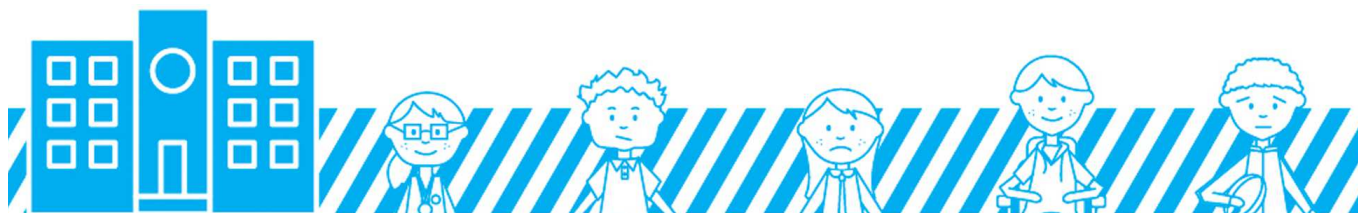


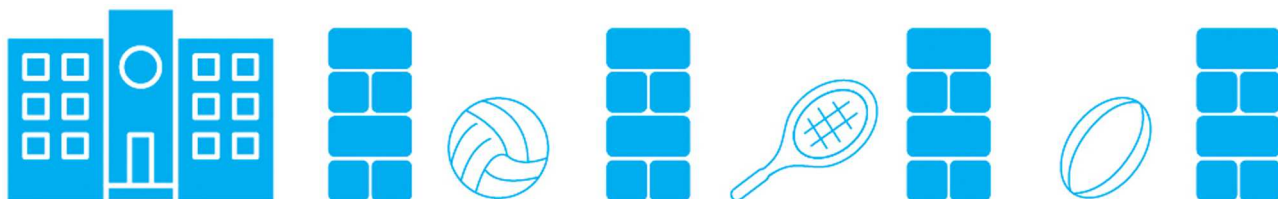
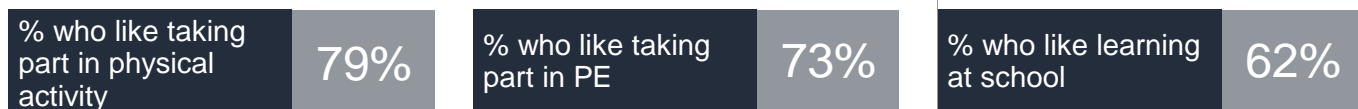
YST GIRLS ACTIVE

National Report for Girls' data
April 2020

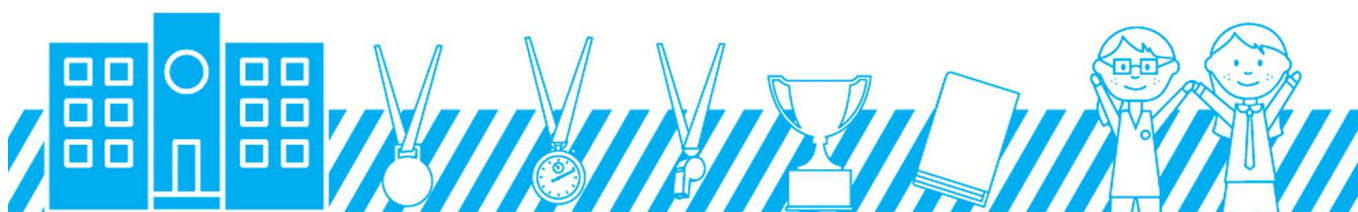
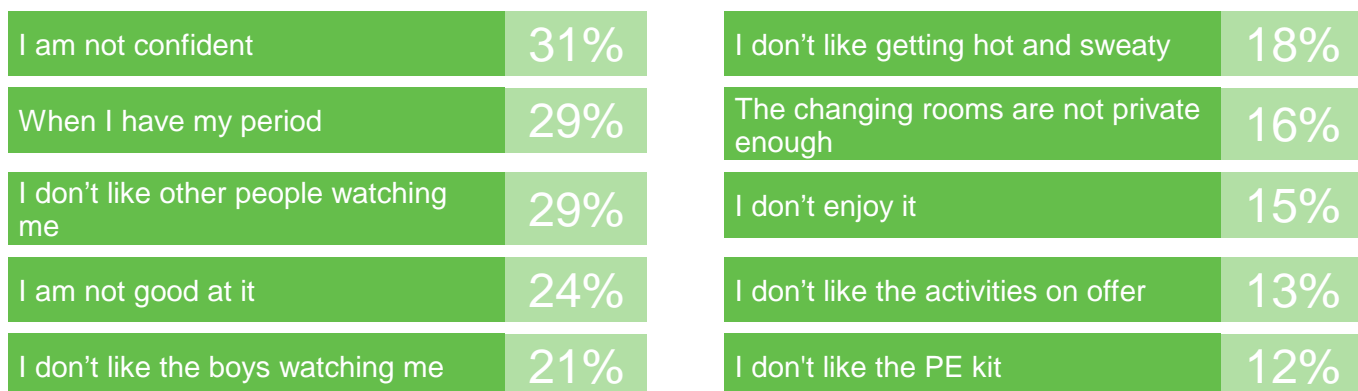
Summary of key findings at your school



