



COVID-19 Briefing

Exploring attitudes and behaviours in
England during the COVID-19 pandemic

Welcome

COVID-19 Briefing

To supplement our Active Lives (Adult and Children & Young People) Surveys, we are publishing a series of briefings providing a regular picture of physical activity behaviours and attitudes during the different phases of the COVID-19 pandemic.

This report summarises the results from a weekly survey carried out for Sport England by Savanta ComRes between 3rd April and 25th May 2020, and then monthly from June 2020 onwards.

The survey explores the amount and type of activity being undertaken, how activity is changing over time, who people are being active with, and what they are thinking and feeling about being active.

Phase 1 Full lockdown Mid-March to mid-May

Activity choice restricted – mainly walking, cycling, running and informal activities.

Phase 2 Easing restrictions Mid-May to mid-September

Activity choice extended to include outdoor activities such as golf and water sports. From the end of July, gyms, pools and leisure centres reopened while team sports started to resume.

Phase 3 New restrictions Mid-September to November

Restrictions to indoor team sports reintroduced along with the rule of six, followed by new national restrictions.

These results come from interviews with c. 2,000 adults (16+) in England for each wave of the survey. Data has been weighted to be representative of adults in England by age, gender, region and social grade, including those with children aged under 16 in their household.

Access the full tables [here](#)

Phase 1. Full lockdown

Mid-March to mid-May

Activity choice restricted – mainly walking, cycling, running and informal activities.

| | | |
|--------------|--------------|--------|
| 3-6 | April | Wave 1 |
| 10-14 | April | Wave 2 |
| 17-20 | April | Wave 3 |
| 24-27 | April | Wave 4 |
| 1-4 | May | Wave 5 |
| 8-11 | May | Wave 6 |
| 15-18 | May | Wave 7 |

These results come from interviews with c. 2,000 adults (16+) in England for each wave of the survey. Data has been weighted to be representative of adults in England by age, gender, region and social grade, including those with children aged under 16 in their household.

Access the full tables [here](#)

Headlines

3-6 April 2020

There has been a massive disruption in the physical activity behaviours of adults and children in England.

31% of adults did more and 41% did less physical activity in the last week compared to before the restrictions. In the same period 30% of children did more and 38% did less compared to pre-restriction levels.

There is a recognition of the importance of physical activity in response to the pandemic.

62% of adults think it is more important to be active during the outbreak compared to other times.

The majority of adults are using physical activity to help them manage their health.

69% of adults agree that exercise is helping them manage their physical health, whilst 65% agree it is helping them manage their mental health.

Headlines

3-6 April 2020

The Government's messages about exercise may be having a positive impact.

53% of adults in England agree that they have been encouraged to exercise by the Government's guidance.

59% of adults walked in the last week

44% did online fitness, offline fitness or informal activity in the home

18% went jogging

8% cycled

There are differences in levels of activity between different demographic groups.

Older people, people on low incomes and people in urban areas are finding it harder to be active during the outbreak.

Tables

3-6 April 2020

Physical Activity Behaviour – Adults

Days done 30 minutes or more physical activity in last week (SIM):

| | | | | | | | | | | |
|-----|-----|-----|-----|----|-----|----|-----|--|----------|---------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 2-4 days | 5+ days |
| 22% | 10% | 12% | 14% | 8% | 11% | 4% | 18% | | 35% | 33% |

Is this more or less than usual?

| | | | | | | | |
|------------|------------|----------------------|------------|------------|--|------|------|
| A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
| 10% | 21% | 28% | 17% | 24% | | 31% | 41% |

Types of physical activity, participation in last week

| Type | % who did activity in last week | More, Same or Less than usual | | | Who with: on Own, Adult(s), Child(ren) | | |
|-----------------------------------|---------------------------------|-------------------------------|-----|-----|--|-----|-----|
| | | M | S | L | O | A | C |
| Walking | 59% | 34% | 28% | 38% | 52% | 41% | 14% |
| Cycling | 8% | 43% | 30% | 27% | 60% | 28% | 18% |
| Running or jogging | 18% | 54% | 24% | 23% | 73% | 19% | 12% |
| Home activity / fitness – ONLINE | 23% | 72% | 15% | 12% | 60% | 28% | 20% |
| Home activity / fitness – OFFLINE | 24% | 59% | 26% | 14% | 71% | 20% | 14% |
| Informal play or games at home | 14% | 59% | 20% | 21% | 29% | 34% | 51% |
| Other | 5% | 52% | 34% | 14% | 67% | 28% | 8% |
| ANY HOME-BASED ACTIVITY | 44% | | | | | | |

Physical activity attitudes and behaviours: findings from a panel survey of 2,034 adults

Week 1 survey carried out by ComRes from 3rd to 6th April 2020. Data is weighted to be representative of adults in England by age, gender, region and social grade. Data was reweighted on 16th April to account for the proportion of respondents with children in the household.

Tables

3-6 April 2020

Physical Activity Attitudes – Adults

Agreement with COM-B statements: before COVID-19 and today

| Statement | % Strongly Agree / Agree | |
|--|--------------------------|-----|
| | Prior to COVID-19 | Now |
| Had/have ability to be physically active | 75% | 68% |
| Had/have opportunity to be physically active | 75% | 65% |
| Was/is important to me to exercise regularly | 70% | 70% |
| Found/find exercise enjoyable and satisfying | 62% | 61% |
| Felt/feel guilty when I don't exercise | 53% | 56% |

Current feelings about physical activity and the coronavirus

| Statement | Agree | Disagree |
|--|-------|----------|
| I exercise to help manage my physical health during the outbreak | 69% | 28% |
| I have more time now to be physically active | 65% | 32% |
| I exercise to help manage my mental health during the outbreak | 65% | 32% |
| I miss the types of physical activity I was able to do before the outbreak | 63% | 35% |
| I worry about leaving my home to exercise or be active | 60% | 37% |
| I have been encouraged to exercise by the Government's guidance | 53% | 42% |
| I feel guilty about not exercising more during the outbreak | 50% | 47% |
| Since the outbreak I have found new ways to be active | 49% | 49% |
| The current situation has not impacted my current exercise regime | 42% | 55% |
| I do not find exercising on my own enjoyable | 40% | 56% |
| I feel guilty about wanting to exercise during the outbreak | 27% | 70% |

Tables

3-6 April 2020

Do people feel it is more or less important to be active at the moment?

| Much more important | Somewhat more important | No more or less important | Somewhat less important | Much less important | Don't know | MORE | LESS |
|---------------------|-------------------------|---------------------------|-------------------------|---------------------|------------|------|------|
| 22% | 40% | 29% | 3% | 1% | 3% | 62% | 5% |

How else has coronavirus changed feelings about physical activity? (Open response)

Top reasons (>5%) given from 596 responses:

| | |
|---|-----|
| Increased awareness of need to exercise / desire to do more | 52% |
| Scared or worried to go out | 16% |
| Important for improving mental health | 10% |
| Can't go out / stuck at home | 7% |
| Less motivation to do exercise / exercising less | 5% |

Physical Activity Behaviour - Children

Average daily time spent doing physical activity (average per child in household)

| | |
|----------------------------------|-----|
| Nothing | 12% |
| Some, but less than half an hour | 36% |
| Between half an hour and an hour | 38% |
| More than an hour | 14% |
| | |
| SOME | 88% |

Is this more or less than usual?

| A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
|------------|------------|----------------------|------------|------------|--|------|------|
| 7% | 23% | 31% | 20% | 18% | | 30% | 38% |

Tables

3-6 April 2020

Adults Physical Activity Levels - Demographics

| | % doing 30 mins on 5+ days |
|---------------------------------------|----------------------------|
| ALL | 33% |
| Male | 32% |
| Female | 35% |
| 16-34 | 34% |
| 35-54 | 34% |
| 55+ | 32% |
| ABC1 | 35% |
| C2DE | 32% |
| Children in house | 36% |
| No children in house | 31% |
| Other caring responsibilities at home | 32% |
| Longstanding condition or illness | 26% |
| No longstanding condition or illness | 36% |

| | |
|-------|-----|
| NE | 38% |
| NW | 37% |
| Y+H | 40% |
| WM | 34% |
| EM | 28% |
| E | 35% |
| L | 26% |
| SE | 33% |
| SW | 32% |
| Urban | 32% |
| Rural | 39% |

Headlines

10–14 April 2020

The following headlines build on, and respond to changes from the previous waves of the survey. A menu of each release can be found on page 2.

Adults are reporting similar levels of physical activity to the previous week.

There is little change in the amount and type of activity that adults are reporting in the last week compared to the previous week.

According to adults, children have been slightly more active than they were the previous week.

18% of children are doing an hour or more of daily physical activity compared with 14% the previous week. A higher proportion of children (35%) are doing more physical activity than before the outbreak (as reported by adults).

There are still differences in levels of activity between different demographic groups.

Older people, people on low incomes, people living alone and people who are self-isolating because they are at increased risk due to their age or health condition, are all finding it harder than normal to be active during the outbreak.

We have also seen a dip in women's activity levels with fewer women than men achieving 30 mins activity on 5+ days and more women than men doing no activity.

People's current feelings about physical activity are mostly similar to the previous week, with a few exceptions indicating that physical activity might be slightly less of a focus for people this week.

We've seen a slight fall in the proportion of people agreeing that it's more important to be active at the moment and that they have been encouraged to exercise by the Government's guidance.

More people are agreeing that they don't find exercising on their own enjoyable, and that they feel guilty about wanting to exercise during the outbreak.

Tables

10-14 April 2020

Physical Activity Behaviour – Adults

Days done 30 minutes or more physical activity in last week (SIM):

| | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 2-4 days | 5+ days |
|----------|-----|-----|-----|-----|----|-----|----|-----|--|----------|---------|
| Week 1 | 22% | 10% | 12% | 14% | 8% | 11% | 4% | 18% | | 35% | 33% |
| Week 2 | 20% | 9% | 13% | 16% | 9% | 10% | 4% | 19% | | 39% | 32% |
| Sig diff | No | No | No | No | No | No | No | No | | Yes | No |

Is this more or less physical activity than usual?

| | A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|----------------------|------------|------------|--|------|------|
| Week 1 | 10% | 21% | 28% | 17% | 24% | | 31% | 41% |
| Week 2 | 9% | 24% | 26% | 18% | 22% | | 33% | 40% |
| Sig diff | No | Yes | No | No | Yes | | No | No |

Types of physical activity, participation in last week

| Type | % who did activity – week 1 | % who did activity – week 2 | Sig diff |
|-----------------------------------|-----------------------------|-----------------------------|----------|
| Walking | 59% | 59% | No |
| Cycling | 8% | 10% | No |
| Running or jogging | 18% | 16% | No |
| Home activity / fitness – ONLINE | 23% | 21% | No |
| Home activity / fitness – OFFLINE | 24% | 22% | No |
| Informal play or games at home | 14% | 15% | No |
| Other | 5% | 6% | No |
| ANY HOME-BASED ACTIVITY | 44% | 45% | No |

Week 2 Survey carried out by Savanta ComRes over the Easter weekend from 10th to 14th April 2020. Data is weighted to be representative of adults in England by age, gender, region, social grade and the estimated households with children under 16.

Tables

10-14 April 2020

Physical Activity Attitudes – Adults

Agreement with COM-B statements

| Statement | % Strongly Agree / Agree | | Sig diff |
|--|--------------------------|--------|----------|
| | Week 1 | Week 2 | |
| It is important to me to exercise regularly | 70% | 69% | No |
| I feel that I have the ability to be physically active | 68% | 66% | No |
| I feel that I have the opportunity to be physically active | 65% | 65% | No |
| I find exercise enjoyable and satisfying | 61% | 61% | No |
| I feel guilty when I don't exercise | 56% | 51% | Yes |

Current feelings about physical activity and the coronavirus

| Statement | Agree – week 2 | Agree – week 1 | Sig diff |
|--|----------------|----------------|----------|
| I exercise to help manage my physical health during the outbreak | 69% | 70% | No |
| I have more time now to be physically active | 65% | 64% | No |
| I exercise to help manage my mental health during the outbreak | 65% | 64% | No |
| I miss the types of physical activity I was able to do before the outbreak | 63% | 62% | No |
| I worry about leaving my home to exercise or be active | 60% | 60% | No |
| Since the outbreak I have found new ways to be active | 49% | 51% | No |
| I have been encouraged to exercise by the Government's guidance | 53% | 48% | Yes |
| I feel guilty about not exercising more during the outbreak | 50% | 48% | No |
| The current situation has not impacted my current exercise regime | 42% | 43% | No |
| I do not find exercising on my own enjoyable | 40% | 43% | Yes |
| I feel guilty about wanting to exercise during the outbreak | 27% | 31% | Yes |

Tables

10-14 April 2020

Do people feel it is more or less important to be active at the moment?

| | Much more important | Some-what more important | No more or less important | Some-what less important | Much less important | Don't know | | MORE | LESS |
|----------|---------------------|--------------------------|---------------------------|--------------------------|---------------------|------------|--|------|------|
| Week 1 | 22% | 40% | 29% | 3% | 1% | 3% | | 62% | 5% |
| Week 2 | 21% | 37% | 32% | 3% | 2% | 4% | | 59% | 5% |
| Sig diff | No | Yes | No | No | No | No | | Yes | No |

How else has coronavirus changed feelings about physical activity? (Open response)

Top reasons (>5%) given from 585 responses:

| | Week 1 | Week 2 | Sig diff |
|---|--------|--------|----------|
| Increased awareness of need to exercise / desire to do more | 52% | 56% | No |
| Scared or worried to go out | 16% | 14% | No |
| Important for improving mental health | 10% | 9% | No |
| Less motivation to do exercise / exercising less | 5% | 7% | Yes |
| Can't go out / stuck at home | 7% | 6% | No |

Tables

10-14 April 2020

Physical Activity Behaviour - Children

Average daily time spent doing physical activity
(average per child in household)

| | Week 1 | Week 2 | Sig diff |
|----------------------------------|--------|--------|----------|
| Nothing | 12% | 8% | Yes |
| Some, but less than half an hour | 36% | 35% | No |
| Between half an hour and an hour | 38% | 38% | No |
| More than an hour | 14% | 18% | Yes |
| | | | |
| SOME | 88% | 92% | Yes |

Physical Activity Behaviour - Children

Is this more or less than usual?

| | A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|----------------------|------------|------------|--|------|------|
| Week 1 | 7% | 23% | 31% | 20% | 18% | | 30% | 38% |
| Week 2 | 8% | 27% | 29% | 17% | 18% | | 35% | 35% |
| Sig diff | No | No | No | No | No | | Yes | No |

Tables

10-14 April 2020

Adults Physical Activity Levels - Demographics

| | % doing 30 mins on 5+ days – week 1 | % doing 30 mins on 5+ days – week 2 | Sig diff |
|---------------------------------------|-------------------------------------|-------------------------------------|-----------|
| ALL | 33% | 32% | No |
| Male | 32% | 35% | No |
| Female | 35% | 29% | Yes |
| 16-34 | 34% | 31% | No |
| 35-54 | 34% | 31% | No |
| 55+ | 32% | 33% | No |
| ABC1 | 35% | 35% | No |
| C2DE | 32% | 29% | No |
| Children in house | 36% | 30% | Yes |
| No children in house | 31% | 33% | No |
| Other caring responsibilities at home | 32% | 32% | No |
| Longstanding condition or illness | 26% | 25% | No |
| No longstanding condition or illness | 36% | 35% | No |

| | % doing 30 mins on 5+ days – week 1 | % doing 30 mins on 5+ days – week 2 |
|-------|-------------------------------------|-------------------------------------|
| NE | 38% | 34% |
| NW | 37% | 34% |
| Y+H | 40% | 30% |
| WM | 34% | 35% |
| EM | 28% | 32% |
| E | 35% | 33% |
| L | 26% | 31% |
| SE | 33% | 33% |
| SW | 32% | 29% |
| Urban | 32% | 32% |
| Rural | 39% | 33% |

Headlines

17–20 April 2020

The following headlines build on, and respond to changes from the previous waves of the survey. A menu of each release can be found on page 2.

Adults are reporting similar levels of physical activity to the previous week, but the 'more/less' gap has narrowed.

Compared to wave 1 more people say they are doing more than usual and fewer say they are doing less than usual:

Wave 1: 31% more / 41% less
Wave 3: 34% more / 38% less

There is an emerging gender gap as males are more likely to be exercising more.

This wave more males report doing more (37%) than less (35%) physical activity compared to usual – a significant change from wave 1 where 29% said more and 43% said less.

Female activity levels have not changed (currently 32% more, 41% less), where participation in 30 minutes of physical activity on at least five days in the last week has fallen from wave 1 (35% to 29%).

Decline in online exercise as people adjust to exercising out of the home

Participation in online/digital exercise has declined from 23% in wave 1 to 19% in wave 3.

We have seen a significant increase in cycling compared to waves 1 and 2 from 8% to 12%.

Running/jogging has also significantly increased from wave 2 from 16% to 19%.

Fewer people this wave report worrying about leaving their home to exercise (56% compared to 60% in waves 1 and 2), suggesting people may be feeling more comfortable about exercising out of the home. However, informal play or games at home has also seen an increase from wave 1 from 14% to 16%.

A quarter of people exercising online cited Joe Wicks as the most useful instructor or influencer (26%).

Headlines

17–20 April 2020

Guilt was less of a motivator to exercise over the Easter weekend

Over the Easter weekend (wave 2) fewer people felt guilty about not exercising (COM-B statement), and more people felt guilty about wanting to exercise, compared to waves 1 and 3. Other attitudes are largely unchanged this wave.

No change in children’s physical activity levels

As reported by adults, children’s physical activity levels showed no significant change this week, although there was a non-significant decrease from waves 2 to 3 in the number achieving an hour or more a day (18% to 14%).

The gap between those saying this was more or less than usual has also widened compared to wave 2 (now 32% more / 38% less) but again this was not statistically significant.

Some demographic groups are finding it much harder to be active

As in previous waves, older people, people on low incomes, people living alone and people who are self-isolating because they are at increased risk due to their age or health condition, are all finding it harder than normal to be active during the outbreak.

This wave women, people without children in the household, and people in urban areas are also finding it harder to be active.

Access to private open space

A new question this wave asked if people have access to a garden or other private outdoor open space in which they can exercise. Although physical activity rates were lower among those without access than those with, this was not statistically significant.

Tables

17–20 April 2020

Physical Activity Behaviour – Adults

Days done 30 minutes or more physical activity in last week (SIM):

| | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 2-4 days | 5+ days |
|----------|-----|-----|-----|-----|-----|-----|----|-----|--|----------|---------|
| Week 1 | 22% | 10% | 12% | 14% | 8% | 11% | 4% | 18% | | 35% | 33% |
| Week 2 | 20% | 9% | 13% | 16% | 9% | 10% | 4% | 19% | | 39% | 32% |
| Week 3 | 20% | 9% | 13% | 15% | 11% | 10% | 5% | 17% | | 39% | 32% |
| Sig diff | No | No | No | No | No | No | No | No | | Yes (w1) | No |

Is this more or less physical activity than usual?

| | A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|----------------------|------------|------------|--|----------|----------|
| Week 1 | 10% | 21% | 28% | 17% | 24% | | 31% | 41% |
| Week 2 | 9% | 24% | 26% | 18% | 22% | | 33% | 40% |
| Week 3 | 11% | 23% | 26% | 17% | 21% | | 34% | 38% |
| Sig diff | Yes (w2) | No | No | No | No | | Yes (w1) | Yes (w1) |

Types of physical activity, participation in last week

| Type | % who did activity – week 1 | % who did activity – week 2 | % who did activity – week 3 | Sig diff |
|-----------------------------------|-----------------------------|-----------------------------|-----------------------------|--------------|
| Walking | 59% | 59% | 60% | No |
| Cycling | 8% | 10% | 12% | Yes (w2, w1) |
| Running or jogging | 18% | 16% | 19% | Yes (w2) |
| Home activity / fitness – ONLINE | 23% | 21% | 19% | Yes (w1) |
| Home activity / fitness – OFFLINE | 24% | 22% | 22% | No |
| Informal play or games at home | 14% | 15% | 16% | Yes (w1) |
| Other | 5% | 6% | 6% | No |
| ANY HOME-BASED ACTIVITY | 44% | 45% | 45% | No |

Sig diff: Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

17-20 April 2020

Physical Activity Attitudes – Adults

Agreement with COM-B statements

| Statement | % Strongly Agree / Agree | | | Sig diff |
|--|--------------------------|--------|--------|----------|
| | Week 1 | Week 2 | Week 3 | |
| I feel that I have the ability to be physically active | 68% | 66% | 67% | No |
| I feel that I have the opportunity to be physically active | 65% | 65% | 65% | No |
| I find exercise enjoyable and satisfying | 61% | 61% | 61% | No |
| It is important to me to exercise regularly | 70% | 69% | 70% | No |
| I feel guilty when I don't exercise | 56% | 51% | 56% | Yes (w2) |

Current feelings about physical activity and the coronavirus

| Statement | Agree – week 1 | Agree – week 2 | Agree – week 3 | Sig diff |
|--|----------------|----------------|----------------|--------------|
| I exercise to help manage my physical health during the outbreak | 69% | 70% | 70% | No |
| I have more time now to be physically active | 65% | 64% | 66% | No |
| I exercise to help manage my mental health during the outbreak | 65% | 64% | 63% | No |
| I miss the types of physical activity I was able to do before the outbreak | 63% | 62% | 61% | No |
| I worry about leaving my home to exercise or be active | 60% | 60% | 56% | Yes (w2, w1) |
| I have been encouraged to exercise by the Government's guidance | 53% | 48% | 51% | No |
| I feel guilty about not exercising more during the outbreak | 50% | 48% | 50% | No |
| Since the outbreak I have found new ways to be active | 49% | 51% | 50% | No |
| I do not find exercising on my own enjoyable | 40% | 43% | 43% | No |
| The current situation has not impacted my current exercise regime | 42% | 43% | 42% | No |
| I feel guilty about wanting to exercise during the outbreak | 27% | 31% | 28% | Yes (w2) |

Tables

17-20 April 2020

Do people feel it is more or less important to be active at the moment?

| | Much more important | Some-what more important | No more or less important | Some-what less important | Much less important | Don't know | | MORE | LESS |
|----------|---------------------|--------------------------|---------------------------|--------------------------|---------------------|------------|--|----------|------|
| Week 1 | 22% | 40% | 29% | 3% | 1% | 3% | | 62% | 5% |
| Week 2 | 21% | 37% | 32% | 3% | 2% | 4% | | 59% | 5% |
| Week 3 | 23% | 40% | 29% | 4% | 1% | 3% | | 63% | 5% |
| Sig diff | No | No | No | No | Yes (w2) | No | | Yes (w2) | No |

How else has coronavirus changed feelings about physical activity? (Open response)

Top reasons (>5%) given from 585 responses:

| | Week 1 | Week 2 | Week 3 |
|---|--------|--------|--------|
| Increased awareness of need to exercise / desire to do more | 52% | 56% | n/a |
| Scared or worried to go out | 16% | 14% | n/a |
| Important for improving mental health | 10% | 9% | n/a |
| Less motivation to do exercise / exercising less | 5% | 7% | n/a |
| Can't go out / stuck at home | 7% | 6% | n/a |

Week 3 Survey carried out by Savanta ComRes over 17th to 20th April 2020. Data is weighted to be representative of adults in England by age, gender, region, social grade and the estimated households with children under 16.

