

Pole fitness and roller skating among Brits P.E. wishlist

- **Football (72%)** is the sports majority of Brits **most miss** from P.E.
- **Archery (77%), karate (70%)** and **fencing (68%)** are among the sports Brits **most wish** they **could** have done during P.E. lessons
- Interestingly, **23%** would have **liked** to do **pole fitness classes** at school
- **Inadequate equipment/sporting facilities (75%)** is the aspect of P.E. that Brits **most disliked** when at school
- Whilst **68%** **didn't agree** with having different 'ability' sets for P.E.

For many of us physical education (P.E.) conjures up a ton of memories, some positive and some we would rather forget. But either way, if given the option now to have an hour or two during the working day to play a fun sport with our colleagues, a lot of us would jump at the chance.

Interested in fitness, GolfSupport.com surveyed **1,422 Brits aged between 25 – 50** to discover the sports they most miss from P.E. lessons as well as the sports they wish they could have done.

The sports Brits most miss from P.E. during school

GolfSupport.com found that **football (72%)** is the sports **majority** of Brits **most miss** from P.E.

Thereafter, **69%** miss playing **dodgeball** from their P.E. sessions. Whilst **65%** feel the same about **table tennis**.

On the other end, **tennis (34%)** is the sports Brits **least miss** from P.E.

Slightly above, **40%** fondly remember doing **gymnastics** in their P.E. classes.

The P.E. sports Brits most miss from school	
Football	72%
Dodgeball	69%
Table Tennis	65%
Netball	60%
Trampolining	56%
Badminton	51%
Rounders	47%
Basketball	43%
Gymnastics	40%
Tennis	34%

The sports Brits most wish they could do for P.E. during school

Archery (77%) is the sports Brits **most wish** they could have done during P.E.

Subsequently, **70%** would have loved to practise **karate** for P.E.

In third position, **fencing** focused P.E. classes would have appealed to **68%** of Brits.

On the other end, **23%** would have **liked** to do **pole fitness classes** for P.E.

The P.E. sports Brits most wish they could have done at school	
Archery	77%
Karate	70%
Fencing	68%
Roller Skating	62%
Darts	56%
Boxing	49%
Skateboarding	41%
Golf	35%
Canoeing	30%
Pole Fitness	23%

The aspects of P.E. Brits most took an issue with during school

Additionally, GOLFsupport.com asked those surveyed **what aspects of P.E. they most disliked when at school.**

From this, GOLFsupport.com found that most Brits damningly thought their schools P.E. **sporting equipment/facilities** were **inadequate (75%).**

Thereafter, **68%** did **not like** having **different ‘ability’ sets** for P.E.

Interestingly, **59%** believe their **P.E. teachers** were of **poor quality** and **not motivational enough.**

On the other end, only **31%** thought their **P.E. classes** were **too long.**

Which aspects of P.E. Brits most disliked when at school	
Inadequate equipment/sporting facilities	75%
Having different 'ability' P.E. sets (e.g. high set, low set etc.)	68%
Inadequate/no allocated changing facilities	62%
Poor quality/uninspiring P.E. teachers	59%
Uncomfortable/disliked P.E. uniform/required attire	53%
P.E. classes were too short	44%
Was more emphasis on learning P.E. theory than doing practical P.E. lessons	37%
P.E. classes were too long	31%

Notes to editors: We really hope you find this release useful. If you do end up using it, we would very much appreciate a link to <https://golfsupport.com/> who commissioned the data. A link credit allows us to keep supplying you with future content that you may find useful.

All 1,422 Brits (aged 25 – 50) surveyed for the research attended public schools for both primary and secondary education.