

Teenage Lifestyle Survey – October 2006

Information on volunteering and other 'positive activities'

Background

No surveys had been carried out in Herefordshire to collect data about young people's health and lifestyles since 2000. Data is required to provide a better understanding of teenage lifestyles and for a range of performance indicators.

A working group was established with representatives from a wide range of services within the Council & Primary Care Trust (PCT): Smoking Cessation, Public Health, Healthy Schools, Environmental Health & Trading Standards, Community Safety & Drugs Action, Sports Development, HP Support, Research Team.

The Schools Health Education Unit (SHEU) from Exeter was commissioned to carry out the survey; benefits were: expertise, educational materials for schools and comparisons with other areas.

Nearly 4000 pupils from year groups 7, 8, 9 & 10 (i.e. 11-15 year olds) from almost all maintained schools in Herefordshire took part, only Aylestone & John Masefield declined.

Topics covered included: drugs, alcohol & tobacco, citizenship, school & career, leisure & work, emotional health & wellbeing, healthy eating, relationships & sexual health, health & safety and physical activity.

SHEU produced individual reports for schools (including comparative results for the county) and a summary report for Herefordshire. Reports on specific topics, incorporating some additional analysis have been produced by Herefordshire Council Research Team.

Results

Three specific areas are covered in this report: Volunteering: Leisure Time and Sport/Physical activities. Overall figures stated below are for young people aged 11-15 (i.e. all 4 year groups) Tables show detailed figures for males and females separately in each year group.

1) Volunteering

The following data relates to question 74:

'How often do you do any of these things in your own time?'

- a) Helping others as part of an organised programme, e.g. Duke of Edinburgh Award Scheme
- b) Helping others (arranged by yourself), e.g. an elderly neighbour
- c) Care for a younger or older member of your family e.g. babysitting
- d) Take part in work to improve your local area, e.g. litter clearing, repairing play equipment
- e) Help organise events, outings or clubs for young people
- f) Help in fund raising for national charities or causes you support, e.g. environmental issues
- g) Help in fund raising for local causes
- h) Take part in a local youth forum or 'council', or serve on a committee for your local club or society

Options for each activity were:

Never or hardly ever

Occasionally, e.g. once a year

Regularly, e.g. once a month

Frequently, e.g. once a week

To conform to definitions of volunteering used elsewhere, category c (care for family members) is excluded when calculating the percentages of young people doing at least one of these activities, as presented in Tables 1.1 & 1.2 below:

Table 1.1: Percentage of pupils participating in a voluntary activity at least once a month

DETAIL	YR 7	YR 8	YR 9	YR 10
MALE	25%	30%	35%	40%
FEMALE	34%	33%	40%	41%

- 35% of all pupils surveyed do voluntary activities at least once a month
- The proportions of pupils participating in voluntary activities increases as they get older, with a higher number of females doing voluntary activities than males in each year group

Table 1.2: Percentage of pupils participating in a voluntary activity at least once a year

DETAIL	YR 7	YR 8	YR 9	YR 10
MALE	45%	47%	60%	61%
FEMALE	55%	60%	67%	64%

- 57% of pupils do voluntary activities at least once a year
- The proportion of pupils participating in voluntary activities increases as they got older, but with a slight decrease (3 percentage points) for females from year 9 to year 10
- Again, a higher percentage of females than males across each year group do at least one voluntary activity a year

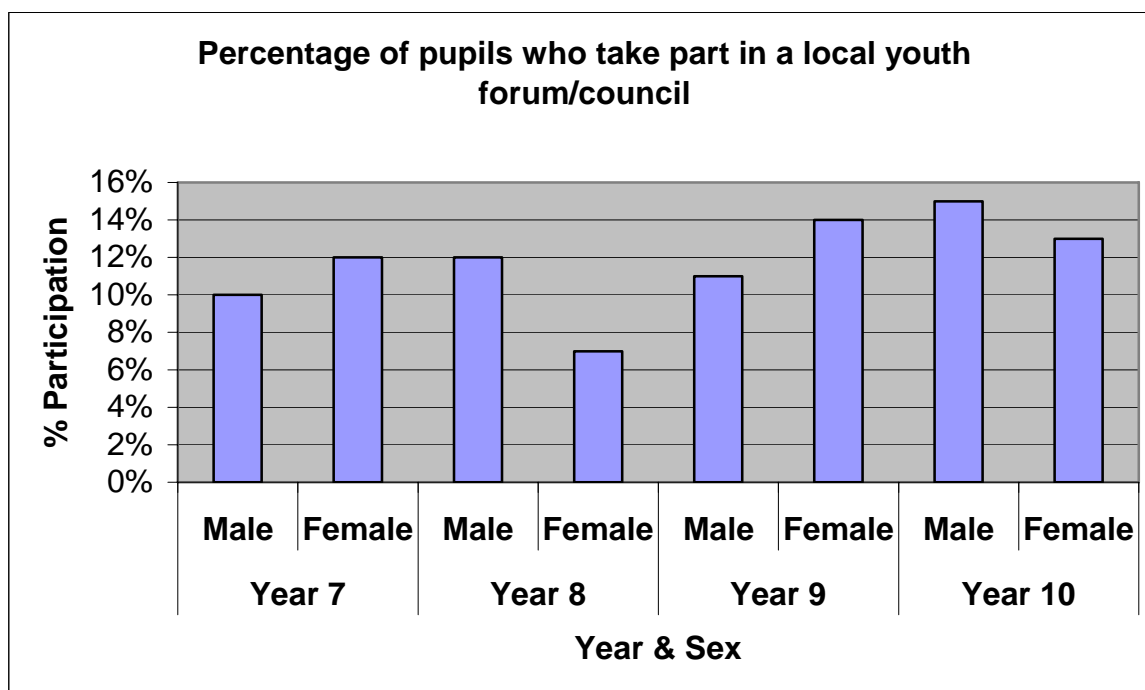
Table 1.3 shows which activities males and females of each year group are most likely to have done.