Tables

17-20 April 2020

Physical Activity Behaviour – Children

Average daily time spent doing physical activity
(average per child in household)

| | Week 1 | Week 2 | Week 3 | Sig diff |
|----------------------------------|--------|--------|--------|----------|
| Nothing | 12% | 8% | 10% | No |
| Some, but less than half an hour | 36% | 35% | 36% | No |
| Between half an hour and an hour | 38% | 38% | 39% | No |
| More than an hour | 14% | 18% | 14% | No |
| | | | | |
| SOME | 88% | 92% | 90% | No |

Physical Activity Behaviour – Children

Is this more or less than usual?

| | A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|----------------------|------------|------------|--|------|------|
| Week 1 | 7% | 23% | 31% | 20% | 18% | | 30% | 38% |
| Week 2 | 8% | 27% | 29% | 17% | 18% | | 35% | 35% |
| Week 3 | 7% | 25% | 29% | 18% | 20% | | 32% | 38% |
| Sig diff | No | No | No | No | No | | No | No |

Sig diff: Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

17-20 April 2020

Adults Physical Activity Levels - Demographics

| | % doing 30 mins on 5+ days - week 1 | % doing 30 mins on 5+ days - week 2 | % doing 30 mins on 5+ days - week 3 | Sig diff |
|---|-------------------------------------|-------------------------------------|-------------------------------------|-----------|
| ALL | 33% | 32% | 32% | No |
| Male | 32% | 35% | 35% | No |
| Female | 35% | 29% | 29% | Yes (wI) |
| 16-34 | 34% | 31% | 33% | No |
| 35-54 | 34% | 31% | 29% | Yes (wI) |
| 55+ | 32% | 33% | 34% | No |
| ABC1 | 35% | 35% | 34% | No |
| C2DE | 32% | 29% | 29% | No |
| Children in house | 36% | 30% | 31% | Yes (wI) |
| No children in house | 31% | 33% | 33% | No |
| Other caring responsibilities at home | 32% | 32% | 30% | |
| Longstanding condition or illness | 26% | 25% | 23% | No |
| No longstanding condition or illness | 36% | 35% | 36% | No |
| NEW: Access to private outdoor space | n/a | n/a | 33% | |
| NEW: No access to private outdoor space | n/a | n/a | 28% | |
| NE | 38% | 34% | 43% | |
| NW | 37% | 34% | 33% | |
| Y+H | 40% | 30% | 32% | |
| WM | 34% | 35% | 33% | |
| EM | 28% | 32% | 34% | |
| E | 35% | 33% | 33% | |
| L | 26% | 31% | 23% | |
| SE | 33% | 33% | 33% | |
| SW | 32% | 29% | 34% | |
| Urban | 32% | 32% | 30% | |
| Rural | 39% | 33% | 40% | |

Headlines

24–27 April 2020

The following headlines build on, and respond to changes from the previous waves of the survey. A menu of each release can be found on page 2.

Adults are reporting consistent physical activity levels over lockdown; however, more people now feel they are doing more – than less – physical activity than usual

Overall physical activity levels (as measured by the SIM*) are unchanged over 4 weeks. However, the proportions saying they are doing more or less than usual have shifted significantly. The reasons for this are unclear, but it could suggest people's perceptions of what was 'usual' (pre-lockdown) have changed.

Wave 1: 31% more / 41% less
Wave 2: 33% more / 40% less
Wave 3: 34% more / 38% less
Wave 4: 35% more / 34% less

**SIM is a single question where respondents self-report the number of days on which they were active for at least 30 minutes. It is not directly comparable with the Active Lives Survey's more detailed and extensive measurement of physical activity.*

The gender gap widens

This wave 40% of males reported being more active than usual, and 30% less active. 31% of females reported being more active than usual, and 38% less active.

5 days or more x 30 minute participation this wave is at its highest for males (36%) and its lowest for females (28%), both significant changes compared to wave 1.

Headlines

24-27 April 2020

Home-based activity declines further, however outdoor numbers remain strong

Home-based activity is down compared to week 2 and 3, with offline fitness seeing a large drop this wave.

- Numbers for cycling (11%) are stable
- Running (20%) records the highest figure yet
- Walking also reports its highest figure (61%)

We can speculate that good weather may have played a role here, and with rain forecast this week it will be interesting to see if things change in wave 5.

Half of sport volunteers are still volunteering

Of the 11% who volunteered in sport and physical activity in the last 12 months, half (50%) are still volunteering in the same or different role(s). Half of all respondents (49%) say they are likely to volunteer in the next 12 months to help with the response to coronavirus, and a third (34%) to support sport and physical activity.

People may be losing the motivation to be active

We see a change in people's attitudes to physical activity. Most of these changes suggest people are losing the motivation to be active:

- Fewer people agree that they find exercise enjoyable and satisfying
- Fewer people agree that regular exercise is important to them
- Fewer people (than wave 1) feel guilty when they don't exercise
- Fewer people say they exercise to help manage their physical health
- Fewer people miss the types of physical activity they could do before the outbreak
- More people (than wave 1) agree they don't enjoy exercising on their own
- Fewer people (than wave 1 or 3) have been encouraged to exercise by government guidance
- Fewer people (than wave 1 or 3) feel it is more important to be active at the moment

Headlines

24-27 April 2020

Other changes suggest people are finding it easier to be active:

- Fewer people worry about leaving home to exercise or be active
- Fewer people feel guilty about wanting to exercise during the outbreak

Inequalities continue

In this wave the following groups are all finding it harder to be active*:

Women, older people, people on low incomes, people living alone, people without children in the household, people with a longstanding condition or illness, people self-isolating because they are at increased risk, and people without access to private outdoor space.

**Data shows they are statistically more likely to report doing less than normal, or less likely to report doing more than normal, than other sub-groups in their demographic category.*

Tables

24–27 April 2020

Physical Activity Behaviour – Adults

Days done 30 minutes or more physical activity in last week (SIM)

| | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 2-4 days | 5+ days |
|----------|-----|-----|-----|-----|-----|-----|----|-----|--|----------|---------|
| Week 1 | 22% | 10% | 12% | 14% | 8% | 11% | 4% | 18% | | 35% | 33% |
| Week 2 | 20% | 9% | 13% | 16% | 9% | 10% | 4% | 19% | | 39% | 32% |
| Week 3 | 20% | 9% | 13% | 15% | 11% | 10% | 5% | 17% | | 39% | 32% |
| Week 4 | 20% | 9% | 13% | 16% | 10% | 10% | 4% | 17% | | 39% | 32% |
| Sig diff | No | No | No | No | No | No | No | No | | Yes (w1) | No |

Is this more or less physical activity than usual?

| | A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|----------------------|------------|--------------|--|--------------|------------------|
| Week 1 | 10% | 21% | 28% | 17% | 24% | | 31% | 41% |
| Week 2 | 9% | 24% | 26% | 18% | 22% | | 33% | 40% |
| Week 3 | 11% | 23% | 26% | 17% | 21% | | 34% | 38% |
| Week 4 | 11% | 24% | 29% | 16% | 19% | | 35% | 34% |
| Sig diff | Yes (w2) | Yes (w1) | Yes (w2, w3) | No | Yes (w2, w3) | | Yes (w1, w2) | Yes (w1, w2, w3) |

Sig diff: Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

24-27 April 2020

Types of physical activity - participation in last week

| Type | % who did activity – week 1 | % who did activity – week 2 | % who did activity – week 3 | % who did activity – week 4 | Sig diff |
|-----------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|------------------|
| Walking | 59% | 59% | 60% | 61% | No |
| Cycling | 8% | 10% | 12% | 11% | Yes (w1) |
| Running or jogging | 18% | 16% | 19% | 20% | Yes (w2) |
| Home activity / fitness – ONLINE | 23% | 21% | 19% | 20% | Yes (w1) |
| Home activity / fitness – OFFLINE | 24% | 22% | 22% | 19% | Yes (w1, w2, w3) |
| Informal play or games at home | 14% | 15% | 16% | 15% | No |
| Other | 5% | 6% | 6% | 5% | No |
| ANY HOME-BASED ACTIVITY | 44% | 45% | 45% | 41% | Yes (w2, w3) |

Sig diff. *Indicates whether changes this wave are statistically significant compared to previous waves.*

Tables

24-27 April 2020

Volunteering (New questions added for Wave 4)

Recent volunteering levels

| Volunteered in last 12 months? | % |
|---|----------|
| Yes, to support sport and physical activity | 11% |
| Yes, to support the response to coronavirus | 12% |
| Yes, to support a different cause | 17% |
| Have not volunteered | 63% |
| NET: Have volunteered | 37% |

Volunteers supporting and physical activity

| Those who said they have volunteered in sport and physical activity | % |
|--|----------|
| Currently volunteering in same role as before | 16% |
| Currently volunteering in same role as before, plus additional role(s) | 23% |
| Currently volunteering in new or different role(s) | 11% |
| Stopped/paused volunteering due to COVID-19 restrictions | 29% |
| Stopped/paused for other reasons | 10% |
| None of the above | 11% |
| NET: Currently volunteering | 50% |
| NET: Stopped volunteering | 39% |

Future intentions

| Likelihood to volunteer in the next 12 months | Very likely | Somewhat likely | Somewhat unlikely | Very unlikely | | LIKELY | UNLIKELY |
|---|-------------|-----------------|-------------------|---------------|--|--------|----------|
| To support sport and physical activity | 13% | 21% | 24% | 30% | | 34% | 54% |
| To support the re-sponse to coronavirus | 16% | 33% | 20% | 19% | | 49% | 39% |
| To support a different cause | 16% | 28% | 23% | 22% | | 43% | 45% |
| Don't intend to volunteer in next 12 months | 19% | 19% | 18% | 26% | | 38% | 44% |

Tables

24-27 April 2020

Physical Activity Attitudes – Adults

Agreement with COM-B statements

| Statement | % Strongly Agree / Agree | | | | Sig diff |
|--|--------------------------|------|------|------|------------------|
| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | |
| I feel that I have the ability to be physically active | 68% | 66% | 67% | 66% | No |
| I feel that I have the opportunity to be physically active | 65% | 65% | 65% | 64% | No |
| I find exercise enjoyable and satisfying | 61% | 61% | 61% | 57% | Yes (w1, w2, w3) |
| It is important to me to exercise regularly | 70% | 69% | 70% | 65% | Yes (w1, w2, w3) |
| I feel guilty when I don't exercise | 56% | 51% | 56% | 53% | Yes (w1) |

Current feelings about physical activity and the coronavirus

| Statement | % Strongly Agree / Agree | | | | Sig diff |
|--|--------------------------|------|------|------|------------------|
| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | |
| I exercise to help manage my physical health during the outbreak | 69% | 70% | 70% | 66% | Yes (w1, w2, w3) |
| I have more time now to be physically active | 65% | 64% | 66% | 64% | No |
| I exercise to help manage my mental health during the outbreak | 65% | 64% | 63% | 62% | No |
| I miss the types of physical activity I was able to do before the outbreak | 63% | 62% | 61% | 57% | Yes (w1, w2, w3) |
| I worry about leaving my home to exercise or be active | 60% | 60% | 56% | 50% | Yes (w1, w2, w3) |
| I feel guilty about not exercising more during the outbreak | 50% | 48% | 50% | 50% | No |
| Since the outbreak I have found new ways to be active | 49% | 51% | 50% | 51% | No |
| I have been encouraged to exercise by the Government's guidance | 53% | 48% | 51% | 46% | Yes (w1, w3) |
| The current situation has not impacted my current exercise regime | 42% | 43% | 42% | 45% | Yes (w1) |
| I do not find exercising on my own enjoyable | 40% | 43% | 43% | 44% | Yes (w1) |
| I feel guilty about wanting to exercise during the outbreak | 27% | 31% | 28% | 25% | Yes (w1, w2, w3) |

Tables

24-27 April 2020

Do people feel it is more or less important to be active at the moment?

| | Much more important | Some-what more important | No more or less important | Some-what less important | Much less important | Don't know | | MORE | LESS |
|----------|---------------------|--------------------------|---------------------------|--------------------------|---------------------|------------|--|--------------|------|
| Week 1 | 22% | 40% | 29% | 3% | 1% | 3% | | 62% | 5% |
| Week 2 | 21% | 37% | 32% | 3% | 2% | 4% | | 59% | 5% |
| Week 3 | 23% | 40% | 29% | 4% | 1% | 3% | | 63% | 5% |
| Week 4 | 22% | 37% | 31% | 4% | 3% | 3% | | 59% | 6% |
| Sig diff | No | Yes (w1, w3) | No | No | Yes (w1, w3) | No | | Yes (w1, w3) | No |

How else has coronavirus changed feelings about physical activity? (Question discontinued after wave 3)

Top reasons (>5%) given from 585 responses:

| | Week 1 | Week 2 | Week 3 |
|---|--------|--------|--------|
| Increased awareness of need to exercise / desire to do more | 52% | 56% | n/a |
| Scared or worried to go out | 16% | 14% | n/a |
| Important for improving mental health | 10% | 9% | n/a |
| Less motivation to do exercise / exercising less | 5% | 7% | n/a |
| Can't go out / stuck at home | 7% | 6% | n/a |

Tables

24-27 April 2020

Physical Activity Behaviour – Children

Average daily time spent doing physical activity
(average per child in household)

| | Week 1 | Week 2 | Week 3 | Week 4 | Sig diff |
|----------------------------------|--------|--------|--------|--------|----------|
| Nothing | 12% | 8% | 10% | 9% | Yes (w1) |
| Some, but less than half an hour | 36% | 35% | 36% | 35% | No |
| Between half an hour and an hour | 38% | 38% | 39% | 38% | No |
| More than an hour | 14% | 18% | 14% | 18% | Yes (w1) |
| | | | | | |
| SOME | 88% | 92% | 90% | 91% | Yes (w1) |

Physical Activity Behaviour – Children

Is this more or less than usual?

| | A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|----------------------|------------|------------|--|------|------|
| Week 1 | 7% | 23% | 31% | 20% | 18% | | 30% | 38% |
| Week 2 | 8% | 27% | 29% | 17% | 18% | | 35% | 35% |
| Week 3 | 7% | 25% | 29% | 18% | 20% | | 32% | 38% |
| Week 4 | 9% | 24% | 30% | 18% | 16% | | 33% | 34% |
| Sig diff | No | No | No | No | No | | No | No |

Tables

24-27 April 2020

Adults Physical Activity Levels - Demographics

% of adults doing at least 30 mins physical activity on 5 or more days in the last week

| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Sig diff |
|---|------------|------------|------------|------------|-----------|
| ALL | 33% | 32% | 32% | 32% | No |
| Male | 32% | 35% | 35% | 36% | Yes (w1) |
| Female | 35% | 29% | 29% | 28% | Yes (w1) |
| 16-34 | 34% | 31% | 33% | 31% | No |
| 35-54 | 34% | 31% | 29% | 34% | No |
| 55+ | 32% | 33% | 34% | 30% | No |
| ABC1 | 35% | 35% | 34% | 36% | No |
| C2DE | 32% | 29% | 29% | 27% | Yes (w1) |
| Children in house | 36% | 30% | 31% | 32% | No |
| No children in house | 31% | 33% | 33% | 31% | No |
| Other caring responsibilities at home | 32% | 32% | 30% | 31% | |
| Longstanding condition or illness | 26% | 25% | 23% | 23% | No |
| No longstanding condition or illness | 36% | 35% | 36% | 36% | No |
| NEW: Access to private outdoor space | n/a | n/a | 33% | 34% | |
| NEW: No access to private outdoor space | n/a | n/a | 28% | 20% | |
| NE | 38% | 34% | 43% | * | |
| NW | 37% | 34% | 33% | 30% | |
| Y+H | 40% | 30% | 32% | 27% | |
| WM | 34% | 35% | 33% | 33% | |
| EM | 28% | 32% | 34% | 30% | |
| E | 35% | 33% | 33% | 34% | |
| L | 26% | 31% | 23% | 27% | |
| SE | 33% | 33% | 33% | 37% | |
| SW | 32% | 29% | 34% | 35% | |
| Urban | 32% | 32% | 30% | 31% | |
| Rural | 39% | 33% | 40% | 35% | |

* Fewer than 30 responses

Headlines

1-4 May 2020

The following headlines build on, and respond to changes from the previous waves of the survey. A menu of each release can be found on page 2.

Activity levels are unchanged for adults and children

Although we've seen a decrease in adults doing 0 x 30 over wave 1. Currently 35% of adults say they are doing more than usual, and 36% say they are doing less.

The gender gap persists

The gender gap persists when using the 5 x 30 measure, but the figures for each gender saying they are doing more or less than usual are much closer this week.

Home-based activity has picked up

After a slight drop last week, home based activity has picked up with its highest figure yet (48%).

Walking (61%), running or jogging (19%) and cycling (13%) held steady.

84% of gym or leisure centre members say they are likely to resume their membership when facilities reopen, while 27% of non-members say they are likely to join.

Attitudes around motivation have improved slightly after last week's apparent waning

We also saw an increase in people agreeing they have the ability and the opportunity to be active. And we've seen an increase over wave 1 in the number of people saying they've found new ways to be active.

Headlines

1-4 May 2020

Highlighting inequalities

For this wave we've produced a visual table showing the effect of the lockdown on the physical activity of different groups, highlighting the inequalities.

The table on the next page shows the proportions from each group doing:

- 0 days of 30+ mins physical activity
- 5 or more days of 30+ mins physical activity
- more than usual
- less than usual

We also now have combined-wave data available for ethnic groups.

Looking ahead to next week

Wave 6 includes two new open questions, asking:

- What new experiences, habits and activities people have done during lockdown that they'd like to continue?
- What activities are they most looking forward to resuming?

Wave 6 will also be the last wave of full lockdown, so looking beyond this we are starting to think what further questions to include in the survey, such as around people's intentions and concerns about returning to physical activity.

Headlines

1-4 May 2020

Physical activity inequalities

This table shows the effect of the lockdown on the physical activity of different groups, highlighting the inequalities many face.

Red is worse than the national average.

Green is better than the national average.

Those with red/orange all the way across are particularly struggling, for example: those living alone, those with longstanding conditions or illnesses, and those with no access to private outdoor space.

Data is from wave 5, except for ethnicity where we have combined data from all five waves.

| | 0 x 30 | 5+ x 30 | More than usual | Less than usual |
|------------------|--------|---------|-----------------|-----------------|
| ALL | 18% | 33% | 35% | 36% |
| GENDER | | | | |
| Male | 16% | 38% | 35% | 35% |
| Female | 21% | 28% | 35% | 38% |
| AGE | | | | |
| 16-34 | 11% | 28% | 45% | 35% |
| 35-54 | 16% | 35% | 40% | 33% |
| 55+ | 26% | 34% | 23% | 40% |
| AFFLUENCE | | | | |
| ABC1 | 15% | 33% | 39% | 37% |
| C2DE | 23% | 32% | 30% | 35% |

Headlines

1-4 May 2020

| | 0 x 30 | 5+ x 30 | More than usual | Less than usual |
|---------------------------------------|--------|---------|-----------------|-----------------|
| ETHNICITY | | | | |
| White | 21% | 33% | 33% | 38% |
| Mixed | 15% | 28% | 35% | 43% |
| Asian | 14% | 29% | 44% | 36% |
| Black | 11% | 25% | 40% | 36% |
| Chinese | * | * | 30% | 48% |
| HEALTH | | | | |
| Longstanding condition or illness | 27% | 23% | 29% | 38% |
| No longstanding condition or illness | 15% | 36% | 38% | 36% |
| CHILDREN IN HOUSEHOLD | | | | |
| Children | 11% | 32% | 45% | 34% |
| No children in house | 23% | 33% | 30% | 38% |
| LIVE ALONE | | | | |
| Lives alone | 30% | 29% | 22% | 44% |
| Lives with others | 16% | 33% | 37% | 35% |
| CARING (excl. kids) | | | | |
| Other caring responsibilities at home | 13% | 31% | 41% | 30% |
| No caring responsibilities | 17% | 33% | 36% | 36% |

* Fewer than 30 responses

Data is from wave 5, except for ethnicity where we have combined data from all five waves (3rd April - 4th May 2020).

Headlines

1-4 May 2020

| | 0 x 30 | 5+ x 30 | More than usual | Less than usual |
|------------------------------------|--------|---------|-----------------|-----------------|
| ACCESS TO SPACE | | | | |
| Access to private outdoor space | 18% | 34% | 37% | 35% |
| No access to private outdoor space | 22% | 26% | 27% | 43% |
| REGION | | | | |
| NE | * | 42% | 33% | 42% |
| NW | 21% | 32% | 31% | 41% |
| Y+H | 20% | 29% | 29% | 36% |
| WM | 17% | 28% | 35% | 31% |
| EM | 19% | 29% | 36% | 36% |
| E | 23% | 33% | 27% | 37% |
| L | 15% | 35% | 42% | 32% |
| SE | 19% | 33% | 39% | 35% |
| SW | 18% | 34% | 36% | 40% |
| AREA | | | | |
| Urban | 19% | 33% | 35% | 37% |
| Rural | 17% | 31% | 36% | 31% |

* Fewer than 30 responses

Tables

1-4 May 2020

Physical Activity Behaviour – Adults

Days done 30 minutes or more physical activity in last week (SIM)

| | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 2-4 days | 5+ days |
|----------|----------|-----|-----|-----|----------|-----|----|-----|--|----------|---------|
| Week 1 | 22% | 10% | 12% | 14% | 8% | 11% | 4% | 18% | | 35% | 33% |
| Week 2 | 20% | 9% | 13% | 16% | 9% | 10% | 4% | 19% | | 39% | 32% |
| Week 3 | 20% | 9% | 13% | 15% | 11% | 10% | 5% | 17% | | 39% | 32% |
| Week 4 | 20% | 9% | 13% | 16% | 10% | 10% | 4% | 17% | | 39% | 32% |
| Week 5 | 18% | 10% | 14% | 15% | 11% | 11% | 5% | 17% | | 39% | 33% |
| Sig diff | Yes (w1) | No | No | No | Yes (w1) | No | No | No | | Yes (w1) | No |

Is this more or less physical activity than usual?

| | A lot more | A bit more | Neither more nor less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|-----------------------|------------|------------------|--|----------|--------------|
| Week 1 | 10% | 21% | 28% | 17% | 24% | | 31% | 41% |
| Week 2 | 9% | 24% | 26% | 18% | 22% | | 33% | 40% |
| Week 3 | 11% | 23% | 26% | 17% | 21% | | 34% | 38% |
| Week 4 | 11% | 24% | 29% | 16% | 19% | | 35% | 34% |
| Week 5 | 11% | 24% | 27% | 17% | 19% | | 35% | 36% |
| Sig diff | Yes (w2) | Yes (w1) | Yes (w2, w3) | No | Yes (w1, w2, w3) | | Yes (w1) | Yes (w1, w2) |

Week 5 Survey carried out by Savanta ComRes over 1st to 4th May 2020. Data is weighted to be representative of adults in England by age, gender, region, social grade and the estimated households with children under 16.

