

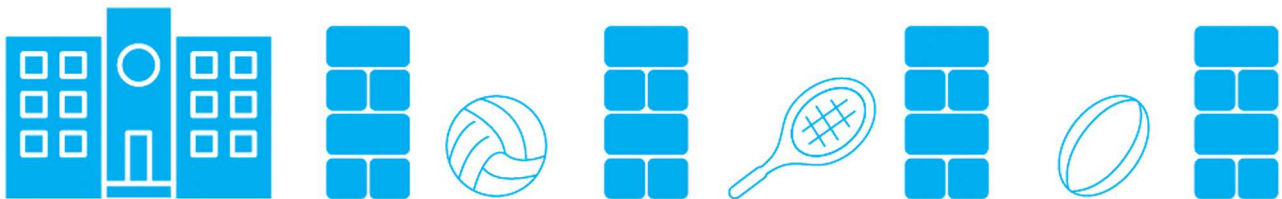
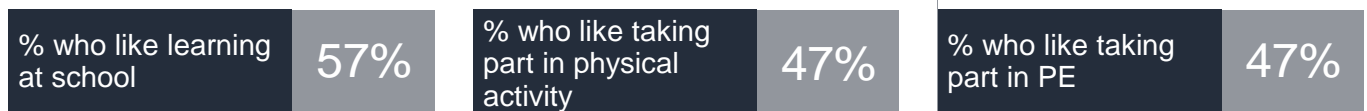
YST GIRLS ACTIVE

Girls report for Sample High School
Pre-intervention | Summer term

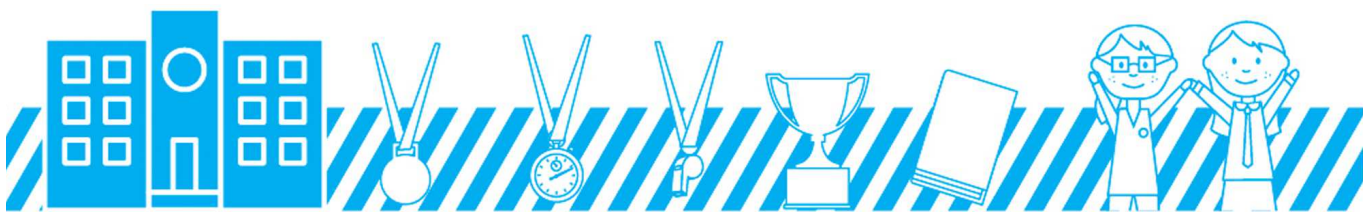
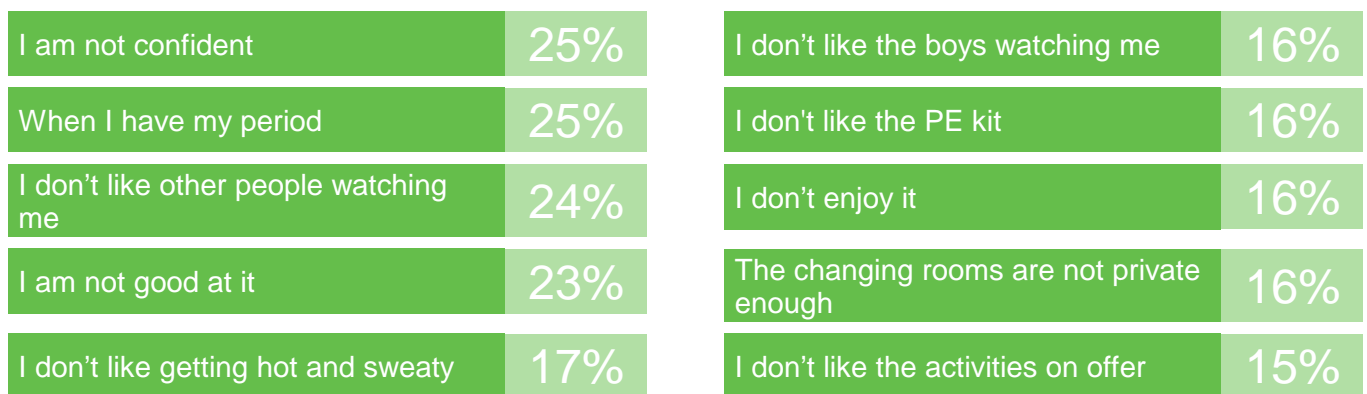
Summary of key findings at your school



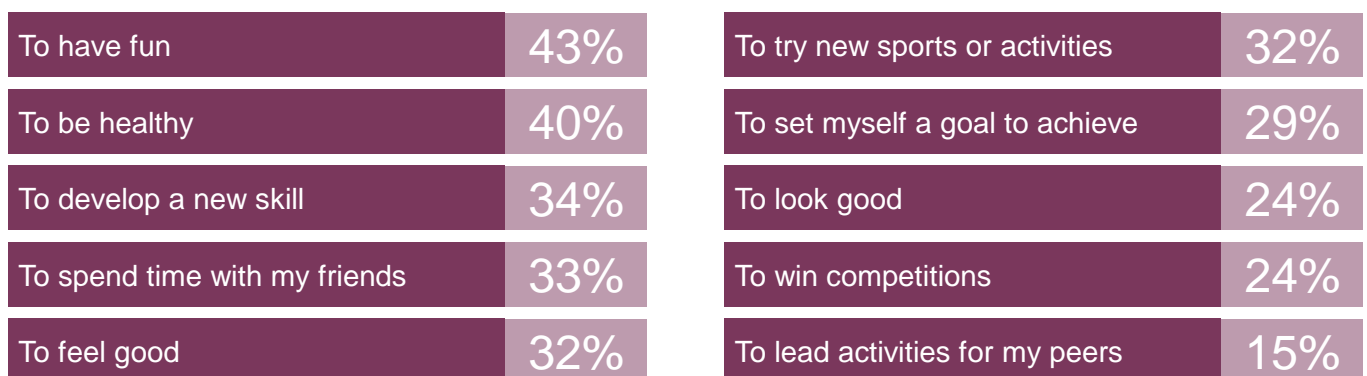
Overall attitudes to PE, physical activity and learning at school