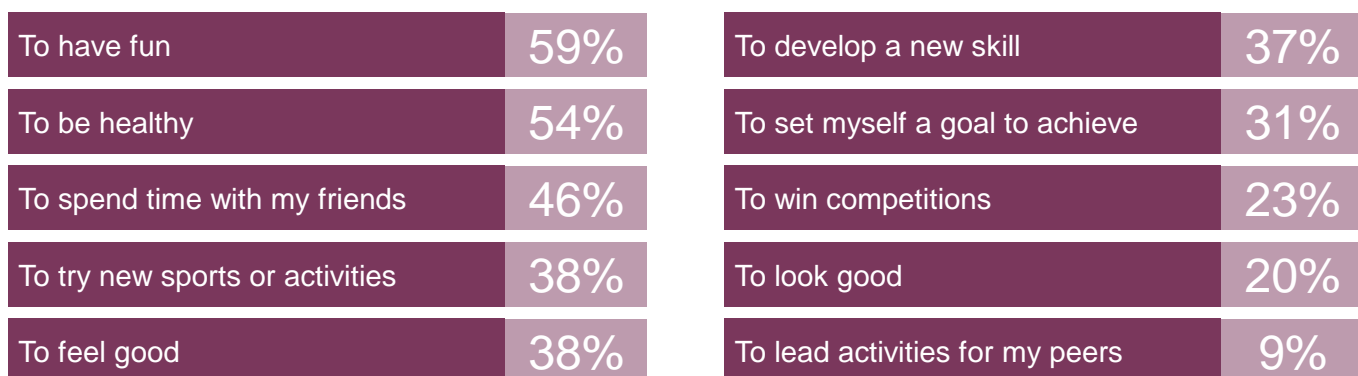
Overall attitudes to PE, physical activity and learning at school



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

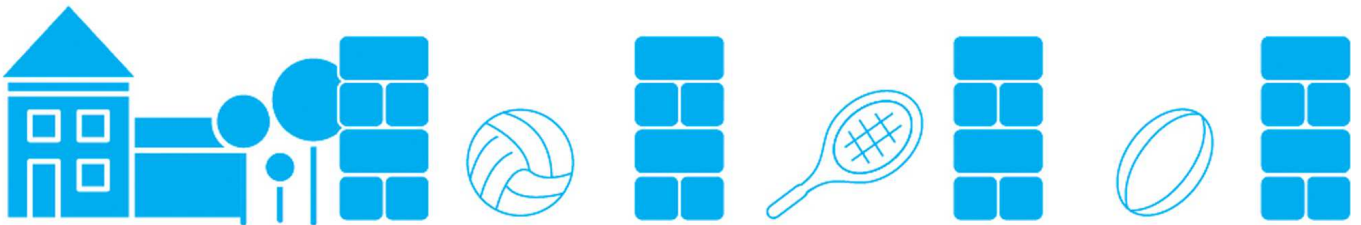




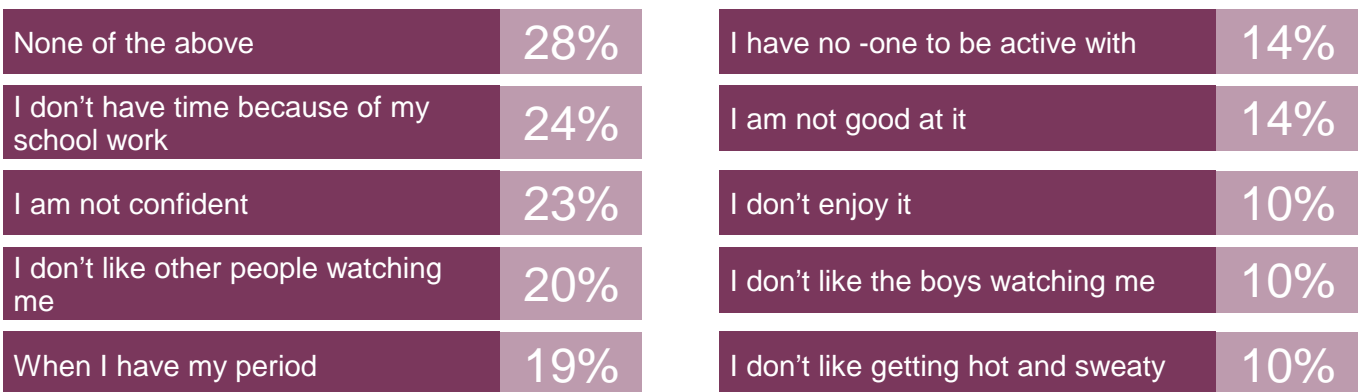
How would you like to be grouped for sport and physical activities?



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 between October 2019 and March 2020. Overall this study received **8062 responses from female pupils** in school years 7 to 13, from 48 different 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

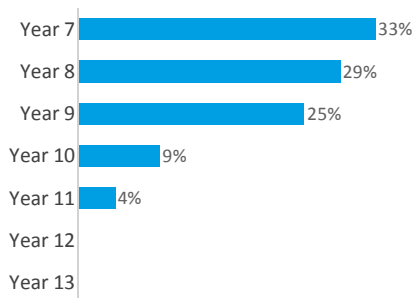


Pupil profile

The charts below show the profile of girls who responded to the questionnaire. Girls were most likely to be in Year 7 (33%), and describe themselves as *White* (67%). 5% said that they have a disability. Overall, 41% said that their general health was either *Very good* or *Excellent*.

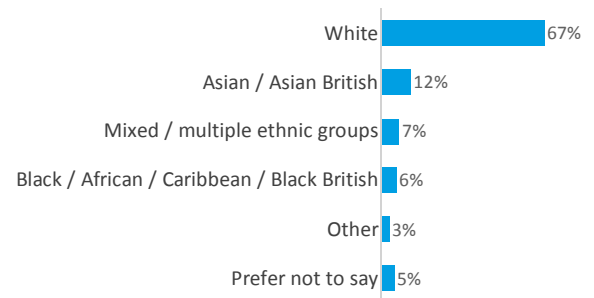
18% of girls said that they receive free school meals.