Sig diff: Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

1-4 May 2020

Types of physical activity - participation in last week

| Participation in the last week | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Sig diff |
|-----------------------------------|--------|--------|--------|--------|--------|--------------|
| Walking | 59% | 59% | 60% | 61% | 61% | No |
| Cycling | 8% | 10% | 12% | 11% | 13% | Yes (w1) |
| Running or jogging | 18% | 16% | 19% | 20% | 19% | Yes (w2) |
| Home activity / fitness – ONLINE | 23% | 21% | 19% | 20% | 22% | Yes (w3) |
| Home activity / fitness – OFFLINE | 24% | 22% | 22% | 19% | 22% | Yes (w4) |
| Informal play or games at home | 14% | 15% | 16% | 15% | 16% | Yes (w1) |
| Other | 5% | 6% | 6% | 5% | 6% | No |
| ANY HOME-BASED ACTIVITY | 44% | 45% | 45% | 41% | 48% | Yes (w1, w4) |

Muscle strengthening

(week 5 only)

Days done muscle strengthening activity in last week:

| | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 2-4 days | 5+ days |
|--------|-----|-----|-----|-----|----|----|----|----|--|----------|---------|
| Week 5 | 28% | 14% | 19% | 15% | 8% | 6% | 3% | 7% | | 42% | 16% |

Is this more or less than usual?

| | A lot more | A bit more | Neither more nor less | A bit less | A lot less | | MORE | LESS |
|--------|------------|------------|-----------------------|------------|------------|--|------|------|
| Week 5 | 9% | 22% | 33% | 16% | 17% | | 31% | 33% |

Sig diff. Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

1-4 May 2020

Gym membership

Current gym or leisure centre membership (single or multi-site)

| | % |
|--|----------|
| Currently a member (including if paused) | 16% |
| Cancelled due to COVID-19 | 8% |
| Cancelled due to other reason | 7% |
| Not been a member in 2020 | 69% |
| NET: Cancelled in 2020 | 15% |

Current members – likelihood to continue when gyms open again

N = 319

| | % |
|-------------------|----------|
| Very likely | 55% |
| Somewhat likely | 29% |
| Somewhat unlikely | 9% |
| Very unlikely | 4% |
| Not sure | 3% |
| NET: Likely | 84% |
| NET: Unlikely | 13% |

Non-member – likelihood to become a member when gyms open again

N = 1690

| | % |
|-------------------|----------|
| Very likely | 9% |
| Somewhat likely | 18% |
| Somewhat unlikely | 16% |
| Very unlikely | 50% |
| Not sure | 7% |
| NET: Likely | 27% |
| NET: Unlikely | 67% |

Tables

1-4 May 2020

Physical Activity Attitudes – Adults

Agreement with COM-B statements

| Statement | % Strongly Agree / Agree | | | | | Sig diff |
|--|--------------------------|------|------|------|------|------------------|
| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | |
| I feel that I have the ability to be physically active | 68% | 66% | 67% | 66% | 74% | Yes (all) |
| I feel that I have the opportunity to be physically active | 65% | 65% | 65% | 64% | 70% | Yes (all) |
| It is important to me to exercise regularly | 70% | 69% | 70% | 65% | 70% | Yes (w4) |
| I find exercise enjoyable and satisfying | 61% | 61% | 61% | 57% | 58% | Yes (w1, w2, w3) |
| I feel guilty when I don't exercise | 56% | 51% | 56% | 53% | 53% | Yes (w1) |

Sig diff. *Indicates whether changes this wave are statistically significant compared to previous waves.*

Tables

1-4 May 2020

Current feelings about physical activity and the coronavirus

| Statement | % Strongly Agree / Agree | | | | | Sig diff |
|--|--------------------------|------|------|------|------|------------------|
| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | |
| I exercise to help manage my physical health during the outbreak | 69% | 70% | 70% | 66% | 67% | No |
| I have more time now to be physically active | 65% | 64% | 66% | 64% | 67% | Yes (w4) |
| I exercise to help manage my mental health during the outbreak | 65% | 64% | 63% | 62% | 62% | No |
| I miss the types of physical activity I was able to do before the outbreak | 63% | 62% | 61% | 57% | 59% | Yes (w1) |
| I worry about leaving my home to exercise or be active | 60% | 60% | 56% | 50% | 49% | Yes (w1, w2, w3) |
| I feel guilty about not exercising more during the outbreak | 50% | 48% | 50% | 50% | 51% | No |
| Since the outbreak I have found new ways to be active | 49% | 51% | 50% | 51% | 53% | Yes (w1) |
| I have been encouraged to exercise by the Government's guidance | 53% | 48% | 51% | 46% | 47% | Yes (w1, w3) |
| The current situation has not impacted my current exercise regime | 42% | 43% | 42% | 45% | 47% | Yes (w1, w2, w3) |
| I do not find exercising on my own enjoyable | 40% | 43% | 43% | 44% | 43% | No |
| I feel guilty about wanting to exercise during the outbreak | 27% | 31% | 28% | 25% | 24% | Yes (w1, w2, w3) |

Sig diff. *Indicates whether changes this wave are statistically significant compared to previous waves.*

Tables

1-4 May 2020

Do people feel it is more or less important to be active at the moment?

| | Much more important | Some-what more important | No more or less important | Some-what less important | Much less important | Don't know | | MORE | LESS |
|----------|---------------------|--------------------------|---------------------------|--------------------------|---------------------|------------|--|------|------|
| Week 1 | 22% | 40% | 29% | 3% | 1% | 3% | | 62% | 5% |
| Week 2 | 21% | 37% | 32% | 3% | 2% | 4% | | 59% | 5% |
| Week 3 | 23% | 40% | 29% | 4% | 1% | 3% | | 63% | 5% |
| Week 4 | 22% | 37% | 31% | 4% | 3% | 3% | | 59% | 6% |
| Week 5 | 22% | 39% | 30% | 4% | 2% | 3% | | 61% | 6% |
| Sig diff | No | No | No | No | No | No | | No | No |

Tables

1-4 May 2020

Physical Activity Behaviour – Children

Average daily time spent doing physical activity
(average per child in household)

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Sig diff |
|----------------------------------|--------|--------|--------|--------|--------|----------|
| Nothing | 12% | 8% | 10% | 9% | 10% | No |
| Some, but less than half an hour | 36% | 35% | 36% | 35% | 35% | No |
| Between half an hour and an hour | 38% | 38% | 39% | 38% | 38% | No |
| An hour or more | 14% | 18% | 14% | 18% | 19% | Yes (w1) |
| | | | | | | |
| SOME | 88% | 92% | 90% | 91% | 90% | No |

*Question wording amended slightly in week 5

Is this more or less than usual?

| | A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|----------------------|------------|------------|--|------|------|
| Week 1 | 7% | 23% | 31% | 20% | 18% | | 30% | 38% |
| Week 2 | 8% | 27% | 29% | 17% | 18% | | 35% | 35% |
| Week 3 | 7% | 25% | 29% | 18% | 20% | | 32% | 38% |
| Week 4 | 9% | 24% | 30% | 18% | 16% | | 33% | 34% |
| Week 5 | 8% | 24% | 32% | 18% | 17% | | 32% | 35% |
| Sig diff | No | No | No | No | No | | No | No |

*Question wording of preceding question amended slightly in week 5 so no measure of sig diff

Sig diff: *Indicates whether changes this wave are statistically significant compared to previous waves.*

Tables

1-4 May 2020

Adults Physical Activity Levels - Demographics

% of adults doing at least 30 mins physical activity on 5 or more days in the last week

| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Sig diff |
|--------------------|----------------|------------|------------|------------|------------|-----------|
| ALL | 33% | 32% | 32% | 32% | 33% | No |
| Male | 32% | 35% | 35% | 36% | 38% | Yes (w1) |
| Female | 35% | 29% | 29% | 28% | 28% | Yes (w1) |
| 16-34 | 34% | 31% | 33% | 31% | 28% | Yes (w1) |
| 35-54 | 34% | 31% | 29% | 34% | 35% | Yes (w3) |
| 55+ | 32% | 33% | 34% | 30% | 34% | No |
| ABC1 | 35% | 35% | 34% | 36% | 33% | No |
| C2DE | 32% | 29% | 29% | 27% | 32% | Yes (w4) |
| White | 34% | 32% | 33% | 33% | 34% | - |
| Mixed | 28% (week 1-5) | | | | | - |
| Asian | 31% | 30% | 31% | 29% | 27% | - |
| Black | 25% (week 1-5) | | | | | - |
| Chinese | * | | | | | - |
| Other ethnic group | * | | | | | - |

* Fewer than 30 responses

Sig diff. Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

1-4 May 2020

Adults Physical Activity Levels – Demographics

% of adults doing at least 30 mins physical activity on 5 or more days in the last week

| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Sig diff |
|---|------|------|------|------|------|----------|
| Children in house | 36% | 30% | 31% | 32% | 32% | No |
| No children in house | 31% | 33% | 33% | 31% | 33% | No |
| Other caring responsibilities at home | 32% | 32% | 30% | 31% | 31% | - |
| Longstanding condition or illness | 26% | 25% | 23% | 23% | 23% | No |
| No longstanding condition or illness | 36% | 35% | 36% | 36% | 36% | No |
| NEW: Access to private outdoor space | n/a | n/a | 33% | 34% | 34% | - |
| NEW: No access to private outdoor space | n/a | n/a | 28% | 20% | 26% | - |
| NE | 38% | 34% | 43% | * | 42% | - |
| NW | 37% | 34% | 33% | 30% | 32% | - |
| Y+H | 40% | 30% | 32% | 27% | 29% | - |
| WM | 34% | 35% | 33% | 33% | 28% | - |
| EM | 28% | 32% | 34% | 30% | 29% | - |
| E | 35% | 33% | 33% | 34% | 33% | - |
| L | 26% | 31% | 23% | 27% | 35% | - |
| SE | 33% | 33% | 33% | 37% | 33% | - |
| SW | 32% | 29% | 34% | 35% | 34% | - |
| Urban | 32% | 32% | 30% | 31% | 33% | - |
| Rural | 39% | 33% | 40% | 35% | 31% | - |

* Fewer than 30 responses

Sig diff. Indicates whether changes this wave are statistically significant compared to previous waves.

Headlines

8–11 May 2020

The following headlines build on, and respond to changes from the previous waves of the survey. A menu of each release can be found on page 2.

Activity levels are unchanged, but so too inequalities

Currently 33% of adults say they are doing more than usual, and 37% say they are doing less.

The gender gap persists

Men are more likely to do 5 x 30 than women; while women are more likely to be doing less activity than usual.

Inequalities remain

The picture of inequalities is similar to previous weeks.

To present these inequalities we include an updated table with aggregated wave 1–6 figures on page 48.

Growth in walking and cycling

Walking hits a peak of 63%, an increase over wave 1 (59%).
Cycling (13%) has also increased over waves 1 (8%) and 2 (10%)

Home-based activity fell to 43% this wave compared to last week's high of 48%.

This is the last wave under the initial period of full lockdown and also the last wave with a completely fresh sample. Tables show combined wave 1–6 figures in italics.

Headlines

8-11 May 2020

Attitudes and motivations holding strong

Last week's COM-B increases held this week, with the highest figures so far for ability (69%), Important (69%) and opportunity (67%) to exercise.

Significantly fewer people worry about leaving their house to exercise (54%), or feel guilty about wanting to exercise (26%).

The highest figure so far (64%) feel it's more important to exercise at the moment.

Forming new habits and returning to old ones

Walking, running, general exercise/fitness and cycling are the most common new habits people want to continue

Gym work, swimming and walking are the most common activities people are looking forward to resuming

Looking ahead to next week

For wave 7 we have news questions on why people are walking or cycling, what worries and concerns people have about resuming sport or activity, and whether people are finding it easier to be active week-on week as restrictions change or are lifted.

We're also reframing the more/less question to compare current activity to the previous week rather than to before Covid, to give us a more accurate idea of how activity levels are changing as we transition out of full lockdown.

Headlines

8-11 May 2020

Physical activity inequalities

This table shows the effect of the lockdown on the physical activity of different groups, highlighting the inequalities many face.

Red is worse than the national average.

Green is better than the national average.

Those with red/orange all the way across are particularly struggling, for example: those living alone, those with longstanding conditions or illnesses, and those with no access to private outdoor space.

Data is from wave 6, except for ethnicity where we have combined data from all five waves.

| | 0 x 30 | 5+ x 30 | More than usual | Less than usual |
|------------------|--------|---------|-----------------|-----------------|
| ALL | 20% | 32% | 34% | 38% |
| GENDER | | | | |
| Male | 18% | 35% | 35% | 36% |
| Female | 21% | 30% | 32% | 40% |
| AGE | | | | |
| 16-34 | 12% | 31% | 45% | 36% |
| 35-54 | 18% | 33% | 34% | 39% |
| 55+ | 28% | 33% | 24% | 38% |
| AFFLUENCE | | | | |
| ABC1 | 15% | 34% | 39% | 38% |
| C2DE | 25% | 30% | 27% | 37% |

Headlines

8-11 May 2020

| ETHNICITY | 0 x 30 | 5+ x 30 | More than usual | Less than usual |
|------------------|---------------|----------------|------------------------|------------------------|
| White | 21% | 33% | 33% | 38% |
| Mixed | 15% | 28% | 35% | 43% |
| Asian | 13% | 29% | 44% | 36% |
| Black | 12% | 24% | 42% | 35% |
| Chinese | * | 28% | 31% | 48% |

| HEALTH | 0 x 30 | 5+ x 30 | More than usual | Less than usual |
|--------------------------------------|---------------|----------------|------------------------|------------------------|
| Longstanding condition or illness | 27% | 23% | 29% | 39% |
| No longstanding condition or illness | 16% | 36% | 35% | 38% |

| CHILDREN IN HOUSEHOLD | 0 x 30 | 5+ x 30 | More than usual | Less than usual |
|------------------------------|---------------|----------------|------------------------|------------------------|
| Children in house | 12% | 32% | 43% | 33% |
| No children in house | 24% | 32% | 34% | 39% |

| LIVE ALONE | 0 x 30 | 5+ x 30 | More than usual | Less than usual |
|-------------------|---------------|----------------|------------------------|------------------------|
| Lives alone | 28% | 29% | 24% | 40% |
| Lives with others | 18% | 33% | 35% | 37% |

| CARING (excl. kids) | 0 x 30 | 5+ x 30 | More than usual | Less than usual |
|---------------------------------------|---------------|----------------|------------------------|------------------------|
| Other caring responsibilities at home | 14% | 31% | 43% | 33% |
| No caring responsibilities | 19% | 33% | 34% | 39% |

* Fewer than 30 responses

Data is from wave 6, except for ethnicity where we have combined data from all five waves (3rd April - 11th May 2020).

Headlines

8-11 May 2020

| ACCESS TO SPACE | 0 x 30 | 5+ x 30 | More than usual | Less than usual |
|------------------------------------|---------------|----------------|------------------------|------------------------|
| Access to private outdoor space | 18% | 33% | 36% | 35% |
| No access to private outdoor space | 25% | 24% | 27% | 43% |

| REGION | 0 x 30 | 5+ x 30 | More than usual | Less than usual |
|---------------|---------------|----------------|------------------------|------------------------|
| NE | 19% | 37% | 30% | 41% |
| NW | 22% | 33% | 32% | 40% |
| Y+H | 20% | 33% | 33% | 34% |
| WM | 18% | 33% | 34% | 34% |
| EM | 20% | 31% | 35% | 36% |
| E | 23% | 32% | 29% | 38% |
| L | 16% | 28% | 39% | 39% |
| SE | 20% | 34% | 35% | 38% |
| SW | 19% | 33% | 31% | 40% |

| AREA | 0 x 30 | 5+ x 30 | More than usual | Less than usual |
|-------------|---------------|----------------|------------------------|------------------------|
| Urban | 20% | 31% | 33% | 39% |
| Rural | 19% | 36% | 34% | 33% |

Tables

8-11 May 2020

Physical Activity Behaviour - Adults

Days done 30 minutes or more physical activity in last week (SIM)

| | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 2-4 days | 5+ days |
|----------|----------|-----|-----|-----|----------------|-----|----|----------|--|----------|---------|
| Week 1 | 22% | 10% | 12% | 14% | 8% | 11% | 4% | 18% | | 35% | 33% |
| Week 2 | 20% | 9% | 13% | 16% | 9% | 10% | 4% | 19% | | 39% | 32% |
| Week 3 | 20% | 9% | 13% | 15% | 11% | 10% | 5% | 17% | | 39% | 32% |
| Week 4 | 20% | 9% | 13% | 16% | 10% | 10% | 4% | 17% | | 39% | 32% |
| Week 5 | 18% | 10% | 14% | 15% | 11% | 11% | 5% | 17% | | 39% | 33% |
| Week 6 | 19% | 9% | 14% | 15% | 12% | 11% | 5% | 16% | | 41% | 32% |
| Sig diff | Yes (w1) | No | No | No | Yes (w1, 2, 4) | No | No | Yes (w1) | | Yes (w1) | No |
| Wk 1-6 | 20% | 9% | 13% | 15% | 10% | 10% | 4% | 17% | | 39% | 32% |

Is this more or less physical activity than usual?

| | A lot more | A bit more | Neither more nor less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|-----------------------|------------|------------|--|------|------------|
| Week 1 | 10% | 21% | 28% | 17% | 24% | | 31% | 41% |
| Week 2 | 9% | 24% | 26% | 18% | 22% | | 33% | 40% |
| Week 3 | 11% | 23% | 26% | 17% | 21% | | 34% | 38% |
| Week 4 | 11% | 24% | 29% | 16% | 19% | | 35% | 34% |
| Week 5 | 11% | 24% | 27% | 17% | 19% | | 35% | 36% |
| Week 6 | 10% | 23% | 28% | 16% | 21% | | 33% | 37% |
| Sig diff | No | No | No | No | Yes (w1) | | No | Yes (w1,4) |
| Wk 1-6 | 10% | 23% | 27% | 17% | 21% | | 34% | 38% |

Tables

8-11 May 2020

Types of physical activity - participation in last week

| Participation in the last week | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Sig diff | Wk 1-6 |
|-----------------------------------|------|------|------|------|------|------|-------------------|--------|
| Walking | 59% | 59% | 60% | 61% | 61% | 63% | Yes (w1) | 60% |
| Cycling | 8% | 10% | 12% | 11% | 13% | 13% | Yes (w1, 2) | 11% |
| Running or jogging | 18% | 16% | 19% | 20% | 19% | 19% | Yes (w2) | 18% |
| Home activity / fitness - ONLINE | 23% | 21% | 19% | 20% | 22% | 21% | No | 21% |
| Home activity / fitness - OFFLINE | 24% | 22% | 22% | 19% | 22% | 19% | Yes (w1, 2, 3, 5) | 21% |
| Informal play or games at home | 14% | 15% | 16% | 15% | 16% | 15% | No | 15% |
| Other | 5% | 6% | 6% | 5% | 6% | 5% | No | 6% |
| ANY HOME-BASED ACTIVITY | 44% | 45% | 45% | 41% | 48% | 43% | Yes (w5) | 45% |

Week 6 Survey carried out by Savanta ComRes over 8th to 11th May 2020. Data is weighted to be representative of adults in England by age, gender, region, social grade and the estimated households with children under 16.

Sig diff: *Indicates whether changes this wave are statistically significant compared to previous waves.*

Tables

8-11 May 2020

Physical Activity Attitudes – Adults

Agreement with COM-B statements

| Statement | % Strongly Agree / Agree | | | | | | Sig diff | Wk 1-6 |
|--|--------------------------|------|------|------|------|------|------------|--------|
| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | | |
| I feel that I have the ability to be physically active | 68% | 66% | 67% | 66% | 74% | 75% | Yes (w1-4) | 69% |
| It is important to me to exercise regularly | 70% | 69% | 70% | 65% | 70% | 72% | Yes (w2-4) | 69% |
| I feel that I have the opportunity to be physically active | 65% | 65% | 65% | 64% | 70% | 71% | Yes (w1-4) | 67% |
| I find exercise enjoyable and satisfying | 61% | 61% | 61% | 57% | 58% | 61% | Yes (w4) | 60% |
| I feel guilty when I don't exercise | 56% | 51% | 56% | 53% | 53% | 54% | No | 54% |

Sig diff: Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

8-11 May 2020

Current feelings about physical activity and the coronavirus

| Statement | % Strongly Agree / Agree | | | | | | Sig diff | Wk 1-6 |
|--|--------------------------|------|------|------|------|------|-------------|--------|
| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | | |
| I exercise to help manage my physical health during the outbreak | 69% | 70% | 70% | 66% | 67% | 70% | Yes (w4) | 69% |
| I have more time now to be physically active | 65% | 64% | 66% | 64% | 67% | 67% | No | 65% |
| I exercise to help manage my mental health during the outbreak | 65% | 64% | 63% | 62% | 62% | 61% | Yes (w1) | 63% |
| I miss the types of physical activity I was able to do before the outbreak | 63% | 62% | 61% | 57% | 59% | 60% | No | 60% |
| I worry about leaving my home to exercise or be active | 60% | 60% | 56% | 50% | 49% | 47% | Yes (w1-3) | 54% |
| I feel guilty about not exercising more during the outbreak | 50% | 48% | 50% | 50% | 51% | 48% | No | 50% |
| Since the outbreak I have found new ways to be active | 49% | 51% | 50% | 51% | 53% | 50% | No | 51% |
| I have been encouraged to exercise by the Government's guidance | 53% | 48% | 51% | 46% | 47% | 47% | Yes (w1, 3) | 49% |
| The current situation has not impacted my current exercise regime | 42% | 43% | 42% | 45% | 47% | 42% | Yes (w5) | 43% |
| I do not find exercising on my own enjoyable | 40% | 43% | 43% | 44% | 43% | 41% | No | 42% |
| I feel guilty about wanting to exercise during the outbreak | 27% | 31% | 28% | 25% | 24% | 21% | Yes (w1-5) | 26% |

Tables

8-11 May 2020

Do people feel it is more or less important to be active at the moment?

| | Much more important | Some-what more important | No more or less important | Some-what less important | Much less important | Don't know | | MORE | LESS |
|----------|---------------------|--------------------------|---------------------------|--------------------------|---------------------|------------|--|-------------|------------|
| Week 1 | 22% | 40% | 29% | 3% | 1% | 3% | | 62% | 5% |
| Week 2 | 21% | 37% | 32% | 3% | 2% | 4% | | 59% | 5% |
| Week 3 | 23% | 40% | 29% | 4% | 1% | 3% | | 63% | 5% |
| Week 4 | 22% | 37% | 31% | 4% | 3% | 3% | | 59% | 6% |
| Week 5 | 22% | 39% | 30% | 4% | 2% | 3% | | 61% | 6% |
| Week 6 | 24% | 41% | 30% | 3% | 1% | 2% | | 64% | 4% |
| Sig diff | No | Yes (w2, 4) | No | Yes (w3, 4, 5) | Yes (w2, 4) | Yes (w2) | | Yes (w2, 4) | Yes (w1-5) |
| Wk 1-6 | 22% | 39% | 30% | 3% | 2% | 3% | | 61% | 5% |

Tables

8-11 May 2020

Physical Activity Behaviour – Children

Average daily time spent doing physical activity
(average per child in household)

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Sig diff | Wk 1-6 |
|----------------------------------|--------|--------|--------|--------|--------|--------|----------------|--------|
| Nothing | 12% | 8% | 10% | 9% | 10% | 9% | Yes (w1) | 10% |
| Some, but less than half an hour | 36% | 35% | 36% | 35% | 36% | 30% | Yes (w1, 3, 5) | 35% |
| Between half an hour and an hour | 38% | 38% | 39% | 38% | 35% | 40% | No | 38% |
| An hour or more | 14% | 18% | 14% | 18% | 19% | 22% | Yes (w1, 3) | 18% |
| | | | | | | | | |
| SOME | 88% | 92% | 90% | 91% | 90% | 91% | Yes (w1) | 90% |

Is this more or less than usual?

| | A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|----------------------|------------|------------|--|------|------|
| Week 1 | 7% | 23% | 31% | 20% | 18% | | 30% | 38% |
| Week 2 | 8% | 27% | 29% | 17% | 18% | | 35% | 35% |
| Week 3 | 7% | 25% | 29% | 18% | 20% | | 32% | 38% |
| Week 4 | 9% | 24% | 30% | 18% | 16% | | 33% | 34% |
| Week 5 | 8% | 24% | 32% | 18% | 17% | | 32% | 35% |
| Week 6 | 6% | 24% | 31% | 17% | 19% | | 30% | 36% |
| Sig diff | No | No | No | No | No | | No | No |
| Wk 1-6 | 7% | 24% | 30% | 18% | 18% | | 32% | 36% |

Tables

8-11 May 2020

Feelings about being active during lockdown, and resuming it again

We asked two open questions in wave 6.

What new experiences, habits or activities have people done during lockdown that they'd like to continue once restrictions are lifted?

2% or higher

| | |
|-------------------------------|-----|
| Walking in general | 19% |
| Running / running | 8% |
| Exercise / workouts / fitness | 7% |
| Cycling | 6% |
| Yoga | 3% |
| Online workouts | 3% |
| Gardening | 2% |
| Football | 2% |

What physical activity are people most looking forward to resuming once restrictions are lifted?

