

YST GIRLS ACTIVE

STEPPING UP FOR CHANGE

SUMMARY INTERIM RESEARCH REPORT

NOVEMBER 2018



Funded by:



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ABOUT THIS DOCUMENT

This report summarises responses to the Girls Active Stepping Up for Change survey that girls and boys aged 7 to 11-years-old completed in the 2017-18 academic year. Overall, 5,454 responses were received across 122 schools (4,430 girls and 1,024 boys).

This action research follows the Girls Active secondary school research released in 2017.

BACKGROUND

The Girls Active programme aims to make a positive difference by improving girls' attitudes to school, raising girls' confidence and self-esteem and increasing levels of participation in PE, sport and physical activity among girls. It is developed by the Youth Sport Trust and delivered in partnership with This Girl Can, supported by Women in Sport with funding by Sport England National Lottery.

We know that girls are not doing as much physical activity as boys following our previous research (The Tipping Point with Women in Sport and Engaging Less Active Girls). Girls aged 7-11 years old are spending less time being active every day than boys. The Chief Medical Officers (CMO) recommend that all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day. However, a confidence crisis is impacting on girls' activity levels from as young as the age of 7.

Understanding young people's attitudes, motivations, barriers and behaviours is the key to increasing their participation in sport and physical activity.

This research follows the Youth Sport Trust and Women in Sport's survey of over 26,000 students from 138 secondary schools in England and Northern Ireland in 2017 which had signed up to the Girls Active programme. Boys have been included in our quantitative research in both surveys, to help us understand the differences and similarities in activity levels and attitudes across both genders.

We hope our findings will be used to help teachers and other sports providers offer girls a more tailored programme of activities that meet their needs and encourage wider participation. This will give girls access to numerous physical and mental health benefits as well as the transferable skills and confidence. Whilst these findings provide a picture of girls' needs, we would encourage schools and other providers to consult with any groups of young people they wish to engage as young people's needs differ and change over time.

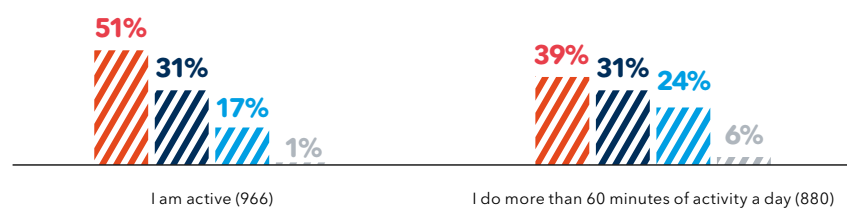
HEADLINE STATISTICS

PHYSICAL ACTIVITY LEVELS IN BOYS/GIRLS

This chart shows how regularly boys take part in physical activity.

Boys were most likely to say that they were active "Every day" (51%), and that they did more than 60 minutes of activity "Every day" (39%).

How active are you?



Base: All pupils

This chart shows how regularly girls take part in physical activity.

Girls were most likely to say that they were active "Every day" (42%), and that they did more than 60 minutes of activity "Most days" (36%).

How active are you?