Year group



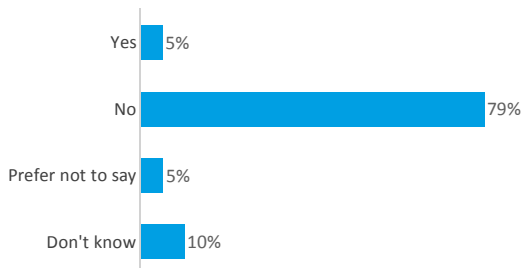
Base: All respondents

Ethnic background



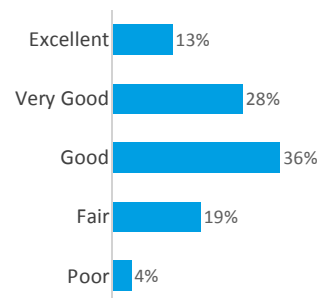
Base: All respondents

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



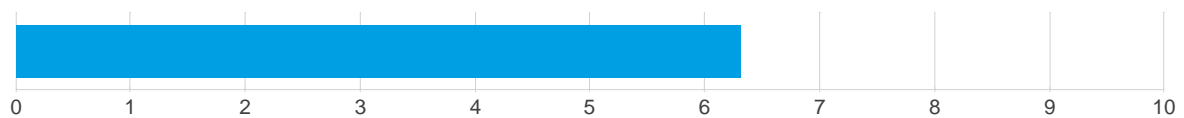
Base: All respondents

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 6.3.



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?



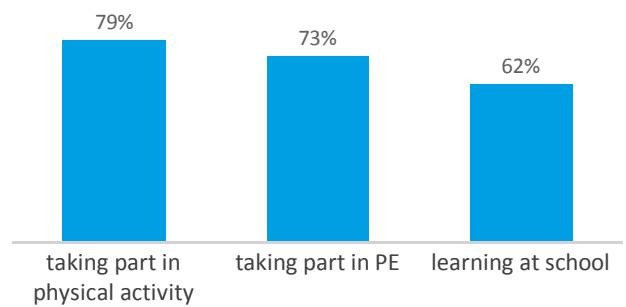
Base: All respondents

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* (79%), followed by *taking part in PE* (73%) and *learning at school* (62%).

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



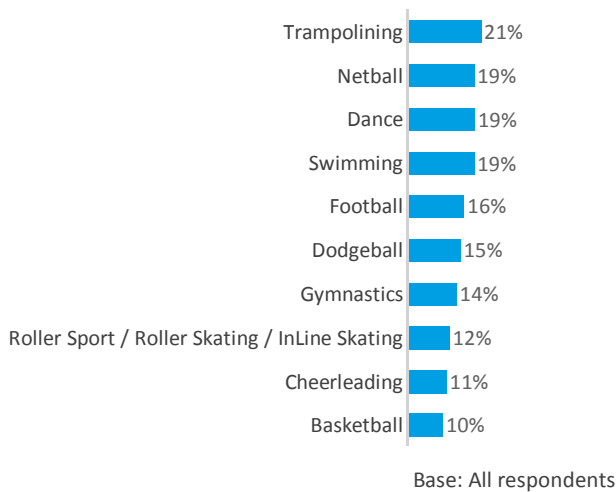
Base: All respondents

Taking part in physical activity

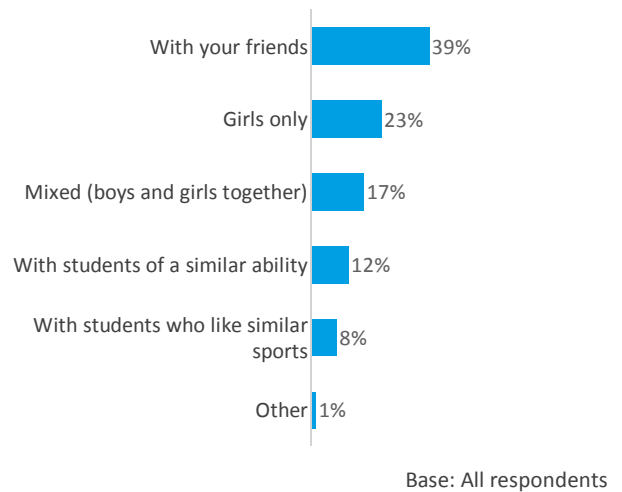
The chart below (left) shows the 10 activities that girls would most like to do as part of their PE lessons. The most popular activities were *Trampolining* (21%), *Netball* (19%), and *Dance* (19%).

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* (39%).

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.

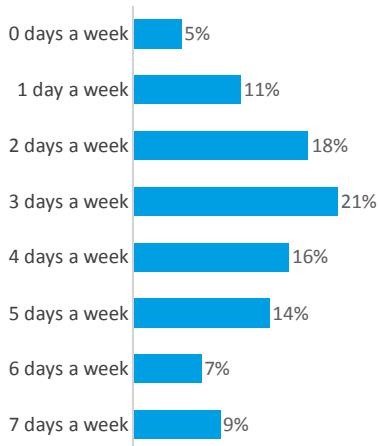
National data

76
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 3.5 days per week.

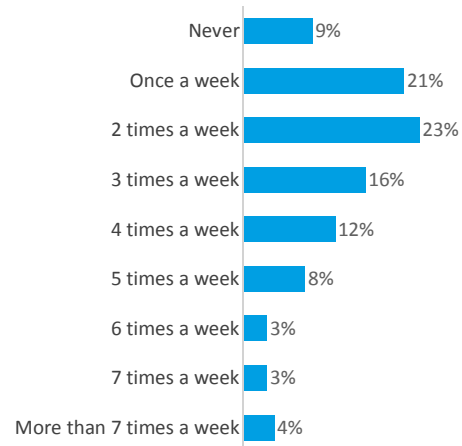
Girls were asked how many times a week their physical activity included bone strengthening activities. The most common response was 2 times a week (23%).

