1	16	2	1	1	5	5	16	21	10	
4%	5%	1%	1%	1%	3%	1%	3%	1%	2%	2%	5%	4%	9%	5%	2%	
	bcd										d		abcdhk	bdk		
7	4	1	1	2	1	1	1	2	1	-	-	1	-	1	2	
*	*	*	*	*	*	1%	*	1%	2%	-	-	1%	-	*	*	
								c	c							
1463	890	283	238	521	247	86	418	114	37	41	67	106	98	249	333	
71%	69%	76%	76%	76%	75%	70%	76%	71%	78%	85%	70%	79%	57%	64%	73%	
	a	a	a	a	ij	i	ij	i	i	bij	i	ij			ij	
217	148	30	24	54	25	10	46	12	3	3	15	13	30	61	35	
11%	12%	8%	8%	8%	7%	8%	8%	7%	6%	5%	16%	9%	17%	16%	8%	
	d										acdk		abcdfhk	abcdk		
2044	1283	369	310	679	330	122	552	158	46	48	96	133	171	386	452	
3.78	3.72	3.93	3.92	3.92	3.89	3.82	3.86	3.85	4.06	4.06	3.64	3.99	3.47	3.58	3.87	
	a	a	a	a	gij	ij	gij	ij	gij	gij	gij	gij			gij	
.978	1.010	.896	.884	.890	.917	.884	.914	.880	.920	.844	1.045	1.000	1.149	1.035	.908	
.022	.027	.051	.055	.037	.050	.082	.039	.070	.136	.123	.101	.077	.087	.057	.042	
*	*	*	*	*	*	.01	*	*	.02	.02	.01	.01	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	433	57	228	125	22	376		63	305		37	31	10	354	70	7	
		21%	18%	21%	23%	36%	22%		21%	22%		17%	9%	16%	25%	13%	10%	
						abce							b		abef			
Agree	(4.0)	1030	148	562	293	26	882		143	721		102	133	23	761	232	19	
		50%	45%	50%	54%	42%	51%		48%	52%		46%	37%	38%	54%	41%	28%	
					a		a		bf					abcef	f			
Neither agree nor disagree	(3.0)	364	76	200	77	10	288		58	223		44	87	18	215	137	12	
		18%	23%	18%	14%	17%	17%		19%	16%		20%	24%	29%	15%	24%	17%	
			bce										d	d	d			
Disagree	(2.0)	140	25	75	38	2	115		23	87		22	60	7	61	71	16	
		7%	8%	7%	7%	3%	7%		8%	6%		10%	17%	11%	4%	13%	23%	
									d	ad		d	ad	d	d	d	ade	
Strongly disagree	(1.0)	77	19	45	12	1	58		12	46		16	45	3	24	50	14	
		4%	6%	4%	2%	2%	3%		4%	3%		7%	13%	5%	2%	9%	21%	
			ce	c					d	ad		d	ad	d	d	acde		
Don't know		7	2	4	2	-	6		1	4		1	2	-	5	2	1	
		*	1%	*	*	-	*		*	*		*	*	-	*	*	1%	
NET: Agree		1463	205	791	419	48	1258		206	1026		139	164	33	1114	303	26	
		71%	63%	71%	76%	78%	73%		69%	74%		63%	46%	54%	79%	54%	38%	
			a	a	ab	a	a		bef					abcef	bf			
NET: Disagree		217	44	120	49	3	173		36	132		38	105	10	85	121	30	
		11%	14%	11%	9%	6%	10%		12%	10%		17%	29%	16%	6%	21%	44%	
			c						d	acde		d	acde	d	d	abcde		
Base for stats		2044	326	1110	546	62	1718		300	1382		221	355	61	1414	560	67	
Mean Score		3.78	3.61	3.77	3.89	4.06	3.82		3.74	3.83		3.55	3.12	3.49	3.96	3.36	2.83	
			a	a	ab	ab	a		bef					bf	abcef	bf		
Standard Deviation		.978	1.048	.983	.910	.938	.961		1.009	.951		1.108	1.176	1.061	.853	1.126	1.324	
Standard Error		.022	.058	.030	.039	.118	.023		.060	.026		.073	.064	.135	.023	.048	.162	
Error variance		*	*	*	*	.01	*		*	*		.01	*	.02	*	*	.03	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days active										Amount of activity in the past week compared to previous week		
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree		(5.0)	433	35	27	41	74	51	66	28	113	165	160	179	93
		21%	9%	13%	14%	20%	23%	31%	29%	37%	19%	34%	28%	19%	18%
					abc	abc	abcdi	abci	abcdei	ab	abcdei		bc		
Agree		(4.0)	1030	114	108	155	199	137	115	57	143	491	310	436	279
		50%	31%	52%	55%	55%	62%	54%	60%	48%	57%	52%	54%	46%	55%
				a	a	ah	abhj	a	ah	a	ah	a	b		b
Neither agree nor disagree		(3.0)	364	107	47	61	63	21	25	9	31	145	71	212	76
		18%	29%	23%	22%	18%	9%	12%	9%	10%	17%	11%	12%	22%	15%
			cdefghij	efghij	efghj	eghj					ehj			ac	
Disagree		(2.0)	140	55	20	23	16	12	4	-	10	51	26	75	36
		7%	15%	10%	8%	4%	5%	2%	-	3%	6%	2%	4%	8%	7%
			cdefghij	dfghij	fghj	g	gj				fgj			a	
Strongly disagree		(1.0)	77	50	5	3	7	2	4	1	4	12	10	39	24
		4%	14%	3%	1%	2%	1%	2%	1%	1%	1%	2%	2%	4%	5%
			bcdefghij											a	a
Don't know		7	5	-	2	1	-	-	-	-	3	-	1	3	-
		*	1%	-	1%	*	-	-	-	-	*	-	*	*	-
			ij		j										
NET: Agree		1463	149	135	195	273	188	182	85	256	656	523	469	614	372
		71%	41%	65%	69%	76%	84%	85%	90%	85%	76%	86%	81%	65%	73%
				a	a	abc	abcdi	abcdi	abcdi	abcdi	abc	abcdi	bc		b
NET: Disagree		217	105	25	26	23	14	8	1	14	63	24	36	114	60
		11%	29%	12%	9%	6%	6%	4%	1%	5%	7%	4%	6%	12%	12%
			bcdefghij	defghij	fghj						gj			a	a
Base for stats		2044	361	208	282	359	223	215	95	301	864	611	576	940	508
Mean Score		3.78	3.08	3.63	3.73	3.88	4.00	4.10	4.16	4.16	3.86	4.14	4.01	3.68	3.75
				a	a	abc	abci	abcdi	abcdi	abcdei	abc	abcdei	bc		
Standard Deviation		.978	1.186	.916	.842	.847	.793	.809	.699	.847	.837	.812	.858	1.003	.989
Standard Error		.022	.063	.063	.050	.044	.053	.056	.072	.049	.028	.033	.036	.033	.044
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions				
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534	
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	433	61	47	80	75	51	44	17	59	206	119	158	178	95
			21%	11%	14%	20%	25%	29%	34%	33%	44%	24%	38%	29%	19%	18%
					ab	ab	abc	abci	abc	abcdei	ab	abcdei	bc			
Agree		(4.0)	1030	231	182	229	163	89	56	26	53	481	136	309	435	272
			50%	43%	56%	58%	54%	50%	43%	53%	40%	55%	43%	56%	46%	51%
				afhj	afhj	afhj					afhj		b			
Neither agree nor disagree		(3.0)	364	128	65	57	49	22	22	6	15	128	43	56	215	87
			18%	24%	20%	14%	16%	13%	17%	12%	11%	15%	14%	10%	23%	16%
				cdehij	ehij										ac	a
Disagree		(2.0)	140	65	25	22	10	10	5	-	3	42	7	22	70	46
			7%	12%	8%	6%	3%	6%	4%	-	2%	5%	2%	4%	7%	9%
				bcdefghij	dghij	j									a	a
Strongly disagree		(1.0)	77	50	6	5	4	6	2	1	4	14	7	4	39	29
			4%	9%	2%	1%	1%	3%	2%	1%	3%	2%	2%	1%	4%	6%
				bcdefhij											a	a
Don't know			7	5	1	1	-	-	-	-	-	1	-	-	3	1
			*	1%	*	*	-	-	-	-	-	*	-	-	*	*
				i												
NET: Agree			1463	292	229	309	238	140	100	43	112	686	255	467	613	367
			71%	54%	70%	79%	79%	78%	86%	84%	79%	82%	85%	65%	69%	
					a	ab	ab	ab	a	ab	ab	ab	ab	bc		
NET: Disagree			217	115	31	27	14	16	7	1	6	56	14	26	109	75
			11%	21%	10%	7%	5%	9%	6%	1%	5%	6%	5%	5%	12%	14%
				bcdefghij	dj										a	a
Base for stats			2044	535	325	392	301	178	129	50	134	871	312	548	937	529
Mean Score			3.78	3.35	3.73	3.91	3.98	3.95	4.04	4.16	4.20	3.94	4.13	4.08	3.69	3.68
					a	ab	ab	ab	ab	abc	abcdei	ab	abcdei	bc		
Standard Deviation			.978	1.125	.865	.820	.811	.966	.911	.757	.922	.848	.893	.779	.998	1.042
Standard Error			.022	.049	.047	.041	.046	.073	.081	.107	.081	.029	.051	.033	.033	.045
Error variance			*	*	*	*	*	.01	.01	.01	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Gender		Age			Region										
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204	
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	407	221	183	149	147	111	21	62	41	40	36	43	73	47	44	
		20%	22%	18%	24%	22%	15%	21%	23%	20%	19%	21%	19%	22%	14%	21%	
			b		c	c			h					h		h	
Agree	(4.0)	811	427	380	257	278	276	35	97	77	80	69	76	136	143	96	
		40%	43%	36%	41%	41%	36%	36%	36%	39%	37%	39%	33%	42%	43%	46%	
			b		c										f	bf	
Neither agree nor disagree	(3.0)	447	204	242	116	147	183	22	61	36	52	39	54	65	83	34	
		22%	20%	23%	19%	22%	24%	23%	23%	18%	24%	22%	24%	20%	25%	16%	
							a								i		
Disagree	(2.0)	241	93	147	62	63	115	15	28	31	19	19	38	32	39	18	
		12%	9%	14%	10%	9%	15%	16%	11%	15%	9%	11%	17%	10%	12%	9%	
				a			ab			dgi			dgi				
Strongly disagree	(1.0)	136	51	84	30	33	73	5	18	14	20	13	16	17	18	14	
		7%	5%	8%	5%	5%	10%	5%	7%	7%	9%	8%	7%	5%	5%	7%	
				a			ab										
Don't know		11	5	6	6	3	2	-	1	1	3	-	-	3	2	1	
		1%	*	1%	1%	*	*	-	*	*	1%	-	-	1%	1%	*	
NET: Agree		1217	649	563	406	425	387	56	158	118	121	105	119	209	190	140	
		59%	65%	54%	65%	63%	51%	57%	59%	59%	56%	60%	52%	64%	57%	67%	
			b		c	c								f		dth	
NET: Disagree		376	143	231	92	97	188	20	46	45	39	33	55	49	57	33	
		18%	14%	22%	15%	14%	25%	20%	17%	22%	18%	18%	24%	15%	17%	16%	
				a			ab			g			gi				
Base for stats		2040	996	1035	614	669	758	98	265	199	212	177	229	323	331	207	
Mean Score		3.55	3.68	3.42	3.70	3.66	3.31	3.53	3.59	3.50	3.48	3.54	3.40	3.67	3.49	3.66	
			b		c	c								fh		f	
Standard Deviation		1.132	1.075	1.169	1.090	1.073	1.179	1.131	1.154	1.182	1.174	1.157	1.179	1.088	1.051	1.118	
Standard Error		.025	.034	.036	.041	.042	.045	.107	.070	.079	.080	.086	.088	.061	.058	.078	
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	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		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	407	51	101	113	59	43	41	264	143	324	14	33	27	1	4	79
		20%	36% bcdefgh	22% fh	22% fh	21% fh	18% f	10% fh	24% fh	15% f	18%	33% a	28% a	36% a	5%	30%	30% a
Agree	(4.0)	811	59	211	203	123	75	140	473	338	699	15	48	29	7	5	104
		40%	42% f	47% cefh	39% f	43% efh	33% efh	33% efh	43% efh	36% efh	40%	34%	41%	39%	54%	37%	40%
Neither agree nor disagree	(3.0)	447	22	71	110	58	61	124	204	243	386	9	25	12	3	2	50
		22%	16%	16%	21% b	20% abg	26% abcdg	29% abcdg	18% abg	26% abg	22%	21%	21%	16%	23%	13%	19%
Disagree	(2.0)	241	4	45	64	34	25	68	114	127	212	4	10	4	2	1	23
		12%	3% a	10% a	12% a	12% a	11% a	16% abg	10% a	13% ag	12%	10%	9%	6%	17%	10%	9%
Strongly disagree	(1.0)	136	3	19	27	9	25	52	49	86	129	1	1	2	-	1	5
		7%	2% abcdg	4% abcdg	5% abcdg	3% abcdg	11% abcdg	12% abcdg	4% abcdg	9% abcdg	7% cg	2% 1%	1% 2%	2% 2%	-	10%	2%
Don't know		11	-	2	3	2	1	3	4	6	8	-	1	1	-	-	2
		1%	-	* 1%	1% 1%	1% 1%	1% 1%	1% 1%	* 1%	1% 1%	* 1%	-	1% 2%	2% 2%	-	-	1% 1%
NET: Agree		1217	110	312	315	182	118	181	737	481	1023	29	82	56	8	8	183
		59%	79% bcdefgh	70% cefh	61% efh	64% efh	51% f	42% cefh	67% cefh	51% f	58%	67%	69% a	74% a	59%	67%	70% a
NET: Disagree		376	7	63	92	43	51	120	163	213	341	5	11	6	2	2	27
		18%	5% a	14% a	18% a	15% a	22% abdg	28% abcdgh	15% a	23% abcdg	19% cdg	12% 9%	9% 8%	8% 17%	17% 20%	20% 10%	10% 10%
Base for stats		2040	139	446	518	282	230	425	1103	937	1751	43	117	74	13	12	260
Mean Score		3.55	4.08 bcdefgh	3.74 cefh	3.60 efh	3.67 efh	3.37 f	3.12 cefh	3.72 cefh	3.35 f	3.50	3.87 a	3.88 a	4.01 a	3.47	3.67	3.88 a
Standard Deviation		1.132	.918	1.048	1.116	1.038	1.220	1.164	1.075	1.165	1.143	1.052	.945	.998	.873	1.329	.995
Standard Error		.025	.078	.050	.049	.060	.078	.059	.032	.038	.027	.153	.085	.113	.233	.369	.060
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.05	.14	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic		
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed												
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461		
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454		
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
407	217	99	74	174	70	26	130	33	17	11	15	38	24	44	96		
20%	17%	27%	24%	25%	21%	21%	24%	20%	37%	22%	15%	28%	14%	11%	21%		
		a	a	a	j	j	ij	j	abcdgijk	j		gij			ij		
811	495	157	133	290	139	54	246	54	19	15	42	56	56	130	194		
40%	38%	42%	43%	42%	42%	44%	45%	34%	41%	30%	43%	42%	33%	33%	43%		
					ij	j	dij								dij		
447	294	70	60	130	70	25	96	36	7	14	18	26	36	118	95		
22%	23%	19%	19%	19%	21%	20%	17%	22%	15%	30%	19%	19%	21%	31%	21%		
										c				abceghik			
241	168	36	28	64	38	11	47	25	2	7	12	9	27	61	49		
12%	13%	10%	9%	9%	12%	9%	9%	16%	4%	14%	12%	7%	16%	16%	11%		
	d							ceh					ceh	cehk			
136	109	7	13	19	13	6	31	10	1	2	10	2	27	33	18		
7%	8%	2%	4%	3%	4%	5%	6%	6%	2%	4%	11%	2%	16%	9%	4%		
	bcd					h	h	h			ahk		abcdefhjk	ahk			
11	5	1	4	5	1	1	1	2	1	-	-	3	1	1	2		
1%	*	*	1%	1%	*	1%	*	1%	2%	-	-	2%	1%	*	*		
												acjk					
1217	712	256	207	463	209	80	376	86	36	25	56	94	80	174	289		
59%	55%	69%	67%	68%	63%	65%	68%	54%	78%	52%	58%	70%	47%	45%	64%		
	a	a	a	a	dij	ij	dfij		dfgij		j	dfij			dij		
376	277	43	40	83	51	16	79	36	3	9	22	12	54	94	67		
18%	21%	12%	13%	12%	15%	13%	14%	22%	6%	18%	23%	9%	32%	24%	15%		
	bcd				h			cehk			cehk		abcehk	abcehk			
2040	1282	369	308	677	330	122	552	158	46	48	96	131	170	386	452		
3.55	3.42	3.83	3.74	3.79	3.65	3.69	3.72	3.46	4.09	3.51	3.40	3.89	3.13	3.24	3.66		
	a	a	a	a	gij	ij	dgij	ij	abcdfgijk			adfgijk			dgij		
1.132	1.164	.995	1.050	1.021	1.056	1.051	1.091	1.176	.926	1.120	1.203	.966	1.295	1.114	1.053		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

Significance Level: 95%

Unweighted Total

Total

Standard Error

Error variance

	Children aged 15 or under in the household				Current employment status										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
.025	.031	.056	.065	.043	.057	.097	.047	.093	.137	.163	.116	.075	.099	.061	.049
*	*	*	*	*	*	.01	*	.01	.02	.03	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	407	45	217	123	22	362		72	281		39	37	14	308	81	7	
		20%	14%	19%	22%	36%	21%		24%	20%		17%	10%	23%	22%	14%	10%	
				a	a	abce	a			b		b		bef				
Agree	(4.0)	811	118	426	244	22	692		120	564		73	110	16	612	180	15	
		40%	36%	38%	45%	35%	40%		40%	41%		33%	31%	27%	43%	32%	22%	
				ab	ab					abcef								
Neither agree nor disagree	(3.0)	447	75	255	109	9	372		64	297		48	99	16	285	145	17	
		22%	23%	23%	20%	14%	22%		21%	21%		21%	28%	27%	20%	26%	25%	
										d				d				
Disagree	(2.0)	241	50	139	47	5	191		25	160		30	57	7	152	83	10	
		12%	15%	12%	9%	7%	11%		8%	12%		14%	16%	12%	11%	15%	15%	
			ce	c						d				d				
Strongly disagree	(1.0)	136	37	74	21	3	99		19	77		32	53	7	54	72	19	
		7%	11%	7%	4%	6%	6%		6%	6%		14%	15%	12%	4%	13%	28%	
			bce	c						d		d		d		abcde		
Don't know		11	3	4	3	1	8		1	6		-	1	-	9	1	-	
		1%	1%	*	1%	2%	*		*	*		-	*	-	1%	*	-	
					b													
NET: Agree		1217	163	643	367	44	1054		192	846		112	147	30	920	261	22	
		59%	50%	58%	67%	71%	61%		64%	61%		51%	41%	49%	65%	46%	32%	
				a	abe	ab	a					bf		f	abcef	f		
NET: Disagree		376	87	213	68	8	289		44	237		62	110	14	206	155	29	
		18%	27%	19%	13%	13%	17%		15%	17%		28%	31%	24%	15%	28%	43%	
			bode	c		c				d		d		d		acde		
Base for stats		2040	325	1110	544	61	1716		300	1380		222	356	61	1410	561	68	
Mean Score		3.55	3.26	3.52	3.74	3.90	3.60		3.67	3.59		3.26	3.06	3.37	3.69	3.21	2.71	
				a	abe	abe	a					f	f	f	abcef	f		
Standard Deviation		1.132	1.211	1.136	1.027	1.152	1.109		1.118	1.103		1.297	1.217	1.288	1.048	1.235	1.352	
Standard Error		.025	.067	.034	.044	.146	.027		.066	.030		.085	.066	.164	.028	.052	.164	
Error variance		*	*	*	*	.02	*		*	*		.01	*	.03	*	*	.03	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days active										Amount of activity in the past week compared to previous week		
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	407	31	22	31	74	49	69	24	107	155	200	168	154	84
		20%	8%	10%	11%	21%	22%	32%	25%	36%	18%	33%	29%	16%	17%
						abc	abc	abcdei	abc	abcdei	abc	abcdei	bc		
Agree	(4.0)	811	55	71	128	164	117	97	44	135	410	275	262	340	204
		40%	15%	34%	45%	46%	53%	45%	46%	45%	47%	45%	45%	36%	40%
				a	ab	ab	ab	ab	ab	ab	ab	ab	b		
Neither agree nor disagree	(3.0)	447	106	61	76	80	34	35	17	38	190	90	91	234	119
		22%	29%	29%	27%	22%	15%	16%	18%	12%	22%	15%	16%	25%	23%
			defghij	efghij	efhj	ehj					ehj			a	a
Disagree	(2.0)	241	85	37	36	33	15	12	9	13	84	35	39	128	68
		12%	23%	18%	13%	9%	7%	6%	10%	4%	10%	6%	7%	14%	13%
			cdefghij	defhij	efhj	hj					hj			a	a
Strongly disagree	(1.0)	136	86	17	11	6	6	1	1	7	23	9	15	82	33
		7%	24%	8%	4%	2%	3%	1%	1%	2%	3%	1%	3%	9%	6%
			bcdefghij	cdefghij	fj									a	a
Don't know		11	3	-	2	2	1	1	-	2	5	3	3	5	-
		1%	1%	-	1%	*	1%	*	-	1%	1%	*	1%	*	-
NET: Agree		1217	86	92	160	238	167	165	68	242	564	475	429	494	288
		59%	24%	44%	56%	66%	75%	77%	71%	80%	65%	78%	74%	52%	57%
				a	ab	abc	abcdi	abcdei	abc	abcdei	abc	abcdei	bc		
NET: Disagree		376	170	54	47	39	21	14	10	20	108	44	54	210	101
		18%	47%	26%	17%	11%	10%	6%	11%	7%	12%	7%	9%	22%	20%
			bcdefghij	cdefghij	defhj	j					fhj			a	a
Base for stats		2040	362	208	282	358	222	214	95	299	862	608	574	938	508
Mean Score		3.55	2.62	3.20	3.47	3.75	3.85	4.02	3.84	4.08	3.68	4.02	3.92	3.38	3.47
				a	ab	abc	abci	abcdei	abc	abcdegi	abc	abcdei	bc		
Standard Deviation		1.132	1.238	1.110	.980	.945	.942	.878	.951	.926	.967	.915	.975	1.167	1.113
Standard Error		.025	.066	.076	.058	.049	.063	.061	.099	.054	.033	.037	.040	.038	.049
Error variance		*	*	.01	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	407	50	41	76	71	54	44	16	56	200	116	161	144	98
		20%	9%	13%	19%	23%	30%	34%	31%	42%	23%	37%	29%	15%	18%
					ab	ab	abci	abcdi	abc	abcdei	ab	abcdi	bc		
Agree	(4.0)	811	137	131	193	147	72	50	26	55	411	131	255	342	205
		40%	25%	40%	49%	49%	40%	39%	52%	41%	47%	42%	47%	36%	39%
				a	abf	ab	a	a	a	a	ab	a	bc		
Neither agree nor disagree	(3.0)	447	152	97	71	51	31	23	6	15	153	45	80	244	115
		22%	28%	30%	18%	17%	17%	18%	12%	11%	18%	14%	15%	26%	22%
			cdefghij	cdefghij										a	a
Disagree	(2.0)	241	103	42	43	23	14	10	2	3	80	16	44	125	70
		12%	19%	13%	11%	8%	8%	8%	4%	3%	9%	5%	8%	13%	13%
			bcddefghij	dij	hj	h	h	h			hj			a	a
Strongly disagree	(1.0)	136	96	14	9	9	6	-	-	2	24	2	7	80	41
		7%	18%	4%	2%	3%	3%	-	-	2%	3%	1%	1%	9%	8%
			bcddefghij	fj			fj				j			a	a
Don't know		11	4	1	2	1	1	1	-	1	4	2	2	4	2
		1%	1%	*	*	*	1%	1%	-	1%	*	1%	*	*	*
NET: Agree		1217	187	172	268	217	125	94	42	111	611	248	416	487	303
		59%	35%	53%	68%	72%	71%	73%	84%	83%	70%	79%	76%	52%	57%
				a	ab	ab	ab	ab	abci	abcdei	ab	abcdei	bc		
NET: Disagree		376	198	56	52	31	20	10	2	6	104	18	51	205	111
		18%	37%	17%	13%	10%	11%	8%	4%	4%	12%	6%	9%	22%	21%
			bcddefghij	dghij	hj	hj	hj				hj			a	a
Base for stats		2040	537	325	391	300	177	128	50	132	868	310	546	935	528
Mean Score		3.55	2.89	3.44	3.72	3.83	3.87	4.00	4.11	4.20	3.79	4.11	3.95	3.37	3.47
				a	ab	ab	ab	abci	abcdi	abcdei	ab	abcdei	bc		
Standard Deviation		1.132	1.233	1.007	.975	.971	1.044	.927	.770	.880	.989	.885	.937	1.150	1.164
Standard Error		.025	.054	.055	.049	.055	.079	.083	.109	.077	.033	.051	.040	.038	.050
Error variance		*	*	*	*	*	.01	.01	.01	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	495	270	224	179	167	150	22	67	39	46	42	55	98	79	47
		24%	27%	21%	29%	25%	20%	23%	25%	20%	21%	24%	24%	30%	24%	23%
			b		c	c								cd		
Agree	(4.0)	937	458	475	275	319	344	44	117	90	91	79	94	149	168	105
		46%	46%	46%	44%	47%	45%	45%	44%	45%	42%	45%	41%	46%	51%	50%
														f		
Neither agree nor disagree	(3.0)	411	187	221	119	123	169	19	49	48	49	38	57	56	63	33
		20%	19%	21%	19%	18%	22%	20%	18%	24%	23%	22%	25%	17%	19%	16%
										i			gi			
Disagree	(2.0)	132	55	76	32	41	59	10	18	16	16	9	14	17	15	16
		6%	5%	7%	5%	6%	8%	10%	7%	8%	7%	5%	6%	5%	4%	8%
							a	h								
Strongly disagree	(1.0)	67	26	42	12	18	37	2	13	6	11	8	10	5	5	7
		3%	3%	4%	2%	3%	5%	2%	5%	3%	5%	5%	4%	2%	2%	3%
							ab		gh		gh	h				
Don't know		8	4	5	3	5	1	-	3	1	1	-	-	-	3	-
		*	*	*	*	1%	*	-	1%	1%	1%	-	-	-	1%	-
NET: Agree		1433	729	699	454	485	493	67	184	129	137	121	148	248	247	151
		70%	73%	67%	73%	72%	65%	68%	69%	64%	64%	69%	65%	76%	74%	73%
			b		c	c								cdf	cdf	
NET: Disagree		199	81	118	44	59	96	12	31	22	27	17	24	22	20	24
		10%	8%	11%	7%	9%	13%	12%	12%	11%	13%	10%	10%	7%	6%	11%
				a			ab	h	gh	h	gh					h
Base for stats		2043	997	1037	617	667	759	98	264	199	213	177	229	326	330	208
Mean Score		3.81	3.90	3.74	3.93	3.86	3.67	3.77	3.79	3.71	3.68	3.78	3.74	3.98	3.91	3.80
			b		c	c								abcdefi	cdf	
Standard Deviation		.982	.949	1.008	.932	.949	1.033	.975	1.050	.972	1.060	1.019	1.027	.913	.864	.990
Standard Error		.022	.030	.031	.035	.037	.039	.093	.064	.065	.072	.076	.076	.051	.048	.069
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	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		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	495	47	130	135	70	51	63	311	184	407	16	28	35	2	4	85
		24%	33% efh	29% fh	26% fh	24% f	22% f	15% fh	28% fh	20% f	23% a	36% a	24% a	47% acg	15% a	31% a	32% a
Agree	(4.0)	937	73	220	237	133	97	177	531	407	803	17	66	23	8	5	120
		46%	53% efh	49% fh	46% fh	47% fh	42% fh	41% fh	48% fh	43% fh	46% d	40% d	56% ad	31% ad	60% ad	39% ad	46% d
Neither agree nor disagree	(3.0)	411	12	67	101	59	53	120	179	232	365	6	19	10	2	4	39
		20%	8% a	15% a	19% a	21% ab	23% abg	28% abcdg	16% a	25% abcg	21% g	13% g	16% g	13% g	12% g	30% g	15% g
Disagree	(2.0)	132	5	22	39	17	14	34	66	66	113	4	4	5	1	-	14
		6%	3% g	5% g	8% g	6% g	6% g	8% g	6% g	7% g	6% g	10% g	3% g	7% g	8% g	- g	5% g
Strongly disagree	(1.0)	67	2	7	7	4	14	33	17	51	65	1	-	2	-	-	3
		3%	1% g	2% g	1% g	1% g	6% g	8% g	2% g	5% g	4% cg	2% g	- g	3% g	- g	- g	1% g
Don't know		8	1	2	1	3	2	-	4	4	6	-	1	-	1	-	2
		*	1% g	* g	* g	1% g	1% g	- g	* g	* g	* g	- g	1% g	- g	6% g	- g	1% g
NET: Agree		1433	120	350	372	202	148	240	842	591	1210	33	95	59	10	9	204
		70%	86% bcdefgh	78% cdefh	71% efh	71% fh	64% f	56% f	76% efh	63% f	69% a	75% a	80% a	78% a	75% a	70% a	78% a
NET: Disagree		199	7	29	47	21	28	68	83	116	178	5	4	7	1	-	17
		10%	5% g	7% g	9% g	7% g	12% g	16% g	7% g	12% g	10% c	12% c	3% c	10% c	8% c	- c	6% c
Base for stats		2043	138	446	519	282	229	428	1104	939	1753	43	117	75	12	12	260
Mean Score		3.81	4.14 cdefgh	3.99 cefh	3.87 efh	3.88 efh	3.69 f	3.47 efh	3.95 efh	3.65 f	3.78 a	3.98 a	4.02 a	4.12 a	3.87 a	4.01 a	4.03 a
Standard Deviation		.982	.818	.888	.932	.901	1.070	1.084	.905	1.042	.992	1.029	.728	1.052	.805	.812	.888
Standard Error		.022	.069	.042	.041	.053	.069	.054	.027	.034	.024	.150	.065	.118	.223	.225	.053
Error variance		*	*	*	*	*	*	*	*	*	*	.02	*	.01	.05	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic		
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed												
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461		
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454		
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%		
495	288	106	85	191	96	35	145	35	14	13	23	42	27	66	130		
24%	22%	29%	27%	28%	29%	28%	26%	22%	30%	27%	24%	31%	16%	17%	29%		
		a		a	ij	ij	ij		ij			dij			ij		
937	567	181	151	332	144	54	272	72	27	25	49	59	68	167	198		
46%	44%	49%	48%	49%	44%	44%	49%	45%	58%	51%	51%	44%	39%	43%	44%		
							i		ij								
411	280	62	55	117	68	19	92	36	2	9	17	23	50	95	87		
20%	22%	17%	18%	17%	21%	15%	17%	23%	4%	18%	17%	17%	29%	24%	19%		
	bd				e	e	e	e		e	e	e	abceghk	bce	e		
132	97	15	11	26	15	8	33	11	3	2	5	7	13	37	23		
6%	8%	4%	4%	4%	4%	7%	6%	7%	5%	3%	5%	5%	7%	10%	5%		
	bcd													ack			
67	53	5	8	13	5	6	8	4	1	-	3	3	15	22	12		
3%	4%	1%	3%	2%	2%	5%	1%	3%	2%	-	3%	3%	9%	6%	3%		
	bd					ac							acdfghk	ack			
8	2	2	1	4	2	1	3	2	-	-	-	-	-	-	3		
*	*	1%	*	1%	1%	1%	1%	1%	-	-	-	-	-	-	1%		
								j									
1433	854	287	236	523	240	88	416	107	41	38	72	101	94	234	328		
70%	66%	77%	76%	77%	73%	72%	75%	67%	89%	78%	75%	75%	55%	60%	72%		
	a	a	a	a	ij	ij	dij	i	abcdijk	ij	ij	ij			ij		
199	151	19	19	39	20	14	41	15	3	2	7	10	27	59	34		
10%	12%	5%	6%	6%	6%	12%	7%	9%	7%	3%	8%	8%	16%	15%	8%		
	bcd					a							acfghk	acfghk			
2043	1285	368	310	678	328	122	550	158	47	48	96	134	171	387	450		
3.81	3.73	4.00	3.95	3.98	3.94	3.84	3.93	3.78	4.10	4.02	3.89	3.96	3.46	3.57	3.92		
	a	a	a	a	ij	ij	ij	ij	dij	ij	ij	ij			ij		
.982	1.022	.855	.912	.881	.909	1.079	.895	.952	.850	.776	.919	.960	1.109	1.059	.958		
.022	.028	.048	.056	.037	.049	.100	.038	.075	.124	.113	.089	.074	.084	.058	.045		
*	*	*	*	*	*	.01	*	.01	.02	.01	.01	.01	.01	*	*		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	495	65	265	141	24	430		74	349		52	56	15	367	109	12	
		24%	20%	24%	26%	38%	25%		24%	25%		24%	16%	25%	26%	19%	18%	
					a	abce	a					b			be			
Agree	(4.0)	937	145	497	267	29	792		133	646		85	154	24	678	233	25	
		46%	44%	45%	49%	46%	46%		44%	47%		38%	43%	40%	48%	41%	36%	
															ae			
Neither agree nor disagree	(3.0)	411	72	232	102	5	339		61	267		52	83	16	264	131	17	
		20%	22%	21%	19%	8%	20%		20%	19%		23%	23%	26%	19%	23%	25%	
			d	d	d	d	d								d			
Disagree	(2.0)	132	27	78	25	2	104		21	78		14	34	3	79	46	5	
		6%	8%	7%	4%	4%	6%		7%	6%		6%	9%	5%	6%	8%	8%	
			c	c									d		d	d		
Strongly disagree	(1.0)	67	17	38	11	2	51		11	40		17	31	2	25	42	9	
		3%	5%	3%	2%	3%	3%		4%	3%		8%	9%	3%	2%	7%	13%	
			ce									d	d		d	d		
Don't know		8	1	5	3	-	8		1	6		1	-	-	6	1	-	
		*	*	*	*	-	*		*	*		1%	-	-	*	*	-	
NET: Agree		1433	210	762	407	53	1222		207	995		137	210	40	1044	342	37	
		70%	64%	68%	74%	85%	71%		69%	72%		62%	59%	65%	74%	61%	54%	
					ab	abe	a								abef			
NET: Disagree		199	44	115	36	4	155		32	118		31	65	5	104	87	14	
		10%	13%	10%	7%	7%	9%		11%	9%		14%	18%	9%	7%	16%	21%	
			ce	c								d	d		d	d		
Base for stats		2043	327	1109	545	62	1716		300	1381		221	357	61	1413	561	68	
Mean Score		3.81	3.66	3.79	3.92	4.13	3.84		3.79	3.86		3.64	3.48	3.78	3.91	3.57	3.39	
				a	ab	abe	a							b	abef			
Standard Deviation		.982	1.049	.995	.897	.954	.966		1.009	.956		1.146	1.129	1.001	.906	1.115	1.244	
Standard Error		.022	.057	.030	.039	.120	.023		.060	.026		.076	.061	.127	.024	.047	.151	
Error variance		*	*	*	*	.01	*		*	*		.01	*	.02	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512	
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	495	30	30	42	84	60	76	40	133	186	249	187	190	118
			24%	8%	14%	15%	23%	27%	36%	42%	44%	22%	41%	32%	20%	23%
				a	a	abc	abc	abcdi	abcdei	abcdei	abc	abcdei	bc			
Agree		(4.0)	937	93	96	140	185	124	108	48	143	449	299	285	395	252
			46%	25%	46%	49%	52%	56%	50%	50%	48%	52%	49%	49%	42%	50%
				a	a	a	ab	a	a	a	a	a	a	b		b
Neither agree nor disagree		(3.0)	411	126	59	74	75	26	24	4	23	175	51	68	238	98
			20%	35%	28%	26%	21%	12%	11%	4%	8%	20%	8%	12%	25%	19%
				cdefghij	defghij	efghij	efghj	g	g			efghj			ac	a
Disagree		(2.0)	132	60	18	19	12	10	7	3	2	41	12	30	76	23
			6%	16%	9%	7%	3%	5%	3%	3%	1%	5%	2%	5%	8%	5%
				bcdefghij	dfhij	hj	h	hj	h	h		hj			ac	
Strongly disagree		(1.0)	67	53	4	7	1	2	-	-	-	11	-	5	41	16
			3%	14%	2%	2%	*	1%	-	-	-	1%	-	1%	4%	3%
				bcdefghij	dfhj	dfhj		j				j			a	a
Don't know			8	4	1	2	2	-	-	-	-	3	-	2	2	1
			*	1%	1%	1%	*	-	-	-	-	*	-	*	*	*
				j		j										
NET: Agree		1433	123	126	182	270	184	184	88	276	636	548	472	585	370	
		70%	34%	60%	64%	75%	83%	86%	93%	92%	73%	90%	82%	62%	73%	
				a	a	abc	abcdi	abcdi	abcdei	abcdefi	abc	abcdei	bc		b	
NET: Disagree		199	112	23	26	14	12	7	3	2	52	12	35	117	39	
		10%	31%	11%	9%	4%	6%	3%	3%	1%	6%	2%	6%	12%	8%	
			bcdefghij	defghij	dfhj	h	hj	h	h		hj			ac		
Base for stats		2043	362	207	282	358	223	215	95	301	863	611	575	940	507	
Mean Score		3.81	2.97	3.62	3.68	3.95	4.03	4.18	4.31	4.35	3.88	4.28	4.08	3.66	3.85	
				a	a	abc	abci	abcdei	abcdei	abcdefi	abc	abcdei	bc		b	
Standard Deviation		.982	1.158	.908	.895	.783	.817	.751	.713	.650	.842	.700	.849	1.027	.937	
Standard Error		.022	.062	.062	.053	.041	.055	.052	.074	.038	.028	.029	.035	.034	.041	
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534	
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	495	63	50	97	93	55	50	20	67	245	137	193	174	125
		24%	12%	15%	25%	31%	31%	39%	39%	50%	28%	44%	35%	19%	24%	
					ab	ab	ab	abci	abc	abcdei	ab	abcdei	bc		b	
Agree		(4.0)	937	198	166	195	155	83	56	27	57	433	140	268	401	255
		46%	37%	51%	50%	52%	47%	43%	55%	42%	50%	45%	49%	43%	48%	
				a	a	a	a		a		a	a	b		b	
Neither agree nor disagree		(3.0)	411	155	80	78	43	28	16	2	9	148	28	61	245	95
		20%	29%	25%	20%	14%	16%	12%	5%	7%	17%	9%	11%	26%	18%	
			cdefghij	defghij	ghj	hj	ghj				ghj			ac	a	
Disagree		(2.0)	132	68	23	18	8	9	5	1	-	34	6	19	74	37
		6%	13%	7%	4%	3%	5%	4%	2%	-	4%	2%	4%	8%	7%	
			bcddefghij	dhij	h		h	h			h			a	a	
Strongly disagree		(1.0)	67	53	5	5	2	2	-	-	-	9	-	7	41	15
		3%	10%	2%	1%	1%	1%	-	-	-	1%	-	1%	4%	3%	
			bcddefghij	j	j			-	-	-		-		a		
Don't know		8	4	1	1	-	1	1	-	-	2	1	-	4	2	
		*	1%	*	*	-	1%	1%	-	-	*	*	-	*	*	
NET: Agree		1433	261	217	291	248	138	106	47	124	678	277	461	575	381	
		70%	48%	66%	74%	83%	78%	83%	94%	93%	78%	89%	84%	61%	72%	
				a	ab	abc	ab	ab	abcdei	abcdefi	ab	abcdei	bc		b	
NET: Disagree		199	121	28	23	10	11	5	1	-	44	6	26	115	53	
		10%	22%	9%	6%	3%	6%	4%	2%	-	5%	2%	5%	12%	10%	
			bcddefghij	dhij	hj	h	hj	h			hj			a	a	
Base for stats		2043	537	325	392	301	177	128	50	134	870	311	548	935	528	
Mean Score		3.81	3.28	3.72	3.92	4.10	4.01	4.19	4.31	4.43	4.00	4.31	4.13	3.63	3.83	
				a	ab	abc	ab	abci	abcei	abcdefi	ab	abcdei	bc		b	
Standard Deviation		.982	1.132	.866	.862	.779	.886	.812	.644	.624	.842	.717	.837	1.014	.966	
Standard Error		.022	.049	.047	.044	.044	.067	.073	.091	.055	.028	.041	.036	.033	.042	
Error variance		*	*	*	*	*	*	.01	.01	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	351	161	187	139	118	93	18	46	26	32	31	35	79	57	26
		17%	16%	18%	22% bc	18% c	12%	19%	17%	13%	15%	17%	15%	24% bcdghi	17%	13%
Agree	(4.0)	768	365	401	245	267	255	32	97	65	77	62	87	125	148	76
		37%	36%	38%	40% c	40% c	34%	33%	36%	32%	36%	35%	38%	38%	44% abce	36%
Neither agree nor disagree	(3.0)	428	241	184	129	141	157	27	58	50	53	29	44	61	57	50
		21%	24% b	18%	21%	21%	21%	27% eh	22%	25% eh	25% h	17%	19%	19%	17%	24%
Disagree	(2.0)	337	161	176	67	93	177	16	42	43	36	38	40	38	45	40
		16%	16%	17%	11%	14%	23% ab	16%	16%	21% gh	17%	22% gh	18%	12%	14%	19% g
Strongly disagree	(1.0)	152	66	86	33	45	75	5	23	15	14	15	22	21	22	15
		7%	7%	8%	5%	7%	10% ab	6%	9%	7%	7%	8%	10%	6%	7%	7%
Don't know		16	7	8	6	7	3	-	2	2	3	1	-	2	4	3
		1%	1%	1%	1%	1%	*	-	1%	1%	1%	*	-	1%	1%	1%
NET: Agree		1118	527	588	385	385	348	50	142	91	109	93	122	204	204	102
		55%	53%	56%	62% c	57% c	46%	51%	53%	46%	51%	53%	53%	63% abcdef	61% bcd	49%
NET: Disagree		489	226	262	100	138	251	21	65	58	50	53	63	58	67	54
		24%	23%	25%	16%	21% a	33% ab	21%	24%	29% gh	23%	30% gh	27% g	18%	20%	26% g
Base for stats		2035	994	1033	614	665	757	98	265	198	211	176	229	324	329	205
Mean Score		3.41	3.40	3.41	3.64 bc	3.48 c	3.15	3.43	3.38	3.23	3.36	3.32	3.32	3.63 bcdef	3.52 c	3.29
Standard Deviation		1.169	1.134	1.202	1.107	1.137	1.199	1.133	1.192	1.152	1.131	1.234	1.214	1.159	1.131	1.130
Standard Error		.026	.036	.037	.042	.044	.046	.108	.072	.077	.077	.092	.090	.065	.063	.080
Error variance		*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

