

# Understanding levels of physical activity across Doncaster in 2018/19

CFE Research



# Contents

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These slides contain data tables from our analysis of Active Lives data to accompany the infographic which can be found here:[insert website address].

It also includes data from the Pupil Lifestyle Survey focused on physical activity levels for comparison – this was not analysed by CFE.

The slides cover:

- The characteristics of those responding to the surveys (Active Lives and Pupil Lifestyle Survey).
- Physical activity levels and the type of activity undertaken (Active Lives and Pupil Lifestyle Survey).
- How characteristics influence activity levels (Active Lives and Pupil Lifestyle Survey).
- Counterfactual analysis – comparing the progress of Doncaster to other areas (Active Lives).

**\*This is the Year 4 Active Lives Adult Survey November 2018-19. For more information about the Active Lives Adult survey including full definitions please visit: <https://www.sportengland.org/know-your-audience/data/active-lives>**

**More information about Doncaster's Pupil Lifestyle survey can be found here: <https://www.healthylearningdoncaster.co.uk/pupil-lifestyle-survey>**

# Demographic characteristics of those responding to the Active Lives Survey in Doncaster

# Demographics

Age	Number of respondents
Under 25	200
25-34	434
35-44	506
45-54	566
55-64	736
65-74	665
75-84	257
85+	62

Ethnicity	Number of respondents
White British	3,127
BAME	237

Disability	Number of respondents
No disability, mental health or illness	1,847
Yes, but no substantial impact on daily life	617
Yes, has substantial impact on daily life	763

Gender	Number of respondents
Male	1,513
Female	1,928

IMD quartiles	Number of respondents
Least deprived	282
Second least deprived	844
Second most deprived	871
Most deprived	1,462

# Demographics

Highest qualification	Number of respondents
Level 4 or above	1,295
Level 3 and equivalent	583
Level 2 and equivalent	741
Level 1 and below	87
Another type of qualification	195
No qualifications	397

Doncaster focus area	Number of respondents
Bentley	99
Central	459
Denaby	21
Edlington	70
Stainforth	46
<i>All listed areas above (Active Communities Areas)</i>	695
Elsewhere in Doncaster	2,764

Main employment status	Number of respondents
Employee full-time	1,277
Employee part-time	503
Unemployed < 12 months	42
Unemployed > 12 months	85
Retired	1,012
Not in work and looking after home or family	110
Long-term sick	130
Student	104
Other economic activity	88

NS-SEC5	Number of respondents
1-2: Higher social	1,363
3-5: Middle social	901
6-8: Lower social	606
9: Students and other/unclassified	244
Aged <16 or 75+	345

Numbers reflect unweighted data

# Physical activity levels of adults from the Active Lives Survey

# Physical activity levels

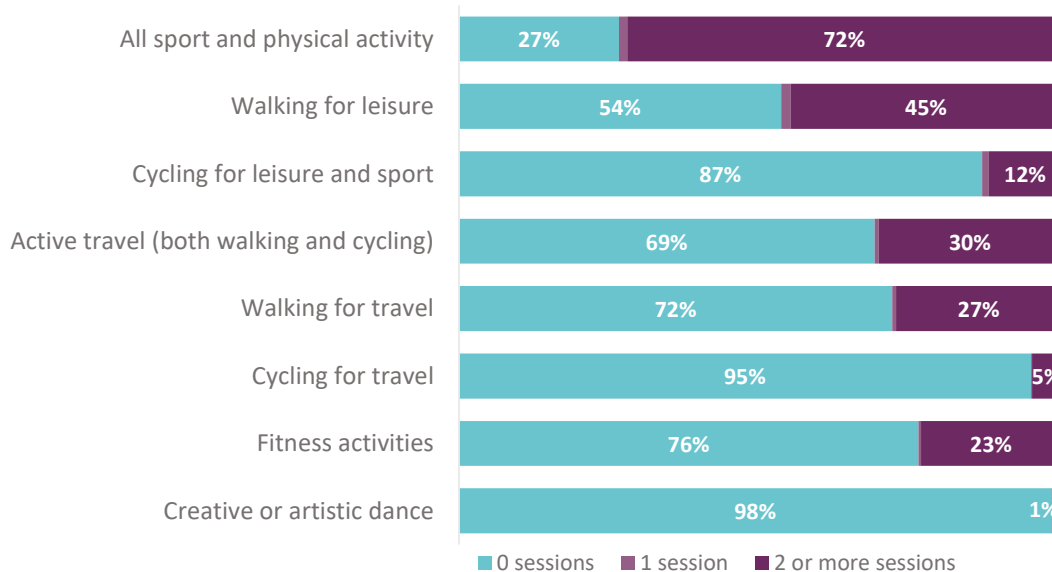
**Physical activity levels**  
(at least moderate intensity in one week)\*



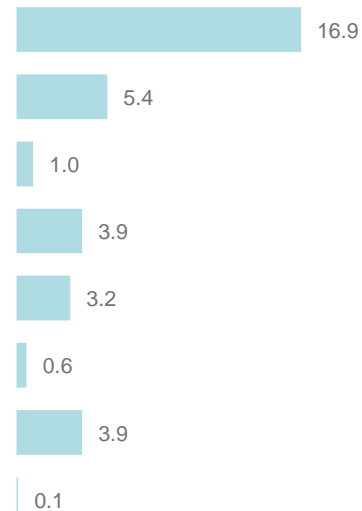
- Inactive (less than 30 minutes a week)
- Fairly Active (an average of 30-149 minutes a week)
- Active (at least 150 minutes a week)