Days of physical activity per week



Base: All respondents

Days of bone strengthening activities per week

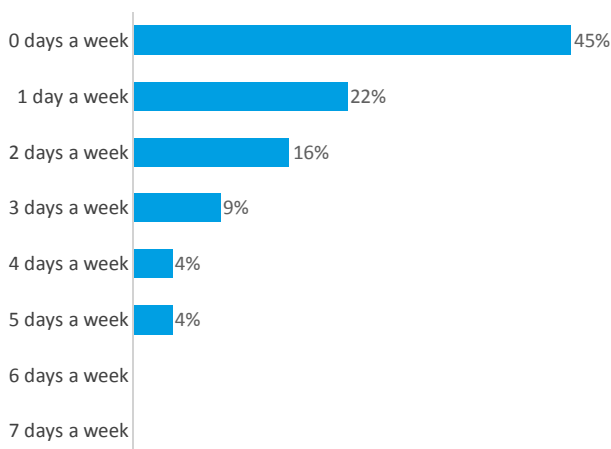


Base: All respondents

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 (45%). On average, girls took part on 1.2 days per week.

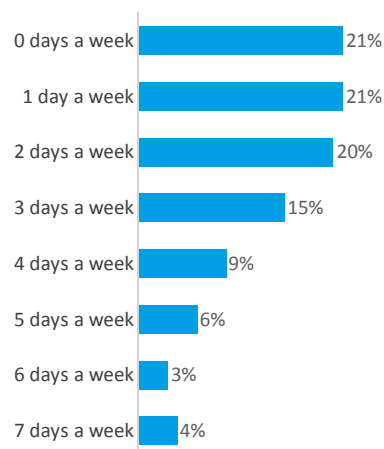
They were also asked how often they took part in sport or physical activity outside of school, and were most likely to do so on 1 day a week (21%). On average, girls took part on 2.2 days per week.

Outside of PE lessons



Base: All respondents

Outside of school

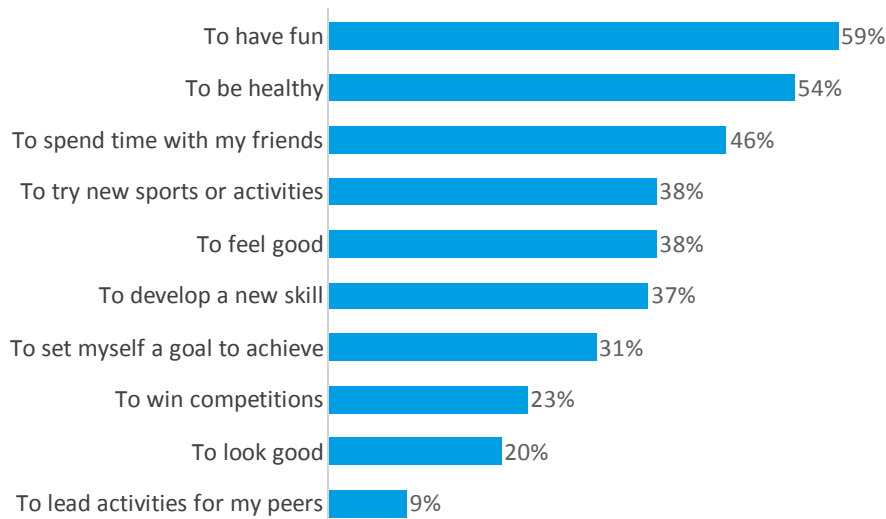


Base: All respondents

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* (59%), *To be healthy* (54%), and *To spend time with my friends* (46%).

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



Base: All respondents

Girls were shown a series of statements and asked which of them described their motivation for taking part in physical activity. The most common answer was *I am driven by having fun with friends* (36%).

Which of the following best describes your preference and motivation for taking part in physical activity? (shortened labels)



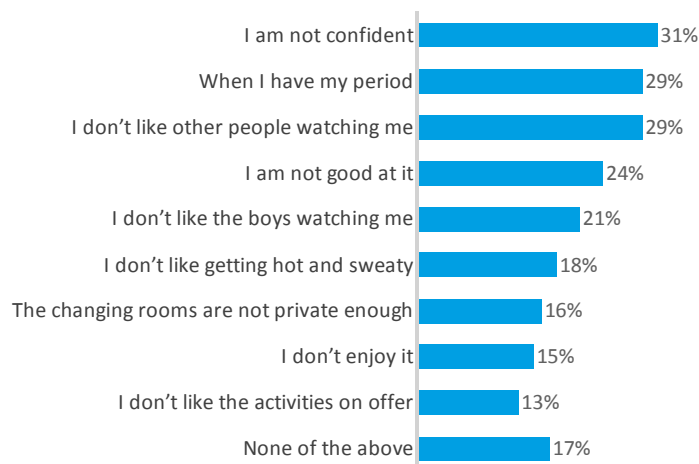
Base: All respondents

Barriers to taking part

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 4% 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