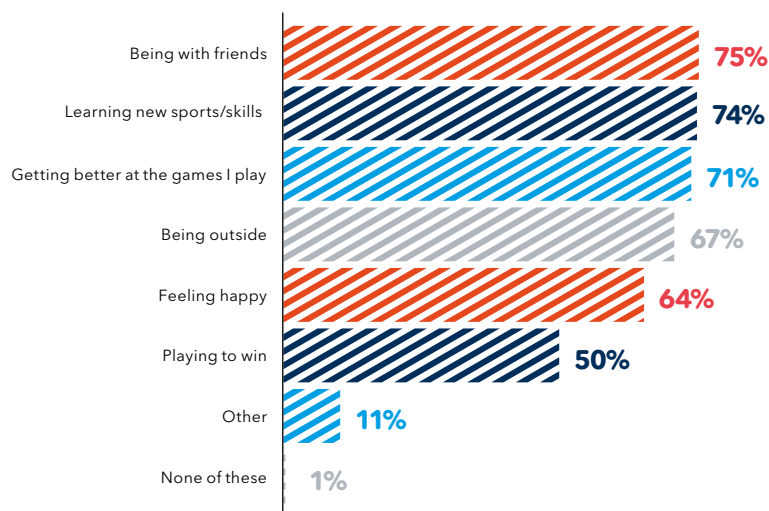
Base: All pupils

WHAT BOYS/GIRLS ENJOY ABOUT BEING ACTIVE

Boys were most likely to say that they enjoyed the following thing about being active in school: "Being with friends" (75%); "Learning new sports/skills" (74%), and; "Getting better at the games I play" (71%).

1% said that they didn't enjoy any aspect of being active in school.

What do you enjoy about being active in school?

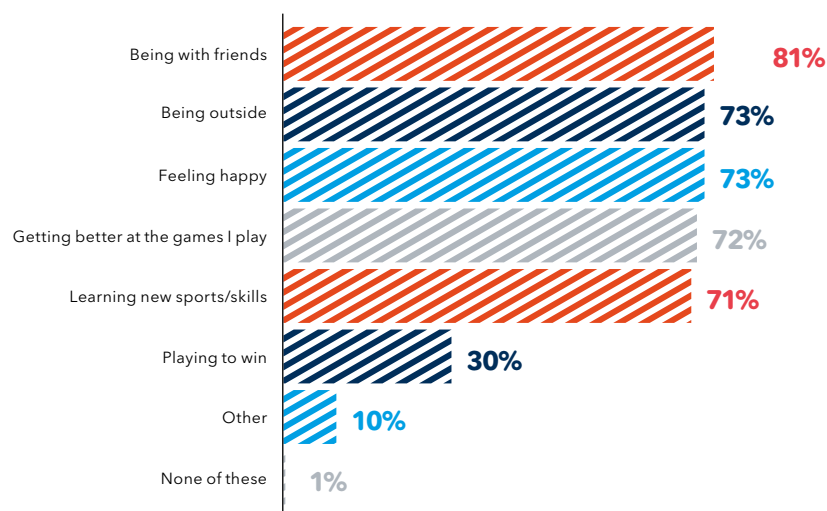


Base: All pupils (997)

Girls were most likely to say that they enjoyed the following thing about being active in school: "Being with friends" (81%); "Being outside" (73%), and; "Feeling happy" (73%).

1% said that they didn't enjoy any aspect of being active in school.

What do you enjoy about being active in school?



Base: All pupils (4,379)