2% or higher

| | |
|---------------------|-----|
| Gym work in general | 14% |
| Swimming | 13% |
| Walking in general | 13% |
| Football | 5% |
| Jogging / running | 4% |
| Cycling | 2% |
| Golf | 2% |

Tables

8-11 May 2020

Adults Physical Activity Levels - Demographics

% of adults doing at least 30 mins physical activity on 5 or more days in the last week

| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Sig diff |
|--------------------|----------------|------------|------------|------------|------------|------------|-----------|
| ALL | 33% | 32% | 32% | 32% | 33% | 32% | No |
| Male | 32% | 35% | 35% | 36% | 38% | 34% | No |
| Female | 35% | 29% | 29% | 28% | 28% | 29% | Yes (w1) |
| 16-34 | 34% | 31% | 33% | 31% | 28% | 29% | Yes (w1) |
| 35-54 | 34% | 31% | 29% | 34% | 35% | 33% | No |
| 55+ | 32% | 33% | 34% | 30% | 34% | 33% | No |
| ABC1 | 35% | 35% | 34% | 36% | 33% | 33% | No |
| C2DE | 32% | 29% | 29% | 27% | 32% | 30% | No |
| White | 34% | 32% | 33% | 33% | 34% | 32% | - |
| Mixed | 28% (week 1-6) | | | | | | - |
| Asian | 31% | 30% | 31% | 29% | 27% | * | - |
| Black | 24% (week 1-6) | | | | | | - |
| Chinese | 28% (week 1-6) | | | | | | - |
| Other ethnic group | * | | | | | | - |

* Fewer than 30 responses

Sig diff: Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

8-11 May 2020

Adults Physical Activity Levels - Demographics

% of adults doing at least 30 mins physical activity on 5 or more days in the last week

| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Sig diff |
|---|------|------|------|------|------|------|-------------|
| Children in house | 36% | 30% | 31% | 32% | 32% | 31% | Yes (w1) |
| No children in house | 31% | 33% | 33% | 31% | 33% | 32% | No |
| Other caring responsibilities at home | 32% | 32% | 30% | 31% | 31% | 28% | - |
| Longstanding condition or illness | 26% | 25% | 23% | 23% | 23% | 20% | Yes (w1, 2) |
| No longstanding condition or illness | 36% | 35% | 36% | 36% | 36% | 36% | No |
| NEW: Access to private outdoor space | n/a | n/a | 33% | 34% | 34% | 33% | - |
| NEW: No access to private outdoor space | n/a | n/a | 28% | 20% | 26% | 21% | - |
| NE | 38% | 34% | 43% | * | 42% | 36% | - |
| NW | 37% | 34% | 33% | 30% | 32% | 34% | - |
| Y+H | 40% | 30% | 32% | 27% | 29% | 39% | - |
| WM | 34% | 35% | 33% | 33% | 28% | 33% | - |
| EM | 28% | 32% | 34% | 30% | 29% | 33% | - |
| E | 35% | 33% | 33% | 34% | 33% | 26% | - |
| L | 26% | 31% | 23% | 27% | 35% | 26% | - |
| SE | 33% | 33% | 33% | 37% | 33% | 32% | - |
| SW | 32% | 29% | 34% | 35% | 34% | 30% | - |
| Urban | 32% | 32% | 30% | 31% | 33% | 30% | - |
| Rural | 39% | 33% | 40% | 35% | 31% | 36% | - |

* Fewer than 30 responses

Headlines

15–18 May 2020

The following headlines build on, and respond to changes from the previous waves of the survey. A menu of each release can be found on page 2.

Physical activity levels highest since we started

In the first week since lockdown restrictions have been eased, we see that activity levels are at their highest since we started the survey.

35% of adults say they did 5+ x 30 last week – the highest weekly figure yet.

Almost every group saw an increase (not necessarily statistically significant), but many inequalities continue.

11% said they did no activity (any duration) in the last week, the lowest figure yet.

7% of children did no activity (lowest yet), and 93% did some (highest yet).

Continued growth in walking and cycling

Walking (65%) and cycling (16%) both hit peak figures. Around three-quarters of people are doing so for leisure, fitness and recreation, and around a half for travel/utility.

Other activity has seen no significant change.

Attitudes and motivations see big improvement

COM-B levels are collectively the highest yet

We saw the highest agreement yet for those saying they exercise to help their physical health (73%) and mental health (66%), and those saying they have more time (68%) to exercise.

We also saw the highest figure for people saying it's more important to be active at the moment (65%).

And the lowest figure yet for people agreeing they worry about leaving home to be active (43%).

The highest figure for several weeks agreeing they have been encouraged to exercise by government guidance (52%).

36% say they found it easier to do sport, exercise or physical activity this week compared to the previous week (although 54% disagreed).

Headlines

15-18 May 2020

Worries and concerns about returning to activity

People are most concerned about social distancing (24%), catching the virus (11%), concerns about returning to the gym (8%) or returning to swimming (3%), and cleanliness and hygiene (3%).

Looking ahead

In wave 8 we'll be asking which organisations people will be looking to for trusted information on returning to sport and physical activity.

Wave 8 will also be the last of our weekly surveys - going forward future waves will report on significant milestones on the restrictions being lifted.

Tables

15–18 May 2020

Physical Activity Behaviour – Adults

Days done 30 minutes or more physical activity in last week (SIM)

| | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 2-4 days | 5+ days |
|----------|----------|-----|-----|-----|----------|----------|----------|-----|--|----------|----------|
| Week 1 | 22% | 10% | 12% | 14% | 8% | 11% | 4% | 18% | | 35% | 33% |
| Week 2 | 20% | 9% | 13% | 16% | 9% | 10% | 4% | 19% | | 39% | 32% |
| Week 3 | 20% | 9% | 13% | 15% | 11% | 10% | 5% | 17% | | 39% | 32% |
| Week 4 | 20% | 9% | 13% | 16% | 10% | 10% | 4% | 17% | | 39% | 32% |
| Week 5 | 18% | 10% | 14% | 15% | 11% | 11% | 5% | 17% | | 39% | 33% |
| Week 6 | 19% | 9% | 14% | 15% | 12% | 11% | 5% | 16% | | 41% | 32% |
| Week 7 | 18% | 9% | 14% | 15% | 9% | 11% | 5% | 18% | | 38% | 35% |
| Sig diff | Yes (w1) | No | No | No | Yes (w6) | Yes (w2) | Yes (w2) | No | | Yes (w1) | Yes (w7) |

Is this more or less physical activity than usual (pre-Covid)? (Wave 1-6 only)

| | A lot more | A bit more | Neither more nor less | A bit less | A lot less | | MORE | LESS |
|--------|------------|------------|-----------------------|------------|------------|--|------|------|
| Week 1 | 10% | 21% | 28% | 17% | 24% | | 31% | 41% |
| Week 2 | 9% | 24% | 26% | 18% | 22% | | 33% | 40% |
| Week 3 | 11% | 23% | 26% | 17% | 21% | | 34% | 38% |
| Week 4 | 11% | 24% | 29% | 16% | 19% | | 35% | 34% |
| Week 5 | 11% | 24% | 27% | 17% | 19% | | 35% | 36% |
| Week 6 | 10% | 23% | 28% | 16% | 21% | | 33% | 37% |

Is this more or less than the previous week? (week 7 onwards)

| | A lot more | A bit more | Neither more nor less | A bit less | A lot less | | MORE | LESS |
|--------|------------|------------|-----------------------|------------|------------|--|------|------|
| Week 7 | 7% | 22% | 46% | 15% | 8% | | 29% | 23% |

Tables

15-18 May 2020

Types of physical activity - participation in the last week

| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | Sig diff |
|-----------------------------------|------|------|------|------|------|------|------|------------|
| Walking | 59% | 59% | 60% | 61% | 61% | 63% | 65% | Yes (w1-5) |
| Cycling | 8% | 10% | 12% | 11% | 13% | 13% | 16% | Yes (all) |
| Running or jogging | 18% | 16% | 19% | 20% | 19% | 19% | 20% | Yes (w1-2) |
| Home activity / fitness – ONLINE | 23% | 21% | 19% | 20% | 22% | 21% | 21% | No |
| Home activity / fitness – OFFLINE | 24% | 22% | 22% | 19% | 22% | 19% | 21% | No |
| Informal play or games at home | 14% | 15% | 16% | 15% | 16% | 15% | 14% | No |
| Other | 5% | 6% | 6% | 5% | 6% | 5% | 6% | No |
| ANY HOME-BASED ACTIVITY | 44% | 45% | 45% | 41% | 48% | 43% | 45% | Yes (w4) |
| No physical activity in past week | 14% | 14% | 13% | 14% | 12% | 13% | 11% | Yes (w1-4) |

Week 7 Survey carried out by Savanta ComRes over 15th to 18th May 2020. Data is weighted to be representative of adults in England by age, gender, region, social grade and the estimated households with children under 16.

Sig diff: *Indicates whether changes this wave are statistically significant compared to previous waves.*

Tables

15-18 May 2020

Why are people walking and cycling?

| Reason for walking (those who walked) | Wk 7 |
|---|-------------|
| Leisure, fitness or recreation | 78% |
| To get to/from shops or supermarkets* | 47% |
| For personal business (errands, doctors etc)* | 10% |
| To get to/from my place of work* | 8% |
| To volunteer or provide support to others* | 5% |
| For journeys made as part of my work* | 5% |
| For another purpose | 5% |
| *ANY TRAVEL/UTILITY | 57% |
| Travel/Utility AND Leisure, fitness or recreation | 38% |

| Reason for cycling (those who cycled) | Wk 7 |
|---|-------------|
| Leisure, fitness or recreation | 74% |
| To get to/from shops or supermarkets* | 24% |
| To get to/from my place of work* | 15% |
| For personal business (errands, doctors etc)* | 11% |
| To volunteer or provide support to others* | 10% |
| For journeys made as part of my work* | 27% |
| For another purpose | 3% |
| *ANY TRAVEL/UTILITY | 43% |
| Travel/Utility AND Leisure, fitness or recreation | 20% |

Tables

15-18 May 2020

Physical Activity Attitudes – Adults

Agreement with COM-B statements

| Statement | % Strongly Agree / Agree | | | | | | | Sig diff |
|--|--------------------------|------|------|------|------|------|------|------------|
| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | |
| I feel that I have the ability to be physically active | 68% | 66% | 67% | 66% | 74% | 75% | 74% | Yes (w1-4) |
| It is important to me to exercise regularly | 70% | 69% | 70% | 65% | 70% | 72% | 73% | Yes (w2-4) |
| I feel that I have the opportunity to be physically active | 65% | 65% | 65% | 64% | 70% | 71% | 73% | Yes (w1-4) |
| I find exercise enjoyable and satisfying | 61% | 61% | 61% | 57% | 58% | 61% | 60% | Yes (w4) |
| I feel guilty when I don't exercise | 56% | 51% | 56% | 53% | 53% | 54% | 55% | Yes (w2) |

Sig diff: Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

15-18 May 2020

Current feelings about physical activity and the coronavirus

| Statement | % Strongly Agree / Agree | | | | | | | Sig diff |
|--|--------------------------|------|------|------|------|------|------|--------------|
| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | |
| I exercise to help manage my physical health during the outbreak | 69% | 70% | 70% | 66% | 67% | 70% | 73% | Yes (all) |
| I have more time now to be physically active | 65% | 64% | 66% | 64% | 67% | 67% | 68% | Yes (w2,4) |
| I exercise to help manage my mental health during the outbreak | 65% | 64% | 63% | 62% | 62% | 61% | 66% | Yes (w4-6) |
| I miss the types of physical activity I was able to do before the outbreak | 63% | 62% | 61% | 57% | 59% | 60% | 57% | Yes (w1-3) |
| I worry about leaving my home to exercise or be active | 60% | 60% | 56% | 50% | 49% | 47% | 43% | Yes (all) |
| I feel guilty about not exercising more during the outbreak | 50% | 48% | 50% | 50% | 51% | 48% | 49% | No |
| Since the outbreak I have found new ways to be active | 49% | 51% | 50% | 51% | 53% | 50% | 50% | No |
| I have been encouraged to exercise by the Government's guidance | 53% | 48% | 51% | 46% | 47% | 47% | 52% | Yes (w2,4-6) |
| The current situation has not impacted my current exercise regime | 42% | 43% | 42% | 45% | 47% | 42% | N/A* | |
| I do not find exercising on my own enjoyable | 40% | 43% | 43% | 44% | 43% | 41% | N/A* | |
| I feel guilty about wanting to exercise during the outbreak | 27% | 31% | 28% | 25% | 24% | 21% | 21% | Yes (w1-5) |
| I have found it easier to do sport, exercise or physical activity in the past week compared to the previous week | N/A | N/A | N/A | N/A | N/A | N/A | 36% | |

*Wave 1-6 only

Tables

15-18 May 2020

Do people feel it is more or less important to be active at the moment?

| | Much more important | Somewhat more important | No more or less important | Somewhat less important | Much less important | Don't know | MORE | LESS |
|----------|---------------------|-------------------------|---------------------------|-------------------------|---------------------|------------|--------------|------------|
| Wk 1 | 22% | 40% | 29% | 3% | 1% | 3% | 62% | 5% |
| Wk 2 | 21% | 37% | 32% | 3% | 2% | 4% | 59% | 5% |
| Wk 3 | 23% | 40% | 29% | 4% | 1% | 3% | 63% | 5% |
| Wk 4 | 22% | 37% | 31% | 4% | 3% | 3% | 59% | 6% |
| Wk 5 | 22% | 39% | 30% | 4% | 2% | 3% | 61% | 6% |
| Wk 6 | 24% | 41% | 30% | 3% | 1% | 2% | 64% | 4% |
| Wk 7 | 25% | 40% | 30% | 2% | 1% | 2% | 65% | 3% |
| Sig diff | Yes (w1,2,5) | Yes (w4) | No | Yes (w1,3-5) | Yes (w1,4,5) | Yes (w1-4) | Yes (w1,4,5) | Yes (w1-5) |

Sig diff. Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

15-18 May 2020

Physical Activity Behaviour – Children

Average daily time spent doing physical activity (average per child in household)

| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | Sig diff |
|----------------------------------|------|------|------|------|------|------|------|--------------|
| Nothing | 12% | 8% | 10% | 9% | 10% | 9% | 7% | Yes (w1,3,5) |
| Some, but less than half an hour | 36% | 35% | 36% | 35% | 36% | 30% | 34% | Yes (w1,3,5) |
| Between half an hour and an hour | 38% | 38% | 39% | 38% | 35% | 40% | 39% | No |
| An hour or more | 14% | 18% | 14% | 18% | 19% | 22% | 20% | Yes (w1,3) |
| | | | | | | | | |
| SOME | 88% | 92% | 90% | 91% | 90% | 91% | 93% | Yes (w1,3,5) |

Is this more or less than usual (pre-Covid)? (Waves 1-6 only)

| | A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
|--------|------------|------------|----------------------|------------|------------|--|------|------|
| Week 1 | 7% | 23% | 31% | 20% | 18% | | 30% | 38% |
| Week 2 | 8% | 27% | 29% | 17% | 18% | | 35% | 35% |
| Week 3 | 7% | 25% | 29% | 18% | 20% | | 32% | 38% |
| Week 4 | 9% | 24% | 30% | 18% | 16% | | 33% | 34% |
| Week 5 | 8% | 24% | 32% | 18% | 17% | | 32% | 35% |
| Week 6 | 6% | 24% | 31% | 17% | 19% | | 30% | 36% |

Have child/ren been more or less active than the previous week?
(Wave 7 onwards)

| | A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
|--------|------------|------------|----------------------|------------|------------|--|------|------|
| Week 7 | 7% | 27% | 42% | 17% | 5% | | 34% | 22% |

Tables

15-18 May 2020

Concerns and worries about resuming physical activity

What worries or concerns do people have about returning to sport, exercise or physical activity?

2% or higher

| | |
|--|-----|
| Social distancing / large crowds | 24% |
| Catching Covid-19 | 11% |
| General concerns about returning to gym | 8% |
| Cleanliness / hygiene | 3% |
| General concerns about returning to swimming | 3% |
| Being less fit | 2% |
| Sharing equipment / facilities | 2% |
| Second outbreak | 2% |

Tables

15-18 May 2020

Adults Physical Activity Levels - Demographics

% of adults doing at least 30 mins physical activity on 5 or more days in the last week

| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | Sig diff |
|--------------------|----------------|------------|------------|------------|------------|------------|------------|------------|
| ALL | 33% | 32% | 32% | 32% | 33% | 32% | 35% | No |
| Male | 32% | 35% | 35% | 36% | 38% | 34% | 37% | Yes (w1) |
| Female | 35% | 29% | 29% | 28% | 28% | 29% | 32% | Yes (w4,5) |
| 16-34 | 34% | 31% | 33% | 31% | 28% | 29% | 33% | No |
| 35-54 | 34% | 31% | 29% | 34% | 35% | 33% | 34% | Yes (w3) |
| 55+ | 32% | 33% | 34% | 30% | 34% | 33% | 36% | Yes (w4) |
| ABC1 | 35% | 35% | 34% | 36% | 33% | 33% | 37% | No |
| C2DE | 32% | 29% | 29% | 27% | 32% | 30% | 32% | Yes (w4) |
| White | 34% | 32% | 33% | 33% | 34% | 32% | 35% | - |
| Mixed | 28% (week 1-6) | | | | | | * | - |
| Asian | 31% | 30% | 31% | 29% | 27% | * | * | - |
| Black | 24% (week 1-6) | | | | | | * | - |
| Chinese | 28% (week 1-6) | | | | | | * | - |
| Other ethnic group | * | | | | | | * | - |

Sig diff. Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

15-18 May 2020

Adults Physical Activity Levels - Demographics

% of adults doing at least 30 mins physical activity on 5 or more days in the last week

| | Wk1 | Wk2 | Wk3 | Wk4 | Wk5 | Wk6 | Wk7 | Sig diff |
|--|-----|-----|-----|-----|-----|-----|-----|----------|
| Children in house | 36% | 30% | 31% | 32% | 32% | 31% | 35% | No |
| No children in house | 31% | 33% | 33% | 31% | 33% | 32% | 34% | No |
| Other caring responsibilities at home | 32% | 32% | 30% | 31% | 31% | 28% | 34% | - |
| Disability or long-standing condition / illness | 26% | 25% | 23% | 23% | 23% | 20% | 27% | Yes (w6) |
| No disability or long-standing condition / illness | 36% | 35% | 36% | 36% | 36% | 36% | 39% | No |
| Access to private outdoor space | n/a | n/a | 33% | 34% | 34% | 33% | 36% | - |
| No access to private outdoor space | n/a | n/a | 28% | 20% | 26% | 21% | 27% | - |
| NE | 38% | 34% | 43% | * | 42% | 36% | 39% | - |
| NW | 37% | 34% | 33% | 30% | 32% | 34% | 34% | - |
| Y+H | 40% | 30% | 32% | 27% | 29% | 39% | 39% | - |
| WM | 34% | 35% | 33% | 33% | 28% | 33% | 28% | - |
| EM | 28% | 32% | 34% | 30% | 29% | 33% | 28% | - |
| E | 35% | 33% | 33% | 34% | 33% | 26% | 39% | - |
| L | 26% | 31% | 23% | 27% | 35% | 26% | 34% | - |
| SE | 33% | 33% | 33% | 37% | 33% | 32% | 33% | - |
| SW | 32% | 29% | 34% | 35% | 34% | 30% | 39% | - |
| Urban | 32% | 32% | 30% | 31% | 33% | 30% | 34% | - |
| Rural | 39% | 33% | 40% | 35% | 31% | 36% | 37% | - |

* Fewer than 30 responses

Phase 2. Easing restrictions

Mid-May to mid-September

Activity choice extended to include outdoor activities such as golf and water sports. From the end of July, gyms, pools and leisure centres reopened while team sports started to resume.

| | | |
|------------------------|-------------|---------|
| 22-25 | May | Wave 8 |
| 19-22 | June | Wave 9 |
| 10-14 | July | Wave 10 |
| 31 July - 3 Aug | | Wave 11 |
| 11-14 | Sept | Wave 12 |

These results come from interviews with c. 2,000 adults (16+) in England for each wave of the survey. Data has been weighted to be representative of adults in England by age, gender, region and social grade, including those with children aged under 16 in their household.

Access the full tables [here](#)

Headlines

22–25 May 2020

Future surveys will take place monthly, with ad hoc waves at other times in response to specific changes to restrictions or other identified need. The next wave will be in late June 2020, if not before.

Physical activity levels hold up on previous week; some inequalities lessen

Overall physical activity levels for adults and children are unchanged from week 7.

Some inequalities have lessened when looking at 5 x 30 figures:

33% of C2DE, the highest figure yet

29% for Disability or longstanding condition, the highest figure yet

33% of females (vs 35% males), the highest since week 1

And more women in week 8 than week 7 say they have been more active this week than last

Running / jogging peaks, as does informal play at home

22% of people did running/jogging, the highest figure yet.

19% did informal play at home or in the garden, also the highest figure yet.

‘Other’ sport and physical activity (7%) picks up slightly as restrictions ease.

People find it easier to be active

More people agree they have more time now to be active (70%, highest yet).

41% found it easier to be active this week, an increase over week 7 (36%).

Limited movement on other attitudes.

Sources of trusted information about returning to sport and physical activity

The NHS, Central Government, The BBC, Friends and Family, and Local Councils are the top 5 sources of trusted information on returning to physical activity.

Trusted sources vary across demographic groups.

Tables

22–25 May 2020

Physical Activity Behaviour – Adults

Days done 30 minutes or more physical activity in last week (SIM)

| | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | NET: 2–4 days | NET: 5+ days |
|----------|------------|-----|-----|-----|------------|----------|----------|------------|---------------|--------------|
| Wk 1 | 22% | 10% | 12% | 14% | 8% | 11% | 4% | 18% | 35% | 33% |
| Wk 2 | 20% | 9% | 13% | 16% | 9% | 10% | 4% | 19% | 39% | 32% |
| Wk 3 | 20% | 9% | 13% | 15% | 11% | 10% | 5% | 17% | 39% | 32% |
| Wk 4 | 20% | 9% | 13% | 16% | 10% | 10% | 4% | 17% | 39% | 32% |
| Wk 5 | 18% | 10% | 14% | 15% | 11% | 11% | 5% | 17% | 39% | 33% |
| Wk 6 | 19% | 9% | 14% | 15% | 12% | 11% | 5% | 16% | 41% | 32% |
| Wk 7 | 18% | 9% | 14% | 15% | 9% | 11% | 5% | 18% | 38% | 35% |
| Wk 8 | 18% | 9% | 12% | 16% | 11% | 10% | 4% | 20% | 39% | 34% |
| Sig diff | Yes (w1,4) | No | No | No | Yes (w1,7) | Yes (w2) | Yes (w7) | Yes (w3–6) | Yes (w1) | No |

Is this more or less than the previous week? (week 7 onwards)

| | A lot more | A bit more | Neither more nor less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|-----------------------|------------|------------|--|------|------|
| Week 7 | 7% | 22% | 46% | 15% | 8% | | 29% | 23% |
| Week 8 | 8% | 23% | 45% | 14% | 7% | | 32% | 21% |
| Sig diff | No | No | No | No | No | | No | No |

Week 8 Survey carried out by Savanta ComRes over 22nd to 25th May 2020. Data is weighted to be representative of adults in England by age, gender, region, social grade and the estimated households with children under 16.