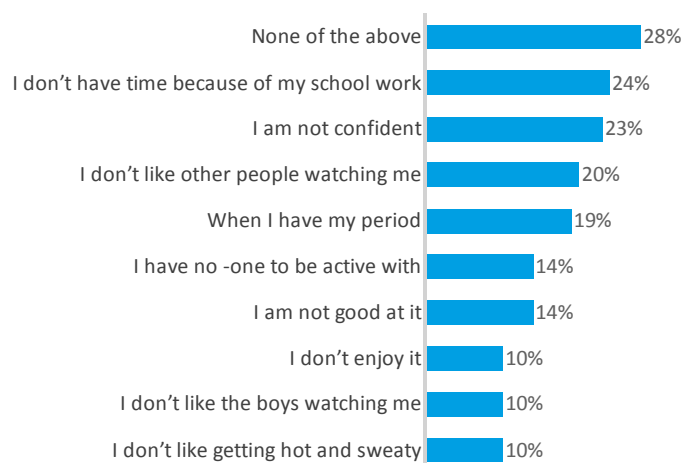


Base: All respondents

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 5% 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

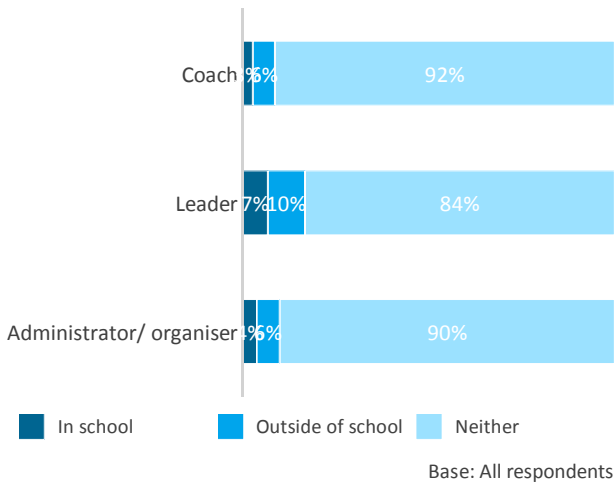


Base: All respondents

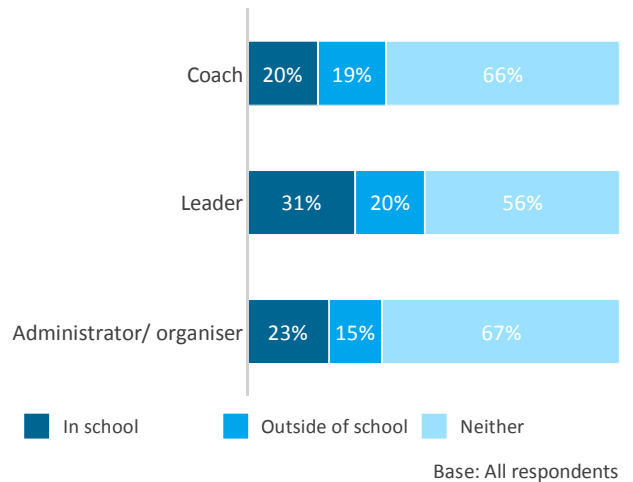
Coaching, leadership and administration

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...?

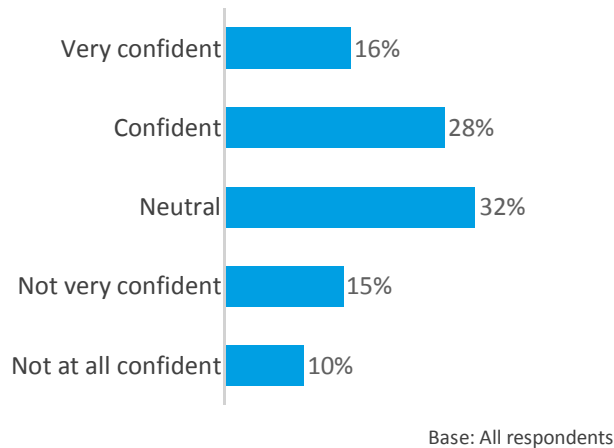


Would you like to be a...?

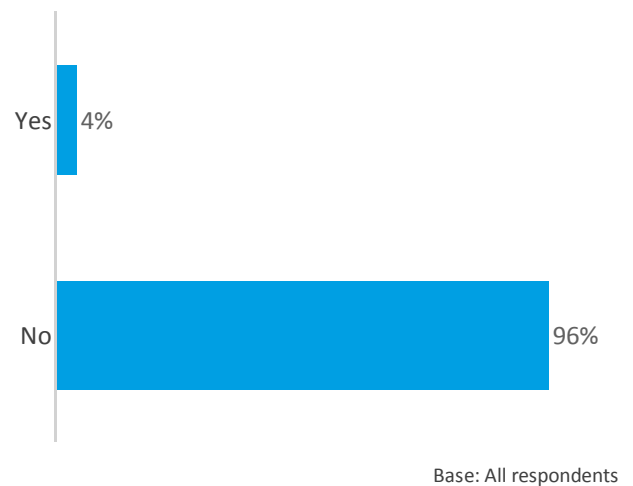


Following this, pupils were asked how confident they feel leading and influencing other young people. 43% of girls said that they were *Very confident or Confident*, 32% were *Neutral*, and 25% were *Not very confident or Not at all confident*:

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



Are you a Girls Active Leader (including GLAMs)?

