



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 December

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

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.

Please see the tables on the following pages for more detailed results.

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 (w1)
16–34	34%	31%	33%	No
35–54	34%	31%	29%	Yes (w1)
55+	32%	33%	34%	No
ABC1	35%	35%	34%	No
C2DE	32%	29%	29%	No
Children in house	36%	30%	31%	Yes (w1)
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.*

Week 4 Survey carried out by Savanta ComRes over 24th to 27th 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

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
ABCI	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?

[illegible]

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

Longstanding condition or illness	27%	23%	29%	39%
No longstanding condition or illness	16%	36%	35%	38%

CHILDREN IN HOUSEHOLD

Children in house	12%	32%	43%	33%
No children in house	24%	32%	34%	39%

LIVE ALONE

Lives alone	28%	29%	24%	40%
Lives with others	18%	33%	35%	37%

CARING (excl. kids)

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	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	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6		Wk 1-6
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

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.

15-18	May	Wave 7
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

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 im- portant	Somewhat more im- portant	No more or less im- portant	Somewhat less im- portant	Much less im- portant	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

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 im- portant	Somewhat more im- portant	No more or less im- portant	Some- what less important	Much less im- portant	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

19–22 June 2020

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 fit- ness 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 fit- ness 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, trampolin-ing, 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 longstanding 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 to December

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

23-26	Oct	Wave 13
27-30	Nov	Wave 14

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.

Headlines

27th to 30th November

Wave 14 took place over 27th to 30th November, five weeks after wave 13. It was carried out before the national restrictions were eased (on 2nd December) and replaced by a strengthened tier system.

This section shows selected data from waves 12–14. See previous reports for earlier waves, or visit <https://comresglobal.com/?s=sport+england> for full data tables. Wave 15 is not yet scheduled.

In the last full week of the second national lockdown, adult physical activity levels were unchanged compared to a month ago

25% of adults were active on five or more days in the last week, compared to 32% at the end of the first lockdown in May.

We continue to see inequalities. The following groups remain less likely than others to be active on 5+ days: women, people aged 16–34, social grades C2DE and disabled people or those with a longstanding condition/illness.

People turn to walking to stay active during second national restrictions

Walking increased to 59%, up from 55% in wave 13 (Oct), while cycling (12%) has fallen slightly from 14% in wave 12 (Sept).

Other permitted activities including running and home exercise were stable. Many restricted activities saw a fall over wave 13.

Adults report that children are less active than in wave 12 (Sept)

With more children doing no out-of-school activity on weekend or week-days, and a drop in those doing an hour or more at weekends.

More adults than in wave 13 report that their children are less active than this time last year.

There was a small drop in informal play at home (7%) and elsewhere (6%).

Tables

27th to 30th November

Note on tables this wave:

This document shows selected data from waves 12-14. See previous reports for earlier waves, or visit <https://comresglobal.com/?s=sport+england> for full data tables.

Figures in **bold** show the difference between this wave and wave 13 is statistically significant.

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%
W14	21%	54%	25%

Is this more or less than this time last year?

(new question from wave 13)

	A lot more	A bit more	About the same	A bit less	A lot less		MORE (NET)	LESS (NET)
W13	9%	19%	41%	15%	14%		28%	29%
W14	9%	22%	35%	17%	16%		31%	33%

Figures in **bold** show statistically significant change in wave 14 compared to wave 13.

Wave 14 Survey carried out by Savanta ComRes over 27th to 30th November 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

27th to 30th November

Types of physical activity in last week

Participation in the last week	W12	W13	W14
Walking	55%	55%	59%
Cycling	14%	13%	12%
Running or jogging	19%	17%	17%
Home activity / fitness – ONLINE	13%	13%	14%
Home activity / fitness – OFFLINE	15%	13%	14%
Informal play or games at home	9%	9%	7%
Informal play or games away from home	7%	8%	6%
Gym, fitness, ex. class away from home	12%	12%	7%
Golf	4%	3%	2%
Swimming	10%	6%	5%
Team sports (e.g. football)	5%	6%	3%
Racket sports (e.g. tennis)	4%	3%	3%
Combat sports, martial arts, target sports	4%	4%	3%
Gymnastics, trampolining, cheerleading	3%	2%	3%
Water sports (e.g. surfing, rowing, sailing)	3%	2%	2%
Other	4%	4%	4%
NET: ANY HOME-BASED ACTIVITY	31%	28%	29%
Any physical activity in past week	85%	84%	86%
No physical activity in past week	15%	16%	14%

Figures in **bold** show statistically significant change in wave 14 compared to wave 13.