\*Excluding gardening

## Proportion of residents undertaking each type of physical activity (at least moderate intensity across 28 days)



## Mean number of sessions per person



Proportions and means are based on weighted data

# Physical activity levels by demographic characteristics

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- The following data tables show the breakdown of physical activity levels and activity types by key characteristics.
- Basic coding has been used to highlight where differences are statistically significant:
  - Green indicates a significantly higher value than the cell/s with the corresponding letter denotation within the same category (e.g. gender, age).
  - Blue indicates a significantly lower value than the cell/s with the corresponding letter denotation within the same category.



# Physical activity levels

		Activity levels - original grouping			Activity levels - Two groups*	
		Inactive	Fairly active	Active	Inactive	Active
Age	Under 25 (a)	19%	12%	69%	21%	79%
	25-34 (b)	27%	8%	65%	29%	71%
	35-44 (c)	24%	14%	62%	28%	72%
	45-54 (d)	29%	15%	56%	34%	66%
	55-64 (e)	29%	11%	61%	32%	68%
	65-74 (f)	33%	14%	53%	39%	61%
	75-84 (g)	50% (a-e)	14%	36%	58% (a-e)	42%
	85+ (h)	83% (a-f)	4%	13%	87% (a-f)	13%
Gender	Male	29%	11%	60%	33%	67%
	Female	31%	13%	56%	36%	64%
Ethnicity	White British	30%	12%	58%	34%	66%
	BAME	32%	12%	56%	37%	63%
Disability	No disability, mental health or illness (a)	26%	12%	62%	29%	71%
	Yes, but no substantial impact on daily life (b)	29%	12%	59%	33%	67%
	Yes, has substantial impact on daily life (c)	40% (a)	12%	48%	46% (a,b)	54%

\*Fairly active category removed and respondents were rebased

		Activity levels - original grouping			Activity levels - Two groups	
		Inactive	Fairly active	Active	Inactive	Active
Employment two groups	Employed (a)	26%	13%	61%	30%	70%
	Unemployed (b)	35% (a)	11%	55%	39% (a)	61%
NS-SEC5	1-2: Higher social (a)	20%	13%	67%	23%	77%
	3-5: Middle social (b)	28%	15%	57%	33%	67%
	6-8: Lower social (c)	34% (a)	11%	55%	38% (a)	62%
	9: Students and other/unclassified (d)	26%	8%	66%	29%	71%
IMD quartiles	Least deprived (a)	24%	16%	60%	28%	72%
	Second least deprived (b)	25%	17%	58%	30%	70%
	Second most deprived (c)	28%	9%	63%	30%	70%
	Most deprived (d)	36% (b)	10%	54%	40%	60%
Highest qualification level	Level 4 or above (a)	22%	12%	66%	25%	75%
	Level 3 and equivalent (b)	24%	13%	63%	28%	72%
	Level 2 and equivalent (c)	31%	14%	55%	36%	64%
	Level 1 and below (d)	41%	16%	43%	49%	51%
	Another type of qualification (e)	29%	11%	60%	33%	67%
	No qualifications (f)	51% (a,b,c)	8%	41%	55% (a,b,c)	45%

		Activity levels - original grouping			Activity levels - Two groups	
		Inactive	Fairly active	Active	Inactive	Active
Doncaster focus area	Bentley	30%	15%	55%	36%	64%
	Central	29%	12%	59%	33%	67%
	Denaby	52%	23%	26%	67%	33%
	Edlington	40%	5%	55%	42%	58%
	Stainforth	56%	6%	38%	60%	40%
	Elsewhere in Doncaster	30%	12%	58%	34%	66%
Active Communities Areas	Yes	33%	11%	56%	37%	63%
	No	30%	12%	58%	34%	66%

No significant differences were observed between any Active Communities Areas or between all Active Communities Areas and the rest of Doncaster

# Physical activity types - proportion of residents who have done 1 or more session

		Sport (overall)	Walking for leisure	Walking for travel	Cycling for leisure & sport	Cycling for travel	Active travel	Fitness activities	Creative or artistic dance
Age	Under 25 (a)	81%	30%	44% (c,g)	13%	7%	47% (g)	37% (e)	4%
	25-34 (b)	75%	45%	30%	14%	6%	33%	29%	2%
	35-44 (c)	77%	47%	24%	18%	7%	29%	26%	1%
	45-54 (d)	71%	43%	27%	15%	7%	31%	22%	1%
	55-64 (e)	72%	50% (a)	26%	14%	5%	29%	18%	1%
	65-74 (f)	80%	66% (a-d,h)	29%	9%	2%	30%	22%	2%
	75-84 (g)	63%	46%	18%	6%	1%	18%	16%	1%
	85+ (h)	27% (a-f)	18%	16%	2%	0%	16%	6%	1%
Gender	Male (a)	74%	44%	26%	17% (b)	7% (b)	30%	23%	1%
	Female (b)	73%	49%	30%	10%	3%	31%	25%	2% (a)
Ethnicity	White British (a)	74%	48% (b)	28%	13%	5%	31%	24%	1%
	BAME (b)	70%	32%	25%	14%	8%	29%	24%	4%
Disability	No disability, mental health or illness (a)	77%	47%	29%	15%	5%	33%	25%	2%
	Yes, but no substantial impact on daily life (b)	77%	51%	28%	13%	6%	32%	27%	1%
	Yes, has substantial impact on daily life (c)	63% (a,b)	42%	26%	9%	4%	28%	18%	1%
Employment	Employed (a)	76%	45%	27%	16% (b)	6%	31%	26%	1%
	Unemployed (b)	72%	49%	30%	9%	4%	31%	22%	2%

