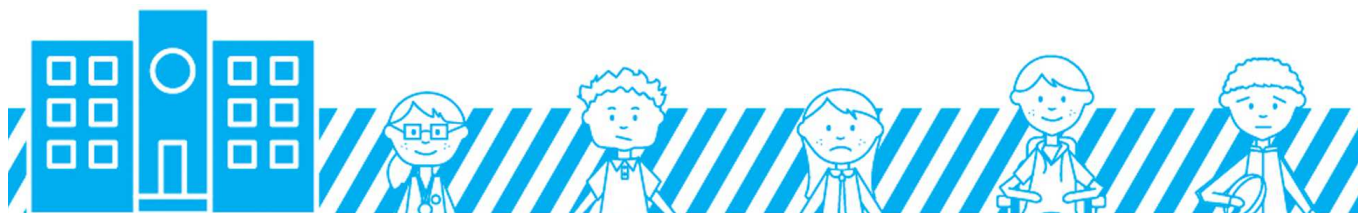


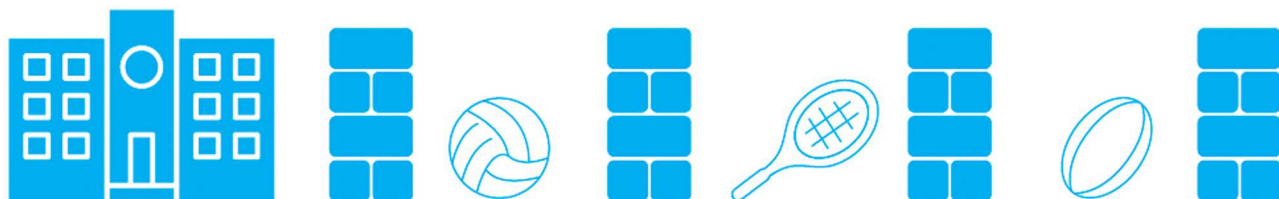
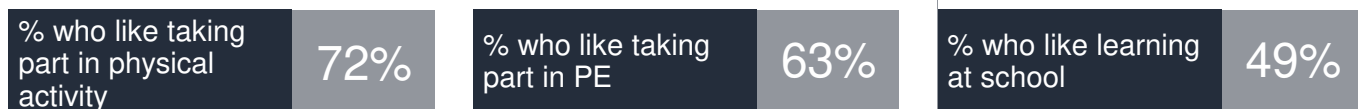
YST GIRLS ACTIVE

National Report for Girls' data
June 2022

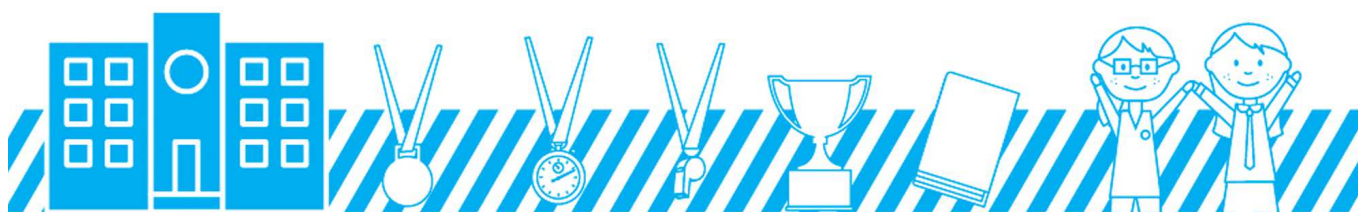
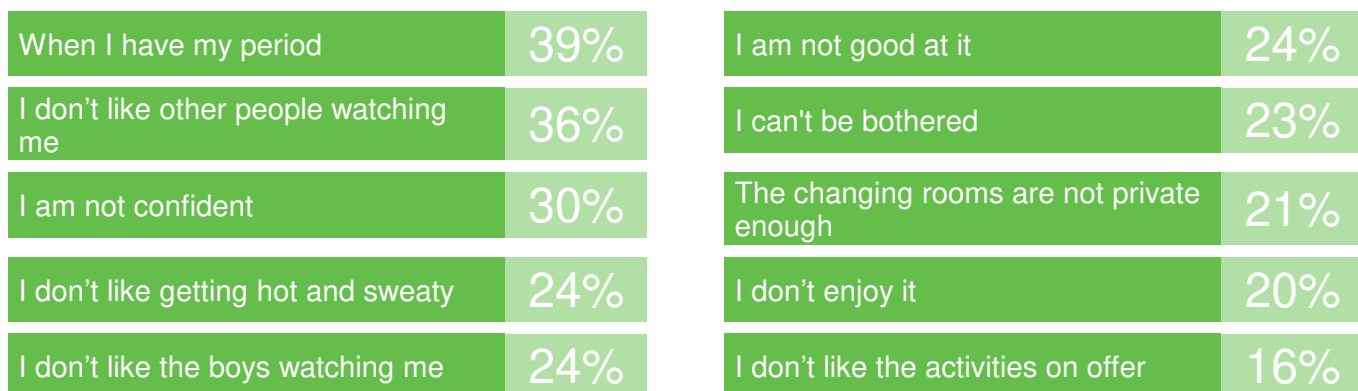
Summary of key findings at your school



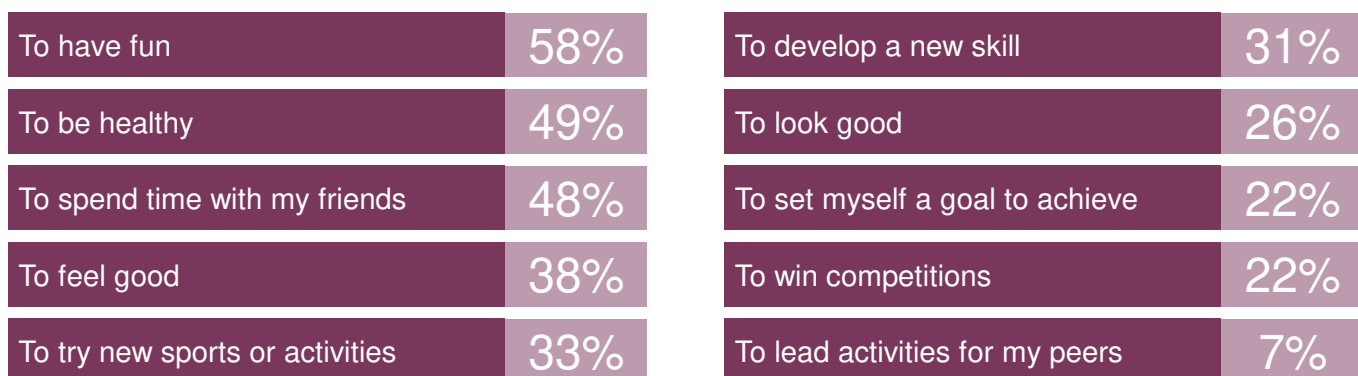
Overall attitudes to PE, physical activity and learning at school