Tables

27th to 30th November

Why are people walking and cycling?

Reason for walking (those who walked)	W12	W13	W14
Leisure, fitness or recreation	65%	61%	65%
Any travel or utility purpose	61%	63%	58%
Travel/Utility AND Leisure, fitness or recreation	35%	34%	31%

Reason for cycling (those who cycled)	W12	W13	W14
Leisure, fitness or recreation	66%	66%	63%
Any travel or utility purpose	54%	47%	49%
Travel/Utility AND Leisure, fitness or recreation	28%	20%	19%

Physical Activity Attitudes – Adults

Agreement with COM-B statements

% who agree / strongly agree	W12	W13	W14
I feel that I have the ability to be physically active	66%	67%	67%
It is important to me to exercise regularly	65%	65%	65%
I feel that I have the opportunity to be physically active	66%	66%	65%
I find exercise enjoyable and satisfying	57%	54%	55%
I feel guilty when I don't exercise	51%	51%	54%

Figures in **bold** show statistically significant change in wave 14 compared to wave 13.

Tables

27th to 30th November

Other current feelings about physical activity and the coronavirus

% who agree / strongly agree	W12	W13	W14
I am worried about exercising close to other people	63%*	66%	64%
I feel safer exercising at home than in public places	64%*	65%	62%
I exercise to help manage my physical health during the outbreak	66%	65%	68%
I exercise to help manage my mental health during the outbreak	60%	62%	61%
I have more time now to be physically active	59%	59%	62%
I miss the types of physical activity I was able to do before the outbreak	49%	51%	55%
Since the outbreak I have found new ways to be active	51%	48%	51%
I worry about leaving my home to exercise or be active	42%	41%	44%
I have been encouraged to exercise by the Government's guidance	45%	40%	44%
I feel guilty about wanting to exercise during the outbreak	26%	24%	26%

*Question wording was slightly different in wave 12

Looking ahead (new question from wave 13)

Intention to do more / less once restrictions are removed and virus is under control

% saying they intend to do a lot or a bit more	Wave 13	Wave 14
Physical activity and exercise	51%	56%
Walking, cycling or running for everyday journeys	46%	49%

Figures in **bold** show statistically significant change in wave 14 compared to wave 13.

Tables

27th to 30th November

Children's physical activity levels

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		W14	
	Weekday	<i>Weekend day</i>	Weekday	<i>Weekend day</i>	Weekday	<i>Weekend day</i>
Nothing	15%	8%	19%	15%	20%	16%
Some, but less than half an hour	37%	24%	40%	26%	40%	31%
Between half an hour and an hour	35%	38%	28%	34%	29%	33%
An hour or more	12%	29%	13%	25%	11%	20%
SOME (NET)	85%	92%	81%	85%	80%	84%

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%
W14	8%	23%	32%	21%	15%		31%	36%

Figures in **bold** show statistically significant change in wave 14 compared to wave 13.

Tables

27th to 30th November

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	W14
ALL	29%	24%	25%
Tier 1* (anticipated for w14)	–	24%	*
Tier 2* (anticipated for w14)	–	25%	24%
Tier 3* (anticipated for w14)	–	26%	27%
Male	31%	27%	27%
Female	26%	22%	23%
16–34	26%	20%	21%
35–54	30%	28%	25%
55+	29%	24%	27%
ABC1	28%	25%	26%
C2DE	29%	24%	23%
White	29%	24%	25%
Mixed	*	*	*
Asian	*	29%	*
Black	*	*	*
Chinese	*	*	*
Other ethnic group	*	*	*

*As the Government definition of Tiers changed between waves 13 and 14, It is not recommended to compare these as like for like across both waves.

Figures in **bold** show statistically significant change in wave 14 compared to wave 13.

Tables

27th to 30th November

	W12	W13	W14
Children in house	30%	25%	22%
No children in house	28%	24%	26%
Other caring responsibilities at home	26%	23%	21%
Disability or longstanding condition / illness	23%	17%	21%
No disability or longstanding condition / illness	31%	28%	26%
Access to private outdoor space	30%	26%	25%
No access to private outdoor space	23%	17%	22%
NE	34%	*	*
NW	26%	28%	28%
Y+H	31%	25%	27%
WM	27%	19%	26%
EM	29%	23%	25%
E	29%	22%	20%
L	33%	26%	21%
SE	25%	26%	23%
SW	28%	25%	27%
Urban	29%	25%	23%
Rural	27%	24%	29%

* Fewer than 30 responses

Figures in **bold** show statistically significant change in wave 14 compared to wave 13.

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>