Table 1.3: Percentage of pupils doing each activity at least once a month

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
Helping others (organised)	4%	4%	6%	2%	8%	6%	11%	12%	7%
Helping others (informal)	12%	19%	13%	16%	20%	23%	18%	24%	18%
Care for a younger member of family	18%	22%	18%	30%	31%	43%	35%	50%	31%
Work to improve the local area	10%	6%	6%	7%	9%	8%	8%	6%	8%
Organising events for own age group	9%	9%	12%	9%	10%	9%	14%	12%	11%
Fundraising for national charities	12%	14%	13%	16%	13%	15%	15%	15%	14%
Fundraising for local causes	11%	13%	11%	16%	14%	14%	12%	16%	13%
Take part in local youth forum/council	10%	12%	12%	7%	11%	14%	15%	13%	12%
None of the above (or missing data)	66%	58%	62%	51%	50%	38%	43%	37%	50%

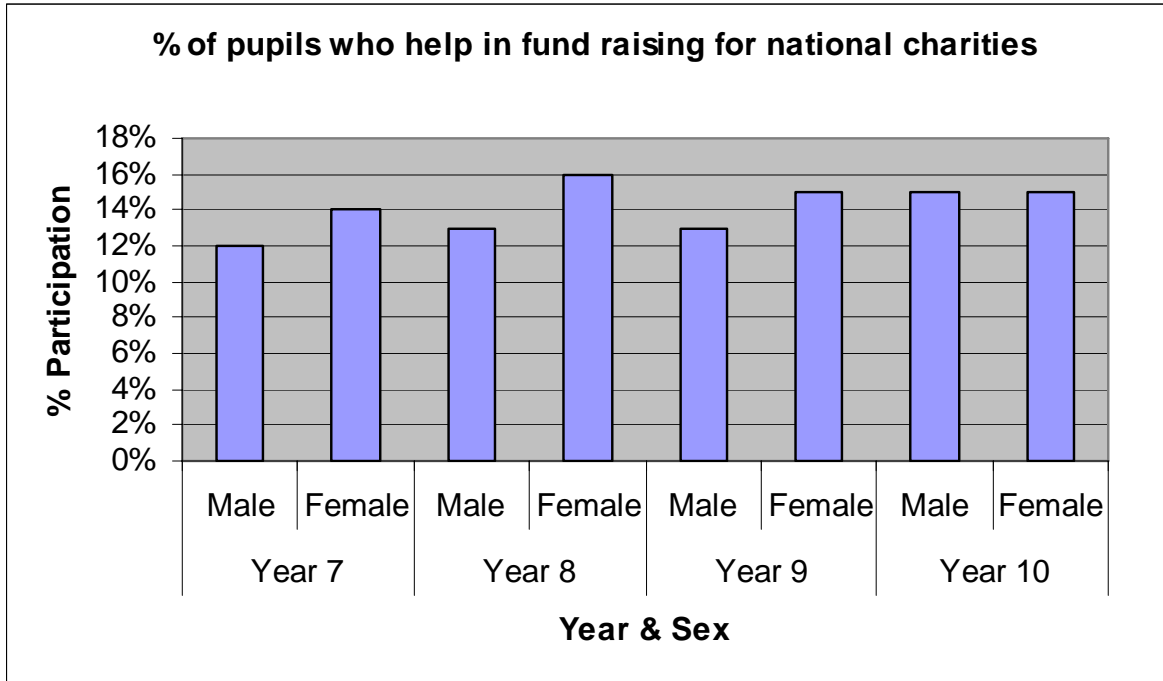
- Caring for a younger member of the family is the activity that young people are most likely to do regularly (at least once a month), with the highest figure overall (31%) and for males/females within each year group.

Chart 1.1: Percentage of pupils who take part in a local youth forum/council at least once a month



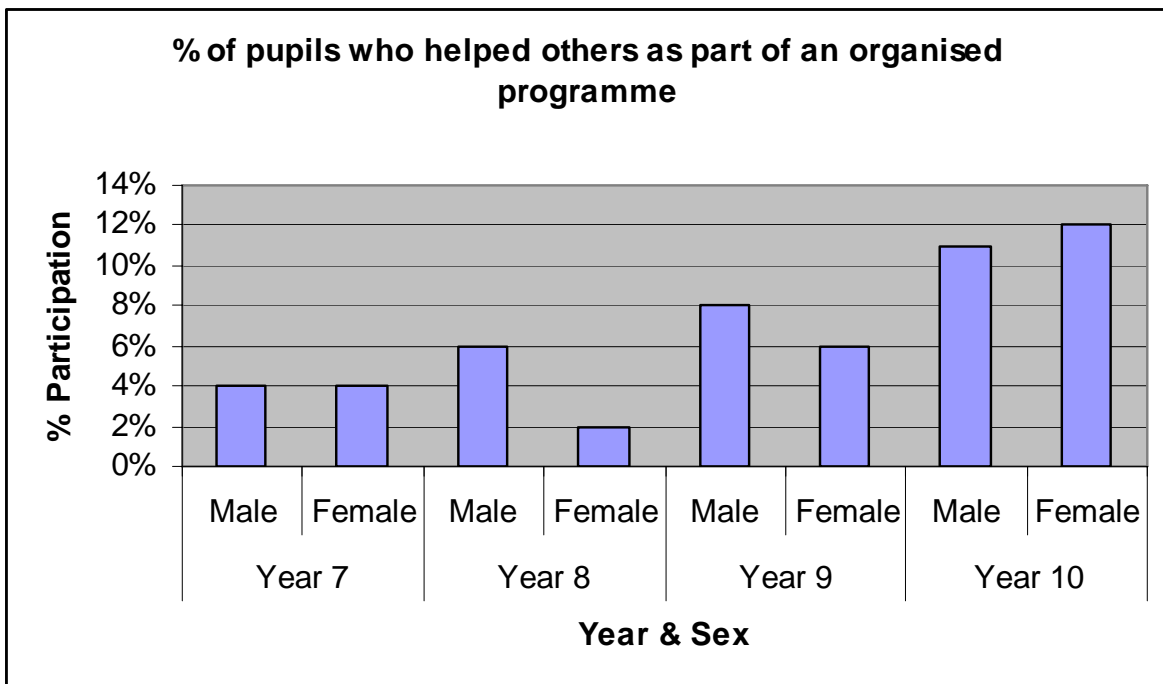
- Only 7% of females in year 8 took part in a local youth forum/council (the lowest figure for any year or sex), compared to 14% of females in year 9

