

Exploring activity levels in physical education lessons in the UK: A cross-sectional examination of activity types and fitness levels

**SUPPLEMENTARY FILE 5: Demographic data by school variables and lesson length – tables (PA in PE)**

**Table: (School-level)** demographic data by school variables, and lesson length

|                     |               | Lessons Visited<br>(% by column) | School Type        |            |           |
|---------------------|---------------|----------------------------------|--------------------|------------|-----------|
|                     |               |                                  | Co-<br>educational | Single Sex | Total     |
| School<br>Size      | Small         |                                  | 8 (11.4)           | 4 (22.2)   | 12 (13.6) |
|                     | Medium        |                                  | 42 (60.0)          | 10 (55.6)  | 52 (59.1) |
|                     | Large         |                                  | 20 (28.6)          | 4 (22.2)   | 24 (27.3) |
| School<br>FSM       | Above Average |                                  | 40 (51.7)          | 10 (55.6)  | 50 (56.8) |
|                     | Below Average |                                  | 30 (42.9)          | 8 (44.4)   | 38 (43.2) |
| IMD<br>Tertile      | High          |                                  | 24 (34.3)          | 7 (38.9)   | 31 (35.2) |
|                     | Medium        |                                  | 17 (24.3)          | 6 (33.3)   | 23 (26.1) |
|                     | Low           |                                  | 29 (41.4)          | 5 (27.8)   | 34 (38.6) |
| Lesson<br>Length    | <60 mins      |                                  | 6 (8.6)            | 3 (16.7)   | 9 (10.2)  |
|                     | 60 mins       |                                  | 42 (60.0)          | 8 (44.4)   | 50 (56.8) |
|                     | >60 mins      |                                  | 22 (31.4)          | 7 (38.9)   | 29 (33.0) |
| <b>Total School</b> |               |                                  | <b>70</b>          | <b>18</b>  | <b>88</b> |

**Table: (Lesson-level)** demographic data by school variables, and lesson length

|                      |                         | Lessons Visited (% by column) | School Type        |            |            |
|----------------------|-------------------------|-------------------------------|--------------------|------------|------------|
|                      |                         |                               | Co-<br>educational | Single Sex | Total      |
| Activity<br>Group    | Invasion games          |                               | 31 (15.0)          | 6 (14.0)   | 37 (14.9)  |
|                      | Net/wall/racket games   |                               | 14 (6.8)           | 2 (4.7)    | 16 (6.4)   |
|                      | Fielding/striking games |                               | 76 (36.9)          | 11 (25.6)  | 87 (34.9)  |
|                      | Athletics               |                               | 7 (3.4)            | 5 (11.6)   | 12 (4.8)   |
|                      | Fitness                 |                               | 14 (6.8)           | 2 (4.7)    | 16 (6.4)   |
|                      | Adventure/Games         |                               | 3 (1.5)            | 1 (2.3)    | 4 (1.6)    |
|                      | Various                 |                               | 43 (20.9)          | 13 (30.2)  | 56 (22.5)  |
|                      | Athletics-Field         |                               | 10 (4.9)           | 3 (7.0)    | 13 (5.2)   |
|                      | Athletics-Track         |                               | 8 (3.9)            | 0          | 8 (3.2)    |
| Lesson<br>Location   | Indoors                 |                               | 40 (19.4)          | 9 (20.9)   | 49 (19.7)  |
|                      | Outdoors                |                               | 149 (72.3)         | 28 (65.1)  | 177 (71.1) |
|                      | In/Out                  |                               | 17 (8.3)           | 6 (14.0)   | 23 (9.2)   |
| Lesson<br>Type       | Girls                   |                               | 18 (8.7)           | 42 (97.7)  | 60 (24.1)  |
|                      | Boys                    |                               | 85 (41.3)          | 1 (2.3)    | 86 (34.5)  |
|                      | Mixed                   |                               | 103 (50.0)         |            | 103 (41.4) |
| Lesson<br>Length     | <60 mins                |                               | 18 (8.7)           | 9 (20.9)   | 27 (10.8)  |
|                      | 60 mins                 |                               | 119 (57.8)         | 19 (44.2)  | 138 (55.4) |
|                      | >60 mins                |                               | 69 (33.5)          | 15 (34.9)  | 84 (33.7)  |
| IMD<br>Tertile       | High                    |                               | 69 (33.5)          | 13 (30.2)  | 82 (32.9)  |
|                      | Medium                  |                               | 45 (21.8)          | 17 (39.5)  | 62 (24.9)  |
|                      | Low                     |                               | 92 (44.7)          | 13 (30.2)  | 105 (42.2) |
| <b>Total Lessons</b> |                         |                               | <b>206</b>         | <b>43</b>  | <b>249</b> |

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**Table:** Length of lesson (timetabled versus 'effective' PE time)

| <b>Under 60mins (n=27)</b>                | <b>60mins (n=138)</b>                           | <b>Above 60mins (n=84)</b>          | <b>Overall (n=249)</b> |
|---|---|-------------------------------------|------------------------|
| <b>Timetabled Lesson Length (minutes)</b> | <b>Average of 'effective' PE time (minutes)</b> | <b>% of Lesson 'effective' time</b> |                        |
| 45  | 32.8  | 72.9%                               |                        |
| 50  | 33.6  | 67.2%                               |                        |
| 55  | 44.0  | 80.0%                               |                        |
| 60  | 43.4  | 72.4%                               |                        |
| 65  | 50.5  | 77.7%                               |                        |
| 75  | 58.0  | 77.3%                               |                        |
| 80  | 50.4  | 63.0%                               |                        |
| 90  | 82.2  | 91.3%                               |                        |
| 100                                       | 74.9  | 74.9%                               |                        |
| 105                                       | 89.7  | 85.4%                               |                        |
| 110                                       | 97.1  | 88.2%                               |                        |
| 120                                       | 92.9  | 77.4%                               |                        |

The above tables show fielding/striking games were by far the most prevalent (34.9% of lessons) followed by invasion games (14.9%) and athletics (13.2%). 6.4% of lessons visited were 'fitness'. The majority of lessons (71.1%) were conducted outdoors. In co-educational schools, 50.0% of lessons visited were 'mixed' sex composition, compared to 8.7% for girls-only lessons. The balance of lesson visits to schools located across the postcode IMD tertile ratings were: high 35.2%, medium 26.1% and low 38.6%. 86.4% of schools contained more than 100 pupils in the year group, and 89.8% of timetabled lessons were 60 minutes and above.