		Social Grade								Ethnicity								
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Unweighted Total		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278	
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	351	31	93	101	50	33	41	225	125	284	12	28	19	1	4	64	
		17%	22% fh	21% efh	19% fh	18% f	14% f	10% efh	20% efh	13%	16%	27%	24% a	26% a	5%	35%	25% a	
Agree	(4.0)	768	62	210	190	105	69	131	462	305	655	14	58	23	6	2	103	
		37%	45% efh	47% cdefh	36% f	37% f	30% f	31% f	42% cefh	32%	37%	33%	49% ad	31%	47%	13%	39%	
Neither agree nor disagree	(3.0)	428	24	73	113	58	60	100	210	218	375	6	18	13	5	4	46	
		21%	17%	16%	22% b	20% b	26% bg	23% b	19% bg	23% bg	21%	13%	16%	17%	42%	33%	18%	
Disagree	(2.0)	337	18	45	81	53	43	97	144	193	295	8	13	13	1	2	37	
		16%	13%	10%	16% b	19% bg	19% bg	23% abcg	13% abcg	20% abcg	17%	19%	11%	17%	6%	20%	14%	
Strongly disagree	(1.0)	152	3	24	31	15	24	55	59	94	136	4	1	7	-	-	12	
		7%	2%	5%	6% f	5% f	10% abcdg	13% abcdg	5% abcdg	10% abcdg	8% cg	9% c	1% c	9% c	-	-	4% c	
Don't know		16	1	3	4	4	1	4	7	8	14	-	-	-	-	-	-	
		1%	1%	1%	1%	1%	*	1%	1%	1%	1%	-	-	-	-	-	-	
NET: Agree		1118	94	303	291	155	103	172	688	430	939	26	86	43	7	6	168	
		55%	67% cdefh	68% cdefgh	56% efh	55% efh	45% f	40% f	62% cdefh	46%	53%	60%	73% ad	57%	53%	47%	64% a	
NET: Disagree		489	21	69	112	68	67	152	203	287	430	12	14	20	1	2	48	
		24%	15%	16%	22% b	24% abg	29% abcg	35% abcdg	18% abcg	30% abcdg	24% cg	27% c	11%	26% c	6%	20%	18%	
Base for stats		2035	139	445	517	281	230	424	1100	935	1744	43	118	75	13	12	262	
Mean Score		3.41	3.73 cdefh	3.68 cdefh	3.48 efh	3.44 efh	3.19 f	3.02 defh	3.59 f	3.19 f	3.38	3.50	3.85 ad	3.47	3.52	3.62	3.66 a	
Standard Deviation		1.169	1.024	1.081	1.149	1.141	1.207	1.204	1.111	1.198	1.169	1.315	.933	1.294	.712	1.200	1.125	
Standard Error		.026	.087	.052	.050	.067	.077	.061	.033	.039	.028	.192	.083	.146	.190	.333	.067	
Error variance		*	.01	*	*	*	.01	*	*	*	*	.04	.01	.02	.04	.11	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic		
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed												
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461		
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454		
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
351	184	76	77	154	70	30	100	26	14	6	18	28	21	39	100		
17%	14%	21%	25%	23%	21%	24%	18%	16%	30%	12%	18%	21%	12%	10%	22%		
		a	a	a	ij	ij	j		cdij		j	ij			ij		
768	458	151	134	285	122	49	231	58	13	21	36	57	53	126	171		
37%	36%	41%	43%	42%	37%	40%	42%	36%	27%	44%	38%	43%	31%	33%	38%		
			a	a			eij					ij					
428	268	85	55	140	69	24	111	36	7	7	23	25	41	84	94		
21%	21%	23%	18%	21%	21%	20%	20%	23%	15%	14%	24%	19%	24%	22%	21%		
337	254	38	29	68	48	14	77	26	10	11	8	15	31	97	62		
16%	20%	10%	9%	10%	15%	11%	14%	16%	20%	22%	9%	11%	18%	25%	14%		
	bcd								g	gh			g	abcdghk			
152	117	17	14	31	18	5	29	12	3	3	10	8	22	41	23		
7%	9%	4%	5%	5%	6%	4%	5%	7%	7%	7%	11%	6%	13%	11%	5%		
	bcd										ck		abchk	abck			
16	7	2	2	5	3	1	4	2	-	-	1	2	3	1	4		
1%	1%	1%	1%	1%	1%	1%	1%	1%	-	-	1%	1%	2%	*	1%		
1118	641	228	211	438	192	79	331	84	27	27	54	85	74	165	271		
55%	50%	62%	68%	64%	58%	64%	60%	52%	57%	56%	56%	64%	43%	43%	60%		
		a	a	a	ij	ij	ij	j			ij	dij			ij		
489	372	55	43	98	66	19	106	38	13	14	19	22	54	138	85		
24%	29%	15%	14%	14%	20%	16%	19%	24%	28%	29%	19%	16%	31%	36%	19%		
	bcd									bh			abcghk	abcdghk			
2035	1281	367	309	677	328	122	549	158	47	48	96	133	168	386	450		
3.41	3.26	3.63	3.74	3.68	3.54	3.69	3.54	3.38	3.53	3.31	3.44	3.63	3.11	3.06	3.58		
		a	a	a	ij	dij	ij	ij	ij		ij	dij			ij		
1.169	1.195	1.063	1.076	1.070	1.144	1.090	1.102	1.163	1.315	1.161	1.205	1.105	1.236	1.184	1.130		
.026	.032	.060	.066	.045	.062	.101	.047	.092	.192	.169	.117	.086	.095	.065	.053		
*	*	*	*	*	*	.01	*	.01	.04	.03	.01	.01	.01	*	*		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	351	45	190	98	18	306		61	236		38	33	14	264	76	9	
		17%	14%	17%	18%	28%	18%		20%	17%		17%	9%	23%	19%	14%	13%	
						abce						b		be	be		b	
Agree	(4.0)	768	113	392	241	21	655		104	537		80	132	13	542	201	19	
		37%	34%	35%	44%	34%	38%		35%	39%		36%	37%	22%	38%	36%	28%	
					abe				c	c		c		c	c			
Neither agree nor disagree	(3.0)	428	59	255	103	11	369		77	282		42	61	20	301	109	11	
		21%	18%	23%	19%	18%	21%		26%	20%		19%	17%	33%	21%	19%	16%	
								b			abdef							
Disagree	(2.0)	337	74	184	70	9	263		31	229		30	75	7	227	100	12	
		16%	23%	17%	13%	14%	15%		10%	17%		13%	21%	12%	16%	18%	17%	
			bce	c				a				ad					a	
Strongly disagree	(1.0)	152	34	85	31	3	119		26	91		30	54	6	74	72	18	
		7%	10%	8%	6%	4%	7%		9%	7%		14%	15%	10%	5%	13%	26%	
			ce						d	d		d	d	d	d	abcde		a
Don't know		16	3	8	4	1	13		2	10		2	1	-	10	3	-	
		1%	1%	1%	1%	1%	1%		1%	1%		1%	*	-	1%	1%	-	
NET: Agree		1118	158	582	340	39	960		165	773		118	165	27	807	277	28	
		55%	48%	52%	62%	63%	56%		55%	56%		53%	46%	45%	57%	49%	41%	
					abe	a	a							bef				
NET: Disagree		489	108	269	101	11	382		57	321		60	129	13	302	172	30	
		24%	33%	24%	19%	18%	22%		19%	23%		27%	36%	22%	21%	31%	43%	
			bcde	c					d	acd		d		d	acde			
Base for stats		2035	324	1106	544	61	1711		299	1376		220	356	61	1409	559	68	
Mean Score		3.41	3.19	3.38	3.56	3.70	3.45		3.48	3.43		3.29	3.04	3.37	3.49	3.19	2.86	
			a	abe	ab	a			bf		f	abef		f				
Standard Deviation		1.169	1.230	1.171	1.101	1.164	1.153		1.181	1.150		1.288	1.253	1.245	1.125	1.251	1.425	
Standard Error		.026	.068	.035	.047	.148	.028		.070	.031		.085	.068	.158	.030	.053	.173	
Error variance		*	*	*	*	.02	*	*	*	*		.01	*	.03	*	*	.03	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512	
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(5.0)	351	44	25	36	55	36	48	25	81	127	154	126	115	108
		17%	12%	12%	13%	15%	16%	22%	27%	27%	15%	25%	22%	12%	21%	
								abcdi	abcdei	abcdei		abcdei	b		b	
Agree		(4.0)	768	78	87	117	131	104	86	44	120	352	250	249	311	204
		37%	21%	42%	41%	36%	47%	40%	47%	40%	41%	41%	43%	33%	40%	
				a	a	a	ad	a	a	a	a	a	b		b	
Neither agree nor disagree		(3.0)	428	74	41	60	93	48	36	13	64	201	112	114	217	92
		21%	20%	20%	21%	26%	22%	17%	13%	21%	23%	18%	20%	23%	18%	
						fgj					fgj			c		
Disagree		(2.0)	337	90	30	53	61	27	37	12	29	141	77	66	196	70
		16%	25%	14%	19%	17%	12%	17%	12%	9%	16%	13%	11%	21%	14%	
			bdefghij		ehj	h		h			h			ac		
Strongly disagree		(1.0)	152	75	25	18	16	7	-	6	40	13	19	95	35	
		7%	20%	12%	6%	4%	3%	3%	-	2%	5%	2%	3%	10%	7%	
			bcdefghij	cdefghij	ghj	gj					ghj			ac	a	
Don't know			16	5	-	1	3	1	1	1	6	5	3	8	-	
		1%	1%	-	1%	1%	1%	1%	1%	1%	1%	1%	*	1%	-	
														c		
NET: Agree		1118	122	112	153	186	140	134	69	201	479	405	375	426	312	
		55%	33%	54%	54%	52%	63%	62%	73%	67%	55%	66%	65%	45%	61%	
				a	a	a	acdi	ad	abcdi	abcdi	a	abcdi	b		b	
NET: Disagree		489	164	54	70	77	34	44	12	35	181	90	85	291	105	
		24%	45%	26%	25%	21%	15%	20%	12%	11%	21%	15%	15%	31%	21%	
			bcdefghij	eghj	eghj	ghj		h			ghj			ac	a	
Base for stats		2035	360	208	283	356	222	214	94	299	861	607	575	935	508	
Mean Score		3.41	2.80	3.28	3.36	3.42	3.61	3.62	3.89	3.81	3.45	3.75	3.69	3.17	3.55	
				a	a	a	abcdi	abcdi	abcdefi	abcdefi	ab	abcdi	bc		b	
Standard Deviation		1.169	1.322	1.203	1.112	1.080	.995	1.108	.948	1.006	1.073	1.038	1.043	1.190	1.166	
Standard Error		.026	.071	.082	.066	.056	.067	.076	.099	.058	.036	.042	.043	.039	.052	
Error variance		*	*	.01	*	*	*	.01	.01	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	351	68	46	64	61	34	25	13	40	159	77	123	113	111
		17%	13%	14%	16%	20%	19%	19%	25%	30%	18%	25%	22%	12%	21%
						ab	a		a	abcdefi	a	abci	b		b
Agree	(4.0)	768	143	136	168	119	68	58	24	52	355	134	251	294	214
		37%	26%	42%	43%	40%	38%	45%	48%	39%	41%	43%	46%	31%	40%
				a	a	a	a	a	a	a	a	a	b		b
Neither agree nor disagree	(3.0)	428	117	67	82	66	41	24	8	24	189	55	91	245	82
		21%	22%	20%	21%	22%	23%	18%	16%	18%	22%	18%	17%	26%	15%
														ac	
Disagree	(2.0)	337	116	56	63	45	26	17	3	12	134	31	66	187	80
		16%	22%	17%	16%	15%	15%	13%	6%	9%	15%	10%	12%	20%	15%
			cdefghij	ghj	ghj						hj			ac	
Strongly disagree	(1.0)	152	89	21	13	9	8	5	3	5	30	12	15	92	40
		7%	16%	6%	3%	3%	4%	4%	5%	4%	3%	4%	3%	10%	8%
			bdefghij	di										a	a
Don't know		16	7	1	3	2	1	1	-	1	6	2	2	8	2
		1%	1%	*	1%	1%	1%	1%	1%	-	1%	1%	1%	*	1%
NET: Agree		1118	211	182	232	180	102	83	37	92	514	211	374	407	325
		55%	39%	56%	59%	60%	57%	64%	73%	69%	59%	68%	68%	43%	61%
				a	a	a	a	a	abe	abcei	a	abcdei	bc		b
NET: Disagree		489	206	77	76	53	34	21	5	17	164	43	81	279	121
		24%	38%	24%	19%	18%	19%	17%	11%	13%	19%	14%	15%	30%	23%
			bdefghij	ghj										ac	a
Base for stats		2035	534	325	390	299	177	128	50	132	866	310	547	932	528
Mean Score		3.41	2.97	3.40	3.53	3.60	3.53	3.64	3.82	3.83	3.55	3.75	3.73	3.16	3.52
				a	a	ab	a	ab	ab	abcdei	ab	abcei	bc		b
Standard Deviation		1.169	1.292	1.122	1.052	1.060	1.098	1.050	1.042	1.074	1.064	1.060	1.028	1.172	1.198
Standard Error		.026	.056	.061	.053	.061	.083	.094	.147	.095	.036	.061	.044	.039	.052
Error variance		*	*	*	*	*	.01	.01	.02	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	2051 100%	455 22%	993 48%	352 17%	181 9%	69 3%	1448 71%	533 26%
I have more time now to be physically active	2051 100%	463 23%	885 43%	431 21%	188 9%	83 4%	1349 66%	619 30%
I exercise to help manage my mental health during the outbreak	2051 100%	417 20%	910 44%	415 20%	225 11%	85 4%	1327 65%	639 31%
I miss the types of physical activity I was able to do before the outbreak	2051 100%	454 22%	667 33%	538 26%	303 15%	89 4%	1121 55%	841 41%
I feel guilty about not exercising more during the outbreak	2051 100%	341 17%	732 36%	573 28%	342 17%	63 3%	1072 52%	915 45%
Since the outbreak I have found new ways to be active	2051 100%	269 13%	792 39%	635 31%	286 14%	68 3%	1061 52%	922 45%
I have been encouraged to exercise by the Government's guidance	2051 100%	231 11%	710 35%	578 28%	400 20%	131 6%	941 46%	978 48%
I worry about leaving my home to exercise or be active	2051 100%	279 14%	565 28%	610 30%	533 26%	64 3%	844 41%	1143 56%
I have found it easier to do sport, exercise or physical activity in the past week compared to the previous week	2051 100%	188 9%	565 28%	756 37%	381 19%	161 8%	752 37%	1138 55%
I feel guilty about wanting to exercise during the outbreak	2051 100%	121 6%	351 17%	701 34%	805 39%	73 4%	473 23%	1506 73%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	269	132	136	128	90	52	11	32	25	18	30	30	60	39	24
		13%	13%	13%	21% bc	13% c	7%	11%	12%	13%	8%	17% d	13%	18% bdhi	12%	12%
Tend to agree	(3.0)	792	397	393	268	268	256	31	106	73	92	66	78	133	135	77
		39%	40%	38%	43% c	40% c	34%	32%	40%	36%	43%	38%	34%	41%	41%	37%
Tend to disagree	(2.0)	635	310	323	131	206	298	34	84	72	61	57	74	82	105	67
		31%	31%	31%	21%	31% a	39% ab	35%	32%	36% g	28%	32%	32%	25%	31%	32%
Strongly disagree	(1.0)	286	133	152	69	92	125	16	37	26	36	19	37	40	42	34
		14%	13%	15%	11%	14%	17% a	17%	14%	13%	17%	11%	16%	12%	12%	16%
Don't know		68	29	37	24	15	29	5	7	4	8	5	10	11	13	6
		3%	3%	4%	4%	2%	4%	5%	3%	2%	4%	3%	4%	3%	4%	3%
NET: Agree		1061	529	529	396	358	307	43	138	98	109	96	108	193	174	102
		52%	53%	51%	64% bc	53% c	40%	43%	52%	49%	51%	55%	47%	59% acfi	52%	49%
NET: Disagree		922	443	475	200	299	423	51	122	98	97	75	111	122	146	100
		45%	44%	46%	32%	44% a	56% ab	52% g	46% g	49% g	45%	43%	48% g	37%	44%	48% g
Base for stats		1983	972	1004	595	657	731	93	260	196	206	172	219	315	320	202
Mean Score		2.53	2.54	2.51	2.76 bc	2.54 c	2.32	2.40	2.51	2.50	2.44	2.63 ad	2.46	2.68 abcdfhi	2.53	2.46
Standard Deviation		.900	.891	.908	.918	.897	.838	.917	.887	.881	.877	.898	.932	.924	.867	.907
Standard Error		.020	.029	.029	.035	.035	.033	.089	.054	.059	.060	.068	.071	.052	.049	.064
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Unweighted Total		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
100%		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	269	33	71	75	35	28	27	179	90	209	11	19	22	-	3	55
		13%	24% bcdefgh	16% fh	14% fh	12% f	12% f	6% a	16% fh	10% f	12% a	26% a	16% a	29% ac	-	23% a	21% a
Tend to agree	(3.0)	792	66	199	205	125	78	120	470	322	660	15	59	35	7	6	122
		39%	47% efh	44% efh	39% fh	44% efh	34% efh	28% efh	42% efh	34% f	38% a	35% a	50% a	46% a	56% a	51% a	47% a
Tend to disagree	(2.0)	635	27	119	159	80	77	173	305	330	577	11	26	7	6	2	52
		31%	19% a	27% a	31% a	28% a	34% a	40% abcdg	28% a	35% abcdg	33% cdg	25% d	22% d	9% d	44% d	20% d	20% d
Strongly disagree	(1.0)	286	12	50	62	35	36	92	124	163	252	6	11	12	-	-	30
		14%	8% a	11% a	12% a	12% a	15% a	22% abcdg	11% abcdg	17% abcdg	14% cdg	15% d	10% d	16% d	-	-	11% d
Don't know		68	2	8	20	10	12	16	30	38	61	-	3	-	-	1	4
		3%	1% b	2% b	4% b	4% b	5% b	4% b	3% b	4% b	3% b	-	2% b	-	-	7% b	1% b
NET: Agree		1061	99	270	280	160	106	147	649	412	869	26	78	57	7	9	177
		52%	71% bcdefgh	60% cefh	54% efh	56% efh	46% f	34% f	59% efh	44% f	49% a	61% a	66% a	75% a	56% a	73% a	68% a
NET: Disagree		922	39	169	221	115	113	265	429	493	829	17	37	19	6	2	82
		45%	28% a	38% a	42% a	40% a	49% abdg	62% abcdegh	39% a	52% abcdg	47% cdg	39% d	32% d	25% d	44% d	20% d	31% d
Base for stats		1983	137	439	501	274	219	412	1077	905	1698	43	115	75	13	12	259
Mean Score		2.53	2.87 bcdefgh	2.66 efh	2.58 fh	2.58 fh	2.45 f	2.20 f	2.65 efh	2.37 f	2.49 a	2.72 a	2.74 a	2.88 a	2.56 a	3.03 a	2.78 a
Standard Deviation		.900	.876	.881	.890	.870	.914	.859	.888	.891	.891	1.021	.851	1.006	.517	.706	.910
Standard Error		.020	.075	.042	.039	.052	.060	.044	.027	.030	.022	.149	.077	.113	.138	.204	.055
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.02	.04	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work		NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed							Student		Retired		
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461	
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
269	138	63	59	122	53	21	87	22	10	3	8	31	18	18	74	
13%	11%	17%	19%	18%	16%	17%	16%	13%	20%	5%	8%	23%	10%	5%	16%	
		a	a	a	j	fj	gj	j	fgj			acdfgijk	j		fgj	
792	458	155	148	303	151	55	222	63	17	26	32	51	51	125	206	
39%	36%	42%	48%	44%	46%	45%	40%	39%	35%	54%	33%	38%	30%	32%	45%	
		a	a	a	gij	ij	ij			ghij					gij	
635	434	111	66	177	85	31	175	42	11	13	36	32	55	156	115	
31%	34%	30%	21%	26%	26%	25%	32%	26%	24%	26%	37%	24%	32%	40%	25%	
	cd	c					k				abhk			abcdehk		
286	211	34	30	64	34	13	61	23	8	4	16	14	40	73	47	
14%	16%	9%	9%	9%	10%	11%	11%	14%	17%	9%	17%	10%	24%	19%	10%	
	bcd												abcdfhk	abchk		
68	47	7	8	16	8	3	9	10	1	3	4	6	7	16	12	
3%	4%	2%	3%	2%	3%	3%	2%	7%	3%	6%	4%	5%	4%	4%	3%	
								ack		c		c		c		
1061	596	218	207	425	204	76	309	84	26	29	40	82	69	143	279	
52%	46%	59%	67%	62%	62%	62%	56%	53%	56%	59%	42%	61%	40%	37%	62%	
		a	a	a	gij	gij	gij	ij	j	gij		gij			dgij	
922	644	145	96	241	119	44	235	66	19	17	52	46	96	228	163	
45%	50%	39%	31%	35%	36%	36%	43%	41%	42%	35%	54%	34%	56%	59%	36%	
	bcd	c					ak				abcdfhk		abcdfhk	abcdeffhk		
1983	1240	363	303	666	322	120	544	150	46	45	92	128	164	371	442	
2.53	2.42	2.68	2.78	2.73	2.69	2.70	2.62	2.55	2.60	2.60	2.35	2.78	2.28	2.24	2.69	
		a	a	a	gij	gij	gij	ij	ij	ij		cdgij			gij	
.900	.898	.869	.872	.871	.869	.888	.883	.922	1.020	.740	.872	.943	.955	.819	.873	
.020	.025	.050	.054	.037	.048	.083	.038	.075	.150	.111	.086	.074	.074	.046	.041	
*	*	*	*	*	*	.01	*	.01	.02	.01	.01	.01	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	269	29	131	92	17	240		52	184		31	26	10	196	61	7	
		13%	9%	12%	17%	28%	14%		17%	13%		14%	7%	17%	14%	11%	10%	
					ab	abce	a					b		b	b			
Tend to agree	(3.0)	792	103	419	253	17	689		131	545		80	115	15	585	190	20	
		39%	31%	38%	46%	27%	40%		44%	39%		36%	32%	25%	41%	34%	29%	
				a	abde		ad					bcef						
Tend to disagree	(2.0)	635	116	370	130	19	520		77	432		58	118	25	439	178	18	
		31%	35%	33%	24%	31%	30%		25%	31%		26%	33%	41%	31%	32%	27%	
			c	c			c					a		a				
Strongly disagree	(1.0)	286	71	156	54	5	215		29	182		42	87	10	161	114	22	
		14%	22%	14%	10%	8%	12%		9%	13%		19%	24%	17%	11%	20%	32%	
			bcde	c					d	d		d	d		d	acde		
Don't know		68	9	37	19	4	59		12	43		11	11	-	38	20	1	
		3%	3%	3%	3%	6%	3%		4%	3%		5%	3%	-	3%	4%	2%	
NET: Agree		1061	132	550	345	34	929		183	729		111	141	25	781	250	27	
		52%	40%	49%	63%	55%	54%		61%	53%		50%	40%	42%	55%	45%	39%	
				a	abe	a	ab		b			b		bcef				
NET: Disagree		922	187	527	184	24	735		105	615		100	205	35	600	291	40	
		45%	57%	47%	34%	39%	43%		35%	44%		45%	57%	58%	42%	52%	59%	
			bcde	ce			c		a			ad	ad	d	d	ad		
Base for stats		1983	319	1077	529	59	1664		288	1343		211	346	61	1381	542	67	
Mean Score		2.53	2.28	2.49	2.72	2.80	2.57		2.72	2.54		2.48	2.23	2.42	2.59	2.36	2.18	
				a	abe	ab	ab		b			bf		bef	b			
Standard Deviation		.900	.912	.885	.868	.971	.890		.875	.891		.974	.912	.969	.872	.937	1.014	
Standard Error		.020	.051	.027	.038	.126	.022		.053	.024		.066	.050	.123	.023	.040	.124	
Error variance		*	*	*	*	.02	*		*	*		*	*	.02	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days active										Amount of activity in the past week compared to previous week		
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree		(4.0)	269	14	12	23	55	35	42	20	69	113	138	85	46
		13%	4%	6%	8%	15%	16%	20%	21%	23%	13%	21%	24%	9%	9%
					a	abc	abc	abci	abci	abcdei	abc	abcdi	bc		
Tend to agree		(3.0)	792	51	79	122	156	103	94	51	136	381	269	336	185
		39%	14%	38%	43%	43%	46%	44%	54%	45%	44%	46%	47%	36%	36%
				a	a	a	a	a	ab	a	a	ab	bc		
Tend to disagree		(2.0)	635	141	83	99	110	61	58	14	68	271	131	320	178
		31%	39%	40%	35%	31%	28%	27%	15%	23%	31%	23%	23%	34%	35%
			defghij	defghij	ghj	ghj	g	g			ghj			a	a
Strongly disagree		(1.0)	286	132	33	29	24	20	15	9	25	73	33	162	84
		14%	36%	16%	10%	7%	9%	7%	9%	8%	8%	8%	6%	17%	17%
			bcddefghij	defhij										a	a
Don't know			68	28	2	11	15	3	5	1	4	29	7	39	15
		3%	8%	1%	4%	4%	1%	2%	1%	1%	1%	3%	1%	4%	3%
			bdefghij		bhj	bhj					bj			a	a
NET: Agree			1061	65	90	145	210	138	136	71	204	494	407	422	231
		52%	18%	43%	51%	58%	62%	63%	75%	68%	57%	67%	70%	45%	46%
				a	a	ab	abc	abc	abcdefi	abcdi	ab	abcdi	bc		
NET: Disagree			922	273	116	128	134	81	73	23	93	344	164	482	262
		45%	75%	56%	45%	37%	37%	34%	24%	31%	40%	31%	28%	51%	52%
			bcddefghij	cdefghij	dfehj	gj	g				ghj			a	a
Base for stats			1983	338	206	273	345	220	210	94	298	837	571	904	493
Mean Score			2.53	1.84	2.34	2.51	2.70	2.78	2.88	2.83	2.64	2.82	2.90	2.38	2.39
				a	ab	abc	abc	abci	abci	abcdi	abc	abcdi	bc		
Standard Deviation			.900	.829	.810	.793	.819	.846	.853	.849	.878	.822	.831	.886	.876
Standard Error			.020	.046	.056	.048	.043	.057	.059	.088	.051	.028	.035	.030	.039
Error variance			*	*	*	*	*	*	*	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
			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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534	
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	269	20	25	54	56	33	34	15	34	143	82	137	76	54
		13%	4%	8%	14%	18%	19%	26%	30%	25%	16%	26%	25%	8%	10%	
				a	ab	ab	ab	abci	abci	abci	ab	abcdi	bc			
Tend to agree		(3.0)	792	113	140	187	135	89	49	22	56	411	128	265	329	189
		39%	21%	43%	48%	45%	50%	38%	44%	42%	47%	41%	48%	35%	36%	
				a	a	a	af	a	a	a	a	a	bc			
Tend to disagree		(2.0)	635	218	109	117	78	41	36	7	29	236	72	112	317	196
		31%	40%	33%	30%	26%	23%	28%	14%	21%	27%	23%	20%	34%	37%	
			bcdefghij	deghij	gj			g			g			a	a	
Strongly disagree		(1.0)	286	158	42	22	25	11	9	5	14	59	27	26	174	79
		14%	29%	13%	6%	8%	6%	7%	10%	10%	7%	9%	5%	18%	15%	
			bcdefghij	cei										a	a	
Don't know			68	32	10	12	7	4	1	1	1	23	3	8	42	13
		3%	6%	3%	3%	2%	2%	1%	3%	1%	3%	1%	1%	1%	4%	2%
			dfhij											ac		
NET: Agree			1061	133	165	241	191	122	83	37	90	553	210	402	406	243
		52%	25%	51%	61%	63%	68%	64%	74%	67%	63%	67%	73%	43%	46%	
				a	ab	ab	ab	ab	ab	ab	ab	ab	bc			
NET: Disagree			922	376	151	139	103	52	45	12	42	295	99	138	491	275
		45%	70%	46%	35%	34%	29%	35%	23%	32%	34%	32%	25%	52%	52%	
			bcdefghij	cdefghij										a	a	
Base for stats			1983	509	316	381	294	174	128	49	132	848	309	540	897	518
Mean Score			2.53	1.99	2.47	2.72	2.75	2.82	2.84	2.97	2.83	2.75	2.86	2.95	2.34	2.42
				a	ab	ab	ab	ab	abc	ab	ab	abc	bc			
Standard Deviation			.900	.830	.821	.778	.861	.811	.898	.925	.929	.814	.914	.808	.886	.872
Standard Error			.020	.037	.045	.040	.050	.062	.080	.132	.082	.028	.053	.035	.030	.038
Error variance			*	*	*	*	*	*	.01	.02	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	463 23%	225 23%	234 22%	190 31% bc	163 24% c	110 14%	21 21%	50 19%	48 24%	50 23%	42 24%	53 23%	83 26%	65 20%	51 24%
Tend to agree	(3.0)	885 43%	451 45%	432 41%	255 41%	292 43%	339 45%	40 41%	128 48% i	86 43%	89 41%	76 43%	92 40%	150 46% i	147 44%	77 37%
Tend to disagree	(2.0)	431 21%	202 20%	228 22%	104 17%	133 20%	194 26% ab	27 28% ceg	52 20%	37 18%	48 22%	31 17%	47 21%	57 17%	80 24% g	53 25% g
Strongly disagree	(1.0)	188 9%	87 9%	102 10%	49 8%	56 8%	84 11% a	5 5%	27 10%	21 11%	22 10%	21 12% agh	29 13% agh	21 6%	21 6%	22 10%
Don't know		83 4%	35 4%	47 5%	22 4%	28 4%	33 4%	5 5%	9 3%	8 4%	7 3%	6 4%	9 4%	15 5%	19 6%	7 3%
NET: Agree		1349 66%	676 68%	665 64%	445 72% c	455 68% c	449 59%	61 62%	179 67%	134 67%	138 65%	119 67%	145 63%	233 72% fhi	213 64%	127 61%
NET: Disagree		619 30%	289 29%	329 32%	153 25%	188 28%	278 37% ab	32 33%	79 30%	58 29%	69 32% g	52 29%	76 33% g	77 24%	101 30%	75 36% g
Base for stats		1968	965	994	597	644	727	93	257	192	208	170	220	311	314	202
Mean Score		2.83	2.84	2.80	2.98 bc	2.87 c	2.65	2.82	2.79	2.84	2.80	2.82	2.77	2.95 bdfhi	2.82	2.77
Standard Deviation		.898	.883	.913	.905	.890	.872	.839	.877	.929	.924	.947	.960	.846	.840	.946
Standard Error		.020	.028	.029	.035	.035	.034	.082	.054	.063	.063	.072	.073	.048	.048	.067
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	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		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	463	49	119	119	70	51	55	287	176	379	20	27	28	-	4	78
		23%	35%	27%	23%	25%	22%	13%	26%	19%	22%	46%	22%	37%	-	33%	30%
			bcdefgh	fh	f	fh	f		fh	f		acg		ac			a
Tend to agree	(3.0)	885	60	200	232	123	95	175	492	393	750	12	65	33	11	7	127
		43%	43%	45%	45%	43%	41%	41%	44%	42%	43%	27%	55%	44%	81%	54%	48%
											b		ab				b
Tend to disagree	(2.0)	431	24	85	102	60	46	114	211	220	385	8	15	12	2	1	38
		21%	17%	19%	20%	21%	20%	27%	19%	23%	22%	18%	13%	16%	19%	6%	14%
							abcg		g		cg						
Strongly disagree	(1.0)	188	6	33	48	21	29	51	88	100	175	2	7	1	-	-	11
		9%	4%	7%	9%	7%	12%	12%	8%	11%	10%	6%	6%	2%	-	-	4%
							abd g	abd g		ag	dg						
Don't know		83	-	10	20	11	10	32	30	54	69	2	4	2	-	1	8
		4%	-	2%	4%	4%	4%	7%	3%	6%	4%	4%	3%	2%	-	7%	3%
					a	a	a	abcg		abg							
NET: Agree		1349	109	319	351	193	146	230	779	569	1129	31	92	61	11	11	205
		66%	78%	71%	67%	68%	63%	54%	70%	60%	64%	72%	78%	80%	81%	87%	78%
			cdefh	efh	fh	fh	f		efh	f			a	a			a
NET: Disagree		619	31	118	150	80	75	165	299	320	560	10	22	13	2	1	49
		30%	22%	26%	29%	28%	32%	39%	27%	34%	32%	24%	19%	18%	19%	6%	19%
							a	abcdg		abcg	cdg						
Base for stats		1968	139	438	501	273	221	396	1078	890	1689	42	114	74	13	12	254
Mean Score		2.83	3.09	2.93	2.84	2.89	2.76	2.59	2.91	2.72	2.79	3.17	2.97	3.18	2.81	3.29	3.07
			cdefgh	efh	fh	fh	f		efh	f		a	a	a			a
Standard Deviation		.898	.839	.876	.895	.876	.952	.884	.883	.907	.907	.945	.791	.764	.409	.604	.793
Standard Error		.020	.071	.042	.040	.052	.062	.046	.027	.030	.022	.141	.072	.087	.109	.174	.048
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.01	.03	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461	
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
463	251	98	93	191	104	39	110	32	14	8	25	52	34	45	143	
23%	20%	27%	30%	28%	32%	31%	20%	20%	30%	16%	26%	39%	20%	12%	32%	
	a	a	a	a	cdfij	cdij	j	j	j		j	cdgij	j		cdfij	
885	571	150	130	281	157	47	246	65	17	25	40	54	61	174	204	
43%	44%	41%	42%	41%	47%	38%	45%	41%	35%	51%	41%	40%	36%	45%	45%	
					i		i							i	i	
431	288	77	56	133	44	24	116	38	13	12	19	20	41	106	67	
21%	22%	21%	18%	20%	13%	19%	21%	23%	27%	25%	19%	15%	24%	27%	15%	
							ak	ak	ak	a			ahk	achk		
188	124	31	22	53	18	10	65	17	3	2	9	3	21	40	28	
9%	10%	8%	7%	8%	5%	8%	12%	11%	6%	4%	9%	2%	12%	10%	6%	
						h	ahk	ah			h		ahk	ahk	h	
83	53	14	10	24	8	3	16	9	1	2	4	4	14	22	11	
4%	4%	4%	3%	4%	2%	3%	3%	5%	2%	4%	5%	3%	8%	6%	3%	
													abck	ack		
1349	822	248	223	472	261	86	356	97	31	33	65	106	95	219	347	
66%	64%	67%	72%	69%	79%	70%	64%	61%	66%	67%	67%	79%	56%	57%	76%	
			a	a	bcdegij	ij	ij				j	cdgij			cdij	
619	412	107	78	186	62	34	181	54	15	14	27	23	62	146	96	
30%	32%	29%	25%	27%	19%	28%	33%	34%	33%	29%	28%	17%	36%	38%	21%	
	cd					ah	ahk	ahk	ah		ah		ahk	abhk		
1968	1234	356	302	658	323	120	537	151	46	47	92	130	157	365	442	
2.83	2.77	2.89	2.98	2.93	3.08	2.95	2.75	2.74	2.92	2.82	2.89	3.20	2.69	2.61	3.04	
	a	a	a	a	cdgij	cij	j		j		j	bcdefgijk			cdij	
.898	.887	.909	.888	.900	.823	.934	.918	.919	.908	.767	.919	.787	.955	.841	.855	
.020	.024	.052	.056	.038	.045	.087	.040	.074	.134	.114	.091	.062	.076	.047	.040	
*	*	*	*	*	*	.01	*	.01	.02	.01	.01	*	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	463	58	232	150	23	405		81	317		62	60	12	335	117	17	
		23%	18%	21%	27%	38%	24%		27%	23%		28%	17%	20%	24%	21%	24%	
					ab	abe	a					be			b			
Tend to agree	(3.0)	885	135	479	248	24	750		121	619		69	146	23	638	217	16	
		43%	41%	43%	45%	38%	44%		40%	45%		31%	41%	38%	45%	39%	23%	
													af		aef	af		
Tend to disagree	(2.0)	431	84	244	95	8	347		62	279		44	78	17	294	122	14	
		21%	26%	22%	17%	13%	20%		20%	20%		20%	22%	28%	21%	22%	21%	
			cde	c														
Strongly disagree	(1.0)	188	39	113	30	6	149		19	124		33	49	5	108	72	13	
		9%	12%	10%	5%	10%	9%		6%	9%		15%	14%	8%	8%	13%	20%	
			c	c			c					d	d		d	d		
Don't know		83	11	47	24	1	72		19	48		14	24	3	43	34	8	
		4%	3%	4%	4%	1%	4%		6%	3%		6%	7%	6%	3%	6%	12%	
									b			d	d		d	d		
NET: Agree		1349	193	710	398	47	1156		201	936		131	206	36	973	334	33	
		66%	59%	64%	73%	76%	67%		67%	68%		59%	58%	59%	69%	59%	48%	
					abe	a	a								abef			
NET: Disagree		619	124	356	125	14	495		80	402		76	127	22	403	194	27	
		30%	38%	32%	23%	23%	29%		27%	29%		34%	36%	36%	28%	35%	40%	
			cde	c			c						d		d	d		
Base for stats		1968	316	1067	523	61	1651		282	1338		208	333	57	1376	528	60	
Mean Score		2.83	2.67	2.78	2.99	3.04	2.86		2.93	2.84		2.78	2.65	2.75	2.87	2.72	2.60	
					abe	ab	ab								bef			
Standard Deviation		.898	.915	.905	.835	.968	.892		.878	.889		1.045	.941	.896	.870	.960	1.123	
Standard Error		.020	.051	.028	.037	.123	.022		.054	.024		.071	.053	.117	.024	.042	.145	
Error variance		*	*	*	*	.02	*		*	*		.01	*	.01	*	*	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days active										Amount of activity in the past week compared to previous week		
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree		(4.0)	463	44	37	50	89	60	67	24	92	199	187	152	124
		23%	12%	18%	17%	25%	27%	31%	26%	30%	23%	30%	32%	16%	24%
				a	a	abc	abc	abci	a	abci	a	abci	bc		b
Tend to agree		(3.0)	885	100	90	139	174	110	82	44	146	423	270	396	214
		43%	27%	44%	49%	48%	49%	38%	46%	49%	49%	44%	47%	42%	42%
				a	a	a	a	a	a	a	a	a			
Tend to disagree		(2.0)	431	103	50	69	67	28	43	22	48	165	86	236	104
		21%	28%	24%	24%	19%	13%	20%	24%	16%	19%	19%	15%	25%	20%
			defhij	eh	ehj		e	e	e	e	e	e		ac	a
Strongly disagree		(1.0)	188	83	26	14	18	18	16	3	9	50	27	102	54
		9%	23%	13%	5%	5%	8%	7%	4%	3%	6%	5%	5%	11%	11%
			bcdefghij	cdghij		h	h							a	a
Don't know			83	36	4	12	10	7	7	1	6	29	8	56	13
		4%	10%	2%	4%	3%	3%	3%	1%	2%	3%	2%	1%	6%	3%
			bcdefghij											ac	
NET: Agree			1349	144	127	189	263	170	149	68	238	622	457	548	337
		66%	39%	61%	67%	73%	76%	69%	72%	79%	72%	74%	79%	58%	66%
				a	a	ab	abc	a	a	a	abcfi	ab	bc		b
NET: Disagree			619	186	76	84	86	46	59	26	57	215	113	338	158
		30%	51%	37%	29%	24%	21%	27%	27%	19%	25%	23%	20%	36%	31%
			bcdefghij	defhij	ehj			h			h			a	a
Base for stats			1968	330	203	273	349	216	208	94	295	838	570	886	496
Mean Score			2.83	2.32	2.68	2.82	2.96	2.99	2.97	2.95	3.09	2.92	3.08	2.67	2.82
				a	a	abc	abc	ab	ab	ab	abcdi	ab	bc		b
Standard Deviation			.898	.994	.919	.785	.812	.861	.914	.804	.769	.818	.814	.890	.932
Standard Error			.020	.056	.064	.048	.043	.059	.064	.084	.045	.028	.034	.030	.042
Error variance			*	*	*	*	*	*	*	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
			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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534	
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	463	78	60	94	69	51	42	15	52	215	110	182	143	133
		23%	14%	18%	24%	23%	29%	33%	30%	39%	25%	35%	33%	15%	25%	
					a	a	ab	abcdi	a	abcdi	ab	abcdi	bc		b	
Tend to agree		(3.0)	885	178	175	176	153	76	54	22	52	405	127	268	390	220
		43%	33%	54%	45%	51%	43%	42%	44%	39%	46%	41%	49%	42%	41%	
				acefhij	a	ahj	a				a	a	bc			
Tend to disagree		(2.0)	431	139	65	86	55	30	25	8	24	171	56	78	237	108
		21%	26%	20%	22%	18%	17%	19%	16%	18%	20%	18%	14%	25%	20%	
			bdeij										ac		a	
Strongly disagree		(1.0)	188	107	18	20	16	13	6	3	5	48	14	13	118	52
		9%	20%	6%	5%	5%	7%	5%	7%	4%	6%	5%	2%	13%	10%	
			bcdefghij											a	a	
Don't know			83	39	8	18	7	7	2	2	1	32	5	7	51	17
		4%	7%	2%	4%	2%	4%	1%	4%	1%	4%	2%	1%	5%	3%	
			bdfhij		hj									a	a	
NET: Agree			1349	256	235	270	223	128	96	37	104	620	237	449	533	353
		66%	47%	72%	69%	74%	72%	75%	73%	78%	71%	76%	82%	57%	67%	
				a	a	a	a	a	a	ac	a	ac	bc		b	
NET: Disagree			619	246	83	106	71	43	31	11	28	220	71	92	355	160
		30%	46%	25%	27%	24%	24%	24%	22%	21%	25%	23%	17%	38%	30%	
			bcdefghij											ac	a	
Base for stats			1968	502	318	375	294	171	127	48	133	840	308	541	888	513
Mean Score			2.83	2.45	2.87	2.92	2.94	2.97	3.04	3.01	3.15	2.94	3.08	3.14	2.63	2.85
				a	a	a	a	ab	a	abcdi	a	abcdi	bc		b	
Standard Deviation			.898	.994	.777	.829	.799	.884	.857	.875	.837	.829	.850	.748	.906	.923
Standard Error			.020	.045	.043	.043	.046	.068	.077	.126	.074	.029	.049	.032	.031	.041
Error variance			*	*	*	*	*	*	.01	.02	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Gender			Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	231 11%	113 11%	118 11%	89 14% c	88 13% c	54 7%	13 13%	31 12%	22 11%	26 12%	20 11%	19 8%	40 12%	40 12%	20 10%
Tend to agree	(3.0)	710 35%	348 35%	361 35%	234 38% c	245 36% c	232 31%	25 25%	101 38% a	65 33%	76 36%	58 33%	73 32%	119 37% a	122 37% a	71 34%
Tend to disagree	(2.0)	578 28%	278 28%	298 29%	148 24%	180 27%	250 33% ab	31 31%	66 25%	62 31%	56 26%	52 30%	71 31%	84 26%	91 27%	64 31%
Strongly disagree	(1.0)	400 20%	208 21%	190 18%	103 17%	121 18%	176 23% ab	21 22%	53 20%	41 20%	41 19%	36 21%	50 22%	59 18%	63 19%	37 18%
Don't know		131 6%	53 5%	75 7%	46 7%	38 6%	47 6%	8 8%	16 6%	11 5%	15 7%	10 6%	16 7%	23 7%	16 5%	16 8%
NET: Agree		941 46%	461 46%	478 46%	323 52% c	332 49% c	286 38%	38 38%	132 49% a	87 43%	102 48%	78 44%	92 40%	160 49%	162 49%	91 44%
NET: Disagree		978 48%	486 49%	488 47%	251 40%	301 45%	427 56% ab	52 53%	119 45%	103 51%	97 45%	89 50%	121 53%	143 44%	154 46%	101 48%
Base for stats		1920	947	966	574	633	713	90	250	189	199	167	212	303	317	192
Mean Score		2.40	2.39	2.42	2.54 c	2.47 c	2.23	2.32	2.44	2.36	2.44	2.37	2.29	2.46	2.44	2.39
Standard Deviation		.948	.958	.939	.958	.954	.908	.995	.958	.943	.960	.955	.925	.953	.950	.913
Standard Error		.022	.031	.030	.038	.038	.036	.099	.060	.065	.067	.073	.071	.055	.054	.067
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

