

# Youth Sport Trust: Girls Active 2017-2019 Report\*

Youth Sport Trust released research this week around their Girls Active Project, the key points, motivators, barriers and considerations around why less girls are active than boys. This is a two page summary of that document, with some Greater Manchester considerations.



**23%** of secondary aged girls do not do any sport or physical activity outside of school.

## YEAR 10

Girls more likely to be concerned about body image.

## MOTIVATORS

- Girls are **less likely to enjoy competition** than boys, however competition does not emerge as a big motivating factor for boys or girls to be physically active.
- For all girls **having fun is the biggest motivator** followed by being with friends and feeling happy at primary school and being healthy and feeling good at secondary.
- For boys the third biggest motivator for taking part in physical activity is **gaining new skills** while it is the sixth biggest motivator for girls.

## BARRIERS



- For secondary aged pupils boys were more than 2X as likely as girls to say they have no barriers to sport and physical activity than girls.
- For girls from BAME backgrounds, having their period is the biggest barrier to sport and physical activity.
- 26% of girls say they do not have time because of their school work.
- I'm not confident came across as first barrier for secondary (ahead of I don't like other people watching me and my period) and second barrier for primary (behind I don't like getting hot and sweaty and ahead of I'm not good at it.)
- Secondary aged girls with SEND state confidence as an even bigger barrier (36% compared to 28%).



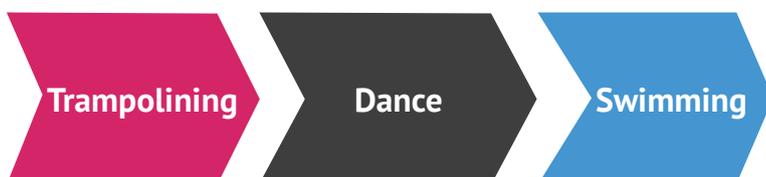
## 20% DECREASE

In loving/ liking taking part in PE at school from Primary (93%) to Secondary (73%).



## DECREASE

As girls get older less likely to get encouragement from family to be involved in sport and physical activity.



- Activities girls would like to do.
- Least active girls would like to be grouped with their friends.
- Girls would like to be consulted about what to do in PE.

\*Due to the response rate being 74% girls and 26% boys it is not representative of the population so the report predominantly focuses on girls but draws comparison to boy's responses where appropriate.

# 45%

of Secondary school girls do not do any additional sport or physical activity in school outside of PE lessons. This increases to 57% at KS4.

# 1 IN 4

Secondary aged girls do not do any sport and physical activity outside of school. Among BAME girls this increases to 30% compared to 19% from white british backgrounds.

## WELLBEING

- Girls who were more active were more likely to agree to questions around personal wellbeing, including confidence, resilience and happiness.
- over 3 quarters of more active girls responded as being resilient compared to under half of less active girls.
- 29% of girls are not happy with how their body looks.
- Girls happy with how their body looks decreases throughout secondary school and by year 13 only 9% are happy with how their body looks.

# 65%

of Secondary aged girls either liked or liked a lot “learning at school”, More active girls (27%) are more likely to like learning at school a lot than less active girls (16%).

# 6%

gap between boys and girls being coaches/ leaders and administrators. Over 30% of girls would like the opportunity to have each of the roles.

## GIRL'S ACTIVITY LEVELS IN GM



## BOY'S ACTIVITY LEVELS IN GM



Based on the Active Lives Children and Young People Survey in Greater Manchester the gap between boys and girls who are doing 60 minutes or more of activity every day is **8.4%**. The gap increases by 0.7% when adding to those who are Active across the week.

The gap between inactive boys and girls is **2.9%**.