Top 10 barriers to sport, physical activity and PE at school



Top 10 motivators for taking part in sport, physical activity and PE at school

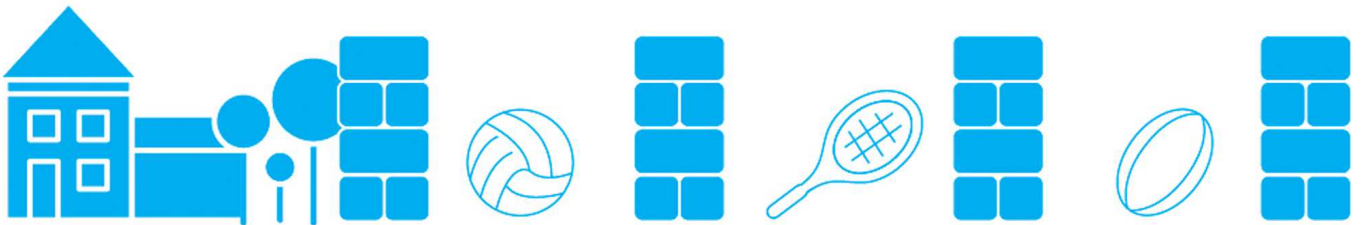
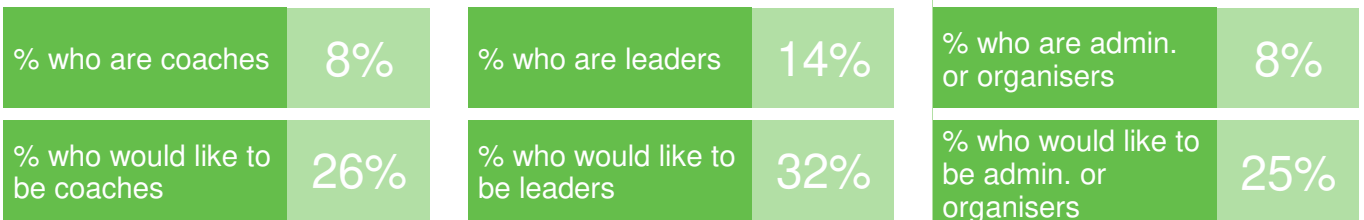




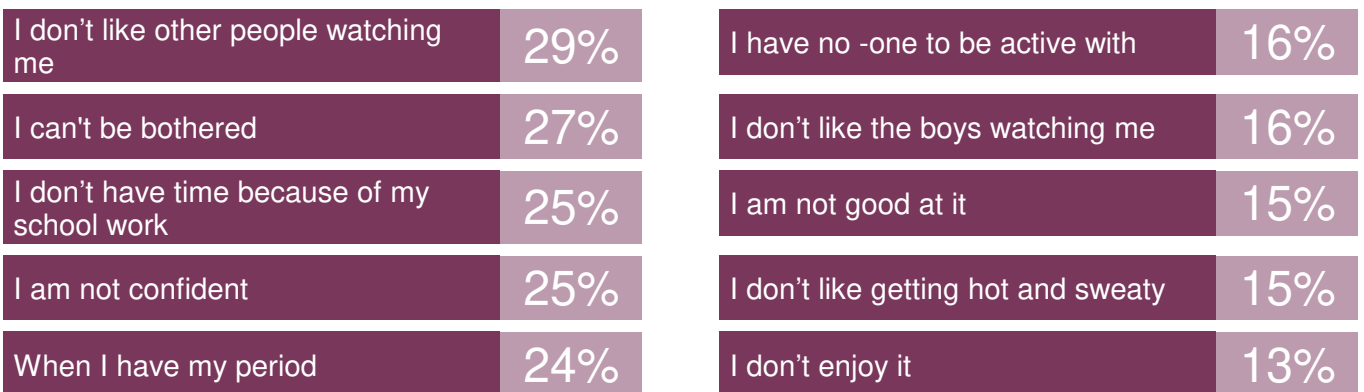
How would you like to be grouped for sport and physical activities?



Coaching, leadership and administration



Top 10 barriers to sport, physical activity outside of school



GIRLS' REPORT

This report summarises responses to the *Girls Active Pre-Intervention Questionnaire* that female pupils completed in June 2022. Overall this study received **6653 responses from female pupils** in school years 7 to 13, from all schools.

Please note: This report only contains responses from female pupils. Male pupils' responses are presented in a separate report.

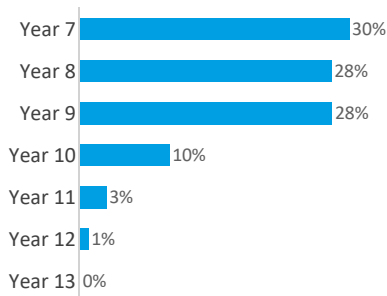
For more information about Girls Active please visit www.youthsporttrust.org/girls-active

Pupil profile

The charts below show the profile of girls who responded to the questionnaire. Girls were most likely to be in Year 7 (30%), and describe themselves as *White* (63%). 7% said that they have a disability. Overall, 34% said that their general health was either *Very good* or *Excellent*.

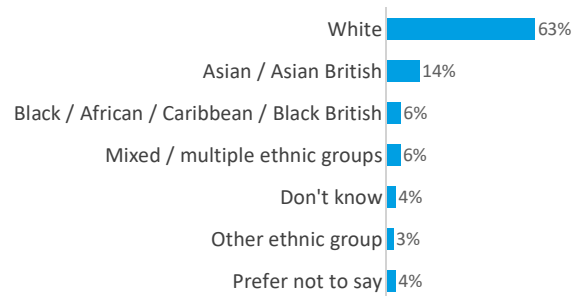
23% of girls said that they receive free school meals.

