

## Headlines

- There has been a **massive disruption in the physical activity behaviours of adults and children** in England. 33% of adults did more and 39% did less physical activity in the last week compared to before the restrictions. In the same period 29% of children did more and 37% did less compared to pre-restriction levels.
- There is a **recognition of the importance of physical activity in response to the pandemic**. 63% 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**. 71% of adults agree that exercise is helping them manage their physical health, whilst 67% agree it is helping them manage their mental health.
- **The Government’s messages about exercise may be having a positive impact**. 55% of adults in England agree that they have been encouraged to exercise by the Governments guidance.
  - 59% of adults walked in the last week
  - 48% did online fitness, offline fitness or informal activity in the home
  - 19% went jogging
  - 9% cycled
- There are **differences in levels of activity between different demographic groups**. Older people, people on low incomes, living in urban areas or living alone are finding it harder to be active during the outbreak.

Please see the tables below for more detailed results.

## 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
19%	9%	13%	16%	9%	12%	4%	19%		37%	34%

### 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%	23%	27%	17%	22%		33%	39%

### 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%	37%	26%	37%	49%	39%	23%	
Cycling	9%	46%	31%	23%	60%	28%	20%	
Running or jogging	19%	51%	24%	24%	69%	20%	15%	
Home activity / fitness – ONLINE	24.6%	70%	17%	13%	53%	29%	29%	

Home activity / fitness – OFFLINE	24.8%	57%	27%	15%	66%	21%	20%
Informal play or games at home	18%	62%	19%	18%	24%	33%	62%
Other	5%	51%	31%	18%	68%	25%	13%
ANY HOME-BASED ACTIVITY	48%						

### Physical Activity Behaviour – Children

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

Nothing	13%
Some, but less than half an hour	37%
Between half an hour and an hour	37%
More than an hour	14%
SOME	87%

#### 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%	22%	32%	20%	18%		29%	37%

### Feelings of adults towards physical activity during the COVID-19 outbreak

Statement	Agree	Disagree	Don't know
Since the outbreak I have found new ways to be active	52%	46%	2%
I have more time now to be physically active	66%	31%	3%
I have been encouraged to exercise by the Government's guidance	55%	41%	5%
I do not find exercising on my own enjoyable	41%	54%	4%
I miss the types of physical activity I was able to do before the outbreak	63%	34%	3%
I worry about leaving my home to exercise or be active	59%	38%	3%
I feel guilty about wanting to exercise during the outbreak	30%	67%	3%
I feel guilty about not exercising more during the outbreak	51%	46%	3%
I exercise to help manage my physical health during the outbreak	71%	26%	3%
I exercise to help manage my mental health during the outbreak	67%	30%	4%
The current situation has not impacted my current exercise regime	42%	55%	3%

**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
23%	40%	29%	4%	2%	3%	63%	5%

**Adults Physical Activity Levels – Demographic Analysis**

	<b>MORE ACTIVE</b> now than before	<b>LESS ACTIVE</b> now than before	<b>% doing 30</b> <b>mins on 5+</b> <b>days</b>
<b>ALL</b>	<b>33%</b>	<b>39%</b>	<b>34%</b>
Male	33%	39%	34%
Female	34%	39%	34%
16-34	44%	40%	33%
35-54	34%	41%	37%
55+	24%	37%	33%
ABC1	36%	41%	35%
C2DE	30%	37%	33%
White	32%	39%	35%
Non-White	41%	39%	26%
Children in house	38%	39%	36%
No children in house	24%	40%	31%
Other caring responsibilities at home	42%	34%	32%
Longstanding condition or illness	32%	37%	28%
No longstanding condition or illness	34%	40%	37%
NE	32%	40%	38%
NW	34%	40%	36%
Y+H	32%	39%	40%
WM	33%	36%	32%
EM	26%	43%	32%
E	32%	36%	37%
L	39%	45%	28%
SE	32%	39%	33%
SW	35%	32%	37%
Urban	34%	41%	33%
Rural	31%	34%	39%

**For more information**

You can access the [full tables for the survey](#).

If you have questions regarding the new survey, please get in touch via the [Knowledge Hub Insight Forum](#).

Watch out for additional releases with more detailed analysis on a range of themes over the coming weeks.

## **Building the insight picture**

As with most aspects of our work and lives, things are changing rapidly. Identifying opportunities to collaborate with partners to build a more detailed picture of the issues affecting the nation's physical activity is paramount. Therefore, if you have or are aware of emerging insight that you think would be useful, we would be grateful for any details to be shared with us via [insight@sportengland.org](mailto:insight@sportengland.org)