		Sport (overall)	Walking for leisure	Walking for travel	Cycling for leisure & sport	Cycling for travel	Active travel	Fitness activities	Creative or artistic dance
NS-SEC5	1-2: Higher social (a)	83% (c)	57% (c,d)	33%	16%	5%	36%	30% (c)	3%
	3-5: Middle social (b)	76%	49%	24%	14%	4%	27%	22%	1%
	6-8: Lower social (c)	68%	41%	28%	12%	7%	32%	17%	1%
	9: Students and other/unclassified (d)	76%	35%	36%	13%	8%	41%	37% (b,c)	3%
IMD quartiles	Least deprived (a)	80%	59%	28%	12%	7%	32%	29%	1%
	Second least deprived (b)	80%	51%	26%	14%	4%	29%	28%	2%
	Second most deprived (c)	77%	48%	29%	16%	3%	31%	26%	2%
	Most deprived (d)	67% (b,c)	41% (a)	29%	11%	6%	32%	19% (b)	2%
Highest qualification level	Level 4 or above (a)	81%	51%	34%	17%	6%	37%	31%	2%
	Level 3 and equivalent (b)	79%	51%	29%	12%	3%	32%	27%	2%
	Level 2 and equivalent (c)	72%	44%	27%	13%	6%	30%	22%	2%
	Level 1 and below (d)	67%	40%	19%	11%	8%	24%	10%	1%
	Another type of qualification (e)	72%	49%	27%	9%	8%	33%	16%	2%
	No qualifications (f)	55% (a-c)	38%	21%	10%	2%	22% (a)	11% (a,b)	0%
Doncaster focus area	Bentley	73%	45%	21%	17%	4%	25%	24%	2%
	Central	75%	42%	32%	12%	8%	36%	21%	3%
	Denaby	57%	16%	14%	0%	0%	14%	24%	0%
	Edlington	65%	41%	27%	5%	4%	29%	16%	2%
	Stainforth	47%	33%	21%	2%	2%	23%	9%	0%
	Elsewhere in Doncaster	74%	48%	28%	14%	5%	31%	25%	1%
Active Communities Areas	Yes	71%	41%	29%	11%	6%	32%	20%	2%
	No	74%	48%	28%	14%	5%	31%	25%	1%

# Physical activity types - mean number of sessions

		Sport (overall)	Walking for leisure	Walking for travel	Cycling for leisure & sport	Cycling for travel	Active travel	Fitness activities	Creative or artistic dance
Age	Under 25 (a)	24.1 (g,h)	3.1	5.8 (c-g)	0.9	0.8	6.6 (f,g)	6.0	0.3
	25-34 (b)	19.4	4.5	3.9	0.7	0.8	4.8	5.8	0.1
	35-44 (c)	16.2	4.8	2.7	0.9	0.8	3.5	3.9	0.1
	45-54 (d)	16.3	5.4	3.0	1.4	0.7	3.7	3.6	0
	55-64 (e)	15.6	6.0	2.9	1.3	0.7	3.7	3.0	0.1
	65-74 (f)	16.9	8.6 (a-d,h)	2.4	0.9	0.1	2.6	2.8	0.1
	75-84 (g)	10.8	5.7	1.9	0.6	0	1.9	1.6	0
	85+ (h)	4.7	1.7	1.3	0.1	0	1.3	0.3	0.2
Gender	Male (a)	18.2	5.1	3.0	1.4 (b)	0.9 (b)	3.9	4.0	0
	Female (b)	15.6	5.7	3.3	0.6	0.3	3.7	3.6	0.1
Ethnicity	White British (a)	17.1	5.7 (b)	3.2	1.0	0.5	3.8	3.8	0.1
	BAME (b)	14.5	3.1	2.8	0.7	0.9	3.7	4.5	0.1
Disability	No disability, mental health or illness	17.8	5.2	3.3	1.0	0.6	3.9	4.5	0.1
	Yes, but no substantial impact on daily life	17.7	6.4	3.2	1.1	0.6	3.8	3.7	0.1
	Yes, has substantial impact on daily life	15.1	5.4	3.3	0.9	0.5	3.8	2.7	0.1
Employment	Employed (a)	17.3	4.9	3.1	1.2	0.8	3.9	4.6 (b)	0.1
	Unemployed (b)	16.8	6.2 (a)	3.4	0.8	0.4	3.8	3.1	0.1