Year group



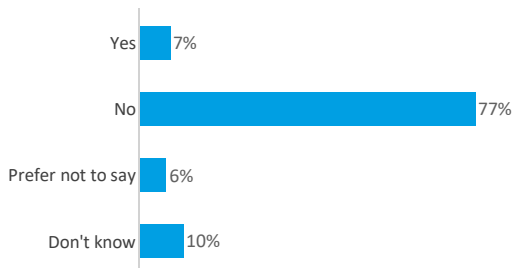
Base: All respondents

Ethnic background



Base: All respondents

Do you have a disability, or a special educational need, which means you need extra help to do things?



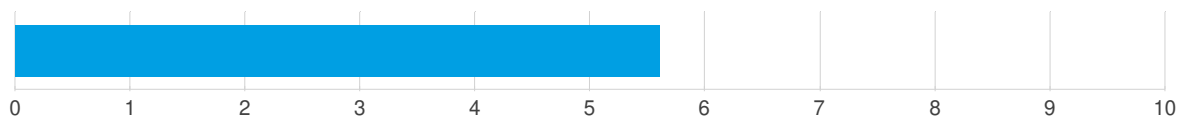
Base: All respondents

In general, would you say your health is...?



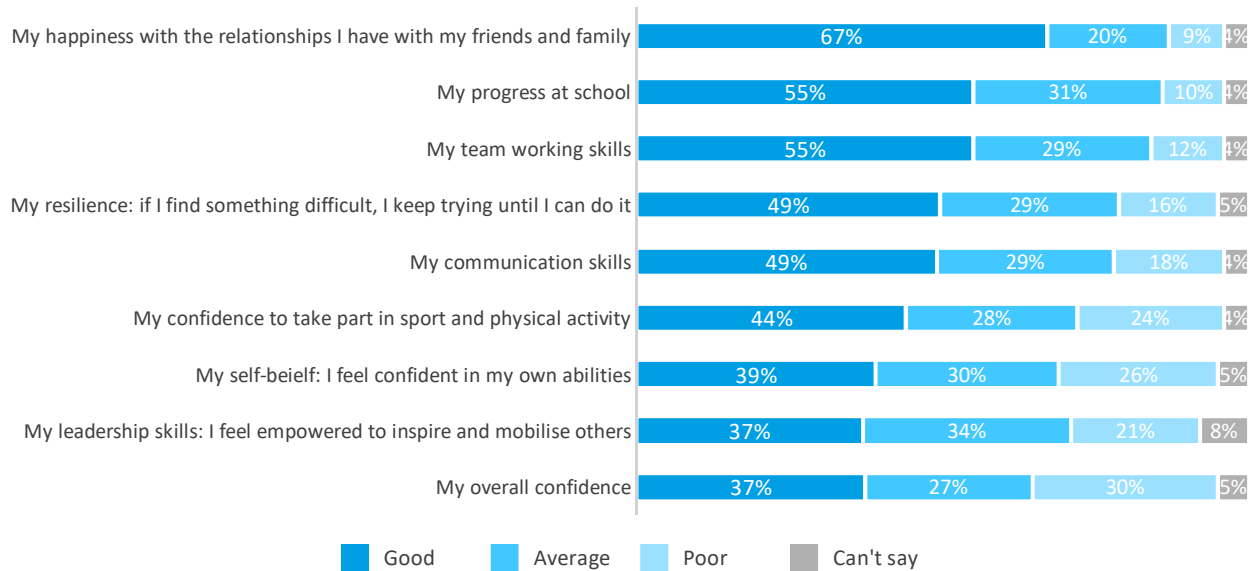
Base: All respondents

Girls were asked how happy they felt yesterday, on a scale of 0 to 10. The mean score nationally was 5.6.



Pupils were asked to rate themselves on a series of statements about confidence, happiness and other personal attributes. The scales ran from *Very good* to *Very poor*. The following chart shows responses at a national level.

How would you rate the following?



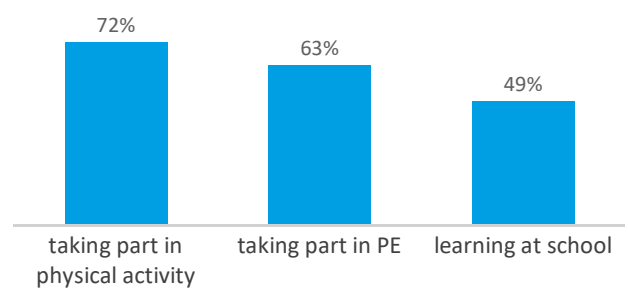
Base: All respondents

Overall attitudes to PE, physical activity and learning at school

Girls were asked how much they like taking part in PE, physical activity and learning at school, on a scale from *Like it a lot* to *Dislike it a lot*. The chart below shows the proportion that said they *Like it a lot* or *Like it*.

Girls were most likely to enjoy *taking part in physical activity* (72%), followed by *taking part in PE* (63%) and *learning at school* (49%).

How do you feel about the following? (% like it a lot/like it)