Chart 1.2: Percentage of pupils who helped in fund raising for national charities at least once a month



- A higher percentage of females than males across all year groups helped in fund raising for national charities, apart from in year 10 where both 15% of males and females participated

Chart 1.3: Percentage of pupils who helped others as part of an organised programme at least once a month



- A higher proportion of males and females in year 10 helped others as part of an organised programme than any other year, 11% and 12% respectively
- Only 2% of year 8 females helped others, compared to 6% of year 8 males

2) Leisure Time

Table 2.1 below provides data for the full list of activities given in question 72: *'How long did you spend doing each of these things below after school yesterday?'* and question 73: *'Did you spend any time doing any of these things after school yesterday?'*

Table 2.1 Percentage of pupils who spent any time doing particular activities after school on the previous day

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
a. Watching TV	69%	67%	73%	72%	86%	86%	78%	81%	77%
b. Homework	64%	71%	65%	66%	64%	72%	59%	70%	66%
c. Computer games	60%	34%	60%	43%	70%	49%	62%	47%	53%
a. Met with friends	38%	27%	41%	34%	44%	44%	44%	48%	40%
b. Used computer: school work	34%	30%	29%	37%	36%	39%	38%	39%	35%
c. Read a book for enjoyment	27%	37%	24%	28%	24%	28%	20%	25%	26%
d. Cared for pets	53%	57%	54%	60%	58%	68%	55%	57%	58%
e. Played a musical instrument	19%	22%	21%	22%	25%	21%	25%	18%	22%
f. Caring for family members	33%	33%	32%	37%	36%	38%	29%	35%	34%
g Helping or volunteering outside the home	19%	16%	15%	13%	18%	10%	15%	10%	15%
h. Sport or other physical activity	41%	33%	46%	38%	50%	38%	46%	33%	41%
i. Using the internet for chat/e-mail	26%	24%	33%	42%	43%	54%	48%	59%	41%
None of the above (or missing data)	18%	17%	14%	16%	6%	4%	12%	7%	12%

- The most popular activity was watching TV, 77% of pupils overall spent time doing this on the previous day. Less popular activities were: reading a book for enjoyment (26%), playing a musical instrument (22%) and helping or volunteering outside the home (15%).

Table 2.2: Percentage of pupils who spent time reading a book for enjoyment after school on the previous day

DETAIL	YR 7	YR 8	YR 9	YR 10
MALE	27%	24%	24%	20%
FEMALE	37%	28%	28%	25%

- A higher percentage of females than males spent time reading a book for enjoyment across all year groups
- Reading was more popular for year 7 females (37%) than year 10 females (25%)

Table 2.3: Percentage of pupils who spent time after school on the previous day helping/volunteering outside the home

DETAIL	YR 7	YR 8	YR 9	YR 10
MALE	19%	15%	18%	15%
FEMALE	16%	13%	10%	10%

- A higher percentage of males than females spent time helping/volunteering outside the home across all year groups.

Tables 2.4, 2.5 and 2.6 and Charts 2.1, 2.2 and 2.3 provide data for the full list of activities given in question 72: *'How long did you spend doing each of these things below after school yesterday?'*

Watching TV, videos or DVDs

Chart 2.1: Time spent watching television/videos/DVDs by all pupils

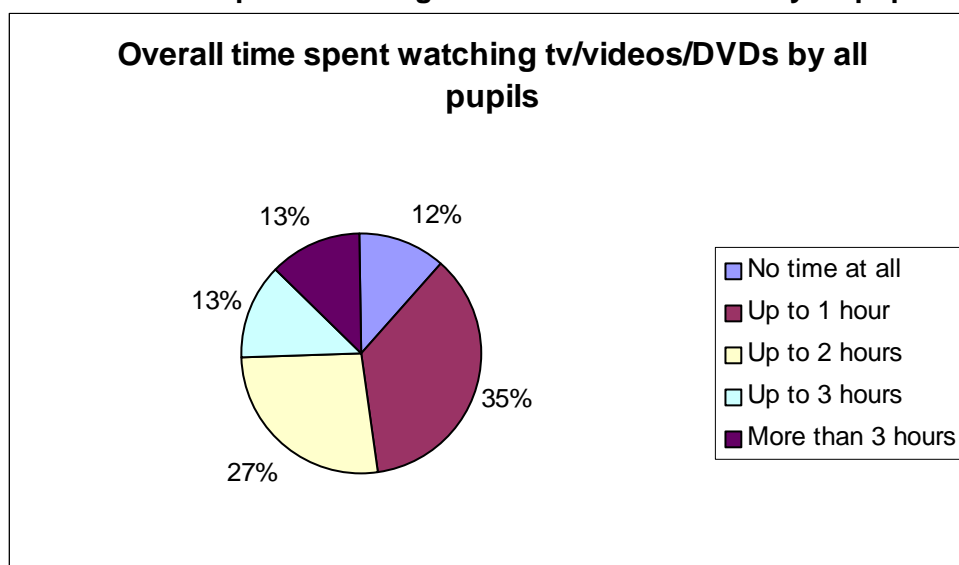


Table 2.4 shows the amount of time males and females from different years spent watching television/videos/DVDs after school the previous day.