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

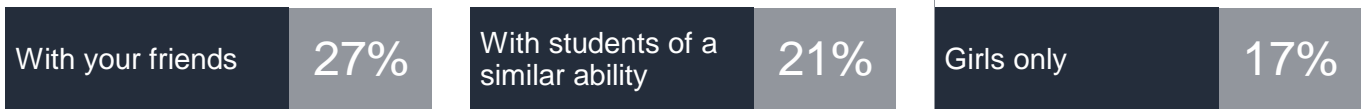


Top 10 motivators for taking part in sport, physical activity and PE at school

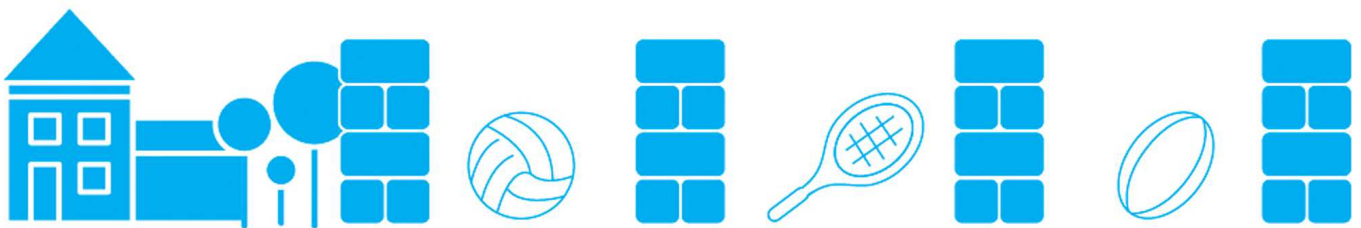




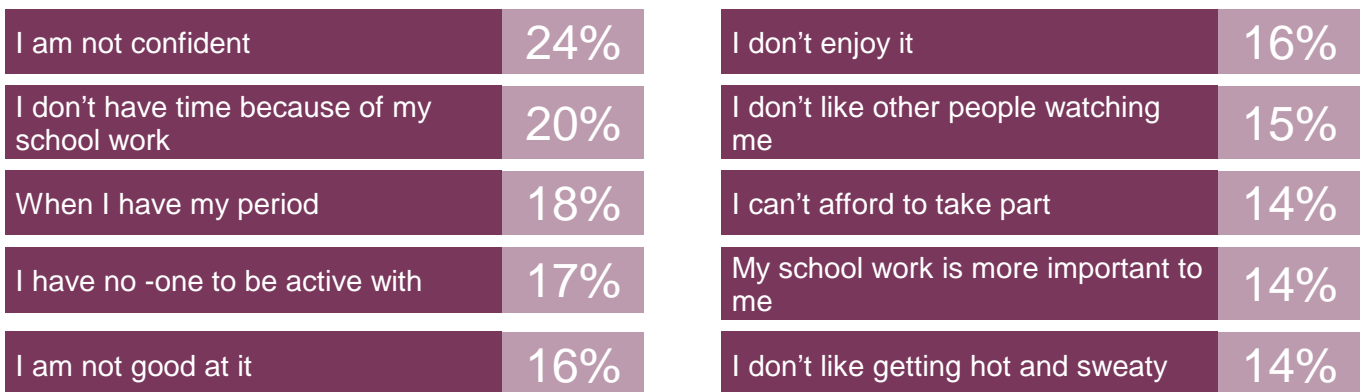
How would you like to be grouped for sport and physical activities?



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 from your school completed this school term. Overall, **Sample High School** received **641 responses from female pupils**.

Throughout this report, responses from girls in your school are shown alongside 'National data'. This is data collected from **all girls** who participated in the study, and consists of 11031 responses from girls in school years 5 to 13. Your school's data is also broken down by key factors including key stage, disability, ethnicity and physical activity level, in Appendix 1

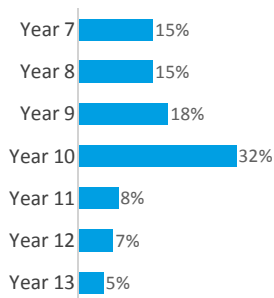
No responses from male pupils are included in this report. If any responses were received from boys at your school, their results will be presented in a separate report.

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

Pupil profile

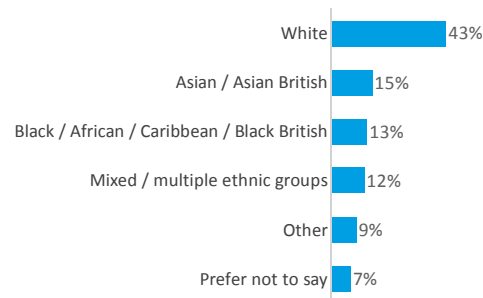
The charts below show the profile of girls at your school who responded to the questionnaire. Girls were most likely to be in *Year 10* (32%), and describe themselves as *White* (43%). 27% said that they have a disability. Overall, 42% said that their general health was either *Very good* or *Excellent*.

Year group



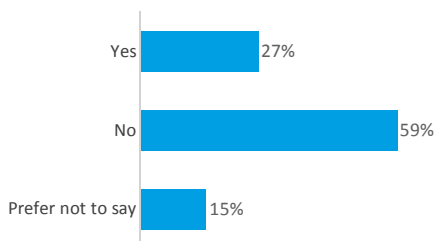
Base: Pupils at your school

Ethnic group



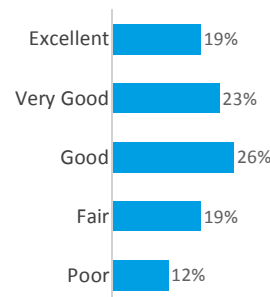
Base: Pupils at your school

Do you have a long-term illness, health problem or disability which limits your daily activities or the work you can do?



Base: Pupils at your school

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



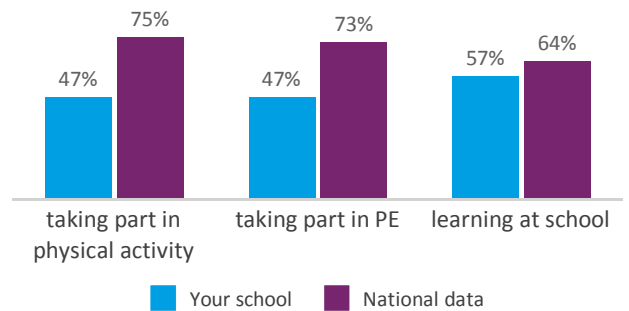
Base: Pupils at your school

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*, alongside the same data at a national level,

At your school, girls were most likely to enjoy *learning at school* (57%), followed by *taking part in physical activity* (47%) and *taking part in PE* (47%).