Sig diff: Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

22-25 May 2020

Types of physical activity - participation in the last week

| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | Wk 8 | Sig diff |
|------------------------------------|------|------|------|------|------|------|------|------|-----------------|
| Walking | 59% | 59% | 60% | 61% | 61% | 63% | 65% | 64% | Yes (w1-5) |
| Cycling | 8% | 10% | 12% | 11% | 13% | 13% | 16% | 15% | Yes (w1-4,6) |
| Running or jogging | 18% | 16% | 19% | 20% | 19% | 19% | 20% | 22% | Yes (w1-3, 5-6) |
| Home activity / fitness – ONLINE | 23% | 21% | 19% | 20% | 22% | 21% | 21% | 20% | Yes (w1) |
| Home activity / fitness – OFFLINE | 24% | 22% | 22% | 19% | 22% | 19% | 21% | 21% | Yes (w1) |
| Informal play or games at home | 14% | 15% | 16% | 15% | 16% | 15% | 14% | 19% | Yes (all) |
| Other | 5% | 6% | 6% | 5% | 6% | 5% | 6% | 7% | Yes (w1,4,6) |
| ANY HOME-BASED ACTIVITY | 44% | 45% | 45% | 41% | 48% | 43% | 45% | 45% | Yes (w4) |
| Any physical activity in past week | 86% | 86% | 87% | 86% | 88% | 87% | 89% | 88% | Yes (1,2,4) |
| No physical activity in past week | 14% | 14% | 13% | 14% | 12% | 13% | 11% | 12% | Yes (w1,2,4) |

Sig diff: Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

22–25 May 2020

Why are people walking and cycling?

| Reason for walking (those who walked) | Wk 7 | Wk 8 | Sig diff |
|---|------|------|----------|
| Leisure, fitness or recreation | 78% | 76% | No |
| To get to/from shops or supermarkets* | 47% | 49% | No |
| For personal business (errands, doctors etc)* | 10% | 12% | No |
| To get to/from my place of work* | 8% | 8% | No |
| For journeys made as part of my work* | 5% | 5% | No |
| To volunteer or provide support to others* | 5% | 6% | No |
| For another purpose | 5% | 7% | No |
| *ANY TRAVEL/UTILITY | 57% | 58% | No |
| Travel/Utility AND Leisure, fitness or recreation | 38% | 37% | No |

| Reason for cycling (those who cycled) | Wk 7 | Wk 8 | Sig diff |
|---|------|------|----------|
| Leisure, fitness or recreation | 74% | 72% | No |
| To get to/from shops or supermarkets* | 24% | 26% | No |
| To get to/from my place of work* | 15% | 16% | No |
| For personal business (errands, doctors etc)* | 11% | 18% | Yes |
| To volunteer or provide support to others* | 10% | 12% | No |
| For journeys made as part of my work* | 8% | 16% | Yes |
| For another purpose | 3% | 2% | No |
| *ANY TRAVEL/UTILITY | 43% | 50% | No |
| Travel/Utility AND Leisure, fitness or recreation | 20% | 23% | No |

Sig diff. *Indicates whether changes this wave are statistically significant compared to previous waves.*

Tables

22–25 May 2020

Physical Activity Attitudes – Adults

Agreement with COM-B statements

| Statement | % Strongly Agree / Agree | | | | | | | | Sig diff |
|--|--------------------------|------|------|------|------|------|------|------|------------|
| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | Wk 8 | |
| I feel that I have the ability to be physically active | 68% | 66% | 67% | 66% | 74% | 75% | 74% | 72% | Yes (w1-4) |
| It is important to me to exercise regularly | 70% | 69% | 70% | 65% | 70% | 72% | 73% | 70% | Yes (w4) |
| I feel that I have the opportunity to be physically active | 65% | 65% | 65% | 64% | 70% | 71% | 73% | 72% | Yes (w1-4) |
| I find exercise enjoyable and satisfying | 61% | 61% | 61% | 57% | 58% | 61% | 60% | 61% | Yes (w4,5) |
| I feel guilty when I don't exercise | 56% | 51% | 56% | 53% | 53% | 54% | 55% | 55% | Yes (w2) |

Sig diff. Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

22-25 May 2020

Current feelings about physical activity and the coronavirus

| Statement | % Strongly Agree / Agree | | | | | | | | Sig diff |
|--|--------------------------|------|------|------|------|------|------|------|---------------|
| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | Wk 8 | |
| I exercise to help manage my physical health during the outbreak | 69% | 70% | 70% | 66% | 67% | 70% | 73% | 71% | Yes (w4,5) |
| I have more time now to be physically active | 65% | 64% | 66% | 64% | 67% | 67% | 68% | 70% | Yes (all) |
| I exercise to help manage my mental health during the outbreak | 65% | 64% | 63% | 62% | 62% | 61% | 66% | 65% | Yes (w6) |
| I miss the types of physical activity I was able to do before the outbreak | 63% | 62% | 61% | 57% | 59% | 60% | 57% | 57% | Yes (w1-3, 6) |
| I worry about leaving my home to exercise or be active | 60% | 60% | 56% | 50% | 49% | 47% | 43% | 46% | Yes (w1-5) |
| I feel guilty about not exercising more during the outbreak | 50% | 48% | 50% | 50% | 51% | 48% | 49% | 50% | No |
| Since the outbreak I have found new ways to be active | 49% | 51% | 50% | 51% | 53% | 50% | 50% | 52% | Yes (w1) |
| I have been encouraged to exercise by the Government's guidance | 53% | 48% | 51% | 46% | 47% | 47% | 52% | 50% | Yes (w4-6) |
| I feel guilty about wanting to exercise during the outbreak | 27% | 31% | 28% | 25% | 24% | 21% | 21% | 26% | Yes (w2,6,7) |
| I have found it easier to do sport, exercise or physical activity in the past week compared to the previous week | N/A | N/A | N/A | N/A | N/A | N/A | 36% | 41% | Yes (w7) |

Tables

22-25 May 2020

Do people feel it is more or less important to be active at the moment?

| | Much more important | Some-what more important | No more or less important | Some-what less important | Much less important | Don't know | MORE | LESS |
|-----------------|---------------------|--------------------------|---------------------------|--------------------------|---------------------|------------|------------|------------|
| Wk 1 | 22% | 40% | 29% | 3% | 1% | 3% | 62% | 5% |
| Wk 2 | 21% | 37% | 32% | 3% | 2% | 4% | 59% | 5% |
| Wk 3 | 23% | 40% | 29% | 4% | 1% | 3% | 63% | 5% |
| Wk 4 | 22% | 37% | 31% | 4% | 3% | 3% | 59% | 6% |
| Wk 5 | 22% | 39% | 30% | 4% | 2% | 3% | 61% | 6% |
| Wk 6 | 24% | 41% | 30% | 3% | 1% | 2% | 64% | 4% |
| Wk 7 | 25% | 40% | 30% | 2% | 1% | 2% | 65% | 3% |
| Wk 8 | 26% | 39% | 29% | 3% | 1% | 2% | 64% | 4% |
| Sig diff | Yes (w1-5) | Yes (w4) | No | Yes (w5) | Yes (w2,4,5) | Yes (w2) | Yes (w2,4) | Yes (w4,5) |

Sig diff. Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

22-25 May 2020

Physical Activity Behaviour – Children

Average daily time spent doing physical activity (average per child in household)

| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | Wk 8 | Sig diff |
|----------------------------------|------|------|------|------|------|------|------|------|-------------|
| Nothing | 12% | 8% | 10% | 9% | 10% | 9% | 7% | 8% | Yes (w1) |
| Some, but less than half an hour | 36% | 35% | 36% | 35% | 36% | 30% | 34% | 32% | No |
| Between half an hour and an hour | 38% | 38% | 39% | 38% | 35% | 40% | 39% | 37% | No |
| An hour or more | 14% | 18% | 14% | 18% | 19% | 22% | 20% | 22% | Yes (w1, 3) |
| | | | | | | | | | |
| SOME | 88% | 92% | 90% | 91% | 90% | 91% | 93% | 92% | Yes (w1) |

Have child/ren been more or less active than the previous week?
(Wave 7 onwards)

| | A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|----------------------|------------|------------|--|------|------|
| Week 7 | 7% | 27% | 42% | 17% | 5% | | 34% | 22% |
| Week 8 | 8% | 30% | 41% | 16% | 5% | | 37% | 20% |
| Sig diff | No | No | No | No | No | | No | No |

Sig diff. Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

22–25 May 2020

Trusted Information Providers

Who will people look to for trusted information and guidance on how to return to sport and physical activity?

The NHS, Central Government, The BBC, Friends and Family, and Local Councils are the top 5 sources of trusted information and guidance on returning to physical activity.

Trusted sources vary across demographic groups. For example, males are more likely than females to look to The BBC, NGBs, Sport England or Sky; while females are more likely to look to health and wellbeing charities.

From 12 choices (plus 'other')

| % of people placing them in top 5 | In top 5 |
|-----------------------------------|----------|
| The NHS | 56% |
| Central Government | 36% |
| The BBC | 34% |
| Friends and Family | 28% |
| Local Councils | 25% |
| Health and Wellbeing Charities | 23% |
| Sports Governing Bodies | 16% |
| Sport England | 14% |
| Sports Clubs/Coaches | 14% |
| Sky | 13% |
| Leisure Facility Operators | 12% |
| Ukactive | 7% |
| Other | 3% |

Tables

22-25 May 2020

Adults Physical Activity Levels - Demographics

% of adults doing at least 30 mins physical activity on 5 or more days in the last week

| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | Wk 8 | Sig diff |
|--------------------|----------------|------------|------------|------------|------------|------------|------------|------------|---------------|
| ALL | 33% | 32% | 32% | 32% | 33% | 32% | 35% | 34% | No |
| Male | 32% | 35% | 35% | 36% | 38% | 34% | 37% | 35% | No |
| Female | 35% | 29% | 29% | 28% | 28% | 29% | 32% | 33% | Yes (w2-6) |
| 16-34 | 34% | 31% | 33% | 31% | 28% | 29% | 33% | 34% | Yes (w5,6) |
| 35-54 | 34% | 31% | 29% | 34% | 35% | 33% | 34% | 34% | No |
| 55+ | 32% | 33% | 34% | 30% | 34% | 33% | 36% | 34% | No |
| ABC1 | 35% | 35% | 34% | 36% | 33% | 33% | 37% | 35% | No |
| C2DE | 32% | 29% | 29% | 27% | 32% | 30% | 32% | 33% | Yes (w4) |
| White | 34% | 32% | 33% | 33% | 34% | 32% | 35% | 34% | - |
| Mixed | 28% (week 1-6) | | | | | | * | * | - |
| Asian | 31% | 30% | 31% | 29% | 27% | * | * | 35% | - |
| Black | 24% (week 1-6) | | | | | | * | * | - |
| Chinese | 28% (week 1-6) | | | | | | * | * | - |
| Other ethnic group | * | | | | | | * | * | - |

* Fewer than 30 responses

Sig diff. Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

22-25 May 2020

| | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 7 | Wk 8 | Sig diff |
|---|------|------|------|------|------|------|------|------|------------|
| Children in house | 36% | 30% | 31% | 32% | 32% | 31% | 35% | 35% | No |
| No children in house | 31% | 33% | 33% | 31% | 33% | 32% | 34% | 34% | No |
| Other caring responsibilities at home | 32% | 32% | 30% | 31% | 31% | 28% | 34% | 33% | - |
| Disability or long-standing condition / illness | 26% | 25% | 23% | 23% | 23% | 20% | 27% | 29% | Yes (w3-6) |
| No disability or longstanding condition / illness | 36% | 35% | 36% | 36% | 36% | 36% | 39% | 37% | No |
| Access to private outdoor space | n/a | n/a | 33% | 34% | 34% | 33% | 36% | 35% | - |
| No access to private outdoor space | n/a | n/a | 28% | 20% | 26% | 21% | 27% | 30% | - |
| NE | 38% | 34% | 43% | * | 42% | 36% | 39% | 39% | - |
| NW | 37% | 34% | 33% | 30% | 32% | 34% | 34% | 32% | - |
| Y+H | 40% | 30% | 32% | 27% | 29% | 39% | 39% | 30% | - |
| WM | 34% | 35% | 33% | 33% | 28% | 33% | 28% | 33% | - |
| EM | 28% | 32% | 34% | 30% | 29% | 33% | 28% | 34% | - |
| E | 35% | 33% | 33% | 34% | 33% | 26% | 39% | 36% | - |
| L | 26% | 31% | 23% | 27% | 35% | 26% | 34% | 32% | - |
| SE | 33% | 33% | 33% | 37% | 33% | 32% | 33% | 37% | - |
| SW | 32% | 29% | 34% | 35% | 34% | 30% | 39% | 38% | - |
| Urban | 32% | 32% | 30% | 31% | 33% | 30% | 34% | 33% | - |
| Rural | 39% | 33% | 40% | 35% | 31% | 36% | 37% | 40% | - |

* Fewer than 30 responses

Sig diff. Indicates whether changes this wave are statistically significant compared to previous waves.

Headlines

19–22 June 2020

This 9th wave took place over 19th to 22nd June, four weeks after wave 8. It took place before the government's announcement (on 23rd June) about the further easing of restrictions from 4th July.

Surveys now take place monthly, with the option of ad hoc waves at other times in response to specific changes to restrictions or other identified need.

We expect to run wave 10 over 10th to 13th July, after the changes on 4th July have come into effect.

Physical activity falls as society starts to reopen

With many schools, shops and workplaces starting to reopen we have seen physical activity levels drop, with just 30% of adults achieving 5+ x 30 minutes or more physical activity in last week.

Children's physical activity is at its lowest since wave 1: 12% did nothing and just 14% did an hour or more. In most activities, fewer adults are participating with children compared to previous weeks. (NB: interpret with caution due to return to school).

Many groups saw a wave-on-wave fall in 5+ x 30. Among the biggest decreases were Women (27%), C2DE (26%), Long standing condition or illness (23%) and 16–34 (28%).

Home activity falls as some outdoor activities resume

Only 38% of people took part in home-based physical activity, down from 45% in wave 8.

Figures for walking, cycling and running remain high, other sports and activities – added for this wave – are also now registering.

Week 9 Survey carried out by Savanta ComRes over 19th to 22nd June 2020. Data is weighted to be representative of adults in England by age, gender, region, social grade and the estimated households with children under 16.

Headlines

19–22 June 2020

Attitudes and behaviours

The lowest percentage yet say they miss the types of physical activity they used to do before lockdown (55%).

The highest percentage yet feel guilty for not exercising more (52%).

Worry about leaving the home to be active is at its lowest level yet (41%), though changes to social distancing could affect this (see below).

Good intentions but challenges as we move out of lockdown

60% of people intend to be more active as lockdown eases and 62% intend to walk and cycle more for everyday journeys.

However, 32% feel coming out of lockdown will make it harder to be active. This figure is significantly higher for 16–34, ABC1, Asian, people with children, people currently furloughed or on reduced hours, and people with caring responsibilities than for other groups.

If social distancing is reduced, 62% say they will feel more concerned about being active in indoor spaces, much higher than for outdoor spaces (38%).

Social distancing is also the top answer (13%) for what support, measures or guidance would help people return to physical activity.

Tables

19–22 June 2020

Physical Activity Behaviour – Adults

Days done 30 minutes or more physical activity in last week:

| | 0 days | 1 | 2 | 3 | 4 | 5 | 6 | 7 days | NET: 2–4 days | NET: 5+ days |
|----------|------------|-----|-----|--------------|------------|-----|----|-----------------|------------------|--------------|
| W1 | 22% | 10% | 12% | 14% | 8% | 11% | 4% | 18% | 35% | 33% |
| W2 | 20% | 9% | 13% | 16% | 9% | 10% | 4% | 19% | 39% | 32% |
| W3 | 20% | 9% | 13% | 15% | 11% | 10% | 5% | 17% | 39% | 32% |
| W4 | 20% | 9% | 13% | 16% | 10% | 10% | 4% | 17% | 39% | 32% |
| W5 | 18% | 10% | 14% | 15% | 11% | 11% | 5% | 17% | 39% | 33% |
| W6 | 19% | 9% | 14% | 15% | 12% | 11% | 5% | 16% | 41% | 32% |
| W7 | 18% | 9% | 14% | 15% | 9% | 11% | 5% | 18% | 38% | 35% |
| W8 | 18% | 9% | 12% | 16% | 11% | 10% | 4% | 20% | 39% | 34% |
| W9 | 18% | 10% | 14% | 18% | 11% | 10% | 5% | 15% | 42% | 30% |
| Sig diff | Yes (w1,4) | No | No | Yes (w1,5,6) | Yes (w1,7) | No | No | Yes (w1-5, 6,7) | Yes (w1,2,4,7,8) | Yes (w1,7,8) |

Is this more or less than the previous week? (week 7 onwards)

| | A lot more | A bit more | Neither more nor less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|-----------------------|------------|------------|--|----------|-------------|
| W7 | 7% | 22% | 46% | 15% | 8% | | 29% | 23% |
| W8 | 8% | 23% | 45% | 14% | 7% | | 32% | 21% |
| W9 | 7% | 22% | 46% | 17% | 8% | | 28% | 25% |
| Sig diff | Yes (w8) | No | No | Yes (w8) | No | | Yes (w8) | Yes (yes 8) |

Tables

19–22 June 2020

Types of physical activity – participation in the last week

| | W1 | W2 | W3 | W4 | W5 | W6 | W7 | W8 | W9 | Sig diff |
|---------------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|----------------|
| Walking | 59% | 59% | 60% | 61% | 61% | 63% | 65% | 64% | 63% | Yes (w1,2,3) |
| Cycling | 8% | 10% | 12% | 11% | 13% | 13% | 16% | 15% | 16% | Yes (w1-6) |
| Running or jogging | 18% | 16% | 19% | 20% | 19% | 19% | 20% | 22% | 22% | Yes (w1-3,5,6) |
| Home activity / fitness – ONLINE | 23% | 21% | 19% | 20% | 22% | 21% | 21% | 20% | 18% | Yes (w1,2,5-7) |
| Home activity / fitness – OFFLINE | 24% | 22% | 22% | 19% | 22% | 19% | 21% | 21% | 19% | Yes (w1-3,5) |
| Informal play or games at home | 14% | 15% | 16% | 15% | 16% | 15% | 14% | 19% | 10% | Yes (all) |
| Informal play or games away from home | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | 7% | n/a |
| Golf | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | 4% | n/a |
| Team sports (e.g. football) | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | 3% | n/a |
| Racket sports (e.g. tennis) | n/a | n/a | n/a | n/a | n/a | n/a | n/a | n/a | 3% | n/a |
| Other | 5% | 6% | 6% | 5% | 6% | 5% | 6% | 7% | 5% | n/a |
| ANY HOME-BASED ACTIVITY | 44% | 45% | 45% | 41% | 48% | 43% | 45% | 45% | 38% | Yes (all) |
| Any physical activity in past week | 86% | 86% | 87% | 86% | 88% | 87% | 89% | 88% | 88% | Yes (w1) |
| No physical activity in past week | 14% | 14% | 13% | 14% | 12% | 13% | 11% | 12% | 12% | Yes (w1) |

Tables

19–22 June 2020

Why are people walking and cycling?

| Reason for walking (those who walked) | W7 | W8 | W9 | Sig diff |
|---|-----|-----|-----|------------|
| Leisure, fitness or recreation | 78% | 76% | 74% | Yes (w7) |
| To get to/from shops or supermarkets* | 47% | 49% | 44% | Yes (w8) |
| For personal business (errands, doctors etc)* | 10% | 12% | 12% | No |
| To get to/from my place of work* | 8% | 8% | 10% | Yes (w1,2) |
| To volunteer or provide support to others* | 5% | 5% | 3% | Yes (w1,2) |
| For journeys made as part of my work* | 5% | 6% | 7% | No |
| For another purpose | 7% | 7% | 7% | No |
| *ANY TRAVEL/UTILITY | 57% | 58% | 56% | No |
| Travel/Utility AND Leisure, fitness or recreation | 38% | 37% | 33% | Yes (w7,8) |

| Reason for cycling (those who cycled) | W7 | W8 | W9 | Sig diff |
|---|-----|-----|-----|-----------|
| Leisure, fitness or recreation | 74% | 72% | 78% | No |
| To get to/from shops or supermarkets* | 24% | 26% | 20% | No |
| To get to/from my place of work* | 15% | 16% | 11% | No |
| For personal business (errands, doctors etc)* | 11% | 18% | 9% | Yes, (w8) |
| To volunteer or provide support to others* | 10% | 12% | 7% | No |
| For journeys made as part of my work* | 8% | 16% | 11% | No |
| For another purpose | 3% | 2% | 1% | No |
| *ANY TRAVEL/UTILITY | 43% | 50% | 40% | Yes (w8) |
| Travel/Utility AND Leisure, fitness or recreation | 20% | 23% | 19% | No |

Sig diff: Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

19–22 June 2020

Volunteering

(Questions repeated from wave 4)

Recent volunteering levels

| Volunteered in last 12 months? | Wave 4 | Wave 9 | Sig diff |
|---|--------|--------|----------|
| Yes, to support sport and physical activity | 11% | 9% | Yes |
| Yes, to support the response to coronavirus | 12% | 11% | No |
| Yes, to support a different cause | 17% | 17% | No |
| Have not volunteered | 63% | 66% | No |
| NET: Have volunteered | 37% | 34% | No |

Volunteers supporting and physical activity

| Those who said they have volunteered in sport and physical activity | Wave 4 | Wave 9 | Sig diff |
|--|--------|--------|----------|
| Currently volunteering in same role as before | 16% | 16% | No |
| Currently volunteering in same role as before, plus additional role(s) | 23% | 21% | No |
| Currently volunteering in new or different role(s) | 11% | 13% | No |
| Stopped/paused volunteering due to COVID-19 restrictions | 29% | 19% | Yes |
| Stopped/paused for other reasons | 10% | 11% | No |
| None of the above | 11% | 20% | Yes |
| NET: Currently volunteering | 50% | 49% | No |
| NET: Stopped volunteering | 39% | 31% | No |

Sig diff: Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

19-22 June 2020

Physical Activity Attitudes – Adults

Agreement with COM-B statements

| Statement | % Strongly Agree / Agree | | | | | | | | | Sig diff |
|--|--------------------------|-----|-----|-----|-----|-----|-----|-----|-----|------------|
| | W1 | W2 | W3 | W4 | W5 | W6 | W7 | W8 | W9 | |
| I feel that I have the ability to be physically active | 68% | 66% | 67% | 66% | 74% | 75% | 74% | 72% | 71% | Yes (w2-4) |
| It is important to me to exercise regularly | 70% | 69% | 70% | 65% | 70% | 72% | 73% | 70% | 70% | Yes (w4) |
| I feel that I have the opportunity to be physically active | 65% | 65% | 65% | 64% | 70% | 71% | 73% | 72% | 71% | Yes (w1-4) |
| I find exercise enjoyable and satisfying | 61% | 61% | 61% | 57% | 58% | 61% | 60% | 61% | 59% | No |
| I feel guilty when I don't exercise | 56% | 51% | 56% | 53% | 53% | 54% | 55% | 55% | 55% | Yes (w2) |

Sig diff: Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

19–22 June 2020

Other current feelings about physical activity and the coronavirus

| Statement | % Strongly Agree / Agree | | | | | | | | | Sig diff |
|--|--------------------------|-----|-----|-----|-----|-----|-----|-----|-----|------------------|
| | W1 | W2 | W3 | W4 | W5 | W6 | W7 | W8 | W9 | |
| I exercise to help manage my physical health during the outbreak | 69% | 70% | 70% | 66% | 67% | 70% | 73% | 71% | 71% | Yes (w4,5) |
| I have more time now to be physically active | 65% | 64% | 66% | 64% | 67% | 67% | 68% | 70% | 66% | Yes (w8) |
| I exercise to help manage my mental health during the outbreak | 65% | 64% | 63% | 62% | 62% | 61% | 66% | 65% | 65% | Yes (w6) |
| I miss the types of physical activity I was able to do before the outbreak | 63% | 62% | 61% | 57% | 59% | 60% | 57% | 57% | 55% | Yes (w1,2,3,5,6) |
| I worry about leaving my home to exercise or be active | 60% | 60% | 56% | 50% | 49% | 47% | 43% | 46% | 41% | Yes (w1-6,8) |
| I feel guilty about not exercising more during the outbreak | 50% | 48% | 50% | 50% | 51% | 48% | 49% | 50% | 52% | Yes (w2,6) |
| Since the outbreak I have found new ways to be active | 49% | 51% | 50% | 51% | 53% | 50% | 50% | 52% | 52% | No |
| I have been encouraged to exercise by the Government's guidance | 53% | 48% | 51% | 46% | 47% | 47% | 52% | 50% | 46% | Yes (w1,3,7,8) |
| I feel guilty about wanting to exercise during the outbreak | 27% | 31% | 28% | 25% | 24% | 21% | 21% | 26% | 23% | Yes (w1-3) |
| I have found it easier to do sport, exercise or physical activity in the past week compared to the previous week | N/A | N/A | N/A | N/A | N/A | N/A | 36% | 41% | 37% | Yes (w8) |

Tables

19-22 June 2020

Do people feel it is more or less important to be active at the moment?

| | Much more important | Somewhat more important | No more or less important | Some-what less important | Much less important | Don't know | MORE | LESS |
|----------|---------------------|-------------------------|---------------------------|--------------------------|---------------------|------------|------------|------------|
| W1 | 22% | 40% | 29% | 3% | 1% | 3% | 62% | 5% |
| W2 | 21% | 37% | 32% | 3% | 2% | 4% | 59% | 5% |
| W3 | 23% | 40% | 29% | 4% | 1% | 3% | 63% | 5% |
| W4 | 22% | 37% | 31% | 4% | 3% | 3% | 59% | 6% |
| W5 | 22% | 39% | 30% | 4% | 2% | 3% | 61% | 6% |
| W6 | 24% | 41% | 30% | 3% | 1% | 2% | 64% | 4% |
| W7 | 25% | 40% | 30% | 2% | 1% | 2% | 65% | 3% |
| W8 | 26% | 39% | 29% | 3% | 1% | 2% | 64% | 4% |
| W9 | 21% | 39% | 32% | 3% | 1% | 3% | 60% | 4% |
| Sig diff | Yes (w6-8) | No | Yes (w1,3,8) | No | Yes (w2,4) | Yes (w7) | Yes (w6-8) | Yes (w4,5) |

Tables

19-22 June 2020

Looking ahead (asked from wave 9)

| Statement | % Strongly Agree / Agree |
|---|--------------------------|
| | W9 |
| I will feel safer exercising at home than in public places | 64% |
| I intend to walk and cycle more often for everyday journeys such as to work or local shops and services | 62% |
| I intend to increase the amount of physical activity and exercise I do as we come out of lockdown | 60% |
| Coming out of lockdown will make it harder for me to be active | 32% |

Exercising and Social distancing

If social distancing is reduced from 2m, do people feel more or less concerned about exercising or being active in...

| | Much more concerned | Some-what more concerned | Neither more nor less | Some-what less concerned | Much less concerned | Not applicable | MORE | LESS |
|--|---------------------|--------------------------|-----------------------|--------------------------|---------------------|----------------|------|------|
| Public indoor spaces (gyms, pools etc) | 30% | 32% | 22% | 4% | 3% | 9% | 62% | 7% |
| Public outdoor spaces (parks, pitches etc) | 12% | 26% | 32% | 15% | 10% | 5% | 38% | 26% |

Tables

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What support, measures or guidance would help people return to physical activity?