Table 2.4: Time spent watching television/videos/DVDs

	Year 7 Male	Year 7 Female	Year 8 Male	Year 8 Female	Year 9 Male	Year 9 Female	Year 10 Male	Year 10 Female
No time at all	15%	18%	13%	12%	9%	9%	10%	12%
Up to 1 hour	40%	46%	34%	36%	34%	36%	31%	31%
Up to 2 hours	24%	20%	29%	28%	28%	28%	28%	27%
Up to 3 hours	10%	10%	10%	13%	15%	15%	14%	18%
More than 3 Hours	11%	7%	14%	11%	15%	13%	17%	13%

- For all year groups, males are more likely than females to watch more than 3 hours of television/videos/DVDs
- 13% of females in year 10 watch more than three hours of television/videos/DVDs compared to 7% of females in year 7
- A higher percentage of year 10 males (17%) spent more than 3 hours watching television/videos/DVDs than year 7 males (11%)

Doing Homework

- 73% of pupils spent an hour or less doing homework after school the previous day

Chart 2.2: Time spent doing homework

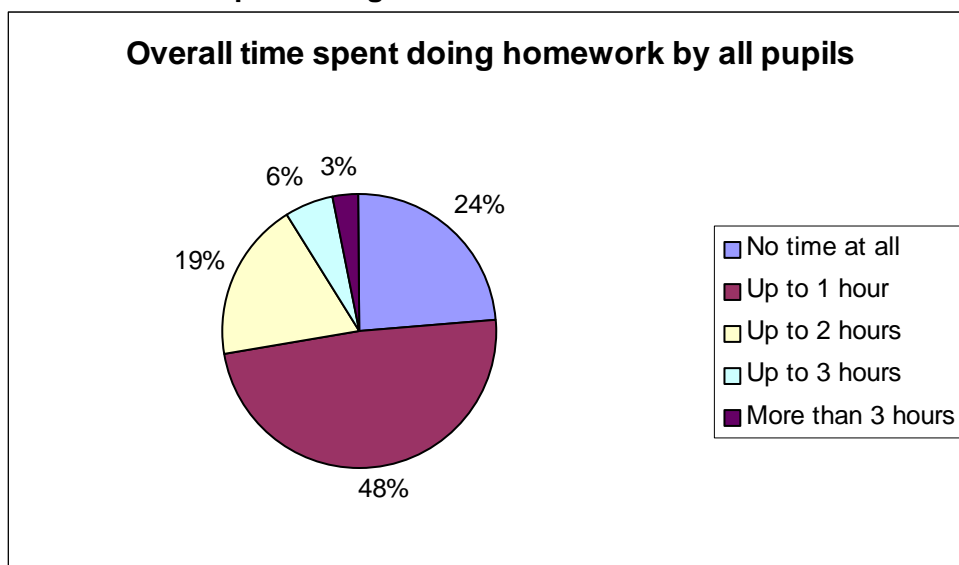


Table 2.5 shows the amount of time males and females from different years spent doing homework after school the previous day.

Table 2.5: Time spent doing homework

	Yr 7 (M)	Yr 7 (F)	Yr 8 (M)	Yr 8 (F)	Yr 9 (M)	Yr 9 (F)	Yr 10 (M)	Yr 10 (F)
No time at all	21%	13%	24%	19%	32%	23%	32%	23%
Up to 1 hour	50%	51%	56%	51%	50%	51%	42%	42%
Up to 2 hours	18%	24%	16%	21%	13%	18%	17%	24%
Up to 3 hours	7%	7%	4%	6%	4%	5%	7%	7%
More than 3 hours	4%	5%	1%	3%	2%	3%	2%	3%

- 32% of males in both year 9 and year 10 spent no time at all doing homework compared to 21% and 24% in years 7 and 8 respectively
- 23% of females in both year 9 and year 10 spent no time at all doing homework compared to 13% of year 7 females and 19% of year 8 females
- Higher percentages of year 7 male and female pupils did more than 3 hours of homework after school the previous day than for any other year group

Playing computer games (e.g. Playstation, PSP, using TV, etc.)

- 60% of all pupils surveyed spent time playing computer games after school during the previous day

Chart 2.3: Time spent playing computer games

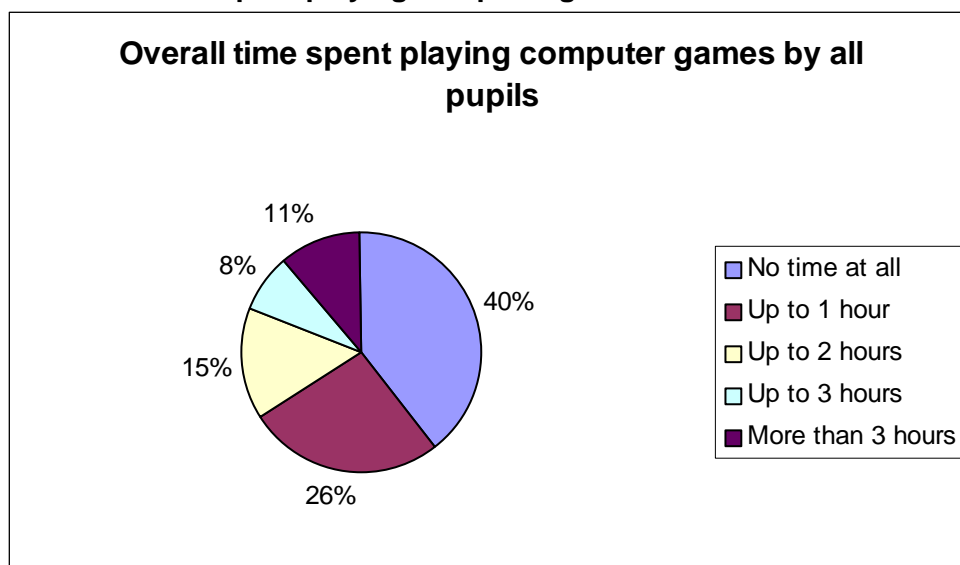


Table 2.6 shows the amount of time males and females from different years spent playing computer games after school the previous day.