		Sport (overall)	Walking for leisure	Walking for travel	Cycling for leisure & sport	Cycling for travel	Active travel	Fitness activities	Creative or artistic dance
NS-SECS	1-2: Higher social (a)	20.0	6.5 (d)	3.3	1.0	0.5	3.9	5.2	0.1
	3-5: Middle social (b)	15.6	5.6	2.7	1.0	0.4	3.1	3.6	0.1
	6-8: Lower social (c)	15.3	5.0	3.5	1.1	0.8	4.4	3.1	0.1
	9: Students and other/unclassified (d)	23.0 (b,c)	3.7	4.9 (b)	1.1	1.0	6.0 (b)	5.0	0.2
IMD quartiles	Least deprived	21.0	6.0	2.6	1.2	0.7	3.3	4.2	0.1
	Second least deprived	18.2	6.1	2.4	1.1	0.5	2.9	4.9	0.1
	Second most deprived	17.3	5.7	3.4	1.2	0.3	3.7	4.0	0.1
	Most deprived	15.3	4.8	3.6	0.8	0.7	4.4	3.1	0.1
Highest qualification level	Level 4 or above (a)	19.9 (f)	5.6	3.7	1.2	0.7	4.4	5.0 (f)	0.1
	Level 3 and equivalent (b)	17.8	5.4	3.5	0.8	0.4	3.9	5.0 (f)	0.1
	Level 2 and equivalent (c)	18.0 (f)	5.7	3.4	1.1	0.8	4.2	3.5	0.1
	Level 1 and below (d)	11.0	5.1	2.1	0.9	0.4	2.6	0.9	0
	Another type of qualification (e)	15.1	5.4	2.0	0.4	1.0	3.1	3.3	0.2
	No qualifications (f)	10.2	4.9	2.3	0.9	0.3	2.7	0.9	0
Doncaster focus area	Bentley	14.4	5.5	2.6	0.5	0.1	2.8	4.3	0.3
	Central	16.7	5.1	4.0	1.0	0.9	4.9	3.2	0.1
	Denaby	5.2	1.7	0.6	0	0	0.6	2.7	0
	Edlington	11.2	4.2	3.4	0.1	0.7	4.1	1.4	0.1
	Stainforth	9.0	5.8	2.5	0.1	0.1	2.6	0.2	0
	Elsewhere in Doncaster	17.4	5.5	3.1	1.0	0.5	3.7	4.1	0.1
Active Communities Areas	Yes	15.0	5.0	3.6	0.8	0.7	4.3	2.9	0.1
	No	17.4	5.5	3.1	1.0	0.5	3.7	4.1	0.1

# Exploring how demographic characteristics interact together with physical activity levels



# What influences physical activity levels?

- The previous slides show the relationship between the outcome (e.g. whether someone is active or not) and each characteristic individually (e.g. gender or age).
- Further multi-variate analysis (logistic regression) allowed us to explore which characteristics were most closely associated with the outcome in question, while also allowing for correlation between the individual characteristics themselves (e.g. deprivation and NS SEC which could be highly correlated therefore could skew the findings).
- For this piece of analysis those who were 'fairly active' were removed from the sample. This analysis examines those who are 'active' compared to those who were 'inactive'
- The table below shows the statistically significant findings in relation to predicting whether someone was active.

Category	Compared to	Odds ratio	Percentage decrease in the odds
Disability, mental health condition or illness which has a substantial impact on daily life*	No disability, mental health condition or illness	0.497	50.3%
Level 2 qualification and equivalent	Level 4 qualification or above	0.726	27.4%
Level 1 and below	Level 4 qualification or above	0.528	47.2%
No qualifications	Level 4 qualification or above	0.420	58.0%
Non White British	White British	0.639	36.1%
NS SEC 3-5: Middle social groups	NS SEC 1-2: Higher social groups	0.692	30.8%
NS SEC 6-8: Lower social groups	NS SEC 1-2: Higher social groups	0.705	29.5%
Aged <16 or 75+	NS SEC 1-2: Higher social groups	0.233	76.7%
Stainforth	Rest of Doncaster (excluding other Active Communities Areas)	0.434	56.6%

## The odds ratio and percentage decrease explained:

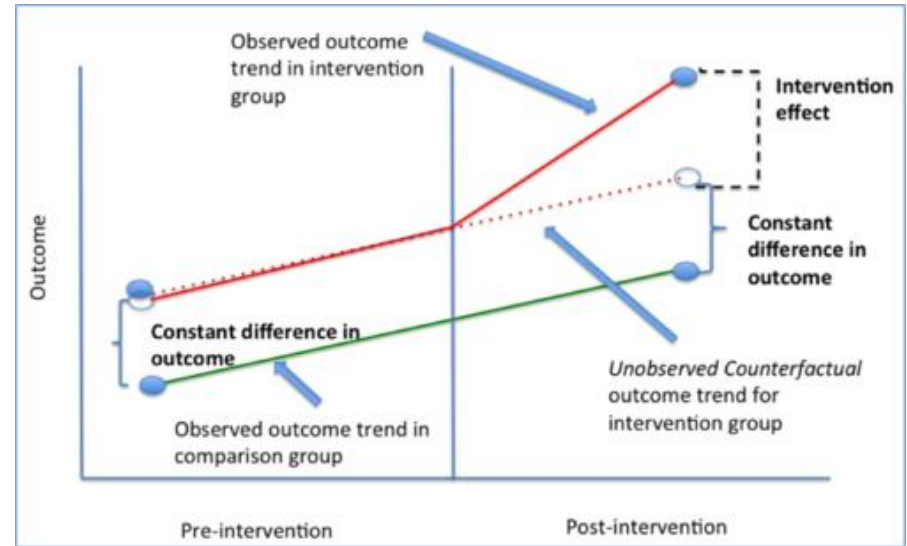
The odds ratio shows the 'odds' of something occurring compared to '1'. So in this case it shows the likelihood of someone being 'active'. The percentage decrease shows that if that criteria is selected their 'odds' of being active decrease by that percentage.