Responses 1% or more

| | |
|---|-----|
| Social distancing | 13% |
| Cleanliness / hygiene (general) | 4% |
| Open gyms / leisure centres | 3% |
| Restrictions on amount of people in one place | 3% |
| Facemasks / gloves / PPE | 3% |
| Safety (general) | 2% |
| Hand cleanliness / personal hygiene | 2% |
| A vaccine / cure | 1% |
| Government guidance | 1% |
| Allow group / team activities | 1% |
| Less social distancing | 1% |
| Cycle routes / lanes | 1% |
| No / fewer cases of Covid 19 | 1% |
| More general information / guidance | 1% |
| More open facilities / parks | 1% |

Tables

19–22 June 2020

Physical Activity Behaviour – Children

Average daily time spent doing physical activity (average per child in household)

| | W1 | W2 | W3 | W4 | W5 | W6 | W7 | W8 | W9 | Sig diff |
|----------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|--------------|
| Nothing | 12% | 8% | 10% | 9% | 10% | 9% | 7% | 8% | 12% | Yes (w2,7,8) |
| Some, but less than half an hour | 36% | 35% | 36% | 35% | 36% | 30% | 34% | 32% | 38% | Yes (w6,8) |
| Between half an hour and an hour | 38% | 38% | 39% | 38% | 35% | 40% | 39% | 37% | 36% | No |
| An hour or more | 14% | 18% | 14% | 18% | 19% | 22% | 20% | 22% | 14% | Yes (w5–8) |
| | | | | | | | | | | |
| SOME | 88% | 92% | 90% | 91% | 90% | 91% | 93% | 92% | 88% | Yes (w2,7) |

Have child/ren been more or less active than the previous week?
(Wave 7 onwards)

| | A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|----------------------|------------|------------|--|----------|------|
| W7 | 7% | 27% | 42% | 17% | 5% | | 34% | 22% |
| W8 | 8% | 30% | 41% | 16% | 5% | | 37% | 20% |
| W9 | 6% | 25% | 44% | 17% | 5% | | 31% | 22% |
| Sig diff | No | No | No | No | No | | Yes (w8) | No |

Sig diff: Indicates whether changes this wave are statistically significant compared to previous waves.

Tables

19–22 June 2020

Adults Physical Activity Levels – Demographics

% of adults doing at least 30 mins physical activity on 5 or more days in the last week

| | W1 | W2 | W3 | W4 | W5 | W6 | W7 | W8 | W9 | Sig diff |
|--------------------|----------------|------------|------------|------------|------------|------------|------------|------------|------------|--------------------|
| ALL | 33% | 32% | 32% | 32% | 33% | 32% | 35% | 34% | 30% | Yes (1,7,8) |
| Male | 32% | 35% | 35% | 36% | 38% | 34% | 37% | 35% | 33% | Yes (w5) |
| Female | 35% | 29% | 29% | 28% | 28% | 29% | 32% | 33% | 27% | Yes (w1,7,8) |
| 16-34 | 34% | 31% | 33% | 31% | 28% | 29% | 33% | 34% | 28% | Yes (w1,3,8) |
| 35-54 | 34% | 31% | 29% | 34% | 35% | 33% | 34% | 34% | 31% | No |
| 55+ | 32% | 33% | 34% | 30% | 34% | 33% | 36% | 34% | 30% | Yes (w7) |
| ABC1 | 35% | 35% | 34% | 36% | 33% | 33% | 37% | 35% | 33% | No |
| C2DE | 32% | 29% | 29% | 27% | 32% | 30% | 32% | 33% | 26% | Yes (w1,5,7,8) |
| White | 34% | 32% | 33% | 33% | 34% | 32% | 35% | 34% | 31% | - |
| Mixed | 28% (week 1-6) | | | | | | * | * | * | - |
| Asian | 31% | 30% | 31% | 29% | 27% | * | * | 35% | * | - |
| Black | 24% (week 1-6) | | | | | | * | * | * | - |
| Chinese | 28% (week 1-6) | | | | | | * | * | * | - |
| Other ethnic group | * | | | | | | * | * | * | - |

* Fewer than 30 responses

Sig diff. *Indicates whether changes this wave are statistically significant compared to previous waves.*

Tables

19–22 June 2020

| | W1 | W2 | W3 | W4 | W5 | W6 | W7 | W8 | W9 | Sig diff |
|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|------------------|
| Children in house | 36% | 30% | 31% | 32% | 32% | 31% | 35% | 35% | 32% | No |
| No children in house | 31% | 33% | 33% | 31% | 33% | 32% | 34% | 34% | 29% | Yes (w2,3,5,7,8) |
| Other caring responsibilities at home | 32% | 32% | 30% | 31% | 31% | 28% | 34% | 33% | 31% | - |
| Disability or longstanding condition / illness | 26% | 25% | 23% | 23% | 23% | 20% | 27% | 29% | 23% | Yes (w8) |
| No disability or longstanding condition / illness | 36% | 35% | 36% | 36% | 36% | 36% | 39% | 37% | 33% | Yes (w7,8) |
| Access to private outdoor space | n/a | n/a | 33% | 34% | 34% | 33% | 36% | 35% | 31% | - |
| No access to private outdoor space | n/a | n/a | 28% | 20% | 26% | 21% | 27% | 30% | 24% | - |
| NE | 38% | 34% | 43% | * | 42% | 36% | 39% | 39% | 29% | - |
| NW | 37% | 34% | 33% | 30% | 32% | 34% | 34% | 32% | 31% | - |
| Y+H | 40% | 30% | 32% | 27% | 29% | 39% | 39% | 30% | 24% | - |
| WM | 34% | 35% | 33% | 33% | 28% | 33% | 28% | 33% | 30% | - |
| EM | 28% | 32% | 34% | 30% | 29% | 33% | 28% | 34% | 32% | - |
| E | 35% | 33% | 33% | 34% | 33% | 26% | 39% | 36% | 29% | - |
| L | 26% | 31% | 23% | 27% | 35% | 26% | 34% | 32% | 29% | - |
| SE | 33% | 33% | 33% | 37% | 33% | 32% | 33% | 37% | 31% | - |
| SW | 32% | 29% | 34% | 35% | 34% | 30% | 39% | 38% | 33% | - |
| Urban | 32% | 32% | 30% | 31% | 33% | 30% | 34% | 33% | 29% | - |
| Rural | 39% | 33% | 40% | 35% | 31% | 36% | 37% | 40% | 31% | - |

* Fewer than 30 responses

Headlines

10–14 July 2020

Surveys now take place monthly, with the option of ad hoc waves at other times in response to specific changes to restrictions or other identified need.

We expect to run wave 11 on the 31st July to 3rd August, after the reopening of gyms, pools and other facilities on 25th July.

With pools, gyms and leisure centres still closed, adult physical activity levels feel the strain

27% of adults achieved 30 minutes on 5 or more days in the last week; and 19% did not achieve it on any days.

Many groups saw a wave-on-wave fall in 5+ x 30. Among the biggest drops were 55+ (now 25%) and ABC1 (now 28%). The gender gap and other inequalities persist.

Children's physical activity picks up slightly on wave 9, with 18% achieving an hour or more each day. (NB: interpret with caution due to return to school).

Three months on from our first survey, exercise continues to play a vital role to help people manage their physical (70%) & mental health (64%).

Walking and home activity fall; full range of activities now tracked

With some outdoor activities resuming, walking (58%) and home-based activity (34%) decrease – but remain the most popular ways to be active.

A full list of activities now shows participation in swimming, gym/fitness away from home, combat sports and more.

A new question suggests similar numbers intend to return to pre-lockdown activities, post-lockdown. Online fitness and swimming could benefit the most from increased participation once lockdown ends.

Attitudes and behaviours

Positive intentions as people look to the future, though challenges remain – 64% agree they will feel uncomfortable exercising close to other people.

Limited change in other attitudes and behaviours to physical activity suggests that greater leisure choice and competing demands on time may be unconsciously reducing participation in sport and activity.

Tables

10-14 July 2020

Note on tables this wave:

Waves 1-6 are now shown as aggregated figures rather than individual waves. This period corresponds to the Stay Home phase of full lockdown.

Sig diff now indicates whether changes this wave are statistically significant compared only to waves 7, 8 and 9.

Physical Activity Behaviour – Adults

Days done 30 minutes or more physical activity in last week:

| | 0 days | 1 | 2 | 3 | 4 | 5 | 6 | 7 days | NET: 2-4 days | NET: 5+ days |
|----------|--------|------------|------------|-----|-----|-----|----------|------------|---------------|--------------|
| W1-6 | 20% | 9% | 13% | 15% | 10% | 10% | 4% | 17% | 39% | 32% |
| W7 | 18% | 9% | 14% | 15% | 9% | 11% | 5% | 18% | 38% | 35% |
| W8 | 18% | 9% | 12% | 16% | 11% | 10% | 4% | 20% | 39% | 34% |
| W9 | 18% | 10% | 14% | 18% | 11% | 10% | 5% | 15% | 42% | 30% |
| W10 | 19% | 11% | 17% | 16% | 10% | 11% | 4% | 13% | 43% | 27% |
| Sig diff | No | Yes (w7-8) | Yes (w7-9) | No | No | No | Yes (w7) | Yes (w7-9) | Yes (w7-8) | Yes (w7-9) |

Is this more or less than the previous week? (week 7 onwards)

| | A lot more | A bit more | Neither more nor less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|-----------------------|------------|------------|--|----------|----------|
| W7 | 7% | 22% | 46% | 15% | 8% | | 29% | 23% |
| W8 | 8% | 23% | 45% | 14% | 7% | | 32% | 21% |
| W9 | 7% | 22% | 46% | 17% | 8% | | 28% | 25% |
| W10 | 6% | 23% | 49% | 14% | 7% | | 29% | 21% |
| Sig diff | No | No | Yes (w8) | Yes (w9) | No | | Yes (w8) | Yes (w9) |

Week 10 Survey carried out by Savanta ComRes over 10th to 14th July 2020. Data is weighted to be representative of adults in England by age, gender, region, social grade and the estimated households with children under 16.

Tables

10-14 July 2020

Types of physical activity - participation in the last week

| Participation in the last week | W1-6 | W7 | W8 | W9 | W10 | Sig diff |
|--|------|-----|-----|-----|-----|------------|
| Walking | 60% | 65% | 64% | 63% | 58% | Yes (w7-9) |
| Cycling | 11% | 16% | 15% | 16% | 14% | No |
| Running or jogging | 18% | 20% | 22% | 22% | 20% | No |
| Home activity / fitness – ONLINE | 21% | 21% | 20% | 18% | 15% | Yes (w7-9) |
| Home activity / fitness – OFFLINE | 21% | 21% | 21% | 19% | 16% | Yes (w7-9) |
| Informal play or games at home | 15% | 14% | 19% | 10% | 10% | Yes (w7-8) |
| Informal play or games away from home | n/a | n/a | n/a | 7% | 7% | No |
| Gym, fitness, ex. class away from home | n/a | n/a | n/a | n/a | 6% | - |
| Golf | n/a | n/a | n/a | 4% | 3% | No |
| Swimming | n/a | n/a | n/a | n/a | 4% | - |
| Team sports (e.g. football) | n/a | n/a | n/a | 3% | 4% | No |
| Racket sports (e.g. tennis) | n/a | n/a | n/a | 3% | 4% | No |
| Combat sports, martial arts, target sports | n/a | n/a | n/a | n/a | 3% | - |
| Gymnastics, trampolining, cheerleading | n/a | n/a | n/a | n/a | 3% | - |
| Water sports (e.g. surfing, rowing, sailing) | n/a | n/a | n/a | n/a | 2% | - |
| Other | 6% | 6% | 7% | 5% | 4% | * |
| ANY HOME-BASED ACTIVITY | 45% | 45% | 45% | 38% | 34% | Yes (w7-9) |
| Any physical activity in past week | 87% | 89% | 88% | 88% | 87% | No |
| No physical activity in past week | 13% | 11% | 12% | 12% | 13% | No |

*New options added in recent waves mean the scope of 'other' has changed

Tables

10-14 July 2020

Types of physical activity – before, during and post lockdown

This new question asks about people's participation in different types of sport and physical activity before and during lockdown, and their intentions for post-lockdown.

Before: Took part at least once a month on average in 2019

During: Took part at least twice during lockdown (March 23rd to present)

Post: Intend to take part at least once a month on average once restrictions lifted

| | Before | During | Post |
|--|---------------|---------------|-------------|
| Walking | 49% | 53% | 53% |
| Cycling | 19% | 16% | 19% |
| Running or jogging | 18% | 18% | 20% |
| Home activity / fitness – ONLINE | 9% | 15% | 13% |
| Home activity / fitness – OFFLINE | 13% | 18% | 15% |
| Informal play or games at home | 8% | 8% | 8% |
| Informal play or games away from home | 9% | 6% | 9% |
| Gym, fitness, ex. class away from home | 23% | 9% | 22% |
| Golf | 7% | 5% | 8% |
| Swimming | 17% | 3% | 20% |
| Team sports (e.g. football) | 7% | 3% | 7% |
| Racket sports (e.g. tennis) | 6% | 3% | 6% |
| Combat sports, martial arts, target sports* | 6% | 4% | 7% |
| Gymnastics, trampolining, cheerleading | 5% | 4% | 5% |
| Water sports (e.g. surfing, rowing, sailing) | 2% | 1% | 4% |
| Other | 4% | 3% | 3% |
| ANY HOME-BASED ACTIVITY | 15% | 20% | 19% |
| Any physical activity | 87% | 87% | 90% |
| No physical activity | 13% | 13% | 10% |

*This option mistakenly listed the same examples as for water sports

Tables

10-14 July 2020

Why are people walking and cycling? (wave 7 onwards)

For full range of options for these questions, please see published data tables.

| Reason for walking (those who walked) | W7 | W8 | W9 | W10 | Sig diff |
|---|-----|-----|-----|-----|------------|
| Leisure, fitness or recreation | 78% | 76% | 74% | 70% | Yes (w7-8) |
| Any travel or utility purpose | 57% | 58% | 56% | 58% | No |
| Travel/Utility AND Leisure, fitness or recreation | 38% | 37% | 33% | 35% | No |

| Reason for cycling (those who cycled) | W7 | W8 | W9 | W10 | Sig diff |
|---|-----|-----|-----|-----|----------|
| Leisure, fitness or recreation | 74% | 72% | 78% | 75% | No |
| Any travel or utility purpose | 43% | 50% | 40% | 46% | No |
| Travel/Utility AND Leisure, fitness or recreation | 20% | 23% | 19% | 25% | No |

Physical Activity Attitudes – Adults

Agreement with COM-B statements

| Statement | % Strongly Agree / Agree | | | | | Sig diff |
|--|--------------------------|-----|-----|-----|-----|----------|
| | W1-6 | W7 | W8 | W9 | W10 | |
| I feel that I have the ability to be physically active | 69% | 74% | 72% | 71% | 71% | No |
| It is important to me to exercise regularly | 69% | 73% | 70% | 70% | 68% | Yes (w7) |
| I feel that I have the opportunity to be physically active | 67% | 73% | 72% | 71% | 72% | No |
| I find exercise enjoyable and satisfying | 60% | 60% | 61% | 59% | 59% | No |
| I feel guilty when I don't exercise | 54% | 55% | 55% | 55% | 55% | No |

Sig diff. Indicates whether changes this wave are statistically significant compared only to waves 7, 8 and 9.

Tables

10-14 July 2020

Other current feelings about physical activity and the coronavirus

| Statement | % Strongly Agree / Agree | | | | | Sig diff |
|---|--------------------------|-----|-----|-----|-----|----------|
| | W1-6 | W7 | W8 | W9 | W10 | |
| I exercise to help manage my physical health during the outbreak | 69% | 73% | 71% | 71% | 70% | Yes (w7) |
| I have more time now to be physically active | 65% | 68% | 70% | 66% | 67% | Yes (w8) |
| I exercise to help manage my mental health during the outbreak | 63% | 66% | 65% | 65% | 64% | No |
| I miss the types of physical activity I was able to do before the outbreak | 60% | 57% | 57% | 55% | 54% | Yes (w7) |
| Since the outbreak I have found new ways to be active | 51% | 50% | 52% | 52% | 52% | No |
| I have been encouraged to exercise by the Government's guidance | 49% | 52% | 50% | 46% | 48% | Yes (w7) |
| I worry about leaving my home to exercise or be active | 54% | 43% | 46% | 41% | 42% | Yes (w8) |
| I feel guilty about wanting to exercise during the outbreak | 26% | 21% | 26% | 23% | 26% | Yes (w9) |
| I feel guilty about not exercising more during the outbreak* | 50% | 49% | 50% | 52% | n/a | - |
| I have found it easier to do sport, exercise or physical activity in the past week compared to the previous week* | N/A | 36% | 41% | 37% | n/a | - |

*Discontinued

Sig diff. Indicates whether changes this wave are statistically significant compared only to waves 7, 8 and 9.

Tables

10-14 July 2020

Looking ahead (asked from wave 9)

| Statement | % Strongly Agree / Agree | | Sig diff |
|---|--------------------------|-----|----------|
| | W9 | W10 | |
| I am worried about exercising close to other people | N/A | 64% | - |
| I will feel safer exercising at home than in public places | 64% | 63% | No |
| I intend to increase the amount of physical activity and exercise I do as we come out of lockdown | 60% | 61% | No |
| I intend to walk and cycle more often for everyday journeys such as to work or local shops and services | 62% | 60% | No |
| Coming out of lockdown will make it harder for me to be active | 32% | 32% | No |

Sig diff. Indicates whether changes this wave are statistically significant compared only to waves 7, 8 and 9.

Tables

10-14 July 2020

Physical Activity Behaviour – Children

Average daily time spent doing physical activity (average per child in household)

| | W1-6 | W7 | W8 | W9 | W10 | Sig diff |
|----------------------------------|------|-----|-----|-----|-----|------------|
| Nothing | 10% | 7% | 8% | 12% | 12% | Yes (w7-8) |
| Some, but less than half an hour | 35% | 34% | 32% | 38% | 34% | Yes (w9) |
| Between half an hour and an hour | 38% | 39% | 37% | 36% | 37% | No |
| An hour or more | 18% | 20% | 22% | 14% | 18% | Yes (w8) |
| | | | | | | |
| SOME | 90% | 93% | 92% | 88% | 88% | Yes (w7-8) |

Have child/ren been more or less active than the previous week? (Wave 7 onwards)

| | A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|----------------------|------------|------------|--|------|------|
| W7 | 7% | 27% | 42% | 17% | 5% | | 34% | 22% |
| W8 | 8% | 30% | 41% | 16% | 5% | | 37% | 20% |
| W9 | 6% | 25% | 44% | 17% | 5% | | 31% | 22% |
| W10 | 6% | 26% | 46% | 15% | 4% | | 32% | 19% |
| Sig diff | No | No | No | No | No | | No | No |

Sig diff. Indicates whether changes this wave are statistically significant compared only to waves 7, 8 and 9.

Tables

10-14 July 2020

Adults Physical Activity Levels - Demographics

% of adults doing at least 30 mins physical activity on 5 or more days in the last week

| | W1-6 | W7 | W8 | W9 | W10 | Sig diff |
|--------------------|------------|------------|------------|------------|------------|-------------------|
| ALL | 32% | 35% | 34% | 30% | 27% | Yes (w7-9) |
| Male | 35% | 37% | 35% | 33% | 30% | Yes (w7-8) |
| Female | 30% | 32% | 33% | 27% | 24% | Yes (w7-8) |
| 16-34 | 31% | 33% | 34% | 28% | 27% | Yes (w7-8) |
| 35-54 | 33% | 34% | 34% | 31% | 28% | Yes (w7-8) |
| 55+ | 33% | 36% | 34% | 30% | 25% | Yes (w7-9) |
| ABC1 | 34% | 37% | 35% | 33% | 28% | Yes (w7-9) |
| C2DE | 30% | 32% | 33% | 26% | 26% | Yes (w7-8) |
| White | 33% | 35% | 34% | 31% | 27% | - |
| Mixed | 28% | * | * | * | * | - |
| Asian | 29% | * | 35% | * | 33% | - |
| Black | 24% | * | * | * | * | - |
| Chinese | 28% | * | * | * | * | - |
| Other ethnic group | 27% | * | * | * | * | - |

Sig diff. Indicates whether changes this wave are statistically significant compared only to waves 7, 8 and 9.

Tables

10-14 July 2020

| | W1-6 | W7 | W8 | W9 | W10 | Sig diff |
|---|------|-----|-----|-----|-----|------------|
| Children in house | 32% | 35% | 35% | 32% | 29% | Yes (w7-8) |
| No children in house | 32% | 34% | 34% | 29% | 26% | Yes (w7-8) |
| Other caring responsibilities at home | 31% | 34% | 33% | 31% | 30% | - |
| Disability or longstanding condition / illness | 23% | 27% | 29% | 23% | 21% | Yes (w7-8) |
| No disability or longstanding condition / illness | 36% | 39% | 37% | 33% | 30% | Yes (w7-9) |
| Access to private outdoor space | 33% | 36% | 35% | 31% | 28% | - |
| No access to private outdoor space | 24% | 27% | 30% | 24% | 20% | - |
| NE | 37% | 39% | 39% | 29% | 28% | - |
| NW | 33% | 34% | 32% | 31% | 23% | - |
| Y+H | 33% | 39% | 30% | 24% | 28% | - |
| WM | 33% | 28% | 33% | 30% | 27% | - |
| EM | 31% | 28% | 34% | 32% | 31% | - |
| E | 32% | 39% | 36% | 29% | 26% | - |
| L | 28% | 34% | 32% | 29% | 29% | - |
| SE | 34% | 33% | 37% | 31% | 28% | - |
| SW | 33% | 39% | 38% | 33% | 22% | - |
| Urban | 31% | 34% | 33% | 29% | 28% | - |
| Rural | 36% | 37% | 40% | 31% | 26% | - |

* Fewer than 30 responses

Sig diff. Indicates whether changes this wave are statistically significant compared only to waves 7, 8 and 9.

Headlines

31 July – 3 August 2020

Surveys now take place monthly, with the option of ad hoc waves at other times in response to specific changes to restrictions or other identified need.

At time of publishing, wave 12 has not been scheduled.

Positive experiences as people return to indoor facilities, but numbers may be slow to return

Of those who visited gyms, pools or other indoor sports facilities, around three-quarters reported seeing safety measures in place. More than half reported that measures felt 'about right', though a third found them inadequate. Around two-thirds of gym and pool users said they felt comfortable, and around three-quarters said they enjoyed their activity.

Two-thirds of those who did not visit an indoor sports facility this week say they are very unlikely to visit in the next 28 days.

74% of gym members say they are likely to return, though this is lower than the 84% reported in wave 5. 22% of non-members say they are likely to join, lower than the 27% reported in wave 5.

Regular physical activity unchanged as big activities falter and returning activities try to recover

With much of society and most sports facilities now reopen with social distancing and safety measures in place, regular adult physical activity remains at its joint lowest since lockdown started, with 27% achieving 5+ x 30. C2DE and 55+ groups recorded their lowest levels yet (both 24%).