Table 2.6: Time spent playing computer games

	Yr 7 (M)	Yr 7 (F)	Yr 8 (M)	Yr 8 (F)	Yr 9 (M)	Yr 9 (F)	Yr 10 (M)	Yr 10 (F)
No time at all	27%	59%	29%	47%	25%	48%	29%	49%
Up to 1 hour	32%	25%	27%	27%	31%	22%	24%	23%
Up to 2 hours	17%	8%	17%	14%	19%	15%	19%	13%
Up to 3 hours	7%	4%	11%	5%	11%	7%	12%	8%
More than 3 hours	18%	4%	15%	7%	13%	7%	17%	8%

- Year 7 females spent the least amount of time playing computer games, with 59% spending no time at all playing computer games
- 18% of year 7 males spent more than 3 hours playing computer games compared to 4% of year 7 females

3) Sport/physical activities

Sport/Physical activities (inside or outside school)

- 68% spent one or more hours doing physical activities the day before

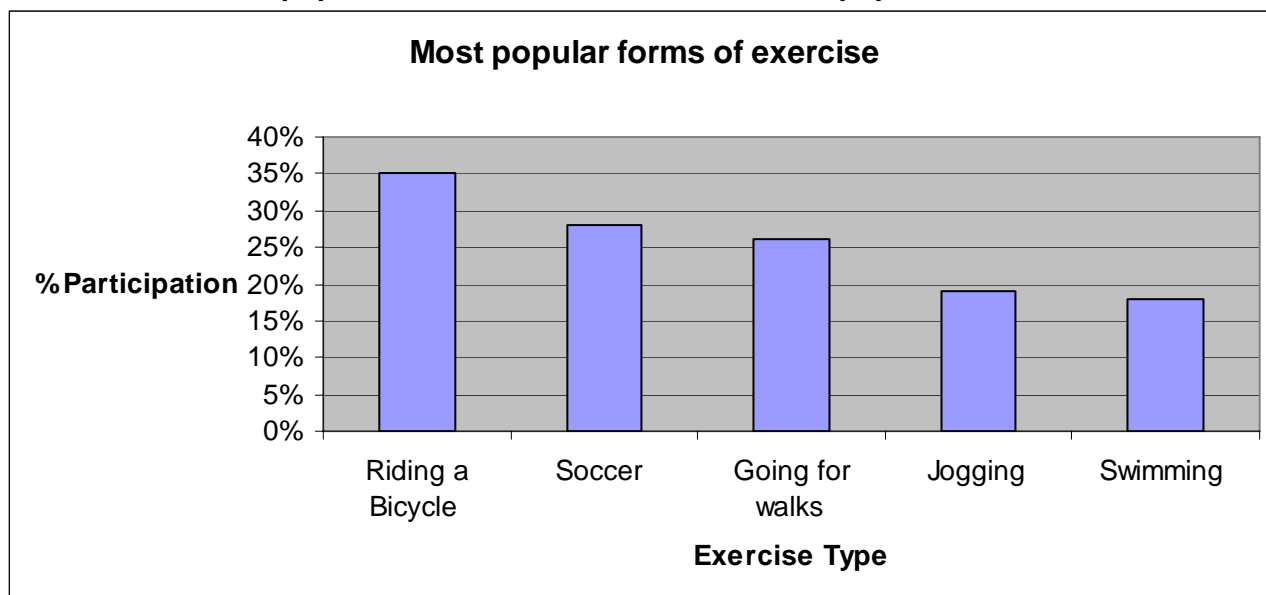
Table 3.1: Percentage of pupils who spent one or more hours doing physical activity the day before

DETAIL	YR 7	YR 8	YR 9	YR 10
MALE	72%	73%	72%	76%
FEMALE	65%	65%	62%	62%

Sport/physical activities (outside school)

Chart 3.1 and Table 3.2 highlight the activities (from a list of 40), which were most and least popular for all pupils surveyed.

Chart 3.1: The most popular forms of exercise overall for all pupils



- The four most popular forms of exercise were all outdoor activities

Table 3.2: The Least Popular Forms of Exercise for all pupils

Exercise Type	Percentage of Pupils Surveyed Participating
Skateboarding	2%
Rowing	2%
Volleyball	2%
Club Cycling	1%
Sailing	1%

Table 3.3 provides data for the full list of activities given in question 83: ***'How often do you play or do any of these things in your own time or in school clubs, when in season? (NOT school lessons)'***

N.B. The table has been split into three sections for ease of analysis

Table 3.3: Percentage of pupils of who took part in sports/activities during the past 12 months

Activity/Sport	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
Rugby	30%	2%	27%	4%	33%	6%	24%	4%	16%
Soccer	37%	14%	38%	16%	43%	18%	43%	14%	28%
Hockey	3%	16%	4%	13%	5%	14%	4%	13%	9%
Netball	2%	31%	0%	31%	0%	30%	1%	25%	15%
Tennis	7%	9%	11%	12%	10%	10%	11%	7%	10%
Squash	3%	1%	1%	1%	3%	1%	4%	2%	2%
Basketball	9%	3%	12%	6%	21%	5%	19%	10%	11%
Badminton	5%	6%	7%	10%	12%	6%	10%	14%	9%
Gymnastics	5%	8%	2%	11%	4%	9%	2%	4%	5%
Swimming	13%	22%	19%	25%	16%	20%	13%	16%	18%
Cricket	14%	5%	17%	6%	16%	6%	16%	2%	10%
Rounders	9%	9%	2%	14%	3%	12%	2%	14%	8%
Cross-Country	5%	7%	7%	7%	7%	7%	6%	3%	6%
Volleyball	2%	2%	1%	1%	2%	4%	4%	5%	2%

- 9% of both males and females in year 7 took part in rounders compared to only 2% of year 8 males and 14% of year 8 females

Table 3.3: Percentage of pupils of who took part in sports/activities during the past 12 months (continued)

