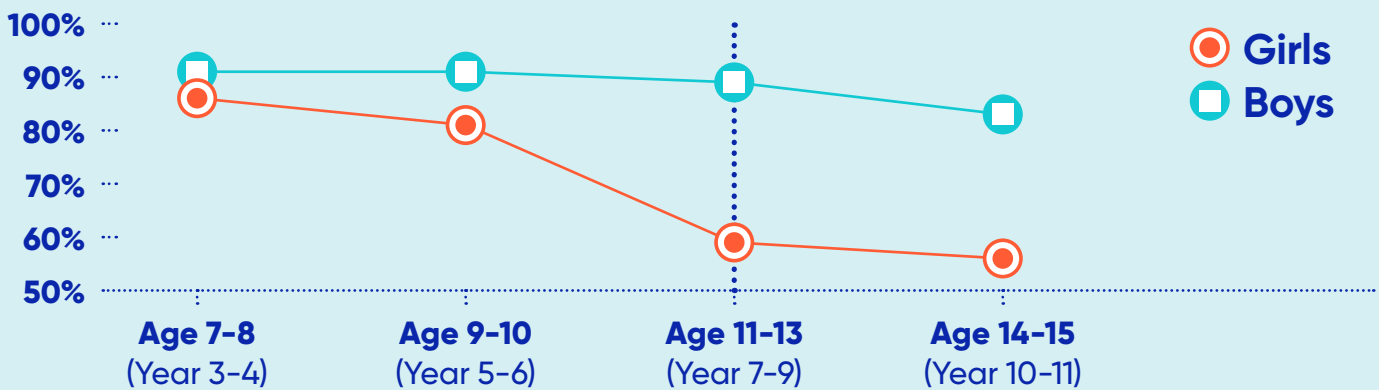


The Puberty PE Precipice

New research released on International Day of the Girl by children's charity Youth Sport Trust reveals that as girls hit puberty, typically around age 12, they experience a crisis of confidence, happiness, and enjoyment of PE – a trend that persists throughout their teenage years and into adulthood. In contrast, the same Girls Active survey shows that boys' experiences and attitudes toward physical activity remain relatively consistent across all age groups.

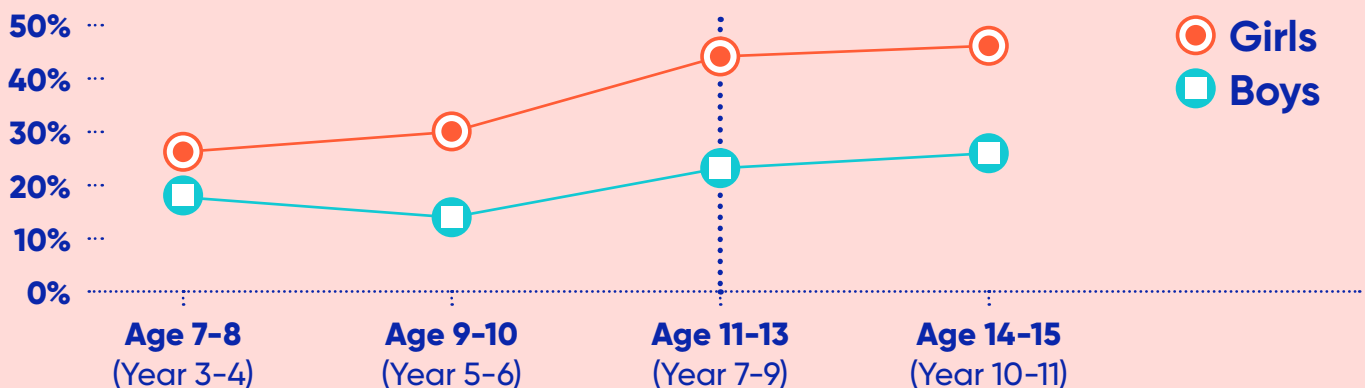
I enjoy taking part in PE

56% of girls aged 14-15 enjoy PE vs 86% of girls aged 7-8

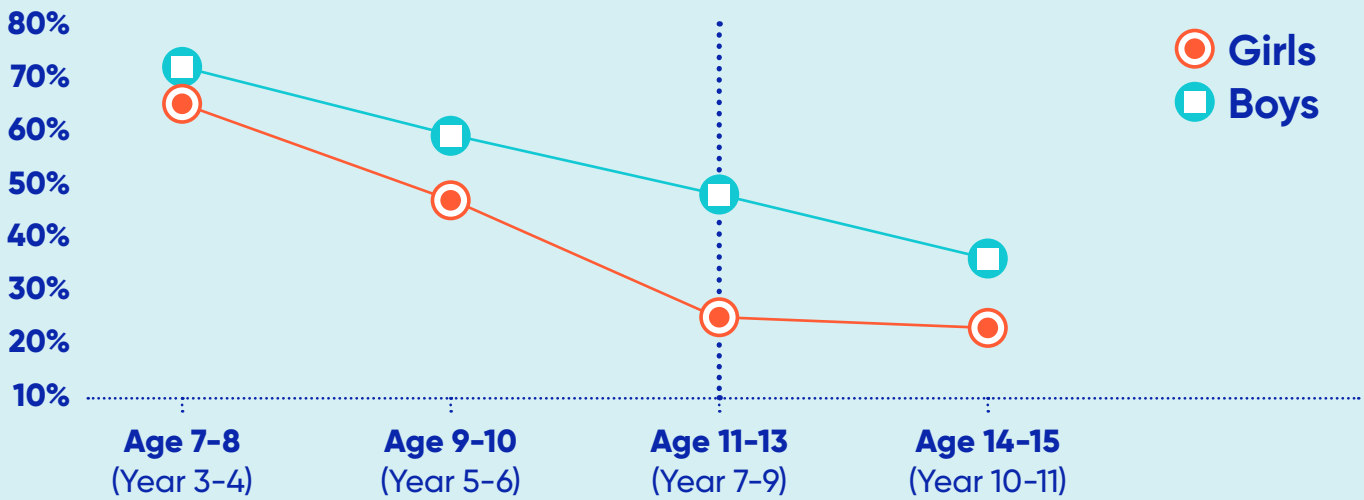


Confidence stops girls being more active at school

46% of girls aged 14-15 report a lack of confidence stops them being more active at school compared with 26% of girls aged 7-8



My PE kit makes me feel confident



58% of girls want more PE kit options compared to just 29% of boys

Recommendations

The Youth Sport Trust is calling upon the government to support schools to improve access to PE, Sport and Play for girls by;

- Listening to girls and empowering them to make choices about the kit they wear and how activities are delivered to build their confidence
- Increasing opportunities for girls to be physically active throughout the school day including through PE, in breakfast and co-curricular sports clubs, and at break times
- Training teachers in tackling gender stereotypes and education around body confidence and female biology.

Fun, friendship and getting fit and healthy were the top three motivations for boys and girls regardless of age/year group.

The Girls Active survey was conducted between October 2023 and June 2024, with a total of 15,096 responses.