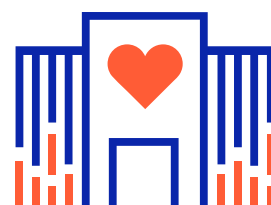


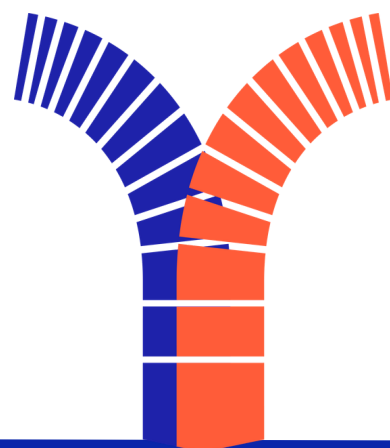


Creating an Inclusive Culture for Women and Girls

A short summary of the key themes for schools seeking to make PE, sport and physical activity more inclusive for every girl.



Well Culture.



The approach

An inclusive culture starts by recognising that girls are not one group with one set of needs. Confidence, identity, disability, ethnicity, faith, family income, puberty and previous experiences can all shape whether a girl feels that PE and physical activity are “for her”.

The strongest response is therefore not simply to add more activities. It is to understand girls’ experiences, remove avoidable barriers and create environments where they feel heard, comfortable, represented and able to belong.

project.

Why this matters

Girls continue to report lower enjoyment and confidence in PE and physical activity than boys, and the gap can be greater for girls facing additional inequalities. A school culture that values inclusion can help improve participation, confidence, connection and wellbeing.

What schools can do

Listen to girls regularly and use their feedback to shape provision, rather than assuming what they want.

Look beyond gender alone and consider the combined impact of SEND, ethnicity, faith, poverty, body confidence and puberty.

Build choice into activities, kit and ways of participating so pupils can feel comfortable and successful.

Challenge stereotypes and widen the range of visible role models, leaders and definitions of what being “sporty” looks like.

Make inclusion a whole-school responsibility, reflected in policy, language, relationships and everyday practice.

Key learning for school leaders

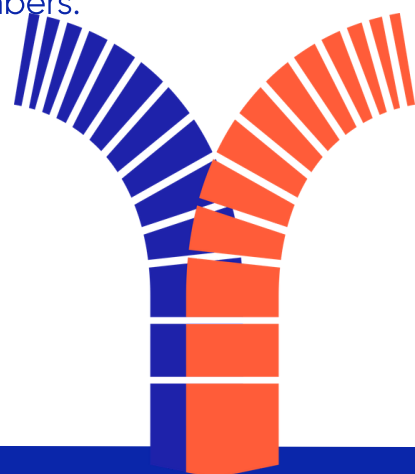
Start with the experiences of the girls in your own school.

Focus on belonging and confidence as well as participation numbers.

Make small practical changes with girls, test them and keep listening. Review policies and routines for unintended barriers to participation.

Reflect

Which girls are least well served by your current PE, sport and physical activity offer – and how do you know?





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