

Girls Active Secondary Programme Guidance Note (2025/26)

Girls Active is the Youth Sport Trust's commitment to fostering girls' participation in PE, sport and physical activity. The programme aims to tackle the barriers girls experience and through cultivating a movement of girls and young women, empower them to take positive action through influencing, leading, and inspiring their peers.

The Youth Sport Trust will work together with targeted schools and local partners who share the same priorities to support the least active young people who experience the greatest barriers and inequalities to participation.

Not only do girls' needs and motivations differ and change over time, so too is the support that schools require in order to help girls in their communities who experience the greatest barriers to participation, get active and remain active. Insight shows that girls from Black and South Asian communities and/or from families living on low incomes have disproportionately lower levels of engagement and participation in physical activity. Therefore, schools with high representation of these groups will be a priority.

Building on significant experience and delivery of Girls Active, we will work collaboratively with local and national partners to provide deeper support to targeted schools. At the heart of this approach will be professional development for teachers and leadership development and mentoring for girls underpinned by the Girls Active framework. Furthermore, as we understand further the specific needs of each school, we will tailor the support accordingly. Girls will always be integral to decision making, working with teachers, identifying need and cocreating new approaches and solutions to the barriers they and their peers experience.

The schools engaged in this project will be integral in helping us give girls a voice, deepen understanding of the barriers the least active teenage girls face to being active and help ensure together we can give them the right support and opportunities, so they experience the enjoyment and wider benefits of being active.

What will Schools receive from being involved?

Resources	E-Learning Packages	National Training	Regional Training	Local Training	Funding	Other
X	X	X	X		X	

Who is eligible for this Programme?

Our Girls Active Secondary programme will be rolled out in priority areas. This is based on the Youth Sport Trust strategy for Urgent Action and also where we have local partners ready to enhance the experience of the programme for the schools.

Challenges addressed through Girls Active Secondary	
• Ensuring the inclusion of all young people • Tackling inactivity and inequalities of physical wellbeing • Developing character traits, life skills and leadership/employability in young people	
Outcomes and impact	
For the School/Deliverer • Improved attitude towards PE, school sport and physical activity and for some, attitude to learning and school life • Increased understanding of how physical activity positively contributes to all girls lives • Increased participation in PE, school sport and physical activity • Increased self-esteem, confidence and commitment of girls in school • Improved leadership skills, student voice and a greater number of volunteers within the school • Enhanced pupil-staff and pupil-pupil relationships both within PE and wider across the school.	For the Young People • Enhanced personal traits such as self-esteem, confidence, commitment • Enhanced skills such as communication, creativity, leadership • Increased understanding of the relevance of PE, school sport and physical activity to their lives • Empowered to contribute to the design and delivery of a relevant PE, school sport and physical activity experience • Leadership development through commitment to a Girls Leadership and Marketing Squad • Volunteering opportunities relevant to impactful CVS and employability.
Support from Youth Sport Trust and local partners	
Support received by Girls Active Schools will include; a) Access to innovative localised (or virtual) training (strongly endorse 2 members of staff attend, if possible Head of Dept, Lead Teacher for the programme). b) Leadership training for Girls Active Leaders at a Girls Active Inspiration Day led by YST Athlete Mentors and Tutors (parallel teacher training day). c) Girls Active resources for teachers and girls (including framework, self-review, case studies, evidence based insight and girls' role cards and toolkit). d) Girls Active online questionnaire to understand girls' motivations, perceptions, barriers and current participation. e) Individual School Insight Report collating responses from girls' questionnaires highlighting girls 'motivations, perceptions, barriers and current participation. f) Girls Active kit for Girls Active Leaders. g) £400 for Girls Leadership group to take positive action to address barriers for inactive girls to engage in being active.	

- h) Donation of 500 Aunt Flow sanitary products from our partnership with Citron Hygiene.
- i) Ongoing support from Youth Sport Trust consultant to support teachers plan and implement.
- j) Role model and mentoring support for Girls Active leaders to support them in their role.
- k) Termly Girls Active newsletter and signposting of appropriate opportunities

We intend to support schools across two academic years (subject to continued funding), ongoing support for each school will be based on identified needs and local partnerships (e.g. further professional development, support from other national or local partners etc). To be developed and agreed in each area and with each school.

Commitment required from schools

Girls Active Partner Schools commit to:

- a) Participate in localised (virtual if required) teacher training, to take place in the Autumn term.
- b) Undertake a girls PE and sport self-review and commit to making this an annual process.
- c) Administer the Girls Active online questionnaire to girls (150 minimum).
- d) Set up and support a Girls Leadership and Marketing Squad (or integrating the concept into an existing student voice body).
- e) Enable their Girls Leadership and Marketing Squad to attend a local Girls Active Inspiration Day
- f) Work with their Girls Leadership and Marketing Squad to consider barriers to girls participation and develop a relevant PE, sport and physical activity offer for the least active girls and developing a positive physical activity culture across the school.
- g) Commit to increasing participation in PE, sport and physical activity of the least active girls.
- h) Commit to engaging with and sharing learning through a local community of practice with a small number of local schools.
- i) Support the monitoring and evaluation of the programme as outlined in this guidance document.

Monitoring and Evaluation Commitments

Data Collection Window

You will be required to report on the reach of the programme each term through the YST data collection window, anticipated in the following months: March and July 2026 (and the following academic year December, March and July). This will include information relating to:

- Number of girls as participants taking part in additional PE/sport/physical activity opportunities (including a breakdown of those with a SEND, Ethnicity and Free School Meals)
- Number of workforce trained as Girls Active Leaders (including a breakdown of those with a SEND, Ethnicity and FSM)

- School actions taken to support the development of a relevant PE, sport and physical activity offer for all girls and a positive physical activity culture across the school.
- Any new school to community physical activity/club/or sport link for girls.
- Observations and feedback about the girls' attitudes to physical activity
- Reflections from teachers on the learning process

Storytelling

Wherever possible, we endeavour to conduct evaluations of all of our work to capture stories on the benefits experienced and learning gained by schools or individuals taking part in the programme. This typically involves engaging all or a sample of individuals involved in the programme in a variety of ways, such as:

- Surveys before and after the project or course
- Interviews
- Focus groups
- Observations
- Case studies

You may either be involved in the research directly or may be required to facilitate the engagement of young people in the research.

Contact Details

Kathryn Staves

Development Officer Girls

Kathryn.staves@youthsporttrust.org

07901 004 185

Inaayah Irshad

Project coordinator – Inclusion & Sport

girlsactive@youthsporttrust.org

Terms and Conditions for Schools -

<https://www.youthsporttrust.org/media/xcvfissw/programme-delivery-terms-conditions-for-schools.pdf>