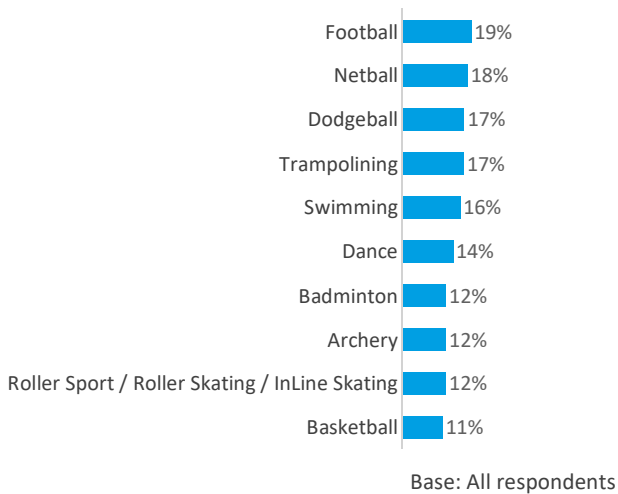
Base: All respondents

Taking part in physical activity

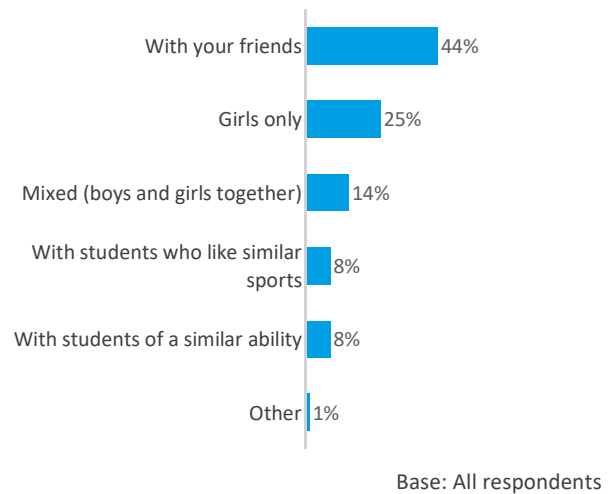
The chart below (left) shows the 10 activities that girls would most like to do as part of their PE lessons. The most popular activities were *Football* (19%), *Netball* (18%), and *Dodgeball* (17%).

The chart below (right) shows how girls would like to be grouped while taking part in sport or physical activities, with the most common response being *With your friends* (44%).

From the activities listed, which 3 would you like to do the most in PE?



How would you like to be grouped for sport and physical activities?



This box shows the average amount of time that girls spend taking part in physical activity on a typical day, in minutes.

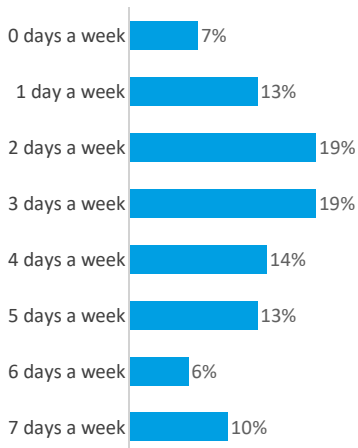
National data

72
minutes

The following chart (below left) shows how many days in the past week girls took part in 60 minutes or more of physical activity. For this questionnaire, physical activity was defined as 'activity that makes you feel warmer and makes your heart beat faster'. On average, girls took part on 3.3 days per week.

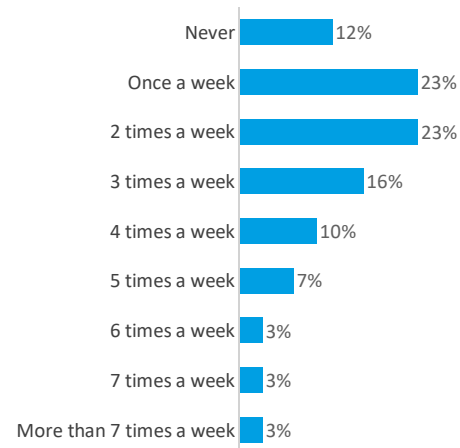
Girls were asked how many times a week their physical activity included bone strengthening activities. The most common response was *Once a week* (23%).

Days of physical activity per week



Base: All respondents

Days of bone strengthening activities per week

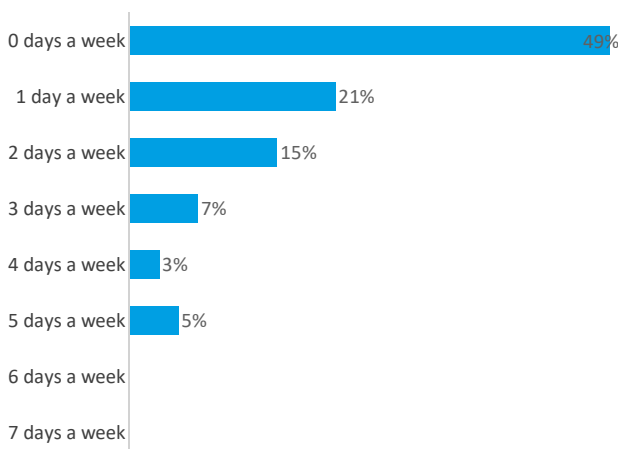


Base: All respondents

Pupils were asked how often they took part in physical activity at school, excluding PE lessons. The chart below (left) shows that girls were most likely to take part in physical activity outside of PE lessons on *0 days a week* (49%). On average, girls took part on 1.1 days per week.

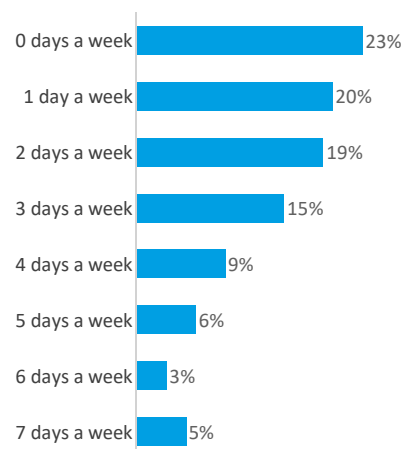
They were also asked how often they took part in sport or physical activity outside of school, and were most likely to do so on *0 days a week* (23%). On average, girls took part on 2.2 days per week.