\*There was no significant difference for individuals with a disability, mental health or illness which has no substantial impact on daily life

# Comparing activity levels to other areas

# Counterfactual analysis - Changes in physical activity compared to other areas

- In December 2017 Doncaster was one of 12 areas awarded Local Delivery Pilot (LDP) status.
- As part of this Doncaster wanted to understand the impact of this award on physical activity levels.
- A counterfactual analysis using Active Lives Survey data compares changes in outcomes in Doncaster to those of a control group (CG).
- The CG is designed to be a good representation of what would have happened in Doncaster without the LDP intervention.
- The most appropriate CG was constructed from individuals in all other Local Authorities that did not have an LDP. Before the LDP this group had a very similar trend in physical activity to Doncaster.
- ‘Difference-in-difference’ (D-i-D) with matching was used to compare the changes in physical activity in Doncaster and the CG. In the Figure the hypothetical outcome for the CG is shown as the green line and for Doncaster as the red line.
- If the analysis shows that activity levels have risen significantly more in Doncaster compared to the CG (or have fallen significantly less) we can have reasonable confidence that the differential effects in Doncaster were caused by the LDP.



Further detail about the methodology used is available on request.

# Changes in physical activity levels compared to other areas

- Table shows main outcomes (activity, inactivity and participation) at baseline and follow-up for Doncaster and the CG using D-i-D. Change over the 12 month period is reported separately for the two groups, in the right hand columns.
- At baseline Doncaster had a lower proportion of the population who were active than the CG; it also had lower levels of participation overall, and for all activities except walking for leisure and cycling for leisure.
- Overall participation (mean number of sessions) has fallen in both Doncaster and the CG. The fall is greater in Doncaster and the D-i-D is statistically significant. The same is true of cycling for leisure and fitness classes. Participation in walking for leisure has fallen in Doncaster and increased very slightly in the CG, and this D-i-D is statistically significant.
- In summary, activity and inactivity have remained fairly constant in both groups. Overall participation has fallen in Doncaster by a significantly larger amount that it has in the CG.

	Baseline 2017/18		Follow up 2018/19		Change over year			
	Doncaster	Control	Doncaster	Control	Doncaster	Control		
<b>% active</b>	61.8	67.4	61.8	67.7	0	0.3		
<b>% inactive</b>	25.8	20.0	25.7	20.0	-0.1	0		
<b>Participation: Mean number of sessions</b>								
<b>Overall</b>	18.8	21.1	17.4	20.8	-1.4	-0.3	***	
<b>Walk for leisure</b>	6.6	6.0	6.2	6.2	-0.4	0.2	***	
<b>Walk for travel</b>	3.1	4.2	3.3	4.2	0.2	0		
<b>Cycle for leisure</b>	1.5	1.3	1.0	1.2	-0.5	-0.1	***	
<b>Cycle for travel</b>	0.5	0.8	0.5	0.8	0	0		
<b>Active travel</b>	3.7	5.0	3.7	5.0	0	0		
<b>Dance</b>	0.1	0.1	0.1	0.1	0	0		
<b>Fitness classes</b>	4.4	5.1	3.9	5.0	-0.5	-0.1	***	

## Individual Level Analysis via D-i-D with kernel PSM and common support

Asterisks denote significance of test of D-i-D between Doncaster and the CG. (\*\*\*) p<0.001).

# Changes in wellbeing, motivation and development compared to other areas

- This table shows equivalent statistics for the wider outcome measures of the Doncaster LDP: wellbeing, motivation and individual and community development. Definitions of each measure are presented on the next slide.
- At both baseline and follow-up all of these outcome measures are very similar for Doncaster and the CG. One of the only differences is that there appears to be higher levels of anxiety in Doncaster at baseline. This has fallen very slightly at follow-up but it has increased in the CG, and the D-i-D is statistically significant.

	Baseline 2017/18		Follow up 2018/19		Change over year			
	Doncaster	Control	Doncaster	Control	Doncaster Change	Control Change		
<b>Wellbeing measures</b>								
Satisfaction	7.2	7.3	7.3	7.3	0.1	0		
Happiness	7.4	7.3	7.3	7.3	-0.1	0		
Anxiety	4.6	4.2	4.5	4.3	-0.1	0.1	***	
Worthwhile	7.7	7.5	7.6	7.5	-0.1	0		
<b>Sport motivation measures</b>								
Enjoy	2.2	2.1	2.2	2.1	0	0		
Regular	2.1	2.0	2.1	2.0	0	0		
Guilty	2.6	2.5	2.6	2.5	0	0		
Disappoint	3.9	3.9	3.9	4.0	0	0.1		
Pointless\$	3.9	4.1	3.9	4.0	0	-0.1		
<b>Development measures</b>								
Achieve	3.8	3.8	3.8	3.8	0	0		
Try	3.9	3.9	3.9	3.9	0	0		
Trust	3.1	3.4	3.2	3.4	0.1	0		

## Individual Level Analysis via D-i-D with kernel PSM and common support

Mean values are reported. Asterisks denote significance of test of D-i-D between Doncaster and the comparator area. (\*\*\*)  $p < 0.001$ . \$ Only 34 people provide answers to this question at baseline in Doncaster.