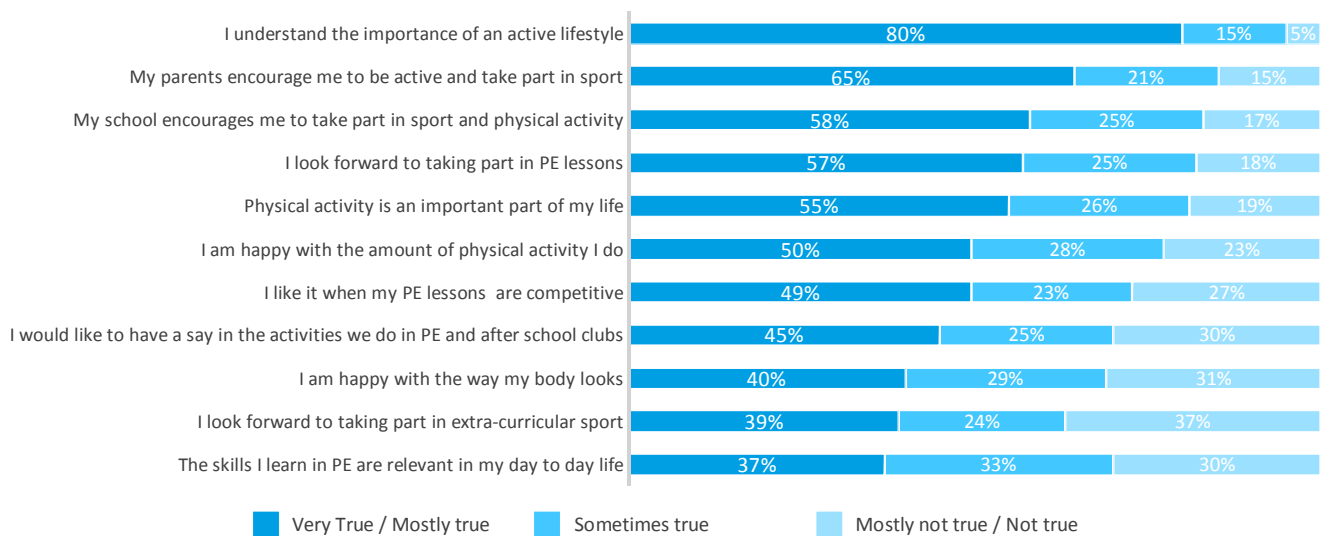


Overall, 4% of pupils said that they were Girls Active Leaders. Of those, 69% had been leaders for less than a year, 22% for 1 to 2 years, and 9% for 2 years or longer.

Attitudes towards PE and 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 (80%)*, *My parents encourage me to be active and take part in sport (65%)* and *My school encourages me to take part in sport and physical activity (58%)*.

How true are each of the following statements for you?



Base: All respondents

APPENDIX 1 - GIRLS' DATA

In the following tables the national data is broken down by key factors, including 'physical activity level', in which 'more active' is defined as those who take part in physical activity on 5 or more days per week, and 'less active' is those who take part on one day per week or less. Responses from groups of less than 5 have been hidden, to protect the identity of respondents.

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

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

% Like it a lot / Like it	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
taking part in physical activity	79	80	73	74	81	81	76	56	90
taking part in PE	73	74	63	66	75	73	74	52	83
learning at school	62	62	61	56	64	61	63	54	66

If you had a choice, which three activities from the list below would you most like to do in PE? (10 most popular answers)

Break % Respondents	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Trampolining	21%	22%	15%	16%	22%	23%	17%	21%	21%
Netball	19%	19%	22%	11%	21%	21%	16%	14%	21%
Dance	19%	19%	15%	19%	19%	20%	16%	16%	19%
Swimming	19%	19%	14%	22%	18%	19%	19%	19%	20%
Football	16%	17%	10%	19%	16%	15%	18%	14%	18%
Dodgeball	15%	15%	14%	11%	16%	15%	16%	19%	13%
Gymnastics	14%	16%	6%	14%	14%	15%	12%	13%	16%
Roller Sport / Roller Skating / InLine Skating	12%	12%	12%	12%	12%	12%	12%	11%	12%
Cheerleading	11%	12%	6%	12%	11%	12%	9%	9%	12%
Basketball	10%	10%	10%	10%	10%	7%	16%	10%	9%

At school, how would you like to be grouped for sport and physical activities?

Break % Respondents	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
With your friends	39%	39%	41%	38%	39%	40%	38%	48%	34%
Girls only	23%	23%	21%	23%	23%	23%	23%	24%	21%
Mixed (boys and girls together)	17%	17%	17%	19%	17%	16%	19%	14%	18%
With students of a similar - ability	12%	12%	10%	13%	12%	13%	11%	8%	16%
With students who like similar sports	8%	7%	10%	5%	8%	8%	8%	5%	9%
Other	1%	1%	0%	2%	1%	1%	1%	1%	1%

In the past week, on how many days have you taken part in 60 minutes or more of physical activities that make you feel warmer and make your heart beat faster?

Break % Respondents	National data	Key Stage		Disability		Ethnic group	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME
0 days a week	5%	5%	8%	10%	4%	5%	7%
1 day a week	11%	10%	14%	13%	10%	10%	13%
2 days a week	18%	18%	18%	18%	18%	16%	22%
3 days a week	21%	21%	20%	14%	21%	21%	20%
4 days a week	16%	15%	17%	13%	16%	17%	13%
5 days a week	14%	15%	13%	10%	15%	15%	13%
6 days a week	7%	7%	5%	4%	7%	7%	5%
7 days a week	9%	10%	5%	17%	8%	9%	8%

At school, how often do you take part in any sport or physical activity outside of PE lessons?

Break % Respondents	National data	Key Stage		Disability		Ethnic group	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME
0 days	45%	42%	61%	42%	44%	45%	44%
1 day a week	22%	23%	19%	20%	23%	22%	23%
2 days a week	16%	17%	11%	16%	17%	17%	15%
3 days a week	9%	9%	5%	8%	9%	9%	9%
4 days a week	4%	4%	2%	5%	4%	4%	4%
5 days a week	4%	4%	2%	9%	4%	4%	5%

Outside of school, how often do you take part in any sport or other physical activity?