Outside of PE lessons



Base: All respondents

Outside of school

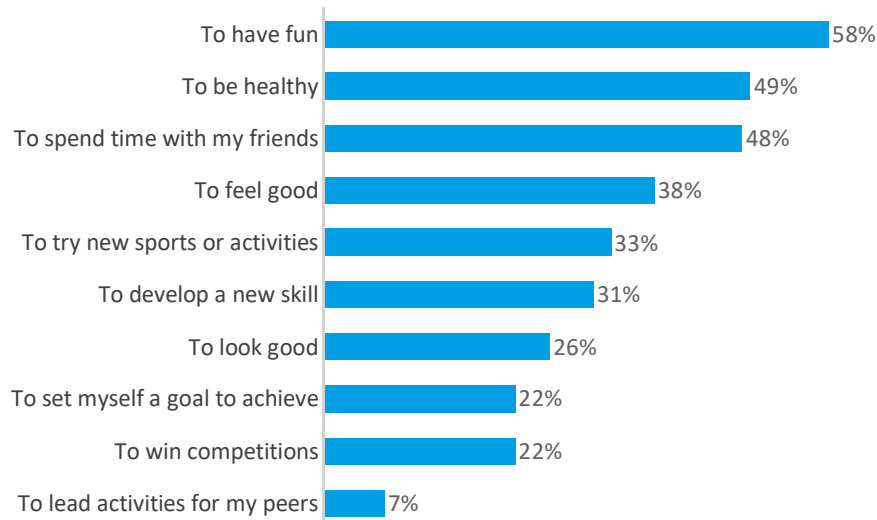


Base: All respondents

Motivators for taking part

The chart below shows the 10 most common factors that girls said motivate them to take part in sport, physical activity and PE at school. They were most likely to take part in physical activity; *To have fun* (58%), *To be healthy* (49%), and *To spend time with my friends* (48%).

Top 10 motivators for taking part in sport, physical activity and PE at school



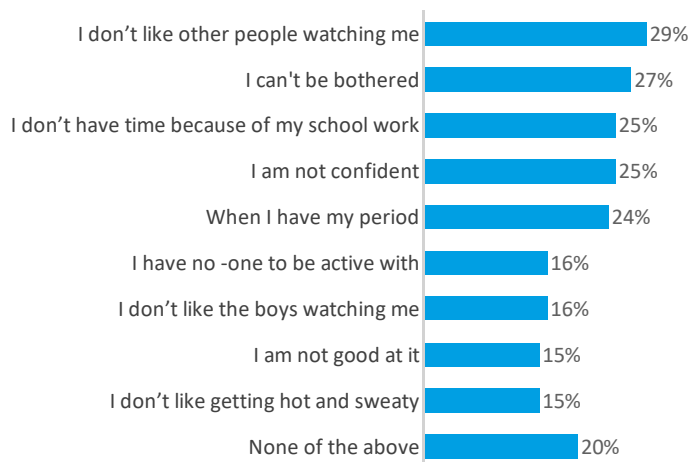
Base: All respondents

Barriers to taking part

Barriers to sport and physical activity outside of school

The chart below shows the 10 most common factors that girls said stop them doing more sport and physical activity outside of school (although 20% of girls said that none of these barriers stopped them from taking part in more sport).

Top 10 barriers to sport and physical activity outside of school

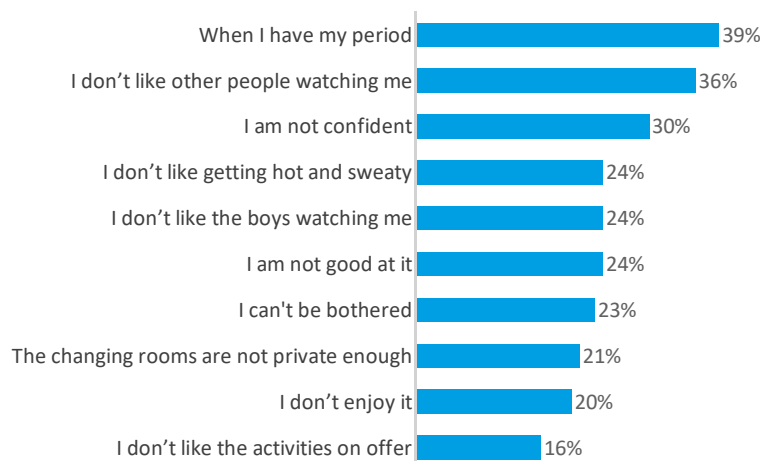


Base: All respondents

Barriers to taking part in sport, physical activity and PE at school

The following chart shows the 10 most common factors that girls said stop them doing more sport, physical activity and PE at school (although 12% of girls said that none of these barriers stopped them from doing more sport in school).

Top 10 barriers to sport, physical activity and PE at school



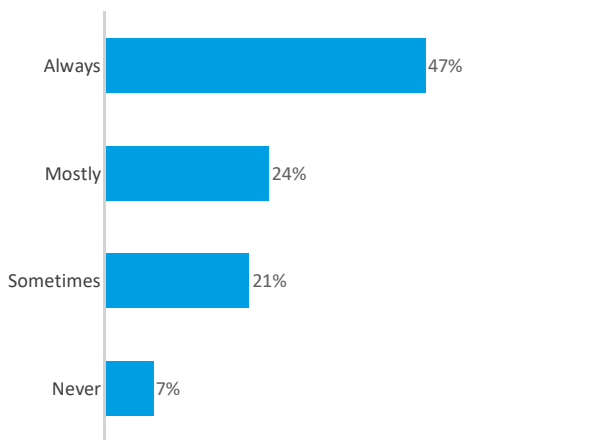
Base: All respondents

From our previous survey responses, we know that having your period is a significant barrier to participating in PE for many girls. The following questions were asked to help us understand more and consider how we can help make improvements for all girls in PE at this time. Respondent's selecting *Not applicable* have been removed from the charts below.

Overall, 47% of girls said that they *Always* take part in PE when they have their period, while 7% *Never* do.

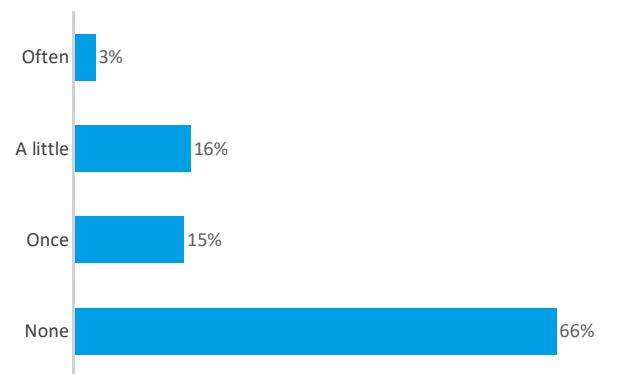
34% said that they had received at least some information or education about periods during PE lessons (*Often, A little, or Once*) while 66% hadn't received any.

Do you take part in PE when you have your period?



