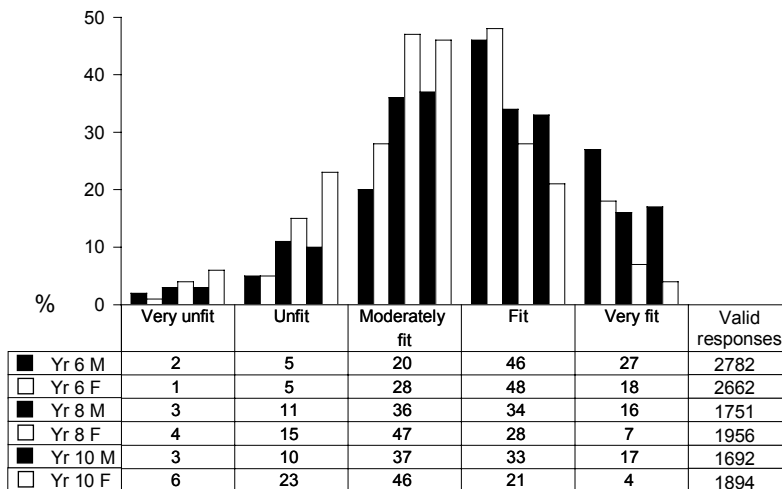


Personal fitness

25% of 14-15 year old females think they are *fit* or *very fit*

How fit do you think you are?

1. More Year 6 males continue to assess themselves as *very fit* than any of the other groups.
2. 25% of the Year 10 (14-15 year old) females describe themselves as *fit* or *very fit* and 29% of the same group described themselves as *unfit* and *very unfit*.
3. Perceived fitness declines with age in males and females.



Comments

1. Do the females see themselves as less fit than the males because they participate in less physical activity or indeed are they less fit than the males?
2. From 1991 onwards 14-15 year old females show an upward trend of those considering themselves to be 'unfit' (10% in 1991 and 28% in 2012).
3. Since 1991, percentages have shown a downward trend for some pupils reporting they are *fit/very fit* (chart below).