Break % Respondents	National data	Key Stage		Disability		Ethnic group	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME
0 days	21%	20%	27%	22%	21%	18%	29%
1 day a week	21%	21%	22%	19%	22%	19%	26%
2 days a week	20%	20%	20%	18%	20%	21%	18%
3 days a week	15%	15%	12%	13%	15%	16%	12%
4 days a week	9%	9%	9%	8%	9%	10%	7%
5 days a week	6%	6%	5%	5%	6%	7%	4%
6 days a week	3%	3%	2%	4%	3%	4%	2%
7 days a week	4%	4%	3%	11%	4%	4%	3%

On average, how many times a week does your physical activity include muscle and bone strengthening activities? For example; swinging on playground equipment, skipping, fitness workout, sports such as gymnastics or tennis?

Break % Respondents	National data	Key Stage		Disability		Ethnic group	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME
Never	9%	8%	17%	9%	8%	8%	12%
Once a week	21%	20%	29%	20%	22%	20%	22%
2 times a week	23%	23%	23%	21%	23%	23%	24%
3 times a week	16%	17%	12%	15%	16%	16%	16%
4 times a week	12%	12%	9%	10%	12%	13%	9%
5 times a week	8%	9%	5%	8%	8%	9%	8%
6 times a week	3%	4%	2%	3%	3%	4%	2%
7 times a week	3%	3%	2%	7%	3%	4%	2%
More than 7 times a week	4%	4%	2%	8%	4%	4%	4%

Just thinking about a typical day in the last week, how much time did you spend doing physical activity that makes you feel warmer and makes your heart beat faster on that one day? (Minutes)

Means Respondents	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Minutes of physical activity on a typical day	76	76	70	76	77	80	67	39	104

Which of the following best describes your preference and motivation for taking part in physical activity (Select just one):

Break % Respondents	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
I prefer to participate in a group and am not motivated by competing against others... I am driven by having fun with friends	36%	36%	33%	34%	36%	36%	34%	41%	28%
I am motivated by competition and prefer to do it in a team... I am driven by playing and competing in a team	22%	22%	21%	15%	24%	22%	24%	14%	28%
I prefer taking part in activity on my own and am not motivated by competing against others... I am driven by enjoyment	13%	13%	16%	14%	13%	13%	12%	13%	14%
I prefer to take part on my own and am motivated by self-improvement... I am driven by learning and improving skills	12%	12%	13%	13%	13%	12%	12%	8%	13%
None of these / Don't know	9%	9%	9%	14%	7%	8%	9%	18%	6%
I am motivated by competition and prefer to do it on my own... I am driven by competition	8%	8%	9%	10%	8%	8%	9%	6%	10%

Looking at the list below, what motivates you to take part in sport, physical activity and PE at school?

Break % Respondents	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
To have fun	59%	59%	60%	54%	61%	60%	59%	49%	63%
To be healthy	54%	55%	48%	44%	55%	55%	51%	41%	60%
To spend time with my friends	46%	45%	51%	42%	47%	48%	42%	43%	48%
To try new sports or activities	38%	40%	28%	33%	40%	37%	41%	28%	45%
To feel good	38%	38%	37%	34%	37%	39%	36%	29%	43%
To develop a new skill	37%	38%	27%	31%	38%	36%	41%	25%	44%
To set myself a goal to achieve	31%	33%	20%	28%	32%	31%	32%	19%	40%
To win competitions	23%	24%	20%	20%	24%	21%	29%	17%	31%
To look good	20%	19%	23%	23%	19%	20%	19%	19%	21%
To lead activities for my peers	9%	9%	6%	11%	9%	9%	10%	5%	14%
To take part in activities delivered by my peers	7%	8%	3%	10%	7%	7%	8%	4%	10%
Other	2%	2%	1%	4%	2%	2%	2%	2%	3%
None of the above	3%	3%	6%	4%	3%	4%	3%	10%	2%

Looking at the list below, what if anything, currently stops you taking part in sport, physical activity and PE at school?

Break % Respondents	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
I am not confident	31%	30%	36%	32%	29%	33%	27%	40%	24%
When I have my period	29%	28%	41%	32%	28%	28%	35%	34%	24%
I don't like other people watching me	29%	29%	32%	28%	28%	31%	25%	34%	24%
I am not good at it	24%	24%	29%	23%	23%	24%	26%	34%	17%
I don't like the boys watching me	21%	21%	19%	22%	20%	22%	18%	23%	18%
I don't like getting hot and sweaty	18%	18%	20%	19%	17%	18%	18%	24%	14%
The changing rooms are not private enough	16%	17%	12%	19%	15%	16%	17%	20%	15%
I don't enjoy it	15%	14%	20%	18%	14%	15%	14%	26%	10%
I don't like the activities on offer	13%	12%	21%	12%	13%	13%	14%	17%	11%
I don't like the PE kit	12%	12%	14%	14%	11%	11%	13%	15%	12%
When activity takes place outside	11%	10%	13%	11%	10%	10%	12%	16%	9%
Other people make fun of me	9%	9%	9%	14%	7%	9%	7%	9%	9%
My school work is more important to me	8%	8%	15%	10%	8%	8%	9%	14%	6%
I have an injury	8%	9%	7%	15%	7%	9%	7%	9%	10%
My breasts feel uncomfortable when I exercise	8%	8%	9%	12%	7%	8%	9%	11%	7%
I don't have time	7%	6%	8%	8%	7%	6%	9%	9%	7%
I don't feel encouraged to take part by my peers	7%	6%	9%	7%	6%	7%	6%	9%	6%
I don't feel encouraged to take part by the teachers	5%	4%	7%	6%	4%	5%	5%	7%	4%
I have a medical condition that prevents me taking part	5%	5%	4%	18%	3%	4%	5%	7%	4%
My transport to/from school doesn't allow me to do breakfast or after school activities at school	5%	5%	3%	7%	4%	4%	5%	5%	5%
The boys use the spaces available	4%	4%	5%	5%	3%	4%	4%	4%	5%
Other	4%	4%	2%	5%	3%	3%	3%	4%	4%
None of the above	17%	18%	13%	12%	19%	18%	15%	10%	24%

And what if anything currently stops you doing more physical activity and sport outside of school?