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



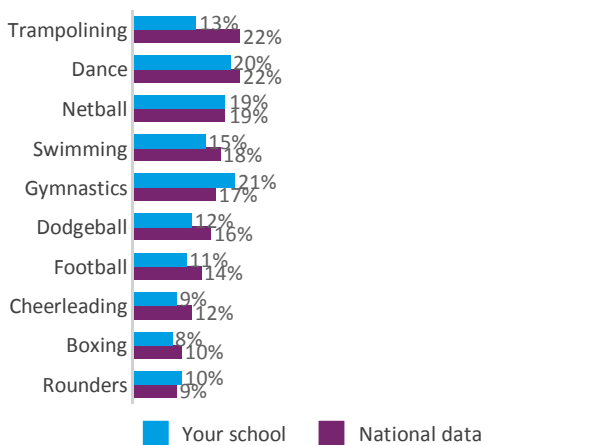
Base: All respondents

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 at your school were *Gymnastics* (21%), *Dance* (20%), and *Netball* (19%).

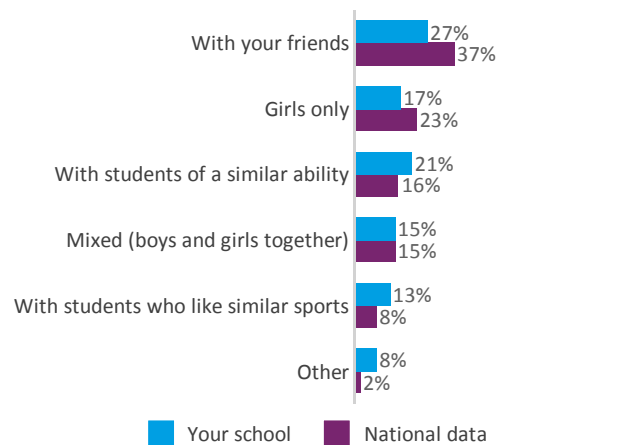
The chart below (right) shows how girls would like to be grouped while taking part in sport or physical activities, with the most common response being *With your friends* (27%).

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



Base: All respondents

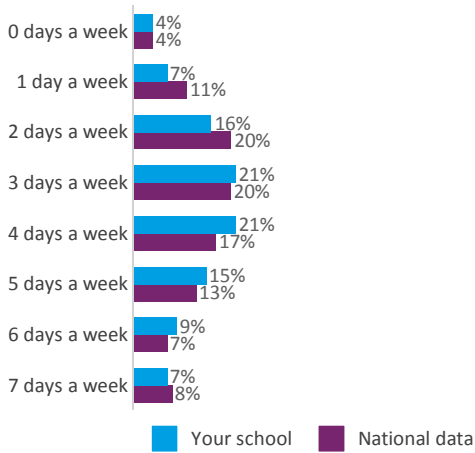
How would you like to be grouped for sport and physical activities?



Base: All respondents

The following chart 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 at your school took part on 3.7 days per week, compared to 3.4 nationally.

Days of physical activity per week

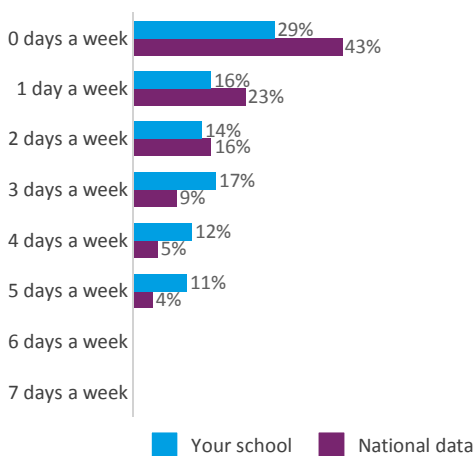


Base: All respondents

Pupils were asked how often they took part in physical activity at school, excluding PE lessons. The chart below (left) shows that girls at Sample High School were most likely to take part in physical activity outside of PE lessons on 0 days a week (29%). On average, girls at your school took part on 2.0 days per week, compared to 1.2 nationally.

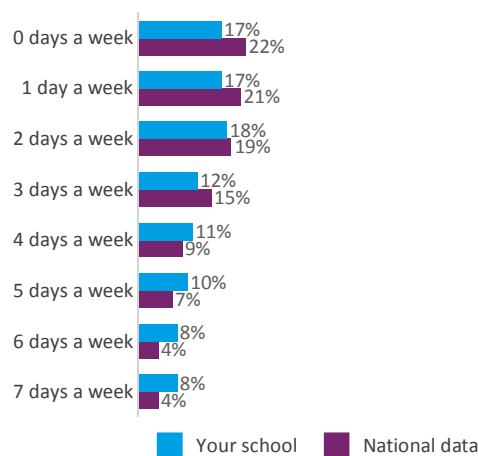
They were also asked how often they took part in sport or physical activity outside of school, and girls at Sample High School were most likely to do so on 2 days a week (18%). On average, girls at your school took part on 2.8 days per week, compared to 2.2 nationally.

Days of physical activity at school, excluding PE lessons



Base: All respondents

Days of physical activity outside of school

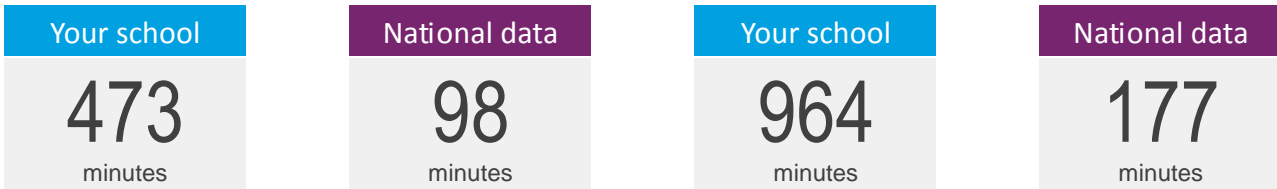


Base: All respondents

The boxes below show the average amount of time that girls spend taking part in physical activity on a typical day, in minutes. They also show how much time girls spend in PE lessons each week, in minutes.

Minutes of physical activity on a typical day

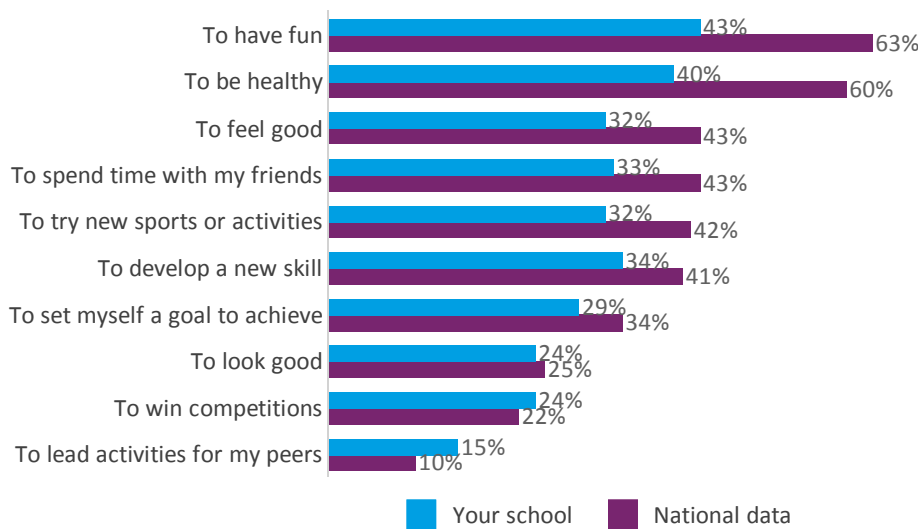
Minutes of PE per week



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. At your school, girls were most likely to take part in physical activity; *To have fun* (43%), *To be healthy* (40%), and *To develop a new skill* (34%).