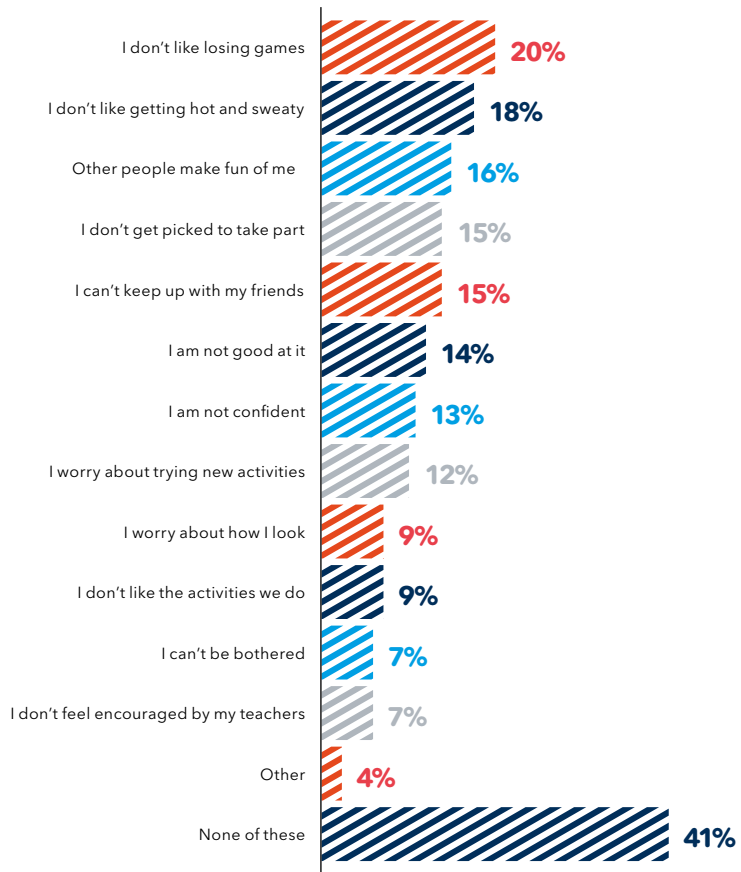
BARRIERS TO BOYS/GIRLS BEING ACTIVE IN SCHOOL

BOYS

One of the aims of this research is to identify the barriers that prevent pupils from being more active. Boys were asked what stops them enjoying being active in schools, and their most common responses were: "I don't like losing games" (20%), "I don't like getting hot and sweaty" (18%), and "Other people make fun of me" (16%).

41% of boys said that none of these factors stopped them from being active in school.

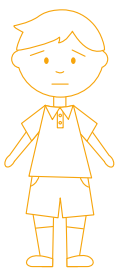
What stops you enjoying being active in school?



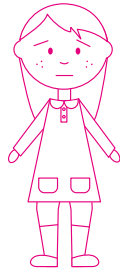
Base: All pupils (970)

RESEARCH FINDINGS

What stops you from enjoying being active in school?



Boys 13%



Girls 21%

'I am not confident'
7 to 11-year-olds

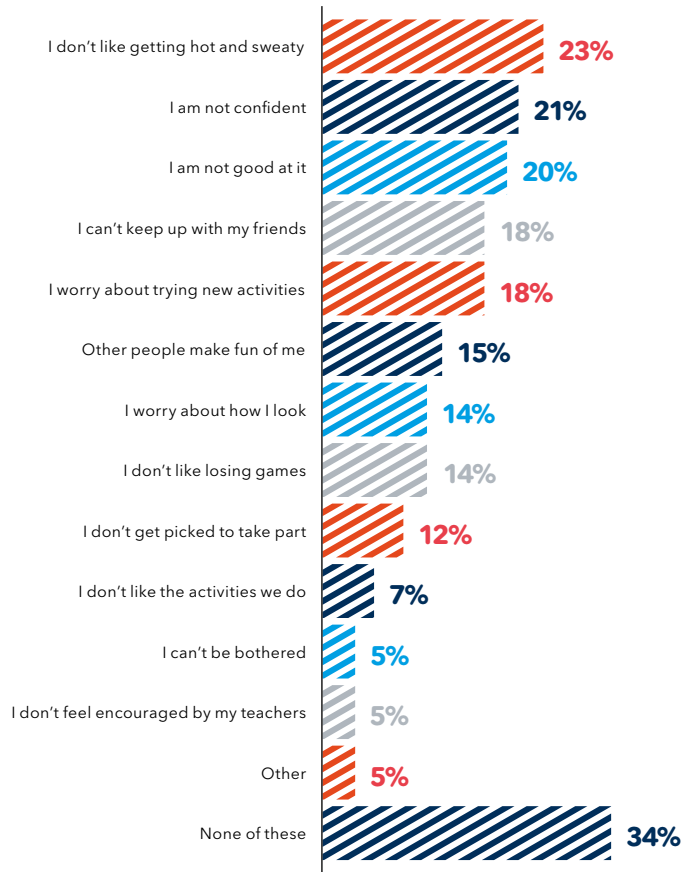


GIRLS

One of the aims of this research is to identify the barriers that prevent pupils from being more active. Girls were asked what stops them enjoying being active in schools, and their most common responses were: "I don't like getting hot and sweaty" (23%), "I am not confident" (21%), and "I am not good at it" (20%).