Break % Respondents	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
None of the above	28%	29%	24%	23%	30%	29%	26%	20%	36%
I don't have time because of my school work	24%	22%	35%	19%	23%	22%	29%	28%	18%
I am not confident	23%	22%	27%	22%	21%	24%	20%	32%	16%
I don't like other people watching me	20%	20%	22%	18%	19%	21%	20%	28%	14%
When I have my period	19%	18%	24%	21%	18%	18%	22%	21%	15%
I have no -one to be active with	14%	13%	17%	12%	13%	13%	15%	20%	10%
I am not good at it	14%	14%	15%	14%	13%	14%	14%	23%	8%
I don't enjoy it	10%	10%	11%	13%	10%	10%	11%	20%	5%
I don't like the boys watching me	10%	11%	8%	12%	10%	10%	11%	14%	8%
I don't like getting hot and sweaty	10%	10%	10%	12%	9%	10%	10%	16%	7%
I can't afford to take part	8%	8%	10%	10%	8%	8%	9%	12%	7%
My school work is more important to me	8%	7%	14%	10%	7%	7%	8%	12%	6%
I have an injury	6%	7%	5%	12%	6%	7%	6%	6%	8%
I don't have time because I already do a lot of physical activity	6%	6%	5%	5%	6%	6%	5%	3%	10%
Other people make fun of me	6%	6%	5%	10%	5%	6%	6%	8%	5%
When activity takes place outside	6%	6%	6%	6%	6%	6%	7%	12%	4%
I don't like the activities on offer	6%	6%	7%	6%	6%	6%	7%	8%	4%
My breasts feel uncomfortable when I exercise	6%	6%	6%	9%	5%	6%	6%	9%	4%
Other	5%	5%	3%	5%	4%	4%	5%	5%	4%
I don't feel encouraged to take part by my family	4%	3%	5%	4%	3%	3%	4%	6%	3%
I have a medical condition that prevents me taking part	3%	4%	2%	11%	2%	3%	3%	5%	3%
I don't feel encouraged to take part by my peers	3%	3%	4%	5%	3%	3%	4%	5%	3%

Are you a...? (% inside or outside school)

% Already coaches, leaders or administrators / organisers, either inside or outside of school	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Coach	8	8	11	17	7	8	8	4	12
Leader	16	16	15	25	15	16	16	7	25
Administrator / organiser	10	10	9	21	9	9	10	5	15

Would you like to be a...? (% inside or outside school)

% Who would like to be coaches, leaders or administrators / organisers, either inside or outside of school	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Coach	34	35	26	43	33	34	34	19	47
Leader	44	47	29	48	44	44	46	27	58
Administrator / organiser	33	35	23	38	33	31	37	22	43

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

Break % Respondents	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Confident	43%	44%	35%	44%	44%	43%	44%	27%	57%
Neither	32%	31%	35%	27%	33%	31%	35%	33%	27%
Not confident	25%	24%	30%	29%	23%	26%	21%	40%	16%

On average, how many hours of volunteering have you undertaken in the last three months?
Volunteering includes any unpaid help you have given to a group, club, organisation or your school.

Means Respondents	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Hours of volunteering in last 3 months	9718	8635	17048	6	9445	27	35042	3	24871

How true are each of the following statements for you? (% Very true / Mostly true)

% Very true / Mostly true	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
I am happy with the way my body looks	40	41	34	39	42	38	46	35	46
Physical activity is an important part of my life	55	57	46	57	57	56	54	29	73
I like it when my PE lessons are competitive	49	51	41	48	51	48	55	35	58
I would like to have a say in the activities we do in PE and after school clubs	45	45	43	49	45	45	46	33	55
I am happy with the amount of physical activity I do	50	51	38	54	50	51	45	31	68
I look forward to taking part in PE lessons	57	58	46	51	59	57	58	37	67
I look forward to taking part in extra-curricular sport	39	41	27	41	41	40	38	18	54
I understand the importance of an active lifestyle	80	80	80	72	82	82	77	63	87
My school encourages me to take part in sport and physical activity	58	60	44	52	60	58	58	43	65
The skills I learn in PE are relevant in my day to day life	37	39	24	40	38	38	36	21	48
My parents encourage me to be active and take part in sport	65	66	52	60	66	66	62	44	75

How would you rate the following? (% Very good / Good)

% Very good / Good	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Your communication skills	59	59	56	55	61	57	63	46	67
Your team working skills	67	68	63	60	70	67	70	51	77
Your leadership skills	53	54	47	51	55	52	56	37	65
Your confidence in taking part in sport and physical activity	51	53	42	51	53	50	54	33	65
Your resilience: if you find something difficult, you keep trying until you can do it	60	61	53	57	62	60	60	41	72
Your empathy: you are able to understand how other people are feeling	73	74	72	68	75	74	74	63	78
Your self-belief: you feel confident in your own abilities	47	48	37	45	49	44	54	34	56
Your confidence overall	46	47	36	41	48	43	52	32	57
Your happiness with the relationships you have with your friends	77	78	72	71	80	77	78	71	80
Your progress at school	67	68	57	61	70	66	69	54	72

Overall, how happy did you feel yesterday?

Means Respondents	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Overall, how happy did you feel yesterday?	6.3	6.4	5.8	5.4	6.5	6.3	6.5	5.6	6.6

Funded by:



Supported by:

