**Table 1.** Distribution of boys and girls in the group according to the school year

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | *6th grade* | *7th grade* | *8th grade* | *9th grade* | *Total* |
| *Boys* | 219 | 195 | 179 | 182 | 775 |
| *%* | 29.42 | 25.22 | 22.42 | 22.94 |  |
| *Girls* | 190 | 199 | 158 | 134 | 681 |
| *%* | 29.08 | 30.68 | 22.51 | 17.73 |  |
| *Total* | 409 | 394 | 337 | 316 | 1456 |

**Table 2.** Breakdown of pupils into categories by BMI before and after COVID-19 situation

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | *Underweight* | *Normal weight*  | *Overweight* | *Class 1 obesity*  | *Class 2 obesity*  | *Total* |
| *1st stage* | 217 | 761 | 131 | 22 | 2 | 1133 |
| *%* | 19.15 | 67.17 | 11.56 | 1.94 | 0.18 |  |
| *2nd stage*  | 82 | 193 | 36 | 12 | 0 | 323 |
| *%* | 25.39 | 59.75 | 11.15 | 3.72 | 0.00 |  |
| *Total* | 299 | 954 | 167 | 34 | 2 | 1456 |

Pearson Chi-square: 10.8593, p=0.028198

**Table 3.** Pupils' answers to the question " Where do you do sports most often?" before and after the situation caused by COVID-19

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | *A* | *B* | *C* | *D* | *E* | *Total* |
| *1st stage* | 12 | 108 | 347 | 152 | 232 | 851 |
| *%* | 1.41 | 12.69 | 40.78 | 17.86 | 27.26 |  |
|  *2nd stage* | 11 | 51 | 150 | 52 | 60 | 324 |
| *%* | 3.40 | 15.74 | 46.30 | 16.05 | 18.52 |  |
| *Total* | 23 | 159 | 497 | 204 | 292 | 1175 |

Pearson Chi-square: 15.6897. p=0.003467

*Legend: A - exempt from PE, B - I play sports only at school, C - at school and exercise with friends, C - with family, D - at school and club - hobby club without competitive training, E - at school and competitive sports training*

**Table 4.** Pupils' answers to the question "How many hours a week do you do sports outside PE at school?" before and after situation caused by COVID-19

|  |  |  |  |
| --- | --- | --- | --- |
|  | *Doing sports* | *Not doing sports* | *Total* |
| *1st stage* | 257 | 582 | 839 |
| *%* | 30.63 | 69.37 |  |
| *2nd stage* | 83 | 240 | 323 |
| *%* | 25.70 | 74.30 |  |
| *Total* | 340 | 822 | 1162 |

Pearson Chi-square: 2.74419. p=0.097612

**Table 5.** Pupils' responses to the question "Do you own a bicycle and use it as a means of transport or for sport?" before and after situation caused by COVID-19

|  |  |  |  |
| --- | --- | --- | --- |
|  | *Yes* | *No* | *Total* |
| *1st stage* | 765 | 86 | 851 |
| *%* | 89.89 | 10.11 |  |
| *2nd stage* | 277 | 47 | 324 |
| *%* | 85.49 | 14.51 |  |
| *Total* | 1042 | 133 | 1175 |

Pearson Chi-square: 4.52669. p=0.033373

**Table 6.** Pupils' responses to the question "How many hours a week do you watch TV?" before and after situation caused by COVID-19

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | *0 to 3 hrs* | *4 to 7 hrs* | *8 to 14 hrs* | *14 + hrs*  | *Total* |
| *1st stage* | 476 | 242 | 104 | 28 | 850 |
| *%* | 56.00 | 28.47 | 12.24 | 3.29 |  |
| *2nd stage* | 180 | 99 | 37 | 8 | 324 |
| *%* | 55.56 | 30.56 | 11.42 | 2.47 |  |
| *Total* | 656 | 341 | 141 | 36 | 1174 |

Pearson Chi-square: 1.00994. p=0.798847

**Table 7.** Pupils' responses to the question "How many hours a week do you work on the computer, play computer games or Play Station games?" before and after the situation caused by COVID-19

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | *0 to 3 hrs* | *4 to 7 hrs* | *8 to 14 hrs* | *14 + hrs* | *Total* |
| *1st stage* | 448 | 205 | 117 | 80 | 850 |
| *%* | 52.71 | 24.12 | 13.76 | 9.41 |  |
| *2nd stage* | 136 | 87 | 53 | 48 | 324 |
| *%* | 41.98 | 26.85 | 16.36 | 14.81 |  |
| *Total* | 584 | 292 | 170 | 128 | 1174 |

Pearson Chi-square: 13.5056. p=0.003663

**Table 8**. Pupils' responses to the question "How many hours a week do you spend on your mobile phone or communicating on social media?" before and after situation caused by COVID-19

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | *0 to 3 hrs* | *4 to 7 hrs* | *8 to 14 hrs* | *14 + hrs* | *Total* |
| *1st stage* | 197 | 303 | 193 | 157 | 850 |
| *%* | 23.18 | 35.65 | 22.71 | 18.47 |  |
| *2nd stage* | 15 | 54 | 134 | 121 | 324 |
| *%* | 4.63 | 16.67 | 41.36 | 37.35 |  |
| *Total* | 212 | 357 | 327 | 278 | 1174 |

Pearson Chi-square: 137.071. p=0.0000001