34% of girls said that none of these factors stopped them from being active in school.

What stops you enjoying being active in school?



Base: All pupils (4,298)



SHAPING THE PE/SCHOOL SPORT OFFER

BOYS

How much do you agree that:

I would like to have a say in the activities we do in PE and after school clubs.

Break % Respondents	Total	What year group are you in?				Activity level		What is your ethnicity?					
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
A lot	52%	54%	55%	50%	47%	54%	39%	50%	62%	48%	67%	48%	50%
A little	28%	20%	29%	33%	31%	29%	29%	29%	27%	34%	16%	30%	27%
Not much	13%	15%	11%	13%	15%	11%	20%	12%	8%	14%	13%	15%	15%
Not at all	7%	11%	6%	5%	7%	6%	12%	8%	3%	4%	5%	7%	8%

GIRLS

How much do you agree that:

I would like to have a say in the activities we do in PE and after school clubs.

Break % Respondents	Total	What year group are you in?				Activity level		What is your ethnicity?					
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
A lot	42%	48%	43%	41%	39%	45%	30%	43%	46%	40%	51%	38%	39%
A little	34%	28%	33%	37%	36%	35%	32%	35%	35%	32%	31%	35%	32%
Not much	16%	13%	16%	16%	19%	14%	25%	16%	14%	20%	12%	17%	16%
Not at all	7%	11%	8%	7%	5%	6%	13%	6%	5%	8%	5%	11%	12%

RECOMMENDATIONS

The following recommendations are suggested for schools as a way to engage girls in PE and physical activity. These recommendations are based on the principles of the Girls Active programme.

- Make PE and physical activity relevant to girls' lives.
- Empower girls through involving them in design and delivery of PE and physical activities.
- Develop role models by using girls as positive influencers and advocates with their peer group.
- Place developing self-confidence at the heart of PE and physical activity.
- Recognise the power of friends to drive progress.
- Take a long-term approach to engaging girls.


ABOUT GIRLS ACTIVE - STEPPING UP FOR CHANGE

The Girls Active programme aims to make a positive difference by improving girls' attitudes to school, raising girls' confidence and self-esteem and increasing levels of participation in PE, sport and physical activity among girls. Following the success of the Girls Active programme which launched in 2013, Stepping Up for Change evolved out of the programme earlier this year. It encourages 14 to 18-year-old girls to inspire and guide younger, primary-aged girls to love PE, sport and physical activity and set them up for future healthy and happy lives. The programme aims to target even younger girls and take a long-term approach to engaging girls. It is developed by the Youth Sport Trust and delivered in partnership with This Girl Can, supported by Women in Sport with funding by Sport England National Lottery. www.youthsporttrust.org/girls-active


ABOUT YOUTH SPORT TRUST


The Youth Sport Trust is a children's charity working to ensure every child enjoys the life-changing benefits that come from play and sport. It has more than 20 years expertise in pioneering new ways of using sport to improve children's wellbeing and give them a brighter future.

The charity works with more than 20,000 schools across the UK and operates on a local, national and global level. It harnesses the power of sport, physical activity and PE to build life skills, connections between people and support networks which increase life chances through greater attainment, improved wellbeing and healthier lifestyles. www.youthsporttrust.org

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ABOUT WOMEN IN SPORT

Women in Sport is the leading UK charity dedicated to transforming sport for the benefit of every woman and girl in the UK.

Our vision is a society where gender equality exists in every sphere. The charity works to advance gender equality by empowering women and girls through sport, from early years and throughout her life and by transforming the sport sector itself; making sure women and men have equal opportunities in sport, from the field of play to the boardroom.

CONTACTING THE MEDIA OFFICE

To arrange interview or comment from YST, for statistics not contained within this document, or for any further queries:

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