Walking, cycling, running and home activity have all fallen in waves 10 and 11 compared to other recent waves, while newly resumed activities including gym and swimming have not yet recovered to the levels we might expect.

Children's physical activity appears to have picked up slightly over waves 9 and 10, perhaps due to the summer holidays.

Headlines

31 July – 3 August 2020

The continuing lockdown may be straining people's ability and motivations to be active

Agreement levels with all five of our COM-B statements have fallen to their lowest point since full lockdown (waves 1-6), with the lowest level yet agreeing they find exercise enjoyable and satisfying (55%).

The proportions agreeing they exercise to help their physical (67%) or mental health (62%) have both fallen over recent waves. The lowest numbers yet agree they have more time to be active (63%), or that they've been encouraged to be active by Government guidance (42%). So too the lowest number report missing the types of activity they did before lockdown (49%) – though this could be because more activity is now available.

More people than in wave 10 say they worry about exercising close to other people (68%) and that they feel safer exercising at home than in public (67%).

Tables

31 July – 3 August 2020

Note on tables this wave:

Waves 1-6 are shown as aggregated figures rather than individual waves. This period corresponds to the Stay Home phase of full lockdown.

Sig diff indicates whether changes this wave are statistically significant compared to waves 7, 8, 9 or 10.

Physical Activity Behaviour – Adults

Days done 30 minutes or more physical activity in last week:

| | 0 days | 1 | 2 | 3 | 4 | 5 | 6 | 7 days | NET: 2-4 days | NET: 5+ days |
|----------|------------|----------|----------|-----|----------|-----|----|------------|---------------|--------------|
| W1-6 | 20% | 9% | 13% | 15% | 10% | 10% | 4% | 17% | 39% | 32% |
| W7 | 18% | 9% | 14% | 15% | 9% | 11% | 5% | 18% | 38% | 35% |
| W8 | 18% | 9% | 12% | 16% | 11% | 10% | 4% | 20% | 39% | 34% |
| W9 | 18% | 10% | 14% | 18% | 11% | 10% | 5% | 15% | 42% | 30% |
| W10 | 19% | 11% | 17% | 16% | 10% | 11% | 4% | 13% | 43% | 27% |
| W11 | 20% | 11% | 15% | 17% | 9% | 11% | 4% | 13% | 42% | 27% |
| Sig diff | Yes (w8-9) | Yes (w7) | Yes (w8) | No | Yes (w8) | No | No | Yes (w7-8) | Yes (w7) | Yes (w7-8) |

Is this more or less than the previous week? (week 7 onwards)

| | A lot more | A bit more | Neither more nor less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|-----------------------|------------|------------|--|----------|------------|
| W7 | 7% | 22% | 46% | 15% | 8% | | 29% | 23% |
| W8 | 8% | 23% | 45% | 14% | 7% | | 32% | 21% |
| W9 | 7% | 22% | 46% | 17% | 8% | | 28% | 25% |
| W10 | 6% | 23% | 49% | 14% | 7% | | 29% | 21% |
| W11 | 7% | 21% | 49% | 13% | 7% | | 28% | 21% |
| Sig diff | No | No | Yes (w8) | Yes (w9) | No | | Yes (w8) | Yes (w7,9) |

Tables

31 July – 3 August 2020

Of those who were more active this week, why is this?

Of 605 people who said they did more than the previous week, the top reasons were:

| Reason (>5% only) | % |
|---|-----|
| Felt more motivated | 37% |
| Wanted to improve mental/physical health | 34% |
| Wanted to lose weight | 32% |
| Had more time | 31% |
| Weather improved | 30% |
| I was bored | 19% |
| Encouragement from friends/family | 15% |
| Used or downloaded a fitness app | 10% |
| Was less worried about Covid-19 | 10% |
| More activities/sessions were running | 8% |
| More sports facilities were open | 8% |
| Advice from Government | 8% |
| Inspired by someone on TV/social/other media | 6% |
| Advice from doctor or healthcare professional | 6% |

Wave 11 Survey carried out by Savanta ComRes over 31st July to 3rd August 2020. Data is weighted to be representative of adults in England by age, gender, region, social grade and the estimated households with children under 16.

Tables

31 July – 3 August 2020

Types of physical activity in last week

| Participation in the last week | W1-6 | W7 | W8 | W9 | W10 | W11 | Sig diff |
|--|------|-----|-----|-----|-----|-----|------------|
| Walking | 60% | 65% | 64% | 63% | 58% | 58% | Yes (w7-9) |
| Cycling | 11% | 16% | 15% | 16% | 14% | 13% | Yes (w7-9) |
| Running or jogging | 18% | 20% | 22% | 22% | 20% | 19% | Yes (w7,8) |
| Home activity / fitness – ONLINE | 21% | 21% | 20% | 18% | 15% | 14% | Yes (w7-9) |
| Home activity / fitness – OFFLINE | 21% | 21% | 21% | 19% | 16% | 15% | Yes (w7-9) |
| Informal play or games at home | 15% | 14% | 19% | 10% | 10% | 10% | Yes (w7-8) |
| Informal play or games away from home | n/a | n/a | n/a | 7% | 7% | 7% | No |
| Gym, fitness, ex. class away from home | n/a | n/a | n/a | n/a | 6% | 8% | Yes |
| Golf | n/a | n/a | n/a | 4% | 3% | 4% | No |
| Swimming | n/a | n/a | n/a | n/a | 4% | 5% | No |
| Team sports (e.g. football) | n/a | n/a | n/a | 3% | 4% | 4% | No |
| Racket sports (e.g. tennis) | n/a | n/a | n/a | 3% | 4% | 3% | No |
| Combat sports, martial arts, target sports | n/a | n/a | n/a | n/a | 3% | 3% | No |
| Gymnastics, trampolining, cheerleading | n/a | n/a | n/a | n/a | 3% | 2% | No |
| Water sports (e.g. surfing, rowing, sailing) | n/a | n/a | n/a | n/a | 2% | 3% | No |
| Other | 6% | 6% | 7% | 5% | 4% | 4% | n/a* |
| ANY HOME-BASED ACTIVITY | 45% | 45% | 45% | 38% | 34% | 33% | Yes (w7-9) |
| Any physical activity in past week | 87% | 89% | 88% | 88% | 87% | 86% | Yes (w7-8) |
| No physical activity in past week | 13% | 11% | 12% | 12% | 13% | 14% | Yes (w7-8) |

*New options added in recent waves mean the scope of 'other' has changed

Sig diff. Indicates whether changes this wave are statistically significant compared to waves 7, 8, 9 or 10.

Tables

31 July – 3 August 2020

Why are people walking and cycling? (wave 7 onwards)

For full range of options for these questions, please see published data tables.

| Reason for walking (those who walked) | W7 | W8 | W9 | W10 | W11 | Sig diff |
|---|-----|-----|-----|-----|-----|---------------|
| Leisure, fitness or recreation | 78% | 76% | 74% | 70% | 70% | Yes (w7-8) |
| Any travel or utility purpose | 57% | 58% | 56% | 58% | 55% | No |
| Travel/Utility AND Leisure, fitness or recreation | 38% | 37% | 33% | 35% | 32% | Yes (w7-8) |

| Reason for cycling (those who cycled) | W7 | W8 | W9 | W10 | W11 | Sig diff |
|---|-----|-----|-----|-----|-----|-------------|
| Leisure, fitness or recreation | 74% | 72% | 78% | 75% | 71% | Yes (w9) |
| Any travel or utility purpose | 43% | 50% | 40% | 46% | 43% | No |
| Travel/Utility AND Leisure, fitness or recreation | 20% | 23% | 19% | 25% | 20% | No |

Sig diff. Indicates whether changes this wave are statistically significant compared to waves 7, 8, 9 or 10.

Tables

31 July – 3 August 2020

Gym membership (waves 5 and 11)

Current gym or leisure centre membership (single or multi-site)

| | Wave 5 | Wave 11 | Sig diff |
|--|--------|---------|----------|
| Currently a member (including if paused) | 16% | 15% | No |
| Cancelled due to COVID-19 | 8% | 10% | No |
| Cancelled due to other reason | 7% | 8% | No |
| Not been a member in 2020 | 69% | 68% | No |
| NET: Cancelled in 2020 | 15% | 18% | Yes |

Current members – likelihood to continue as gyms reopen

N = 309

| | Wave 5 | Wave 11 | Sig diff |
|-------------------|--------|---------|----------|
| Very likely | 55% | 45% | Yes |
| Somewhat likely | 29% | 29% | No |
| Somewhat unlikely | 9% | 14% | No |
| Very unlikely | 4% | 7% | No |
| Not sure | * | 6% | Yes |
| NET: Likely | 84% | 74% | Yes |
| NET: Unlikely | 13% | 20% | Yes |

*Count is less than 10

Non-member – likelihood to become a member as gyms reopen

N = 1690

| | Wave 5 | Wave 11 | Sig diff |
|-------------------|--------|---------|----------|
| Very likely | 9% | 7% | No |
| Somewhat likely | 18% | 15% | Yes |
| Somewhat unlikely | 16% | 15% | No |
| Very unlikely | 50% | 57% | Yes |
| Not sure | 7% | 6% | No |
| NET: Likely | 27% | 22% | Yes |
| NET: Unlikely | 67% | 72% | Yes |

Tables

31 July – 3 August 2020

Use of indoor facilities

| | Indoor gyms including fitness classes | Indoor swimming pools | Other indoor sports facilities |
|---|--|------------------------------|---------------------------------------|
| Took part in activity here in last week | 12% | 9% | 7% |
| Saw Covid-19 safety measures | 84% | 75% | 75% |
| Did not see measures | 13% | 18% | 17% |
| Can't remember if saw any measures | * | 8% | 8% |
| NET: Measures inadequate | 37% | 36% | 37% |
| Measures about right | 54% | 50% | 56% |
| NET: Measures excessive | 9% | 14% | * |
| NET: Comfortable | 68% | 66% | 50% |
| NET: Uncomfortable | 12% | 11% | 19% |
| NET: Enjoyed it | 73% | 73% | 57% |
| NET: Did not enjoy it | 8% | 7% | 19% |

*Count is less than 10

Among those who did not visit any indoor facilities in the last week:

| Likelihood to visit in next 28 days (those who did not visit last week) | Indoor gyms including fitness classes | Indoor swimming pools | Other indoor sports facilities |
|---|--|------------------------------|---------------------------------------|
| Very likely | 3% | 4% | 2% |
| Somewhat likely | 9% | 9% | 8% |
| Somewhat unlikely | 15% | 15% | 18% |
| Very unlikely | 68% | 66% | 66% |
| NET: likely | 12% | 13% | 10% |
| NET: unlikely | 83% | 81% | 85% |

Sig diff. Indicates whether changes this wave are statistically significant compared to waves 7, 8, 9 or 10.

Tables

31 July – 3 August 2020

Physical Activity Attitudes – Adults

Agreement with COM-B statements

| Statement | % Strongly Agree / Agree | | | | | | Sig diff |
|--|--------------------------|-----|-----|-----|-----|-----|---------------|
| | W1-6 | W7 | W8 | W9 | W10 | W11 | |
| I feel that I have the ability to be physically active | 69% | 74% | 72% | 71% | 71% | 70% | Yes (w7) |
| It is important to me to exercise regularly | 69% | 73% | 70% | 70% | 68% | 66% | Yes (w7-9) |
| I feel that I have the opportunity to be physically active | 67% | 73% | 72% | 71% | 72% | 69% | Yes (w7,8,10) |
| I find exercise enjoyable and satisfying | 60% | 60% | 61% | 59% | 59% | 55% | Yes (w7-10) |
| I feel guilty when I don't exercise | 54% | 55% | 55% | 55% | 55% | 52% | Yes (w8,10) |

Other current feelings about physical activity and the coronavirus

| Statement | % Strongly Agree / Agree | | | | | | Sig diff |
|--|--------------------------|-----|-----|-----|-----|-----|---------------|
| | W1-6 | W7 | W8 | W9 | W10 | W11 | |
| I exercise to help manage my physical health during the outbreak | 69% | 73% | 71% | 71% | 70% | 67% | Yes (w7-9) |
| I have more time now to be physically active | 65% | 68% | 70% | 66% | 67% | 63% | Yes (w7,8,10) |
| I exercise to help manage my mental health during the outbreak | 63% | 66% | 65% | 65% | 64% | 62% | Yes (w7-9) |
| I miss the types of physical activity I was able to do before the outbreak | 60% | 57% | 57% | 55% | 54% | 49% | Yes (w7-10) |
| Since the outbreak I have found new ways to be active | 51% | 50% | 52% | 52% | 52% | 51% | No |
| I have been encouraged to exercise by the Government's guidance | 49% | 52% | 50% | 46% | 48% | 42% | Yes (w7-10) |
| I worry about leaving my home to exercise or be active | 54% | 43% | 46% | 41% | 42% | 43% | No |
| I feel guilty about wanting to exercise during the outbreak | 26% | 21% | 26% | 23% | 26% | 25% | No |

Tables

31 July – 3 August 2020

Looking ahead (wave 9 onwards)

| Statement | % Strongly Agree / Agree | | | Sig diff |
|---|--------------------------|-----|-----|-----------|
| | W9 | W10 | W11 | |
| I am worried about exercising close to other people | N/A | 64% | 68% | Yes |
| I will feel safer exercising at home than in public places | 64% | 63% | 67% | Yes (w10) |
| I intend to increase the amount of physical activity and exercise I do as we come out of lockdown | 60% | 61% | 60% | No |
| I intend to walk and cycle more often for everyday journeys such as to work or local shops and services | 62% | 60% | 62% | No |
| Coming out of lockdown will make it harder for me to be active | 32% | 32% | 31% | No |

Sig diff. Indicates whether changes this wave are statistically significant compared to waves 7, 8, 9 or 10.

Tables

31 July – 3 August 2020

Physical Activity Behaviour – Children

Average daily time spent doing physical activity (average per child in household)

| | W1-6 | W7 | W8 | W9 | W10 | W11 | Sig diff |
|----------------------------------|------|-----|-----|-----|-----|-----|----------|
| Nothing | 10% | 7% | 8% | 12% | 12% | 9% | No |
| Some, but less than half an hour | 35% | 34% | 32% | 38% | 34% | 30% | Yes (w9) |
| Between half an hour and an hour | 38% | 39% | 37% | 36% | 37% | 40% | No |
| An hour or more | 18% | 20% | 22% | 14% | 18% | 21% | Yes (w9) |
| | | | | | | | |
| SOME | 90% | 93% | 92% | 88% | 88% | 91% | No |

Have child/ren been more or less active than the previous week? (Wave 7 onwards)

| | A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
|----------|------------|------------|----------------------|------------|------------|--|-------------|------------|
| W7 | 7% | 27% | 42% | 17% | 5% | | 34% | 22% |
| W8 | 8% | 30% | 41% | 16% | 5% | | 37% | 20% |
| W9 | 6% | 25% | 44% | 17% | 5% | | 31% | 22% |
| W10 | 6% | 26% | 46% | 15% | 4% | | 32% | 19% |
| W11 | 8% | 31% | 43% | 12% | 5% | | 39% | 16% |
| Sig diff | No | Yes (w9) | No | Yes (w7-9) | No | | Yes (w9,10) | Yes (w7,9) |

Sig diff: Indicates whether changes this wave are statistically significant compared to waves 7, 8, 9 or 10.

Tables

31 July – 3 August 2020

Adults Physical Activity Levels – Demographics

% of adults doing at least 30 mins physical activity on 5 or more days in the last week

| | W1-6 | W7 | W8 | W9 | W10 | W11 | Sig diff |
|--------------------|------------|------------|------------|------------|------------|------------|-------------------|
| ALL | 32% | 35% | 34% | 30% | 27% | 27% | Yes (w7,8) |
| Male | 35% | 37% | 35% | 33% | 30% | 30% | Yes (w7,8) |
| Female | 30% | 32% | 33% | 27% | 24% | 25% | Yes (w7,8) |
| 16-34 | 31% | 33% | 34% | 28% | 27% | 28% | Yes (w8) |
| 35-54 | 33% | 34% | 34% | 31% | 28% | 30% | No |
| 55+ | 33% | 36% | 34% | 30% | 25% | 24% | Yes (w7-9) |
| ABC1 | 34% | 37% | 35% | 33% | 28% | 30% | Yes (w7,8) |
| C2DE | 30% | 32% | 33% | 26% | 26% | 24% | Yes (w7,8) |
| White | 33% | 35% | 34% | 31% | 27% | 26% | - |
| Mixed | 28% | * | * | * | * | * | - |
| Asian | 29% | * | 35% | * | 33% | 32% | - |
| Black | 24% | * | * | * | * | 32% | - |
| Chinese | 28% | * | * | * | * | * | - |
| Other ethnic group | 27% | * | * | * | * | * | - |

Sig diff. Indicates whether changes this wave are statistically significant compared to waves 7, 8, 9 or 10.

Tables

31 July – 3 August 2020

| | W1-6 | W7 | W8 | W9 | W10 | W11 | Sig diff |
|---|------|-----|-----|-----|-----|-----|------------|
| Children in house | 32% | 35% | 35% | 32% | 29% | 32% | No |
| No children in house | 32% | 34% | 34% | 29% | 26% | 25% | Yes (w7-9) |
| Other caring responsibilities at home | 31% | 34% | 33% | 31% | 30% | 30% | - |
| Disability or longstanding condition / illness | 23% | 27% | 29% | 23% | 21% | 22% | Yes (w8) |
| No disability or longstanding condition / illness | 36% | 39% | 37% | 33% | 30% | 29% | Yes (w7-9) |
| Access to private outdoor space | 33% | 36% | 35% | 31% | 28% | 28% | - |
| No access to private outdoor space | 24% | 27% | 30% | 24% | 20% | 24% | - |
| NE | 37% | 39% | 39% | 29% | 28% | 29% | - |
| NW | 33% | 34% | 32% | 31% | 23% | 28% | - |
| Y+H | 33% | 39% | 30% | 24% | 28% | 26% | - |
| WM | 33% | 28% | 33% | 30% | 27% | 27% | - |
| EM | 31% | 28% | 34% | 32% | 31% | 25% | - |
| E | 32% | 39% | 36% | 29% | 26% | 25% | - |
| L | 28% | 34% | 32% | 29% | 29% | 30% | - |
| SE | 34% | 33% | 37% | 31% | 28% | 26% | - |
| SW | 33% | 39% | 38% | 33% | 22% | 29% | - |
| Urban | 31% | 34% | 33% | 29% | 28% | 27% | - |
| Rural | 36% | 37% | 40% | 31% | 26% | 27% | - |

* Fewer than 30 responses

Sig diff. Indicates whether changes this wave are statistically significant compared to waves 7, 8, 9 or 10.

Headlines

11th–14th September 2020

This wave took place over 11th to 14th September, six weeks after wave 11. It took place before the government's announcement (on 22nd September) about the tightening of restrictions from 24th September.

Surveys now take place monthly, with the option of ad hoc waves at other times in response to specific changes to restrictions or other identified need.

Adult physical activity has settled at a lower level compared to the initial lockdown period

29% of adults are now doing regular physical activity (5+ x 30), a significant decrease from 35% in wave 7.

Regular activity for C2DE (29%) is up on wave 11, while ABC1 is at 28%.

With schools reopen, 15% of adults report that their children do no weekday activity outside of school hours on a typical day. But 47% of parents report that their children did more activity in the past week, than in a typical week during the lockdown period between March and July.

The participation gaps for disability and gender continue.

Gym and swimming recover as participation rebalances

Gym/fitness away from home (up from 8% in wave 11 to 12%) and swimming (up from 5% in wave 11 to 10%) continue to recover as people return to reopened facilities, where feelings around safety measures remain similar to wave 11.

Home activity continues to fall and a higher share of walking and cycling is now for travel/utility.

Team sports is up since wave 9. Home-based activity continues to fall.

Cycling (14%) and running (19%) hold steady, but walking has fallen to 55% (from a high of 65%).

The purpose of walking and cycling is changing, with a greater share of journeys being made for travel/utility, and fewer for leisure/fitness/recreation.

Headlines

11th-14th September 2020

Attitudes take a knock

Ongoing challenges and uncertainty around the virus and restrictions may be affecting attitudes.

Agreement with four of the five COM-B statements has fallen significantly compared to waves 7-10 (Ability, Opportunity, Importance, Guilt).

Fewer people than in waves 7-10 agree they exercise to help manage their physical or mental health during the outbreak, and the lowest figure yet agree they have more time to be active (59%).

The number who intend to increase their physical activity or walk/cycle more has fallen compared to recent waves (perhaps suggesting some already have).

Tables

11th–14th September 2020

Note on tables this wave:

Waves 1–6 are shown as aggregated figures rather than individual waves. This period corresponds to the Stay Home phase of full lockdown.

Sig diff indicates whether changes this wave are statistically significant compared to waves 7, 8, 9, 10 or 11.

Physical Activity Behaviour – Adults

Days done 30 minutes or more physical activity in last week:

| | 0 days | NET: 1-4 days | NET: 5+ days |
|----------|--------|---------------|--------------|
| W1-6 | 20% | n/a | 32% |
| W7 | 18% | 47% | 35% |
| W8 | 18% | 48% | 34% |
| W9 | 18% | 52% | 30% |
| W10 | 19% | 54% | 27% |
| W11 | 20% | 53% | 27% |
| W12 | 20% | 52% | 29% |
| Sig diff | No | No | Yes (w7, 8) |

Is this more or less than in a typical week during the main lockdown period (wave 12 onwards) (end of March to end of July)

| | A lot more | A bit more | Neither more nor less | A bit less | A lot less | | MORE | LESS |
|-----|------------|------------|-----------------------|------------|------------|--|------|------|
| W12 | 10% | 23% | 44% | 13% | 8% | | 33% | 21% |

Tables

11th–14th September 2020

Types of physical activity in last week

| Participation in the last week | W1-6 | W7 | W8 | W9 | W10 | W11 | W12 | Sig diff |
|--|------|-----|-----|-----|-----|-----|-----|---------------|
| Walking | 60% | 65% | 64% | 63% | 58% | 58% | 55% | Yes (w7-11) |
| Cycling | 11% | 16% | 15% | 16% | 14% | 13% | 14% | No |
| Running or jogging | 18% | 20% | 22% | 22% | 20% | 19% | 19% | No |
| Home activity / fitness – ONLINE | 21% | 21% | 20% | 18% | 15% | 14% | 13% | Yes (w6-9) |
| Home activity / fitness – OFFLINE | 21% | 21% | 21% | 19% | 16% | 15% | 15% | Yes (w6-9) |
| Informal play or games at home | 15% | 14% | 19% | 10% | 10% | 10% | 9% | Yes (w6-8) |
| Informal play or games away from home | n/a | n/a | n/a | 7% | 7% | 7% | 7% | No |
| Gym, fitness, ex. class away from home | n/a | n/a | n/a | n/a | 6% | 8% | 12% | Yes (w10, 11) |
| Golf | n/a | n/a | n/a | 4% | 3% | 4% | 4% | No |
| Swimming | n/a | n/a | n/a | n/a | 4% | 5% | 10% | Yes (w10, 11) |
| Team sports (e.g. football) | n/a | n/a | n/a | 3% | 4% | 4% | 5% | Yes (w9) |
| Racket sports (e.g. tennis) | n/a | n/a | n/a | 3% | 4% | 3% | 4% | No |
| Combat sports, martial arts, target sports | n/a | n/a | n/a | n/a | 3% | 3% | 4% | No |
| Gymnastics, trampolining, cheerleading | n/a | n/a | n/a | n/a | 3% | 2% | 3% | No |
| Water sports (e.g. surfing, rowing, sailing) | n/a | n/a | n/a | n/a | 2% | 3% | 3% | No |
| Other* | 6% | 6% | 7% | 5% | 4% | 4% | 4% | n/a |
| NET: ANY HOME-BASED ACTIVITY | 45% | 45% | 45% | 38% | 34% | 33% | 31% | Yes (w7-10) |
| Any physical activity in past week | 87% | 89% | 88% | 88% | 87% | 86% | 85% | Yes (w7-9) |
| No physical activity in past week | 13% | 11% | 12% | 12% | 13% | 14% | 15% | Yes (w7-9) |

*New options added in recent waves mean the scope of 'other' has changed

Tables

11th–14th September 2020

Why are people walking and cycling? (wave 7 onwards)

For full range of options for these questions, please see published data tables.

| Reason for walking (those who walked) | W7 | W8 | W9 | W10 | W11 | W12 | Sig diff |
|---|-----|-----|-----|-----|-----|-----|-----------------|
| Leisure, fitness or recreation | 78% | 76% | 74% | 70% | 70% | 65% | Yes (all) |
| Any travel or utility purpose | 57% | 58% | 56% | 58% | 55% | 61% | Yes (w7, 9, 11) |
| Travel/Utility AND Leisure, fitness or recreation | 38% | 37% | 33% | 35% | 32% | 35% | No |

| Reason for cycling (those who cycled) | W7 | W8 | W9 | W10 | W11 | W12 | Sig diff |
|---|-----|-----|-----|-----|-----|-----|---------------------|
| Leisure, fitness or recreation | 74% | 72% | 78% | 75% | 71% | 66% | Yes (w7, 9, 10) |
| Any travel or utility purpose | 43% | 50% | 40% | 46% | 43% | 54% | Yes (w7, 9, 10, 11) |
| Travel/Utility AND Leisure, fitness or recreation | 20% | 23% | 19% | 25% | 20% | 28% | Yes (w7, 9, 11) |

Sig diff. Indicates whether changes this wave are statistically significant compared to waves 7, 8, 9, 10 or 11.