Base: All respondents (excl. Not applicable)

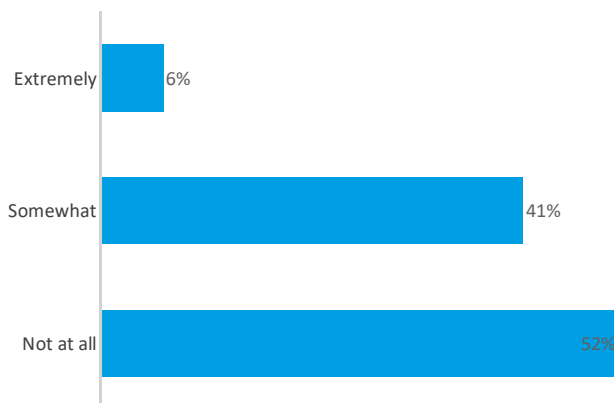
How frequently do you receive any education/information about periods during your PE lessons?



Base: All respondents (excl. Not applicable)

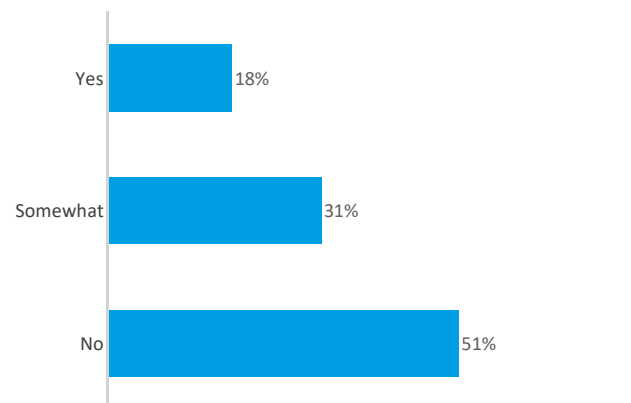
The following charts show how comfortable girls said they were about talking to their PE teacher about periods, and whether or not they're aware of physical activities that can help them to manage their period symptoms.

To what extent do you feel comfortable talking to your PE teacher about periods?



Base: All respondents (excl. Not applicable)

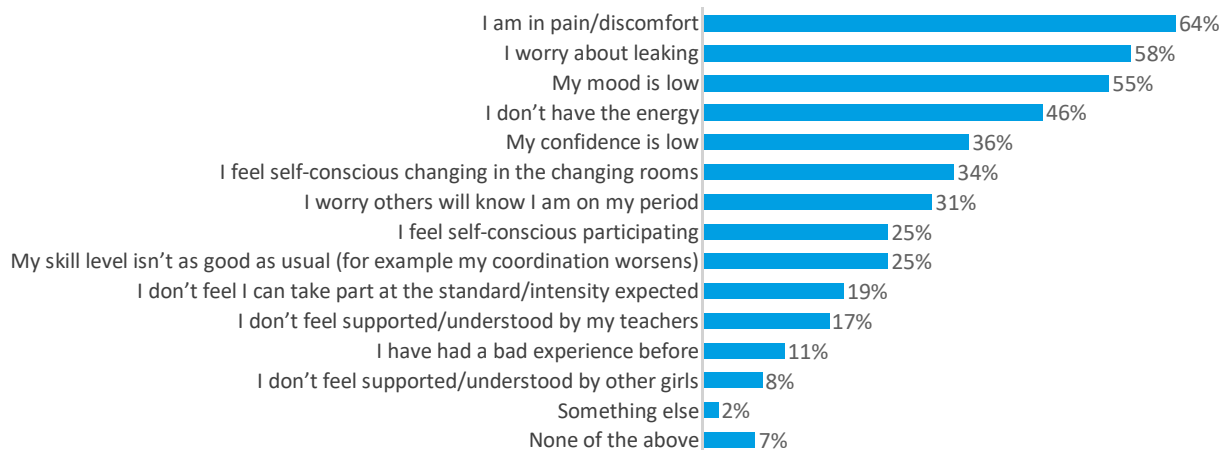
Are you aware of the types of physical activities you can do to help manage your period symptoms?



Base: All respondents (excl. Not applicable)

When asked what concerns them about participating in PE or school sport when they have their period, girls were most likely to say *I am in pain/discomfort* (64%), *I worry about leaking* (58%), or *My mood is low* (55%). 7% said that they weren't concerned by any of these issues.

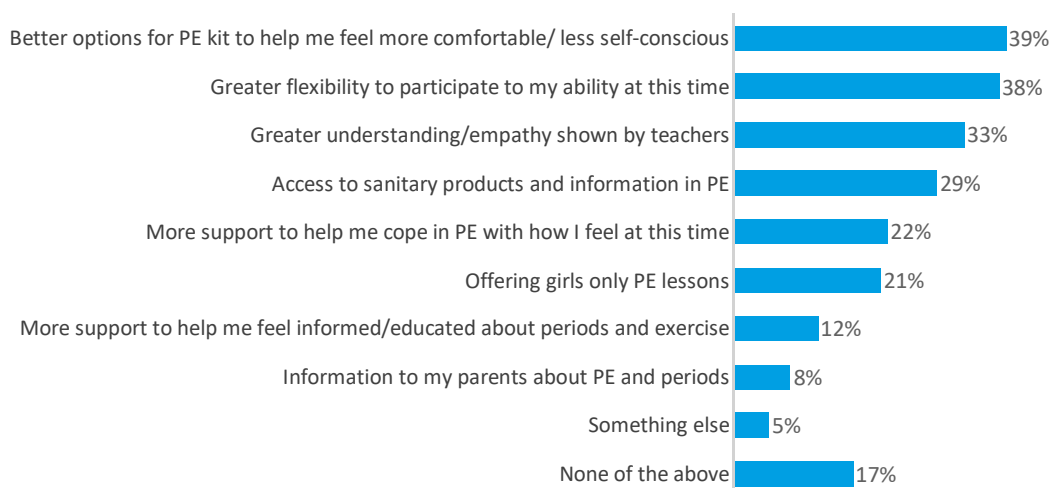
When you have your period which of the following things concern you about participating in PE or school sport? (Top 10 concerns)



Base: All respondents (excl. Not applicable)

Girls were most likely to say that when they have their period, their experience in PE could be improved by *Better options for PE kit to help me feel more comfortable/ less self-conscious* (39%), *Greater flexibility to participate to my ability at this time* (38%), or *Greater understanding/empathy shown by teachers* (33%). 17% said that none of these things would improve their experience.