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



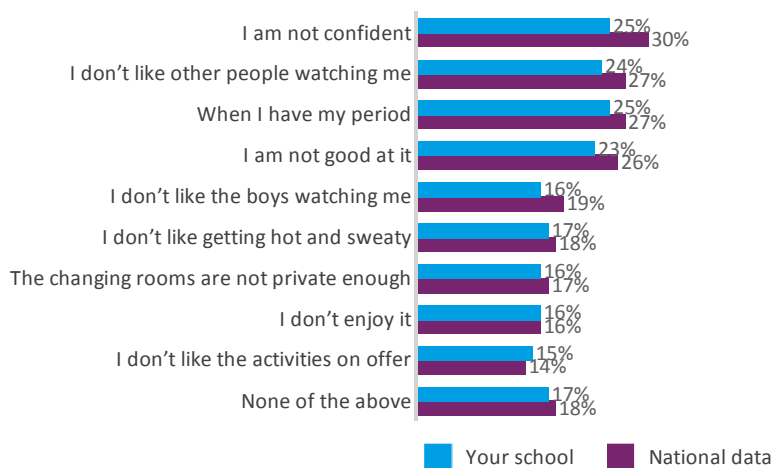
Base: All respondents

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 17% of girls at your school 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

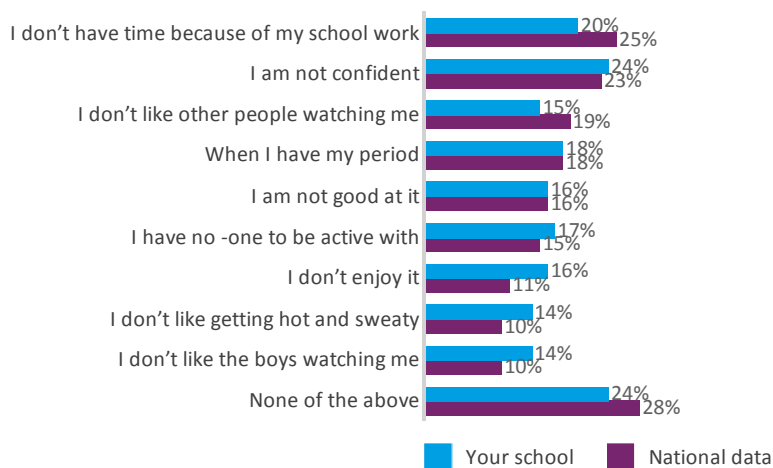


Base: All respondents

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 24% of girls at your school 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

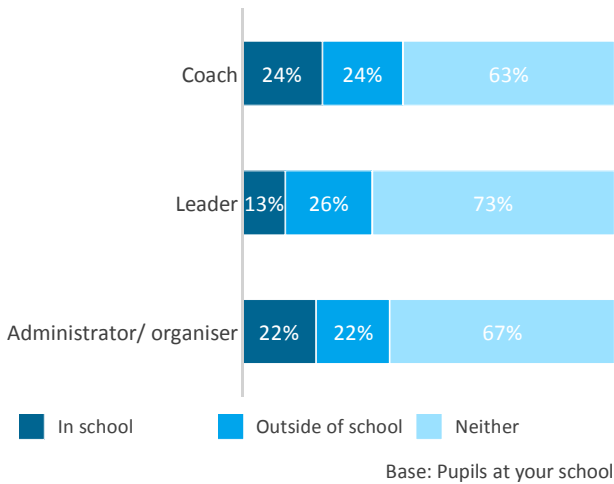


Base: All respondents

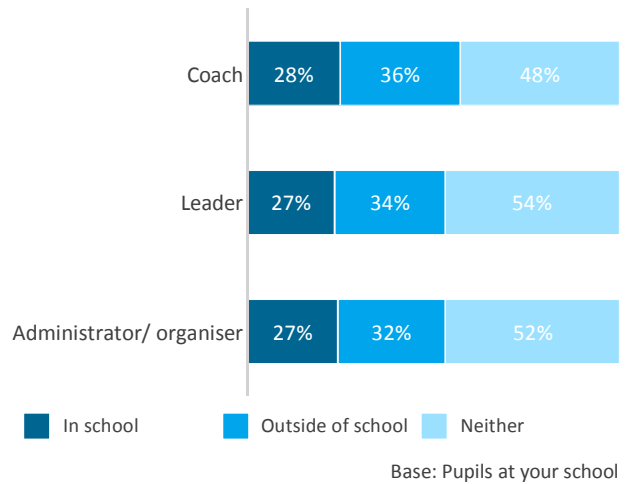
Coaching, leadership and administration

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...?

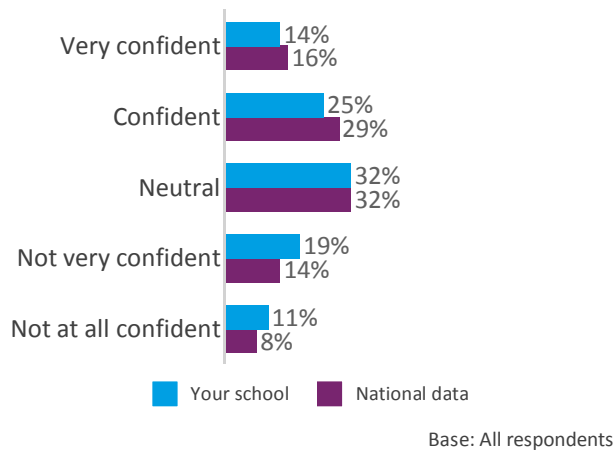


Would you like to be a...?