Activity/Sport	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
Rowing	2%	2%	2%	3%	4%	1%	4%	1%	2%
Club Cycling	1%	0%	2%	1%	2%	0%	0%	1%	1%
Track/field (e.g. hurdles)	3%	4%	4%	5%	6%	6%	6%	3%	5%
Golf	10%	2%	10%	2%	14%	1%	11%	1%	7%
Canoeing	2%	1%	4%	2%	3%	3%	2%	2%	2%
American Football	3%	0%	2%	1%	4%	0%	4%	1%	2%
Motorbike Scrambling	6%	2%	7%	3%	10%	4%	9%	2%	5%
Sailing	2%	1%	0%	1%	1%	1%	1%	1%	1%
Darts	8%	3%	9%	3%	11%	5%	10%	3%	7%
Pool	13%	6%	14%	8%	22%	10%	21%	14%	14%
Snooker	10%	4%	13%	3%	14%	7%	13%	5%	9%
Judo/karate/boxing, etc.	9%	2%	6%	5%	7%	6%	7%	4%	6%
5-a-side football	13%	5%	14%	8%	18%	9%	20%	6%	12%
Table Tennis	5%	5%	7%	5%	11%	2%	10%	4%	6%

- The proportion of males participating in 5-a-side football increases each year, from 13% in year 7 to 20% in year 10
- The proportion of females playing pool increases each year from the lowest level of 6% in year 7 to the highest level of 14% in year 10

Table 3.3: Percentage of pupils of who took part in sports/activities during the past 12 months (continued)

Activity/Sport	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
Riding a bicycle	39%	35%	42%	30%	44%	25%	43%	19%	35%
Jogging	20%	18%	19%	20%	19%	18%	24%	15%	19%
Horse Riding	1%	15%	2%	12%	1%	12%	1%	12%	7%
Hiking/Orienteering	2%	3%	3%	2%	3%	4%	2%	2%	3%
Going for walks	18%	30%	18%	33%	19%	36%	15%	35%	26%
Fishing	6%	2%	7%	1%	9%	2%	9%	2%	5%
Weight Training	5%	1%	7%	3%	13%	2%	21%	5%	8%
Roller blading/skating	7%	10%	6%	10%	6%	7%	2%	5%	7%
Skateboarding	6%	3%	6%	3%	7%	4%	6%	3%	5%
Ice Skating	1%	3%	1%	2%	2%	2%	1%	3%	2%
Fitness Aerobics	4%	6%	4%	6%	4%	8%	11%	13%	7%
Dancing	2%	14%	2%	25%	2%	23%	2%	21%	11%
Other Sport	2%	2%	2%	2%	4%	3%	2%	2%	2%
None of the above Or missing data	82%	89%	77%	89%	69%	84%	71%	83%	80%

- Only 4% of males in years 7, 8 and 9 took part in fitness aerobics, compared to 11% in year 10

Chart 3.2: The most popular activities for males and females

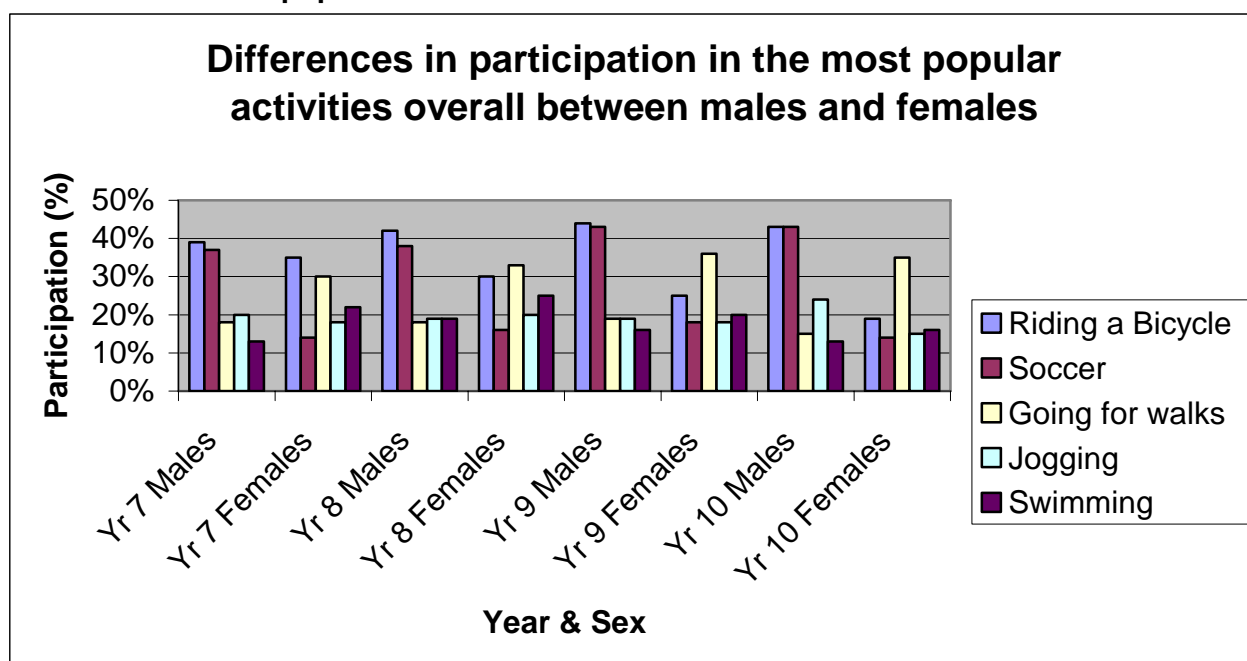


Table 3.4: The most popular activities

Boys		Girls	
Activity	Participation	Activity	Participation
Riding a bicycle	42%	Going for walks	34%
Soccer	40%	Netball	29%
Rugby	29%	Riding a bicycle	27%
Jogging	21%	Dancing	21%
Going for walks	18%	Swimming	21%
Pool	18%	Jogging	18%

- Riding a bicycle was more popular among boys (42%) than girls (27%)
- Going for walks was almost twice as popular among girls (34%) than boys (18%)

Table 3.5: The least popular activities

Boys		Girls	
Activity	Participation	Activity	Participation
Club cycling	1%	Club cycling	1%
Sailing	1%	Sailing	1%
Ice skating	1%	Squash	1%
Horse riding	1%	American Football	1%
Netball	1%	Fishing	2%
Dancing	2%	Rowing	2%

- Club cycling and sailing were two of the least popular activities for both males and females
- Dancing was one of the least popular activities for boys, whereas it was the fourth most popular activity for girls overall with 21% participating