What more could school do to help improve your experience in PE when you have your period?

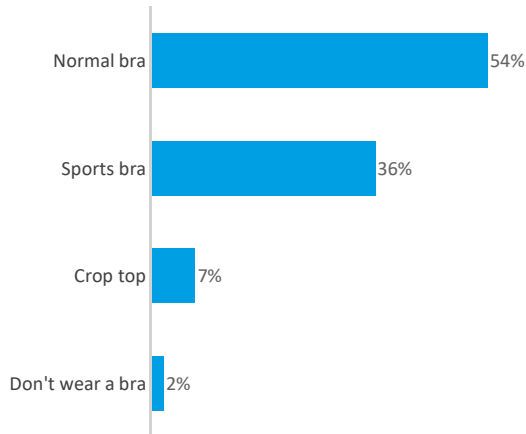


Base: All respondents (excl. Not applicable)

Sports bras

Girls were asked about what they mostly wear for PE. The most common response was; *Normal bra* (54%).

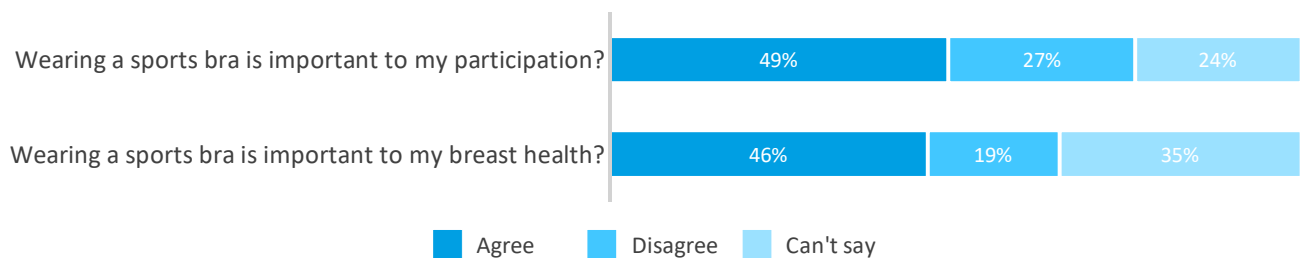
What do you mostly wear for PE?



Base: All respondents (excl. Not applicable)

The chart below shows that 49% of girls said that wearing a sports bra was important for their participation, and 46% felt that wearing a sports bra was important to their breast health.

How true are each of the following statements for you?

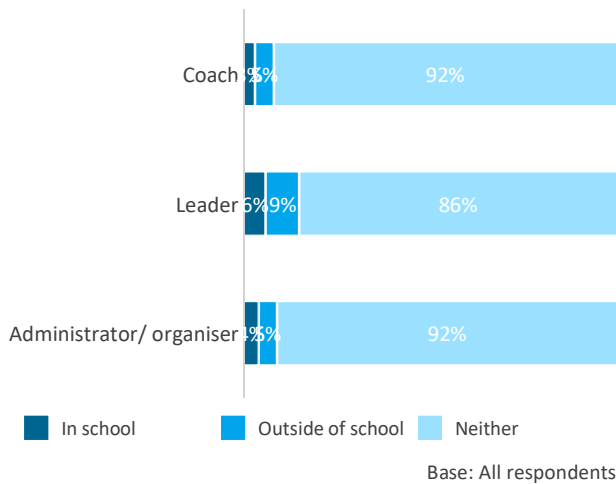


Base: All respondents

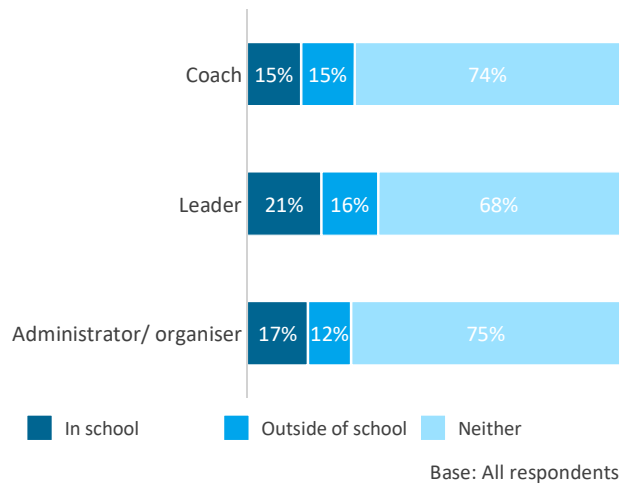
Coaching, leadership and administration

Girls were asked about being coaches, leaders and administrators, both inside and outside of school. The chart below left shows the proportion that are currently coaches, leaders or administrators, while the chart below right shows the proportion that would like to be.

Are you a...?

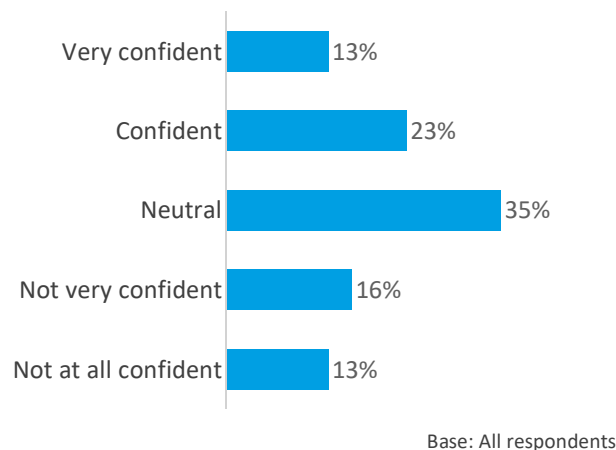


Would you like to be a...?