# Defining the wellbeing, motivation and development outcomes

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## Wellbeing

Measured on a 1-10 scale where 1 = least and 10 = most, using the ONS wellbeing variables.

**Satisfied:** How satisfied are you with your life nowadays?

**Happy:** How happy did you feel yesterday?

**Anxious:** How anxious did you feel yesterday?

**Worthwhile:** To what extent do you feel the things you do in your life are worthwhile?

## Motivation

Measured on a 1-5 scale, where 1 = strongly agree and 5 = strongly disagree.

**Enjoyable:** I find sport/exercise enjoyable and satisfying.

**Regular:** It's important to me to do sport/exercise regularly.

**Guilty:** I feel guilty when I don't do sport/exercise.

**Disappoint:** I do sport/exercise because I don't want to disappoint people.

**Pointless:** I feel that doing sport/exercise is pointless.

## Individual and Community Development

Measured on a 1-5 scale, where 1 = strongly disagree and 5 = strongly agree.

**Achieve:** Ability to achieve personal goals

**Try:** Perseverance

**Trust:** Community trust

# Pupil Lifestyle Survey – data tables

# Demographic characteristics

Primary	Proportion of respondents		
	Total	Year 4	Year 6
Girls	50%	49%	51%
Boys	46%	46%	46%
Ethnicity: White	77%	74%	81%
Ethnicity: Other	14%	14%	14%
Other household language	24%	25%	23%
Multilingual and Ethnicity: White	13%	13%	13%
Multilingual and Ethnicity: Other	8%	8%	8%
Disability or long standing illness	17%	16%	17%
SEN	9%	10%	9%
Young carer	11%	12%	10%
FSM	16%	17%	14%
Base	2,934	1,487	1,447

Secondary	Proportion of respondents		
	Total	Year 8	Year 10
Girls	52%	51%	54%
Boys	44%	45%	42%
Ethnicity: White	84%	86%	80%
Ethnicity: Other	13%	11%	16%
English as a second language	19%	18%	22%
Multilingual and Ethnicity: White	14%	14%	15%
Multilingual and Ethnicity: Other	55%	55%	54%
Disability or long standing illness	19%	20%	17%
SEN	7%	5%	10%
Young carer	8%	7%	8%
FSM	16%	18%	13%
LGBTQ	10%	11%	10%
Base	1,325	814	511



# Demographics - Wards

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Primary and secondary			
<b>Adwick &amp; Carcroft</b>	9%	<b>Hexthorpe and Balby North</b>	5%
<b>Armthorpe</b>	3%	<b>Mexborough</b>	3%
<b>Balby South</b>	6%	<b>Roman Ridge</b>	11%
<b>Bentley</b>	7%	<b>Rossington and Bawtry</b>	1%
<b>Bessacarr</b>	4%	<b>Sprotborough</b>	4%
<b>Conisbrough</b>	3%	<b>Stainforth and Barnby Dun</b>	2%
<b>Edenthorpe and Kirk Sandall</b>	1%	<b>Thorne and Moorends</b>	9%
<b>Edlington and Warmsworth</b>	8%	<b>Town</b>	5%
<b>Finningley</b>	8%	<b>Wheatley Hills and Intake</b>	4%
<b>Hatfield</b>	8%		

# Physical Activity – number of days they did physical activity in the last 7 days

Primary	Proportion of respondents											
	All	Year 4	Year 6	Boys	Girls	FSM	SEN	Disability	Young Carer	Ethnicity: White	Ethnicity: Other	Multilingual
None	9%	11%	7%	8%	8%	11%	14%	9%	8%	8%	10%	10%
One or two days	33%	37%	29%	32%	34%	35%	36%	31%	34%	31%	35%	34%
Three or four days	28%	27%	29%	26%	31%	25%	18%	27%	25%	30%	25%	25%
Five or more days	30%	25%	35%	34%	27%	30%	32%	33%	33%	31%	30%	30%
Base	2,869	1,422	1,447	1,318	1,433	450	269	468	304	2,215	410	694

Secondary	Proportion of respondents												
	All	Year 8	Year 10	Boys	Girls	FSM	SEN	Disability	Young Carer	Ethnicity: White	Ethnicity: Other	Multilingual	LGBTQ
None	7%	7%	8%	6%	7%	11%	10%	8%	10%	7%	8%	8%	9%
One or two days	31%	31%	30%	29%	33%	34%	29%	29%	31%	30%	38%	35%	35%
Three or four days	32%	31%	33%	32%	33%	29%	35%	33%	31%	33%	27%	29%	26%
Five or more days	30%	31%	29%	33%	27%	26%	27%	31%	29%	31%	26%	29%	31%
Base	1,325	814	511	582	687	209	94	248	101	1,114	168	257	139