Tables

11th-14th September 2020

Use of indoor facilities

| | Indoor gyms including fit- ness classes | Indoor swimming pools | Other in- door sports facilities |
|---|--|------------------------------------|---|
| Took part in activity here in last week | 15% | 13% | 8% |
| Saw Covid-19 safety measures | 87% | 83% | 72% |
| Did not see measures | 10% | 13% | 25% |
| Can't remember if saw any measures | * | 4% | * |
| NET: Measures inadequate | 30% | 35% | 39% |
| Measures about right | 59% | 54% | 52% |
| NET: Measures excessive | 11% | 11% | 9% |
| NET: Comfortable | 74% | 66% | 65% |
| NET: Uncomfortable | 9% | 13% | 13% |
| NET: Enjoyed it | 79% | 72% | 64% |
| NET: Did not enjoy it | 5% | 12% | 12% |

*Count is less than 10

Among those who did not visit any indoor facilities in the last week:

| Likelihood to visit in next 28 days (those who did not visit last week) | Indoor gyms including fit- ness classes | Indoor swimming pools | Other in- door sports facilities |
|--|--|------------------------------------|---|
| Very likely | 3% | 4% | 3% |
| Somewhat likely | 9% | 10% | 10% |
| Somewhat unlikely | 16% | 16% | 18% |
| Very unlikely | 65% | 63% | 62% |
| NET: likely | 12% | 15% | 13% |
| NET: unlikely | 81% | 79% | 80% |

Tables

11th-14th September 2020

Physical Activity Attitudes – Adults

Agreement with COM-B statements

| Statement | % Strongly Agree / Agree | | | | | | | Sig diff |
|--|--------------------------|-----|-----|-----|-----|-----|-----|-------------|
| | W1-6 | W7 | W8 | W9 | W10 | W11 | W12 | |
| I feel that I have the ability to be physically active | 69% | 74% | 72% | 71% | 71% | 70% | 66% | Yes (w7-11) |
| It is important to me to exercise regularly | 69% | 73% | 70% | 70% | 68% | 66% | 65% | Yes (w7-10) |
| I feel that I have the opportunity to be physically active | 67% | 73% | 72% | 71% | 72% | 69% | 66% | Yes (w7-10) |
| I find exercise enjoyable and satisfying | 60% | 60% | 61% | 59% | 59% | 55% | 57% | Yes (w8) |
| I feel guilty when I don't exercise | 54% | 55% | 55% | 55% | 55% | 52% | 51% | Yes (w7-10) |

Sig diff: Indicates whether changes this wave are statistically significant compared to waves 7, 8, 9, 10 or 11.

Tables

11th-14th September 2020

Other current feelings about physical activity and the coronavirus

| Statement | % Strongly Agree / Agree | | | | | | | Sig diff |
|--|--------------------------|-----|-----|-----|-----|-----|-----|-----------------|
| | W1-6 | W7 | W8 | W9 | W10 | W11 | W12 | |
| I exercise to help manage my physical health during the outbreak | 69% | 73% | 71% | 71% | 70% | 67% | 66% | Yes (7-10) |
| I have more time now to be physically active | 65% | 68% | 70% | 66% | 67% | 63% | 59% | Yes (w7-11) |
| I exercise to help manage my mental health during the outbreak | 63% | 66% | 65% | 65% | 64% | 62% | 60% | Yes (7-10) |
| I miss the types of physical activity I was able to do before the outbreak | 60% | 57% | 57% | 55% | 54% | 49% | 49% | Yes (w7-10) |
| Since the outbreak I have found new ways to be active | 51% | 50% | 52% | 52% | 52% | 51% | 51% | No |
| I have been encouraged to exercise by the Government's guidance | 49% | 52% | 50% | 46% | 48% | 42% | 45% | Yes (w7, 8, 10) |
| I worry about leaving my home to exercise or be active | 54% | 43% | 46% | 41% | 42% | 43% | 42% | Yes (w8) |
| I feel guilty about wanting to exercise during the outbreak | 26% | 21% | 26% | 23% | 26% | 25% | 26% | Yes (w7) |

Sig diff. Indicates whether changes this wave are statistically significant compared to waves 7, 8, 9, 10 or 11.

Tables

11th-14th September 2020

Looking ahead (wave 9 onwards)

| Statement | % Strongly Agree / Agree | | | | Sig diff |
|---|--------------------------|-----|-----|-----|-------------|
| | W9 | W10 | W11 | W12 | |
| I am worried about exercising close to other people | N/A | 64% | 68% | 63% | Yes (w11) |
| I will feel safer exercising at home than in public places | 64% | 63% | 67% | 64% | No |
| I intend to increase the amount of physical activity and exercise I do as we come out of lockdown | 60% | 61% | 60% | 55% | Yes (w9-11) |
| I intend to walk and cycle more often for everyday journeys such as to work or local shops and services | 62% | 60% | 62% | 57% | Yes (9, 11) |
| Coming out of lockdown will make it harder for me to be active | 32% | 32% | 31% | 34% | Yes (w11) |

Sig diff. Indicates whether changes this wave are statistically significant compared to waves 7, 8, 9, 10 or 11.

Tables

11th-14th September 2020

Physical Activity Behaviour – Children

With schools reopen, we have changed this question to ask about physical activity outside of school hours, on both a typical weekday and a typical weekend day.

Average daily time spent doing physical activity outside of school hours (average per child in household)

| | W12 | |
|----------------------------------|---------|-------------|
| | Weekday | Weekend day |
| Nothing | 15% | 8% |
| Some, but less than half an hour | 37% | 24% |
| Between half an hour and an hour | 35% | 38% |
| An hour or more | 12% | 29% |
| SOME | 85% | 92% |

Have child/ren been more or less active than in a typical week during the main lockdown period (end of March to end of July)? (Wave 12 onwards)

| | A lot more | A bit more | Neither more or less | A bit less | A lot less | | MORE | LESS |
|-----|------------|------------|----------------------|------------|------------|--|------|------|
| W12 | 10% | 37% | 36% | 10% | 4% | | 47% | 15% |

Tables

11th-14th September 2020

Adults Physical Activity Levels - Demographics

% of adults doing at least 30 mins physical activity on 5 or more days in the last week

| | W1-6 | W7 | W8 | W9 | W10 | W11 | W12 | Sig diff |
|--------------------|------------|------------|------------|------------|------------|------------|------------|--------------------|
| ALL | 32% | 35% | 34% | 30% | 27% | 27% | 29% | Yes (w7, 8) |
| Male | 35% | 37% | 35% | 33% | 30% | 30% | 31% | Yes (w7) |
| Female | 30% | 32% | 33% | 27% | 24% | 25% | 26% | Yes (w7, 8) |
| 16-34 | 31% | 33% | 34% | 28% | 27% | 28% | 26% | Yes (w7, 8) |
| 35-54 | 33% | 34% | 34% | 31% | 28% | 30% | 30% | No |
| 55+ | 33% | 36% | 34% | 30% | 25% | 24% | 29% | Yes (w7,8,11) |
| ABC1 | 34% | 37% | 35% | 33% | 28% | 30% | 28% | Yes (w7-9) |
| C2DE | 30% | 32% | 33% | 26% | 26% | 24% | 29% | Yes (w8, 11) |
| White | 33% | 35% | 34% | 31% | 27% | 26% | 29% | - |
| Mixed | 28% | * | * | * | * | * | * | - |
| Asian | 29% | * | 35% | * | 33% | 32% | * | - |
| Black | 24% | * | * | * | * | 32% | * | - |
| Chinese | 28% | * | * | * | * | * | * | - |
| Other ethnic group | 27% | * | * | * | * | * | * | - |

Sig diff. Indicates whether changes this wave are statistically significant compared to waves 7, 8, 9, 10 or 11.

Tables

11th-14th September 2020

| | W1-6 | W7 | W8 | W9 | W10 | W11 | W12 | Sig diff |
|--|------|-----|-----|-----|-----|-----|-----|-------------|
| Children in house | 32% | 35% | 35% | 32% | 29% | 32% | 30% | No |
| No children in house | 32% | 34% | 34% | 29% | 26% | 25% | 28% | Yes (w7, 8) |
| Other caring responsibilities at home | 31% | 34% | 33% | 31% | 30% | 30% | 26% | - |
| Disability or long-standing condition / illness | 23% | 27% | 29% | 23% | 21% | 22% | 23% | Yes (w8) |
| No disability or long-standing condition / illness | 36% | 39% | 37% | 33% | 30% | 29% | 31% | Yes (w7, 8) |
| Access to private outdoor space | 33% | 36% | 35% | 31% | 28% | 28% | 30% | - |
| No access to private outdoor space | 24% | 27% | 30% | 24% | 20% | 24% | 23% | - |
| NE | 37% | 39% | 39% | 29% | 28% | 29% | 34% | - |
| NW | 33% | 34% | 32% | 31% | 23% | 28% | 26% | - |
| Y+H | 33% | 39% | 30% | 24% | 28% | 26% | 31% | - |
| WM | 33% | 28% | 33% | 30% | 27% | 27% | 27% | - |
| EM | 31% | 28% | 34% | 32% | 31% | 25% | 29% | - |
| E | 32% | 39% | 36% | 29% | 26% | 25% | 29% | - |
| L | 28% | 34% | 32% | 29% | 29% | 30% | 33% | - |
| SE | 34% | 33% | 37% | 31% | 28% | 26% | 25% | - |
| SW | 33% | 39% | 38% | 33% | 22% | 29% | 28% | - |
| Urban | 31% | 34% | 33% | 29% | 28% | 27% | 29% | - |
| Rural | 36% | 37% | 40% | 31% | 26% | 27% | 27% | - |

* Fewer than 30 responses

Sig diff: Indicates whether changes this wave are statistically significant compared to waves 7, 8, 9, 10 or 11.

Phase 3. New restrictions

Mid-September onwards

Restrictions to indoor team sports reintroduced along with the rule of six, followed by followed by new national restrictions.

23-26 Oct

Wave 13

These results come from interviews with c. 2,009 adults (16+) in England for each wave of the survey. Data has been weighted to be representative of adults in England by age, gender, region and social grade, including those with children aged under 16 in their household.

Access the full tables [here](#)

Headlines

23rd to 26th October 2020

This wave took place over 23rd to 26th October, before the government's announcement (on 31st October) introducing new national restrictions from 5th November 2020.

Surveys now take place monthly, with the option of ad hoc waves at other times in response to specific changes to restrictions or other identified need.

As the three-tier restrictions come into force, adult physical activity levels feel the strain

24% of adults are doing regular physical activity (5+ x 30). This compares to 32% during the initial lockdown period from March to May, and 29% in September (wave 12).

There is no reportable difference in physical activity levels across the three tiers of Covid restrictions, but other demographic differences continue.

Activity levels have fallen compared to wave 12 for men, women, people aged 16–34, social grades C2DE, people without children in the house, and disabled people or those with a longstanding condition/illness.

At the start of half-term, children appear to be less active now than in wave 12.

Participation in most activities remains stable

More people are now walking for travel than for leisure. The proportion of people cycling for both leisure and travel has fallen, after we previously saw increases in cycling for travel and to get to work in wave 12.

Swimming has fallen compared to wave 12.

Exploring the effects of changing working arrangements

A new question shows the effect that changing working arrangements have had on specific physical activity habits, including 37% of affected people reporting they get up or move about less over the course of a work day.

Headlines

23rd to 26th October 2020

Support for outdoor physical activity, but concerns remain

Most people think outdoor physical activity should be allowed, whether done on your own (83%) or with others (65%), and likewise indoor physical activity done on your own (65%).

More people agree than disagree that disabled adults (48% agree, 39% disagree) and children and young people (53% agree, 34% disagree) should be exempt from any physical activity restrictions and allowed to take part.

The percentage of people agreeing they find activity enjoyable and satisfying has fallen to 54%, down from 57% in wave 12 and 60% over the initial lockdown period from March to May.

Wave 13 Survey carried out by Savanta ComRes over 23rd to 26th October 2020. Data is weighted to be representative of adults in England by age, gender, region, social grade and the estimated households with children under 16.

Tables

23rd to 26th October 2020

Note on tables this wave:

In this wave tables show data from wave 12 onwards
See previous reports for earlier waves.

Sig diff shows whether changes this wave are statistically significant compared to wave 12. Wave 12 was carried out from 11-14th September.

Physical Activity Behaviour – Adults

Days done 30 minutes or more physical activity in last week:

| | 0 days | NET: 1-4 days | NET: 5+ days |
|----------|--------|---------------|--------------|
| W12 | 20% | 52% | 29% |
| W13 | 22% | 54% | 24% |
| Sig diff | No | No | Yes |

Is this more or less than this time last year?

(new question from wave 13)

| | A lot more | A bit more | Neither more nor less | A bit less | A lot less | | MORE | LESS |
|-----|------------|------------|-----------------------|------------|------------|--|------|------|
| W13 | 9% | 19% | 41% | 15% | 14% | | 28% | 29% |

Tables

23rd to 26th October 2020

Types of physical activity in last week

| Participation in the last week | W12 | W13 | Sig diff |
|--|-----|-----|----------|
| Walking | 55% | 55% | No |
| Cycling | 14% | 13% | No |
| Running or jogging | 19% | 17% | No |
| Home activity / fitness – ONLINE | 13% | 13% | No |
| Home activity / fitness – OFFLINE | 15% | 13% | No |
| Informal play or games at home | 9% | 9% | No |
| Informal play or games away from home | 7% | 8% | No |
| Gym, fitness, ex. class away from home | 12% | 12% | No |
| Golf | 4% | 3% | No |
| Swimming | 10% | 6% | Yes |
| Team sports (e.g. football) | 5% | 6% | No |
| Racket sports (e.g. tennis) | 4% | 3% | No |
| Combat sports, martial arts, target sports | 4% | 4% | No |
| Gymnastics, trampolining, cheerleading | 3% | 2% | No |
| Water sports (e.g. surfing, rowing, sailing) | 3% | 2% | No |
| Other* | 4% | 4% | n/a |
| NET: ANY HOME-BASED ACTIVITY | 31% | 28% | No |
| Any physical activity in past week | 85% | 84% | No |
| No physical activity in past week | 15% | 16% | No |

*New options added in recent waves mean the scope of 'other' has changed

Sig diff Indicates whether changes this wave are statistically significant compared to wave 12. Wave 12 was carried out from 11-14th September.

Tables

23rd to 26th October 2020

Why are people walking and cycling? (wave 7 onwards)

For full range of options for these questions, please see published data tables.

| Reason for walking (those who walked) | W12 | W13 | Sig diff |
|---|------------|------------|-----------------|
| Leisure, fitness or recreation | 65% | 61% | No |
| Any travel or utility purpose | 61% | 63% | No |
| Travel/Utility AND Leisure, fitness or recreation | 35% | 34% | No |

| Reason for cycling (those who cycled) | W12 | W13 | Sig diff |
|---|------------|------------|-----------------|
| Leisure, fitness or recreation | 66% | 66% | No |
| Any travel or utility purpose | 54% | 47% | No |
| Travel/Utility AND Leisure, fitness or recreation | 28% | 20% | Yes |

Sig diff Indicates whether changes this wave are statistically significant compared to wave 12. Wave 12 was carried out from 11-14th September.

Tables

23rd to 26th October 2020

Effect of changing working arrangements

(new question for wave 13)

41% of people said Covid-19 had brought changes to their working arrangements, such as location, hours or routine. We asked if these changes had led to them doing more or less physical activity or exercise...

| | NET: More | NET: Less |
|---|--------------|--------------|
| On non-work days | 35% | 26% |
| After work (excluding commute) | 31% | 32% |
| Before work (excluding commute) | 27% | 30% |
| Through getting up or moving over the day (speak to people, make drink etc) | 26% | 37% |
| At lunchtime or other work-breaks | 22% | 30% |
| By walking, running or cycling as part of commute | 26% | 29% |
| As part of physical duties required by job | 22% | 28% |
| Through clubs, classes or activities near home | 17% | 30% |
| As part of non-work activities organised by employer | 16% | 24% |
| Through clubs, classes or activities near usual (pre-Covid) place of work | 15% | 31% |
| Through gym membership or other activity paid for or subsidised by employer | 14% | 26% |

Not shown: 'About the same', 'Have never done this' and 'Don't know'.

Tables

23rd to 26th October 2020

Exemptions and restrictions

We asked people, as things currently stand, what they thought the rules should be for the following types of sport and physical activity:

| | Definitely allowed | Probably allowed | Probably banned | Definitely banned | NET: Allowed | NET: Banned |
|--|--------------------|------------------|-----------------|-------------------|--------------|-------------|
| Outdoor activity done on own (walking, running, cycling etc) | 55% | 28% | 8% | 3% | 83% | 11% |
| Indoor activity done on own (gym, fitness class, swim etc) | 26% | 39% | 17% | 7% | 65% | 25% |
| Outdoor activity done with others (outdoor team/racket sports etc) | 24% | 40% | 20% | 7% | 65% | 27% |
| Indoor activity done with others (indoor team/racket sports etc) | 13% | 26% | 34% | 18% | 39% | 52% |

We asked people, where restrictions are imposed, to what extent they agreed or disagreed that the following people should be exempt and allowed to take part:

| | Strongly agree | Tend to agree | Tend to disagree | Strongly disagree | NET: Agree | NET: Disagree |
|---------------------------------|----------------|---------------|------------------|-------------------|------------|---------------|
| Children and young people (<18) | 19% | 34% | 23% | 11% | 53% | 34% |
| Disabled adults (18+) | 17% | 31% | 25% | 14% | 48% | 39% |

Not shown: Don't know.

An open question asked which other people, if any, should be exempt. 8% said no-one should be exempt; 4% said everyone should be exempt; 4% said elderly people; 3% said athletes and sportspeople. [Other answers <3% are in data tables]

Tables

23rd to 26th October 2020

Physical Activity Attitudes – Adults

Agreement with COM-B statements

| Statement | % Strongly Agree / Agree | | Sig diff |
|--|--------------------------|-----|----------|
| | W12 | W13 | |
| I feel that I have the ability to be physically active | 66% | 67% | No |
| It is important to me to exercise regularly | 65% | 65% | No |
| I feel that I have the opportunity to be physically active | 66% | 66% | No |
| I find exercise enjoyable and satisfying | 57% | 54% | Yes |
| I feel guilty when I don't exercise | 51% | 51% | No |

Other current feelings about physical activity and the coronavirus

| Statement | % Strongly Agree / Agree | | Sig diff |
|--|--------------------------|-----|----------|
| | W12 | W13 | |
| I am worried about exercising close to other people | 63%* | 66% | No |
| I feel safer exercising at home than in public places | 64%* | 65% | No |
| I exercise to help manage my physical health during the outbreak | 66% | 65% | No |
| I exercise to help manage my mental health during the outbreak | 60% | 62% | No |
| I have more time now to be physically active | 59% | 59% | No |
| I miss the types of physical activity I was able to do before the outbreak | 49% | 51% | No |
| Since the outbreak I have found new ways to be active | 51% | 48% | Yes |
| I worry about leaving my home to exercise or be active | 42% | 41% | No |
| I have been encouraged to exercise by the Government's guidance | 45% | 40% | Yes |
| I feel guilty about wanting to exercise during the outbreak | 26% | 24% | No |

*Question wording was slightly different in wave 12

Tables

23rd to 26th October 2020

Looking ahead (new question from wave 13)

| Intention to do more or less once restrictions are removed and virus is under control | A lot more | A bit more | Neither | A bit less | A lot less |
|--|-------------------|-------------------|----------------|-------------------|-------------------|
| Physical activity and exercise | 15% | 36% | 41% | 3% | 2% |
| Walking, cycling or running for everyday journeys | 16% | 31% | 42% | 5% | 3% |

Physical Activity Behaviour – Children

We changed this question in wave 12 to ask about physical activity outside of school hours, on both a typical weekday and a typical weekend day.

Average daily time spent doing physical activity outside of school hours (average per child in household)

| | W12 | | W13 | |
|----------------------------------|---------|-------------|---------|-------------|
| | Weekday | Weekend day | Weekday | Weekend day |
| Nothing | 15% | 8% | 19% | 15% |
| Some, but less than half an hour | 37% | 24% | 40% | 26% |
| Between half an hour and an hour | 35% | 38% | 28% | 34% |
| An hour or more | 12% | 29% | 13% | 25% |
| SOME | 85% | 92% | 81% | 85% |

Have child/ren been more or less active than this time last year? (Wave 13 onwards)

| | A lot more | A bit more | Neither | A bit less | A lot less | | MORE | LESS |
|-----|------------|------------|---------|------------|------------|--|------|------|
| W13 | 8% | 24% | 37% | 18% | 9% | | 32% | 27% |

Tables

23rd to 26th October 2020

Adults Physical Activity Levels - Demographics

% of adults doing at least 30 mins physical activity on 5 or more days in the last week

| | W12 | W13 | Sig diff |
|--------------------|------------|------------|----------|
| ALL | 29% | 24% | Yes |
| Tier 1 | - | 24% | n/a |
| Tier 2 | - | 25% | n/a |
| Tier 3 | - | 26% | n/a |
| Male | 31% | 27% | Yes |
| Female | 26% | 22% | Yes |
| 16-34 | 26% | 20% | Yes |
| 35-54 | 30% | 28% | No |
| 55+ | 29% | 24% | No |
| ABC1 | 28% | 25% | No |
| C2DE | 29% | 24% | Yes |
| White | 29% | 24% | - |
| Mixed | * | * | - |
| Asian | * | 29% | - |
| Black | * | * | - |
| Chinese | * | * | - |
| Other ethnic group | * | * | - |

Sig diff

Indicates whether changes this wave are statistically significant compared to wave 12. Wave 12 was carried out from 11-14th September.

Tables

23rd to 26th October 2020

| | W12 | W13 | Sig diff |
|---|------------|------------|-----------------|
| Children in house | 30% | 25% | No |
| No children in house | 28% | 24% | Yes |
| Other caring responsibilities at home | 26% | 23% | - |
| Disability or longstanding condition / illness | 23% | 17% | Yes |
| No disability or longstanding condition / illness | 31% | 28% | No |
| Access to private outdoor space | 30% | 26% | - |
| No access to private outdoor space | 23% | 17% | - |
| NE | 34% | * | - |
| NW | 26% | 28% | - |
| Y+H | 31% | 25% | - |
| WM | 27% | 19% | - |
| EM | 29% | 23% | - |
| E | 29% | 22% | - |
| L | 33% | 26% | - |
| SE | 25% | 26% | - |
| SW | 28% | 25% | - |
| Urban | 29% | 25% | - |
| Rural | 27% | 24% | - |

* Fewer than 30 responses

Sig diff Indicates whether changes this wave are statistically significant compared to wave 12. Wave 12 was carried out from 11-14th September.

Learn more

COVID-19 Briefing

If you are interested in any of the data included in this briefing, or if you have questions regarding the survey, please email: insight@sportengland.org

**You can access the full tables for the survey [here](https://comresglobal.com/?s=sport+england)
<https://comresglobal.com/?s=sport+england>**