Table 3.6: The three most popular activities for males and females in each year

Activity/Sport	Year 7		Year 8		Year 9		Year 10	
	Male	Female	Male	Female	Male	Female	Male	Female
Rugby	30%		27%		33%		24%	
Soccer	37%		38%		43%		43%	
Netball		31%		31%		30%		25%
Riding a bicycle	39%	35%	42%	30%	44%	25%	43%	
Going for walks		30%		33%		36%		35%
Dancing								21%

- The three most popular activities across all years for both males and females only comprised six individual activities
- Riding a bicycle was one of the most popular activities across both sexes and all year groups apart from year 10 females

Table 3.7: The least popular activities for males and females in each year

Activity/Sport	Year 7		Year 8		Year 9		Year 10	
	Male	Female	Male	Female	Male	Female	Male	Female
Netball			0%		0%		1%	
Squash		1%	1%	1%		1%		
Volleyball			1%	1%				
Rowing						1%		1%
Club Cycling	1%	0%		1%		0%	0%	1%
Golf						1%		1%
Canoeing		1%						
American Football	0%		1%		0%		1%	
Sailing		1%	0%	1%	1%	1%	1%	1%
Horse Riding	1%				1%		1%	
Fishing				1%				
Weight Training		1%						
Ice Skating	1%		1%				1%	

- Sailing is one of the least popular activities across all years and sexes, apart from year 7 males
- Horse riding is less popular with male than females, with no female year groups recording horse riding as a least popular activity

Levels of participation in activities across the different age ranges

Boys

Table 3.8: Greatest changes in participation between Year 7 and Year 10

Activity	Year 7	Year 8	Year 9	Year 10
Basketball	9%	12%	21%	19%
Weight Training	5%	7%	13%	21%
Pool	13%	14%	22%	21%
Rugby	30%	27%	33%	24%

- Weight training showed the largest increase in participation, increasing from 5% in year 7 to 21% in Year 10

Girls

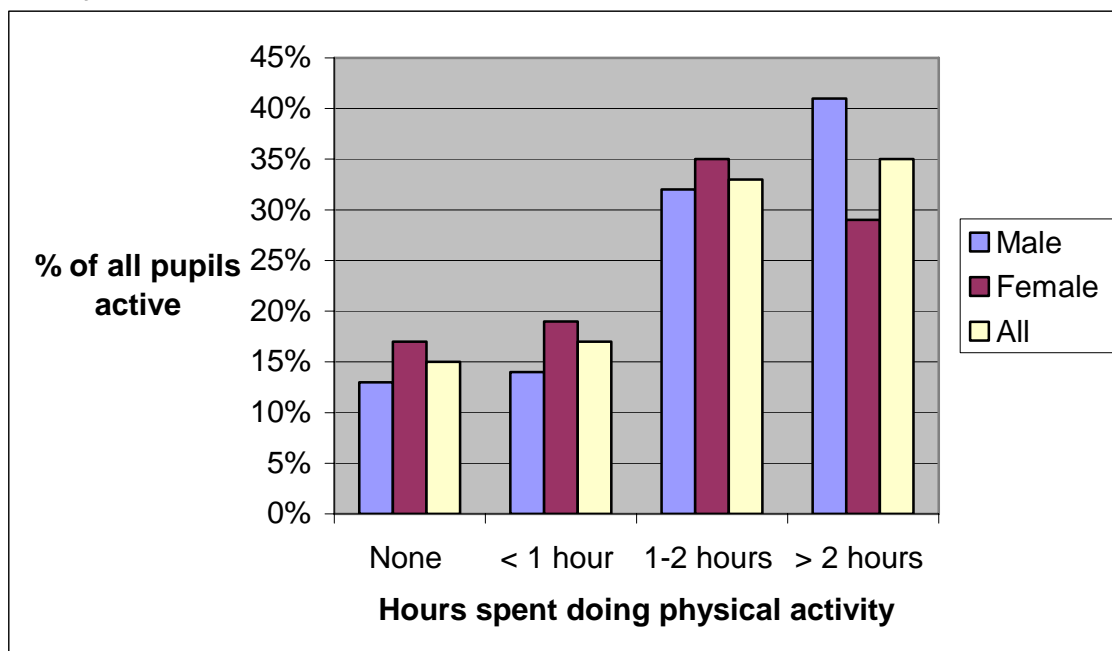
Table 3.9: Greatest changes in participation between Year 7 and Year 10

Activity	Year 7	Year 8	Year 9	Year 10
Riding a bicycle	35%	30%	25%	19%
Pool	6%	8%	10%	14%
Swimming	22%	25%	20%	16%
Dancing	14%	25%	23%	21%

- Riding a bike steadily decreased in popularity from the highest level of participation of 35% in year 7 to the lowest level (19%) in year 10

The following data relates to the answers given to question 84: 'How many hours in total did you spend yesterday doing these physical activities (both inside and outside school)'

Chart 3.3: Variations between males and females in the amount of time spent doing physical activity



- 41% of males spent 2 or more hours doing physical activity compared to 29% of females
- 68% of all pupils spent at least 1 hour or more doing physical activity the day before
- 15% of all pupils were not physically active at all the during the previous day

Table 3.10: Time spent doing physical activities (inside and outside of school)

	Year 7		Year 8		Year 9		Year 10		All
	M	F	M	F	M	F	M	F	
None	16%	18%	12%	16%	15%	16%	10%	18%	15%
< 1 hour	11%	16%	16%	19%	14%	22%	14%	20%	17%
1 - 2 hours	35%	35%	35%	35%	25%	32%	34%	36%	33%
> 2 hours	37%	30%	38%	30%	47%	30%	42%	26%	35%

- A greater proportion of year 9 male pupils spent more than 2 hours doing physical activity than any other year

The following data relates to the answers given to question 85: 'Are there activities on the list above that you would like to start doing or do more of?'