		Social Grade								Ethnicity								
Total		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white		
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g		
Unweighted Total		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278	
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262	
100%		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	231	30	59	66	29	22	23	156	75	189	6	21	8	1	1	37	
		11%	22% bcdefgh	13% fh	13% fh	10% f	10% f	5% acg	14% fh	8% ag	11%	14%	18% a	11%	7%	10%	14%	
Tend to agree	(3.0)	710	57	170	186	103	77	117	413	298	597	14	49	31	8	6	107	
		35%	41% fh	38% fh	36% f	36% f	34% f	27% acg	37% fh	32% ag	34%	32%	41%	41%	61%	46%	41% a	
Tend to disagree	(2.0)	578	29	123	138	78	67	142	291	288	513	13	30	14	1	2	61	
		28%	21%	28%	27%	27%	29%	33% acg	26%	30% ag	29%	31%	26%	19%	8%	18%	23%	
Strongly disagree	(1.0)	400	18	70	102	51	51	109	190	211	353	8	9	20	2	2	41	
		20%	13%	16%	20%	18%	22% ab	25% abcdg	17%	22% abg	20%	20% c	7%	26% cg	15%	20%	16% c	
Don't know		131	5	25	28	23	13	36	59	73	107	2	10	3	1	1	16	
		6%	4%	6%	5%	8%	6%	8% g	5%	8% g	6%	4%	8%	4%	9%	7%	6%	
NET: Agree		941	87	230	252	132	100	141	569	373	786	20	70	39	9	7	144	
		46%	62% bcdefgh	51% efh	48% fh	46% fh	43% f	33% f	51% efh	40% f	45%	46%	59% a	51%	68%	56%	55% a	
NET: Disagree		978	47	193	240	129	118	251	480	498	866	22	39	34	3	5	102	
		48%	34%	43%	46% a	45% a	51% abg	59% abcdgh	43% a	53% abcdg	49% cg	50% c	33%	45%	23%	37%	39%	
Base for stats		1920	134	423	492	261	218	391	1049	871	1652	42	108	72	12	12	246	
Mean Score		2.40	2.74 bcdefgh	2.52 efh	2.44 fh	2.42 fh	2.33 f	2.14 f	2.51 efh	2.27 f	2.38	2.42	2.76 abd	2.37	2.66	2.49	2.57 a	
Standard Deviation		.948	.961	.929	.965	.928	.946	.893	.954	.925	.944	.984	.860	1.006	.877	.981	.942	
Standard Error		.022	.083	.046	.043	.056	.062	.047	.029	.031	.023	.147	.081	.116	.243	.283	.059	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.06	.08	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work		NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed							Student		Retired		
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461	
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
231	117	54	54	108	45	23	75	16	8	1	8	13	19	23	68	
11%	9%	15%	17%	16%	14%	19%	14%	10%	16%	2%	8%	10%	11%	6%	15%	
		a	a	a	fj	d fghj	fj		fj				j		fj	
710	404	144	135	279	141	37	209	60	9	24	21	51	48	111	178	
35%	31%	39%	43%	41%	43%	30%	38%	37%	20%	49%	22%	38%	28%	29%	39%	
		a	a	a	begij		egij	egj		begij		egij			egij	
578	408	89	62	151	81	35	141	41	16	16	40	37	42	130	116	
28%	32%	24%	20%	22%	25%	28%	26%	25%	34%	32%	41%	28%	25%	34%	25%	
		bcd									abcdhik			acik		
400	269	67	45	112	48	22	101	32	13	5	20	21	47	91	70	
20%	21%	18%	15%	16%	14%	18%	18%	20%	28%	11%	20%	15%	28%	24%	15%	
		cd							afk				acfhk	ahk		
131	88	16	16	32	16	6	27	11	1	3	8	12	15	32	23	
6%	7%	4%	5%	5%	5%	5%	5%	7%	2%	5%	9%	9%	9%	8%	5%	
														c		
941	522	198	189	386	186	60	283	76	17	25	29	65	67	134	246	
46%	41%	53%	61%	57%	56%	49%	51%	48%	36%	51%	30%	48%	39%	35%	54%	
		a	a	a	egij	gj	egij	gj		gj		gj			egij	
978	677	156	107	263	129	57	242	73	29	21	59	58	90	221	186	
48%	53%	42%	34%	39%	39%	46%	44%	45%	62%	44%	61%	43%	52%	57%	41%	
		bcd							acd h k		abc d f h k		ak	abc d h k		
1920	1199	354	296	649	314	117	526	149	46	46	88	123	157	355	431	
2.40	2.31	2.52	2.67	2.59	2.58	2.52	2.49	2.41	2.25	2.44	2.19	2.47	2.25	2.19	2.56	
		a	a	a	egij	gij	gij	j				gij			egij	
.948	.927	.966	.946	.959	.913	1.019	.960	.944	1.055	.734	.887	.902	1.022	.892	.942	
.022	.026	.056	.060	.041	.051	.096	.042	.077	.155	.111	.090	.072	.082	.051	.045	
*	*	*	*	*	*	.01	*	.01	.02	.01	.01	.01	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	231	26	114	82	10	205		60	140		32	32	14	156	67	9	
		11%	8%	10%	15%	16%	12%		20%	10%		14%	9%	23%	11%	12%	14%	
					ab		a		b			b		bde				
Tend to agree	(3.0)	710	93	371	227	19	617		111	493		64	97	22	523	162	15	
		35%	28%	33%	42%	31%	36%		37%	36%		29%	27%	36%	37%	29%	22%	
					abe		a					abef						
Tend to disagree	(2.0)	578	96	348	119	16	483		69	406		57	103	14	410	156	16	
		28%	29%	31%	22%	26%	28%		23%	29%		26%	29%	22%	29%	28%	23%	
			c	c			c		a									
Strongly disagree	(1.0)	400	81	221	84	14	319		46	269		56	100	11	243	142	24	
		20%	25%	20%	15%	22%	19%		15%	19%		25%	28%	18%	17%	25%	36%	
			ce	c					d			d	d		d	d	cd	
Don't know		131	31	61	36	3	100		16	78		14	25	-	88	35	4	
		6%	10%	5%	7%	5%	6%		5%	6%		6%	7%	-	6%	6%	6%	
			be						c			c	c		c	c		
NET: Agree		941	119	484	309	29	822		170	633		95	129	36	679	229	24	
		46%	36%	43%	56%	46%	48%		57%	46%		43%	36%	59%	48%	41%	36%	
			a	abe			ab		b			abef		abef	bef			
NET: Disagree		978	177	569	203	30	802		115	675		113	203	25	653	298	40	
		48%	54%	51%	37%	48%	47%		38%	49%		51%	57%	41%	46%	53%	59%	
			ce	ce			c		a				cd			d	cd	
Base for stats		1920	296	1053	512	59	1624		285	1308		208	332	61	1332	527	64	
Mean Score		2.40	2.22	2.36	2.60	2.42	2.44		2.65	2.39		2.34	2.18	2.64	2.44	2.29	2.14	
			a	abe			ab		b			abef		abef	bef			
Standard Deviation		.948	.947	.931	.944	1.030	.944		.986	.929		1.036	.974	1.038	.921	1.001	1.093	
Standard Error		.022	.054	.029	.042	.133	.024		.060	.026		.070	.055	.132	.025	.044	.137	
Error variance		*	*	*	*	.02	*		*	*		*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512	
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	231	14	23	34	46	26	35	8	44	107	88	115	80	35
		11%	4%	11%	12%	13%	12%	16%	9%	15%	12%	14%	20%	9%	7%	
				a	a	a	a	a	a	a	a	a	bc			
Tend to agree		(3.0)	710	72	82	104	133	92	78	39	109	329	227	240	294	176
		35%	20%	40%	36%	37%	41%	37%	41%	36%	38%	37%	41%	31%	35%	
				a	a	a	a	a	a	a	a	a	bc			
Tend to disagree		(2.0)	578	120	47	80	110	56	56	25	84	246	165	125	284	163
		28%	33%	23%	28%	31%	25%	26%	26%	28%	28%	27%	22%	30%	32%	
			be		b									a	a	
Strongly disagree		(1.0)	400	126	36	42	52	39	34	18	54	133	106	77	212	106
		20%	34%	17%	15%	14%	17%	16%	19%	18%	15%	17%	13%	23%	21%	
			bcdefghij											a	a	
Don't know			131	33	20	24	19	10	10	5	10	52	25	20	72	27
		6%	9%	10%	8%	5%	4%	5%	5%	3%	6%	4%	4%	8%	5%	
			dehj	defhj	hj									a		
NET: Agree			941	86	105	138	179	119	114	48	154	435	315	355	374	212
		46%	23%	50%	49%	50%	53%	53%	50%	51%	50%	52%	61%	40%	42%	
				a	a	a	a	a	a	a	a	a	bc			
NET: Disagree			978	246	83	122	162	94	91	43	137	379	271	202	496	269
		48%	67%	40%	43%	45%	42%	42%	45%	46%	44%	44%	35%	53%	53%	
			bcdefghij											a	a	
Base for stats			1920	332	188	261	341	213	205	90	291	814	586	557	870	481
Mean Score			2.40	1.92	2.49	2.50	2.51	2.50	2.56	2.42	2.50	2.50	2.51	2.71	2.28	2.29
				a	a	a	a	a	a	a	a	a	a	bc		
Standard Deviation			.948	.871	.935	.917	.909	.930	.966	.913	.963	.916	.956	.949	.935	.892
Standard Error			.022	.048	.067	.057	.048	.064	.068	.097	.057	.032	.040	.040	.032	.041
Error variance			*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534	
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	231	29	27	54	48	23	20	1	29	125	50	104	78	47
		11%	5%	8%	14%	16%	13%	15%	1%	22%	14%	16%	19%	8%	9%	
					abg	abg	ag	abg		abcegi	abg	abg	bc			
Tend to agree		(3.0)	710	136	134	149	117	63	50	23	37	330	110	213	302	186
		35%	25%	41%	38%	39%	36%	39%	46%	28%	38%	35%	39%	32%	35%	
				ah	ah	ah	a	a	ah		ah	a	b			
Tend to disagree		(2.0)	578	174	96	113	77	41	33	10	33	231	77	134	279	158
		28%	32%	30%	29%	26%	23%	26%	21%	25%	27%	25%	24%	30%	30%	
			ej											a	a	
Strongly disagree		(1.0)	400	155	50	51	46	38	20	10	30	135	60	80	208	107
		20%	29%	15%	13%	15%	22%	15%	21%	22%	15%	19%	15%	22%	20%	
			bcd	fij			ci			c		c		a	a	
Don't know			131	48	18	25	12	12	7	5	4	50	16	18	71	32
		6%	9%	6%	6%	4%	7%	5%	11%	3%	6%	5%	3%	8%	6%	
			dhij						h					a	a	
NET: Agree			941	165	161	203	165	87	70	24	67	455	160	317	381	233
		46%	30%	49%	52%	55%	49%	54%	48%	50%	52%	51%	58%	41%	44%	
				a	a	a	a	a	a	a	a	a	bc			
NET: Disagree			978	329	147	164	123	80	52	21	63	366	136	214	488	265
		48%	61%	45%	42%	41%	45%	41%	42%	47%	42%	44%	39%	52%	50%	
			bcd	efghij										a	a	
Base for stats		1920	493	308	367	288	166	122	45	130	822	297	531	868	498	
Mean Score		2.40	2.08	2.45	2.56	2.58	2.43	2.57	2.32	2.51	2.54	2.51	2.64	2.29	2.35	
				a	a	a	a	a		a	a	a	bc			
Standard Deviation		.948	.905	.868	.905	.946	.997	.944	.855	1.083	.939	.996	.962	.931	.920	
Standard Error		.022	.041	.049	.047	.055	.078	.087	.127	.097	.033	.059	.042	.032	.041	
Error variance		*	*	*	*	*	.01	.01	.02	.01	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	454	224	230	183	146	126	21	53	50	44	48	47	81	78	32
		22%	22%	22%	29% bc	22% c	17%	21%	20%	25% i	21%	27% i	21%	25% i	23% i	15%
Tend to agree	(3.0)	667	351	311	218	249	201	34	96	51	65	51	71	112	116	71
		33%	35% b	30%	35% c	37% c	26%	35%	36% c	26%	30%	29%	31%	34% c	35% c	34% c
Tend to disagree	(2.0)	538	256	279	126	158	254	20	64	61	60	50	56	82	88	57
		26%	26%	27%	20%	23%	33% ab	21%	24%	30%	28%	28%	25%	25%	27%	27%
Strongly disagree	(1.0)	303	133	169	58	94	151	17	43	28	37	21	45	39	40	35
		15%	13%	16%	9%	14% a	20% ab	17%	16%	14%	17%	12%	20% egh	12%	12%	17%
Don't know		89	36	52	35	26	28	6	11	10	9	6	9	13	10	14
		4%	4%	5%	6%	4%	4%	6%	4%	5%	4%	4%	4%	4%	3%	7%
NET: Agree		1121	576	541	401	394	326	55	148	101	109	100	118	193	194	103
		55%	58% b	52%	65% bc	59% c	43%	56%	56%	51%	51%	56%	52%	59% ci	58% i	50%
NET: Disagree		841	389	449	184	252	405	37	107	88	96	71	101	120	129	91
		41%	39%	43%	30%	37% a	53% ab	38%	40%	44%	45%	40%	44%	37%	39%	44%
Base for stats		1962	965	989	585	646	732	92	255	190	205	170	219	313	322	195
Mean Score		2.65	2.69	2.61	2.90 bc	2.69 c	2.41	2.64	2.62	2.66	2.57	2.75 i	2.55	2.75 dfi	2.72 i	2.51
Standard Deviation		1.000	.977	1.023	.958	.978	1.000	1.025	.995	1.026	1.018	1.003	1.046	.976	.969	.969
Standard Error		.023	.031	.033	.037	.039	.039	.100	.061	.070	.070	.076	.080	.055	.054	.070
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	454	37	114	120	62	47	74	270	184	367	15	39	22	1	5	81
		22%	26% f	25% fh	23% f	22% f	21% f	17% f	24% fh	19% f	21% cdg	35% a	33% a	29% a	6% e	40% f	31% a
Tend to agree	(3.0)	667	50	176	160	105	75	99	387	280	564	12	43	24	8	5	92
		33%	36% f	39% cfh	31% f	37% fh	33% f	23% f	35% fh	30% f	32% cdg	27% b	37% c	32% d	62% e	43% f	35% g
Tend to disagree	(2.0)	538	37	101	132	80	53	134	271	267	474	8	25	18	4	-	55
		26%	27% f	23% cfh	25% f	28% fh	23% f	31% f	24% fh	28% fh	27% cdg	19% b	21% c	24% d	32% e	- f	21% g
Strongly disagree	(1.0)	303	10	45	83	24	44	98	138	165	282	7	5	6	-	1	20
		15%	7% f	10% cfh	16% f	8% fh	19% f	23% f	12% fh	18% fh	16% cdg	17% b	5% c	8% d	- e	10% f	8% g
Don't know		89	5	11	25	14	11	22	41	47	71	1	6	5	-	1	13
		4%	3% f	3% cfh	5% f	5% fh	5% f	5% f	4% fh	5% fh	4% cdg	2% b	5% c	7% d	- e	7% f	5% g
NET: Agree		1121	87	290	280	167	123	174	658	463	931	27	82	46	9	10	174
		55%	63% fh	65% cefhg	54% f	59% fh	53% f	41% f	59% cfh	49% f	53% cdg	62% b	69% c	61% d	68% e	83% f	66% a
NET: Disagree		841	47	146	215	104	97	231	409	432	756	16	30	24	4	1	75
		41%	34% f	33% cfh	41% f	37% fh	42% f	54% f	37% fh	46% fh	43% cdg	36% b	25% c	32% d	32% e	10% f	29% g
Base for stats		1962	135	436	495	271	220	405	1066	896	1688	42	112	70	13	12	249
Mean Score		2.65	2.84 cefh	2.82 cefh	2.64 f	2.76 efh	2.58 f	2.37 f	2.74 efh	2.54 f	2.60 cdg	2.82 b	3.03 c	2.89 d	2.73 e	3.21 f	2.95 a
Standard Deviation		1.000	.913	.936	1.025	.905	1.038	1.042	.979	1.014	1.004	1.115	.875 a	.949 a	.576	.950	.932
Standard Error		.023	.079	.045	.046	.054	.068	.054	.030	.034	.025	.164	.081	.110	.154	.274	.057
Error variance		*	.01	*	*	*	*	*	*	*	*	.03	.01	.01	.02	.08	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461	
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
454	254	101	82	183	77	33	129	34	11	11	19	42	32	66	110	
22%	20%	27%	26%	27%	23%	27%	23%	21%	24%	22%	19%	31%	19%	17%	24%	
		a	a	a	j	j	j					cdgij			j	
667	387	120	124	244	126	39	209	50	17	14	24	41	46	102	165	
33%	30%	33%	40%	36%	38%	32%	38%	31%	35%	29%	25%	31%	27%	26%	36%	
			a	a	gij		gij								gij	
538	366	96	60	156	74	36	127	48	12	12	27	32	49	122	110	
26%	28%	26%	19%	23%	22%	29%	23%	30%	25%	26%	28%	24%	28%	32%	24%	
	cd													ack		
303	218	44	32	76	37	12	69	21	8	10	21	9	33	83	50	
15%	17%	12%	10%	11%	11%	10%	12%	13%	16%	20%	21%	7%	19%	22%	11%	
	bcd					h	h			h	abchk		abchk	abcdhk		
89	63	8	15	23	16	2	19	8	-	2	6	9	12	14	18	
4%	5%	2%	5%	3%	5%	2%	3%	5%	-	3%	6%	7%	7%	4%	4%	
	b											bc	b			
1121	641	221	205	427	203	73	338	83	28	25	42	84	78	168	275	
55%	50%	60%	66%	63%	61%	59%	61%	52%	59%	51%	44%	62%	46%	43%	61%	
	a	a	a	a	dgi	gij	dgi		j			gij			gij	
841	584	140	91	232	112	48	195	69	19	22	48	41	82	206	160	
41%	45%	38%	29%	34%	34%	39%	35%	43%	41%	46%	50%	31%	48%	53%	35%	
	bcd	c						ah			achk		achk	abcdhk		
1962	1225	362	297	659	314	121	534	152	47	47	90	125	160	373	435	
2.65	2.55	2.77	2.86	2.81	2.77	2.77	2.75	2.63	2.67	2.55	2.45	2.93	2.48	2.40	2.77	
	a	a	a	a	gij	gij	gij	j				cdgij			gij	
1.000	1.009	.993	.943	.971	.953	.969	.966	.978	1.022	1.065	1.062	.946	1.038	1.020	.956	
.023	.028	.057	.060	.041	.053	.090	.042	.079	.149	.159	.106	.075	.082	.057	.045	
*	*	*	*	*	*	.01	*	.01	.02	.03	.01	.01	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	454	54	230	144	26	400		71	323		41	52	11	343	94	9	
		22%	16%	21%	26%	42%	23%		24%	23%		18%	15%	18%	24%	17%	13%	
					ab	abce	a								bef			
Tend to agree	(3.0)	667	102	346	207	12	565		112	442		69	109	22	470	176	20	
		33%	31%	31%	38%	20%	33%		37%	32%		31%	30%	36%	33%	31%	29%	
					abde	d												
Tend to disagree	(2.0)	538	85	315	126	13	453		75	367		49	100	16	372	149	15	
		26%	26%	28%	23%	20%	26%		25%	26%		22%	28%	26%	26%	27%	21%	
					c													
Strongly disagree	(1.0)	303	72	180	42	9	231		33	194		49	80	8	183	115	21	
		15%	22%	16%	8%	15%	13%		11%	14%		22%	22%	13%	13%	21%	30%	
			bce	ce		c	c					d	d			d	cd	
Don't know		89	15	44	28	2	74		9	60		14	16	4	51	28	4	
		4%	5%	4%	5%	3%	4%		3%	4%		6%	4%	7%	4%	5%	6%	
NET: Agree		1121	156	576	352	38	965		184	765		110	161	33	813	270	29	
		55%	48%	52%	64%	62%	56%		61%	55%		50%	45%	54%	57%	48%	42%	
					abe	a	ab								abef			
NET: Disagree		841	157	495	168	22	684		108	560		98	180	24	555	264	35	
		41%	48%	44%	31%	36%	40%		36%	40%		44%	51%	39%	39%	47%	52%	
			ce	ce		c							d			d	d	
Base for stats		1962	312	1070	519	60	1650		292	1326		208	341	56	1368	534	64	
Mean Score		2.65	2.44	2.58	2.87	2.91	2.69		2.76	2.67		2.49	2.39	2.64	2.71	2.47	2.26	
				a	abe	ab	ab							f	abef			
Standard Deviation		1.000	1.028	1.005	.910	1.132	.990		.949	1.000		1.058	1.009	.956	.988	1.018	1.062	
Standard Error		.023	.058	.031	.040	.145	.024		.057	.027		.072	.056	.127	.027	.044	.133	
Error variance		*	*	*	*	.02	*		*	*		.01	*	.02	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days active										Amount of activity in the past week compared to previous week		
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree		(4.0)	454	53	40	60	95	51	50	30	75	206	158	151	145
		22%	15%	19%	21%	26%	23%	23%	31%	25%	24%	25%	27%	16%	29%
					a	a	a	a	abc	a	a	a	b		b
Tend to agree		(3.0)	667	78	71	100	138	82	71	26	100	321	203	294	166
		33%	21%	34%	35%	39%	37%	33%	28%	33%	37%	32%	35%	31%	33%
				a	a	aj	a	a		a	a	a			
Tend to disagree		(2.0)	538	100	49	84	83	60	61	24	79	226	137	282	117
		26%	27%	24%	29%	23%	27%	28%	25%	26%	26%	27%	24%	30%	23%
														ac	
Strongly disagree		(1.0)	303	99	36	26	32	26	28	14	41	85	66	171	60
		15%	27%	17%	9%	9%	12%	13%	15%	14%	10%	14%	11%	18%	12%
			bcd efghij	c di						d		d i		ac	
Don't know			89	36	10	14	12	3	5	1	6	30	14	45	20
		4%	10%	5%	5%	3%	2%	2%	1%	2%	3%	2%	2%	5%	4%
			bcd efghij	e j	e j									a	
NET: Agree		1121	131	112	160	233	133	121	56	175	527	352	361	444	311
		55%	36%	54%	56%	65%	60%	56%	59%	58%	61%	58%	63%	47%	61%
			a	a	a	abc f j	a	a	a	a	a	a	b		b
NET: Disagree		841	198	86	110	115	86	89	38	120	310	247	202	453	176
		41%	54%	41%	39%	32%	39%	41%	40%	40%	36%	40%	35%	48%	35%
			bcd efghij	d				d		d		d		ac	
Base for stats		1962	329	197	270	348	219	210	94	295	837	599	563	897	488
Mean Score		2.65	2.26	2.59	2.72	2.85	2.72	2.68	2.76	2.71	2.77	2.71	2.80	2.47	2.81
			a	a	a	ab f j	a	a	a	a	ab	a	b		b
Standard Deviation		1.000	1.057	1.011	.919	.927	.955	.982	1.065	1.000	.933	1.003	.975	.983	.997
Standard Error		.023	.059	.071	.056	.049	.065	.069	.111	.059	.032	.041	.041	.033	.045
Error variance		*	*	.01	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	454	82	67	110	74	43	25	15	39	226	78	138	137	175
		22%	15%	21%	28%	25%	24%	19%	29%	29%	26%	25%	25%	15%	33%
				a	ab	a	a		a	a	a	a	b		ab
Tend to agree	(3.0)	667	123	123	131	118	68	49	16	41	316	106	201	284	178
		33%	23%	38%	33%	39%	38%	38%	32%	31%	36%	34%	37%	30%	34%
				a	a	a	a	a			a	a	b		
Tend to disagree	(2.0)	538	149	90	103	71	43	37	11	34	217	82	129	285	116
		26%	27%	28%	26%	24%	24%	29%	23%	25%	25%	26%	24%	30%	22%
														ac	
Strongly disagree	(1.0)	303	143	30	38	31	22	13	8	18	91	39	67	180	47
		15%	26%	9%	10%	10%	12%	10%	16%	14%	10%	13%	12%	19%	9%
			bcdefhij											ac	
Don't know		89	44	17	12	8	2	5	-	2	22	7	14	53	14
		4%	8%	5%	3%	3%	1%	4%	-	1%	2%	2%	3%	6%	3%
			cdeghij	ei										ac	
NET: Agree		1121	205	190	241	191	110	74	31	79	542	184	339	421	353
		55%	38%	58%	61%	64%	62%	57%	61%	60%	62%	59%	62%	45%	67%
				a	a	a	a	a	a	a	a	a	b		b
NET: Disagree		841	292	120	141	102	65	50	19	52	308	122	195	465	163
		41%	54%	37%	36%	34%	37%	39%	39%	39%	35%	39%	36%	50%	31%
			bcdefghij											ac	
Base for stats		1962	497	310	381	293	175	124	50	132	850	306	534	886	516
Mean Score		2.65	2.29	2.73	2.82	2.80	2.75	2.69	2.75	2.76	2.80	2.73	2.77	2.43	2.93
				a	a	a	a	a	a	a	a	a	b		ab
Standard Deviation		1.000	1.056	.908	.961	.938	.964	.914	1.057	1.028	.953	.985	.972	.981	.962
Standard Error		.023	.048	.051	.049	.054	.073	.083	.149	.091	.033	.057	.042	.033	.042
Error variance		*	*	*	*	*	.01	.01	.02	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Gender			Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	279	131	149	97	89	93	11	37	26	26	23	36	57	38	25
		14%	13%	14%	16%	13%	12%	11%	14%	13%	12%	13%	16%	17% h	11%	12%
Tend to agree	(3.0)	565	262	298	201	198	166	26	74	54	60	43	54	105	106	41
		28%	26%	29%	32% c	29% c	22%	27%	28% i	27%	28% i	25%	24%	32% fi	32% i	20%
Tend to disagree	(2.0)	610	309	301	174	194	241	33	77	66	68	58	56	92	91	70
		30%	31%	29%	28%	29%	32%	34%	29%	33%	32%	33%	24%	28%	27%	33%
Strongly disagree	(1.0)	533	275	255	121	169	243	25	72	46	56	45	71	61	90	66
		26%	27%	25%	20%	25% a	32% ab	26%	27% g	23%	26% g	26%	31% g	19%	27% g	32% cg
Don't know		64	24	39	26	22	16	2	7	8	4	7	11	11	8	7
		3%	2%	4%	4% c	3%	2%	2%	3%	4%	2%	4%	5%	3%	2%	3%
NET: Agree		844	393	447	298	287	259	37	111	80	87	67	91	162	144	66
		41%	39%	43%	48% bc	43% c	34%	38%	42% i	40%	40%	38%	40%	50% abcdefi	43% i	32%
NET: Disagree		1143	583	556	296	363	485	59	148	112	124	103	127	153	181	136
		56%	58% b	53%	48%	54% a	64% ab	60% g	56% g	56% g	58% g	58% g	56%	47%	54%	65% bgh
Base for stats		1987	976	1003	593	650	743	96	259	192	211	169	218	315	325	202
Mean Score		2.30	2.25	2.34	2.46 bc	2.32 c	2.15	2.24	2.29	2.31	2.27	2.26	2.26	2.50 abcdefhi	2.28	2.12
Standard Deviation		1.013	1.011	1.015	.993	1.006	1.014	.976	1.024	.983	.992	1.003	1.088	1.001	.998	1.007
Standard Error		.023	.032	.032	.038	.040	.039	.094	.063	.067	.067	.076	.083	.057	.056	.072
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	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		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree		(4.0)	279	24	60	69	37	28	61	153	230	8	24	8	2	-	42
		14%	17%	13%	13%	13%	12%	14%	14%	13%	13%	18%	20% a	11%	19%	-	16%
Tend to agree		(3.0)	565	42	132	140	80	74	97	314	466	12	42	24	6	6	91
		28%	30%	29% f	27%	28%	32% f	23%	28% f	27%	27%	28%	35% a	32%	49%	51%	35% a
Tend to disagree		(2.0)	610	39	120	153	87	71	140	311	524	15	38	22	2	3	80
		30%	28%	27%	29%	31%	31%	33%	28%	32%	30%	35%	32%	29%	12%	26%	30%
Strongly disagree		(1.0)	533	32	127	140	69	50	115	299	487	8	11	19	2	2	42
		26%	23%	28%	27%	24%	22%	27%	27%	25%	28% cg	18%	9%	25% c	14%	16%	16%
Don't know		64	2	9	20	11	7	15	31	33	51	-	4	2	1	1	8
		3%	2%	2%	4%	4%	3%	3%	3%	3%	3%	-	3%	3%	6%	7%	3%
NET: Agree		844	66	192	208	117	103	158	466	378	696	20	66	32	9	6	133
		41%	47% f	43%	40%	41%	44%	37%	42%	40%	40%	46%	56% a	42%	68%	51%	51% a
NET: Disagree		1143	71	247	293	157	121	255	610	533	1011	23	48	41	3	5	121
		56%	51%	55%	56%	55%	52%	60%	55%	56%	57% cg	54%	41%	54%	26%	42%	46%
Base for stats		1987	137	439	501	274	224	413	1076	911	1707	43	114	73	12	12	255
Mean Score		2.30	2.42	2.29	2.27	2.31	2.36	2.25	2.30	2.30	2.26	2.46	2.69 ad	2.29	2.78	2.37	2.53 a
Standard Deviation		1.013	1.033	1.029	1.017	.998	.967	1.021	1.024	1.001	1.016	.998	.912	.980	.976	.801	.956
Standard Error		.023	.088	.049	.045	.059	.063	.052	.031	.033	.025	.146	.083	.112	.271	.231	.058
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic		
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461		
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454		
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%		
279	160	51	51	102	48	22	69	21	10	1	15	17	25	52	69		
14%	12%	14%	16%	15%	14%	18%	12%	13%	21%	2%	15%	13%	15%	13%	15%		
					f	f	f	f	f		f	f	f	f	f		
565	327	97	117	214	121	35	156	43	9	19	23	34	53	73	156		
28%	25%	26%	37% ab	31% a	37% cdeghj	29% j	28% j	27% j	19%	39% egj	23%	25%	31% j	19%	34% ceghj		
610	407	114	71	184	85	35	156	57	14	10	36	44	44	130	120		
30%	32% cd	31% c	23%	27%	26%	29%	28%	35% ak	30%	21%	37% afik	33%	25%	34% ak	27%		
533	360	98	60	158	67	27	157	34	12	16	21	33	41	123	95		
26%	28% cd	27% c	19%	23%	20%	22%	28% ak	21%	25%	33%	22%	25%	24%	32% abdk	21%		
64	35	10	13	23	10	3	15	6	2	3	2	6	8	9	13		
3%	3%	3%	4%	3%	3%	3%	3%	4%	5%	5%	2%	4%	5%	2%	3%		
844	486	148	168	316	168	57	225	64	19	20	38	51	78	125	225		
41%	38%	40%	54% abd	46% a	51% cdghj	46% j	41% j	40%	40%	41%	39%	38%	46% j	32%	50% cdghj		
1143	767	212	130	342	153	63	313	90	26	26	57	77	85	253	215		
56%	60% cd	57% cd	42%	50% c	46%	51%	57% ak	56% ak	56%	53%	59% ak	58% ak	50%	65% abcik	47%		
1987	1253	360	298	658	321	120	538	154	45	46	95	128	163	378	440		
2.30	2.23	2.28	2.54 ab	2.40 a	2.46 cfhj	2.43 j	2.25	2.33	2.37	2.11	2.33	2.27	2.38 j	2.14	2.45 cfhj		
1.013	1.003	1.016	.998	1.015	.984	1.036	1.016	.968	1.111	.921	.999	.996	1.031	1.025	.997		
.023	.027	.058	.063	.043	.054	.097	.044	.077	.166	.139	.097	.078	.080	.057	.047		
*	*	*	*	*	*	.01	*	.01	.03	.02	.01	.01	.01	*	*		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	279	42	151	75	11	237		66	162		49	73	17	156	113	23	
		14%	13%	14%	14%	17%	14%		22%	12%		22%	20%	28%	11%	20%	34%	
									b			d	d	d		bde	b	
Tend to agree	(3.0)	565	81	288	182	14	484		106	367		64	103	22	380	165	20	
		28%	25%	26%	33%	22%	28%		35%	26%		29%	29%	36%	27%	29%	29%	
					abe				b									
Tend to disagree	(2.0)	610	94	338	163	16	517		67	441		52	88	11	449	139	10	
		30%	29%	30%	30%	26%	30%		22%	32%		24%	25%	18%	32%	25%	15%	
									a			abcef						
Strongly disagree	(1.0)	533	102	306	105	19	431		51	377		44	85	10	396	126	12	
		26%	31%	28%	19%	31%	25%		17%	27%		20%	24%	16%	28%	22%	18%	
			ce	c		c	c		a			ace						
Don't know		64	8	30	23	3	56		12	38		12	10	1	38	20	3	
		3%	3%	3%	4%	4%	3%		4%	3%		6%	3%	2%	3%	4%	4%	
									d									a
NET: Agree		844	123	440	257	24	721		172	529		113	175	39	536	277	43	
		41%	38%	39%	47%	39%	42%		57%	38%		51%	49%	65%	38%	49%	63%	
					abe				b			d	d	bde		d	bde	
NET: Disagree		1143	196	644	268	35	947		117	819		96	172	21	845	265	22	
		56%	60%	58%	49%	56%	55%		39%	59%		43%	48%	34%	60%	47%	33%	
			c	c			c		a			cf		abcef	cf			
Base for stats		1987	319	1084	525	59	1668		289	1348		210	348	60	1381	542	65	
Mean Score		2.30	2.20	2.26	2.43	2.27	2.32		2.65	2.23		2.57	2.47	2.78	2.21	2.49	2.82	
					abe				b			d	d	bde		d	bde	
Standard Deviation		1.013	1.033	1.019	.967	1.101	1.009		1.019	.990		1.068	1.076	1.043	.984	1.064	1.119	
Standard Error		.023	.057	.031	.042	.142	.025		.061	.027		.072	.059	.134	.027	.046	.139	
Error variance		*	*	*	*	.02	*		*	*		.01	*	.02	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512	
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	279	65	37	40	46	28	24	4	35	114	63	93	95	90
		14%	18%	18%	14%	13%	13%	11%	4%	12%	13%	10%	16%	10%	18%	
			fghij	ghj	g	g	g	g		g	g	g	b		b	
Tend to agree		(3.0)	565	87	63	85	121	58	51	29	71	264	151	194	235	133
		28%	24%	30%	30%	34%	26%	24%	30%	23%	31%	25%	34%	25%	26%	
					afhj						ahj		bc			
Tend to disagree		(2.0)	610	93	64	94	100	74	70	33	81	269	184	148	314	143
		30%	25%	31%	33%	28%	33%	33%	35%	27%	31%	30%	26%	33%	28%	
					a		a				a			ac		
Strongly disagree		(1.0)	533	97	40	53	85	58	62	28	108	197	199	129	271	128
		26%	27%	19%	19%	24%	26%	29%	30%	36%	23%	33%	22%	29%	25%	
			c				c	bc	c	abcdei		bcdi		a		
Don't know			64	23	3	12	7	4	7	1	7	23	15	13	29	14
		3%	6%	1%	4%	2%	2%	3%	1%	2%	3%	2%	2%	3%	3%	
			bdehij													
NET: Agree			844	152	100	125	167	86	76	32	105	378	213	287	329	223
		41%	42%	48%	44%	46%	39%	35%	34%	35%	44%	35%	50%	35%	44%	
			j	efghj	hj	fghj					fhj		bc		b	
NET: Disagree			1143	190	105	147	186	132	132	62	189	466	383	277	584	271
		56%	52%	50%	52%	52%	59%	62%	65%	63%	54%	63%	48%	62%	53%	
							abcdi		abcdi	abcdi		abcdi		ac		
Base for stats			1987	342	205	272	353	219	208	94	294	844	596	564	914	494
Mean Score			2.30	2.35	2.47	2.41	2.36	2.26	2.18	2.08	2.11	2.35	2.13	2.45	2.17	2.37
				ghj	efghj	fghj	fghj					fghj		b		b
Standard Deviation			1.013	1.087	1.007	.963	.989	.991	.994	.873	1.035	.982	.996	1.017	.970	1.057
Standard Error			.023	.060	.069	.059	.052	.067	.070	.091	.061	.034	.041	.043	.032	.047
Error variance			*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534	
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	279	68	49	58	39	27	15	3	21	124	38	80	100	96
		14%	13%	15%	15%	13%	15%	11%	6%	15%	14%	12%	15%	11%	18%	
													b		b	
Tend to agree		(3.0)	565	111	93	116	105	53	41	16	28	275	85	179	229	153
		28%	21%	28%	30%	35%	30%	32%	32%	21%	32%	27%	33%	24%	29%	
				a	a	ahj	a	ah			ah	a	b			
Tend to disagree		(2.0)	610	161	107	121	83	50	39	16	34	254	89	146	313	144
		30%	30%	33%	31%	28%	28%	30%	32%	26%	29%	28%	27%	33%	27%	
														ac		
Strongly disagree		(1.0)	533	176	70	85	68	46	29	13	47	199	88	130	265	128
		26%	33%	21%	22%	22%	26%	22%	25%	35%	23%	28%	24%	28%	24%	
			bcdfi							bcdfi		bc				
Don't know			64	25	8	12	5	2	5	2	4	19	12	14	33	9
		3%	5%	3%	3%	2%	1%	4%	5%	3%	2%	4%	3%	3%	2%	
			dei													
NET: Agree			844	179	142	175	145	80	56	19	49	399	124	259	329	249
		41%	33%	43%	44%	48%	45%	43%	38%	36%	46%	40%	47%	35%	47%	
				a	a	ahj	a	a			ah		b		b	
NET: Disagree			1143	337	176	206	151	96	67	28	81	453	177	276	578	272
		56%	62%	54%	52%	50%	54%	52%	57%	61%	52%	57%	50%	62%	51%	
			bcdfi							d				ac		
Base for stats		1987	516	318	381	295	176	123	48	130	852	301	534	907	521	
Mean Score		2.30	2.14	2.38	2.39	2.39	2.34	2.34	2.20	2.17	2.38	2.24	2.39	2.18	2.42	
				a	ah	ah	a				ahj		b		b	
Standard Deviation		1.013	1.032	.992	.997	.983	1.029	.967	.914	1.092	.998	1.015	1.011	.977	1.052	
Standard Error		.023	.046	.055	.051	.056	.078	.088	.132	.097	.034	.059	.044	.033	.046	
Error variance		*	*	*	*	*	.01	.01	.02	.01	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Gender			Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	121	71	51	61	46	14	6	15	9	10	8	16	33	16	9
		6%	7%	5%	10%	7%	2%	6%	6%	5%	5%	5%	7%	10%	5%	4%
			b		c	c								cdehi		
Tend to agree	(3.0)	351	167	180	161	129	62	12	55	30	37	28	36	67	58	29
		17%	17%	17%	26%	19%	8%	12%	21%	15%	17%	16%	16%	21%	17%	14%
					bc	c								a		
Tend to disagree	(2.0)	701	347	353	180	221	300	40	76	78	78	66	80	88	122	73
		34%	35%	34%	29%	33%	40%	41%	29%	39%	36%	37%	35%	27%	37%	35%
							ab	bg		bg	g	g			bg	
Strongly disagree	(1.0)	805	381	420	190	256	359	37	109	76	83	67	90	122	128	92
		39%	38%	40%	31%	38%	47%	38%	41%	38%	39%	38%	39%	38%	38%	44%
						a	ab									
Don't know		73	34	37	28	20	24	3	11	7	7	8	7	15	10	5
		4%	3%	4%	5%	3%	3%	3%	4%	3%	3%	5%	3%	5%	3%	2%
NET: Agree		473	238	231	221	175	77	18	70	39	47	36	52	100	74	38
		23%	24%	22%	36%	26%	10%	18%	26%	20%	22%	21%	23%	31%	22%	18%
					bc	c			i					acdehi		
NET: Disagree		1506	728	773	370	477	659	77	186	154	161	132	170	211	249	166
		73%	73%	74%	60%	71%	87%	79%	70%	77%	75%	75%	74%	65%	75%	79%
						a	ab	g		g	g	g	g		g	bg
Base for stats		1978	967	1004	591	652	735	95	255	193	207	168	222	310	323	203
		1.89	1.92	1.86	2.16	1.95	1.64	1.85	1.90	1.86	1.87	1.87	1.90	2.03	1.88	1.77
					bc	c								chi		
Standard Deviation		.905	.925	.884	.991	.934	.719	.864	.935	.852	.870	.860	.921	1.016	.871	.850
		.020	.030	.028	.038	.037	.028	.083	.058	.058	.060	.065	.070	.058	.049	.060
		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	121	14	33	35	13	15	10	82	39	95	2	11	9	-	1	23
		6%	10% dfh	7% fh	7% fh	5% f	7% f	2% fh	7% fh	4% fh	5% fh	5% fh	9% fh	11% a	- a	6% a	9% a
Tend to agree	(3.0)	351	38	81	98	48	51	36	216	135	276	6	39	13	5	4	68
		17%	27% bcd fgh	18% f	19% fh	17% f	22% fh	8% fh	20% fh	14% f	16% fh	15% fh	33% abd	18% abd	41% abd	31% abd	26% a
Tend to disagree	(2.0)	701	41	143	164	119	71	163	348	353	611	20	33	22	5	4	83
		34%	30% abce	32% abce	31% abce	42% abce	31% abce	38% cg	31% cg	37% cg	35% cg	46% c	28% c	29% c	42% c	30% c	32% c
Strongly disagree	(1.0)	805	45	187	202	87	80	203	434	370	718	15	30	29	2	4	81
		39%	33% d	42% d	39% d	30% d	35% d	48% acdegh	39% d	39% d	41% cg	34% cg	26% cg	39% cg	17% cg	33% cg	31% cg
Don't know		73	1	3	22	18	13	15	26	46	58	-	5	3	-	-	8
		4%	1% abg	1% abg	4% abg	6% abg	6% abg	4% b	2% b	5% abg	3% b	- b	5% b	4% b	- b	- b	3% b
NET: Agree		473	52	114	132	61	67	46	298	174	371	9	50	22	5	5	90
		23%	37% bcd fgh	25% fh	25% fh	22% f	29% fh	11% fh	27% fh	18% f	21% fh	20% fh	42% ab	29% ab	41% ab	37% ab	34% a
NET: Disagree		1506	87	330	366	205	152	366	783	723	1329	35	63	51	8	8	164
		73%	62% ae	74% ae	70% ae	72% a	66% a	86% abcdegh	71% a	77% aceg	76% cg	80% cg	53% cg	67% cg	59% cg	63% cg	62% cg
Base for stats		1978	139	445	498	267	218	412	1081	897	1700	43	113	73	13	12	254
Mean Score		1.89	2.15 bcd fgh	1.91 f	1.93 fh	1.96 fh	2.01 fh	1.64 fh	1.95 fh	1.82 f	1.85 fh	1.91 fh	2.27 ab	2.02 ab	2.24 ab	2.10 ab	2.13 a
Standard Deviation		.905	.998	.946	.937	.840	.943	.744	.951	.841	.887	.842	.970	1.035	.752	.973	.963
Standard Error		.020	.085	.045	.042	.050	.062	.038	.029	.028	.022	.123	.089	.119	.201	.270	.059
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.04	.07	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461	
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
121	48	33	32	65	29	10	43	10	7	-	1	5	14	2	39	
6%	4%	9%	10%	10%	9%	8%	8%	6%	15%	-	1%	4%	8%	1%	9%	
		a	a	a	fghj	fgj	fgj	gj	fghj			j	fgj		fghj	
351	172	77	79	157	88	32	117	25	5	3	16	22	21	22	120	
17%	13%	21%	25%	23%	27%	26%	21%	16%	11%	6%	17%	16%	12%	6%	26%	
		a	a	a	defghij	defhij	fij	j			j	j	j		defghij	
701	467	128	87	215	86	36	180	64	15	18	30	57	57	158	122	
34%	36%	35%	28%	32%	26%	30%	33%	40%	32%	38%	31%	42%	33%	41%	27%	
		cd					a	ak				abck		abck		
805	555	125	104	229	114	38	200	53	17	25	45	45	71	197	153	
39%	43%	34%	34%	34%	35%	31%	36%	33%	36%	52%	46%	33%	41%	51%	34%	
		bcd								abcdhk	abcdhk			abcdhik		
73	47	7	9	16	13	6	12	7	3	2	4	6	9	9	19	
4%	4%	2%	3%	2%	4%	5%	2%	5%	7%	4%	5%	4%	6%	2%	4%	
													c			
473	220	110	111	221	117	42	160	36	12	3	17	27	34	24	159	
23%	17%	30%	36%	32%	36%	34%	29%	22%	26%	6%	18%	20%	20%	6%	35%	
		a	a	a	cdfghij	dffghij	fghij	fj	fj		j	fj	fj		cdfghij	
1506	1021	253	191	444	200	75	380	117	32	44	75	102	127	354	275	
73%	79%	68%	61%	65%	61%	61%	69%	73%	68%	90%	78%	76%	74%	91%	61%	
		bcd					ak	abk		abcdehik	abk	abk	abk	abcdeghik		
1978	1241	363	302	665	318	117	540	153	44	47	92	129	162	378	434	
1.89	1.77	2.05	2.13	2.09	2.10	2.11	2.00	1.95	2.05	1.53	1.71	1.90	1.86	1.55	2.11	
		a	a	a	fghij	fgij	fgj	fgj			j	fj	fj		fghij	
.905	.828	.958	1.009	.982	1.000	.968	.952	.888	1.073	.624	.785	.821	.942	.634	.991	
.020	.023	.055	.063	.041	.055	.092	.041	.071	.164	.093	.078	.064	.074	.035	.047	
*	*	*	*	*	*	.01	*	.01	.03	.01	.01	*	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	121	14	54	50	3	107		35	67		12	18	9	79	38	-	
		6%	4%	5%	9%	5%	6%		12%	5%		6%	5%	15%	6%	7%	-	
					abe				b			f		abdef	f	f		a
Tend to agree	(3.0)	351	42	177	125	7	310		92	210		40	47	17	242	90	10	
		17%	13%	16%	23%	12%	18%		31%	15%		18%	13%	27%	17%	16%	15%	
					abe		a		b			bde						
Tend to disagree	(2.0)	701	105	395	183	18	596		91	497		65	127	18	486	191	19	
		34%	32%	35%	33%	29%	35%		30%	36%		29%	36%	29%	34%	34%	28%	
Strongly disagree	(1.0)	805	156	449	169	31	649		75	565		93	149	15	569	221	32	
		39%	48%	40%	31%	50%	38%		25%	41%		42%	42%	24%	40%	39%	47%	
			bce	c		ce	c		a			c	c		c	c	c	
Don't know		73	10	39	21	2	62		8	47		13	16	2	43	23	7	
		4%	3%	4%	4%	3%	4%		3%	3%		6%	5%	4%	3%	4%	11%	
									d			d				bde		
NET: Agree		473	56	231	175	11	417		127	278		52	64	26	321	128	10	
		23%	17%	21%	32%	17%	24%		42%	20%		23%	18%	43%	23%	23%	15%	
					abde		ab		b			abdef						
NET: Disagree		1506	261	844	352	49	1245		166	1062		157	277	32	1055	411	51	
		73%	80%	76%	64%	79%	72%		55%	77%		71%	77%	54%	74%	73%	75%	
			ce	ce		c	c		a			c	c		c	c	c	
Base for stats		1978	317	1075	527	60	1661		293	1339		209	341	58	1376	539	61	
Mean Score		1.89	1.73	1.85	2.11	1.71	1.92		2.30	1.84		1.86	1.80	2.35	1.88	1.90	1.64	
				a	abde		ab		b			abdef		f	f			
Standard Deviation		.905	.857	.872	.963	.886	.911		.983	.868		.923	.863	1.036	.897	.921	.754	
Standard Error		.020	.048	.027	.042	.113	.022		.059	.024		.062	.048	.134	.024	.040	.096	
Error variance		*	*	*	*	.01	*		*	*		*	*	.02	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days active									Amount of activity in the past week compared to previous week				
			Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512	
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	121	9	5	12	30	15	20	6	24	57	50	61	41	19
		6%	2%	2%	4%	8%	7%	10%	6%	8%	7%	8%	11%	4%	4%	
					abc	ab	abc		ab	ab	ab	abc	bc			
Tend to agree		(3.0)	351	28	36	65	76	47	39	14	47	187	100	155	115	81
		17%	8%	17%	23%	21%	21%	18%	15%	16%	22%	16%	27%	12%	16%	
				a	ahj	a	a	a	a	a	ahj	a	bc		b	
Tend to disagree		(2.0)	701	125	86	99	133	74	65	27	92	306	184	171	355	169
		34%	34%	41%	35%	37%	33%	30%	28%	31%	35%	30%	30%	38%	33%	
				fghj		j					j			a		
Strongly disagree		(1.0)	805	173	75	100	108	86	86	47	130	293	263	175	402	221
		39%	47%	36%	35%	30%	39%	40%	49%	43%	34%	43%	30%	43%	44%	
			bcdei				d	d	bcdi	cdi		cdi		a	a	
Don't know			73	29	7	9	13	1	4	1	8	23	14	15	30	18
		4%	8%	3%	3%	4%	1%	2%	1%	3%	3%	2%	3%	3%	4%	
			bcdefghij			e										
NET: Agree			473	38	41	77	106	61	59	20	71	244	150	216	155	100
		23%	10%	20%	27%	30%	28%	28%	21%	23%	28%	25%	37%	16%	20%	
				a	a	ab	a	a	a	a	ab	a	bc			
NET: Disagree			1506	299	160	199	241	160	151	73	222	599	447	346	757	390
		73%	82%	77%	70%	67%	72%	70%	77%	74%	69%	73%	60%	80%	77%	
			cdefhij	di								d		a	a	
Base for stats			1978	336	201	275	347	221	211	94	293	843	597	562	913	490
Mean Score			1.89	1.62	1.85	1.96	2.08	1.96	1.97	1.78	1.88	2.01	1.90	2.18	1.77	1.79
					a	a	abghj	a	a		a	abghj	a	bc		
Standard Deviation			.905	.753	.791	.879	.936	.932	.993	.930	.959	.918	.967	.996	.834	.856
Standard Error			.020	.042	.055	.053	.049	.063	.069	.097	.056	.031	.040	.042	.028	.039
Error variance			*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	121 6%	12 2%	11 3%	27 7% ab	24 8% ab	22 13% abcf	7 6% a	5 10% ab	13 10% ab	74 8% ab	25 8% ab	53 10% bc	42 4% a	26 5% c
Tend to agree	(3.0)	351 17%	50 9%	53 16% a	79 20% a	80 27% abchj	37 21% a	26 21% a	8 17% a	18 14% a	195 22% abhj	53 17% a	125 23% bc	135 14% a	88 17% c
Tend to disagree	(2.0)	701 34%	187 35%	139 42% acdehij	133 34%	95 32%	51 29%	44 34%	16 31%	36 27%	279 32%	96 31%	160 29%	343 37% a	184 35% c
Strongly disagree	(1.0)	805 39%	259 48% bcdefi	114 35%	143 36%	94 31%	62 35%	49 38%	21 42%	64 48% bcdei	298 34%	134 43% bdi	196 36%	382 41% a	218 41% c
Don't know		73 4%	32 6% cdhij	11 3%	11 3%	8 3%	6 4%	2 2%	- - a	2 1% a	25 3% ab	4 1% a	14 3% bc	36 4% a	14 3% c
NET: Agree		473 23%	62 11%	63 19% a	106 27% ab	104 35% abchj	59 33% ab	34 26% a	13 27% a	31 23% a	269 31% ab	78 25% a	178 32% bc	177 19% a	114 21% c
NET: Disagree		1506 73%	446 83% cdefij	252 77% cdei	276 70% d	189 63%	113 63%	93 72%	37 73%	100 75% dei	578 66%	230 74% dei	356 65%	725 77% a	402 76% a
Base for stats		1978	508	315	382	293	172	126	50	132	847	308	534	903	516
Mean Score		1.89	1.64	1.87 a	1.97 a	2.12 abhj	2.11 abhj	1.94 a	1.94 a	1.85 a	2.05 abhj	1.90 a	2.06 bc	1.82 a	1.85 c
Standard Deviation		.905	.756	.805	.931	.953	1.043	.908	.999	1.004	.964	.963	.997	.853	.878
Standard Error		.020	.034	.045	.048	.055	.080	.082	.141	.089	.033	.055	.043	.029	.039
Error variance		*	*	*	*	*	.01	.01	.02	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Gender			Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	341	156	184	144	124	72	11	45	26	29	31	35	80	58	24
		17%	16%	18%	23% bc	18% c	10%	12%	17%	13%	14%	18%	15%	25% abcdfhi	17%	12%
Tend to agree	(3.0)	732	333	395	247	239	245	38	86	76	67	63	78	119	125	80
		36%	33%	38% a	40% c	36%	32%	39%	32%	38%	31%	36%	34%	37%	38%	38%
Tend to disagree	(2.0)	573	315	257	132	177	264	35	75	57	78	46	60	70	92	58
		28%	31% b	25%	21%	26% a	35% ab	36% g	28%	29%	37% befgh	26%	26%	22%	28%	28%
Strongly disagree	(1.0)	342	169	171	74	110	159	11	54	35	34	29	49	42	48	41
		17%	17%	16%	12%	16% a	21% ab	11% ag	20%	18%	16%	16%	21% agh	13%	14%	19% g
Don't know		63	28	34	22	21	20	2	6	5	6	8	7	14	10	6
		3%	3%	3%	4%	3%	3%	3%	2%	3%	3%	4%	3%	4%	3%	3%
NET: Agree		1072	488	579	392	363	318	49	131	103	96	94	113	199	183	104
		52%	49%	56% a	63% bc	54% c	42%	50%	49%	51%	45%	53%	49%	61% abcdfi	55% d	50%
NET: Disagree		915	484	428	206	287	422	46	129	92	112	75	109	113	140	99
		45%	48% b	41%	33%	43% a	56% ab	47% g	49% g	46% g	52% gh	42%	48% g	35%	42%	47% g
Base for stats		1988	972	1007	598	650	740	96	260	195	208	169	222	312	323	203
Mean Score		2.54	2.49	2.59	2.77	2.58	2.31	2.52	2.47	2.48	2.44	2.57	2.45	2.76	2.60	2.43
				a	bc	c								abcdefhi		
Standard Deviation		.968	.958	.974	.952	.982	.916	.850	1.007	.940	.924	.980	1.006	.984	.948	.944
Standard Error		.022	.031	.031	.037	.039	.035	.082	.062	.064	.063	.075	.076	.056	.053	.067
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	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		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	341	30	84	100	48	37	42	214	127	275	12	25	17	-	3	57
		17%	22% fh	19% fh	19% fh	17% f	16% f	10% fh	19% fh	13% fh	16% fh	27% a	21% fh	23% fh	-	23% fh	22% a
Tend to agree	(3.0)	732	51	180	190	98	86	126	421	311	613	15	54	30	8	5	111
		36%	37% fh	40% fh	36% f	35% f	37% f	30% fh	38% fh	33% fh	35% fh	33% fh	46% a	39% fh	61% fh	41% fh	42% a
Tend to disagree	(2.0)	573	38	111	139	88	56	140	288	285	510	10	24	15	5	4	58
		28%	27% fh	25% fh	27% fh	31% fh	24% fh	33% bceg	26% fh	30% bg	29% cg	24% fh	20% fh	20% fh	39% fh	28% fh	22% fh
Strongly disagree	(1.0)	342	17	67	71	42	39	106	156	187	308	7	10	11	-	1	29
		17%	13% fh	15% fh	14% fh	15% fh	17% fh	25% abcdegh	14% fh	20% abcf	17% cg	16% fh	9% fh	15% fh	-	7% fh	11% fh
Don't know		63	3	6	20	8	14	13	29	34	52	-	5	2	-	-	7
		3%	2% b	1% b	4% b	3% b	6% bg	3% b	3% b	4% b	3% b	-	4% fh	3% fh	-	-	3% b
NET: Agree		1072	81	264	290	147	122	168	635	437	889	26	79	47	8	8	168
		52%	58% fh	59% dfh	56% fh	52% f	53% f	39% fh	57% fh	46% f	51% fh	61% fh	67% a	62% a	61% fh	65% fh	64% a
NET: Disagree		915	55	178	210	130	95	246	444	472	817	17	34	26	5	4	87
		45%	40% fh	40% fh	40% fh	46% fh	41% fh	58% abcdegh	40% fh	50% abceg	46% cdg	39% fh	29% fh	35% fh	39% fh	35% fh	33% fh
Base for stats		1988	137	442	500	277	217	414	1079	909	1706	43	113	73	13	12	256
Mean Score		2.54	2.69 fh	2.63 fh	2.64 fh	2.55 fh	2.55 f	2.25 fh	2.64 fh	2.42 f	2.50 fh	2.72 fh	2.83 a	2.72 a	2.61 fh	2.81 fh	2.77 a
Standard Deviation		.968	.959	.958	.958	.950	.971	.950	.957	.966	.966	1.042	.879	1.000	.507	.911	.927
Standard Error		.022	.082	.046	.042	.056	.064	.048	.029	.032	.024	.152	.080	.114	.135	.253	.056
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.02	.06	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work		NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed							Student		Retired		
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461	
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
341	187	76	66	141	76	30	108	20	9	3	16	24	25	29	106	
17%	14%	20%	21%	21%	23%	25%	20%	12%	20%	7%	16%	18%	15%	7%	23%	
		a	a	a	dfij	dfij	dfj		j		j	j	j		dfij	
732	441	131	124	256	126	50	197	55	16	21	39	60	45	122	176	
36%	34%	35%	40%	38%	38%	40%	36%	34%	35%	44%	41%	45%	26%	31%	39%	
					i	i	i			i	i	cij			ij	
573	385	100	73	173	79	21	156	53	11	13	23	25	53	140	100	
28%	30%	27%	23%	25%	24%	17%	28%	33%	23%	26%	24%	19%	31%	36%	22%	
	cd						bhk	abhk					bhk	abcghk		
342	232	55	44	98	44	18	76	26	9	8	14	19	43	85	62	
17%	18%	15%	14%	14%	13%	15%	14%	16%	20%	17%	15%	14%	25%	22%	14%	
													abcdghk	achk		
63	42	8	5	13	7	4	16	6	1	3	5	6	5	12	10	
3%	3%	2%	2%	2%	2%	3%	3%	4%	3%	5%	5%	5%	3%	3%	2%	
1072	628	207	190	397	202	80	306	75	26	25	55	84	71	151	282	
52%	49%	56%	61%	58%	61%	65%	55%	47%	55%	51%	57%	63%	41%	39%	62%	
	a	a	a	a	dij	dij	ij		j		ij	dij			cdij	
915	617	155	117	271	122	39	232	79	20	21	37	44	96	225	162	
45%	48%	42%	37%	40%	37%	32%	42%	49%	43%	44%	38%	33%	56%	58%	36%	
	cd						bhk	abhk					abcghk	abceghk		
1988	1245	362	307	669	324	119	537	154	46	46	92	128	167	376	443	
2.54	2.47	2.63	2.69	2.66	2.72	2.77	2.63	2.44	2.56	2.44	2.61	2.70	2.32	2.25	2.73	
	a	a	a	a	dij	dij	dij	j	j		ij	dij			dij	
.968	.960	.978	.964	.971	.969	1.002	.960	.923	1.040	.880	.948	.940	1.023	.891	.977	
.022	.026	.056	.060	.041	.053	.093	.042	.074	.153	.133	.094	.074	.079	.049	.046	
*	*	*	*	*	*	.01	*	.01	.02	.02	.01	.01	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	341	34	187	106	14	306		64	235		45	41	17	238	87	13	
		17%	11%	17%	19%	22%	18%		21%	17%		20%	11%	27%	17%	16%	19%	
				a	a	a	a					b		bde	b			
Tend to agree	(3.0)	732	116	383	218	15	616		114	492		74	124	23	510	196	21	
		36%	35%	34%	40%	24%	36%		38%	35%		33%	35%	38%	36%	35%	30%	
					bd													
Tend to disagree	(2.0)	573	101	319	136	17	471		76	385		54	106	10	409	153	16	
		28%	31%	29%	25%	27%	27%		25%	28%		24%	30%	16%	29%	27%	23%	
			c												c			
Strongly disagree	(1.0)	342	67	192	68	15	275		39	233		42	79	10	218	112	17	
		17%	21%	17%	12%	24%	16%		13%	17%		19%	22%	16%	15%	20%	25%	
			ce	c		c	c						d		d	d		
Don't know		63	8	33	20	2	55		8	42		7	7	2	44	14	2	
		3%	3%	3%	4%	3%	3%		3%	3%		3%	2%	3%	3%	2%	3%	
NET: Agree		1072	150	570	324	28	922		178	726		119	165	39	748	283	33	
		52%	46%	51%	59%	46%	54%		59%	52%		54%	46%	65%	53%	50%	49%	
					abde		a		b					be	b			
NET: Disagree		915	169	511	204	32	746		115	618		96	185	20	627	265	33	
		45%	52%	46%	37%	51%	43%		38%	45%		43%	52%	32%	44%	47%	48%	
			ce	c		c	c			a				acd		c		
Base for stats		1988	319	1081	528	60	1669		293	1344		215	350	59	1376	548	66	
Mean Score		2.54	2.37	2.52	2.69	2.45	2.57		2.69	2.54		2.57	2.36	2.78	2.56	2.47	2.44	
				a	abe		a		b			b		be	b			
Standard Deviation		.968	.935	.975	.936	1.106	.971		.957	.972		1.032	.958	1.038	.954	.989	1.078	
Standard Error		.022	.052	.030	.041	.142	.024		.057	.026		.069	.052	.134	.026	.042	.133	
Error variance		*	*	*	*	.02	*		*	*		*	*	.02	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512	
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	341	50	38	46	65	42	40	15	43	154	98	125	94	119
		17%	14%	18%	16%	18%	19%	19%	16%	14%	18%	16%	22% b	10%	23% b	
Tend to agree		(3.0)	732	94	80	129	148	90	73	28	90	367	191	235	289	204
		36%	26%	39% ah	45% afghj	41% aghj	40% ahj	34% a	30%	30%	42% afghj	31%	41% b	31%	40% b	
Tend to disagree		(2.0)	573	90	62	72	93	55	70	30	99	221	200	132	328	110
		28%	25%	30%	25%	26%	25%	33% ai	32%	33% acdei	25%	33% acdei	23% ac	35% ac	22%	
Strongly disagree		(1.0)	342	110	21	28	44	30	28	21	61	102	109	74	201	61
		17%	30% bcdefhij	10%	10%	12%	14%	13%	22% bcdfi	20% bcdfi	12%	18% bcdi	13% ac	21% ac	12%	
Don't know		63	21	6	9	9	5	4	-	9	23	13	12	31	15	
		3%	6% dfgij	3%	3%	2%	2%	2%	-	3%	3%	2%	2%	3%	3%	
NET: Agree		1072	144	118	175	213	132	113	44	132	521	289	360	383	322	
		52%	40%	57% ahj	62% afghj	59% aghj	59% aghj	53% a	46%	44%	60% afghj	47% a	62% b	41%	63% b	
NET: Disagree		915	200	83	100	137	86	98	51	160	323	309	206	529	171	
		45%	55% bcdefi	40%	35%	38%	38%	46% ci	54% bcdei	53% bcdei	37%	51% bcdei	36% ac	56% ac	34%	
Base for stats		1988	345	202	275	351	218	211	95	292	843	598	565	912	494	
Mean Score		2.54	2.25	2.67	2.71	2.67	2.66	2.59	2.40	2.39	2.68	2.46	2.73	2.30	2.77	
			aghj	aghj	aghj	aghj	aghj	ah			aghj	a	b		b	
Standard Deviation		.968	1.059	.901	.865	.921	.947	.943	1.007	.973	.909	.971	.951	.927	.952	
Standard Error		.022	.058	.063	.052	.048	.064	.066	.104	.057	.031	.040	.040	.031	.043	
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534	
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	341	61	63	73	55	33	20	9	27	161	56	108	100	129
		17%		11%	19%	19%	18%	19%	16%	17%	20%	19%	18%	20%	11%	24%
					a	a	a	a			a	a	a	b		b
Tend to agree		(3.0)	732	160	134	166	116	67	39	18	33	349	90	229	276	217
		36%		30%	41%	42%	39%	38%	30%	36%	24%	40%	29%	42%	29%	41%
					afhj	afhj	ahj	ahj				afhj		b		b
Tend to disagree		(2.0)	573	153	86	103	85	43	43	19	40	232	102	131	321	115
		28%		28%	26%	26%	28%	24%	33%	37%	30%	27%	33%	24%	34%	22%
												i			ac	
Strongly disagree		(1.0)	342	143	36	42	37	28	23	3	31	107	57	72	203	59
		17%		27%	11%	11%	12%	16%	17%	5%	23%	12%	18%	13%	22%	11%
				bcdefgij					cg		bcdgi		bcdgi		ac	
Don't know			63	24	8	9	7	6	4	2	3	23	9	8	39	11
		3%		4%	2%	2%	2%	4%	3%	4%	2%	3%	3%	2%	4%	2%
															ac	
NET: Agree			1072	220	196	239	171	100	60	27	59	510	146	337	376	346
		52%		41%	60%	61%	57%	56%	46%	53%	45%	59%	47%	62%	40%	65%
					afhj	afhj	afhj	ahj				afhj		b		b
NET: Disagree			915	296	122	145	122	71	65	21	71	339	158	203	525	173
		45%		55%	37%	37%	41%	40%	51%	43%	54%	39%	51%	37%	56%	33%
				bcdei					bci		bcdei		bcdei		ac	
Base for stats			1988	517	318	384	293	172	125	48	131	849	304	540	900	519
Mean Score			2.54	2.27	2.70	2.70	2.65	2.62	2.46	2.68	2.42	2.67	2.48	2.69	2.30	2.80
					afhj	afhj	ahj	a		a		afhj	a	b		b
Standard Deviation			.968	.994	.911	.901	.927	.977	.971	.840	1.069	.925	.997	.938	.940	.939
Standard Error			.022	.044	.050	.046	.053	.075	.088	.121	.095	.032	.058	.040	.032	.041
Error variance			*	*	*	*	*	.01	.01	.01	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	455	228	227	165	167	124	24	60	46	42	39	49	80	61	53
		22%	23%	22%	27% c	25% c	16%	25%	23%	23%	20%	22%	22%	25%	18%	25%
Tend to agree	(3.0)	993	505	486	293	325	375	37	134	92	101	86	103	170	174	95
		48%	50%	47%	47%	48%	49%	38%	50% a	46%	47%	49%	45%	52% a	52% a	45%
Tend to disagree	(2.0)	352	165	185	104	99	150	22	40	41	42	29	43	39	61	35
		17%	17%	18%	17%	15%	20% b	22% g	15%	20% g	20% g	16% g	19% g	12% g	18% g	17% g
Strongly disagree	(1.0)	181	74	105	39	51	92	8	25	15	22	15	22	26	28	22
		9%	7%	10% a	6%	8%	12% ab	8%	9%	8%	10%	8%	9%	8%	9%	10%
Don't know		69	28	39	20	31	19	7	7	6	7	8	11	10	9	4
		3%	3%	4%	3%	5% c	2%	7% hi	3%	3%	3%	5%	5%	3%	3%	2%
NET: Agree		1448	733	712	457	491	499	62	195	138	144	125	153	251	235	147
		71%	73% b	68%	74% c	73% c	66%	63%	73%	69%	67%	71%	67%	77% acdf	71%	71%
NET: Disagree		533	239	290	142	150	241	29	64	56	64	44	65	65	89	57
		26%	24%	28% a	23%	22%	32% ab	30% g	24%	28% g	30% g	25%	28% g	20%	27% g	27% g
Base for stats		1982	972	1002	600	641	741	91	259	194	208	168	217	316	324	204
Mean Score		2.87	2.91	2.83	2.97	2.95	2.72	2.86	2.89	2.87	2.79	2.88	2.83	2.97	2.83	2.87
			b		c	c								dh		
Standard Deviation		.870	.837	.895	.840	.855	.887	.915	.869	.868	.886	.860	.892	.840	.836	.919
Standard Error		.020	.027	.028	.032	.034	.034	.090	.053	.059	.061	.066	.068	.047	.047	.065
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	455	48	123	121	63	45	55	291	164	374	16	30	27	-	3	75
		22%	34%	27%	23%	22%	20%	13%	26%	17%	21%	36%	25%	35%	-	26%	29%
			cdefgh	efh	fh	f	f		efh	f		a		a			a
Tend to agree	(3.0)	993	68	224	255	144	103	199	547	446	845	15	66	36	12	7	136
		48%	49%	50%	49%	51%	45%	46%	49%	47%	48%	34%	56%	48%	92%	60%	52%
												b					b
Tend to disagree	(2.0)	352	17	59	84	48	45	99	161	191	321	5	15	7	1	1	29
		17%	13%	13%	16%	17%	19%	23%	15%	20%	18%	12%	13%	10%	8%	7%	11%
						b	abcdg		abcdg	g							
Strongly disagree	(1.0)	181	4	33	37	13	31	63	74	108	163	7	4	4	-	-	15
		9%	3%	7%	7%	5%	13%	15%	7%	11%	9%	15%	3%	5%	-	-	6%
							abcdg	abcdg		abcdg	cg	cg					
Don't know		69	2	8	24	16	7	12	35	34	56	1	4	1	-	1	7
		3%	2%	2%	5%	5%	3%	3%	3%	4%	3%	3%	3%	1%	-	7%	2%
					b	b											
NET: Agree		1448	116	347	376	208	148	254	839	610	1219	30	96	63	12	11	212
		71%	83%	78%	72%	73%	64%	59%	76%	65%	69%	70%	81%	84%	92%	86%	81%
			cdefh	efh	efh	efh			efh				a	a			a
NET: Disagree		533	22	92	120	61	76	162	234	299	484	12	19	11	1	1	44
		26%	15%	21%	23%	22%	33%	38%	21%	32%	27%	27%	16%	15%	8%	7%	17%
					a		abcdg	abcdgh		abcdg	cdg						
Base for stats		1982	137	440	496	269	224	415	1073	909	1703	42	115	74	13	12	256
		2.87	3.16	2.99	2.93	2.96	2.72	2.59	2.98	2.73	2.84	2.93	3.06	3.15	2.92	3.21	3.07
			bcdefgh	efh	efh	efh			efh	f			a	a			a
Standard Deviation		.870	.756	.846	.839	.784	.941	.902	.835	.891	.875	1.070	.726	.814	.277	.585	.797
Standard Error		.020	.064	.041	.037	.047	.061	.046	.025	.030	.021	.158	.066	.092	.074	.169	.048
Error variance		*	*	*	*	*	*	*	*	*	*	.02	*	.01	.01	.03	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work		NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed							Student		Retired		
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461	
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
455	240	103	98	201	76	31	144	35	14	8	12	42	25	68	107	
22%	19%	28%	31%	29%	23%	25%	26%	22%	29%	16%	13%	31%	15%	18%	23%	
		a	a	a	gi	gi	gij		gi			afgijk			gij	
993	639	183	136	319	161	59	280	73	19	33	51	61	74	181	220	
48%	50%	49%	44%	47%	49%	48%	51%	45%	42%	68%	53%	46%	43%	47%	49%	
										abcdehijk						
352	230	59	45	104	55	19	78	27	9	3	19	19	38	84	74	
17%	18%	16%	14%	15%	17%	16%	14%	17%	19%	7%	19%	14%	22%	22%	16%	
											f		cf	cf		
181	138	15	21	36	30	12	36	12	3	2	10	8	25	44	41	
9%	11%	4%	7%	5%	9%	9%	6%	8%	7%	5%	10%	6%	15%	11%	9%	
	bcd												cdhk	ch		
69	41	10	12	22	9	3	14	13	2	2	5	4	9	10	11	
3%	3%	3%	4%	3%	3%	2%	3%	8%	4%	4%	5%	3%	5%	3%	2%	
								abchjk								
1448	879	286	234	520	237	89	424	108	33	41	63	103	100	249	327	
71%	68%	77%	75%	76%	72%	73%	77%	67%	71%	84%	65%	77%	58%	64%	72%	
		a	a	a	ij	i	dgij			dgij		dgij			ij	
533	368	74	66	140	85	31	114	40	12	6	28	27	63	128	116	
26%	29%	20%	21%	21%	26%	25%	21%	25%	25%	12%	29%	20%	37%	33%	26%	
	bcd				f						cf		abcdfhk	acfhk	f	
1982	1247	360	300	659	322	120	539	147	45	47	91	131	162	377	442	
2.87	2.79	3.04	3.04	3.04	2.88	2.90	2.99	2.89	2.97	2.99	2.72	3.05	2.62	2.72	2.89	
		a	a	a	ij	i	gij	i	i	i		agijk			ij	
.870	.880	.787	.870	.825	.874	.892	.825	.863	.893	.681	.831	.844	.928	.893	.878	
.020	.024	.045	.055	.035	.048	.083	.036	.070	.133	.101	.082	.066	.073	.049	.041	
*	*	*	*	*	*	.01	*	*	.02	.01	.01	*	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	455	47	230	156	22	408		90	314		47	52	19	341	105	8	
		22%	14%	21%	28%	35%	24%		30%	23%		21%	14%	32%	24%	19%	12%	
				a	abe	abe	a		b		bef	bef					b	
Tend to agree	(3.0)	993	161	548	259	25	832		124	694		81	144	16	740	220	20	
		48%	49%	49%	47%	41%	48%		41%	50%		37%	40%	27%	52%	39%	30%	
								a			abcef						b	
Tend to disagree	(2.0)	352	60	207	74	10	291		60	228		50	82	18	212	130	16	
		17%	18%	19%	14%	16%	17%		20%	16%		22%	23%	29%	15%	23%	24%	
				c					d		d	d	d	d	d	d	a	a
Strongly disagree	(1.0)	181	49	93	35	4	132		20	106		30	65	7	85	87	15	
		9%	15%	8%	6%	7%	8%		7%	8%		14%	18%	11%	6%	15%	21%	
			bce						d	d		d	d	d	d	d	d	
Don't know		69	9	35	24	1	60		7	45		14	15	1	40	21	8	
		3%	3%	3%	4%	1%	3%		2%	3%		6%	4%	1%	3%	4%	12%	
									d							bcd	e	
NET: Agree		1448	208	778	415	47	1240		214	1008		128	196	35	1081	325	29	
		71%	64%	70%	76%	75%	72%		71%	73%		58%	55%	58%	76%	58%	42%	
				a	ab		a		f		abcef	f					b	
NET: Disagree		533	110	300	109	15	424		80	333		80	147	24	297	217	31	
		26%	33%	27%	20%	23%	25%		27%	24%		36%	41%	40%	21%	39%	45%	
			bce	c			c		d		d	d	d	d	d	d	a	a
Base for stats		1982	318	1079	524	61	1664		294	1342		208	342	60	1379	541	60	
Mean Score		2.87	2.65	2.85	3.02	3.04	2.91		2.97	2.91		2.69	2.53	2.80	2.97	2.63	2.38	
				a	abe	a	a		f		bf	abef					b	
Standard Deviation		.870	.915	.854	.840	.904	.855		.979	.967	1.022	.805	.970	1.010	.868	.875	.858	.909
Standard Error		.020	.051	.026	.037	.115	.021		.066	.053	.131	.022	.042	.130	.022	.045	.021	.052
Error variance		*	*	*	*	.01	*	*	*	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days active										Amount of activity in the past week compared to previous week		
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	455	21	27	43	91	62	67	36	107	196	211	182	170	102
		22%	6%	13%	15%	25%	28%	31%	38%	36%	23%	35%	32%	18%	20%
				a	a	abc	abc	abci	abcdi	abcdi	abc	abcdi	bc		
Tend to agree	(3.0)	993	87	117	165	193	126	110	46	149	484	305	303	429	256
		48%	24%	56%	58%	54%	57%	51%	48%	49%	56%	50%	53%	46%	50%
				a	ahj	a	a	a	a	a	aj	a	b		
Tend to disagree	(2.0)	352	123	31	52	53	22	30	9	31	128	70	56	196	95
		17%	34%	15%	18%	15%	10%	14%	10%	10%	15%	12%	10%	21%	19%
			bcdefghij		ehj									a	a
Strongly disagree	(1.0)	181	109	19	11	18	10	4	1	10	39	15	21	112	41
		9%	30%	9%	4%	5%	5%	2%	1%	3%	4%	3%	4%	12%	8%
			bcdefghij	cfghij		j		2%	1%	3%	j			ac	a
Don't know		69	26	13	14	4	2	4	2	4	20	10	14	34	14
		3%	7%	6%	5%	1%	1%	2%	3%	1%	2%	2%	3%	4%	3%
			defhij	defhij	dehij										
NET: Agree		1448	108	145	208	284	188	177	82	256	680	515	486	600	358
		71%	30%	70%	73%	79%	85%	83%	86%	85%	78%	84%	84%	64%	70%
				a	a	ab	abci	abc	abc	abcdi	ab	abcdi	bc		b
NET: Disagree		533	231	50	63	71	33	34	10	42	167	86	77	308	136
		26%	63%	24%	22%	20%	15%	16%	11%	14%	19%	14%	13%	33%	27%
			bcdefghij	efghj	eghj	ghj					hj			ac	a
Base for stats		1982	339	195	270	355	221	211	92	298	847	601	563	908	494
Mean Score		2.87	2.06	2.79	2.89	3.01	3.09	3.14	3.27	3.19	2.99	3.18	3.15	2.72	2.85
				a	a	ab	abc	abcdi	abcdei	abcdi	ab	abcdi	bc		b
Standard Deviation		.870	.908	.801	.707	.780	.751	.720	.689	.756	.753	.733	.743	.907	.843
Standard Error		.020	.050	.057	.043	.041	.051	.050	.072	.044	.026	.030	.031	.030	.038
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534	
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	455	42	47	101	86	55	50	19	56	242	124	178	158	116
		22%	8%	14%	26%	29%	31%	39%	37%	42%	28%	40%	32%	17%	22%	
				a	ab	ab	ab	abcdi	ab	abcdi	ab	abcdi	bc		b	
Tend to agree		(3.0)	993	202	182	214	157	88	59	25	66	460	149	290	439	250
		48%	37%	56%	55%	52%	49%	46%	49%	49%	53%	48%	53%	47%	47%	
				aj	a	a	a			a	a	a	b			
Tend to disagree		(2.0)	352	144	70	49	42	21	12	6	9	112	27	54	196	99
		17%	27%	21%	12%	14%	12%	9%	12%	7%	13%	9%	10%	21%	19%	
			cdefghij	cdefhij		hj								a	a	
Strongly disagree		(1.0)	181	120	16	18	10	9	6	-	2	38	7	18	107	49
		9%	22%	5%	5%	3%	5%	4%	-	1%	4%	2%	3%	11%	9%	
			bcddefghij											a	a	
Don't know			69	33	12	11	5	4	2	1	1	20	5	8	39	16
		3%	6%	4%	3%	2%	2%	2%	2%	2%	1%	2%	2%	2%	4%	3%
			cdhij											a		
NET: Agree			1448	244	229	315	244	143	109	43	122	702	273	468	597	366
		71%	45%	70%	80%	81%	81%	84%	86%	91%	81%	87%	85%	64%	69%	
				a	ab	ab	ab	ab	ab	abcdei	ab	abcdei	bc		b	
NET: Disagree			533	264	86	67	52	30	18	6	11	150	34	72	303	148
		26%	49%	26%	17%	17%	17%	14%	12%	8%	17%	11%	13%	32%	28%	
			bcddefghij	cdefghij	hj	hj	h				hj			a	a	
Base for stats			1982	508	314	382	296	174	126	49	132	851	308	540	900	514
Mean Score			2.87	2.33	2.83	3.04	3.08	3.09	3.21	3.26	3.33	3.06	3.27	3.16	2.72	2.84
				a	ab	ab	ab	abc	ab	abcdei	ab	abcdei	bc		b	
Standard Deviation			.870	.928	.738	.764	.754	.806	.794	.663	.659	.768	.718	.734	.890	.882
Standard Error			.020	.042	.041	.039	.043	.062	.072	.095	.058	.026	.041	.031	.030	.039
Error variance			*	*	*	*	*	*	.01	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Gender		Age			Region										
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204	
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	417	200	215	156	168	93	19	57	37	38	38	43	76	65	44
			20%	20%	21%	25%	25%	12%	20%	21%	18%	18%	21%	19%	23%	20%	21%
					c	c											
Tend to agree		(3.0)	910	461	447	277	300	332	37	124	89	102	79	97	146	158	79
			44%	46%	43%	45%	45%	44%	37%	46%	45%	47%	45%	42%	45%	47%	38%
															i		
Tend to disagree		(2.0)	415	200	212	114	113	187	26	46	49	40	37	37	61	63	55
			20%	20%	20%	18%	17%	25%	26%	17%	24%	19%	21%	16%	19%	19%	26%
								ab	bf		f						b f g h
Strongly disagree		(1.0)	225	103	122	53	61	111	11	28	17	29	17	37	31	32	24
			11%	10%	12%	9%	9%	15%	11%	10%	8%	13%	10%	16%	9%	10%	11%
								ab						c g h			
Don't know			85	37	46	19	30	36	6	12	8	6	5	15	13	14	7
			4%	4%	4%	3%	4%	5%	6%	4%	4%	3%	3%	6%	4%	4%	3%
NET: Agree			1327	661	662	433	468	425	56	180	126	140	117	140	221	223	123
			65%	66%	64%	70%	70%	56%	57%	68%	63%	65%	66%	61%	68%	67%	59%
						c	c			a				ai			
NET: Disagree			639	302	334	168	174	298	36	74	66	69	54	74	91	96	78
			31%	30%	32%	27%	26%	39%	37%	28%	33%	32%	31%	33%	28%	29%	38%
								ab									b g h
Base for stats			1966	963	996	601	642	723	92	255	192	209	171	214	313	319	201
Mean Score			2.77	2.79	2.76	2.89	2.90	2.56	2.70	2.82	2.76	2.71	2.81	2.68	2.85	2.80	2.71
						c	c										
Standard Deviation			.910	.893	.928	.891	.898	.901	.930	.902	.864	.920	.895	.985	.900	.880	.938
Standard Error			.021	.029	.029	.034	.036	.035	.091	.056	.059	.063	.068	.076	.051	.049	.067
Error variance			*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	417	43	103	124	57	46	43	270	147	345	16	29	21	1	1	67
		20%	31% defh	23% fh	24% fh	20% f	20% f	10% fh	24% fh	16% f	20%	37% a	24%	28%	8%	6%	26% a
Tend to agree	(3.0)	910	62	215	233	135	99	165	511	399	780	15	58	31	8	9	121
		44%	45% fh	48% fh	45% fh	47% f	43% f	39% f	46% f	42% f	44%	35% fh	49% fh	42% fh	64% fh	70% fh	46% fh
Tend to disagree	(2.0)	415	20	83	98	56	46	111	201	214	362	9	23	8	2	2	45
		20%	14% abcg	19% abcg	19% abcg	20% abcg	20% abcg	26% abcg	18% abcg	23% ag	21% d	21% d	20% d	11% d	15% d	17% d	17% d
Strongly disagree	(1.0)	225	11	38	43	23	31	79	92	133	201	3	5	11	-	-	20
		11%	8% cdg	9% cdg	8% cdg	8% cdg	13% cdg	18% abcdgh	8% abcdgh	14% abcdg	11% cg	8% cg	4% cg	15% cg	- cg	- cg	7% cg
Don't know		85	3	8	23	13	9	29	34	51	71	-	4	3	2	1	9
		4%	2% b	2% b	4% b	5% b	4% b	7% bg	3% bg	5% bg	4% bg	- bg	3% bg	5% bg	13% bg	7% bg	4% bg
NET: Agree		1327	106	318	357	192	145	209	781	546	1125	31	86	52	9	9	189
		65%	76% efh	71% efh	69% fh	67% fh	63% f	49% f	71% efh	58% f	64% a	71% a	73% a	69% a	72% a	76% a	72% a
NET: Disagree		639	31	122	141	80	77	190	293	347	563	12	28	20	2	2	64
		31%	22% ag	27% abcdegh	27% abcdegh	28% abcdegh	33% abcdegh	44% abcdegh	26% abcdegh	37% abcdegh	32% g	29% g	24% g	26% g	15% g	17% g	24% g
Base for stats		1966	136	440	498	271	222	399	1074	892	1688	43	114	72	11	12	253
Mean Score		2.77	3.02 defh	2.87 efh	2.88 efh	2.83 fh	2.72 f	2.43 f	2.89 efh	2.63 f	2.75 a	3.00 a	2.96 a	2.86 a	2.92 a	2.88 a	2.94 a
Standard Deviation		.910	.885	.871	.881	.856	.948	.928	.878	.928	.913	.951	.792	1.016	.528	.508	.867
Standard Error		.021	.076	.042	.039	.051	.062	.048	.027	.031	.022	.139	.072	.117	.152	.147	.053
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.02	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

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

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work		NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed							Student		Retired		
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461	
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
417	215	101	88	189	82	22	133	35	12	6	20	38	29	40	105	
20%	17%	27%	28%	28%	25%	18%	24%	22%	26%	12%	21%	28%	17%	10%	23%	
	a	a	a	a	fij	j	ij	j	j		j	fij	j		j	
910	559	170	145	315	150	59	269	74	21	27	42	56	62	150	209	
44%	43%	46%	47%	46%	45%	48%	49%	46%	45%	56%	43%	42%	36%	39%	46%	
					i	i	ij			ij					ij	
415	288	65	43	108	61	24	89	25	8	13	16	28	42	110	84	
20%	22%	18%	14%	16%	18%	19%	16%	16%	17%	26%	17%	21%	24%	28%	19%	
	cd												c	acdghk		
225	165	25	25	50	28	15	45	14	4	1	14	9	31	64	44	
11%	13%	7%	8%	7%	8%	13%	8%	8%	8%	3%	14%	7%	18%	16%	10%	
	bcd										fh		acdfhk	acdfhk		
85	61	9	11	20	10	2	16	12	2	2	5	3	8	25	12	
4%	5%	3%	3%	3%	3%	2%	3%	8%	4%	3%	5%	2%	4%	6%	3%	
								abchk						ack		
1327	774	270	233	503	232	82	402	109	33	33	62	94	91	189	314	
65%	60%	73%	75%	74%	70%	66%	73%	68%	71%	68%	64%	70%	53%	49%	69%	
		a	a	a	ij	ij	ij	ij	ij	j	j	ij			ij	
639	453	90	68	158	89	39	134	39	12	14	30	37	73	173	128	
31%	35%	24%	22%	23%	27%	32%	24%	24%	25%	29%	31%	28%	43%	45%	28%	
	bcd												acdehk	abcdefghk		
1966	1227	360	301	661	321	121	536	148	45	47	91	131	164	363	442	
2.77	2.67	2.96	2.98	2.97	2.89	2.73	2.91	2.88	2.93	2.79	2.74	2.93	2.54	2.46	2.85	
	a	a	a	a	ij	j	bij	ij	ij	j	j	ij			ij	
.910	.917	.858	.879	.867	.886	.911	.863	.877	.891	.684	.965	.884	.995	.906	.895	
.021	.025	.049	.055	.037	.049	.085	.037	.071	.133	.102	.096	.069	.077	.051	.042	
*	*	*	*	*	*	.01	*	.01	.02	.01	.01	*	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	417	51	207	141	19	366		80	279		60	45	14	299	104	13	
		20%	16%	19%	26%	30%	21%		27%	20%		27%	13%	23%	21%	18%	19%	
					abe	ab	a		b			bde		b	b	b		
Tend to agree	(3.0)	910	144	488	252	26	766		131	626		78	127	24	687	206	19	
		44%	44%	44%	46%	42%	44%		43%	45%		35%	36%	39%	48%	37%	27%	
														abef				
Tend to disagree	(2.0)	415	63	249	92	11	352		47	296		42	100	14	263	134	19	
		20%	19%	22%	17%	18%	20%		16%	21%		19%	28%	24%	19%	24%	29%	
				c					a				ad		d	d		
Strongly disagree	(1.0)	225	58	118	44	5	167		28	133		29	70	7	122	93	12	
		11%	18%	11%	8%	8%	10%		9%	10%		13%	20%	11%	9%	16%	18%	
			bce						d	d		d	d		d	d		
Don't know		85	12	52	20	2	73		15	52		12	16	2	49	25	5	
		4%	4%	5%	4%	3%	4%		5%	4%		6%	4%	3%	3%	4%	7%	
NET: Agree		1327	195	695	392	45	1132		211	906		138	172	38	986	310	32	
		65%	59%	62%	72%	72%	66%		70%	65%		62%	48%	62%	69%	55%	46%	
					abe		a					bf		b	abef	b		
NET: Disagree		639	121	367	135	16	519		75	429		72	170	21	385	227	32	
		31%	37%	33%	25%	25%	30%		25%	31%		32%	48%	35%	27%	40%	46%	
			ce	c			c		a				ade		ad	ad		
Base for stats		1966	316	1062	528	60	1650		286	1334		210	341	59	1370	537	63	
Mean Score		2.77	2.59	2.74	2.93	2.97	2.81		2.92	2.79		2.80	2.43	2.77	2.85	2.60	2.51	
				a	abe	a	ab		b			bef		b	bef	b		
Standard Deviation		.910	.966	.898	.876	.909	.896		.915	.886		1.008	.958	.947	.862	.986	1.029	
Standard Error		.021	.054	.028	.038	.116	.022		.055	.024		.068	.053	.122	.023	.043	.129	
Error variance		*	*	*	*	.01	*		*	*		*	*	.01	*	*	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days active										Amount of activity in the past week compared to previous week		
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	417	16	22	45	83	55	62	30	103	184	194	175	137	102
		20%	5%	11%	16%	23%	25%	29%	32%	34%	21%	32%	30%	15%	20%
				a	a	abc	abc	abci	abci	abcdei	ab	abcdi	bc		b
Tend to agree	(3.0)	910	84	100	145	181	116	100	44	140	442	283	278	388	238
		44%	23%	48%	51%	50%	52%	46%	46%	46%	51%	46%	48%	41%	47%
				a	a	a	a	a	a	a	a	a	b		b
Tend to disagree	(2.0)	415	121	55	59	62	33	35	11	38	154	85	80	237	95
		20%	33%	26%	21%	17%	15%	17%	11%	13%	18%	14%	14%	25%	19%
			cdefghij	defghij	ghj						hj			ac	a
Strongly disagree	(1.0)	225	111	24	19	21	17	12	7	14	57	32	30	132	56
		11%	30%	12%	7%	6%	8%	5%	7%	5%	7%	5%	5%	14%	11%
			bdefghij	dfhij										a	a
Don't know		85	33	6	16	13	1	6	3	7	30	17	13	49	16
		4%	9%	3%	6%	4%	*	3%	4%	2%	3%	3%	2%	5%	3%
			bdefhij	e	ehj	e		e	e		e	e		a	
NET: Agree		1327	101	122	190	264	172	161	74	242	626	478	454	525	340
		65%	28%	59%	67%	73%	77%	75%	78%	80%	72%	78%	79%	56%	67%
				a	a	ab	abc	abc	abc	abcdei	ab	abci	bc		b
NET: Disagree		639	232	79	78	82	50	47	18	52	211	117	110	369	152
		31%	63%	38%	28%	23%	23%	22%	19%	17%	24%	19%	19%	39%	30%
			bdefghij	cdefghij	hj						hj			ac	a
Base for stats		1966	333	202	268	346	222	209	92	294	837	595	564	893	492
Mean Score		2.77	2.02	2.59	2.80	2.94	2.95	3.01	3.06	3.12	2.90	3.08	3.06	2.59	2.78
				a	ab	abc	ab	abc	abc	abcdei	ab	abcdei	bc		b
Standard Deviation		.910	.887	.841	.801	.809	.842	.831	.869	.809	.817	.827	.816	.918	.903
Standard Error		.021	.049	.058	.049	.043	.056	.058	.092	.047	.028	.034	.034	.031	.041
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534	
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	417	47	47	93	77	44	38	15	55	214	108	175	129	107
		20%		9%	14%	24%	26%	25%	29%	30%	42%	25%	35%	32%	14%	20%
				a	ab	ab	ab	ab	ab	ab	abcdef	ab	abcde	bc		b
Tend to agree		(3.0)	910	174	167	190	152	92	56	24	56	433	136	251	408	242
		44%		32%	51%	48%	50%	52%	44%	47%	42%	50%	43%	46%	43%	46%
				a	a	a	a	a	a	a	a	a	a			
Tend to disagree		(2.0)	415	151	75	65	49	31	26	6	12	145	44	85	219	104
		20%		28%	23%	16%	16%	17%	20%	13%	9%	17%	14%	16%	23%	20%
				cdeghij	cdhij	h		h	h			h			a	
Strongly disagree		(1.0)	225	132	25	28	15	8	7	3	8	50	18	28	132	59
		11%		24%	8%	7%	5%	4%	6%	6%	6%	6%	6%	5%	14%	11%
				bcddefghij											a	a
Don't know			85	38	12	17	8	4	2	2	2	29	6	9	51	18
		4%		7%	4%	4%	3%	2%	2%	5%	1%	3%	2%	2%	5%	3%
				bdefhij											a	a
NET: Agree			1327	221	214	283	229	135	94	39	112	648	244	427	537	349
		65%		41%	66%	72%	76%	76%	73%	77%	84%	74%	78%	78%	57%	66%
				a	a	ab	ab	a	a	a	abcf	ab	ab	bc		b
NET: Disagree			639	282	100	92	64	38	33	9	20	195	62	113	351	163
		31%		52%	31%	24%	21%	22%	25%	18%	15%	22%	20%	21%	37%	31%
				bcddefghij	cdehij	h			h						ac	a
Base for stats			1966	503	314	376	293	174	127	48	132	843	306	540	888	512
Mean Score			2.77	2.27	2.75	2.93	3.00	2.99	2.98	3.06	3.21	2.96	3.09	3.06	2.60	2.78
				a	ab	ab	ab	ab	ab	ab	abcdef	ab	abc	bc		b
Standard Deviation			.910	.955	.805	.845	.797	.780	.856	.839	.841	.815	.851	.829	.911	.909
Standard Error			.021	.043	.045	.044	.046	.060	.077	.121	.074	.028	.049	.035	.031	.040
Error variance			*	*	*	*	*	*	.01	.01	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q9.12. I have found it easier to do sport, exercise or physical activity in the past week compared to the previous week: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Gender		Age			Region								
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	188	104	83	93	76	19	8	18	15	22	22	17	45	26	14
		9%	10%	8%	15% bc	11% c	3%	8%	7%	8%	10%	13% bi	8%	14% bcfhi	8%	7%
Tend to agree	(3.0)	565	287	276	229	207	129	22	75	54	65	41	67	95	79	66
		28%	29%	27%	37% bc	31% c	17%	23%	28%	27%	30%	23%	29%	29%	24%	32% h
Tend to disagree	(2.0)	756	353	400	176	217	363	35	103	81	80	58	77	112	140	71
		37%	35%	38%	28%	32%	48% ab	35%	39%	40%	37%	33%	34%	34%	42% eg	34%
Strongly disagree	(1.0)	381	188	191	70	120	191	25	44	31	34	43	48	51	64	40
		19%	19%	18%	11%	18% a	25% ab	25% bcdg	16%	15%	16%	25% bcdg	21%	16%	19%	19%
Don't know		161	68	91	52	52	58	8	26	19	13	12	20	22	24	17
		8%	7%	9%	8%	8%	8%	9%	10%	9%	6%	7%	9%	7%	7%	8%
NET: Agree		752	391	359	322	283	148	30	93	69	87	64	84	140	105	80
		37%	39% b	34%	52% bc	42% c	19%	31%	35%	35%	41% h	36%	37%	43% abch	32%	38%
NET: Disagree		1138	542	591	246	337	554	60	147	112	114	101	125	164	204	111
		55%	54%	57%	40%	50% a	73% ab	61%	55%	56%	53%	57%	55%	50%	61% g	53%
Base for stats		1890	933	950	568	620	702	90	240	181	201	165	209	304	309	191
Mean Score		2.30	2.33	2.26	2.61 bc	2.38 c	1.97	2.14	2.28	2.30	2.37 a	2.26	2.26	2.44 abefh	2.22	2.28
Standard Deviation		.900	.921	.879	.901	.933	.751	.925	.849	.850	.892	.997	.906	.941	.870	.880
Standard Error		.021	.030	.029	.036	.038	.030	.092	.054	.060	.062	.077	.071	.054	.050	.065
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q9.12. I have found it easier to do sport, exercise or physical activity in the past week compared to the previous week: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	188	28	41	57	29	21	12	126	62	141	7	18	16	-	1	43
		9%	20%	9%	11%	10%	9%	3%	11%	7%	8%	16%	16%	21%	-	10%	16%
			bcdefgh	f	fh	fh	f		fh	f		a	a	a			a
Tend to agree	(3.0)	565	50	141	151	91	71	61	342	223	458	10	46	30	9	5	100
		28%	36%	31%	29%	32%	31%	14%	31%	24%	26%	24%	39%	40%	67%	37%	38%
			fh	fh	fh	fh	fh		fh	f			a	a			a
Tend to disagree	(2.0)	756	43	169	183	94	77	191	395	362	680	15	28	16	2	5	66
		37%	31%	38%	35%	33%	33%	45%	36%	38%	39%	35%	24%	22%	16%	36%	25%
							abcdegh				cdg						
Strongly disagree	(1.0)	381	15	67	83	50	44	123	164	217	341	7	16	11	1	1	36
		19%	11%	15%	16%	18%	19%	29%	15%	23%	19%	16%	13%	14%	8%	10%	14%
							a	abcdegh		abcdg	g						
Don't know		161	4	30	47	21	19	40	81	80	139	4	9	2	1	1	17
		8%	3%	7%	9%	7%	8%	9%	7%	8%	8%	9%	8%	3%	9%	7%	7%
			a		a		a	a	a	a							
NET: Agree		752	78	182	208	119	91	74	468	284	599	17	65	46	9	6	143
		37%	56%	41%	40%	42%	40%	17%	42%	30%	34%	40%	55%	61%	67%	47%	54%
			bcdefgh	fh	fh	fh	fh		fh	f			a	ab			a
NET: Disagree		1138	58	236	265	144	121	314	559	579	1020	22	44	27	3	6	102
		55%	41%	53%	51%	51%	52%	73%	50%	61%	58%	51%	37%	36%	24%	47%	39%
				a	a		a	abcdegh	a	abcdeg	cdg						
Base for stats		1890	136	418	473	263	213	387	1027	863	1619	40	109	73	12	12	245
Mean Score		2.30	2.67	2.37	2.38	2.37	2.32	1.91	2.42	2.15	2.25	2.44	2.62	2.71	2.65	2.49	2.61
			bcdefgh	fh	fh	fh	fh		fh	f			a	a			a
Standard Deviation		.900	.927	.868	.909	.914	.913	.771	.900	.880	.884	.989	.934	.978	.658	.860	.940
Standard Error		.021	.079	.043	.042	.055	.061	.041	.028	.030	.022	.153	.087	.111	.183	.248	.058
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.03	.06	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q9.12. I have found it easier to do sport, exercise or physical activity in the past week compared to the previous week: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Children aged 15 or under in the household				Current employment status											
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total		2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	188	88	44	45	88	36	22	58	22	8	3	2	19	11	7	58
		9%	7%	12%	14%	13%	11%	18%	10%	14%	16%	6%	2%	14%	7%	2%	13%
				a	a	a	gj	acgij	gj	gij	gij			gij	j		gij
Tend to agree	(3.0)	565	295	131	114	246	113	33	185	49	17	9	27	47	39	46	146
		28%	23%	36%	37%	36%	34%	27%	33%	31%	37%	18%	28%	35%	23%	12%	32%
				a	a	a	fij	j	fij	j	fij		j	fij	j		fij
Tend to disagree	(2.0)	756	534	121	81	202	101	41	198	55	16	21	34	39	62	189	142
		37%	41%	33%	26%	30%	31%	33%	36%	34%	35%	44%	35%	29%	36%	49%	31%
			bcd													abcdghik	
Strongly disagree	(1.0)	381	263	52	51	102	57	20	81	23	1	10	21	16	40	111	78
		19%	20%	14%	16%	15%	17%	17%	15%	14%	2%	21%	22%	12%	23%	29%	17%
			bd				e	e	e	e		e	ceh	e	cdeh	abcdehk	e
Don't know		161	108	22	21	43	24	6	31	11	5	5	12	14	19	34	30
		8%	8%	6%	7%	6%	7%	5%	6%	7%	10%	11%	13%	10%	11%	9%	7%
													bck	c	c		
NET: Agree		752	383	175	159	334	148	55	242	71	25	12	29	65	50	53	204
		37%	30%	47%	51%	49%	45%	45%	44%	45%	54%	24%	30%	49%	29%	14%	45%
			a	a	a	a	fgij	fgij	fgij	fgij	fgij		j	fgij	j		fgij
NET: Disagree		1138	796	172	132	304	158	61	279	77	17	31	55	55	102	300	220
		55%	62%	47%	42%	45%	48%	50%	50%	48%	37%	65%	57%	41%	60%	78%	48%
			bcd						h			adehk	eh		acdehk	abcdeghik	
Base for stats		1890	1179	347	291	638	307	117	521	149	42	43	84	120	152	354	424
Mean Score		2.30	2.18	2.48	2.53	2.50	2.41	2.49	2.42	2.47	2.76	2.12	2.12	2.57	2.14	1.86	2.43
				a	a	a	fgij	fgij	fgij	fgij	acfgijk	j	j	fgij	j		fgij
Standard Deviation		.900	.861	.895	.952	.921	.923	.995	.882	.926	.777	.850	.820	.908	.893	.711	.943
Standard Error		.021	.024	.052	.061	.040	.052	.094	.039	.075	.120	.131	.085	.074	.072	.041	.045
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.02	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q9.12. I have found it easier to do sport, exercise or physical activity in the past week compared to the previous week: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	188	18	86	77	7	170		56	107		30	25	13	125	54	10	
		9%	6%	8%	14%	11%	10%		19%	8%		13%	7%	22%	9%	10%	15%	
					abe		a		b			bd		bde		b		
Tend to agree	(3.0)	565	51	303	197	14	513		98	407		52	68	17	419	126	9	
		28%	16%	27%	36%	22%	30%		33%	29%		23%	19%	29%	30%	22%	13%	
				a	abde		a					f		bef				
Tend to disagree	(2.0)	756	146	438	148	24	611		89	517		64	130	14	537	198	10	
		37%	44%	39%	27%	39%	35%		29%	37%		29%	37%	24%	38%	35%	15%	
			ce	ce			c		f	f		f		acf	f			
Strongly disagree	(1.0)	381	85	206	76	14	296		38	250		52	109	13	230	140	30	
		19%	26%	19%	14%	22%	17%		13%	18%		23%	30%	21%	16%	25%	44%	
			bce	c					a			d	d		d	abcde		
Don't know		161	27	81	49	4	134		20	105		25	25	3	107	43	9	
		8%	8%	7%	9%	6%	8%		7%	8%		11%	7%	4%	8%	8%	13%	
NET: Agree		752	69	389	273	21	683		154	514		81	93	31	545	181	19	
		37%	21%	35%	50%	33%	40%		51%	37%		37%	26%	51%	38%	32%	28%	
				a	abde	a	ab		b			b		abef	be			
NET: Disagree		1138	231	645	225	38	907		127	768		116	239	27	767	338	40	
		55%	70%	58%	41%	61%	53%		42%	55%		52%	67%	45%	54%	60%	59%	
			bce	ce		c	c		a				acde		acd			
Base for stats		1890	300	1033	498	58	1590		281	1281		197	332	58	1312	519	59	
Mean Score		2.30	2.01	2.26	2.55	2.24	2.35		2.61	2.29		2.30	2.03	2.54	2.34	2.18	1.99	
				a	abde		ab		b			bf		bef	bef	b		
Standard Deviation		.900	.835	.871	.930	.948	.902		.955	.874		1.021	.914	1.084	.875	.949	1.171	
Standard Error		.021	.048	.027	.042	.123	.023		.058	.024		.071	.051	.141	.024	.042	.152	
Error variance		*	*	*	*	.02	*		*	*		.01	*	.02	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q9.12. I have found it easier to do sport, exercise or physical activity in the past week compared to the previous week: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512	
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	188	12	8	24	44	27	24	11	37	96	72	109	47	29
		9%	3%	4%	9%	12%	12%	11%	11%	12%	11%	12%	19%	5%	6%	
					ab	ab	ab	ab	ab	ab	ab	ab	bc			
Tend to agree		(3.0)	565	29	46	83	128	83	72	29	95	294	197	267	186	109
		28%	8%	22%	29%	36%	37%	34%	30%	32%	34%	32%	46%	20%	22%	
				a	a	ab	abc	ab	a	ab	ab	ab	bc			
Tend to disagree		(2.0)	756	125	82	112	121	84	87	35	109	318	231	129	421	204
		37%	34%	39%	39%	34%	38%	40%	37%	36%	37%	38%	22%	45%	40%	
														a	a	
Strongly disagree		(1.0)	381	155	49	38	51	21	19	14	34	110	68	48	190	135
		19%	42%	23%	13%	14%	9%	9%	15%	11%	13%	11%	8%	20%	27%	
			bcdefghij	cdefhij											a	ab
Don't know			161	45	23	27	16	7	12	6	26	50	44	24	98	31
		8%	12%	11%	9%	4%	3%	6%	6%	9%	6%	7%	4%	10%	6%	
			defij	defi	dei					de		e		ac		
NET: Agree			752	40	54	107	172	111	97	40	132	389	268	376	234	139
		37%	11%	26%	38%	48%	50%	45%	42%	44%	45%	44%	65%	25%	27%	
				a	ab	abc	abc	ab	ab	ab	ab	abc	ab	bc		
NET: Disagree			1138	280	130	150	172	105	106	49	144	428	299	177	611	339
		55%	77%	63%	53%	48%	47%	50%	52%	48%	49%	49%	31%	65%	67%	
			bcdefghij	cdefhij											a	a
Base for stats		1890	321	185	257	344	216	203	89	276	817	568	554	845	477	
Mean Score		2.30	1.68	2.08	2.36	2.48	2.54	2.50	2.41	2.49	2.46	2.48	2.79	2.11	2.07	
				a	ab	ab	abc	ab	ab	ab	ab	ab	bc			
Standard Deviation		.900	.787	.832	.849	.896	.836	.826	.901	.876	.867	.862	.859	.812	.868	
Standard Error		.021	.045	.061	.053	.047	.057	.059	.097	.053	.030	.036	.036	.028	.040	
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q9.12. I have found it easier to do sport, exercise or physical activity in the past week compared to the previous week: To what extent do you agree or disagree with each statement?

BASE: All respondents

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
			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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534	
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	188	13	16	45	39	27	18	9	21	110	49	102	54	30
		9%		2%	5%	11%	13%	15%	14%	19%	16%	13%	16%	19%	6%	6%
				a	ab	ab	ab	ab	ab	ab	ab	ab	ab	bc		
Tend to agree		(3.0)	565	50	103	128	107	65	52	18	41	300	111	234	197	129
		28%		9%	32%	33%	36%	36%	40%	36%	31%	34%	36%	43%	21%	24%
				a	a	a	a	a	a	a	a	a	a	bc		
Tend to disagree		(2.0)	756	226	125	140	106	60	46	13	40	307	100	148	401	198
		37%		42%	38%	36%	35%	34%	36%	26%	30%	35%	32%	27%	43%	37%
				ghij											ac	a
Strongly disagree		(1.0)	381	189	56	49	35	20	10	4	17	105	31	43	194	138
		19%		35%	17%	13%	12%	11%	8%	8%	13%	12%	10%	8%	21%	26%
				bcd efghij	dfij										a	ab
Don't know			161	64	25	30	14	6	3	5	13	50	21	22	93	35
		8%		12%	8%	8%	5%	3%	2%	11%	10%	6%	7%	4%	10%	7%
				cdefij	ef	ef				ef	def		f		ac	
NET: Agree			752	63	119	173	146	92	70	27	63	410	160	335	251	159
		37%		12%	37%	44%	48%	51%	54%	55%	47%	47%	51%	61%	27%	30%
				a	a	ab	ab	ab	abc	ab	ab	ab	ab	bc		
NET: Disagree			1138	414	181	190	141	81	56	17	58	411	131	191	595	336
		55%		77%	56%	48%	47%	45%	44%	34%	43%	47%	42%	35%	63%	63%
				bcd efghij	defghij										a	a
Base for stats			1890	477	301	363	287	172	126	45	120	821	291	526	846	495
Mean Score			2.30	1.76	2.26	2.46	2.52	2.57	2.62	2.73	2.55	2.51	2.61	2.75	2.13	2.10
				a	ab	ab	ab	ab	ab	ab	ab	ab	abc	bc		
Standard Deviation			.900	.743	.824	.877	.875	.892	.828	.906	.948	.879	.890	.859	.838	.877
Standard Error			.021	.034	.047	.046	.051	.069	.075	.135	.088	.031	.053	.037	.029	.039
Error variance			*	*	*	*	*	*	.01	.02	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	578	276	301	224	315	39	39	71	59	65	48	49	97	102	48
Total	682	328	352	252	376	53	39	84	63	74	55	69	120	119	58
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	82	36	46	34	41	7	6	11	5	8	6	13	10	13	9
	12%	11%	13%	14%	11%	13%	17%	14%	8%	11%	11%	18%	9%	11%	16%
Some, but less than half an hour	259	126	132	93	153	14	10	24	25	32	29	22	46	50	22
	38%	38%	38%	37%	41%	26%	26%	28%	40%	43%	53% abf	31%	38%	42%	38%
Between half an hour and an hour	243	126	117	89	132	22	15	31	26	23	14	24	50	41	19
	36%	38%	33%	35%	35%	41%	40%	37%	41%	32%	26%	34%	41%	35%	32%
An hour or more	97	40	57	36	50	10	7	18	7	11	6	11	14	15	8
	14%	12%	16%	14%	13%	20%	18%	21%	11%	14%	11%	16%	12%	12%	14%
NET: Some	599	292	307	218	335	47	32	73	58	66	49	57	109	106	49
	88%	89%	87%	86%	89%	87%	83%	86%	92%	89%	89%	82%	91%	89%	84%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

		Social Grade								Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	578	58	164	156	93	70	37	378	200	478	15	49	25	2	4	95
Total	682	68	197	188	108	78	42	453	228	563	17	58	30	3	5	112
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	82	6	19	28	8	13	8	53	29	70	1	6	2	1	-	11
	12%	8%	10%	15%	8%	16%	20%	12%	13%	12%	8%	10%	7%	53%	-	9%
Some, but less than half an hour	259	23	66	80	39	32	21	168	91	212	8	20	12	-	5	45
	38%	34%	33%	42%	36%	41%	49%	37%	40%	38%	49%	35%	39%	-	100%	40%
Between half an hour and an hour	243	28	84	57	48	18	9	168	75	196	7	27	10	1	-	46
	36%	41%	43%	30%	44%	23%	22%	37%	33%	35%	44%	47%	33%	47%	-	41%
		e	cef		cef			e								
An hour or more	97	12	29	23	13	16	4	64	33	85	-	5	7	-	-	11
	14%	17%	15%	12%	12%	21%	10%	14%	15%	15%	-	8%	21%	-	-	10%
NET: Some	599	62	178	160	99	66	34	400	199	493	15	52	28	1	5	102
	88%	92%	90%	85%	92%	84%	80%	88%	87%	88%	92%	90%	93%	47%	100%	91%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		*a	b	c	d	a	b	c	d	*e	*f	*g	*h	i	*j	k
Unweighted Total	578	-	314	264	578	120	61	208	57	13	11	22	29	45	12	181
Total	682	-	370	312	682	143	72	251	65	16	13	24	28	53	16	214
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	82	-	57	25	82	12	12	30	6	2	-	2	6	8	4	24
	12%	-	15%	8%	12%	9%	17%	12%	9%	15%	-	10%	20%	15%	23%	11%
			c													
Some, but less than half an hour	259	-	130	129	259	64	28	99	18	4	-	8	10	23	5	92
	38%	-	35%	41%	38%	45%	40%	39%	28%	25%	-	32%	35%	43%	32%	43%
						d										d
Between half an hour and an hour	243	-	139	104	243	50	26	87	28	4	5	12	10	15	7	76
	36%	-	38%	33%	36%	35%	36%	35%	42%	28%	36%	49%	35%	28%	44%	35%
An hour or more	97	-	44	53	97	17	5	35	14	5	9	2	3	8	-	22
	14%	-	12%	17%	14%	12%	7%	14%	21%	32%	64%	10%	10%	14%	-	10%
								bk								
NET: Some	599	-	313	286	599	130	59	221	59	14	13	22	23	45	12	190
	88%	-	85%	92%	88%	91%	83%	88%	91%	85%	100%	90%	80%	85%	77%	89%
				b												

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
578	6	249	289	34	572	140	425	73	63	17	428	137	13	478	100	493	82
682	7	296	340	38	674	167	500	84	76	21	506	161	16	564	118	581	98
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
82	-	41	37	5	82	19	58	15	7	2	54	22	2	69	14	63	18
12%	-	14%	11%	12%	12%	11%	12%	18%	9%	11%	11%	13%	15%	12%	11%	11%	19% a
259	5	109	134	10	254	69	184	31	28	13	191	64	6	217	42	216	44
38%	68%	37%	40%	27%	38%	41%	37%	37%	37%	66%	38%	40%	39%	39%	36%	37%	45%
243	2	105	119	16	241	58	182	29	29	5	184	56	6	194	49	218	23
36%	32%	36%	35%	43%	36%	35%	36%	35%	39%	24%	36%	35%	38%	34%	42%	38% b	24%
97	-	41	50	7	97	21	76	8	12	-	77	19	1	84	13	84	13
14%	-	14%	15%	18%	14%	13%	15%	10%	15%	-	15%	12%	8%	15%	11%	15%	13%
599	7	255	303	34	592	148	442	69	69	18	451	139	13	495	104	518	79
88%	100%	86%	89%	88%	88%	89%	88%	82%	91%	89%	89%	87%	85%	88%	89%	89% b	81%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

		Number of days active									Amount of activity in the past week compared to previous week			
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	578	53	54	95	114	76	64	32	90	285	186	215	218	143
Total	682	64	65	111	132	89	76	37	108	332	221	253	257	169
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	82	25	6	13	10	5	10	2	11	28	24	19	38	23
	12%	38%	9%	12%	8%	5%	13%	6%	10%	8%	11%	7%	15%	14%
		bcdefghij											a	a
Some, but less than half an hour	259	16	36	52	56	31	27	11	30	140	67	109	89	61
	38%	25%	56%	47%	43%	35%	35%	29%	27%	42%	30%	43%	35%	36%
			aefghj	ahj	ahj					ahj				
Between half an hour and an hour	243	12	18	35	46	40	28	19	45	121	93	96	90	57
	36%	18%	27%	31%	35%	45%	37%	52%	42%	37%	42%	38%	35%	34%
				a	ab	a	a	abc	a	a	ab			
An hour or more	97	12	5	11	19	13	11	5	22	43	37	30	40	28
	14%	19%	7%	10%	15%	15%	15%	12%	20%	13%	17%	12%	15%	16%
								bc						
NET: Some	599	39	59	98	122	85	66	35	96	304	197	234	219	146
	88%	62%	91%	88%	92%	95%	87%	94%	90%	92%	89%	93%	85%	86%
			a	a	a	a	a	a	a	a	a	bc		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
	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	578	93	86	129	99	65	44	18	44	293	106	196	222	154
Total	682	110	99	153	115	78	54	20	53	345	127	230	261	183
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	82	30	12	16	7	6	7	4	1	28	12	12	45	23
	12%	27%	12%	10%	6%	8%	13%	18%	3%	8%	10%	5%	17%	13%
		bdehij											a	a
Some, but less than half an hour	259	36	40	66	53	31	14	3	15	151	33	83	93	81
	38%	32%	40%	43%	46%	40%	26%	17%	29%	44%	26%	36%	36%	44%
			j	fj	afj					fj				
Between half an hour and an hour	243	26	33	53	35	30	30	12	23	119	64	99	89	54
	36%	24%	34%	35%	31%	39%	55%	60%	42%	34%	51%	43%	34%	29%
					a	abcdi			a		abcdi	c		
An hour or more	97	18	14	17	20	10	3	1	14	47	18	35	34	25
	14%	17%	14%	11%	17%	13%	6%	5%	26%	14%	14%	15%	13%	14%
								cfi						
NET: Some	599	80	87	137	109	72	47	17	52	317	115	218	216	160
	88%	73%	88%	90%	94%	92%	87%	82%	97%	92%	90%	95%	83%	87%
			a	a	a	a			a	a	a	bc		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to the previous week?

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		578	276	301	224	315	39	39	71	59	65	48	49	97	102	48	
Total		682	328	352	252	376	53	39	84	63	74	55	69	120	119	58	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	44	20	24	15	29	-	2	5	1	4	2	6	19	6	-
			6%	6%	7%	6%	8%	-	5%	6%	2%	5%	4%	8%	16%	5%	-
													i	bcdehi			
A bit more		(4.0)	170	79	89	75	81	14	6	22	13	21	9	20	36	25	17
			25%	24%	25%	30%	22%	25%	16%	26%	21%	28%	17%	28%	30%	21%	30%
						b											
Neither more nor less		(3.0)	302	154	149	101	170	31	20	40	30	35	30	30	42	49	26
			44%	47%	42%	40%	45%	59%	51%	48%	47%	48%	54%	43%	35%	42%	45%
								a					g				
A bit less		(2.0)	116	59	57	43	66	7	8	11	15	9	7	10	15	31	10
			17%	18%	16%	17%	18%	13%	20%	13%	23%	12%	12%	14%	13%	26%	18%
																bdeg	
A lot less		(1.0)	36	9	27	11	24	1	2	5	2	2	5	3	8	7	2
			5%	3%	8%	4%	6%	3%	5%	6%	4%	3%	8%	4%	6%	6%	4%
				a													
Don't know			13	7	7	7	6	-	1	1	2	3	2	1	-	-	2
			2%	2%	2%	3%	2%	-	2%	1%	3%	5%	4%	2%	-	-	3%
											gh	gh					
NET: More			214	99	113	90	110	14	8	27	14	24	11	25	55	31	17
			31%	30%	32%	36%	29%	25%	22%	32%	23%	33%	21%	37%	46%	26%	30%
															aceh		
NET: Less			152	68	84	53	90	8	10	16	17	11	11	13	23	38	13
			22%	21%	24%	21%	24%	16%	25%	19%	27%	15%	20%	18%	19%	32%	22%
																dg	
Base for stats			668	322	346	245	370	53	38	83	61	71	53	68	120	119	56
Mean Score			3.11	3.13	3.08	3.17	3.07	3.07	2.97	3.13	2.93	3.20	2.96	3.23	3.37	2.92	3.04
															aceh		
Standard Deviation			.947	.885	1.003	.940	.983	.702	.900	.926	.834	.843	.918	.941	1.094	.954	.823
Standard Error			.040	.054	.058	.064	.056	.112	.146	.111	.110	.107	.135	.136	.111	.094	.121
Error variance			*	*	*	*	*	.01	.02	.01	.01	.01	.02	.02	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to the previous week?

BASE: All respondents who have children under 16

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total		578	58	164	156	93	70	37	378	200	478	15	49	25	2	4	95
Total		682	68	197	188	108	78	42	453	228	563	17	58	30	3	5	112
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	44	6	12	13	5	5	3	31	13	32	1	4	6	-	1	12
		6%	9%	6%	7%	5%	6%	8%	7%	6%	6%	8%	6%	21%	-	27%	11%
A bit more	(4.0)	170	14	70	35	24	18	9	119	51	131	4	21	9	1	1	37
		25%	21%	35%	19%	22%	22%	21%	26%	22%	23%	27%	37%	29%	47%	26%	33%
			acdgh								a						
Neither more nor less	(3.0)	302	34	77	90	47	39	15	201	101	253	8	26	12	1	1	48
		44%	51%	39%	48%	44%	50%	35%	44%	44%	45%	47%	45%	40%	53%	24%	43%
A bit less	(2.0)	116	11	26	37	20	11	12	74	42	107	2	2	2	-	1	8
		17%	16%	13%	20%	18%	14%	28%	16%	19%	19%	12%	4%	7%	-	24%	7%
			b								cg						
A lot less	(1.0)	36	2	10	8	9	5	1	20	16	32	1	1	-	-	-	2
		5%	3%	5%	4%	9%	6%	3%	4%	7%	6%	7%	2%	-	-	-	2%
Don't know		13	-	2	5	2	1	2	7	6	8	-	4	1	-	-	5
		2%	-	1%	3%	2%	2%	5%	2%	3%	1%	-	6%	3%	-	-	4%
											a						
NET: More		214	20	82	48	29	22	12	150	64	163	6	25	15	1	3	49
		31%	30%	42%	26%	27%	28%	29%	33%	28%	29%	34%	43%	49%	47%	52%	44%
			cdh								a						
NET: Less		152	13	36	45	29	16	13	94	58	139	3	4	2	-	1	10
		22%	20%	18%	24%	27%	20%	31%	21%	25%	25%	19%	6%	7%	-	24%	9%
											cg						
Base for stats		668	68	195	183	106	77	40	446	223	555	17	54	29	3	5	108
Mean Score		3.11	3.15	3.25	3.04	2.96	3.08	3.02	3.15	3.01	3.04	3.16	3.44	3.65	3.47	3.55	3.46
			cdh								a						
Standard Deviation		.947	.924	.940	.928	.989	.927	1.000	.935	.967	.944	.997	.782	.916	.634	1.258	.873
Standard Error		.040	.121	.074	.075	.104	.112	.169	.049	.069	.043	.257	.115	.187	.448	.629	.092
Error variance		*	.01	.01	.01	.01	.01	.03	*	*	*	.07	.01	.03	.20	.40	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to the previous week?

BASE: All respondents who have children under 16

		Children aged 15 or under in the household				Current employment status												
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%			*a	b	c	d	a	b	c	d	*e	*f	*g	*h	i	*j	k	
Unweighted Total		578	-	314	264	578	120	61	208	57	13	11	22	29	45	12	181	
Total		682	-	370	312	682	143	72	251	65	16	13	24	28	53	16	214	
		100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more		(5.0)	44	-	23	21	44	10	4	14	5	3	1	-	1	7	-	13
		6%	-	6%	7%	6%	7%	5%	5%	7%	16%	11%	-	4%	13%	-	6%	
A bit more		(4.0)	170	-	87	83	170	41	20	62	15	4	2	6	4	14	3	60
		25%	-	24%	26%	25%	28%	28%	25%	23%	22%	17%	23%	15%	26%	17%	28%	
Neither more nor less		(3.0)	302	-	179	123	302	64	27	123	25	5	9	10	10	18	11	92
		44%	-	48%	40%	44%	45%	38%	49%	39%	31%	64%	40%	36%	35%	66%	43%	
A bit less		(2.0)	116	-	57	59	116	18	15	43	11	4	1	5	8	10	1	32
		17%	-	15%	19%	17%	12%	20%	17%	18%	23%	8%	23%	27%	19%	9%	15%	
A lot less		(1.0)	36	-	18	18	36	11	6	5	7	1	-	1	2	1	1	16
		5%	-	5%	6%	5%	7%	8%	2%	11%	8%	-	5%	9%	3%	8%	8%	8%
							c	c		c								c
Don't know		13	-	6	8	13	-	-	5	1	-	-	2	3	2	-	-	-
		2%	-	2%	2%	2%	-	-	2%	2%	-	-	10%	10%	4%	-	-	-
															ak			
NET: More		214	-	110	104	214	50	24	76	20	6	4	6	5	21	3	74	74
		31%	-	30%	33%	31%	35%	33%	30%	30%	38%	28%	23%	19%	39%	17%	34%	34%
NET: Less		152	-	75	77	152	28	20	47	19	5	1	7	10	12	3	49	49
		22%	-	20%	25%	22%	20%	29%	19%	29%	31%	8%	28%	35%	22%	17%	23%	23%
Base for stats		668	-	364	304	668	143	72	247	64	16	13	22	26	51	16	214	214
Mean Score		3.11	-	3.11	3.10	3.11	3.15	3.02	3.15	2.98	3.16	3.31	2.89	2.77	3.29	2.92	3.10	3.10
Standard Deviation		.947	-	.915	.987	.947	.980	1.016	.840	1.087	1.214	.797	.865	1.015	1.034	.791	.992	.992
Standard Error		.040	-	.052	.062	.040	.089	.130	.059	.145	.337	.240	.194	.199	.158	.228	.074	.074
Error variance		*	-	*	*	*	.01	.02	*	.02	.11	.06	.04	.04	.02	.05	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to the previous week?

BASE: All respondents who have children under 16

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		578	6	249	289	34	572		140	425		73	63	17	428	137	13	
Total		682	7	296	340	38	674		167	500		84	76	21	506	161	16	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	44	-	21	24	-	44		17	27		6	5	5	29	15	1	
		6%	-	7%	7%	-	7%		10%	5%		7%	7%	25%	6%	9%	8%	
									b									
A bit more	(4.0)	170	3	79	77	10	166		50	115		25	24	3	118	47	5	
		25%	45%	27%	23%	26%	25%		30%	23%		30%	32%	17%	23%	29%	30%	
Neither more nor less	(3.0)	302	2	134	146	19	300		62	236		33	25	4	243	53	7	
		44%	33%	45%	43%	50%	44%		37%	47%		39%	34%	18%	48%	33%	46%	
									a									
A bit less	(2.0)	116	2	46	64	4	114		22	89		15	17	6	81	34	2	
		17%	22%	16%	19%	11%	17%		13%	18%		17%	22%	29%	16%	21%	15%	
A lot less	(1.0)	36	-	14	19	2	36		14	22		4	3	1	28	8	-	
		5%	-	5%	6%	6%	5%		8%	4%		4%	4%	6%	5%	5%	-	
Don't know		13	-	1	10	2	13		1	11		2	1	1	7	4	-	
		2%	-	*	3%	6%	2%		*	2%		3%	1%	5%	1%	2%	-	
					b	b												
NET: More		214	3	100	101	10	211		68	142		31	30	9	147	62	6	
		31%	45%	34%	30%	26%	31%		41%	28%		37%	39%	42%	29%	38%	38%	
									b							d		
NET: Less		152	2	61	83	7	150		36	111		18	20	7	109	42	2	
		22%	22%	21%	24%	17%	22%		22%	22%		22%	26%	35%	21%	26%	15%	
Base for stats		668	7	295	330	36	661		166	488		82	75	20	499	157	16	
Mean Score		3.11	3.23	3.15	3.07	3.03	3.10		3.22	3.07		3.18	3.15	3.26	3.08	3.17	3.31	
Standard Deviation		.947	.843	.938	.971	.832	.949		1.071	.903		.967	.994	1.349	.922	1.041	.855	
Standard Error		.040	.344	.060	.058	.147	.040		.091	.044		.115	.126	.337	.045	.090	.237	
Error variance		*	.12	*	*	.02	*		.01	*		.01	.02	.11	*	.01	.06	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to the previous week?

BASE: All respondents who have children under 16

			Number of days active										Amount of activity in the past week compared to previous week		
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total		578	53	54	95	114	76	64	32	90	285	186	215	218	143
Total		682	64	65	111	132	89	76	37	108	332	221	253	257	169
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)		44 6%	6 10%	1 1%	6 5%	6 5%	5 6%	7 10%	5 13% b	7 7%	18 5%	20 9%	37 14% bc	1 *	6 4% b
A bit more (4.0)		170 25%	6 10%	15 22%	23 21%	31 24% a	29 33% a	20 27% a	10 27% a	34 32% a	84 25% a	65 29% a	111 44% bc	40 15%	19 11%
Neither more nor less (3.0)		302 44%	35 54% e	27 42%	51 46%	62 47%	31 35%	38 50%	13 35%	46 42%	144 43%	97 44%	71 28%	164 64% ac	68 40% a
A bit less (2.0)		116 17%	6 10%	17 27% afj	19 18%	22 17%	19 21%	9 12%	5 12%	19 18%	60 18%	32 15%	18 7%	41 16% a	57 34% ab
A lot less (1.0)		36 5%	8 13% fhij	5 7% h	7 7% h	6 5%	4 4%	1 2%	3 9% h	1 1%	17 5%	6 3%	10 4%	9 4%	16 10% ab
Don't know		13 2%	2 4%	- -	4 3%	4 3%	1 1%	- -	1 3%	1 1%	9 3%	2 1%	6 2%	2 1%	3 2%
NET: More		214 31%	13 20%	15 24%	29 26%	38 29%	34 39% a	28 37% a	15 41% a	41 38% a	102 31%	84 38% a	148 58% bc	41 16%	25 15%
NET: Less		152 22%	15 23%	22 34% fhj	27 24%	28 21%	23 25%	10 13%	8 21%	20 18%	77 23%	38 17%	28 11%	50 19% a	74 43% ab
Base for stats		668	62	65	107	127	88	76	36	107	323	219	247	255	167
Mean Score		3.11	2.93	2.84	3.01	3.08	3.15	3.31 abc	3.25	3.26 ab	3.08	3.28 abci	3.59 bc	2.93 c	2.65
Standard Deviation		.947	1.076	.909	.953	.900	.967	.868	1.146	.862	.935	.912	.968	.694	.939
Standard Error		.040	.151	.124	.099	.086	.112	.108	.206	.091	.056	.067	.067	.047	.079
Error variance		*	.02	.02	.01	.01	.01	.01	.04	.01	*	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to the previous week?

BASE: All respondents who have children under 16

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
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	578	93	86	129	99	65	44	18	44	293	106	196	222	154	
Total	682	110	99	153	115	78	54	20	53	345	127	230	261	183	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	44	2	4	5	8	11	7	1	6	23	15	31	2	11
	6%	2%	4%	3%	7%	14%	13%	6%	12%	7%	12%	13%	1%	6%	
						abc	abc		ac		abc	bc		b	
A bit more	(4.0)	170	12	13	41	36	28	12	7	21	105	40	97	46	24
	25%	11%	13%	27%	31%	37%	23%	34%	39%	30%	31%	42%	17%	13%	
				ab	ab	ab			ab	ab	ab	bc			
Neither more nor less	(3.0)	302	65	46	67	45	29	26	7	18	141	51	72	154	73
	44%	59%	46%	44%	39%	37%	48%	34%	34%	41%	40%	32%	59%	40%	
		cdehij											ac		
A bit less	(2.0)	116	16	25	30	23	4	8	3	6	58	18	23	44	49
	17%	15%	25%	20%	20%	5%	16%	16%	11%	17%	14%	10%	17%	27%	
			e	e	e					e			a	ab	
A lot less	(1.0)	36	11	11	6	-	5	-	1	2	11	3	5	8	23
	5%	10%	11%	4%	-	6%	-	6%	4%	3%	3%	2%	3%	13%	
		dfij	cdfij	d		d			d						ab
Don't know		13	3	1	4	3	1	-	1	-	8	1	2	7	3
	2%	3%	1%	2%	3%	1%	-	5%	-	2%	1%	1%	2%	1%	
NET: More		214	15	17	46	44	39	19	8	27	128	54	128	48	36
	31%	13%	17%	30%	38%	50%	36%	40%	51%	37%	43%	56%	18%	19%	
				ab	ab	abc	ab			abc	ab	abc	bc		
NET: Less		152	27	36	36	23	9	8	4	8	68	21	28	52	72
	22%	25%	36%	24%	20%	11%	16%	21%	15%	20%	16%	12%	20%	39%	
		e	defhij	e									a	ab	
Base for stats	668	107	98	149	112	76	54	19	53	337	126	228	255	180	
Mean Score	3.11	2.80	2.73	3.05	3.26	3.47	3.34	3.20	3.43	3.21	3.36	3.55	2.96	2.73	
				ab	ab	abc	ab		abc	ab	abc	bc	c		
Standard Deviation	.947	.853	.959	.876	.873	1.011	.904	1.011	.988	.919	.952	.918	.721	1.049	
Standard Error	.040	.090	.104	.078	.089	.126	.136	.245	.149	.054	.093	.066	.049	.085	
Error variance	*	.01	.01	.01	.01	.02	.02	.06	.02	*	.01	*	*	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Gender		Age			Region										
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204	
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more important		(5.0)	423	208	215	139	151	133	15	50	37	45	36	60	80	62	40
			21%	21%	21%	23%	22%	18%	16%	19%	18%	21%	20%	26%	24%	19%	19%
					c	c							ah				
Somewhat more important		(4.0)	807	389	415	264	270	274	40	111	85	70	70	80	127	139	86
			39%	39%	40%	43%	40%	36%	41%	42%	42%	33%	40%	35%	39%	42%	41%
					c				d	d					d		
No more or less important		(3.0)	666	335	330	132	216	319	35	84	65	83	60	76	83	110	70
			32%	33%	32%	21%	32%	42%	36%	31%	32%	39%	34%	33%	26%	33%	34%
						a	a	ab	g			g	g			g	
Somewhat less important		(2.0)	61	28	33	39	18	5	1	7	5	8	5	5	17	10	3
			3%	3%	3%	6%	3%	1%	1%	3%	3%	4%	3%	2%	5%	3%	2%
					bc	c								i			
Much less important		(1.0)	23	11	11	11	8	5	2	3	1	1	1	3	4	5	3
			1%	1%	1%	2%	1%	1%	2%	1%	*	*	*	1%	1%	2%	1%
Don't know			70	29	38	35	11	24	3	12	8	8	5	5	14	7	7
			3%	3%	4%	6%	2%	3%	3%	5%	4%	4%	3%	2%	4%	2%	3%
					bc												
NET: More important			1230	598	630	403	420	407	56	161	121	115	106	140	207	201	125
			60%	60%	60%	65%	63%	54%	57%	60%	61%	53%	60%	61%	64%	60%	60%
					c	c								d			
NET: Less important			85	39	43	50	25	10	4	10	6	8	6	8	21	15	6
			4%	4%	4%	8%	4%	1%	4%	4%	3%	4%	3%	3%	7%	5%	3%
					bc	c											
Base for stats			1981	972	1004	585	661	735	95	254	192	206	172	223	312	326	201
Mean Score			3.78	3.78	3.79	3.82	3.81	3.71	3.68	3.78	3.78	3.73	3.78	3.84	3.84	3.74	3.78
					c	c											
Standard Deviation			.855	.854	.852	.932	.854	.787	.852	.831	.796	.856	.824	.894	.918	.854	.827
Standard Error			.019	.027	.027	.036	.033	.030	.082	.051	.054	.059	.062	.067	.052	.047	.059
Error variance			*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Social Grade								Ethnicity								
		Total	Social Grade A	Social Grade B	Social Grade C1	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		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278	
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more important	(5.0)	423	35	111	112	61	44	60	258	165	344	14	28	27	1	5	75	
		21%	25% fh	25% fh	22% f	21% f	19%	14%	23% fh	17%	20%	32% a	24%	36% a	11%	38%	29% a	
Somewhat more important	(4.0)	807	66	182	214	112	89	144	462	345	690	15	58	27	6	5	112	
		39%	48% fh	41% f	41% f	39%	38%	34%	42% fh	37%	39%	34%	49% a	36%	48%	44%	43%	
No more or less important	(3.0)	666	34	123	152	95	74	188	309	357	608	12	19	14	4	1	50	
		32%	24%	27%	29%	33%	32%	44% abcdegh	28% abcg	38% cdg	35%	27%	16%	19%	33%	6%	19%	
Somewhat less important	(2.0)	61	3	15	24	8	9	4	41	20	40	2	8	6	-	1	17	
		3%	2% f	3% fh	5% fh	3%	4% f	1%	4% fh	2%	2%	5%	7% a	8% a	-	6%	7% a	
Much less important	(1.0)	23	1	6	3	3	5	5	9	14	19	-	1	1	1	-	3	
		1%	1%	1%	1%	1%	2% cg	1%	1%	1%	1%	-	1%	1%	8%	-	1%	
Don't know		70	-	12	16	6	10	26	27	43	57	1	4	-	-	1	6	
		3%	-	3%	3% a	2%	4% a	6% abcdg	2%	5% ag	3%	2%	4%	-	-	7%	2%	
NET: More important		1230	101	293	326	173	133	204	721	510	1034	29	86	54	8	10	187	
		60%	73% cdefh	65% efh	63% fh	61% fh	58% f	48%	65% efh	54% f	59%	66%	73% a	72% a	59%	82%	71% a	
NET: Less important		85	4	20	26	10	14	9	51	34	59	2	9	7	1	1	20	
		4%	3%	5%	5% f	4%	6% f	2%	5% f	4%	3%	5%	7% a	9% a	8%	6%	8% a	
Base for stats		1981	139	436	505	278	221	401	1080	901	1702	43	114	75	13	12	256	
Mean Score		3.78	3.94 efh	3.87 efh	3.81 fh	3.79 f	3.71	3.62	3.85 efh	3.70	3.76	3.94	3.92	3.98 a	3.55	4.22	3.93 a	
Standard Deviation		.855	.803	.879	.852	.848	.915	.797	.857	.845	.836	.913	.872	.991	1.005	.858	.921	
Standard Error		.019	.068	.042	.038	.050	.060	.041	.026	.028	.020	.135	.080	.111	.269	.248	.056	
Error variance		*	*	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.06	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461	
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
423	261	83	61	144	79	26	124	26	9	13	20	36	30	60	105	
21%	20%	22%	20%	21%	24%	21%	22%	16%	19%	26%	21%	27%	18%	16%	23%	
					dj		j					dij			j	
807	478	165	138	303	134	55	226	68	15	20	35	62	58	136	188	
39%	37%	45%	44%	44%	40%	45%	41%	43%	31%	40%	37%	46%	34%	35%	42%	
		a	a	a								ij				
666	468	102	77	179	98	33	165	52	18	14	32	21	59	174	131	
32%	36%	28%	25%	26%	30%	27%	30%	33%	38%	30%	33%	15%	35%	45%	29%	
	bcd				h	h	h	h	h	h	h		h	abcdefghik	h	
61	23	13	21	34	11	4	21	6	5	1	2	5	6	1	16	
3%	2%	4%	7%	5%	3%	4%	4%	4%	10%	2%	2%	4%	3%	*	3%	
			a	a	j	j	j	j	acgijk			j	j	j	j	
23	12	1	8	9	4	1	6	4	-	-	1	1	4	2	5	
1%	1%	*	3%	1%	1%	1%	1%	2%	-	-	1%	1%	2%	1%	1%	
			ab													
70	46	6	7	13	5	3	11	4	1	1	6	11	14	13	8	
3%	4%	2%	2%	2%	1%	3%	2%	2%	2%	2%	7%	8%	8%	3%	2%	
	d										ack	acdjk	abcdjk			
1230	740	248	199	447	212	81	350	94	24	32	56	97	88	196	294	
60%	57%	67%	64%	66%	64%	66%	63%	59%	51%	67%	58%	72%	51%	51%	65%	
		a		a	ij	ij	ij			j		cdegij			ij	
85	35	14	29	43	16	5	27	10	5	1	3	6	10	3	21	
4%	3%	4%	9%	6%	5%	4%	5%	6%	10%	2%	3%	4%	6%	1%	5%	
			ab	a	j	j	j	j	gj			j	j	j	j	
1981	1242	364	305	669	326	120	541	156	46	48	90	124	157	374	446	
3.78	3.77	3.87	3.73	3.81	3.83	3.85	3.82	3.68	3.60	3.93	3.80	4.02	3.67	3.67	3.84	
					j	j	j			j		acdegijk			ij	
.855	.832	.813	.947	.878	.881	.835	.868	.879	.923	.807	.847	.831	.916	.765	.868	
.019	.023	.046	.059	.037	.048	.078	.037	.070	.136	.119	.085	.067	.073	.042	.041	
*	*	*	*	*	*	.01	*	*	.02	.01	.01	*	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
														NET: Longstanding physical and mental condition or illness					
		Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
Significance Level: 95%			a	b	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total		2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
Total		2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more important	(5.0)	423	55	230	118	21	368	65	297	53	50	13	315	99	16	359	64	368	54
		21%	17%	21%	21%	33%	21%	22%	21%	24%	14%	22%	22%	18%	23%	22%	16%	21%	17%
						abce				be			be			b			
Somewhat more important	(4.0)	807	119	425	246	18	688	118	561	78	134	18	583	201	22	646	161	704	100
		39%	36%	38%	45%	28%	40%	39%	40%	35%	37%	29%	41%	36%	32%	39%	40%	41%	32%
					abde							e					b		
No more or less important	(3.0)	666	127	390	133	17	539	88	439	58	139	24	450	197	21	516	150	544	119
		32%	39%	35%	24%	27%	31%	29%	32%	26%	39%	39%	32%	35%	31%	31%	37%	32%	38%
			ce	ce			c				ad	a	a			a		a	
Somewhat less important	(2.0)	61	6	29	23	3	55	15	38	13	7	2	34	21	1	51	11	44	16
		3%	2%	3%	4%	5%	3%	5%	3%	6%	2%	4%	2%	4%	2%	3%	3%	3%	5%
								b		bd								a	
Much less important	(1.0)	23	4	9	10	-	19	8	11	6	8	3	7	15	2	19	4	19	3
		1%	1%	1%	2%	-	1%	3%	1%	3%	2%	5%	*	3%	3%	1%	1%	1%	1%
								b		d	d	d		d	d				
Don't know		70	16	32	19	3	54	6	41	15	19	1	30	28	6	54	16	45	19
		3%	5%	3%	3%	6%	3%	2%	3%	7%	5%	2%	2%	5%	9%	3%	4%	3%	6%
										d	d		d	d				a	
NET: More important		1230	174	655	363	38	1056	183	858	131	183	31	898	300	38	1005	226	1072	154
		60%	53%	59%	66%	62%	61%	61%	62%	59%	51%	51%	63%	53%	55%	61%	56%	62%	50%
					abe		a						bce			b		b	
NET: Less important		85	10	38	33	3	74	23	48	18	15	5	41	36	3	70	15	62	19
		4%	3%	3%	6%	5%	4%	8%	3%	8%	4%	9%	3%	6%	5%	4%	4%	4%	6%
					b			b		bd		d		d				a	
Base for stats		1981	311	1082	529	59	1670	295	1345	207	338	60	1389	534	62	1591	390	1679	292
Mean Score		3.78	3.69	3.77	3.83	3.95	3.80	3.74	3.81	3.77	3.62	3.60	3.84	3.65	3.78	3.80	3.69	3.81	3.64
					a	a	a						bce			b		b	
Standard Deviation		.855	.831	.839	.886	.942	.859	.946	.835	.991	.849	1.029	.817	.920	.959	.864	.812	.844	.880
Standard Error		.019	.047	.026	.039	.123	.021	.057	.023	.067	.047	.132	.022	.040	.123	.022	.042	.021	.051
Error variance		*	*	*	*	.02	*	*	*	*	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512	
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more important		(5.0)	423	46	27	47	72	57	51	27	97	176	175	159	150	113
			21%	13%	13%	16%	20%	25%	24%	28%	32%	20%	29%	28%	16%	22%
						ab	abc	abc	abc	abcdfi	ab	abcdi	bc			b
Somewhat more important		(4.0)	807	99	86	114	160	104	99	41	104	379	244	269	323	214
			39%	27%	41%	40%	44%	47%	46%	43%	35%	44%	40%	47%	34%	42%
					a	a	ah	ah	ah	a	a	ah	a	b		b
No more or less important		(3.0)	666	171	79	93	105	46	55	26	91	244	172	108	416	133
			32%	47%	38%	33%	29%	21%	26%	27%	30%	28%	28%	19%	44%	26%
				bcdefghij	defij	e	e				e	e	e		ac	a
Somewhat less important		(2.0)	61	7	7	17	12	8	5	1	4	38	10	26	14	22
			3%	2%	3%	6%	3%	4%	2%	1%	1%	4%	2%	4%	1%	4%
						aghj						ahj		b		b
Much less important		(1.0)	23	6	2	3	2	5	4	-	2	10	5	3	7	13
			1%	2%	1%	1%	*	2%	2%	-	1%	1%	1%	*	1%	2%
																ab
Don't know		70	37	6	10	9	3	2	-	4	21	5	12	33	14	
		3%	10%	3%	3%	3%	1%	1%	-	1%	2%	1%	2%	4%	3%	
			bcdefghij	j	fj	j					j					
NET: More important		1230	144	113	161	232	161	150	68	201	554	419	429	472	327	
		60%	40%	54%	57%	64%	72%	70%	72%	67%	64%	69%	74%	50%	64%	
				a	a	abc	abcdi	abc	abc	abc	abc	abc	bc			b
NET: Less important		85	13	10	20	14	13	9	1	5	47	15	28	21	35	
		4%	3%	5%	7%	4%	6%	4%	1%	2%	5%	2%	5%	2%	7%	
					aghj		hj				hj		b			b
Base for stats		1981	328	202	274	351	220	213	95	298	845	606	565	909	495	
Mean Score		3.78	3.52	3.63	3.67	3.82	3.91	3.88	3.99	3.98	3.80	3.95	3.99	3.65	3.79	
					a	abc	abc	abc	abci	abcdi	abc	abcdi	bc			b
Standard Deviation		.855	.825	.803	.874	.811	.896	.856	.775	.856	.858	.844	.835	.796	.930	
Standard Error		.019	.046	.056	.053	.043	.060	.059	.080	.050	.029	.035	.035	.027	.042	
Error variance		*	*	*	*	*	*	*		*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions				
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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534	
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530	
100%		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more important		(5.0)	423	86	45	78	72	46	37	12	46	196	95	157	138	124
			21%	16%	14%	20%	24%	26%	29%	24%	34%	23%	30%	29%	15%	23%
					b	ab	ab	abc		abcdi	ab	abc	bc		b	
Somewhat more important		(4.0)	807	163	151	173	126	78	53	23	40	377	116	268	311	221
			39%	30%	46%	44%	42%	44%	42%	46%	30%	43%	37%	49%	33%	42%
					ahj	ah	ah	ah	a	ah		ah	a	bc		b
No more or less important		(3.0)	666	234	111	114	82	39	28	13	46	235	86	99	421	137
			32%	43%	34%	29%	27%	22%	22%	25%	34%	27%	28%	18%	45%	26%
				bcdefgij	efi					ef					ac	a
Somewhat less important		(2.0)	61	8	5	13	14	11	8	1	1	38	10	20	20	22
			3%	2%	1%	3%	5%	6%	7%	2%	1%	4%	3%	4%	2%	4%
						abh	abh	abh			abh					b
Much less important		(1.0)	23	8	3	5	3	1	2	-	2	9	4	2	7	13
			1%	1%	1%	1%	1%	*	2%	-	1%	1%	1%	*	1%	2%
																ab
Don't know			70	41	11	10	4	2	-	1	-	16	1	4	42	13
			3%	8%	3%	2%	1%	1%	-	2%	-	2%	*	1%	4%	2%
				bcdefhij	fhj	j						j			ac	a
NET: More important			1230	250	196	251	198	124	90	35	86	573	211	425	449	345
			60%	46%	60%	64%	66%	70%	70%	70%	64%	66%	68%	77%	48%	65%
				a	a	a	ab	ab	ab	a	a	a	a	bc		b
NET: Less important			85	16	8	18	17	12	10	1	2	47	14	21	27	35
			4%	3%	2%	5%	6%	7%	8%	2%	2%	5%	4%	4%	3%	7%
						ab	abh	abh			ab					ab
Base for stats			1981	500	315	383	297	175	129	49	134	855	311	545	897	517
Mean Score			3.78	3.63	3.73	3.80	3.84	3.90	3.89	3.94	3.96	3.83	3.93	4.03	3.62	3.81
					a	a	ab	a	a	ab	a	ab	bc		b	
Standard Deviation			.855	.840	.757	.844	.885	.883	.948	.781	.904	.866	.903	.800	.800	.934
Standard Error			.019	.038	.042	.043	.051	.067	.084	.112	.079	.030	.052	.034	.027	.041
Error variance			*	*	*	*	*	*	.01	.01	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14. SUMMARY: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I will feel safer exercising at home than in public places	2051 100%	440 21%	878 43%	442 22%	161 8%	130 6%	1318 64%	603 29%
I intend to walk and cycle more often for everyday journeys such as to work or local shops and services	2051 100%	339 17%	929 45%	444 22%	230 11%	109 5%	1268 62%	674 33%
I intend to increase the amount of physical activity and exercise I do as we come out of lockdown	2051 100%	330 16%	896 44%	513 25%	161 8%	150 7%	1226 60%	674 33%
Coming out of lockdown will make it harder for me to be active	2051 100%	171 8%	484 24%	801 39%	469 23%	125 6%	656 32%	1270 62%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	330	180	149	143	117	70	10	45	27	35	24	30	63	58	39
		16%	18%	14%	23%	17%	9%	10%	17%	13%	16%	14%	13%	19%	17%	19%
			b		bc	c								a		a
Tend to agree	(3.0)	896	437	458	301	302	294	38	119	89	90	81	104	151	147	78
		44%	44%	44%	49%	45%	39%	38%	45%	44%	42%	46%	46%	46%	44%	37%
					c	c								i		
Tend to disagree	(2.0)	513	254	255	106	166	241	34	64	56	55	42	57	69	83	53
		25%	25%	25%	17%	25%	32%	34%	24%	28%	26%	24%	25%	21%	25%	25%
						a	ab	bg								
Strongly disagree	(1.0)	161	82	79	30	34	98	12	22	13	18	13	22	17	22	22
		8%	8%	8%	5%	5%	13%	13%	8%	6%	8%	8%	10%	5%	6%	11%
							ab	gh					g			g
Don't know		150	48	100	40	53	57	5	16	15	16	16	15	25	24	17
		7%	5%	10%	6%	8%	7%	5%	6%	8%	8%	9%	7%	8%	7%	8%
				a												
NET: Agree		1226	617	607	444	418	364	47	164	115	125	105	134	214	204	116
		60%	62%	58%	72%	62%	48%	48%	62%	58%	58%	59%	59%	66%	61%	56%
					bc	c			a					ai	a	
NET: Disagree		674	336	334	135	200	339	46	86	69	73	56	79	86	104	75
		33%	34%	32%	22%	30%	45%	47%	32%	35%	34%	31%	35%	26%	31%	36%
						a	ab	bcdefgh		g	g		g			g
Base for stats		1901	953	941	580	618	703	93	251	185	198	160	213	300	309	191
Mean Score		2.73	2.75	2.72	2.96	2.81	2.48	2.48	2.75	2.70	2.71	2.72	2.66	2.87	2.78	2.70
					bc	c			a	a	a	a		acdfi	a	a
Standard Deviation		.844	.859	.828	.797	.801	.853	.854	.854	.803	.860	.820	.845	.805	.829	.924
Standard Error		.019	.028	.027	.031	.032	.034	.083	.053	.056	.060	.064	.065	.047	.047	.068
Error variance		*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	330	28	76	101	46	36	43	205	125	265	12	26	20	1	4	62
		16%	20% fh	17% f	19% fh	16% f	15% f	10% fh	19% fh	13% fh	15% fh	28% a	22% a	26% a	6% fh	32% a	24% a
Tend to agree	(3.0)	896	68	227	226	134	92	150	521	376	760	16	64	33	7	5	124
		44%	49% fh	51% cefh	43% f	47% fh	40% fh	35% efh	47% efh	40% efh	43% fh	36% fh	54% ab	43% ab	51% fh	40% fh	47% fh
Tend to disagree	(2.0)	513	34	105	121	65	71	117	260	253	453	13	17	15	6	2	54
		25%	25% fh	23% fh	23% fh	23% fh	31% bcdg	27% fh	23% fh	27% fh	26% c	29% c	15% fh	21% fh	44% fh	18% fh	20% fh
Strongly disagree	(1.0)	161	3	19	24	17	22	75	47	114	149	1	2	5	-	-	9
		8%	2% fh	4% fh	5% fh	6% fh	10% abcg	18% abcdegh	4% fh	12% abchg	8% cg	3% fh	2% fh	7% fh	- fh	- fh	3% fh
Don't know		150	6	20	48	23	10	42	75	76	131	1	8	3	-	1	14
		7%	4% fh	5% fh	9% abe	8% fh	5% fh	10% abeg	7% fh	8% b	7% fh	3% fh	7% fh	4% fh	- fh	10% fh	5% fh
NET: Agree		1226	96	303	327	179	128	193	726	501	1026	28	90	52	7	9	186
		60%	69% efh	68% efh	63% efh	63% fh	55% f	45% fh	66% efh	53% f	58% fh	64% fh	76% a	69% fh	56% fh	72% fh	71% a
NET: Disagree		674	38	124	145	82	93	192	307	367	602	14	20	20	6	2	62
		33%	27% fh	28% fh	28% fh	29% fh	40% abcdg	45% abcdgh	28% fh	39% abcdg	34% cg	33% c	17% fh	27% fh	44% fh	18% fh	24% fh
Base for stats		1901	134	427	472	262	221	385	1033	868	1628	42	110	72	13	11	248
Mean Score		2.73	2.90	2.84	2.86	2.80	2.64	2.42	2.86	2.59	2.70	2.91	3.03	2.92	2.62	3.16	2.96
			efh	efh	efh	efh	f	fh	efh	f			a	a			a
Standard Deviation		.844	.750	.763	.810	.805	.869	.927	.783	.891	.848	.859	.696	.871	.614	.763	.779
Standard Error		.019	.065	.037	.037	.049	.057	.049	.024	.030	.021	.128	.065	.100	.164	.220	.048
Error variance		*	*	*	*	*	*	*	*	*	*	.02	*	.01	.03	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work		NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461	
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
330	178	74	63	136	69	20	98	22	8	7	11	38	24	34	89	
16%	14%	20%	20%	20%	21%	16%	18%	14%	17%	14%	11%	29%	14%	9%	20%	
		a	a	a	dgij	j	j					bcdfgijk			gj	
896	530	170	168	337	152	63	267	65	17	18	40	61	69	143	215	
44%	41%	46%	54%	49%	46%	51%	48%	41%	37%	38%	42%	45%	40%	37%	47%	
			a	a	j	j	j								j	
513	358	80	56	136	79	24	129	52	15	14	29	19	32	119	103	
25%	28%	22%	18%	20%	24%	20%	23%	32%	32%	29%	30%	15%	19%	31%	23%	
	bcd				h		h	abchik	h	h	hi			abchik	h	
161	127	17	11	28	14	9	29	13	2	3	5	6	25	57	22	
8%	10%	5%	3%	4%	4%	7%	5%	8%	3%	6%	5%	4%	14%	15%	5%	
	bcd												aceghk	abcdeghk		
150	95	29	15	44	17	7	30	8	5	6	10	10	22	34	24	
7%	7%	8%	5%	6%	5%	6%	5%	5%	11%	13%	11%	7%	13%	9%	5%	
										ack	ack		acdk			
1226	708	243	230	474	221	83	365	87	25	25	51	99	93	177	304	
60%	55%	66%	74%	69%	67%	67%	66%	54%	54%	51%	53%	74%	54%	46%	67%	
		a	ab	a	dfgij	dgij	dfgij					defgij			dfgij	
674	485	97	67	164	92	33	158	65	16	17	35	25	57	177	125	
33%	38%	26%	21%	24%	28%	27%	29%	40%	35%	35%	36%	19%	33%	46%	28%	
	bcd				h		h	abchk	h	h	h		h	abchik	h	
1901	1193	341	297	638	314	116	522	152	42	42	86	125	150	354	429	
2.73	2.64	2.88	2.95	2.91	2.88	2.81	2.83	2.63	2.75	2.68	2.66	3.06	2.61	2.43	2.86	
		a	a	a	dgij	j	dij	j	j		j	abcde fgijk	j		dgij	
.844	.862	.800	.736	.771	.797	.809	.791	.835	.808	.830	.777	.808	.943	.872	.800	
.019	.024	.047	.046	.033	.044	.076	.035	.067	.125	.130	.080	.065	.077	.050	.038	
*	*	*	*	*	*	.01	*	*	.02	.02	.01	*	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	330	37	159	113	20	293		65	222		43	38	16	234	82	12	
		16%	11%	14%	21%	32%	17%		22%	16%		19%	11%	26%	16%	15%	18%	
					abe	abce	a		b			b		bde	b			
Tend to agree	(3.0)	896	126	470	276	24	770		137	624		87	127	16	667	205	20	
		44%	39%	42%	50%	39%	45%		46%	45%		39%	36%	27%	47%	37%	29%	
					abe		a					abcef						
Tend to disagree	(2.0)	513	96	299	105	13	417		56	354		49	100	19	347	153	15	
		25%	29%	27%	19%	21%	24%		19%	26%		22%	28%	32%	24%	27%	22%	
			ce	c			c		a									
Strongly disagree	(1.0)	161	42	93	24	2	119		21	93		23	58	6	79	74	13	
		8%	13%	8%	4%	4%	7%		7%	7%		11%	16%	10%	6%	13%	18%	
			bcde	c			c					d	d		d	d		
Don't know		150	26	93	29	2	125		21	93		20	35	3	92	48	9	
		7%	8%	8%	5%	4%	7%		7%	7%		9%	10%	5%	6%	9%	13%	
				c								d	d		d	d		
NET: Agree		1226	163	630	389	44	1063		202	846		130	165	32	901	287	32	
		60%	50%	57%	71%	71%	62%		67%	61%		58%	46%	53%	63%	51%	47%	
				a	abe	ab	ab		b			b		bef				
NET: Disagree		674	139	391	129	15	536		77	447		73	157	25	426	226	27	
		33%	42%	35%	24%	25%	31%		26%	32%		33%	44%	42%	30%	40%	40%	
			bcde	ce			c		a			ad		d				
Base for stats		1901	302	1021	518	60	1599		280	1293		202	322	58	1327	514	59	
Mean Score		2.73	2.52	2.68	2.92	3.04	2.77		2.88	2.75		2.73	2.45	2.74	2.80	2.58	2.53	
				a	abe	abe	ab		b			be		b	bef			
Standard Deviation		.844	.882	.844	.775	.854	.831		.851	.820		.923	.919	.983	.797	.923	1.048	
Standard Error		.019	.050	.026	.034	.110	.021		.052	.023		.064	.052	.128	.022	.041	.136	
Error variance		*	*	*	*	.01	*		*	*		*	*	.02	*	*	.02	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512	
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	330	36	26	36	69	42	42	19	59	147	120	140	93	95
		16%	10%	13%	13%	19%	19%	20%	20%	20%	17%	20%	24%	10%	19%	
					abc	a	abc	a	abc	a	abc	bc		b		
Tend to agree		(3.0)	896	97	99	151	166	107	105	44	129	423	277	304	363	225
		44%	26%	48%	53%	46%	48%	49%	47%	43%	49%	45%	53%	38%	44%	
				a	ahj	a	a	a	a	a	a	a	bc		b	
Tend to disagree		(2.0)	513	100	49	63	85	57	56	18	85	205	159	90	302	118
		25%	27%	24%	22%	24%	26%	26%	19%	28%	24%	26%	16%	32%	23%	
													ac		a	
Strongly disagree		(1.0)	161	82	14	16	13	12	5	7	12	42	24	19	103	33
		8%	23%	7%	6%	4%	5%	2%	7%	4%	5%	4%	3%	11%	6%	
			bcdefghij	f										ac		a
Don't know			150	50	20	19	27	4	7	7	17	50	31	25	82	38
		7%	14%	9%	7%	8%	2%	3%	7%	6%	6%	5%	4%	9%	7%	
			cdefhij	efj	e	ef			e	e	e	e		a		a
NET: Agree			1226	133	125	187	234	149	147	63	188	570	398	444	456	320
		60%	36%	60%	66%	65%	67%	68%	66%	62%	66%	65%	77%	48%	63%	
				a	a	a	a	a	a	a	a	a	bc		b	
NET: Disagree			674	182	63	79	98	69	61	25	96	247	183	109	405	151
		33%	50%	30%	28%	27%	31%	28%	26%	32%	28%	30%	19%	43%	30%	
			bcdefghij											ac		a
Base for stats			1901	316	188	266	332	219	208	88	284	817	580	553	861	471
Mean Score			2.73	2.28	2.73	2.78	2.87	2.82	2.88	2.86	2.83	2.83	2.85	3.02	2.52	2.81
				a	a	ab	a	a	a	a	a	a	bc			b
Standard Deviation			.844	.978	.790	.754	.780	.804	.751	.841	.802	.778	.789	.743	.840	.834
Standard Error			.019	.056	.057	.046	.042	.054	.053	.090	.048	.027	.033	.031	.029	.038
Error variance			*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	330	51	41	66	63	40	27	7	34	170	69	124	91	113
		16%	9%	12%	17%	21%	23%	21%	14%	26%	19%	22%	23%	10%	21%
					a	ab	ab	ab		abc	ab	ab	b		b
Tend to agree	(3.0)	896	174	161	194	151	75	55	31	56	420	142	295	352	245
		44%	32%	49%	49%	50%	42%	43%	62%	42%	48%	45%	54%	37%	46%
				a	a	a	a	a	aefhij	a	a	a	bc		b
Tend to disagree	(2.0)	513	163	78	85	64	47	35	7	35	195	77	90	306	110
		25%	30%	24%	22%	21%	26%	28%	13%	26%	22%	25%	16%	33%	21%
			bcdgi				g							ac	
Strongly disagree	(1.0)	161	98	16	17	9	7	6	3	4	33	14	14	110	30
		8%	18%	5%	4%	3%	4%	5%	7%	3%	4%	4%	3%	12%	6%
			bcddefghij											ac	a
Don't know		150	56	30	31	14	8	5	2	5	53	11	25	80	32
		7%	10%	9%	8%	5%	5%	4%	3%	4%	6%	4%	5%	9%	6%
			defhij	dfhj	j									a	
NET: Agree		1226	224	202	260	214	116	82	38	90	590	211	419	442	358
		60%	41%	62%	66%	71%	65%	64%	77%	67%	68%	67%	76%	47%	68%
				a	a	ab	a	a	ab	a	a	a	bc		b
NET: Disagree		674	261	94	102	73	54	42	10	39	229	91	104	417	140
		33%	48%	29%	26%	24%	30%	33%	20%	29%	26%	29%	19%	44%	26%
			bcddefghij											ac	a
Base for stats		1901	485	296	362	287	170	124	48	129	818	301	523	859	498
Mean Score		2.73	2.37	2.76	2.85	2.93	2.88	2.83	2.88	2.93	2.89	2.88	3.01	2.49	2.88
				a	a	ab	a	a	a	ab	ab	a	bc		b
Standard Deviation		.844	.920	.753	.766	.753	.821	.832	.744	.815	.773	.810	.721	.848	.824
Standard Error		.019	.042	.043	.040	.044	.064	.076	.107	.073	.027	.047	.031	.029	.037
Error variance		*	*	*	*	*	*	.01	.01	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

		Gender		Age			Region										
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204	
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	339	181	157	136	116	88	15	46	29	31	25	37	72	46	38	
		17%	18%	15%	22% bc	17% c	12%	16%	17%	14%	14%	14%	16%	22% cdeh	14%	18%	
Tend to agree	(3.0)	929	459	468	297	322	310	41	115	92	102	78	103	157	157	84	
		45%	46%	45%	48% c	48% c	41%	42%	43%	46%	47%	44%	45%	48%	47%	40%	
Tend to disagree	(2.0)	444	207	233	110	146	188	23	63	48	52	42	42	59	72	42	
		22%	21%	22%	18%	22%	25% a	23%	24%	24%	24%	24%	18%	18%	22%	20%	
Strongly disagree	(1.0)	230	113	118	44	53	133	14	27	21	20	24	32	23	39	30	
		11%	11%	11%	7%	8%	17% ab	14% g	10%	11%	9%	14% g	14% g	7%	12% g	15% g	
Don't know		109	41	66	33	35	42	5	15	10	10	8	16	14	18	14	
		5%	4%	6% a	5%	5%	5%	5%	6%	5%	5%	4%	7%	4%	5%	7%	
NET: Agree		1268	640	625	433	438	397	56	161	121	133	103	139	229	204	122	
		62%	64%	60%	70% c	65% c	52%	58%	60%	61%	62%	58%	61%	70% abcdefhi	61%	59%	
NET: Disagree		674	320	350	154	199	321	37	91	69	72	66	74	82	111	72	
		33%	32%	34%	25%	30% a	42% ab	38% g	34% g	35% g	34% g	37% g	32%	25%	33% g	35% g	
Base for stats		1942	960	975	587	637	718	93	251	191	205	169	213	311	315	195	
Mean Score		2.71	2.74	2.68	2.89 bc	2.79 c	2.49	2.62	2.71	2.68	2.70	2.62	2.68	2.89 abcdefhi	2.67	2.67	
Standard Deviation		.891	.898	.884	.843	.837	.930	.936	.888	.866	.844	.907	.931	.841	.873	.965	
Standard Error		.020	.029	.028	.033	.033	.036	.091	.055	.059	.058	.069	.072	.048	.049	.070	
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	339	30	82	104	43	43	38	215	124	271	16	26	21	1	3	67
		17%	21%	18%	20%	15%	19%	9%	19%	13%	15%	37%	22%	28%	6%	27%	26%
		fh	fh	fh	f	fh		fh	f	a	a	a	a				
Tend to agree	(3.0)	929	63	217	236	144	99	169	515	413	799	11	58	32	7	6	115
		45%	45%	48%	45%	51%	43%	40%	47%	44%	45%	26%	49%	42%	57%	51%	44%
			f	fh	fh		f	b	b	b	b	b	b	b			
Tend to disagree	(2.0)	444	28	97	113	58	52	95	238	206	392	11	21	12	4	2	50
		22%	20%	22%	22%	20%	23%	22%	21%	22%	22%	26%	18%	16%	28%	16%	19%
Strongly disagree	(1.0)	230	15	31	43	22	22	96	90	140	207	3	8	8	1	-	19
		11%	11%	7%	8%	8%	10%	22%	8%	15%	12%	6%	7%	10%	10%	-	7%
								abcdegh		bcdeg	g						
Don't know		109	4	21	25	17	14	28	50	59	89	2	6	3	-	1	12
		5%	3%	5%	5%	6%	6%	7%	4%	6%	5%	5%	5%	4%	-	7%	4%
NET: Agree		1268	92	299	339	187	142	208	730	538	1071	27	84	53	8	10	182
		62%	66%	67%	65%	66%	62%	49%	66%	57%	61%	63%	71%	70%	63%	77%	69%
			fh	fh	fh	fh	f		fh	f	a	a	a	a	a	a	a
NET: Disagree		674	43	128	157	80	75	191	328	346	599	14	29	20	5	2	69
		33%	31%	29%	30%	28%	32%	45%	30%	37%	34%	32%	24%	26%	37%	16%	26%
								abcdegh		bcdg	cg						
Base for stats		1942	136	427	496	268	217	399	1058	884	1670	41	112	72	13	12	251
Mean Score		2.71	2.79	2.82	2.81	2.78	2.75	2.38	2.81	2.59	2.68	2.98	2.91	2.92	2.58	3.12	2.91
			fh	fh	fh	fh	fh		fh	f	a	a	a	a	a	a	a
Standard Deviation		.891	.913	.824	.867	.813	.890	.954	.856	.917	.889	.966	.830	.945	.772	.693	.878
Standard Error		.020	.078	.040	.039	.049	.059	.050	.026	.031	.022	.144	.076	.108	.206	.200	.054
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.04	.04	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

		Children aged 15 or under in the household				Current employment status											
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total		2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	339	192	74	62	135	78	20	88	21	13	5	10	40	36	27	98
		17%	15%	20%	20%	20%	24%	16%	16%	13%	29%	9%	11%	30%	21%	7%	22%
				a	a	a	cdgij	j	j	j	cdgij			bcdgijk	gj		cdgij
Tend to agree	(3.0)	929	559	178	156	334	162	59	279	68	18	22	53	55	57	155	221
		45%	43%	48%	50%	49%	49%	48%	51%	43%	38%	45%	55%	41%	33%	40%	49%
				a	a	a	ij	i	hij				hij				ij
Tend to disagree	(2.0)	444	290	72	64	136	50	29	126	42	10	13	15	23	34	102	79
		22%	22%	19%	21%	20%	15%	24%	23%	26%	21%	26%	16%	17%	20%	26%	17%
								a	ak	ahk						aghk	
Strongly disagree	(1.0)	230	181	24	19	43	25	8	38	18	3	3	9	12	30	84	33
		11%	14%	6%	6%	6%	8%	7%	7%	11%	5%	6%	10%	9%	18%	22%	7%
			bcd												abcehk	abcdeghk	
Don't know		109	66	22	10	33	15	7	21	11	3	6	9	5	14	19	22
		5%	5%	6%	3%	5%	5%	5%	4%	7%	7%	13%	9%	3%	8%	5%	5%
													achjk	ch		c	
NET: Agree		1268	751	252	218	470	240	79	367	90	31	26	63	95	93	183	319
		62%	58%	68%	70%	69%	73%	64%	66%	56%	67%	54%	65%	71%	54%	47%	70%
				a	a	a	dfij	j	dij		j		j	dfij			dfij
NET: Disagree		674	470	96	84	179	75	37	164	60	12	16	25	34	65	186	113
		33%	37%	26%	27%	26%	23%	30%	30%	37%	26%	32%	26%	26%	38%	48%	25%
			bcd						a	aghk					acghk	abcdeghk	
Base for stats		1942	1221	348	301	649	316	116	532	150	44	42	88	130	158	368	432
Mean Score		2.71	2.62	2.87	2.86	2.87	2.93	2.78	2.78	2.62	2.97	2.66	2.73	2.96	2.62	2.34	2.89
			a	a	a	a	cdgij	j	dij	j	dij	j	j	cdgij	j		cdij
Standard Deviation		.891	.919	.822	.812	.817	.849	.817	.803	.876	.885	.776	.805	.923	1.039	.912	.842
Standard Error		.020	.025	.048	.051	.035	.047	.077	.035	.071	.133	.121	.082	.072	.082	.051	.040
Error variance		*	*	*	*	*	*	.01	*	.01	.02	.01	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	339	45	171	108	16	294		59	227		46	42	9	244	82	14	
		17%	14%	15%	20%	25%	17%		20%	16%		21%	12%	15%	17%	15%	20%	
					ab	ab						be			b			
Tend to agree	(3.0)	929	132	498	265	35	797		146	645		92	121	27	688	219	16	
		45%	40%	45%	48%	56%	46%		49%	47%		41%	34%	44%	48%	39%	23%	
					a	a	a		f			f		abef	f			
Tend to disagree	(2.0)	444	85	249	107	3	359		62	290		38	80	14	311	117	13	
		22%	26%	22%	19%	5%	21%		20%	21%		17%	22%	24%	22%	21%	19%	
			cde	d	d		d					d			d			
Strongly disagree	(1.0)	230	51	136	37	6	179		25	149		30	87	9	114	107	19	
		11%	16%	12%	7%	9%	10%		8%	11%		14%	24%	15%	8%	19%	28%	
			ce	c		c	c					d	ad	d	d	d	ad	
Don't know		109	14	60	31	3	95		10	75		15	27	1	63	36	7	
		5%	4%	5%	6%	5%	6%		3%	5%		7%	7%	1%	4%	6%	10%	
													d			cd		
NET: Agree		1268	177	668	372	50	1091		205	872		138	163	36	932	302	29	
		62%	54%	60%	68%	81%	63%		68%	63%		62%	46%	60%	66%	54%	43%	
				a	abe	abce	a		bef			bef		b	bef	b		
NET: Disagree		674	136	385	144	9	538		86	439		69	167	24	425	224	32	
		33%	42%	35%	26%	14%	31%		29%	32%		31%	47%	39%	30%	40%	47%	
			bcd	cd	d		cd						ade			ad	ad	
Base for stats		1942	313	1053	516	59	1629		291	1311		207	330	60	1357	526	61	
Mean Score		2.71	2.54	2.67	2.86	3.03	2.74		2.82	2.72		2.74	2.36	2.60	2.78	2.53	2.39	
			a	abe	abe	ab			bef			bef		b	b			
Standard Deviation		.891	.931	.897	.828	.840	.879		.851	.880		.967	1.009	.934	.835	.986	1.147	
Standard Error		.020	.052	.028	.037	.108	.022		.051	.024		.066	.057	.120	.023	.043	.147	
Error variance		*	*	*	*	.01	*		*	*		*	*	.01	*	*	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

			Number of days active										Amount of activity in the past week compared to previous week		
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree		(4.0)	339	36	29	38	67	45	40	21	63	151	149	101	88
		17%	10%	14%	13%	19%	20%	19%	22%	21%	17%	20%	26%	11%	17%
					a	ac	a	a	a	abc	a	abc	bc		b
Tend to agree		(3.0)	929	100	96	127	175	115	111	45	158	417	288	406	227
		45%	27%	46%	45%	49%	52%	52%	48%	52%	48%	51%	50%	43%	45%
				a	a	a	a	a	a	a	a	a	b		
Tend to disagree		(2.0)	444	100	43	79	74	35	44	19	51	188	85	246	111
		22%	27%	21%	28%	21%	16%	20%	20%	17%	22%	19%	15%	26%	22%
			dehij		dehij						e			a	a
Strongly disagree		(1.0)	230	93	29	25	25	18	14	7	19	68	37	131	56
		11%	26%	14%	9%	7%	8%	6%	7%	6%	8%	6%	6%	14%	11%
			bcdefghij	defhij										a	a
Don't know			109	35	11	14	18	10	6	4	11	43	18	59	27
		5%	10%	5%	5%	5%	5%	3%	4%	4%	5%	3%	3%	6%	5%
			cdefhij											a	
NET: Agree		1268	137	125	166	242	160	152	66	220	568	438	437	506	314
		62%	37%	60%	58%	67%	72%	71%	70%	73%	66%	72%	76%	54%	62%
			a	a	a	ac	abc	abc	a	abci	ac	abci	bc		b
NET: Disagree		674	193	72	104	99	53	58	25	70	256	153	122	377	167
		33%	53%	35%	37%	28%	24%	27%	27%	23%	30%	25%	21%	40%	33%
			bcdefghij	ehj	defhij						h			ac	a
Base for stats		1942	330	197	270	341	213	209	91	290	824	591	559	884	481
Mean Score		2.71	2.24	2.63	2.66	2.83	2.88	2.85	2.88	2.91	2.79	2.88	2.98	2.54	2.72
			a	a	a	abc	abc	abc	abc	abci	abc	abci	bc		b
Standard Deviation		.891	.986	.909	.835	.827	.838	.803	.844	.803	.836	.808	.827	.880	.894
Standard Error		.020	.055	.064	.051	.044	.058	.056	.089	.047	.029	.034	.035	.030	.041
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
			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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534	
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	339	61	48	58	57	41	28	9	38	156	74	139	95	101
		17%		11%	15%	15%	19%	23%	21%	18%	28%	18%	24%	25%	10%	19%
						a	abc	a		abcdi	a	abc	bc		b	
Tend to agree		(3.0)	929	183	150	208	164	82	59	26	58	454	142	276	404	238
		45%		34%	46%	53%	54%	46%	46%	52%	43%	52%	46%	50%	43%	45%
					a	a	abhj	a	a	a	a	a	a	b		
Tend to disagree		(2.0)	444	133	81	86	51	30	27	10	26	167	63	84	238	117
		22%		25%	25%	22%	17%	17%	21%	21%	19%	19%	20%	15%	25%	22%
				dei	dei										a	a
Strongly disagree		(1.0)	230	120	29	23	20	14	11	3	11	57	24	29	143	53
		11%		22%	9%	6%	7%	8%	8%	5%	8%	7%	8%	5%	15%	10%
			bcddefghij												ac	a
Don't know			109	44	18	17	9	11	5	2	2	38	9	21	59	21
		5%		8%	6%	4%	3%	6%	4%	4%	1%	4%	3%	4%	6%	4%
				cdhij	h			h							a	
NET: Agree			1268	244	198	266	220	123	86	35	95	610	217	415	499	339
		62%		45%	61%	68%	73%	69%	67%	70%	71%	70%	69%	76%	53%	64%
					a	ab	ab	a	a	a	ab	ab	ab	bc		b
NET: Disagree			674	253	110	109	71	44	37	13	37	224	87	112	381	170
		33%		47%	34%	28%	24%	25%	29%	26%	27%	26%	28%	21%	41%	32%
			bcddefghij	dei											ac	a
Base for stats			1942	497	308	375	291	167	124	48	132	834	303	527	880	509
Mean Score			2.71	2.37	2.70	2.80	2.88	2.90	2.84	2.86	2.93	2.85	2.88	3.00	2.51	2.76
					a	a	ab	ab	a	a	ab	ab	ab	bc		b
Standard Deviation			.891	.982	.842	.770	.798	.869	.870	.789	.898	.801	.869	.802	.890	.887
Standard Error			.020	.044	.047	.040	.046	.068	.079	.114	.079	.028	.050	.035	.030	.039
Error variance			*	*	*	*	*	*	.01	.01	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

		Gender		Age			Region										
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204	
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	440	198	240	171	142	127	25	44	40	44	41	46	96	63	41	
		21%	20%	23%	28% bc	21% c	17%	25%	17%	20%	20%	23%	20%	29% bcdghi	19%	20%	
Tend to agree	(3.0)	878	421	452	272	301	305	41	117	88	88	67	110	133	144	90	
		43%	42%	43%	44%	45%	40%	42%	44%	44%	41%	38%	48% e	41%	43%	43%	
Tend to disagree	(2.0)	442	237	204	97	144	201	20	67	46	50	40	37	60	77	45	
		22%	24% b	20%	16%	21% a	26% ab	20%	25% fg	23%	23%	22%	16%	19%	23%	22%	
Strongly disagree	(1.0)	161	81	80	45	52	64	7	21	11	18	17	22	18	29	20	
		8%	8%	8%	7%	8%	8%	7%	8%	5%	8%	10%	9%	5%	9%	10%	
Don't know		130	64	66	35	33	62	6	17	15	15	12	14	19	20	12	
		6%	6%	6%	6%	5%	8% b	6%	6%	8%	7%	7%	6%	6%	6%	6%	
NET: Agree		1318	619	692	443	443	432	65	161	128	132	108	156	229	207	131	
		64%	62%	66% a	71% bc	66% c	57%	67%	61%	64%	62%	61%	68%	70% bdeh	62%	63%	
NET: Disagree		603	318	283	142	196	265	27	88	56	68	57	58	78	106	65	
		29%	32% b	27%	23%	29% a	35% ab	27%	33% g	28%	32%	32% g	26%	24%	32% g	31%	
Base for stats		1921	937	976	584	639	698	92	249	185	200	164	214	307	312	196	
Mean Score		2.83	2.79	2.87	2.97	2.83	2.71	2.90	2.74	2.86	2.79	2.80	2.84	3.00	2.77	2.77	
			a		bc	c								bdehi			
Standard Deviation		.875	.874	.875	.876	.863	.869	.887	.847	.824	.884	.934	.877	.861	.874	.893	
Standard Error		.020	.028	.028	.034	.034	.035	.087	.053	.057	.062	.072	.067	.049	.049	.064	
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

		Social Grade								Ethnicity								
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Unweighted Total		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278	
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	440	41	87	110	62	58	82	237	203	358	12	29	27	2	4	74	
		21%	29%	19%	21%	22%	25%	19%	21%	21%	20%	29%	24%	35%	15%	33%	28%	
bcfgh								a										
Tend to agree	(3.0)	878	56	215	231	119	95	161	503	375	758	16	50	30	9	5	110	
		43%	40%	48%	44%	42%	41%	38%	45%	40%	43%	36%	43%	40%	69%	40%	42%	
fh								fh										
Tend to disagree	(2.0)	442	35	95	101	64	45	102	231	211	387	9	27	10	2	2	51	
		22%	25%	21%	19%	23%	19%	24%	21%	22%	22%	21%	23%	14%	16%	19%	19%	
Strongly disagree	(1.0)	161	6	34	47	20	21	33	88	74	141	5	4	7	-	-	16	
		8%	4%	8%	9%	7%	9%	8%	8%	8%	8%	11%	4%	10%	-	-	6%	
Don't know		130	2	16	31	19	13	49	49	81	114	2	8	1	-	1	11	
		6%	1%	4%	6%	7%	5%	12%	4%	9%	6%	4%	7%	1%	-	7%	4%	
a								abcdeg										
NET: Agree		1318	97	302	341	181	153	243	740	577	1116	28	79	57	11	9	184	
		64%	70%	67%	65%	64%	66%	57%	67%	61%	63%	65%	67%	76%	84%	73%	70%	
f								fh										
NET: Disagree		603	40	129	148	84	66	135	318	285	528	14	31	18	2	2	67	
		29%	29%	29%	28%	30%	28%	32%	29%	30%	30%	32%	27%	23%	16%	19%	26%	
Base for stats		1921	138	432	489	265	219	378	1058	862	1644	42	110	75	13	12	251	
Mean Score		2.83	2.96	2.82	2.82	2.84	2.87	2.77	2.84	2.82	2.81	2.86	2.94	3.02	2.99	3.15	2.96	
f								a										
Standard Deviation		.875	.847	.843	.888	.867	.916	.887	.865	.889	.873	.977	.811	.946	.582	.773	.868	
Standard Error		.020	.072	.041	.040	.052	.060	.047	.027	.030	.022	.146	.075	.107	.155	.223	.053	
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.02	.05	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

		Children aged 15 or under in the household				Current employment status												
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total		2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461	
Total		2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	440	266	77	79	156	78	35	105	31	11	7	22	40	43	67	113
		21%	21%	21%	25%	23%	24%	28%	19%	20%	24%	14%	23%	30%	25%	17%	25%	
							j	cj						cdj	j		cj	
Tend to agree		(3.0)	878	535	178	131	309	155	52	256	70	21	27	38	57	61	141	206
		43%	42%	48%	42%	45%	47%	42%	46%	44%	45%	56%	40%	42%	35%	37%	45%	
				a			ij		ij			ij					ij	
Tend to disagree		(2.0)	442	294	73	59	132	67	21	116	39	8	7	24	19	28	113	89
		22%	23%	20%	19%	19%	20%	17%	21%	24%	16%	15%	25%	14%	16%	29%	20%	
								h	h				h			abcfhik		
Strongly disagree		(1.0)	161	107	22	27	49	21	10	51	14	5	3	4	8	23	23	31
		8%	8%	6%	9%	7%	6%	8%	9%	9%	11%	6%	4%	6%	13%	6%	7%	
															aghjk			
Don't know			130	85	19	17	35	9	5	25	6	2	4	8	11	17	43	15
		6%	7%	5%	5%	5%	3%	4%	5%	4%	3%	9%	8%	8%	10%	11%	3%	
												a	ak	ak	acdk	abcdk		
NET: Agree			1318	802	255	210	465	233	86	361	102	32	34	61	97	103	209	319
		64%	62%	69%	67%	68%	70%	70%	65%	63%	69%	71%	63%	72%	60%	54%	70%	
				a		a	ij	j	j	j	j	j		ij			ij	
NET: Disagree			603	401	96	85	181	88	31	167	53	13	10	28	27	51	136	120
		29%	31%	26%	27%	27%	27%	26%	30%	33%	27%	21%	29%	20%	30%	35%	26%	
				d						h	h				h	afhk		
Base for stats			1921	1203	351	295	646	321	118	527	155	45	44	89	123	154	344	439
Mean Score			2.83	2.80	2.88	2.89	2.89	2.90	2.94	2.79	2.77	2.85	2.87	2.89	3.05	2.80	2.73	2.91
							j	j						cdj			cj	
Standard Deviation			.875	.884	.820	.904	.859	.843	.905	.872	.875	.935	.754	.834	.856	1.006	.849	.859
Standard Error			.020	.025	.048	.057	.037	.046	.085	.038	.070	.139	.115	.084	.069	.081	.049	.041
Error variance			*	*	*	*	*	*	.01	*	*	.02	.01	.01	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	440	74	221	123	21	365		80	271		62	87	22	279	140	27	
		21%	23%	20%	22%	34%	21%		27%	20%		28%	24%	37%	20%	25%	40%	
						abce			b			d		bde	d	bde		
Tend to agree	(3.0)	878	113	496	254	15	765		141	613		85	136	22	636	216	22	
		43%	35%	45%	46%	23%	44%		47%	44%		38%	38%	36%	45%	38%	32%	
				ad	ad		ad							bef				
Tend to disagree	(2.0)	442	87	241	101	12	354		50	303		39	71	10	322	109	8	
		22%	27%	22%	18%	19%	21%		17%	22%		17%	20%	16%	23%	19%	12%	
			ce						a			f						
Strongly disagree	(1.0)	161	32	84	37	8	129		16	110		17	31	5	104	50	3	
		8%	10%	8%	7%	13%	7%		5%	8%		8%	9%	9%	7%	9%	4%	
																	a	
Don't know		130	21	71	33	6	110		14	89		20	33	1	77	46	8	
		6%	6%	6%	6%	10%	6%		5%	6%		9%	9%	2%	5%	8%	11%	
									d	d		d	d	d	d	cd		
NET: Agree		1318	187	718	377	36	1130		221	884		146	222	44	916	356	49	
		64%	57%	64%	69%	58%	66%		73%	64%		66%	62%	73%	65%	63%	72%	
				a	a		a		b									
NET: Disagree		603	120	325	138	20	483		66	413		56	102	15	426	160	11	
		29%	37%	29%	25%	32%	28%		22%	30%		25%	28%	25%	30%	28%	16%	
			bce						a			f	f	f	f			
Base for stats		1921	307	1043	515	56	1614		287	1297		202	324	59	1342	516	61	
Mean Score		2.83	2.75	2.82	2.90	2.88	2.85		2.99	2.81		2.94	2.86	3.03	2.81	2.86	3.21	
					a				b			d				abde		
Standard Deviation		.875	.940	.857	.845	1.082	.862		.823	.863		.915	.922	.955	.851	.926	.864	
Standard Error		.020	.053	.027	.037	.145	.021		.050	.024		.063	.052	.122	.023	.041	.112	
Error variance		*	*	*	*	.02	*		*	*		*	*	.01	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512	
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	440	65	49	52	77	48	61	26	62	176	149	167	154	118
		21%	18%	23%	18%	21%	22%	28% achi	28% a	21%	20%	24% ac	29% bc	16%	23% b	
Tend to agree		(3.0)	878	131	89	136	174	104	81	35	129	414	244	265	394	211
		43%	36%	43%	48% afj	48% afgj	46% a	38%	36%	43%	48% afgj	40%	46%	42%	42%	
Tend to disagree		(2.0)	442	71	42	71	68	45	50	25	68	185	144	91	239	110
		22%	20%	20%	25%	19%	20%	24%	27%	22%	21%	24%	16%	25% a	22% a	
Strongly disagree		(1.0)	161	42	10	15	27	18	12	6	31	60	49	32	85	40
		8%	12% bcfi	5%	5%	8%	8%	6%	6%	10% bci	7%	8%	6%	9% a	8% a	
Don't know		130	55	18	11	13	8	11	3	12	32	25	22	71	30	
		6%	15% bcdefghij	9% cdehij	4%	4%	4%	5%	3%	4%	4%	4%	4%	8% a	6%	
NET: Agree		1318	197	138	188	251	152	142	61	190	590	393	432	548	329	
		64%	54%	67% a	66% a	70% a	68% a	66% a	64%	63% a	68% a	64% a	75% bc	58%	65% b	
NET: Disagree		603	114	52	86	95	63	63	31	99	244	193	123	323	149	
		29%	31%	25%	30%	27%	28%	29%	33%	33% b	28%	32%	21%	34% a	29% a	
Base for stats		1921	310	190	273	346	215	204	92	290	834	586	555	872	478	
Mean Score		2.83	2.71	2.93	2.82	2.87	2.85	2.93	2.88	2.76	2.85	2.84	3.02	2.71	2.85	
				ah		a		ah			a	a	bc		b	
Standard Deviation		.875	.951	.825	.798	.846	.863	.884	.902	.910	.834	.902	.836	.869	.887	
Standard Error		.020	.055	.059	.048	.045	.059	.062	.095	.054	.029	.038	.035	.030	.040	
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	440	84	56	105	76	33	38	15	33	214	86	155	164	114
		21%	15%	17%	27% abe	25% ab	19%	29% abe	31% ab	24% a	25% ab	27% abe	28% bc	17%	22%
Tend to agree	(3.0)	878	195	162	165	127	92	59	24	55	383	138	253	373	240
		43%	36%	50% ac	42%	42%	52% acd	46% a	48%	41%	44% a	44% a	46% b	40%	45% b
Tend to disagree	(2.0)	442	133	72	83	58	35	24	6	32	176	61	95	233	110
		22%	25% g	22%	21%	19%	20%	18%	11%	24%	20%	20%	17%	25% a	21%
Strongly disagree	(1.0)	161	61	18	24	25	12	7	4	9	61	21	27	86	45
		8%	11% bcij	6%	6%	8%	7%	6%	8%	7%	7%	7%	5%	9% a	8% a
Don't know		130	68	18	16	15	7	1	1	5	38	7	17	84	21
		6%	13% bcdefghij	5% fj	4%	5% f	4%	1%	2%	4%	4% f	2%	3%	9% ac	4%
NET: Agree		1318	279	218	269	203	125	97	39	87	597	223	409	536	354
		64%	52%	67% a	69% a	67% a	70% a	75% a	79% a	65% a	68% a	72% a	75% bc	57%	67% b
NET: Disagree		603	194	90	108	83	46	31	10	41	237	82	122	319	155
		29%	36% bcdefgjij	28%	27%	28%	26%	24%	20%	31%	27%	26%	22%	34% a	29% a
Base for stats		1921	473	308	377	286	171	128	49	128	834	305	531	855	509
Mean Score		2.83	2.64	2.83	2.93	2.89	2.85	2.99	3.03	2.86	2.90	2.94	3.01	2.72	2.83
			a	a	a	a	a	a	a	a	a	a	bc		b
Standard Deviation		.875	.920	.790	.868	.898	.806	.849	.884	.881	.866	.868	.822	.887	.876
Standard Error		.020	.043	.044	.045	.052	.062	.076	.126	.079	.030	.050	.036	.031	.039
Error variance		*	*	*	*	*	*	.01	.02	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

		Gender		Age			Region										
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204	
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	171	92	77	80	67	25	6	16	19	14	17	19	41	22	18	
		8%	9%	7%	13% c	10% c	3%	6%	6%	10%	7%	9%	8%	13% bdh	7%	9%	
Tend to agree	(3.0)	484	221	261	220	173	91	27	69	47	47	38	55	93	64	44	
		24%	22%	25%	36% bc	26% c	12%	28%	26% h	23%	22%	21%	24%	29% h	19%	21%	
Tend to disagree	(2.0)	801	391	406	182	249	369	36	96	82	100	65	88	110	147	78	
		39%	39%	39%	29%	37% a	49% ab	37%	36%	41%	47% beg	37%	38%	34%	44% bg	37%	
Strongly disagree	(1.0)	469	244	223	104	129	235	22	69	39	44	48	51	58	83	56	
		23%	24%	21%	17%	19%	31% ab	22%	26% g	19%	20%	27% g	22%	18%	25% g	27% g	
Don't know		125	51	73	33	54	39	7	16	14	9	9	16	24	17	13	
		6%	5%	7%	5%	8% ac	5%	7%	6%	7%	4%	5%	7%	7%	5%	6%	
NET: Agree		656	313	338	300	240	116	33	85	66	61	54	74	134	87	61	
		32%	31%	32%	48% bc	36% c	15%	34%	32%	33%	29%	31%	32%	41% bdefhi	26%	30%	
NET: Disagree		1270	636	630	287	379	604	58	165	120	144	113	139	168	230	134	
		62%	64%	60%	46%	56% a	80% ab	59%	62% g	60% g	67% g	64% g	61% g	51%	69% cg	64% g	
Base for stats		1926	949	968	587	618	721	91	250	186	205	167	213	302	316	195	
Mean Score		2.19	2.17	2.20	2.47 bc	2.29 c	1.87	2.18	2.13	2.25 h	2.15	2.13	2.20	2.39 bdefhi	2.08	2.12	
Standard Deviation		.904	.923	.884	.937	.916	.758	.879	.891	.900	.835	.947	.906	.946	.862	.929	
Standard Error		.021	.030	.028	.036	.037	.030	.087	.055	.062	.058	.072	.070	.055	.049	.067	
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	171	21	39	50	27	19	16	109	62	142	6	13	7	-	2	28
		8%	15%	9%	10%	10%	8%	4%	10%	7%	8%	14%	11%	10%	-	17%	11%
			befh	f	fh	f	f		fh	f							
Tend to agree	(3.0)	484	48	146	117	70	54	50	311	174	384	11	51	22	6	4	92
		24%	35%	33%	22%	25%	23%	12%	28%	18%	22%	25%	43%	29%	43%	30%	35%
			cdefh	cdefh	f	fh	f		cfh	f				abd			a
Tend to disagree	(2.0)	801	46	165	203	104	88	194	414	387	718	14	34	21	5	4	77
		39%	33%	37%	39%	37%	38%	45%	37%	41%	41%	33%	29%	28%	35%	28%	29%
								abdg				cdg					
Strongly disagree	(1.0)	469	19	82	115	64	51	138	216	253	419	10	12	20	2	1	45
		23%	14%	18%	22%	23%	22%	32%	19%	27%	24%	23%	10%	27%	16%	8%	17%
					a	a	a	abcdegh		abcg		cg	c		c		
Don't know		125	5	17	36	19	19	30	58	67	96	3	9	5	1	2	20
		6%	4%	4%	7%	7%	8%	7%	5%	7%	5%	6%	8%	7%	6%	17%	8%
					b		b	b		b							
NET: Agree		656	69	185	166	97	73	66	420	236	526	17	63	29	6	6	120
		32%	49%	41%	32%	34%	31%	15%	38%	25%	30%	38%	54%	38%	43%	47%	46%
			cdefgh	cefh	fh	fh	fh		cfh	f				ad			a
NET: Disagree		1270	65	246	318	168	139	332	630	640	1136	24	45	41	7	4	122
		62%	47%	55%	61%	59%	60%	78%	57%	68%	65%	56%	38%	55%	51%	36%	46%
					a	a	a	abcdegh	a	abcdeg		cg	c		c		
Base for stats		1926	134	431	485	266	212	398	1050	876	1662	41	109	70	12	10	242
		2.19	2.52	2.33	2.21	2.23	2.19	1.86	2.30	2.05	2.15	2.31	2.59	2.23	2.29	2.68	2.43
			bcdefgh	cfh	fh	fh	fh		fh	f				ad			a
Standard Deviation		.904	.920	.885	.920	.931	.904	.785	.910	.878	.896	1.008	.834	.986	.768	.953	.922
Standard Error		.021	.079	.043	.041	.056	.060	.041	.028	.030	.022	.152	.078	.115	.213	.287	.058
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.08	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic		
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461		
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454		
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%		
171	72	49	42	91	41	16	64	5	4	2	4	13	15	7	57		
8%	6%	13%	13%	13%	12%	13%	12%	3%	9%	5%	4%	9%	9%	2%	13%		
		a	a	a	dgj	dgj	dgj		j			dj	dj		dgj		
484	250	80	120	201	104	39	155	42	10	5	21	45	29	34	143		
24%	19%	22%	39%	29%	31%	32%	28%	26%	22%	11%	21%	34%	17%	9%	32%		
			abd	ab	fgij	fij	fij	fij	j		j	fgij	j		fgij		
801	556	144	80	224	109	38	192	67	17	25	43	50	66	193	148		
39%	43%	39%	26%	33%	33%	31%	35%	42%	37%	52%	44%	37%	39%	50%	33%		
	cd	c		c				k		abck	abk			abchik			
469	337	68	54	122	60	22	107	39	13	12	21	21	47	128	82		
23%	26%	18%	17%	18%	18%	18%	19%	24%	27%	24%	22%	16%	27%	33%	18%		
	bcd							h					achk	abcdghk			
125	73	28	15	44	16	7	35	7	2	4	8	6	15	25	23		
6%	6%	8%	5%	6%	5%	6%	6%	4%	5%	8%	8%	4%	9%	7%	5%		
656	321	130	162	292	145	55	220	48	14	8	24	58	44	40	200		
32%	25%	35%	52%	43%	44%	45%	40%	30%	31%	16%	25%	43%	25%	10%	44%		
		a	abd	ab	dfgij	dfgij	dfgij	j	j		j	dfgij	j		dfgij		
1270	893	212	134	346	169	61	299	106	30	37	64	70	113	322	230		
62%	69%	57%	43%	51%	51%	49%	54%	66%	64%	76%	66%	52%	66%	83%	51%		
	bcd	c		c				abchk		abchk	abchk		abchk	abcdeghik			
1926	1214	342	296	638	315	115	518	153	44	45	88	128	156	362	430		
2.19	2.05	2.33	2.50	2.41	2.40	2.42	2.34	2.09	2.13	1.97	2.08	2.39	2.08	1.78	2.41		
		a	ab	a	dfgij	dfgij	dfgij	j	j		j	dfgij	j		dfgij		
.904	.847	.953	.949	.955	.942	.953	.941	.816	.941	.782	.805	.875	.928	.689	.943		
.021	.024	.056	.060	.041	.052	.090	.041	.066	.140	.119	.082	.069	.074	.039	.045		
*	*	*	*	*	*	.01	*	*	.02	.01	.01	*	.01	*	*		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
													NET: Longstanding physical and mental condition or illness				
Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness		Urban	Rural	Yes	No
	a	b	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
171	14	85	65	8	157	50	102	26	19	15	107	54	5	147	25	140	31
8%	4%	8%	12%	13%	9%	16%	7%	12%	5%	25%	8%	10%	7%	9%	6%	8%	10%
		a	ab	a	a	b		bd		abdef		b					
484	56	232	180	16	428	98	321	51	66	18	350	120	13	387	97	403	76
24%	17%	21%	33%	26%	25%	32%	23%	23%	18%	30%	25%	21%	19%	24%	24%	23%	24%
			abe		ab	b				b	b						
801	147	460	171	23	654	100	547	75	132	11	580	200	15	623	178	695	103
39%	45%	41%	31%	38%	38%	33%	39%	34%	37%	17%	41%	36%	22%	38%	44%	40%	33%
	ce	c			c			c	cf		acef	cf			a	b	
469	96	265	96	12	373	43	326	54	111	10	312	147	26	384	85	395	73
23%	29%	24%	18%	19%	22%	14%	24%	24%	31%	17%	22%	26%	38%	23%	21%	23%	23%
	bce	c			c		a		cd			d	acde				
125	15	72	36	2	111	11	89	16	30	7	70	41	10	104	21	91	29
6%	5%	7%	7%	3%	6%	4%	6%	7%	8%	11%	5%	7%	14%	6%	5%	5%	9%
									d	d		d	de				a
656	70	317	244	25	586	147	424	77	85	33	457	174	18	534	122	543	107
32%	21%	28%	45%	40%	34%	49%	31%	35%	24%	54%	32%	31%	26%	32%	30%	31%	34%
		a	abe	a	ab	b		b		abdef	b	b					
1270	242	725	267	36	1027	143	873	129	243	21	892	348	41	1007	263	1090	176
62%	74%	65%	49%	57%	60%	47%	63%	58%	68%	34%	63%	62%	60%	61%	65%	63%	57%
	bode	ce			c		a	c	ac		c	c	c			b	
1926	313	1041	511	60	1613	290	1297	206	327	54	1349	521	59	1540	385	1633	283
2.19	1.96	2.13	2.42	2.34	2.23	2.53	2.15	2.23	1.98	2.70	2.19	2.15	1.94	2.19	2.16	2.18	2.23
		a	abe	a	ab	b		bf		abdef	bf	b					
.904	.816	.886	.935	.955	.914	.943	.890	.980	.878	1.082	.879	.950	.998	.919	.841	.895	.954
.021	.046	.027	.042	.122	.023	.057	.025	.067	.049	.146	.024	.042	.130	.023	.044	.022	.056
*	*	*	*	.01	*	*	*	*	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

			Number of days active										Amount of activity in the past week compared to previous week		
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	171	14	18	25	29	22	28	8	28	76	64	77	39	54
		8%	4%	9%	9%	8%	10%	13%	9%	9%	9%	10%	13%	4%	11%
				a	a	a	a	a	a	a	a	a	b		b
Tend to agree	(3.0)	484	50	48	75	95	64	59	25	69	234	153	192	162	127
		24%	14%	23%	26%	26%	29%	28%	26%	23%	27%	25%	33%	17%	25%
				a	a	a	a	a	a	a	a	a	bc		b
Tend to disagree	(2.0)	801	143	89	122	148	73	71	35	119	343	226	177	422	195
		39%	39%	43%	43%	41%	33%	33%	37%	40%	40%	37%	31%	45%	38%
				ef	ef	e								ac	a
Strongly disagree	(1.0)	469	112	39	54	68	51	53	20	72	173	145	103	255	106
		23%	31%	19%	19%	19%	23%	25%	21%	24%	20%	24%	18%	27%	21%
			bcdeij											ac	
Don't know		125	46	15	8	20	13	3	6	14	41	23	28	64	27
		6%	13%	7%	3%	6%	6%	2%	7%	5%	5%	4%	5%	7%	5%
			bcdefhij	cfj		f	f		f		f				
NET: Agree		656	64	66	100	124	86	87	34	97	309	217	270	202	180
		32%	18%	32%	35%	34%	38%	40%	35%	32%	36%	35%	47%	21%	35%
				a	a	a	a	a	a	a	a	a	bc		b
NET: Disagree		1270	255	127	176	216	124	125	55	191	516	371	280	677	301
		62%	70%	61%	62%	60%	56%	58%	58%	63%	60%	61%	49%	72%	59%
			bcdefgij											ac	a
Base for stats		1926	319	193	276	339	210	211	89	288	825	588	550	879	481
Mean Score		2.19	1.89	2.23	2.26	2.25	2.27	2.29	2.24	2.18	2.26	2.23	2.44	1.98	2.27
				a	a	a	a	a	a	a	a	a	bc		b
Standard Deviation		.904	.820	.877	.876	.871	.947	.988	.915	.920	.891	.944	.952	.809	.927
Standard Error		.021	.046	.062	.053	.046	.065	.069	.098	.055	.031	.039	.040	.027	.042
Error variance		*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months as lockdown restrictions ease and shops and services reopen, to what extent do you agree or disagree with the following:

BASE: All respondents

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534	
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree		(4.0)	171	23	19	41	32	20	14	5	18	92	37	79	41	49
		8%		4%	6%	10%	11%	11%	11%	10%	14%	11%	12%	14%	4%	9%
					ab	ab	ab	a		ab	ab	ab	bc			b
Tend to agree		(3.0)	484	69	82	94	93	62	36	20	28	249	84	166	189	125
		24%		13%	25%	24%	31%	35%	28%	40%	21%	29%	27%	30%	20%	24%
					a	a	ach	abch	a	abch	a	a	a	bc		
Tend to disagree		(2.0)	801	234	143	158	107	52	44	14	48	318	106	186	382	225
		39%		43%	44%	40%	36%	29%	34%	29%	36%	36%	34%	34%	41%	43%
				degij	degij	e									a	a
Strongly disagree		(1.0)	469	163	68	73	53	37	32	9	34	162	75	97	256	109
		23%		30%	21%	19%	17%	21%	24%	18%	26%	19%	24%	18%	27%	20%
				bcdei							d		di		ac	
Don't know			125	51	14	27	17	7	3	2	5	51	10	21	70	23
		6%		9%	4%	7%	6%	4%	3%	4%	4%	6%	3%	4%	7%	4%
				befhij		j									ac	
NET: Agree			656	93	101	135	124	82	50	25	46	341	121	245	231	174
		32%		17%	31%	34%	41%	46%	39%	50%	34%	39%	39%	45%	25%	33%
					a	a	ab	abch	a	abc	a	ab	ab	bc		b
NET: Disagree			1270	397	212	231	160	89	75	23	83	480	181	283	638	334
		62%		73%	65%	59%	53%	50%	58%	46%	62%	55%	58%	52%	68%	63%
				bcdelfghij	degi	e					e				a	a
Base for stats		1926	490	312	366	284	170	126	48	129	821	302	528	869	508	
Mean Score		2.19	1.90	2.16	2.28	2.36	2.38	2.26	2.44	2.23	2.33	2.28	2.43	2.02	2.22	
				a	a	ab	ab	a	ab	a	ab	a	bc			b
Standard Deviation		.904	.812	.836	.909	.910	.949	.960	.919	1.000	.918	.970	.956	.839	.892	
Standard Error		.021	.037	.047	.047	.053	.073	.087	.133	.089	.032	.056	.041	.029	.039	
Error variance		*	*	*	*	*	.01	.01	.02	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14B. SUMMARY: Social distancing rules currently require people to be 2 metres apart. How would you feel about doing sport or physical activity in the places below if this distance was reduced to less than 2 metres?

BASE: All respondents

	Total	Much more concerned	Somewhat more concerned	Neither more nor less concerned	Somewhat less concerned	Much less concerned	Not applicable	NET: More concerned	NET: Less concerned
Public indoor spaces, such as gyms, swimming pools and other facilities (once they reopen)	2051 100%	617 30%	664 32%	449 22%	79 4%	59 3%	183 9%	1281 62%	138 7%
Public outdoor spaces, such as parks, pitches, outdoor courts and playing fields	2051 100%	252 12%	525 26%	648 32%	314 15%	212 10%	100 5%	777 38%	526 26%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14B.1. Public indoor spaces, such as gyms, swimming pools and other facilities (once they reopen): Social distancing rules currently require people to be 2 metres apart. How would you feel about doing sport or physical activity in the places below if this distance was reduced to less than 2 metres?

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		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more concerned	(5.0)	617	263	352	165	203	250	30	63	53	62	57	69	116	96	70
		30%	26%	34%	27%	30%	33%	31%	24%	27%	29%	33%	30%	36%	29%	34%
				a			a					b		bc		b
Somewhat more concerned	(4.0)	664	346	317	246	223	196	29	95	72	77	51	72	102	101	65
		32%	35%	30%	40%	33%	26%	30%	36%	36%	36%	29%	32%	31%	30%	31%
			b		bc	c										
Neither more nor less concerned	(3.0)	449	238	208	135	154	160	19	71	44	43	36	54	63	71	47
		22%	24%	20%	22%	23%	21%	20%	27%	22%	20%	21%	24%	19%	21%	22%
			b						g							
Somewhat less concerned	(2.0)	79	38	40	30	26	23	4	5	5	8	8	15	9	21	4
		4%	4%	4%	5%	4%	3%	4%	2%	2%	4%	4%	7%	3%	6%	2%
													bcgi		bcgi	
Much less concerned	(1.0)	59	33	27	22	21	16	2	7	7	8	6	3	8	13	6
		3%	3%	3%	4%	3%	2%	2%	3%	3%	4%	3%	1%	2%	4%	3%
Not applicable		183	83	98	23	45	115	13	25	19	17	19	16	28	30	16
		9%	8%	9%	4%	7%	15%	14%	9%	9%	8%	11%	7%	9%	9%	8%
						a	ab									
NET: More concerned		1281	609	669	410	426	445	59	158	125	139	108	141	218	197	135
		62%	61%	64%	66%	63%	59%	60%	59%	63%	65%	61%	62%	67%	59%	65%
					c									h		
NET: Less concerned		138	70	67	52	47	39	6	12	11	16	13	18	17	34	11
		7%	7%	6%	8%	7%	5%	6%	4%	6%	7%	7%	8%	5%	10%	5%
					c										bgi	
Base for stats		1868	917	944	597	626	644	85	241	181	198	158	213	298	303	193
Mean Score		3.91	3.84	3.98	3.84	3.90	3.99	3.97	3.84	3.89	3.89	3.93	3.89	4.04	3.81	3.98
				a			a							bh		
Standard Deviation		1.008	1.003	1.009	1.005	1.012	1.004	.988	.937	.981	1.027	1.053	.983	.982	1.091	1.000
Standard Error		.023	.033	.033	.039	.041	.041	.101	.059	.069	.072	.082	.076	.057	.063	.073
Error variance		*	*	*	*	*	*	.01	*	*	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14B.1. Public indoor spaces, such as gyms, swimming pools and other facilities (once they reopen): Social distancing rules currently require people to be 2 metres apart. How would you feel about doing sport or physical activity in the places below if this distance was reduced to less than 2 metres?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more concerned	(5.0)	617	61	130	153	80	65	128	344	273	525	17	34	22	3	4	80
		30%	43%	29%	29%	28%	28%	30%	31%	29%	30%	40%	29%	29%	25%	31%	31%
			bcdefgh														
Somewhat more concerned	(4.0)	664	43	194	174	89	59	105	411	253	569	13	42	25	6	5	90
		32%	31%	43%	34%	31%	25%	24%	37%	27%	32%	30%	36%	32%	43%	38%	34%
			acdefgh efh f efh														
Neither more nor less concerned	(3.0)	449	28	81	108	74	62	96	217	231	382	8	27	21	2	2	59
		22%	20%	18%	21%	26%	27%	22%	20%	25%	22%	18%	22%	27%	18%	17%	23%
			bg bg														
Somewhat less concerned	(2.0)	79	4	12	29	12	10	12	44	34	69	2	4	1	1	1	9
		4%	3%	3%	6%	4%	4%	3%	4%	4%	4%	5%	3%	1%	8%	7%	3%
			b														
Much less concerned	(1.0)	59	1	14	18	8	8	10	33	26	51	3	3	2	-	1	8
		3%	1%	3%	3%	3%	4%	2%	3%	3%	3%	7%	2%	2%	-	7%	3%
Not applicable		183	4	16	38	21	27	78	57	126	162	-	9	6	1	-	16
		9%	3%	4%	7%	7%	12%	18%	5%	13%	9%	-	8%	8%	6%	-	6%
			b abcdg abcdegh abcdg														
NET: More concerned		1281	103	324	328	170	124	232	755	526	1094	30	76	46	9	9	170
		62%	74%	72%	63%	60%	54%	54%	68%	56%	62%	70%	64%	61%	68%	69%	65%
			cdefh cdefh efh cdefh														
NET: Less concerned		138	5	26	46	20	18	22	77	60	120	5	6	2	1	2	17
		7%	3%	6%	9%	7%	8%	5%	7%	6%	7%	12%	5%	3%	8%	14%	6%
			af														
Base for stats		1868	136	432	483	264	204	350	1050	818	1597	43	109	69	12	12	247
Mean Score		3.91	4.17	3.96	3.86	3.84	3.80	3.94	3.94	3.87	3.91	3.91	3.93	3.93	3.92	3.80	3.92
			bcdefgh														
Standard Deviation		1.008	.892	.950	1.046	1.013	1.070	1.014	.992	1.028	1.011	1.192	.953	.931	.923	1.212	.997
Standard Error		.023	.077	.046	.047	.061	.073	.056	.031	.036	.025	.174	.089	.109	.256	.336	.062
Error variance		*	.01	*	*	*	.01	*	*	*	*	.03	.01	.01	.07	.11	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14B.1. Public indoor spaces, such as gyms, swimming pools and other facilities (once they reopen): Social distancing rules currently require people to be 2 metres apart. How would you feel about doing sport or physical activity in the places below if this distance was reduced to less than 2 metres?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick		Not working and not seeking work		NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed											
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461	
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454	
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
617	404	107	86	193	114	41	142	49	14	15	38	32	60	113	155	
30%	31%	29%	28%	28%	34% ch	33%	26%	30%	30%	30%	39% ch	24%	35% ch	29%	34% ch	
664	379	133	125	258	98	44	214	47	13	19	31	64	38	97	142	
32%	29%	36% a	40% a	38% a	30%	36% ij	39% adijk	29%	28%	40% ij	32% abcdegijk	47%	22%	25%	31% i	
449	274	88	62	150	79	23	134	42	10	9	16	19	35	83	102	
22%	21%	24%	20%	22%	24% h	19%	24% h	26% h	22%	18%	16%	14%	20%	21% h	22% h	
79	42	16	17	33	12	6	24	4	4	1	4	8	6	11	18	
4%	3%	4%	5%	5%	4%	5%	4%	2%	8%	2%	4%	6%	4%	3%	4%	
59	34	12	13	25	9	3	17	4	2	-	3	6	8	6	13	
3%	3%	3%	4%	4%	3%	3%	3%	3%	4%	-	3%	4% j	5% j	1%	3%	
183	155	13	9	23	18	7	22	15	4	5	6	6	24	78	25	
9%	12% bcd	4%	3%	3%	5%	6%	4%	9% c	8%	10%	6%	4%	14% abcghk	20% abcdghk	5%	
1281	783	240	211	451	212	84	356	95	27	34	68	96	98	210	297	
62%	61%	65%	68% a	66% a	64% j	69% j	64% j	60%	58%	71% j	71% ij	71% dij	57%	54%	65% j	
138	75	28	29	58	22	9	41	8	5	1	7	14	15	17	30	
7%	6%	8%	9% a	8% a	7%	7%	7%	5%	12% j	2%	7%	10% j	8%	4%	7%	
1868	1133	357	302	659	313	116	531	145	43	44	91	128	148	309	429	
3.91	3.95	3.86	3.84	3.85	3.94	3.97	3.83	3.90	3.79	4.10	4.06 c	3.85	3.92	3.97	3.95	
1.008	1.006	1.010	1.031	1.019	1.022	.999	.983	.998	1.131	.780	1.030	1.019	1.147	.973	1.014	
.023	.029	.058	.064	.043	.057	.094	.043	.082	.173	.120	.103	.080	.095	.059	.049	
*	*	*	*	*	*	.01	*	.01	.03	.01	.01	.01	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14B.1. Public indoor spaces, such as gyms, swimming pools and other facilities (once they reopen): Social distancing rules currently require people to be 2 metres apart. How would you feel about doing sport or physical activity in the places below if this distance was reduced to less than 2 metres?

BASE: All respondents

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Much more concerned	(5.0)	617	99	349	149	21	518		94	409		83	123	20	399	194	29	
		30%	30%	31%	27%	34%	30%		31%	30%		38%	35%	33%	28%	34%	43%	
									d	d		d	d	d	d	d	d	
Somewhat more concerned	(4.0)	664	66	364	213	21	598		119	474		59	96	18	491	156	15	
		32%	20%	33%	39%	34%	35%		39%	34%		27%	27%	29%	35%	28%	23%	
				a	ab	a	a					abef						
Neither more nor less concerned	(3.0)	449	84	238	112	14	364		58	295		35	65	15	326	108	4	
		22%	26%	21%	20%	23%	21%		19%	21%		16%	18%	24%	23%	19%	5%	
									f	f		f	f	f	af	f		
Somewhat less concerned	(2.0)	79	9	40	29	1	69		9	58		11	11	2	55	21	2	
		4%	3%	4%	5%	1%	4%		3%	4%		5%	3%	3%	4%	4%	3%	
Much less concerned	(1.0)	59	11	28	18	3	49		6	43		12	11	2	38	21	5	
		3%	3%	2%	3%	5%	3%		2%	3%		6%	3%	3%	3%	4%	7%	
									d			d						
Not applicable		183	58	96	28	1	125		15	107		21	50	5	110	63	13	
		9%	18%	9%	5%	2%	7%		5%	8%		10%	14%	8%	8%	11%	19%	
			bcde	c								d	d	d	d	ad		
NET: More concerned		1281	165	712	362	42	1116		213	883		143	220	38	890	350	45	
		62%	50%	64%	66%	68%	65%		71%	64%		64%	61%	62%	63%	62%	65%	
				a	a	a	a		b									
NET: Less concerned		138	20	67	47	4	118		15	101		23	22	3	93	42	7	
		7%	6%	6%	9%	6%	7%		5%	7%		11%	6%	6%	7%	7%	10%	
									d			d						
Base for stats		1868	269	1018	520	61	1598		286	1280		201	307	56	1309	499	55	
Mean Score		3.91	3.87	3.95	3.86	3.93	3.92		4.00	3.90		3.95	4.01	3.94	3.88	3.96	4.14	
Standard Deviation		1.008	1.076	.988	1.007	1.054	.997		.921	1.011		1.168	1.043	1.027	.986	1.070	1.228	
Standard Error		.023	.065	.031	.044	.135	.025		.056	.028		.081	.061	.136	.027	.048	.166	
Error variance		*	*	*	*	.02	*		*	*		.01	*	.02	*	*	.03	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14B.1. Public indoor spaces, such as gyms, swimming pools and other facilities (once they reopen): Social distancing rules currently require people to be 2 metres apart. How would you feel about doing sport or physical activity in the places below if this distance was reduced to less than 2 metres?

BASE: All respondents

		Number of days active										Amount of activity in the past week compared to previous week		
Total		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
		a	b	c	d	e	f	g	h	i	j	a	b	c
Significance Level: 95%														
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more concerned	(5.0)	617	118	60	91	98	61	75	30	84	250	187	256	168
		30%	32%	29%	32%	27%	27%	35%	32%	28%	29%	32%	27%	33%
												b		b
Somewhat more concerned	(4.0)	664	76	71	93	136	89	70	33	97	318	214	273	174
		32%	21%	34%	33%	38%	40%	33%	35%	32%	37%	37%	29%	34%
				a	a	a	a	a	a	a	a	b		b
Neither more nor less concerned	(3.0)	449	72	47	67	81	42	49	17	75	190	107	250	89
		22%	20%	23%	24%	22%	19%	23%	18%	25%	22%	19%	27%	18%
												ac		
Somewhat less concerned	(2.0)	79	8	10	12	12	13	7	7	9	38	30	24	24
		4%	2%	5%	4%	3%	6%	3%	7%	3%	4%	5%	2%	5%
						a	a		a			b		b
Much less concerned	(1.0)	59	15	5	4	11	5	6	1	13	19	12	27	18
		3%	4%	2%	1%	3%	2%	3%	1%	4%	2%	2%	3%	4%
			c							ci				
Not applicable		183	77	16	18	22	12	8	6	23	52	27	113	35
		9%	21%	8%	6%	6%	6%	4%	7%	8%	6%	5%	12%	7%
			bdefghij									ac		
NET: More concerned		1281	194	130	183	234	150	145	64	181	568	402	529	342
		62%	53%	63%	65%	65%	67%	68%	67%	60%	65%	70%	56%	67%
				a	a	a	a	a	a		a	b		b
NET: Less concerned		138	22	14	16	23	18	13	8	23	57	42	51	43
		7%	6%	7%	6%	6%	8%	6%	9%	7%	7%	7%	5%	8%
														b
Base for stats	1868	288	191	266	338	210	207	89	278	814	574	551	830	474
Mean Score	3.91	3.95	3.89	3.96	3.89	3.89	3.97	3.95	3.82	3.91	3.90	3.97	3.85	3.95
												b		
Standard Deviation	1.008	1.107	.985	.949	.974	.978	1.001	.988	1.053	.966	1.025	.974	.998	1.047
Standard Error	.023	.066	.070	.058	.052	.067	.070	.106	.063	.034	.043	.041	.035	.048
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14B.1. Public indoor spaces, such as gyms, swimming pools and other facilities (once they reopen): Social distancing rules currently require people to be 2 metres apart. How would you feel about doing sport or physical activity in the places below if this distance was reduced to less than 2 metres?

BASE: All respondents

			Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions			
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534	
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more concerned		(5.0)	617	162	94	131	95	51	32	11	40	276	84	193	240	176
			30%	30%	29%	33%	31%	29%	25%	23%	30%	32%	27%	35%	26%	33%
													b		b	
Somewhat more concerned		(4.0)	664	132	115	132	113	62	46	27	37	307	109	204	270	186
			32%	24%	35%	34%	38%	35%	35%	53%	28%	35%	35%	37%	29%	35%
					a	a	a	a	a	abcdehij		a	a	b		b
Neither more nor less concerned		(3.0)	449	114	67	85	68	42	30	6	36	195	72	90	251	100
			22%	21%	20%	22%	23%	24%	23%	13%	27%	22%	23%	16%	27%	19%
										g					ac	
Somewhat less concerned		(2.0)	79	15	18	13	9	11	6	2	3	33	12	16	33	30
			4%	3%	6%	3%	3%	6%	5%	5%	2%	4%	4%	3%	3%	6%
					a			a								a
Much less concerned		(1.0)	59	20	4	12	5	5	6	-	8	22	13	21	21	16
			3%	4%	1%	3%	2%	3%	5%	-	6%	2%	4%	4%	2%	3%
				b					b		bdi		bd			
Not applicable		183	97	27	20	11	6	9	3	9	38	22	24	124	23	
		9%	18%	8%	5%	4%	4%	7%	7%	7%	4%	7%	4%	13%	4%	
			bdefghij	dei										ac		
NET: More concerned		1281	294	210	262	207	114	78	38	77	584	194	398	510	361	
		62%	54%	64%	67%	69%	64%	61%	76%	58%	67%	62%	72%	54%	68%	
				a	a	ah	a		ah		ah	a	b		b	
NET: Less concerned		138	35	23	25	14	16	12	2	11	55	25	37	54	46	
		7%	7%	7%	6%	5%	9%	9%	5%	8%	6%	8%	7%	6%	9%	
															b	
Base for stats		1868	444	299	373	289	171	120	47	124	834	291	525	815	508	
Mean Score		3.91	3.90	3.93	3.95	3.98	3.84	3.78	4.01	3.80	3.94	3.82	4.02	3.83	3.93	
													b			
Standard Deviation		1.008	1.075	.953	1.009	.917	1.013	1.056	.770	1.114	.979	1.042	1.011	.985	1.032	
Standard Error		.023	.051	.054	.052	.053	.078	.098	.112	.101	.034	.062	.044	.035	.046	
Error variance		*	*	*	*	*	.01	.01	.01	.01	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14B.2. Public outdoor spaces, such as parks, pitches, outdoor courts and playing fields: Social distancing rules currently require people to be 2 metres apart. How would you feel about doing sport or physical activity in the places below if this distance was reduced to less than 2 metres?

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		2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204	
Total		2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more concerned		(5.0)	252	115	136	72	87	93	16	24	24	21	22	34	54	36	22
			12%	12%	13%	12%	13%	12%	16% b	9%	12%	10%	12%	15%	17% bdh	11%	11%
Somewhat more concerned		(4.0)	525	256	266	175	176	173	23	77	54	49	44	53	88	84	55
			26%	26%	26%	28% c	26%	23%	23%	29%	27%	23%	25%	23%	27%	25%	26%
Neither more nor less concerned		(3.0)	648	332	314	181	212	255	29	94	69	75	52	63	90	104	73
			32%	33%	30%	29%	32%	34%	30%	35% g	34%	35%	29%	27%	27%	31%	35%
Somewhat less concerned		(2.0)	314	144	169	100	98	116	12	36	23	37	30	37	46	62	31
			15%	14%	16%	16%	15%	15%	12%	14%	11%	17%	17%	16%	14%	19% c	15%
Much less concerned		(1.0)	212	109	104	77	74	61	13	25	19	23	19	31	34	30	19
			10%	11%	10%	12% c	11%	8%	13%	9%	10%	11%	11%	13%	10%	9%	9%
Not applicable			100	44	53	15	24	61	6	11	11	10	10	11	15	17	9
			5%	4%	5%	2%	4%	8% ab	6%	4%	6%	4%	6%	5%	5%	5%	4%
NET: More concerned			777	372	402	247	264	266	39	100	78	69	65	87	142	120	77
			38%	37%	39%	40%	39%	35%	39%	38%	39%	32%	37%	38%	44% dh	36%	37%
NET: Less concerned			526	252	272	177	172	177	24	61	42	60	49	68	79	92	50
			26%	25%	26%	29% c	26%	23%	25%	23%	21%	28%	28%	30% c	24%	28%	24%
Base for stats		1951	957	989	605	648	698	92	255	189	205	166	217	311	316	200	
Mean Score		3.15	3.13	3.16	3.11	3.16	3.17	3.19	3.15	3.22	3.03	3.11	3.10	3.27 d	3.11	3.16	
Standard Deviation		1.166	1.157	1.176	1.197	1.180	1.127	1.258	1.089	1.136	1.132	1.191	1.262	1.223	1.134	1.114	
Standard Error		.026	.037	.037	.046	.047	.045	.123	.067	.078	.078	.091	.096	.070	.064	.080	
Error variance		*	*	*	*	*	*	*	.02	*	.01	.01	.01	*	*	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14B.2. Public outdoor spaces, such as parks, pitches, outdoor courts and playing fields: Social distancing rules currently require people to be 2 metres apart. How would you feel about doing sport or physical activity in the places below if this distance was reduced to less than 2 metres?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total		2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total		2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Much more concerned	(5.0)	252	25	42	61	44	31	50	128	125	210	6	11	11	1	6	34
		12%	18% bg	9%	12%	16% b	13%	12%	12%	13% b	12%	13%	9%	14%	9%	45%	13%
Somewhat more concerned	(4.0)	525	45	135	134	63	51	96	314	211	437	13	47	18	4	-	82
		26%	32% defh	30% defh	26%	22%	22%	22%	28% defh	22%	25%	30%	40% ad	24%	28%	-	31% a
Neither more nor less concerned	(3.0)	648	40	141	165	94	73	135	346	302	570	11	32	23	3	1	71
		32%	29%	31%	32%	33%	32%	32%	31%	32%	32%	25%	28%	30%	23%	12%	27%
Somewhat less concerned	(2.0)	314	15	77	77	40	39	67	168	146	272	9	14	9	1	4	38
		15%	11%	17%	15%	14%	17%	16%	15%	15%	15%	21%	12%	12%	11%	29%	14%
Much less concerned	(1.0)	212	13	45	68	33	27	27	125	87	181	4	11	10	3	1	29
		10%	9% f	10% fh	13% f	12% f	12% f	6% f	11% f	9% f	10% f	10% f	9% f	14% f	21% f	7% f	11% f
Not applicable		100	2	9	15	10	11	53	26	74	89	-	3	4	1	1	9
		5%	2%	2%	3%	3%	5% bg	12% abcdegh	2%	8% abcdg	5%	-	2%	5%	8%	7%	3%
NET: More concerned		777	70	176	196	108	82	146	442	335	647	19	58	29	5	6	116
		38%	50% bcdefgh	39%	38%	38%	35%	34%	40% fh	36%	37%	43%	49% a	38%	37%	45%	44% a
NET: Less concerned		526	27	122	145	73	66	94	293	232	452	14	25	19	4	5	67
		26%	20% f	27%	28% f	26%	29%	22%	26%	25%	26%	31%	21%	26%	32%	36%	26%
Base for stats		1951	137	439	506	275	220	375	1082	870	1670	43	115	71	12	12	254
Mean Score		3.15	3.40 bcegh	3.12	3.09	3.17	3.09	3.20	3.14	3.16	3.13	3.15	3.28	3.14	2.92	3.50	3.21
Standard Deviation		1.166	1.175	1.123	1.197	1.217	1.206	1.101	1.168	1.165	1.159	1.201	1.103	1.251	1.382	1.585	1.195
Standard Error		.026	.100	.054	.053	.072	.079	.059	.035	.039	.028	.175	.100	.144	.383	.458	.073
Error variance		*	.01	*	*	.01	.01	*	*	*	*	.03	.01	.02	.15	.21	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14B.2. Public outdoor spaces, such as parks, pitches, outdoor courts and playing fields: Social distancing rules currently require people to be 2 metres apart. How would you feel about doing sport or physical activity in the places below if this distance was reduced to less than 2 metres?

BASE: All respondents

		Children aged 15 or under in the household				Current employment status											
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%			a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total		2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total		2051 100%	1288 100%	370 100%	312 100%	682 100%	331 100%	123 100%	553 100%	160 100%	47 100%	48 100%	96 100%	134 100%	171 100%	387 100%	454 100%
Much more concerned		(5.0) 12%	156 12%	40 11%	43 14%	83 12%	53 16% hj	18 15% h	64 12% h	23 14% h	6 13%	5 11%	11 12%	8 6%	29 17% hj	34 9%	71 16% hj
Somewhat more concerned		(4.0) 26%	308 24%	110 30% a	90 29% a	199 29% a	95 29% i	43 35% dhij	148 27% i	35 22%	11 23%	12 24%	26 27%	30 22%	31 18%	93 24%	138 30% dhij
Neither more nor less concerned		(3.0) 32%	420 33%	108 29%	96 31%	204 30%	101 30%	35 29%	186 34%	51 32%	13 28%	19 38%	28 29%	42 31%	54 32%	120 31%	136 30%
Somewhat less concerned		(2.0) 15%	205 16%	55 15%	42 13%	96 14%	40 12%	20 16%	77 14%	26 16%	11 25% acik	7 15%	20 21% ak	27 20% acik	21 12%	64 17%	60 13%
Much less concerned		(1.0) 10%	120 9%	47 13%	35 11%	81 12%	34 10% b	5 4%	67 12% bj	16 10%	5 10%	6 12%	8 8%	22 17% abjk	22 13% bj	28 7%	39 9%
Not applicable		100 5%	79 6% bcd	11 3%	6 2%	17 2%	8 2%	1 1%	11 2%	8 5% c	1 2%	- -	3 3%	5 3%	15 9%	48 12%	9 2%
NET: More concerned		777 38%	464 36%	150 41%	133 43% a	283 41% a	148 45% hij	62 50% cdhij	213 38% h	58 36%	17 36%	17 35%	38 39%	38 28%	60 35%	127 33%	210 46% cdhij
NET: Less concerned		526 26%	325 25%	101 27%	76 25%	178 26%	74 22%	25 20%	144 26%	42 26%	16 34% k	13 27%	28 29%	50 37% abcdijk	43 25%	92 24%	99 22%
Base for stats		1951	1209	359	306	665	323	122	542	152	46	48	94	130	156	339	444
Mean Score		3.15	3.14	3.12	3.21	3.16	3.29 ch	3.41 chj	3.12 h	3.15 h	3.04	3.08	3.13 h	2.80	3.16 h	3.13 h	3.32 chj
Standard Deviation		1.166	1.148	1.189	1.188	1.189	1.192	1.061	1.171	1.189	1.196	1.151	1.149	1.164	1.267	1.088	1.158
Standard Error		.026	.032	.068	.074	.050	.065	.098	.050	.096	.176	.168	.113	.091	.101	.063	.054
Error variance		*	*	*	.01	*	*	.01	*	.01	.03	.03	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14B.2. Public outdoor spaces, such as parks, pitches, outdoor courts and playing fields: Social distancing rules currently require people to be 2 metres apart. How would you feel about doing sport or physical activity in the places below if this distance was reduced to less than 2 metres?

BASE: All respondents

		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%																		
Unweighted Total		2051	334	1110	544	63	1717		286	1390		231	343	62	1414	559	68	
Total		2051	327	1114	548	62	1724		301	1386		222	357	61	1419	562	68	
		100%	100%	100%	100%	100%	100%		100%	100%		100%	100%	100%	100%	100%	100%	
Much more concerned	(5.0)	252	34	140	72	5	218		55	154		37	51	10	157	85	10	
		12%	10%	13%	13%	9%	13%		18%	11%		17%	14%	17%	11%	15%	14%	
									b			d		d				
Somewhat more concerned	(4.0)	525	66	293	150	16	459		93	354		56	86	15	366	139	18	
		26%	20%	26%	27%	25%	27%		31%	26%		25%	24%	24%	26%	25%	26%	
				a	a		a											
Neither more nor less concerned	(3.0)	648	123	347	160	18	525		83	430		55	104	17	462	159	13	
		32%	38%	31%	29%	28%	30%		28%	31%		25%	29%	28%	33%	28%	19%	
			bce									af						
Somewhat less concerned	(2.0)	314	51	167	81	15	263		38	224		32	54	10	221	85	10	
		15%	15%	15%	15%	24%	15%		13%	16%		15%	15%	17%	16%	15%	14%	
Much less concerned	(1.0)	212	24	111	69	9	188		23	163		26	26	5	158	50	6	
		10%	7%	10%	13%	14%	11%		8%	12%		12%	7%	9%	11%	9%	9%	
					a		a			a					b			
Not applicable		100	29	56	15	-	71		9	60		15	37	3	54	42	12	
		5%	9%	5%	3%	-	4%		3%	4%		7%	10%	5%	4%	8%	18%	
			bcd	c								d	d		d	acde		
NET: More concerned		777	100	434	222	21	677		148	509		94	137	25	524	225	27	
		38%	31%	39%	41%	34%	39%		49%	37%		42%	38%	41%	37%	40%	40%	
				a	a		a		b									
NET: Less concerned		526	75	277	150	23	451		61	387		58	80	15	379	136	16	
		26%	23%	25%	27%	38%	26%		20%	28%		26%	22%	25%	27%	24%	23%	
					abe					a								
Base for stats		1951	299	1058	532	62	1653		292	1326		207	320	57	1365	520	56	
Mean Score		3.15	3.12	3.18	3.14	2.91	3.15		3.41	3.08		3.23	3.26	3.25	3.11	3.24	3.28	
									b				d		d			
Standard Deviation		1.166	1.078	1.164	1.216	1.189	1.182		1.163	1.178		1.268	1.155	1.210	1.159	1.193	1.252	
Standard Error		.026	.062	.036	.053	.150	.029		.070	.032		.086	.066	.158	.031	.052	.167	
Error variance		*	*	*	*	.02	*		*	*		.01	*	.02	*	*	.03	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14B.2. Public outdoor spaces, such as parks, pitches, outdoor courts and playing fields: Social distancing rules currently require people to be 2 metres apart. How would you feel about doing sport or physical activity in the places below if this distance was reduced to less than 2 metres?

BASE: All respondents

			Number of days active										Amount of activity in the past week compared to previous week			
		Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less	
Significance Level: 95%			a	b	c	d	e	f	g	h	i	j	a	b	c	
Unweighted Total		2051	356	213	283	374	223	211	93	298	880	602	584	930	512	
Total		2051	365	208	284	360	223	215	95	301	867	611	577	943	508	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more concerned		(5.0)	252	53	27	33	44	25	26	14	31	103	70	88	97	65
		12%	14%	13%	12%	12%	11%	12%	14%	10%	12%	12%	15% b	10%	13%	
Somewhat more concerned		(4.0)	525	82	46	83	99	63	65	24	62	245	151	185	216	121
		26%	23%	22%	29% h	28% h	30% ah	25%	21%	28% ah	25%	32% bc	23%	24%		
Neither more nor less concerned		(3.0)	648	116	71	95	110	53	64	30	110	258	203	135	354	155
		32%	32% e	34% e	33% e	31%	24%	30%	32%	36% ei	30%	33% e	23% ac	38% a	30%	
Somewhat less concerned		(2.0)	314	25	39	46	60	41	32	22	49	147	102	95	129	88
		15%	7% a	19% a	16% a	17% a	19% a	15% a	23% a	16% a	17% a	17% a	17% a	14%	17%	
Much less concerned		(1.0)	212	34	22	16	40	35	24	3	38	91	65	56	87	66
		10%	9% cg	11% cg	6% cg	11% cg	16% acgij	11% cg	3% cg	13% cg	11% cg	11% cg	10% ac	9% ac	13% b	
Not applicable		100	55	3	11	6	5	5	2	11	23	19	18	60	13	
		5%	15% bcdefghij	2% bcdefghij	4% bcdefghij	2% bcdefghij	2% bcdefghij	2% bcdefghij	2% bcdefghij	4% bcdefghij	3% bcdefghij	3% bcdefghij	3% ac	6% ac	3% b	
NET: More concerned		777	135	73	116	143	88	91	37	93	348	221	273	313	186	
		38%	37%	35% h	41% h	40% h	40% h	42% h	39%	31%	40% h	36%	47% bc	33%	37%	
NET: Less concerned		526	59	61	62	100	76	56	25	87	238	168	152	216	154	
		26%	16% a	29% a	22% a	28% a	34% aci	26% a	27% a	29% a	28% a	27% a	26% b	23% b	30% b	
Base for stats		1951	310	205	273	353	218	210	93	290	844	592	560	883	495	
Mean Score		3.15	3.31 behij	3.08	3.26 ehj	3.13	3.01	3.18	3.24	3.00	3.14	3.10	3.27 bc	3.12	3.06	
Standard Deviation		1.166	1.170	1.170	1.064	1.179	1.260	1.176	1.082	1.159	1.168	1.156	1.209	1.101	1.216	
Standard Error		.026	.067	.081	.064	.062	.085	.082	.113	.068	.040	.048	.051	.037	.054	
Error variance		*	*	.01	*	*	.01	.01	.01	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

Q14B.2. Public outdoor spaces, such as parks, pitches, outdoor courts and playing fields: Social distancing rules currently require people to be 2 metres apart. How would you feel about doing sport or physical activity in the places below if this distance was reduced to less than 2 metres?

BASE: All respondents

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions				
		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		2051	531	337	393	309	175	126	50	130	877	306	554	928	534	
Total		2051	541	326	393	301	178	129	50	134	872	312	548	939	530	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Much more concerned		(5.0)	252	59	43	51	40	29	13	4	13	120	30	80	110	58
			12%	11%	13%	13%	13%	16%	10%	7%	10%	14%	10%	15%	12%	11%
							j									
Somewhat more concerned		(4.0)	525	118	68	128	81	49	28	17	36	258	81	181	203	138
			26%	22%	21%	33%	27%	27%	22%	34%	27%	30%	26%	33%	22%	26%
					abf				ab		ab			bc		
Neither more nor less concerned		(3.0)	648	180	106	117	95	46	41	9	55	257	106	132	348	156
			32%	33%	32%	30%	32%	26%	32%	19%	41%	30%	34%	24%	37%	29%
				g							cdegi		g		ac	a
Somewhat less concerned		(2.0)	314	67	69	59	43	28	21	16	10	130	47	91	118	104
			15%	12%	21%	15%	14%	16%	17%	31%	8%	15%	15%	17%	13%	20%
					acdhij	h		h	h	acdefhij		h	h	b		b
Much less concerned		(1.0)	212	54	32	31	33	24	21	2	15	88	38	55	94	61
			10%	10%	10%	8%	11%	13%	16%	4%	11%	10%	12%	10%	10%	11%
							c	acgi								
Not applicable		100	63	8	6	9	3	5	2	4	18	10	10	67	15	
		5%	12%	2%	1%	3%	1%	4%	4%	3%	2%	3%	2%	7%	3%	
			bcdefhij											ac		
NET: More concerned		777	177	111	180	121	78	41	21	49	379	111	261	312	196	
		38%	33%	34%	46%	40%	44%	32%	42%	37%	43%	35%	48%	33%	37%	
					abfj	a	abf				abfj		bc			
NET: Less concerned		526	121	101	91	76	52	42	18	26	218	86	146	212	164	
		26%	22%	31%	23%	25%	29%	33%	35%	19%	25%	27%	27%	23%	31%	
				achi				ach	ah							b
Base for stats		1951	478	318	387	291	175	124	48	130	854	302	539	872	516	
Mean Score		3.15	3.13	3.06	3.28	3.18	3.18	2.92	3.11	3.16	3.23	3.05	3.26	3.13	3.06	
					bfj	f					bfj		bc			
Standard Deviation		1.166	1.149	1.174	1.125	1.180	1.273	1.226	1.082	1.101	1.175	1.153	1.199	1.133	1.178	
Standard Error		.026	.053	.065	.057	.068	.097	.111	.156	.098	.040	.067	.051	.039	.052	
Error variance		*	*	*	*	*	.01	.01	.02	.01	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	880 43%	532 53%	348 33%	304 49%	417 62%	160 21%	35 36%	113 43%	76 38%	90 42%	76 43%	97 42%	175 54%	143 43%	76 37%
		b		c	ac								abcdefhi		
Working part time- working between 8 and 29 hours per week	281 14%	72 7%	207 20%	92 15%	113 17%	77 10%	13 13%	43 16%	23 12%	30 14%	20 12%	26 11%	50 15%	52 16%	24 12%
			a	c	c										
Self-employed- working 30 hours per week or more	62 3%	39 4%	22 2%	13 2%	29 4%	20 3%	1 1%	11 4%	5 3%	9 4%	5 3%	6 3%	7 2%	5 1%	12 6%
		b			a			h							agh
Self-employed- working between 8 and 29 hours per week	54 3%	22 2%	32 3%	7 1%	17 3%	30 4%	3 3%	8 3%	2 1%	6 3%	6 3%	5 2%	8 2%	8 2%	9 4%
						a									
Not working but seeking work or temporarily unemployed or sick	87 4%	37 4%	49 5%	31 5%	32 5%	23 3%	6 6%	8 3%	18 9%	9 4%	9 5%	5 2%	13 4%	10 3%	9 4%
									bdfgh						
Student	144 7%	79 8%	63 6%	140 23%	3 *	1 *	7 7%	15 6%	16 8%	20 9%	14 8%	12 5%	29 9%	17 5%	15 7%
				bc											
Not working and not seeking work	148 7%	54 5%	93 9%	31 5%	58 9%	59 8%	9 9%	22 8%	16 8%	12 5%	17 9%	27 12%	23 7%	16 5%	7 4%
			a		a	a	i	i			hi	dhi			
Retired	395 19%	165 16%	228 22%	1 *	4 1%	390 51%	24 25%	46 17%	44 22%	40 19%	29 17%	51 22%	21 6%	83 25%	56 27%
			a			ab	g	g	g	g	g	g		beg	bdeg

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	880	87	271	283	145	89	5	642	239	736	19	64	38	7	5	133
	43%	63%	61%	54%	51%	38%	1%	58%	25%	42%	43%	54%	51%	55%	40%	51%
		defh	cdefh	efh	efh	fh		defh	f			a				a
Working part time- working between 8 and 29 hours per week	281	10	65	67	52	82	5	142	139	237	5	14	18	1	3	41
	14%	7%	14%	13%	18%	36%	1%	13%	15%	13%	12%	12%	24%	6%	24%	16%
		f	af	f	acfg	abcdfgh		f	af				ac			
Self-employed- working 30 hours per week or more	62	6	16	21	12	5	2	43	19	57	1	4	1	-	-	6
	3%	4%	4%	4%	4%	2%	*	4%	2%	3%	2%	3%	1%	-	-	2%
		f	f	fh	fh	f		fh	f							
Self-employed- working between 8 and 29 hours per week	54	4	12	22	11	6	1	37	17	47	3	-	3	-	-	7
	3%	3%	3%	4%	4%	2%	*	3%	2%	3%	8%	-	4%	-	-	3%
		f	f	fh	fh	f		fh	f		ac		c			
Not working but seeking work or temporarily unemployed or sick	87	4	13	10	10	13	38	26	60	70	2	8	2	1	1	14
	4%	3%	3%	2%	3%	6%	9%	2%	6%	4%	4%	7%	3%	8%	8%	5%
						cg	abcdg		bcg							
Student	144	17	33	59	19	10	7	109	35	89	9	25	10	2	1	47
	7%	12%	7%	11%	7%	4%	2%	10%	4%	5%	20%	21%	13%	16%	12%	18%
		efh	fh	bdefh	fh	f		efh	f		a	a	a			a
Not working and not seeking work	148	4	8	24	18	14	79	37	111	137	3	3	-	1	2	9
	7%	3%	2%	5%	6%	6%	18%	3%	12%	8%	8%	2%	-	5%	17%	3%
				b	bg	b	abcdegh		abcdeg	cdg	d					
Retired	395	7	30	35	18	12	292	72	323	386	1	1	2	1	-	6
	19%	5%	7%	7%	6%	5%	68%	6%	34%	22%	3%	1%	3%	10%	-	2%
							abcdegh		abcdeg	bcdg						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	880 43%	449 35%	214 58% a	195 62% a	409 60% a	238 72% bdefghij	68 55% defghij	537 97% abdefghijk	13 8% hij	6 12% hij	2 4% j	9 10% hij	3 2% 2%	2 1% 1%	2 1% 1%	306 67% bdefghij
Working part time- working between 8 and 29 hours per week	281 14%	152 12%	66 18% a	50 16% a	117 17% a	77 23% cfghij	42 35% acefghij	8 2% abcefghijk	133 83% abcefghijk	5 11% chij	3 5% hj	5 5% chj	1 1% 1%	5 3% j	1 * *	120 26% cefghij
Self-employed- working 30 hours per week or more	62 3%	36 3%	18 5%	7 2%	24 4%	4 1% j	3 3% hij	5 1% 1%	1 1% 1%	32 69% abcdfghijk	13 26% abcdghijk	4 4% chij	- - -	- - -	- - -	8 2% j
Self-employed- working between 8 and 29 hours per week	54 3%	41 3% b	3 1%	8 3%	12 2%	2 * *	5 4% achj	- - achj	8 5% achjk	2 4% achj	31 63% abcdeghijk	4 4% achj	- - -	3 2% cj	- - -	7 1% cj
Not working but seeking work or temporarily unemployed or sick	87 4%	54 4%	13 4%	11 3%	24 4%	5 1% j	4 3% cj	2 * *	2 2% j	- - -	- - -	62 64% abcdefhijk	1 1% 1%	12 7% acd hjk	- - -	8 2% cj
Student	144 7%	89 7% cd	20 5%	11 3%	31 5%	4 1% c	1 1% 1%	- - -	3 2% cj	- - -	- - -	4 4% cjk	128 95% abcdefgijk	5 3% cj	- - -	4 1% c
Not working and not seeking work	148 7%	90 7%	24 6%	27 9%	51 7%	1 * *	- - -	1 * *	- - -	2 4% abcdhjk	1 2% c	9 10% abcdhjk	- - -	132 77% abcde fghjk	2 1% 1%	1 * *

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Retired

	Children aged 15 or under in the household				Current employment status										
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
395	377	11	3	14	-	-	-	-	-	-	-	1	12	381	-
19%	29%	3%	1%	2%	-	-	-	-	-	-	-	1%	7%	99%	-
	bcd											ck	abcdghk	abcdeghik	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone				NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness			Yes	No
Total	a	b	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
880	114	476	272	18	767	148	607	78	82	29	685	173	13	756	125	721	155
43%	35%	43%	50%	30%	44%	49%	44%	35%	23%	48%	48%	31%	19%	46%	31%	42%	50%
		ad	abde		ad			bf		bef	abef	bf		b		a	
281	38	149	83	11	243	48	192	34	37	12	195	73	9	234	47	240	39
14%	11%	13%	15%	18%	14%	16%	14%	15%	10%	20%	14%	13%	13%	14%	12%	14%	12%
										b							
62	11	36	14	1	51	9	40	8	8	3	45	16	3	47	15	52	9
3%	3%	3%	2%	1%	3%	3%	3%	4%	2%	5%	3%	3%	4%	3%	4%	3%	3%
54	11	31	11	2	44	4	39	4	11	2	39	15	1	45	10	45	9
3%	3%	3%	2%	3%	3%	1%	3%	2%	3%	3%	3%	3%	2%	3%	2%	3%	3%
87	12	43	27	4	74	13	58	21	18	2	48	33	7	70	17	63	20
4%	4%	4%	5%	7%	4%	4%	4%	9%	5%	3%	3%	6%	10%	4%	4%	4%	6%
								bd				d	d			a	
144	4	37	85	17	139	15	114	19	10	3	100	27	4	116	28	125	17
7%	1%	3%	16%	27%	8%	5%	8%	9%	3%	4%	7%	5%	6%	7%	7%	7%	5%
			abe	abce	ab		a	be			b						
148	24	77	44	3	124	27	95	37	52	3	70	73	18	116	32	113	34
7%	7%	7%	8%	5%	7%	9%	7%	17%	15%	6%	5%	13%	27%	7%	8%	7%	11%
								cd	d		d	d	bcde			a	
395	114	264	12	5	281	37	242	21	138	7	236	151	14	262	133	364	28
19%	35%	24%	2%	8%	16%	12%	17%	9%	39%	11%	17%	27%	20%	16%	33%	21%	9%
	bcde	cde		c	c		a		acdef		a	acd	a		a	b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	880	101	72	129	187	107	109	37	139	423	286	306	364	206
	43%	28%	34%	45%	52%	48%	51%	39%	46%	49%	47%	53%	39%	40%
				ab	abg	ab	ab	a	ab	ab	ab	bc		
Working part time- working between 8 and 29 hours per week	281	43	31	50	49	32	20	15	40	131	75	80	118	79
	14%	12%	15%	18%	14%	14%	9%	16%	13%	15%	12%	14%	13%	16%
				afj						f				
Self-employed- working 30 hours per week or more	62	3	12	6	10	6	6	4	16	22	26	16	37	9
	3%	1%	6%	2%	3%	3%	3%	4%	5%	3%	4%	3%	4%	2%
			aci		a			a	aci	a	a		c	
Self-employed- working between 8 and 29 hours per week	54	7	8	5	11	4	9	1	9	20	19	9	27	19
	3%	2%	4%	2%	3%	2%	4%	1%	3%	2%	3%	1%	3%	4%
														a
Not working but seeking work or temporarily unemployed or sick	87	18	10	14	15	6	10	1	12	35	23	22	39	24
	4%	5%	5%	5%	4%	3%	5%	1%	4%	4%	4%	4%	4%	5%
Student	144	9	14	23	29	20	17	8	23	72	48	49	46	44
	7%	3%	7%	8%	8%	9%	8%	9%	8%	8%	8%	8%	5%	9%
			a	a	a	a	a	a	a	a	a	b		b
Not working and not seeking work	148	59	19	9	14	16	8	4	19	39	31	42	75	27
	7%	16%	9%	3%	4%	7%	4%	4%	6%	4%	5%	7%	8%	5%
		bcdefghij	cdfij			c								
Retired	395	124	42	49	45	31	35	25	44	124	104	55	236	100
	19%	34%	20%	17%	12%	14%	16%	26%	15%	14%	17%	9%	25%	20%
		bcdefhij	di					defhij					ac	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

	Total	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	880	161	125	186	151	88	79	24	67	425	170	287	365	219
	43%	30%	38%	47%	50%	49%	61%	47%	50%	49%	54%	52%	39%	41%
			a	ab	ab	ab	abcdei	a	ab	ab	ab	bc		
Working part time- working between 8 and 29 hours per week	281	69	53	60	34	25	15	5	20	120	39	70	119	85
	14%	13%	16%	15%	11%	14%	11%	10%	15%	14%	13%	13%	13%	16%
Self-employed- working 30 hours per week or more	62	10	15	6	11	7	4	4	6	24	13	16	33	12
	3%	2%	5%	2%	4%	4%	3%	8%	4%	3%	4%	3%	4%	2%
			ac					aci			ac			
Self-employed- working between 8 and 29 hours per week	54	14	9	11	8	6	4	-	3	25	7	10	27	17
	3%	3%	3%	3%	3%	4%	3%	-	2%	3%	2%	2%	3%	3%
Not working but seeking work or temporarily unemployed or sick	87	27	11	19	14	5	3	1	5	39	10	20	42	24
	4%	5%	3%	5%	5%	3%	3%	2%	4%	4%	3%	4%	4%	5%
Student	144	17	37	30	22	13	9	6	8	66	23	53	38	47
	7%	3%	11%	8%	7%	8%	7%	13%	6%	8%	7%	10%	4%	9%
			ai	a	a	a	a	a		a	a	b		b
Not working and not seeking work	148	65	16	21	24	9	2	2	8	55	12	32	80	30
	7%	12%	5%	5%	8%	5%	1%	5%	6%	6%	4%	6%	9%	6%
		bcefi			fj				f	f			c	
Retired	395	178	60	60	36	23	13	8	17	119	38	59	235	95
	19%	33%	18%	15%	12%	13%	10%	15%	13%	14%	12%	11%	25%	18%
		bcd efghij	dfij										ac	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

		Gender		Age			Region									
		Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%			a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204	
Total	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Currently furloughed	331	168	160	127	144	60	17	50	27	30	27	31	57	56	35	
	16%	17%	15%	20% c	21% c	8%	17%	19%	14%	14%	16%	13%	18%	17%	17%	
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	123	57	66	55	54	15	4	12	10	10	16	15	26	24	7	
	6%	6%	6%	9% c	8% c	2%	4%	5%	5%	4%	9% i	6%	8% i	7%	4%	
Working full time- working 30 hours per week or more	553	337	216	178	262	113	20	74	52	61	45	63	108	90	40	
	27%	34% b	21%	29% c	39% ac	15%	20%	28% i	26%	28% i	26%	28% i	33% ai	27% i	19%	
Working part time- working between 8 and 29 hours per week	160	43	117	44	66	50	9	22	14	22	8	13	28	28	18	
	8%	4%	11% a	7%	10% c	7%	9%	8%	7%	10% e	4%	6%	8%	8%	8%	
Self-employed- working 30 hours per week or more	47	35	11	13	19	14	1	7	4	3	5	5	9	4	9	
	2%	3% b	1%	2%	3%	2%	1%	3%	2%	1%	3%	2%	3%	1%	4% h	
Self-employed- working between 8 and 29 hours per week	48	22	26	5	17	26	2	8	3	7	4	5	4	6	9	
	2%	2%	3%	1%	3% a	3% a	2%	3%	2%	3%	2%	2%	1%	2%	4% g	
Not working but seeking work or temporarily unemployed or sick	96	41	54	30	40	26	6	9	14	9	11	8	18	11	10	
	5%	4%	5%	5%	6% c	3%	6%	4%	7% h	4%	6%	4%	5%	3%	5%	
Student	134	74	58	127	4	2	6	13	16	18	13	11	28	13	16	
	7%	7%	6%	21% bc	1%	*	6%	5%	8% h	9% h	7%	5%	9% h	4%	8%	
Not working and not seeking work	171	61	111	37	61	73	9	25	17	16	17	27	27	23	10	
	8%	6%	11% a	6%	9% a	10% a	9%	9%	8%	8%	10%	12% i	8%	7%	5%	
Retired	387	163	223	2	4	381	24	45	43	38	30	51	21	79	55	
	19%	16%	21% a	*	1%	50% ab	25% g	17% g	22% g	18% g	17% g	22% g	6%	24% bg	26% bdeg	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic

	Gender		Age			Region								
Total	Male	Female	16-34	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
2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
454	226	226	181	197	75	21	62	37	39	43	45	83	80	43
22%	23%	22%	29%	29%	10%	21%	23%	19%	18%	24%	20%	25%	24%	20%
			c	c										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	331	19	76	88	75	69	3	183	148	277	6	20	16	3	3	48
	16%	13%	17%	17%	26%	30%	1%	16%	16%	16%	14%	17%	21%	22%	25%	18%
		f	f	f	abcfgh	abcfgh		f	f							
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	123	12	31	34	26	18	2	77	46	101	2	9	4	-	2	18
	6%	9%	7%	6%	9%	8%	*	7%	5%	6%	6%	8%	6%	-	14%	7%
		f	f	f	fh	f		fh	f							
Working full time- working 30 hours per week or more	553	62	184	186	70	47	3	433	120	465	11	39	27	6	2	85
	27%	45%	41%	36%	25%	20%	1%	39%	13%	26%	25%	33%	36%	44%	15%	32%
		defh	defh	defh	fh	fh		defh	f							a
Working part time- working between 8 and 29 hours per week	160	7	48	39	29	35	2	94	66	131	4	12	10	-	1	27
	8%	5%	11%	8%	10%	15%	*	8%	7%	7%	9%	10%	13%	-	10%	10%
		f	afh	f	af	acfgh		f	f							
Self-employed- working 30 hours per week or more	47	3	11	16	9	7	1	30	17	41	2	1	2	-	-	5
	2%	2%	2%	3%	3%	3%	*	3%	2%	2%	4%	1%	3%	-	-	2%
		f	f	f	f	f		f	f							
Self-employed- working between 8 and 29 hours per week	48	5	15	18	10	1	-	38	11	44	-	1	2	-	-	3
	2%	3%	3%	3%	3%	*	-	3%	1%	3%	-	1%	2%	-	-	1%
		efh	efh	efh	efh			efh	f							
Not working but seeking work or temporarily unemployed or sick	96	3	13	14	12	16	38	30	66	80	4	7	2	1	1	15
	5%	2%	3%	3%	4%	7%	9%	3%	7%	5%	8%	6%	3%	8%	8%	6%
						abcg	abcdg		abcg							
Student	134	16	30	60	13	10	5	106	28	82	10	23	9	2	1	44
	7%	11%	7%	11%	5%	4%	1%	10%	3%	5%	22%	19%	12%	16%	6%	17%
		defh	fh	bdefh	f	f		defh	f		a	a	a			a
Not working and not seeking work	171	5	8	33	22	15	88	47	125	160	4	4	-	-	3	11
	8%	4%	2%	6%	8%	6%	21%	4%	13%	9%	10%	4%	-	-	23%	4%
				b	bg	b	abcdegh	b	abcdegh	cdg	d					
Retired	387	7	31	33	17	12	287	71	316	377	1	3	2	1	-	7
	19%	5%	7%	6%	6%	5%	67%	6%	34%	21%	3%	2%	3%	10%	-	3%
							abcdegh		abcdegh	bcdg						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: Furloughed or reduced hours or temporary leave
because of coronavirus pandemic

	Social Grade								Ethnicity						
Total	Social Grade A	Social Grade B	Social Grade C1	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	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	454	31	107	121	102	87	5	260	194	378	8	29	21	3	66
	22%	22%	24%	23%	36%	38%	1%	23%	21%	22%	19%	24%	27%	22%	25%
		f	f	f	abcfgh	abcfgh		f	f						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	331	178	74	69	143	331	-	-	-	-	-	-	-	-	-	331
	16%	14%	20%	22%	21%	100%	-	-	-	-	-	-	-	-	-	73%
			a	a	a	bcdefghijk										bcdefghij
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	123	46	41	30	72	-	123	-	-	-	-	-	-	-	-	123
	6%	4%	11%	10%	11%	-	100%	-	-	-	-	-	-	-	-	27%
			a	a	a		acdefghijk									acdefghij
Working full time- working 30 hours per week or more	553	282	138	113	251	-	-	553	-	-	-	-	-	-	-	-
	27%	22%	37%	36%	37%	-	-	100%	-	-	-	-	-	-	-	-
			a	a	a			abdefghijk								
Working part time- working between 8 and 29 hours per week	160	90	34	31	65	-	-	-	160	-	-	-	-	-	-	-
	8%	7%	9%	10%	10%	-	-	-	100%	-	-	-	-	-	-	-
									abcefgghijk							
Self-employed- working 30 hours per week or more	47	29	9	7	16	-	-	-	-	47	-	-	-	-	-	-
	2%	2%	2%	2%	2%	-	-	-	-	100%	-	-	-	-	-	-
										abcdfghijk						
Self-employed- working between 8 and 29 hours per week	48	34	6	7	13	-	-	-	-	-	48	-	-	-	-	-
	2%	3%	2%	2%	2%	-	-	-	-	-	100%	-	-	-	-	-
											abcdeghijk					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Not working but seeking work or temporarily unemployed or sick	96 5%	66 5%	14 4%	10 3%	24 4%	- -	- -	- -	- -	- -	- -	96 100%	- -	- -	- -	- -
												abcdefghijkl				
Student	134 7%	85 7%	17 4%	12 4%	28 4%	- -	- -	- -	- -	- -	- -	- -	134 100%	- -	- -	- -
		d										abcdefghijkl				
Not working and not seeking work	171 8%	109 8%	24 7%	29 9%	53 8%	- -	- -	- -	- -	- -	- -	- -	- -	171 100%	- -	- -
													abcdefghijkl			
Retired	387 19%	367 29%	12 3%	4 1%	16 2%	- -	- -	- -	- -	- -	- -	- -	- -	- -	387 100%	- -
		bcd												abcdefghijkl		
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	454 22%	225 17%	115 31%	99 32%	214 31%	331 100%	123 100%	- -	- -	- -	- -	- -	- -	- -	- -	454 100%
			a	a	a	cdefghij	cdefghij									cdefghij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
331	48	165	109	9	283	50	228	36	35	11	242	74	6	288	43	259	70
16%	15%	15%	20% ab	15%	16%	17%	16%	16% b	10%	19% b	17% be	13%	9%	17% b	11%	15%	22% a
123	14	63	42	4	109	27	81	19	13	5	87	32	5	105	18	106	16
6%	4%	6%	8% a	6%	6%	9% b	6%	9% b	4%	9%	6%	6%	7%	6% b	4%	6% b	5%
553	69	315	160	9	484	89	390	43	49	18	443	99	8	473	80	460	92
27%	21%	28% ad	29% ad	15%	28% ad	30%	28%	19%	14%	29% bef	31% abef	18%	12%	29% b	20%	27%	29%
160	19	87	46	8	141	30	106	19	22	4	116	41	5	129	32	137	22
8%	6%	8%	8%	13% a	8%	10%	8%	9%	6%	6%	8%	7%	7%	8%	8%	8%	7%
47	8	23	15	1	39	10	28	8	7	4	29	17	2	40	6	36	10
2%	2%	2%	3%	1%	2%	3%	2%	4%	2%	6% bd	2%	3%	4%	2%	2%	2%	3%
48	10	26	9	2	38	2	34	1	9	-	37	10	-	36	12	44	3
2%	3%	2%	2%	4%	2%	1%	2%	*	3% a	-	3% a	2%	-	2%	3%	3%	1%
96	17	51	24	4	79	10	66	18	20	3	61	33	6	76	21	72	21
5%	5%	5%	4%	6%	5%	3%	5%	8% d	6%	4%	4%	6%	10% d	5%	5%	4%	7% a
134	4	36	78	16	130	15	106	16	10	4	91	26	4	106	28	115	17
7%	1%	3%	14% abe	26% abce	8% ab	5%	8%	7% b	3%	7%	6% b	5%	6%	6%	7%	7%	5%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b	
Significance Level: 95%																		
Unweighted Total	2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
Total	2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Not working and not seeking work	171	27	89	51	4	144	29	111	41	58	5	82	84	18	135	36	138	32
	8%	8%	8%	9%	6%	8%	10%	8%	19% cd	16% d	8%	6%	15% d	27% bcde	8%	9%	8%	10%
Retired	387	110	260	12	5	277	37	238	21	133	7	233	146	14	257	130	357	28
	19%	34% bcde	23% cde	2%	8% c	16% c	12%	17% a	9%	37% acdef	11%	16% a	26% acd	20% a	16%	32% a	21% b	9%
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	454	61	228	151	13	392	77	308	55	48	17	329	107	11	393	61	365	86
	22%	19%	20%	28% abe	21%	23%	26%	22%	25% b	13%	28% b	23% be	19% b	16%	24% b	15%	21%	28% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	331	35	25	50	92	35	26	14	54	177	94	115	124	88
	16%	10%	12%	18%	26%	16%	12%	15%	18%	20%	15%	20%	13%	17%
				a	abcefghij	a			a	abfj	a	b		b
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	123	15	12	23	28	15	13	3	14	66	30	38	46	39
	6%	4%	6%	8%	8%	7%	6%	3%	5%	8%	5%	7%	5%	8%
				a	a					aj				b
Working full time- working 30 hours per week or more	553	66	50	79	92	73	79	24	89	244	192	180	249	119
	27%	18%	24%	28%	26%	33%	37%	26%	30%	28%	31%	31%	26%	23%
				a	a	ab	abcdi		a	a	ab	bc		
Working part time- working between 8 and 29 hours per week	160	23	16	29	25	18	14	12	23	72	48	44	76	39
	8%	6%	8%	10%	7%	8%	7%	12%	8%	8%	8%	8%	8%	8%
Self-employed- working 30 hours per week or more	47	2	8	2	11	7	7	1	10	19	18	17	20	11
	2%	1%	4%	1%	3%	3%	3%	1%	3%	2%	3%	3%	2%	2%
			ac		ac	ac	ac		ac	a	ac			
Self-employed- working between 8 and 29 hours per week	48	7	8	4	7	3	5	2	12	14	19	9	28	11
	2%	2%	4%	1%	2%	1%	2%	2%	4%	2%	3%	2%	3%	2%
			i						i					
Not working but seeking work or temporarily unemployed or sick	96	21	12	16	15	7	10	4	11	39	25	26	41	29
	5%	6%	6%	6%	4%	3%	5%	4%	4%	4%	4%	5%	4%	6%
Student	134	10	14	21	27	18	16	7	22	66	44	49	40	41
	7%	3%	7%	8%	8%	8%	7%	7%	7%	8%	7%	8%	4%	8%
			a	a	a	a	a	a	a	a	a	b		b
Not working and not seeking work	171	63	22	12	21	18	10	3	21	51	35	45	89	33
	8%	17%	10%	4%	6%	8%	5%	3%	7%	6%	6%	8%	9%	6%
		bcdefghij	cdgij										c	
Retired	387	122	42	47	41	29	36	25	45	118	106	55	229	99
	19%	33%	20%	16%	12%	13%	17%	26%	15%	14%	17%	10%	24%	20%
		bcdefhij	dei					cdehij			d		ac	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic

	Number of days active										Amount of activity in the past week compared to previous week		
Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
	a	b	c	d	e	f	g	h	i	j	a	b	c
2051	356	213	283	374	223	211	93	298	880	602	584	930	512
2051	365	208	284	360	223	215	95	301	867	611	577	943	508
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
454	50	36	73	120	50	39	17	68	243	124	152	170	127
22%	14%	17%	26%	33%	22%	18%	18%	23%	28%	20%	26%	18%	25%
			abf	abcefgjh	a			a	abfgj	a	b		b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Total	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	331	66	48	75	59	34	24	5	18	168	48	100	123	102
	16%	12%	15%	19%	19%	19%	19%	11%	14%	19%	15%	18%	13%	19%
				a	a	a	a			a		b		b
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	123	19	24	27	23	10	7	1	13	59	21	40	46	36
	6%	4%	7%	7%	8%	5%	5%	3%	10%	7%	7%	7%	5%	7%
			a	a	a				a	a	a			
Working full time- working 30 hours per week or more	553	108	82	109	92	51	53	17	42	251	112	164	257	126
	27%	20%	25%	28%	30%	29%	41%	34%	32%	29%	36%	30%	27%	24%
				a	a	a	abcdei	a	a	a	abci	c		
Working part time- working between 8 and 29 hours per week	160	39	28	32	16	15	12	4	13	64	30	48	65	42
	8%	7%	9%	8%	5%	9%	9%	9%	10%	7%	9%	9%	7%	8%
Self-employed- working 30 hours per week or more	47	8	8	4	8	8	3	4	3	20	10	18	18	11
	2%	2%	3%	1%	3%	4%	2%	8%	2%	2%	3%	3%	2%	2%
					ac			abci			c			
Self-employed- working between 8 and 29 hours per week	48	8	11	10	7	6	4	-	4	22	7	11	22	15
	2%	1%	3%	2%	2%	3%	3%	-	3%	3%	2%	2%	2%	3%
Not working but seeking work or temporarily unemployed or sick	96	33	11	20	13	6	5	4	5	39	13	22	42	29
	5%	6%	4%	5%	4%	4%	4%	8%	3%	4%	4%	4%	5%	5%
Student	134	16	33	30	21	13	8	6	8	63	22	49	41	40
	7%	3%	10%	8%	7%	7%	7%	13%	6%	7%	7%	9%	4%	7%
			a	a	a	a		a		a	a	b		b
Not working and not seeking work	171	71	20	28	28	14	1	-	9	70	10	36	95	36
	8%	13%	6%	7%	9%	8%	1%	-	7%	8%	3%	7%	10%	7%
		bcfghij	f	fj	fgj	fgj			f	fgj			ac	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Total	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Retired	387	172	60	60	36	20	13	8	19	116	39	58	229	94
	19%	32%	19%	15%	12%	11%	10%	15%	14%	13%	12%	11%	24%	18%
		bcd efghij	defij										ac	a
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	454	85	72	102	81	44	31	7	31	227	69	141	169	138
	22%	16%	22%	26%	27%	25%	24%	13%	23%	26%	22%	26%	18%	26%
			a	a	ag	a	a		a	ag	a	b		b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	327	155	170	40	79	209	16	41	32	38	30	35	47	57	32
	16%	15%	16%	6%	12%	27%	16%	15%	16%	18%	17%	15%	15%	17%	15%
					a	ab									
2-3	1114	531	581	295	336	483	48	154	110	107	101	130	155	182	127
	54%	53%	56%	48%	50%	64%	49%	58%	55%	50%	57%	57%	48%	55%	61%
						ab		g			g	g			dg
4-5	548	285	260	250	241	57	30	66	48	63	39	59	112	85	46
	27%	28%	25%	40%	36%	7%	30%	25%	24%	30%	22%	26%	34%	25%	22%
				c	c								bcefh		
6+	62	30	31	35	15	12	4	6	10	6	7	5	11	9	4
	3%	3%	3%	6%	2%	2%	4%	2%	5%	3%	4%	2%	3%	3%	2%
				bc											
NET: Lives with others	1724	846	872	580	593	551	82	226	168	176	147	194	278	275	177
	84%	85%	84%	94%	88%	73%	84%	85%	84%	82%	83%	85%	85%	83%	85%
				bc	c										
Base for stats	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
Mean Score	2.79	2.85	2.73	3.38	3.05	2.08	2.89	2.73	2.84	2.80	2.73	2.75	3.01	2.72	2.66
		b		bc	c								behi		
Standard Deviation	1.369	1.408	1.324	1.480	1.243	1.033	1.402	1.267	1.412	1.403	1.262	1.542	1.396	1.361	1.232
Standard Error	.030	.044	.041	.056	.048	.039	.133	.076	.094	.095	.094	.115	.078	.075	.086
Error variance	*	*	*	*	*	*	.02	.01	.01	.01	.01	.01	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	327	16	40	78	24	30	140	133	194	298	6	6	10	1	-	24
	16%	11%	9%	15% bd	8%	13%	33% abcdegh	12%	21% abcdeg	17% cg	13%	5%	14% c	9%	-	9%
2-3	1114	71	231	267	163	130	251	570	544	1000	21	45	29	7	7	108
	54%	51%	52%	51%	57%	56%	59% bcg	51%	58% bcg	57% cdg	47%	38%	38%	55%	58%	41%
4-5	548	47	164	157	88	64	27	368	180	419	14	56	31	5	5	110
	27%	34% fh	37% cefh	30% fh	31% fh	28% fh	6% fh	33% fh	19% f	24% fh	31% a	47% a	41% a	36% a	42% a	42% a
6+	62	6	13	18	9	7	9	37	25	41	4	11	5	-	-	20
	3%	4%	3%	3%	3%	3%	2%	3%	3%	2% a	8% a	10% a	7% a	-	-	8% a
NET: Lives with others	1724	124	408	443	261	201	288	974	749	1460	38	112	65	12	12	239
	84%	89% fh	91% cfh	85% fh	92% cfh	87% fh	67% fh	88% fh	79% f	83% ad	87% ad	95% ad	86% ad	91% ad	100% ad	91% a
Base for stats	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
Mean Score	2.79	3.23	3.08	2.88	3.03	2.88	2.03	3.01	2.54	2.68	3.27	3.63	3.35	3.01	3.14	3.43
		cefh	cfh	fh	fh	fh	fh	fh	f		a	a	a			a
Standard Deviation	1.369	1.808	1.302	1.356	1.229	1.308	1.103	1.404	1.282	1.309	1.771	1.478	1.511	1.417	1.142	1.524
Standard Error	.030	.153	.062	.059	.071	.084	.055	.042	.042	.031	.258	.132	.170	.379	.317	.091
Error variance	*	.02	*	*	.01	.01	*	*	*	*	.07	.02	.03	.14	.10	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	327	313	4	3	7	48	14	69	19	8	10	17	4	27	110	61
	16%	24%	1%	1%	1%	14%	11%	12%	12%	17%	21%	18%	3%	16%	28%	14%
		bcd				h	h	h	h	h	h	h		h	abcdghik	h
2-3	1114	782	272	24	296	165	63	315	87	23	26	51	36	89	260	228
	54%	61%	73%	8%	43%	50%	52%	57%	54%	49%	54%	53%	26%	52%	67%	50%
		cd	acd		c	h	h	ahk	h	h	h	h		h	abcdeghik	h
4-5	548	176	84	256	340	109	42	160	46	15	9	24	78	51	12	151
	27%	14%	23%	82%	50%	33%	34%	29%	29%	32%	19%	25%	58%	30%	3%	33%
			a	abd	ab	j	j	j	j	j	j	j	abcdefgijk	j		j
6+	62	17	9	29	38	9	4	9	8	1	2	4	16	4	5	13
	3%	1%	2%	9%	6%	3%	3%	2%	5%	2%	5%	4%	12%	2%	1%	3%
				abd	ab				cj				abcdegijk			
NET: Lives with others	1724	974	366	309	674	283	109	484	141	39	38	79	130	144	277	392
	84%	76%	99%	99%	99%	86%	89%	88%	88%	83%	79%	82%	97%	84%	72%	86%
			a	a	a	j	j	j	j			j	abcdefgijk	j		j
Base for stats	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
Mean Score	2.79	2.27	3.20	4.28	3.69	2.99	3.10	2.84	2.97	2.82	2.61	2.88	4.14	2.75	1.93	3.02
			a	abd	ab	j	cfij	j	j	j	j	j	abcdefgijk	j		cfij
Standard Deviation	1.369	1.187	.973	.986	1.118	1.366	1.215	1.193	1.440	1.188	1.485	1.412	1.796	1.266	.883	1.327
Standard Error	.030	.032	.055	.061	.046	.074	.112	.051	.113	.173	.217	.137	.138	.096	.048	.062
Error variance	*	*	*	*	*	.01	.01	*	.01	.03	.05	.02	.02	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D8. Including yourself, how many people in total live in your household?