# Physical Activity – number of days they did physical activity in the last 7 days

	Proportion of respondents									
	Total	Adwick & Carcroft	Armthorpe	Balby South	Bentley	Bessacarr	Conisbrough	Edenthorpe & Kirk Sandall	Edlington & Warmsworth	Finningley
<b>One or two days</b>	32%	33%	25%	34%	32%	31%	37%	40%	30%	30%
<b>Three or four days</b>	29%	35%	29%	31%	29%	20%	34%	21%	32%	30%
<b>Five or more</b>	30%	25%	31%	24%	29%	39%	21%	32%	31%	33%
<b>(Overall) Base*</b>	4,259	395	110	267	284	153	116	47	339	342

	Proportion of respondents										
	Hatfield	Hexthorpe & Balby North	Mexborough	Roman Ridge	Rossington & Bawtry	Sprotborough	Stainforth & Barnby Dun	Thorne & Moorends	Town	Wheatley Hills & Intake	
<b>One or two days</b>	36%	36%	35%	29%	17%	36%	40%	30%	36%	33%	
<b>Three or four days</b>	30%	28%	29%	31%	23%	26%	26%	25%	32%	28%	
<b>Five or more</b>	27%	26%	25%	33%	49%	32%	30%	38%	23%	29%	
<b>(Overall) Base</b>	328	200	107	481	53	166	70	389	221	178	

\*Bases reflect those provided for demographic data, bases were not available for each question  
The category 'none' was not included in the reports

# Physical Activity – time spent on average per day

Primary	Proportion of respondents											
	All	Year 4	Year 6	Boys	Girls	FSM	SEN	Disability	Young Carer	Ethnicity: White	Ethnicity: Other	Multilingual
Less than 30 minutes	10%	11%	9%	8%	11%	12%	11%	10%	12%	9%	13%	11%
30 minutes to 1 hour	31%	29%	34%	31%	32%	32%	35%	32%	28%	32%	31%	32%
More than 1 hour	39%	36%	42%	44%	34%	34%	28%	40%	41%	41%	33%	37%
I don't know	20%	24%	16%	16%	23%	22%	25%	17%	18%	18%	24%	20%
Base	2,769	1,375	1,394	1,268	1,388	412	248	459	295	2,159	386	654

Secondary	Proportion of respondents												
	All	Year 8	Year 10	Boys	Girls	FSM	SEN	Disability	Young Carer	Ethnicity: White	Ethnicity: Other	Multilingual	LGBTQ
Less than 30 minutes	8%	7%	7%	8%	6%	6%	12%	7%	4%	6%	10%	9%	8%
30 minutes to 1 hour	43%	43%	43%	37%	48%	42%	34%	44%	38%	43%	46%	46%	54%
More than 1 hour	42%	42%	42%	47%	38%	41%	42%	42%	48%	44%	31%	34%	32%
I don't know	9%	8%	8%	7%	9%	11%	12%	6%	10%	7%	12%	12%	6%
Base	1,274	784	490	563	661	192	89	232	93	1,072	162	243	139

# Intensity\* of physical activity

Primary	Proportion of respondents											
	All	Year 4	Year 6	Boys	Girls	FSM	SEN	Disability	Young Carer	Ethnicity: White	Ethnicity: Other	Multilingual
<b>Yes</b>	49%	48%	49%	49%	49%	51%	52%	57%	56%	50%	50%	49%
<b>Sometimes</b>	43%	42%	44%	42%	44%	39%	38%	36%	34%	42%	42%	43%
<b>No</b>	9%	10%	7%	9%	7%	10%	10%	7%	10%	8%	7%	8%
<b>Base</b>	2,774	1,380	1,394	1,268	1,389	414	249	461	296	2,164	386	655

Secondary	Proportion of respondents												
	All	Year 8	Year 10	Boys	Girls	FSM	SEN	Disability	Young Carer	Ethnicity: White	Ethnicity: Other	Multilingual	LGBTQ
<b>Yes</b>	61%	60%	64%	65%	59%	63%	58%	63%	63%	61%	65%	59%	62%
<b>Sometimes</b>	33%	34%	31%	29%	36%	31%	35%	31%	29%	33%	27%	31%	28%
<b>No</b>	6%	6%	5%	7%	5%	6%	7%	6%	8%	5%	7%	9%	9%
<b>Base</b>	1,274	784	490	563	661	192	89	232	93	1,072	162	243	139

\* Whether or not when a pupil normally does physical activity they breathe faster or get hot and tired?