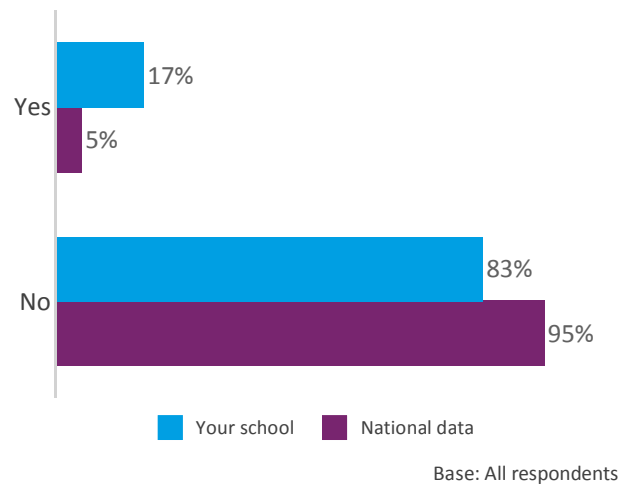


Following this, pupils were asked how confident they feel leading and influencing other young people. 38% of girls in your school said that they were *Very confident or Confident*, 32% were *Neutral*, and 30% were *Not very confident or Not at all confident*:

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



Are you a Girls Active Leader (including GLAMs)?

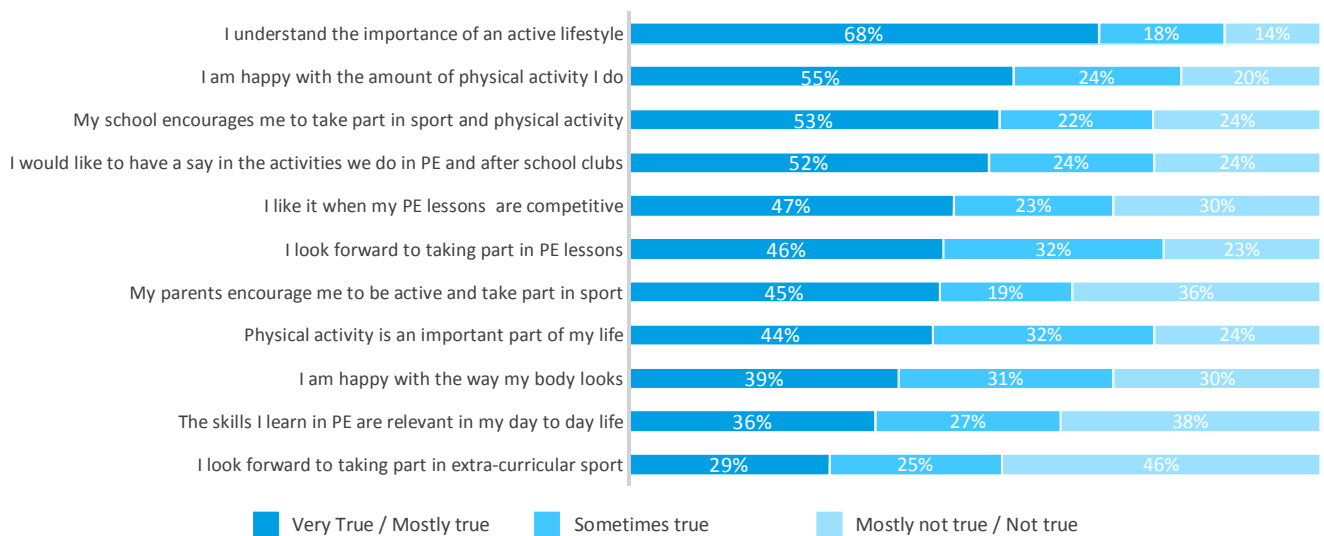


17% of girls (111 individuals) from your school said that they were Girls Active Leaders. Of those, 13% had been leaders for less than a year, 38% for 1 to 2 years, and 50% for 2 years or longer.

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 from your school were most likely to describe as 'Very true for me' or 'Mostly true for me' were *I understand the importance of an active lifestyle* (68%), *I am happy with the amount of physical activity I do* (55%) and *My school encourages me to take part in sport and physical activity* (53%).

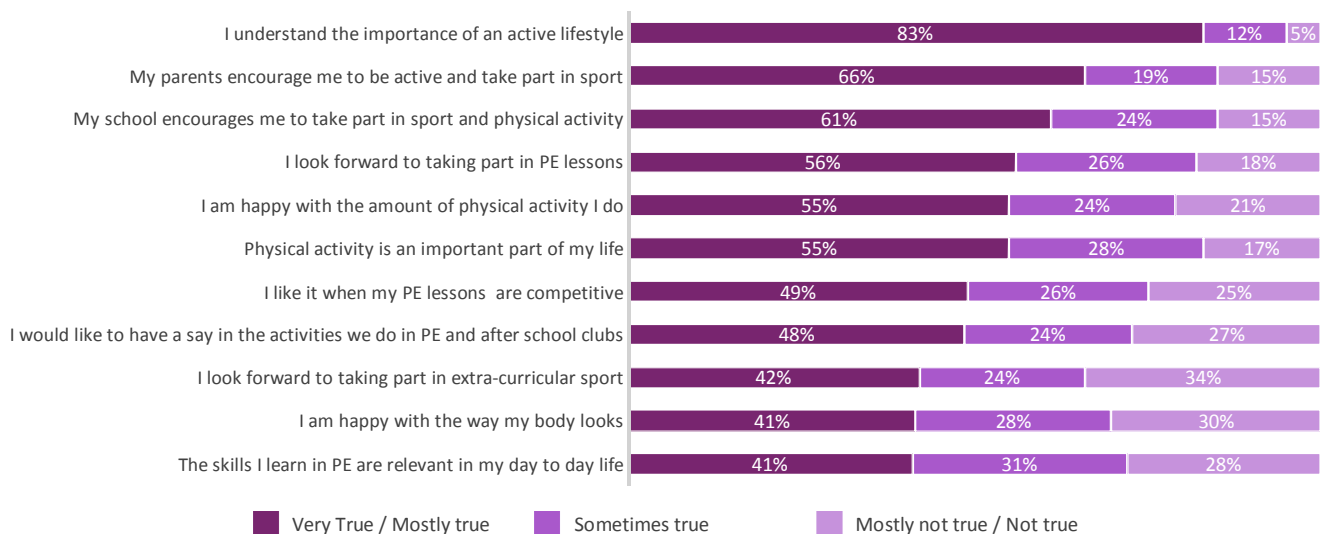
Your school



Base: Pupils at your school

The chart below shows the same data, at a national level.

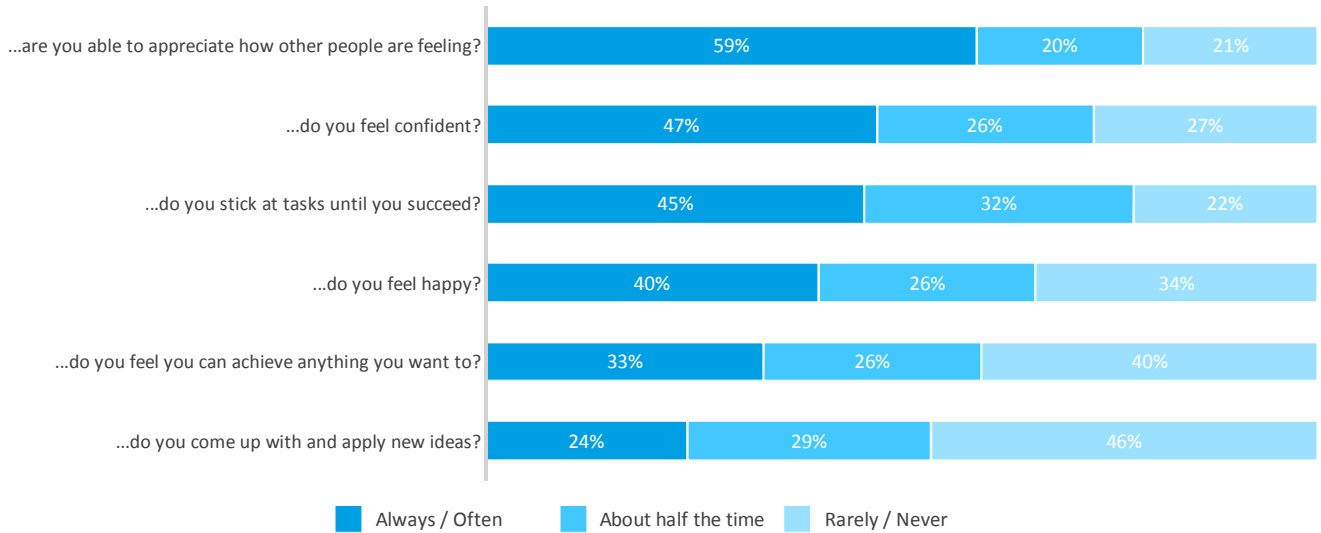
National data



Base: All respondents

Pupils were shown a list of actions and behaviours related to confidence and well-being, and asked how often they did each of them on a scale of *Always* to *Never*. The following chart shows responses from girls in your school.

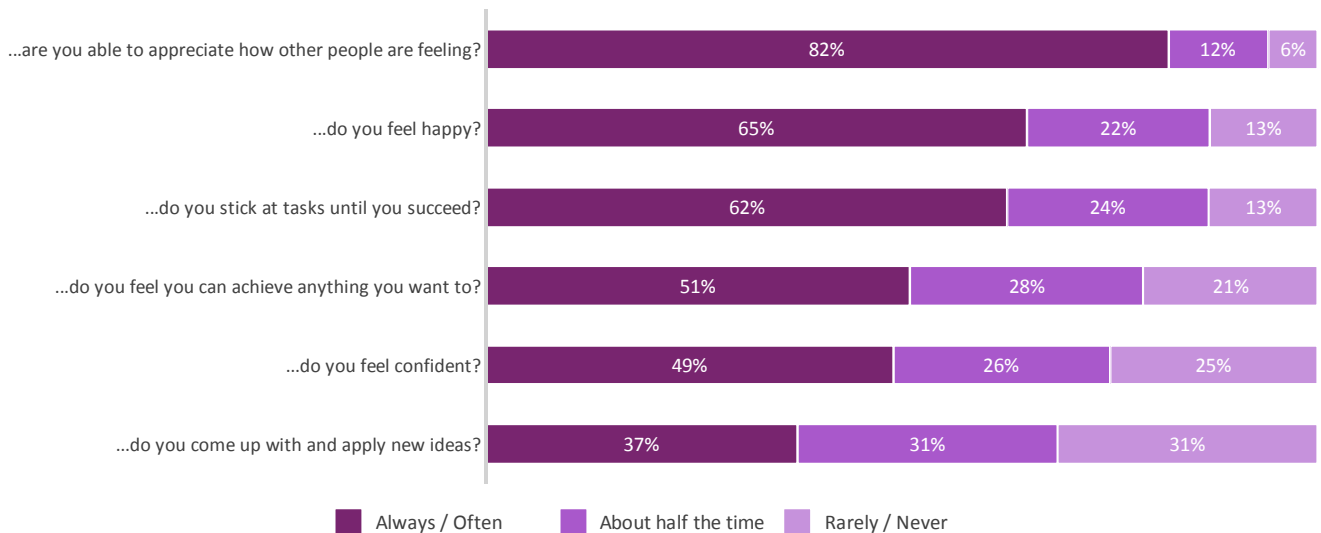
How often...? (Your school)



Base: Pupils at your school

The chart below shows the same data, at the national level.

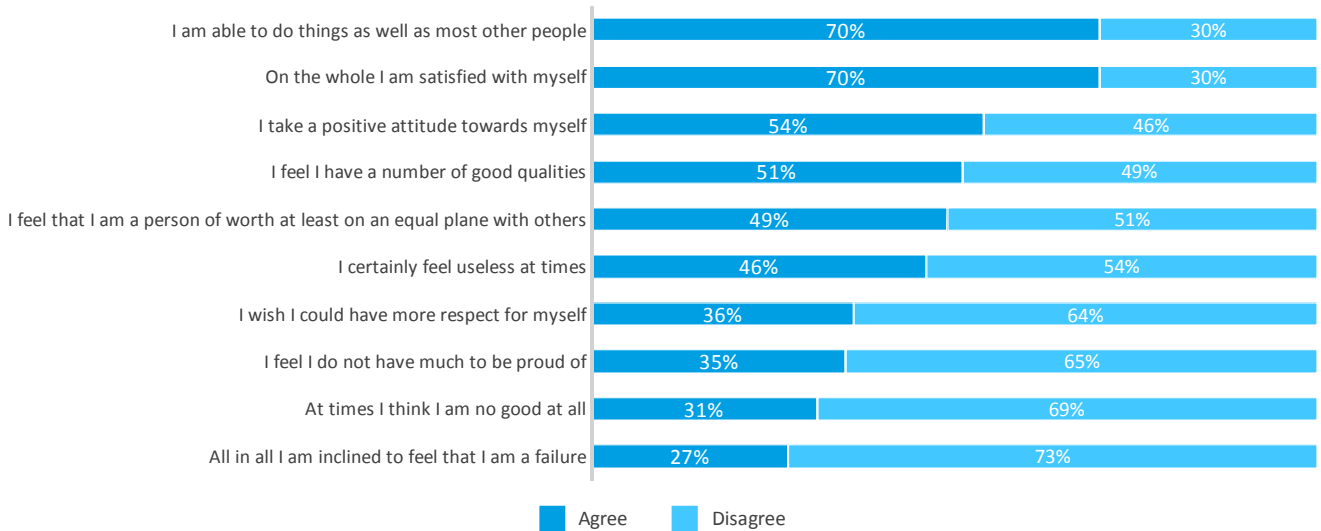
How often...? (National data)



Base: All respondents

Girls in Hertfordshire schools were shown an additional list of statements and asked whether they agreed or disagreed with each of them. The chart below shows responses from girls at your school.