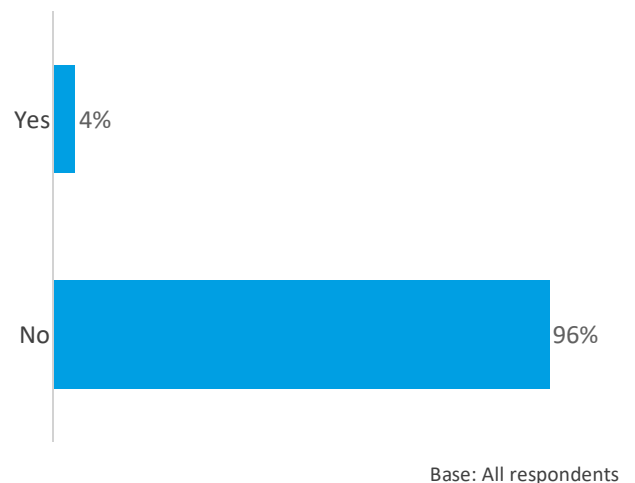


Following this, pupils were asked how confident they feel leading and influencing other young people. 36% of girls said that they were *Very confident or Confident*, 35% were *Neutral*, and 28% were *Not very confident or Not at all confident*:

How confident do you feel leading or influencing your peers or other young people?



Are you a Girls Active Leader (including GLAMs)?

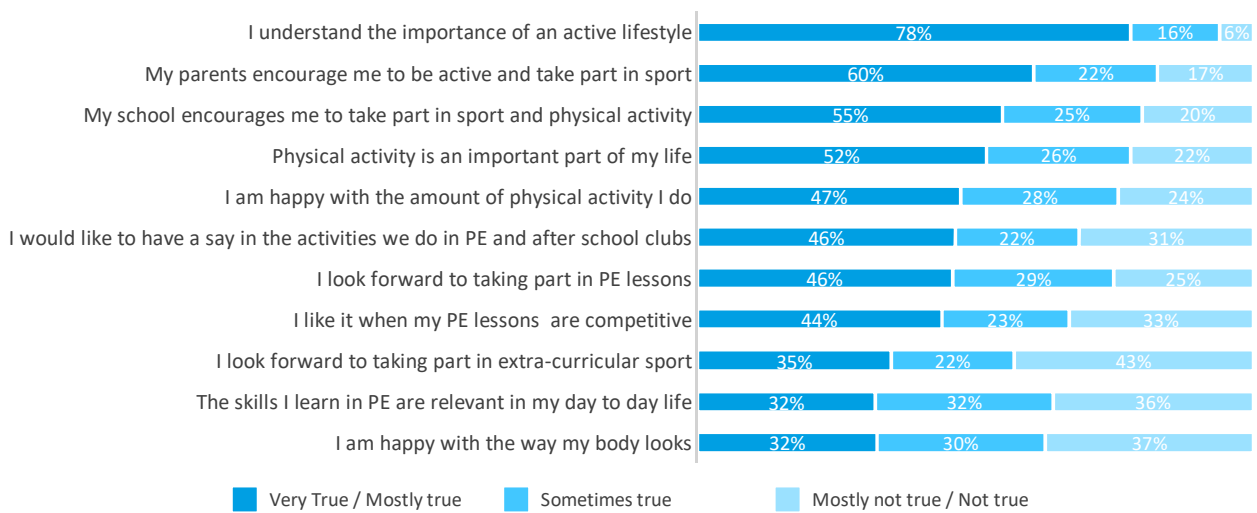


Overall, 4% of pupils said that they were Girls Active Leaders. Of those, 72% had been leaders for less than a year, 17% for 1 to 2 years, and 11% for 2 years or longer.

Attitudes towards physical activity

Pupils were given a list of statements and asked whether they felt each one was true for them. The statements that girls were most likely to describe as 'Very true for me' or 'Mostly true for me' were *I understand the importance of an active lifestyle (78%)*, *My parents encourage me to be active and take part in sport (60%)* and *My school encourages me to take part in sport and physical activity (55%)*.

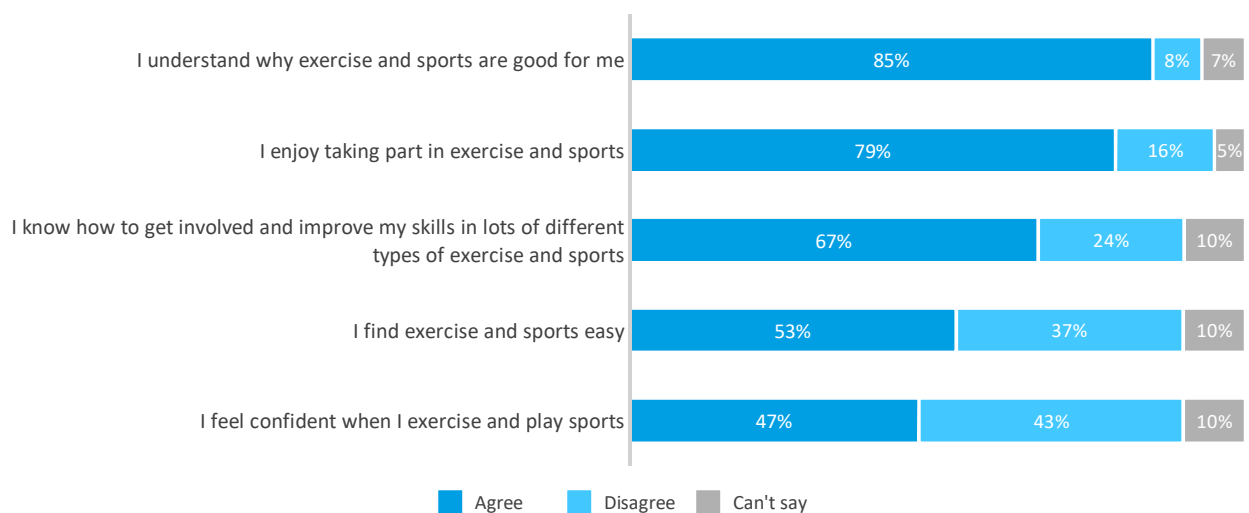
How true are each of the following statements for you?



Base: All respondents

Girls were most likely to agree with the following statements about exercise and sport: *I understand why exercise and sports are good for me (85%)*, *I enjoy taking part in exercise and sports (79%)* and *I know how to get involved and improve my skills in lots of different types of exercise and sports (67%)*.

How much do you agree or disagree with the following statements?



Base: All respondents