BASE: All respondents

Significance Level: 95%		Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
Total	2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	327	327	-	-	-	-	-	-	36	82	10	202	111	16	273	54	224	99
	16%	100%	-	-	-	-	-	-	16%	23%	17%	14%	20%	23%	17%	13%	13%	32%
		bcde								ad			d	d				a
2-3	1114	-	1114	-	-	1114	176	918	122	205	25	778	310	40	872	242	959	150
	54%	-	100%	-	-	65%	59%	66%	55%	57%	42%	55%	55%	58%	53%	60%	56%	48%
			acde		-	acd		a		c		c	c		a		b	
4-5	548	-	-	548	-	548	115	420	59	64	23	396	128	13	446	101	486	56
	27%	-	-	100%	-	32%	38%	30%	27%	18%	38%	28%	23%	19%	27%	25%	28%	18%
				abde		abd	b		b		bef	be				b		
6+	62	-	-	-	62	62	9	48	6	6	2	43	13	-	53	9	55	6
	3%	-	-	-	100%	4%	3%	3%	2%	2%	3%	3%	2%	-	3%	2%	3%	2%
					abce	abc												
NET: Lives with others	1724	-	1114	548	62	1724	301	1386	186	275	50	1217	451	53	1371	352	1500	213
	84%	-	100%	100%	100%	100%	100%	100%	84%	77%	83%	86%	80%	77%	83%	87%	87%	68%
			a	a	a	a			b			bef				b		
Base for stats	2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
Mean Score	2.79	1.00	2.40	4.22	6.71	3.13	3.29	3.08	2.81	2.42	3.12	2.84	2.63	2.42	2.81	2.70	2.87	2.34
				be	bce	b	b		bf		bef	bef	b			b		
Standard Deviation	1.369	-	.490	.416	1.716	1.226	1.128	1.240	1.262	1.257	1.567	1.365	1.330	1.112	1.393	1.266	1.361	1.295
Standard Error	.030	-	.015	.018	.216	.030	.067	.033	.083	.068	.199	.036	.056	.135	.034	.064	.033	.072
Error variance	*	-	*	*	.05	*	*	*	.01	*	.04	*	*	.02	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	327	77	42	46	44	20	31	16	52	110	98	62	184	80
	16%	21%	20%	16%	12%	9%	14%	16%	17%	13%	16%	11%	20%	16%
		dei	dei	e					e		e		a	a
2-3	1114	225	108	131	203	118	116	54	159	452	329	297	535	269
	54%	61%	52%	46%	56%	53%	54%	57%	53%	52%	54%	51%	57%	53%
		bcehij		c							c		a	
4-5	548	56	54	97	103	79	62	20	76	279	158	196	199	144
	27%	15%	26%	34%	29%	35%	29%	21%	25%	32%	26%	34%	21%	28%
			a	aghj	a	abghj	a		a	aghj	a	bc		b
6+	62	8	3	10	9	6	6	5	15	25	26	22	24	15
	3%	2%	2%	3%	3%	3%	3%	5%	5%	3%	4%	4%	3%	3%
									ab					
NET: Lives with others	1724	289	166	238	316	203	184	79	250	756	513	515	759	429
	84%	79%	80%	84%	88%	91%	86%	84%	83%	87%	84%	89%	80%	84%
				ab	abchj					ab		bc		
Base for stats	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
Mean Score	2.79	2.38	2.69	2.95	2.93	3.02	2.87	2.76	2.83	2.96	2.83	3.06	2.59	2.84
			a	ab	ab	ab	a	a	a	ab	a	bc		b
Standard Deviation	1.369	1.179	1.287	1.375	1.334	1.321	1.618	1.370	1.419	1.343	1.483	1.348	1.375	1.322
Standard Error	.030	.062	.088	.082	.069	.088	.111	.142	.082	.045	.060	.056	.045	.058
Error variance	*	*	.01	.01	*	.01	.01	.02	.01	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Total	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	327	130	51	47	36	13	19	8	23	96	50	62	172	87
	16%	24%	16%	12%	12%	7%	15%	17%	17%	11%	16%	11%	18%	16%
		bcdefij	ei				e	e	e		ei		a	a
2-3	1114	306	168	216	152	103	69	25	75	472	168	282	544	275
	54%	57%	51%	55%	50%	58%	53%	49%	56%	54%	54%	51%	58%	52%
													ac	
4-5	548	92	102	114	98	58	38	16	29	270	83	179	200	155
	27%	17%	31%	29%	33%	32%	30%	31%	22%	31%	27%	33%	21%	29%
			ah	a	ah	ah	a	a		ah	a	b		b
6+	62	12	6	15	14	4	3	2	7	33	11	25	22	14
	3%	2%	2%	4%	5%	2%	2%	3%	5%	4%	4%	5%	2%	3%
					ab							b		
NET: Lives with others	1724	411	275	346	265	165	110	42	111	775	263	486	767	444
	84%	76%	84%	88%	88%	93%	85%	83%	83%	89%	84%	89%	82%	84%
			a	a	a	abfghj	a			abj	a	bc		
Base for stats	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
Mean Score	2.79	2.39	2.89	2.94	3.06	2.99	2.90	2.80	2.81	2.99	2.85	3.04	2.60	2.86
			a	a	a	a	a	a	a	a	a	bc		b
Standard Deviation	1.369	1.241	1.495	1.311	1.465	1.159	1.428	1.383	1.359	1.337	1.388	1.385	1.283	1.440
Standard Error	.030	.054	.081	.066	.083	.088	.127	.196	.119	.045	.079	.059	.042	.062
Error variance	*	*	.01	*	.01	.01	.02	.04	.01	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Gender		Age			Region								
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1717	842	869	648	573	496	92	231	188	179	152	154	273	275	173
Total	1724	846	872	580	593	551	82	226	168	176	147	194	278	275	177
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	301	143	157	111	111	79	12	30	28	34	19	26	69	45	36
	17%	17%	18%	19%	19%	14%	14%	13%	17%	19%	13%	13%	25%	16%	21%
				c									abcefh		
No	1386	679	704	447	474	465	66	192	138	140	122	161	202	229	136
	80%	80%	81%	77%	80%	84%	81%	85%	82%	79%	83%	83%	73%	83%	77%
						a		gi	g		g	g		g	
Prefer not to say	37	24	11	22	8	7	4	4	2	2	5	7	7	1	5
	2%	3%	1%	4%	1%	1%	5%	2%	1%	1%	4%	3%	3%	*	3%
		b		bc			h				h	h	h		h

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	e	f	g
Unweighted Total	1717	122	400	445	271	210	269	967	750	1438	41	117	67	13	13	251
Total	1724	124	408	443	261	201	288	974	749	1460	38	112	65	12	12	239
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	301	34	76	56	50	36	50	165	136	247	4	26	14	3	4	51
	17%	27%	19%	13%	19%	18%	17%	17%	18%	17%	10%	23%	21%	24%	35%	21%
		bce fgh	c		c			c	c							
No	1386	88	328	373	203	162	232	789	597	1192	33	82	49	9	8	182
	80%	71%	80%	84%	78%	81%	81%	81%	80%	82%	88%	73%	76%	76%	65%	76%
		a		ad		a	a	a	a	cg						
Prefer not to say	37	2	4	15	7	3	5	21	16	21	1	3	2	-	-	6
	2%	2%	1%	3%	3%	2%	2%	2%	2%	1%	2%	3%	2%	-	-	2%
				b												

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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				Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	1717	1053	310	262	572	288	103	473	142	39	36	89	164	144	239	391
Total	1724	974	366	309	674	283	109	484	141	39	38	79	130	144	277	392
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	301 17%	118 12%	89 24%	78 25%	167 25%	50 18%	27 25%	89 18%	30 21%	10 26%	2 5%	10 13%	15 12%	29 20%	37 13%	77 20%
			a	a	a		fghj	f	fhj	fhj				fh		fhj
No	1386 80%	841 86%	270 74%	229 74%	500 74%	228 81%	81 74%	390 81%	106 75%	28 71%	34 90%	66 83%	106 81%	111 77%	238 86%	308 79%
		bcd									bde				bdeik	
Prefer not to say	37 2%	15 2%	6 2%	1 *	8 1%	5 2%	2 1%	5 1%	5 3%	1 3%	2 5%	3 4%	9 7%	4 3%	2 1%	7 2%
									c			cj	abcjk			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone				NET: Lives with others	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness			Yes	No
Total	a	b	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
1717	-	1110	544	63	1717	286	1390	193	264	50	1207	448	52	1377	340	1488	216
1724	-	1114	548	62	1724	301	1386	186	275	50	1217	451	53	1371	352	1500	213
100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
301	-	176	115	9	301	301	-	58	63	29	162	132	15	252	49	261	39
17%	-	16%	21%	15%	17%	100%	-	31%	23%	57%	13%	29%	28%	18%	14%	17%	18%
			b			b		bd	d	abdef		d	d				
1386	-	918	420	48	1386	-	1386	123	208	22	1045	312	36	1089	297	1210	172
80%	-	82%	77%	78%	80%	-	100%	66%	76%	43%	86%	69%	68%	79%	84%	81%	81%
		c					a	c	ac		abcef	c	c		a		
37	-	20	13	4	37	-	-	5	4	-	10	7	2	30	6	28	2
2%	-	2%	2%	7%	2%	-	-	3%	1%	-	1%	2%	4%	2%	2%	2%	1%
			bce					d				d					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of days active										Amount of activity in the past week compared to previous week		
	Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	1717	280	169	235	327	203	180	78	245	765	503	516	745	432
Total	1724	289	166	238	316	203	184	79	250	756	513	515	759	429
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	301 17%	39 13%	29 18%	49 20% a	59 19%	32 16%	44 24% aeh	13 16%	37 15%	140 18%	93 18%	121 24% bc	106 14%	73 17%
No	1386 80%	241 84% f	133 80%	183 77%	248 79%	168 83%	138 75%	65 82%	209 84% f	600 79%	412 80%	384 75%	639 84% a	346 81% a
Prefer not to say	37 2%	9 3%	3 2%	6 3%	8 3%	2 1%	2 1%	1 2%	4 2%	17 2%	8 2%	10 2%	14 2%	10 2%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
	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	1717	403	285	343	269	162	107	41	107	774	255	486	756	446
Total	1724	411	275	346	265	165	110	42	111	775	263	486	767	444
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	301	48	35	66	52	42	26	15	17	160	58	107	110	79
	17%	12%	13%	19%	20%	25%	23%	36%	15%	21%	22%	22%	14%	18%
				ab	ab	ab	ab	abcdhi		ab	ab	b		
No	1386	351	237	266	208	120	83	27	93	595	204	370	638	359
	80%	86%	86%	77%	79%	73%	76%	64%	84%	77%	78%	76%	83%	81%
		cdefgij	cdefgij		g				eg				a	
Prefer not to say	37	11	4	13	4	4	1	-	1	21	1	10	18	6
	2%	3%	1%	4%	2%	2%	1%	-	1%	3%	1%	2%	2%	1%
				j						j				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204	
Total	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	222	92	130	83	90	50	7	32	24	22	24	21	29	33	30	
	11%	9%	12%	13%	13%	7%	7%	12%	12%	10%	14%	9%	9%	10%	14%	a
			a	c	c											
Yes - physical condition or illness	357	161	195	52	84	221	29	46	29	36	40	41	38	57	42	
	17%	16%	19%	8%	12%	29%	29%	17%	15%	17%	22%	18%	12%	17%	20%	
					a	ab	bcd fgh				cg					g
Yes - other	61	34	26	18	26	17	3	8	6	5	4	3	13	9	9	
	3%	3%	3%	3%	4%	2%	3%	3%	3%	2%	2%	1%	4%	3%	4%	
No	1419	718	697	444	484	491	56	183	143	150	112	165	242	233	136	
	69%	72%	67%	72%	72%	65%	57%	69%	71%	70%	63%	72%	74%	70%	65%	
		b		c	c			a	a	a		a	aei	a		
Prefer not to say	70	33	33	35	20	15	7	8	5	7	8	9	15	8	4	
	3%	3%	3%	6%	3%	2%	7%	3%	3%	3%	5%	4%	4%	2%	2%	
				bc			hi									
NET: Longstanding condition or illness	562	250	311	141	168	254	36	76	52	57	57	54	69	92	69	
	27%	25%	30%	23%	25%	33%	36%	29%	26%	27%	32%	24%	21%	28%	33%	
			a			ab	fg	g			g				fg	
NET: Longstanding physical and mental condition or illness	68	29	39	11	27	30	2	9	7	5	10	9	10	6	10	
	3%	3%	4%	2%	4%	4%	2%	3%	4%	2%	6%	4%	3%	2%	5%	
					a	a					h					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	222 11%	13 9%	27 6%	62 12% b	29 10% b	36 16% bg	55 13% bg	102 9% b	120 13% bg	201 11%	6 14%	9 7%	4 5%	- -	2 14%	20 8%
Yes - physical condition or illness	357 17%	25 18% b	49 11%	68 13%	44 16%	31 13%	139 33% abcdegh	142 13%	215 23% bcdeg	329 19% cg	4 9%	13 11%	8 11%	1 8%	- -	26 10%
Yes - other	61 3%	6 4%	15 3%	12 2%	12 4%	3 1%	13 3%	33 3%	28 3%	49 3%	3 7%	4 3%	4 6%	1 5%	- -	12 4%
No	1419 69%	97 70% f	346 77% efh	380 73% fh	202 71% fh	155 67% f	238 56%	823 74% efh	596 63% f	1207 69%	32 74%	87 74%	57 76%	11 87%	11 86%	199 76% a
Prefer not to say	70 3%	5 4%	15 3%	18 3%	9 3%	11 5%	12 3%	39 3%	31 3%	46 3%	1 2%	8 7% a	2 3%	- -	- -	11 4%
NET: Longstanding condition or illness	562 27%	37 27%	87 19%	122 23%	73 26% b	65 28% bg	177 41% abcdegh	246 22%	316 33% bcdg	505 29% cg	11 24%	23 20%	16 21%	2 13%	2 14%	53 20%
NET: Longstanding physical and mental condition or illness	68 3%	6 5% b	2 * b	20 4% b	9 3% b	5 2% b	25 6% beg	28 3% b	40 4% bg	65 4% g	2 6% cdg	1 1%	- -	- -	- -	3 1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	222 11%	123 10%	41 11%	43 14% a	84 12%	36 11% fj	19 16% cfj	43 8%	19 12% fj	8 18% cfj	1 2%	18 18% acfj	16 12% fj	41 24% acdfhjk	21 5%	55 12% cfj
Yes - physical condition or illness	357 17%	269 21% bcd	32 9%	44 14% b	76 11%	35 11%	13 10%	49 9%	22 14%	7 15%	9 19% ch	20 21% abchk	10 8%	58 34% abcdefghk	133 34% abcdefghk	48 11%
Yes - other	61 3%	35 3%	6 2%	14 5% b	21 3%	11 3%	5 4%	18 3%	4 2%	4 8% fj	- -	3 3%	4 3%	5 3%	7 2%	17 4%
No	1419 69%	874 68%	288 78% ac	218 70% a	506 74% a	242 73% gij	87 71% ij	443 80% abdegijk	116 72% ij	29 61%	37 76% ij	61 63% i	91 68% i	82 48%	233 60% i	329 73% gij
Prefer not to say	70 3%	39 3%	9 2%	6 2%	15 2%	14 4%	4 3%	11 2%	4 2%	1 2%	2 3%	3 3%	17 13% abcdegijk	6 3%	8 2%	18 4%
NET: Longstanding condition or illness	562 27%	374 29% bd	73 20%	88 28% b	161 24%	74 23%	32 26% c	99 18%	41 25% c	17 36% ach	10 21%	33 34% achk	26 20%	84 49% abcdfghjk	146 38% abcdfhk	107 24% c
NET: Longstanding physical and mental condition or illness	68 3%	48 4%	6 2%	10 3%	16 2%	6 2%	5 4%	8 1%	5 3%	2 5%	- -	6 7% ack	4 3%	18 11% abcdfhjk	14 4% c	11 2%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051 100%	327 100%	1114 100%	548 100%	62 100%	1724 100%	301 100%	1386 100%	222 100%	357 100%	61 100%	1419 100%	562 100%	68 100%	1645 100%	406 100%	1724 100%	311 100%
222 11%	36 11%	122 11%	59 11%	6 9%	186 11%	58 19%	123 9%	222 100% b	68 19% cd	4 6% d	- - d	222 39% bcd	68 100% bcde	184 11%	38 9%	165 10%	57 18% a
357 17%	82 25% bcde	205 18% c	64 12%	6 9%	275 16% c	63 21% b	208 15%	68 31% cd	357 100% acde	9 16% d	- - d	357 64% acd	68 100% acde	268 16%	89 22% a	297 17%	58 19%
61 3%	10 3%	25 2%	23 4% b	2 3%	50 3%	29 10% b	22 2%	4 2% d	9 3% d	61 100% abdef	- - d	61 11% abd	4 6% d	50 3%	11 3%	52 3%	8 3%
1419 69%	202 62%	778 70% a	396 72% a	43 69%	1217 71% a	162 54%	1045 75% a	- - -	- - -	- - -	1419 100% abcef	- - -	- - -	1146 70%	273 67%	1219 71% b	197 63%
70 3%	14 4% b	26 2%	23 4% b	6 10% bce	56 3%	7 2%	29 2%	- - -	- - -	- - -	- - -	- - -	- - -	59 4%	11 3%	51 3%	9 3%
562 27%	111 34% bcde	310 28%	128 23%	13 20%	451 26%	132 44% b	312 23%	222 100% d	357 100% d	61 100% d	- - d	562 100% d	68 100% d	440 27%	122 30%	455 26%	105 34% a
68 3%	16 5% c	40 4%	13 2%	- -	53 3%	15 5% b	36 3%	68 31% bcde	68 19% cde	4 6% d	- - d	68 12% d	68 100% abcde	54 3%	15 4%	51 3%	17 6% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	222	50	27	37	31	24	12	6	36	92	53	71	84	64
	11%	14%	13%	13%	9%	11%	6%	6%	12%	11%	9%	12%	9%	12%
		dfgj	f	f		f			f	f		b		b
Yes - physical condition or illness	357	122	37	43	49	32	26	8	41	124	74	83	192	80
	17%	33%	18%	15%	14%	15%	12%	8%	14%	14%	12%	14%	20%	16%
		bcd efghij	gj										ac	
Yes - other	61	14	5	10	10	6	6	2	7	26	15	22	18	20
	3%	4%	2%	3%	3%	3%	3%	2%	2%	3%	3%	4%	2%	4%
												b		b
No	1419	197	142	192	262	156	171	79	220	610	470	401	657	349
	69%	54%	68%	68%	73%	70%	79%	84%	73%	70%	77%	69%	70%	69%
			a	a	a	a	abcei	abcdehi	a	a	abcei			
Prefer not to say	70	14	5	14	14	9	4	2	7	37	13	23	24	18
	3%	4%	2%	5%	4%	4%	2%	2%	2%	4%	2%	4%	3%	4%
				j						j				
NET: Longstanding condition or illness	562	154	61	78	84	57	40	14	73	219	127	153	261	142
	27%	42%	29%	27%	23%	26%	19%	15%	24%	25%	21%	27%	28%	28%
		bcd efghij	fgj	fgj		g				fgj				
NET: Longstanding physical and mental condition or illness	68	28	7	10	5	4	4	1	9	19	14	19	31	18
	3%	8%	3%	4%	1%	2%	2%	1%	3%	2%	2%	3%	3%	4%
		bcd efghij												

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	222	56	40	37	38	16	10	2	22	91	34	60	92	67
	11%	10%	12%	9%	13%	9%	8%	4%	17%	10%	11%	11%	10%	13%
									acefgi					
Yes - physical condition or illness	357	148	55	48	41	28	16	7	14	117	37	64	201	90
	17%	27%	17%	12%	14%	16%	13%	13%	10%	13%	12%	12%	21%	17%
		bcdefghij											ac	a
Yes - other	61	13	11	10	7	9	6	1	4	26	11	16	23	21
	3%	2%	3%	2%	2%	5%	5%	2%	3%	3%	3%	3%	2%	4%
No	1419	343	221	288	211	121	96	40	99	620	235	400	639	361
	69%	63%	68%	73%	70%	68%	74%	79%	74%	71%	75%	73%	68%	68%
				a	a		a	a	a	a	ab	b		
Prefer not to say	70	14	15	17	12	6	3	1	2	35	5	25	27	10
	3%	3%	5%	4%	4%	4%	2%	1%	1%	4%	2%	4%	3%	2%
			j									c		
NET: Longstanding condition or illness	562	183	91	88	77	51	30	10	33	216	72	124	274	159
	27%	34%	28%	22%	26%	28%	23%	20%	24%	25%	23%	23%	29%	30%
		cdfghij											a	a
NET: Longstanding physical and mental condition or illness	68	30	11	6	9	3	3	-	7	18	9	16	36	16
	3%	6%	3%	1%	3%	2%	2%	-	5%	2%	3%	3%	4%	3%
		cei							ci					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
Total	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1759	844	909	458	576	725	94	244	180	180	152	212	201	302	194
	86%	84%	87%	74%	86%	95%	96%	91%	90%	84%	86%	93%	62%	91%	93%
					a	ab	deg	dg	g	g	g	deg		dg	deg
Mixed	43	26	17	25	12	7	1	1	4	2	5	1	12	12	6
	2%	3%	2%	4%	2%	1%	1%	*	2%	1%	3%	1%	4%	4%	3%
				bc							b		bdf	bf	b
Asian	118	65	53	67	47	5	-	14	13	19	13	5	44	9	2
	6%	6%	5%	11%	7%	1%	-	5%	6%	9%	7%	2%	13%	3%	1%
				bc	c			ai	ahi	afhi	afhi		abcefhi		
Black	75	35	41	38	21	16	2	3	2	9	5	1	46	4	3
	4%	3%	4%	6%	3%	2%	2%	1%	1%	4%	3%	1%	14%	1%	2%
				bc						bcfh			abcdefhi		
Chinese	13	5	7	5	5	3	-	1	1	1	-	2	6	2	-
	1%	1%	1%	1%	1%	*	-	*	*	1%	-	1%	2%	1%	-
Other ethnic group	12	8	5	6	6	1	-	2	-	-	-	1	8	2	-
	1%	1%	*	1%	1%	*	-	1%	-	-	-	*	2%	1%	-
				c									cdehi		
Prefer not to answer	30	19	10	21	5	4	1	3	1	2	2	6	9	2	3
	1%	2%	1%	3%	1%	*	1%	1%	1%	1%	1%	3%	3%	1%	1%
				bc									h		
NET: Non-white	262	138	123	141	91	31	3	20	19	32	23	11	116	29	11
	13%	14%	12%	23%	14%	4%	3%	7%	9%	15%	13%	5%	36%	9%	5%
				bc	c				a	abfhi	afi		abcdefhi	a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1759	100	363	438	247	204	406	901	857	1759	-	-	-	-	-	-
	86%	72%	81%	84%	87%	88%	95%	81%	91%	100%	-	-	-	-	-	-
		a	a	a	abg	abg	abcdegh	a	abcdg	bcdg						
Mixed	43	5	13	14	6	-	6	32	12	-	43	-	-	-	-	43
	2%	4%	3%	3%	2%	-	1%	3%	1%	-	100%	-	-	-	-	17%
		eh	eh	eh	e			eh			acd					acd
Asian	118	21	35	36	11	10	5	92	26	-	-	118	-	-	-	118
	6%	15%	8%	7%	4%	4%	1%	8%	3%	-	-	100%	-	-	-	45%
		bcd efgh	d fh	f h	f	f		defh				abdg				abd
Black	75	10	21	16	17	10	2	47	29	-	-	-	75	-	-	75
	4%	7%	5%	3%	6%	4%	*	4%	3%	-	-	-	100%	-	-	29%
		c fh	f	f	f h	f		f	f				abcg			abc
Chinese	13	1	2	4	-	3	3	7	6	-	-	-	-	13	-	13
	1%	1%	*	1%	-	1%	1%	1%	1%	-	-	-	-	100%	-	5%
																acd
Other ethnic group	12	2	3	4	1	1	2	8	4	-	-	-	-	-	12	12
	1%	1%	1%	1%	*	1%	*	1%	*	-	-	-	-	-	100%	5%
																acd
Prefer not to answer	30	-	12	8	3	3	4	20	10	-	-	-	-	-	-	-
	1%	-	3%	2%	1%	1%	1%	2%	1%	-	-	-	-	-	-	-
			h													
NET: Non-white	262	39	73	74	35	24	17	186	76	-	43	118	75	13	12	262
	13%	28%	16%	14%	12%	10%	4%	17%	8%	-	100%	100%	100%	100%	100%	100%
		bcd efgh	efh	f h	f h	f		efh	f		a	a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1759	1144	310	253	563	277	101	465	131	41	44	80	82	160	377	378
	86%	89%	84%	81%	83%	84%	82%	84%	82%	88%	91%	83%	61%	93%	97%	83%
		bcd				h	h	h	h	h	h	h		abcdghk	abcdeghnik	h
Mixed	43	23	9	8	17	6	2	11	4	2	-	4	10	4	1	8
	2%	2%	2%	3%	2%	2%	2%	2%	3%	3%	-	4%	7%	2%	*	2%
								j	j	j		j	abcijk	j		j
Asian	118	52	30	28	58	20	9	39	12	1	1	7	23	4	3	29
	6%	4%	8%	9%	9%	6%	7%	7%	7%	2%	2%	8%	17%	2%	1%	6%
			a	a	a	j	ij	ij	ij			ij	abcdehgijk			j
Black	75	39	14	16	30	16	4	27	10	2	2	2	9	-	2	21
	4%	3%	4%	5%	4%	5%	4%	5%	6%	5%	4%	2%	7%	-	1%	5%
						ij	ij	ij	ij	ij	ij	i	ij			ij
Chinese	13	9	3	-	3	3	-	6	-	-	-	1	2	-	1	3
	1%	1%	1%	-	*	1%	-	1%	-	-	-	1%	2%	-	*	1%
Other ethnic group	12	7	4	1	5	3	2	2	1	-	-	1	1	3	-	5
	1%	1%	1%	*	1%	1%	1%	*	1%	-	-	1%	1%	2%	-	1%
							j							j		
Prefer not to answer	30	13	1	5	6	6	4	3	3	1	2	2	8	-	3	10
	1%	1%	*	2%	1%	2%	3%	1%	2%	2%	4%	2%	6%	-	1%	2%
							cij				ci		acijk			c
NET: Non-white	262	131	59	54	112	48	18	85	27	5	3	15	44	11	7	66
	13%	10%	16%	17%	17%	15%	14%	15%	17%	10%	6%	16%	33%	7%	2%	14%
			a	a	a	ij	ij	ij	ij	j		ij	abcdehgijk	j		ij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
					NET: Lives with others							NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness				
Total	Lives alone	2-3	4-5	6+		Yes	No	Mental condition or illness	Physical condition or illness	Other	No			Urban	Rural	Yes	No
	a	b	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1759	298	1000	419	41	1460	247	1192	201	329	49	1207	505	65	1377	382	1501	251
86%	91%	90%	77%	66%	85%	82%	86%	91%	92%	81%	85%	90%	95%	84%	94%	87%	81%
	cde	cde			cd			cd	cd			cd	cd		a	b	
43	6	21	14	4	38	4	33	6	4	3	32	11	2	38	6	36	8
2%	2%	2%	2%	6%	2%	1%	2%	3%	1%	5%	2%	2%	4%	2%	1%	2%	2%
				b						b							
118	6	45	56	11	112	26	82	9	13	4	87	23	1	113	5	93	25
6%	2%	4%	10%	18%	6%	9%	6%	4%	4%	6%	6%	4%	1%	7%	1%	5%	8%
			abe	abe	ab									b		a	
75	10	29	31	5	65	14	49	4	8	4	57	16	-	70	5	57	18
4%	3%	3%	6%	8%	4%	5%	4%	2%	2%	7%	4%	3%	-	4%	1%	3%	6%
			b	b						abf			-	b		a	
13	1	7	5	-	12	3	9	-	1	1	11	2	-	11	2	10	2
1%	*	1%	1%	-	1%	1%	1%	-	*	1%	1%	*	-	1%	*	1%	*
12	-	7	5	-	12	4	8	2	-	-	11	2	-	11	1	9	3
1%	-	1%	1%	-	1%	1%	1%	1%	-	-	1%	*	-	1%	*	1%	1%
30	5	6	18	1	25	3	12	1	2	-	14	3	-	25	5	19	4
1%	2%	1%	3%	2%	1%	1%	1%	*	1%	-	1%	1%	-	1%	1%	1%	1%
			be		b												
262	24	108	110	20	239	51	182	20	26	12	199	53	3	243	19	205	56
13%	7%	10%	20%	32%	14%	17%	13%	9%	7%	19%	14%	9%	5%	15%	5%	12%	18%
			abe	abce	ab					abef	abef			b		a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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 in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1759	336	170	231	295	182	187	84	272	708	544	459	837	444
	86%	92%	82%	81%	82%	82%	87%	89%	90%	82%	89%	79%	89%	87%
		bcdei							bcdei		bcdei		a	a
Mixed	43	6	6	8	9	2	5	1	7	19	12	17	14	12
	2%	2%	3%	3%	3%	1%	2%	1%	2%	2%	2%	3%	2%	2%
Asian	118	12	14	23	27	16	12	5	10	66	26	44	49	24
	6%	3%	7%	8%	7%	7%	5%	5%	3%	8%	4%	8%	5%	5%
				ahj	ahj	ah				ahj				
Black	75	3	8	14	19	15	5	4	7	49	15	36	25	14
	4%	1%	4%	5%	5%	7%	2%	4%	2%	6%	2%	6%	3%	3%
			a	a	ahj	afhj		a		afhj		bc		
Chinese	13	2	5	1	1	2	1	-	1	4	2	4	3	6
	1%	*	2%	*	*	1%	*	-	*	*	*	1%	*	1%
			acdij											b
Other ethnic group	12	2	2	1	2	1	3	1	1	4	5	6	2	3
	1%	*	1%	*	1%	*	1%	1%	*	*	1%	1%	*	1%
												b		
Prefer not to answer	30	5	3	7	6	4	3	-	2	17	5	10	12	5
	1%	1%	1%	2%	2%	2%	1%	-	1%	2%	1%	2%	1%	1%
NET: Non-white	262	24	35	46	58	37	24	11	27	141	62	108	93	59
	13%	7%	17%	16%	16%	16%	11%	11%	9%	16%	10%	19%	10%	12%
			ahj	ahj	ahj	ahj	a			ahj		bc		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Total	Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
		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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1759	500	277	325	244	148	103	44	118	717	265	441	838	454
	86%	92%	85%	83%	81%	83%	80%	88%	88%	82%	85%	80%	89%	86%
		bcdefij											ac	a
Mixed	43	9	8	11	7	2	2	1	4	20	7	17	14	13
	2%	2%	2%	3%	2%	1%	2%	1%	3%	2%	2%	3%	1%	2%
												b		
Asian	118	16	17	29	24	11	13	2	6	65	21	41	40	36
	6%	3%	5%	7%	8%	6%	10%	4%	4%	7%	7%	7%	4%	7%
				a	a	a	a			a	a	b		b
Black	75	9	13	17	15	10	5	2	4	42	11	33	26	16
	4%	2%	4%	4%	5%	6%	4%	4%	3%	5%	4%	6%	3%	3%
			a	a	a	a				a		bc		
Chinese	13	2	4	1	2	-	3	1	-	2	4	4	2	6
	1%	*	1%	*	1%	-	2%	3%	-	*	1%	1%	*	1%
			i				acei	acei			i			b
Other ethnic group	12	1	2	-	4	3	1	-	1	7	2	4	5	2
	1%	*	1%	-	1%	2%	1%	-	1%	1%	1%	1%	*	*
					c	ac								
Prefer not to answer	30	3	5	10	5	4	2	-	1	19	2	8	15	3
	1%	1%	2%	3%	2%	2%	1%	-	1%	2%	1%	1%	2%	1%
				a						a				
NET: Non-white	262	37	44	58	51	26	24	6	15	136	45	99	86	73
	13%	7%	14%	15%	17%	15%	19%	12%	11%	16%	14%	18%	9%	14%
			a	a	a	a	a			a	a	b		b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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	2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204	
Total	2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	805	435	365	297	279	229	28	90	71	75	60	59	254	108	61	
	39%	43%	35%	48%	42%	30%	28%	34%	35%	35%	34%	26%	78%	33%	29%	
		b		bc	c				f	f			abcdefhi			
Urban - Town and Fringe	839	377	462	226	285	329	44	128	91	103	74	101	66	152	82	
	41%	38%	44%	36%	42%	43%	45%	48%	45%	48%	42%	44%	20%	46%	39%	
		a		a	a	a	g	g	g	g	g	g		g	g	
Rural - Village	364	166	195	87	99	178	23	43	36	29	38	63	4	70	58	
	18%	17%	19%	14%	15%	23%	23%	16%	18%	14%	21%	28%	1%	21%	28%	
						ab	dg	g	g	g	dg	bcdg		dg	bcdg	
Rural - Hamlet and Isolated Dwelling	43	23	18	10	9	24	3	6	3	7	6	6	1	3	8	
	2%	2%	2%	2%	1%	3%	3%	2%	1%	3%	3%	3%	*	1%	4%	
						ab	g	g		gh	gh	g			gh	
NET: Urban	1645	812	828	523	564	558	72	218	161	178	133	159	320	260	142	
	80%	81%	79%	84%	84%	73%	74%	82%	81%	83%	76%	70%	98%	78%	68%	
				c	c			fi	fi	afi			abcdefhi	fi		
NET: Rural	406	189	214	97	108	202	26	48	39	37	43	70	5	73	66	
	20%	19%	21%	16%	16%	27%	26%	18%	19%	17%	24%	30%	2%	22%	32%	
						ab	dg	g	g	g	g	bcdgh		g	bcdgh	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	805	77	187	228	109	83	121	492	313	627	26	70	52	7	8	163
	39%	55%	42%	44%	38%	36%	28%	44%	33%	36%	59%	59%	69%	54%	68%	62%
		bcd efgh	fh	efh	f	f		efh			a	a	a			a
Urban - Town and Fringe	839	38	180	211	122	106	182	429	410	750	12	43	18	4	3	80
	41%	27%	40%	41%	43%	46%	43%	39%	43%	43%	27%	36%	24%	33%	23%	31%
			a	a	a	ag	a	a	ag	bdg						
Rural - Village	364	16	75	69	50	41	113	160	204	344	5	5	4	-	1	15
	18%	11%	17%	13%	17%	18%	26%	14%	22%	20%	11%	5%	5%	-	9%	6%
						abcdeg			abcg	cdg						
Rural - Hamlet and Isolated Dwelling	43	9	5	12	4	1	12	26	16	38	1	-	2	2	-	5
	2%	6%	1%	2%	1%	1%	3%	2%	2%	2%	3%	-	2%	13%	-	2%
		bcd efgh					e									
NET: Urban	1645	115	367	439	231	189	303	921	724	1377	38	113	70	11	11	243
	80%	82%	82%	84%	81%	82%	71%	83%	77%	78%	87%	95%	93%	87%	91%	93%
		f	fh	fh	f	f		fh	f			ab	a			a
NET: Rural	406	25	81	81	53	43	124	187	220	382	6	5	5	2	1	19
	20%	18%	18%	16%	19%	18%	29%	17%	23%	22%	13%	5%	7%	13%	9%	7%
						abcdegh			bcg	cdg	c					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
Significance Level: 95%		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	805	483	157	123	281	128	65	272	64	20	13	35	54	59	94	193
	39%	38%	43%	40%	41%	39%	53%	49%	40%	43%	28%	37%	40%	34%	24%	43%
						j	adfg hijk	adfg hijk	j	j		j	j	j		fj
Urban - Town and Fringe	839	529	153	131	283	160	40	201	64	20	23	41	52	76	164	199
	41%	41%	41%	42%	42%	48%	32%	36%	40%	43%	47%	42%	39%	44%	42%	44%
						bch								b		bc
Rural - Village	364	243	53	55	108	42	16	70	29	4	9	18	26	32	118	58
	18%	19%	14%	18%	16%	13%	13%	13%	18%	8%	18%	19%	20%	19%	30%	13%
													ack	c	abcdeghik	
Rural - Hamlet and Isolated Dwelling	43	31	7	3	10	1	2	11	3	2	3	2	2	4	12	3
	2%	2%	2%	1%	1%	*	2%	2%	2%	5%	7%	3%	1%	2%	3%	1%
								a		ak	acd hk	a		a	ak	
NET: Urban	1645	1013	310	254	564	288	105	473	129	40	36	76	106	135	257	393
	80%	79%	84%	81%	83%	87%	85%	85%	80%	86%	74%	79%	79%	79%	66%	87%
			a		a	dfghij	j	f hij	j	j		j	j	j		fghij
NET: Rural	406	275	60	58	118	43	18	80	32	6	12	21	28	36	130	61
	20%	21%	16%	19%	17%	13%	15%	15%	20%	14%	26%	21%	21%	21%	34%	13%
		bd							a		ack	ak	ack	ack	abcdeghik	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
805	143	410	223	30	662	133	515	101	110	34	560	213	28	805	-	639	163
39%	44%	37%	41%	48%	38%	44%	37%	45%	31%	56%	39%	38%	41%	49%	-	37%	52%
	b					b		b		bde	b	b		b		a	
839	130	462	223	24	709	119	574	83	158	16	586	227	26	839	-	722	113
41%	40%	41%	41%	38%	41%	40%	41%	38%	44%	26%	41%	40%	38%	51%	-	42%	36%
									c		c	c		b			
364	48	215	92	9	316	42	268	34	78	10	244	110	11	-	364	324	33
18%	15%	19%	17%	14%	18%	14%	19%	15%	22%	17%	17%	20%	17%	-	90%	19%	11%
							a		ad					a		b	
43	6	27	9	-	36	7	29	4	11	1	30	12	3	-	43	39	2
2%	2%	2%	2%	-	2%	2%	2%	2%	3%	1%	2%	2%	5%	-	10%	2%	1%
														a			
1645	273	872	446	53	1371	252	1089	184	268	50	1146	440	54	1645	-	1361	276
80%	83%	78%	81%	86%	80%	84%	79%	83%	75%	82%	81%	78%	79%	100%	-	79%	89%
	b					b		b			b			b		a	
406	54	242	101	9	352	49	297	38	89	11	273	122	15	-	406	363	35
20%	17%	22%	19%	14%	20%	16%	21%	17%	25%	18%	19%	22%	21%	-	100%	21%	11%
		a					a		ad					a		b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week		
		0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c
Unweighted Total	2051	356	213	283	374	223	211	93	298	880	602	584	930	512
Total	2051	365	208	284	360	223	215	95	301	867	611	577	943	508
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	805	126	92	120	152	85	82	29	120	356	231	254	339	206
	39%	35%	44%	42%	42%	38%	38%	30%	40%	41%	38%	44%	36%	41%
			ag	g	ag					ag		b		
Urban - Town and Fringe	839	164	77	100	154	91	91	41	121	345	253	241	378	209
	41%	45%	37%	35%	43%	41%	42%	43%	40%	40%	41%	42%	40%	41%
		c			c									
Rural - Village	364	71	35	58	51	39	38	23	47	148	109	74	199	87
	18%	20%	17%	20%	14%	18%	18%	24%	16%	17%	18%	13%	21%	17%
				d				d					a	
Rural - Hamlet and Isolated Dwelling	43	3	3	7	3	8	4	2	12	18	18	9	27	7
	2%	1%	2%	2%	1%	3%	2%	2%	4%	2%	3%	1%	3%	1%
						ad			adi		ad			
NET: Urban	1645	291	169	219	306	176	173	70	241	701	484	495	717	415
	80%	80%	81%	77%	85%	79%	80%	74%	80%	81%	79%	86%	76%	82%
					cgj							b		b
NET: Rural	406	75	39	65	54	47	42	25	60	166	127	83	226	93
	20%	20%	19%	23%	15%	21%	20%	26%	20%	19%	21%	14%	24%	18%
				d				d			d		ac	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D12. Which of the following best describes where you live?

BASE: All respondents

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
	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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	805	189	126	149	148	72	51	19	52	369	122	232	333	224
	39%	35%	39%	38%	49%	40%	40%	38%	39%	42%	39%	42%	35%	42%
				abchij						a		b		b
Urban - Town and Fringe	839	240	131	161	108	68	58	15	58	337	132	214	393	219
	41%	44%	40%	41%	36%	38%	45%	30%	44%	39%	42%	39%	42%	41%
		dgi												
Rural - Village	364	101	62	77	41	31	15	15	21	149	51	89	188	82
	18%	19%	19%	20%	14%	18%	12%	30%	16%	17%	16%	16%	20%	16%
				df				dfhij					c	
Rural - Hamlet and Isolated Dwelling	43	11	7	7	4	6	4	1	2	17	7	13	25	5
	2%	2%	2%	2%	1%	4%	3%	2%	1%	2%	2%	2%	3%	1%
													c	
NET: Urban	1645	428	257	309	256	140	109	34	111	706	254	447	726	443
	80%	79%	79%	79%	85%	79%	85%	68%	83%	81%	81%	81%	77%	83%
				abcbg			g		g	g	g			b
NET: Rural	406	113	69	84	45	37	20	16	23	166	59	102	213	88
	20%	21%	21%	21%	15%	21%	15%	32%	17%	19%	19%	19%	23%	17%
		d	d	d				dfhij					c	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Yes

No

Prefer not to say

	Gender		Age			Region								
Total	Male	Female	16-34	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
2051	1005	1037	697	666	688	111	275	225	220	181	181	323	331	204
2051	1001	1041	620	672	760	98	266	200	214	177	229	326	333	208
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1724	836	884	491	559	674	85	225	171	187	159	200	238	281	178
84%	84%	85%	79%	83%	89%	86%	84%	86%	87%	90%	87%	73%	84%	86%
					ab	g	g	g	g	g	g		g	g
311	157	151	120	108	83	11	41	26	24	14	28	85	52	30
15%	16%	15%	19%	16%	11%	11%	15%	13%	11%	8%	12%	26%	16%	14%
			c	c			e					abcdefhi	e	
15	7	6	8	5	3	3	1	3	3	3	1	2	-	-
1%	1%	1%	1%	1%	*	3%	*	1%	2%	2%	*	1%	-	-
						bhi		h	h	h				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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
Significance Level: 95%		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Unweighted Total	2051	140	443	528	297	244	399	1111	940	1740	47	125	79	14	13	278
Total	2051	139	448	521	285	231	428	1108	943	1759	43	118	75	13	12	262
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1724	118	387	426	247	184	361	932	792	1501	36	93	57	10	9	205
	84%	85%	87%	82%	87%	80%	84%	84%	84%	85%	82%	78%	75%	80%	73%	78%
			e		e					cdg						
No	311	20	57	91	36	44	62	169	142	251	8	25	18	2	3	56
	15%	15%	13%	18%	13%	19%	15%	15%	15%	14%	18%	22%	24%	12%	27%	21%
				b		bd						a	a			a
Prefer not to say	15	1	3	3	1	3	5	7	9	7	-	-	1	1	-	2
	1%	1%	1%	1%	*	1%	1%	1%	1%	*	-	-	1%	8%	-	1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
						Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Significance Level: 95%	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed										
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Unweighted Total	2051	1373	314	264	578	343	118	549	162	47	47	107	169	173	336	461
Total	2051	1288	370	312	682	331	123	553	160	47	48	96	134	171	387	454
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1724	1081	309	272	581	259	106	460	137	36	44	72	115	138	357	365
	84%	84%	83%	87%	85%	78%	86%	83%	85%	77%	92%	75%	86%	81%	92%	80%
							g	g	g		aeg	g		abcdeghik		
No	311	202	58	39	98	70	16	92	22	10	3	21	17	32	28	86
	15%	16%	16%	13%	14%	21%	13%	17%	14%	21%	7%	22%	13%	19%	7%	19%
						dfhj	j	j	j	fj		fj	j	fj		fj
Prefer not to say	15	5	3	-	3	1	1	1	1	1	1	4	2	1	2	2
	1%	*	1%	-	*	*	1%	*	1%	2%	2%	4%	2%	1%	1%	1%
										c		acjk	c			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Yes

No

Prefer not to say

	Number of people in household including self					Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
Total	Lives alone	2-3	4-5	6+	NET: Lives with others	Yes	No	Mental condition or illness	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	c	d	e	a	b	a	b	c	d	e	f	a	b	a	b
2051	334	1110	544	63	1717	286	1390	231	343	62	1414	559	68	1658	393	1711	322
2051	327	1114	548	62	1724	301	1386	222	357	61	1419	562	68	1645	406	1724	311
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1724	224	959	486	55	1500	261	1210	165	297	52	1219	455	51	1361	363	1724	-
84%	69%	86%	89%	89%	87%	87%	87%	74%	83%	86%	86%	81%	75%	83%	89%	100%	-
		a	a	a	a				a		aef	a			a	b	
311	99	150	56	6	213	39	172	57	58	8	197	105	17	276	35	-	311
15%	30%	14%	10%	10%	12%	13%	12%	26%	16%	13%	14%	19%	25%	17%	9%	-	100%
	bcde							bcde				d	d	b			a
15	4	5	6	1	11	1	4	-	2	1	3	3	-	7	8	-	-
1%	1%	*	1%	1%	1%	*	*	-	1%	1%	*	*	-	*	2%	-	-
															a		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Yes

No

Prefer not to say

	Number of days active										Amount of activity in the past week compared to previous week		
Total	0	1	2	3	4	5	6	7	NET 2-4 days	NET 5 + days	NET: More	No more or less	NET: Less
	a	b	c	d	e	f	g	h	i	j	a	b	c
2051	356	213	283	374	223	211	93	298	880	602	584	930	512
2051	365	208	284	360	223	215	95	301	867	611	577	943	508
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
1724	288	169	239	308	188	185	83	264	735	532	484	800	423
84%	79%	81%	84%	86%	84%	86%	87%	88%	85%	87%	84%	85%	83%
				a		a		a	a	ab			
311	72	38	44	49	34	28	12	35	126	75	91	135	81
15%	20%	19%	15%	13%	15%	13%	13%	12%	14%	12%	16%	14%	16%
		dfhij		hj									
15	5	-	2	3	1	2	-	2	6	4	2	7	4
1%	1%	-	1%	1%	*	1%	-	1%	1%	1%	*	1%	1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 19th June - 22nd June 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

		Number of days have done activity to work muscles										Amount of activity in the past week that makes muscles work harder than usual compared to a typical week before COVID-19 restrictions		
	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	2051	531	337	393	309	175	126	50	130	877	306	554	928	534
Total	2051	541	326	393	301	178	129	50	134	872	312	548	939	530
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1724	430	285	332	252	153	112	44	115	738	271	479	780	440
	84%	80%	87%	85%	84%	86%	87%	87%	86%	85%	87%	87%	83%	83%
			a				a			a	a	bc		
No	311	108	40	56	47	22	15	6	18	124	39	66	151	88
	15%	20%	12%	14%	15%	12%	12%	13%	13%	14%	13%	12%	16%	17%
		bceij											a	a
Prefer not to say	15	2	2	5	2	3	1	-	1	9	2	3	8	3
	1%	*	1%	1%	1%	1%	1%	-	1%	1%	1%	*	1%	1%