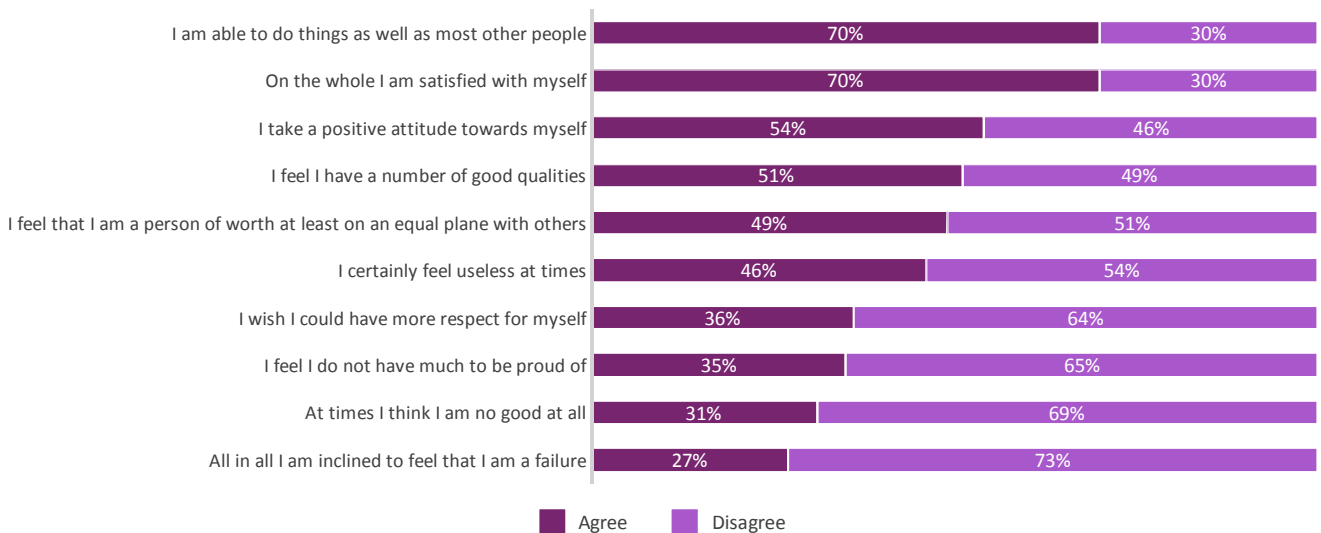
Your school



Base: Pupils at your school

As these questions were only asked in Hertfordshire schools, the following chart shows responses received from schools across the county; a total of 151 female pupils.

Hertfordshire data



Base: All Hertfordshire respondents

APPENDIX 1 - GIRLS' DATA

In the following tables **your school's 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.

No responses from male pupils are included in these tables. If any responses were received from boys at your school, their results will be 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	Your school	Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
taking part in physical activity	47	51	52	27	59	68	31	38	53
taking part in PE	47	52	48	29	56	67	30	32	54
learning at school	57	62	54	54	61	59	57	60	56

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	Your school	Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Gymnastics	21%	22%	21%	15%	24%	21%	21%	17%	22%
Dance	20%	24%	17%	12%	25%	23%	18%	20%	20%
Netball	19%	23%	16%	19%	19%	23%	16%	15%	24%
Swimming	15%	15%	16%	11%	18%	20%	11%	18%	19%
Trampolining	13%	13%	16%	13%	16%	20%	8%	18%	12%
Gym	13%	13%	11%	19%	11%	9%	15%	12%	10%
Handball	13%	10%	15%	15%	11%	9%	15%	14%	11%
Dodgeball	12%	12%	13%	14%	12%	10%	14%	18%	14%
Martial Arts	12%	11%	12%	15%	10%	8%	17%	14%	10%
Hockey	12%	14%	8%	18%	10%	6%	16%	9%	13%

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

Break % Respondents	Your school	Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
With your friends	27%	27%	29%	23%	31%	32%	22%	25%	23%
With students of a similar - ability	21%	22%	20%	18%	22%	23%	20%	23%	28%
Girls only	17%	18%	15%	18%	16%	17%	17%	18%	14%
Mixed (boys and girls together)	15%	15%	14%	13%	13%	18%	12%	15%	18%
With students who like similar sports	13%	10%	14%	14%	13%	9%	16%	17%	13%
Other	8%	7%	8%	14%	5%	1%	13%	2%	5%

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	Your school	Key Stage		Disability		Ethnic group	
	Your school	KS3	KS4	Disabled	Non-disabled	White	BAME
0 days a week	4%	4%	2%	5%	4%	3%	4%
1 day a week	7%	7%	6%	7%	6%	6%	8%
2 days a week	16%	17%	17%	14%	18%	17%	16%
3 days a week	21%	20%	22%	19%	22%	24%	19%
4 days a week	21%	21%	22%	28%	19%	16%	26%
5 days a week	15%	15%	15%	15%	14%	16%	12%
6 days a week	9%	10%	9%	7%	10%	9%	9%
7 days a week	7%	7%	7%	6%	7%	8%	7%

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

Break % Respondents	Your school	Key Stage		Disability		Ethnic group	
	Your school	KS3	KS4	Disabled	Non-disabled	White	BAME
0 days	29%	30%	35%	18%	37%	50%	12%
1 day a week	16%	17%	16%	9%	19%	23%	11%
2 days a week	14%	13%	15%	16%	14%	11%	17%
3 days a week	17%	16%	13%	24%	12%	9%	24%
4 days a week	12%	13%	10%	17%	9%	4%	19%
5 days a week	11%	10%	12%	16%	8%	4%	17%

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

Break % Respondents	Your school	Key Stage		Disability		Ethnic group	
	Your school	KS3	KS4	Disabled	Non-disabled	White	BAME
0 days	17%	18%	17%	18%	18%	20%	14%
1 day a week	17%	17%	19%	14%	19%	22%	14%
2 days a week	18%	19%	17%	15%	19%	21%	15%
3 days a week	12%	12%	10%	8%	12%	13%	11%
4 days a week	11%	12%	10%	10%	11%	9%	13%
5 days a week	10%	11%	8%	9%	10%	8%	11%
6 days a week	8%	5%	10%	14%	6%	4%	11%
7 days a week	8%	6%	9%	13%	6%	3%	12%

