



# Exercise and sport

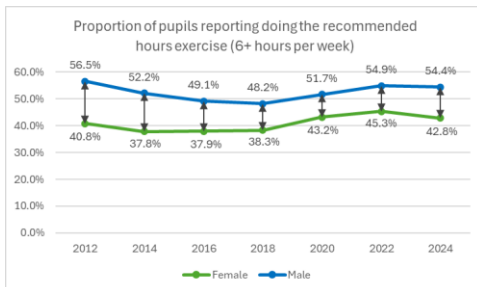
## Exercise participation

**1 in 2**



Pupils report doing the recommended exercise

...but this has reduced since 2022



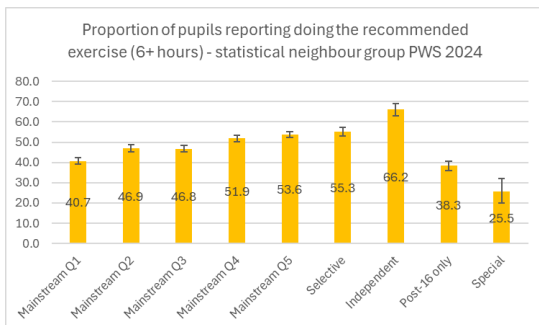
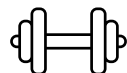
Males more likely to do the recommended exercise



Level of exercise linked to deprivation

### Participation lower in pupils:

- reporting a disability
- known to Social Care
- identifying as LGBTQ+
- being serious bullied
- who are eligible for FSM\*
- who have LMW
- reporting SEN/EHCP
- with 4+ ACEs
- who are young carers



## Barriers to exercise...

**1 in 4**

Thought they weren't good at exercising



**1 in 10**

Females didn't like wearing clingy clothing for sport

**1 in 4**

Females didn't exercise due to menstrual difficulties

**1 in 3**

Females wanted advice about feeling positive about their appearance – regardless of exercise level



**1 in 10**

Didn't exercise due to the cost



Pupils in special schools least likely to exercise



Black, Asian and minority ethnicity pupils less likely to exercise



## Things going well...



**3 in 4**

Would like to do more exercise

Less likely to have

Low Mental Wellbeing

Significantly higher than 2014



### Pupils who exercise more likely to:

- Eat '5 a day'
- Get recommended sleep
- Enjoy school, try their best, learn a lot at school
- Feel confident and good about themselves
- Feel able to cope with problems



### Pupils who exercise less likely to:

- Smoke cigarettes
- Be excluded
- Self-harm
- Excessive screentime