Table 3.11: Activities males and females would like to start doing or do more often

Activity	Yr 7-10 males	Yr 7-10 females	All
Swimming	5%	11%	8%
Horse riding	1%	11%	6%
Roller/ice skating	2%	10%	6%
Soccer	7%	5%	6%
Rugby	8%	4%	6%
Dancing	0%	11%	5%
Judo/Karate/Boxing	5%	5%	5%
None wanted	57%	48%	53%

- Over half of all pupils (53%) stated that they would not like to start doing any new activities or do any existing activities they participated in more frequently
- 8% of all pupils would like to start doing swimming or do it more often
- 11% of females would like to start dancing or do it more often, compared to 0% of males

Table 3.12: Activities that pupils in each year group would like to start doing or do more often

Activity/Sport	Year 7		Year 8		Year 9		Year 10	
	Male	Female	Male	Female	Male	Female	Male	Female
Rugby	8%		8%		9%			
Swimming	7%			10%		14%		12%
Soccer	6%		7%		8%		7%	
Horse riding		11%		11%				
Swimming		9%						
Dancing		9%				13%		12%
Scrambling			6%		7%		7%	
Roller/ice skating				10%		13%		11%
Judo/karate/boxing							7%	

- Soccer was the most popular activity, across all year groups, that pupils would like to start doing or do more often
- Females in years 8, 9 and 10 listed roller/ice skating as one of the top three activities they would like to start doing or do more often

The following data relates to the answers given to question 86: **‘How much do you enjoy physical activities?’**

- Over all age ranges and both sexes, 56% of pupils enjoyed physical activity a lot

Chart 3.4: Pupils overall enjoyment of physical activities

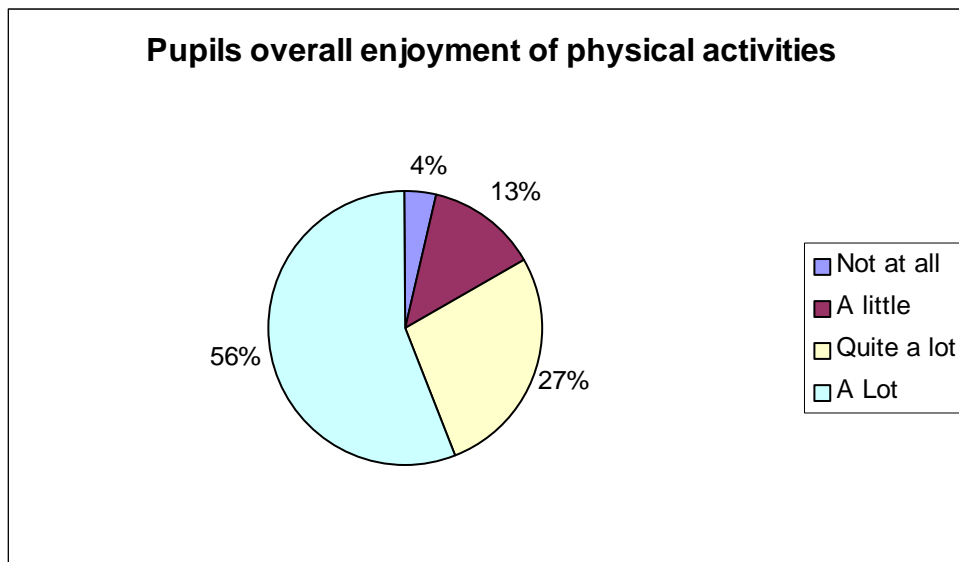


Table 3.13 highlights the differences in responses for both sexes and each age group surveyed.

Table 3.13: Enjoyment of physical activities

	Yr 7 (M)	Yr 7 (F)	Yr 8 (M)	Yr 8 (F)	Yr 9 (M)	Yr 9 (F)	Yr 10 (M)	Yr 10 (F)
Not at all	5%	5%	2%	3%	6%	4%	3%	5%
A little	8%	10%	11%	14%	9%	17%	10%	24%
Quite a lot	19%	28%	22%	33%	24%	33%	24%	31%
A Lot	68%	57%	66%	50%	62%	46%	64%	39%

- A higher percentage of males on average enjoyed physical activities more than females at 68% and 48% respectively
- There was no little difference between males and females in proportions who don't enjoy physical activities at all
- Only 39% of females in year 10 enjoyed physical activity a lot, compared to 57% of year 7 females

List of Tables

1.1: Percentage of pupils participating in a voluntary activity at least once a month

1.2: Percentage of pupils participating in a voluntary activity at least once a year

1.3: Percentage of pupils doing each activity at least once a month

2.1 Percentage of pupils who spent any time doing particular activities after school on the previous day

2.2: Percentage of pupils who spent time reading a book for enjoyment after school on the previous day

2.3: Percentage of pupils who spent time after school on the previous day helping/volunteering outside the home

2.4: Time spent watching television/videos/DVDs

2.5: Time spent doing homework

2.6: Time spent playing computer games

3.1: Percentage of pupils who spent one or more hours doing physical activity the day before

3.2: The Least Popular Forms of Exercise for all pupils

3.3: Percentage of pupils of who took part in sports/activities during the past 12 months

3.4: The most popular activities

3.5: The least popular activities

3.6: The three most popular activities for males and females in each year

3.7: The least popular activities for males and females in each year

3.8: Greatest changes in participation between Year 7 and Year 10

3.9: Greatest changes in participation between Year 7 and Year 10

3.10: Time spent doing physical activities (inside and outside of school)

3.11: Activities males and females would like to start doing or do more often

3.12: Activities that pupils in each year group would like to start doing or do more often

3.13: Enjoyment of physical activities

List of Charts

1.1: Percentage of year 7 & 8 pupils doing each activity at least once a month

1.2: Percentage of year 9 & 10 pupils doing each activity at least once a month

2.1: Time spent watching television/videos/DVDs by all pupils

2.2: Time spent doing homework

2.3: Time spent playing computer games

3.1: The most popular forms of exercise overall for all pupils

3.2: The most popular activities for males and females

3.3: Variations between males and females in the amount of time spent doing physical activity

3.4: Pupils overall enjoyment of physical activities