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	Your school	Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Minutes of physical activity on a typical day	473	406	440	702	342	165	733	481	492

How many minutes of PE do you do each week? (Minutes)

Means Respondents	Your school	Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Minutes of physical activity on a typical day	964	862	865	1466	712	290	1536	1114	946

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

Break % Respondents	Your school	Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
To have fun	43%	45%	47%	22%	52%	61%	28%	22%	49%
To be healthy	40%	42%	43%	27%	46%	53%	29%	18%	46%
To develop a new skill	34%	35%	35%	18%	40%	43%	29%	29%	40%
To spend time with my friends	33%	39%	31%	22%	38%	42%	26%	26%	36%
To feel good	32%	33%	36%	29%	33%	39%	28%	25%	33%
To try new sports or activities	32%	32%	34%	27%	36%	39%	27%	23%	38%
To set myself a goal to achieve	29%	29%	30%	25%	31%	34%	28%	28%	32%
To look good	24%	23%	24%	25%	26%	21%	28%	20%	29%
To win competitions	24%	24%	22%	19%	25%	25%	26%	18%	32%
To lead activities for my peers	15%	13%	16%	19%	13%	8%	23%	18%	16%
To take part in activities delivered by my peers	14%	9%	18%	18%	12%	9%	19%	8%	19%
Other	14%	12%	13%	24%	9%	4%	22%	15%	16%
None of the above	11%	10%	10%	19%	7%	4%	16%	17%	11%

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

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

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

Break % Respondents	Your school	Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
I am not confident	24%	22%	28%	19%	23%	30%	19%	26%	25%
I don't have time because of my school work	20%	21%	17%	21%	20%	18%	21%	18%	19%
When I have my period	18%	16%	19%	15%	18%	17%	20%	20%	13%
I have no -one to be active with	17%	16%	15%	19%	15%	16%	20%	17%	15%
I am not good at it	16%	11%	21%	23%	13%	16%	17%	18%	12%
I don't enjoy it	16%	13%	18%	24%	12%	11%	20%	23%	10%
I don't like other people watching me	15%	12%	18%	15%	16%	19%	13%	15%	14%
I can't afford to take part	14%	15%	13%	19%	12%	13%	15%	20%	13%
My school work is more important to me	14%	14%	13%	18%	11%	7%	20%	20%	16%
I don't like getting hot and sweaty	14%	12%	16%	21%	10%	9%	18%	17%	13%
Other people make fun of me	14%	11%	18%	20%	11%	9%	18%	23%	13%
I don't like the boys watching me	14%	12%	15%	16%	12%	9%	18%	14%	17%
I don't have time because I already do a lot of physical activity	14%	16%	10%	18%	10%	9%	18%	8%	18%
I don't feel encouraged to take part by my family	14%	13%	11%	19%	10%	7%	19%	9%	18%
I have an injury	13%	12%	12%	21%	11%	9%	19%	15%	16%
I have a medical condition that prevents me taking part	12%	11%	12%	23%	7%	5%	19%	14%	14%
Other	12%	11%	10%	14%	9%	5%	17%	6%	16%
I don't like the activities on offer	11%	9%	10%	14%	7%	7%	14%	9%	9%
I don't feel encouraged to take part by my peers	10%	8%	12%	14%	9%	4%	16%	3%	11%
My breasts feel uncomfortable when I exercise	10%	9%	10%	12%	9%	6%	14%	9%	12%
None of the above	24%	27%	23%	18%	29%	28%	22%	12%	25%

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

% Already coaches, leaders or administrators / organisers, either inside or outside of school	Your school	Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Coach	43	41	37	65	32	14	67	48	45
Leader	36	33	33	50	28	16	53	42	41
Administrator / organiser	40	36	34	59	29	11	64	38	43

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	Your school	Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Coach	57	55	53	70	50	37	74	54	67
Leader	54	59	47	56	50	48	60	48	60
Administrator / organiser	54	53	47	73	42	34	71	60	57

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

Break % Respondents	Your school	Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Confident	38%	39%	38%	28%	43%	45%	35%	34%	43%
Neither	32%	33%	33%	36%	30%	28%	33%	23%	29%
Not confident	30%	27%	29%	36%	27%	27%	33%	43%	28%

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

% Very true / Mostly true	Your school	Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
I am happy with the way my body looks	39	41	35	35	42	37	42	48	45
Physical activity is an important part of my life	44	45	43	40	48	52	39	40	62
I like it when my PE lessons are competitive	47	45	48	36	52	49	45	35	54
I would like to have a say in the activities we do in PE and after school clubs	52	50	50	54	47	47	58	42	55
I am happy with the amount of physical activity I do	55	54	58	51	57	54	56	54	63
I look forward to taking part in PE lessons	46	48	47	34	52	54	39	46	56
I look forward to taking part in extra-curricular sport	29	30	30	26	32	35	26	22	37
I understand the importance of an active lifestyle	68	74	66	56	73	85	54	51	75
My school encourages me to take part in sport and physical activity	53	57	51	43	59	62	45	48	58
The skills I learn in PE are relevant in my day to day life	36	37	33	31	36	30	42	40	38
My parents encourage me to be active and take part in sport	45	49	47	21	55	64	29	45	47

How often...? (% Always / Often)

% Always / Often	Your school	Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
...do you come up with and apply new ideas?	24	26	23	19	28	26	23	23	28
...do you feel you can achieve anything you want to?	33	37	34	22	40	41	27	32	40
...do you stick at tasks until you succeed?	45	47	48	35	49	55	37	42	49
...are you able to appreciate how other people are feeling?	59	66	58	41	69	81	40	38	60
...do you feel confident?	47	48	41	51	45	41	53	40	52
...do you feel happy?	40	43	40	24	51	58	24	40	37

To what extent do you agree or disagree with the following statements? (% Strongly agree / Agree)

% Strongly agree / Agree	Your school	Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
On the whole I am satisfied with myself	70	66	72	65	72	65	68	68	69
At times I think I am no good at all	31	37	30	31	30	30	31	41	31
I feel I have a number of good qualities	51	47	55	55	45	41	53	54	48
I am able to do things as well as most other people	70	67	70	71	68	56	71	87	74
I feel I do not have much to be proud of	35	38	27	34	31	30	35	39	43
I certainly feel useless at times	46	41	51	48	44	54	46	41	46
I feel that I am a person of worth at least on an equal plane with others	49	51	48	55	45	54	49	41	55
I wish I could have more respect for myself	36	41	32	38	35	44	37	33	31
All in all I am inclined to feel that I am a failure	27	23	25	26	25	19	28	18	30
I take a positive attitude towards myself	54	53	53	55	55	63	54	58	54

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