# Intensity of physical activity

Primary and secondary	Proportion of respondents									
	Total	Adwick & Carcroft	Armthorpe	Balby South	Bentley	Bessacarr	Conisbrough	Edenthorpe & Kirk Sandall	Edlington & Warmsworth	Finningley
Yes	53%	56%	67%	52%	46%	50%	43%	44%	58%	59%
(Overall) Base*	4,259	395	110	267	284	153	116	47	339	342

Primary and secondary	Proportion of respondents									
	Hatfield	Hexthorpe & Balby North	Mexborough	Roman Ridge	Rossington & Bawtry	Sprotborough	Stainforth & Barnby Dun	Thorne & Moorends	Town	Wheatley Hills & Intake
Yes	57%	49%	39%	45%	49%	50%	52%	55%	54%	59%
(Overall) Base	328	200	107	481	53	166	70	389	221	178

\*Bases reflect those provided for demographic data, bases were not available for each question

# How they usually get to school

Primary	Proportion of respondents											
	All	Year 4	Year 6	Boys	Girls	FSM	SEN	Disability	Young Carer	Ethnicity: White	Ethnicity: Other	Multilingual
Walk	45%	43%	47%	43%	46%	51%	40%	43%	44%	45%	43%	45%
Car	45%	42%	42%	43%	47%	34%	45%	42%	40%	45%	48%	45%
Cycle	4%	3%	5%	7%	2%	6%	6%	6%	7%	5%	3%	3%
Bus	2%	2%	3%	3%	2%	5%	3%	3%	3%	2%	2%	2%
Another way	4%	4%	3%	5%	2%	5%	5%	6%	5%	3%	4%	4%
Base	2,932	1,485	1,447	1,343	1,464	457	273	485	316	2,268	412	700

# How they usually get to school

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Secondary	Proportion of respondents												
	All	Year 8	Year 10	Boys	Girls	FSM	SEN	Disability	Young Carer	Ethnicity: White	Ethnicity: Other	Multilingual	LGBTQ
Walk	40%	41%	39%	40%	41%	46%	39%	38%	46%	41%	35%	39%	42%
Car	31%	31%	30%	30%	32%	23%	22%	31%	21%	31%	29%	25%	24%
Bus	25%	23%	29%	25%	25%	24%	28%	25%	27%	24%	34%	31%	29%
Cycle	2%	3%	1%	4%	1%	3%	3%	2%	3%	2%	1%	3%	1%
Another way	2%	2%	1%	2%	1%	1%	7%	4%	4%	1%	1%	2%	3%
Base	1,325	814	511	582	687	209	94	248	101	1,114	168	257	139



# How they usually get to school

Primary and secondary	Proportion of respondents									
	Total	Adwick & Carcroft	Armthorpe	Balby South	Bentley	Bessacarr	Conisbrough	Edenthorpe & Kirk Sandall	Edlington & Warmsworth	Finningley
Walk	43%	41%	57%	47%	45%	46%	39%	34%	34%	35%
(Overall) Base*	4,259	395	110	267	284	153	116	47	339	342

Primary and secondary	Proportion of respondents									
	Hatfield	Hexthorpe & Balby North	Mexborough	Roman Ridge	Rossington & Bawtry	Sprotborough	Stainforth & Barnby Dun	Thorne & Moorends	Town	Wheatley Hills & Intake
Walk	38%	54%	50%	49%	25%	42%	43%	49%	44%	44%
(Overall) Base	328	200	107	481	53	166	70	389	221	178

\*Bases reflect those provided for demographic data, bases were not available for each question

# How much they enjoy physical activity

Primary	Proportion of respondents											
	All	Year 4	Year 6	Boys	Girls	FSM	SEN	Disability	Young Carer	Ethnicity: White	Ethnicity: Other	Multilingual
<b>A lot</b>	47%	48%	45%	51%	43%	46%	41%	44%	46%	48%	41%	44%
<b>Quite a lot</b>	32%	29%	35%	29%	35%	30%	31%	28%	32%	33%	32%	31%
<b>A little</b>	16%	16%	16%	15%	18%	16%	22%	20%	16%	15%	22%	20%
<b>Not at all</b>	5%	6%	4%	5%	4%	8%	7%	8%	7%	4%	5%	6%
<b>Base</b>	2,932	1,485	1,447	1,343	1,464	457	273	485	316	2,268	412	700

Secondary	Proportion of respondents												
	All	Year 8	Year 10	Boys	Girls	FSM	SEN	Disability	Young Carer	Ethnicity: White	Ethnicity: Other	Multilingual	LGBTQ
<b>A lot/Quite a lot</b>	69%	73%	63%	77%	64%	65%	55%	69%	64%	70%	65%	68%	53%
<b>A little</b>	25%	22%	29%	18%	30%	29%	30%	25%	29%	24%	26%	23%	30%
<b>Not at all</b>	6%	5%	8%	4%	7%	7%	15%	6%	7%	5%	8%	9%	17%
<b>Base</b>	1,325	814	511	582	661	209	94	248	101	1,114	168	257	139

# How much they enjoy physical activity

Primary and secondary	Proportion of respondents									
	Total	Adwick & Carcroft	Armthorpe	Balby South	Bentley	Bessacarr	Conisbrough	Edenthorpe & Kirk Sandall	Edlington & Warmsworth	Finningley
A lot/Quite a lot	76%	72%	73%	66%	76%	79%	78%	79%	73%	76%
(Overall) Base*	4,259	395	110	267	284	153	116	47	339	342

Primary and secondary	Proportion of respondents									
	Hatfield	Hexthorpe & Balby North	Mexborough	Roman Ridge	Rossington & Bawtry	Sprotborough	Stainforth & Barnby Dun	Thorne & Moorends	Town	Wheatley Hills & Intake
A lot/Quite a lot	76%	73%	74%	81%	87%	81%	83%	77%	76%	74%
(Overall) Base	328	200	107	481	53	166	70	389	221	178

\*Bases reflect those provided for demographic data, bases were not available for each question