



Girls Active

Nancledra School

June 2024 | Girls' report





Overall attitudes to PE and physical activity

100% enjoy taking part in physical activity

90% enjoy taking part in PE



Top 10 barriers to being active at school

20% I don't feel I can be myself in PE

20% I don't like getting hot and sweaty

20% Other people make fun of me

20% I have an injury

20% When it's outside and it's not nice weather

10% I am not confident

10% I can't be bothered

10% I worry about how I look

10% I don't like other people watching me

- I don't enjoy it



Top 10 motivators for being active at school

70% Being outside

60% Getting fit and healthy

50% Having fun

50% Being with friends

50% Making new friends

40% Being part of a team

30% It is good for my wellbeing

30% Getting better at the sports / games I play

20% Learning new sports / skills

10% Playing to win

Girls' report: Introduction

This report summarises responses to the *Girls Active Questionnaire* that girls from your school recently. Overall, **Nancledra School** received **10 responses from girls**.

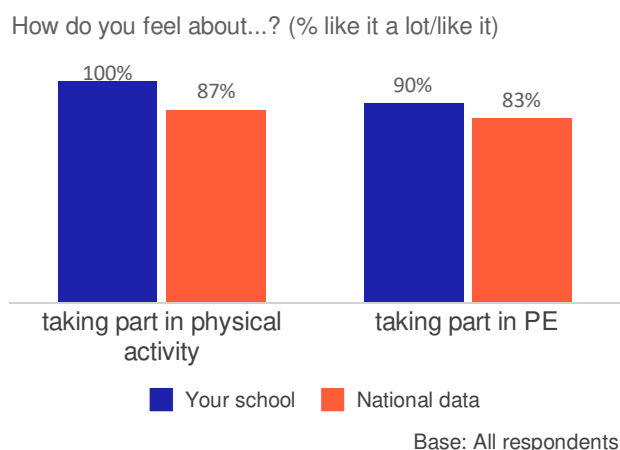
Throughout this report, responses from girls in your school are shown alongside 'National data'. This is data collected from **all girls** who participated in the study between October 2023 and June 2024, and consists of 2306 responses from girls in Year 3 to Year 6. Your school's data is also broken down by key factors including key stage, disability, ethnicity and physical activity level, in Appendix 1. **No responses from boys 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

How you feel

Girls were asked how they feel about taking part in physical activity, PE, and learning at school, on a scale from *Like it a lot* to *Dislike it a lot*. This chart 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 *taking part in physical activity* (100%), followed by *taking part in PE* (90%).



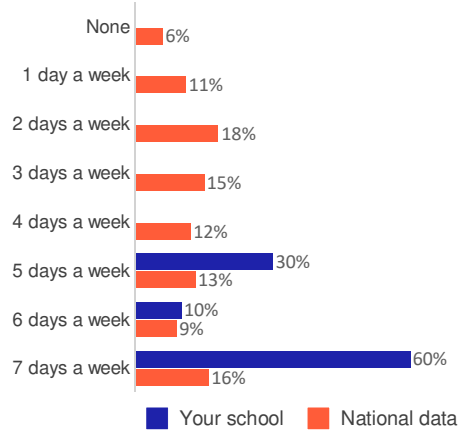
Being active

The following chart (right) 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 heartbeat faster'.

On average, girls at your school took part on 6.3 days per week, compared to 3.7 nationally.

Days of physical activity per week

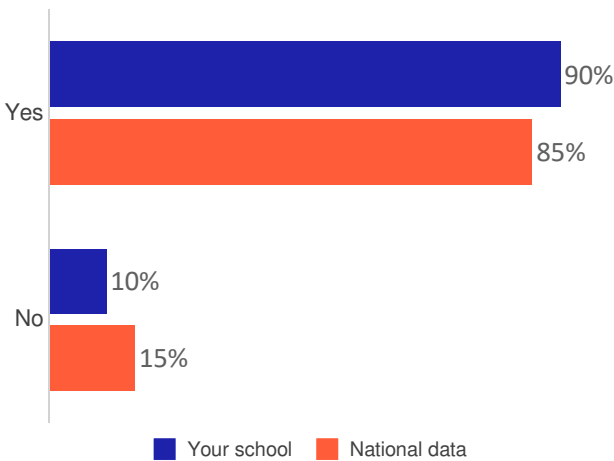


Base: All respondents

The chart below shows that 90% of girls would like to be more active when they are at your school. This compares to 85% nationally.

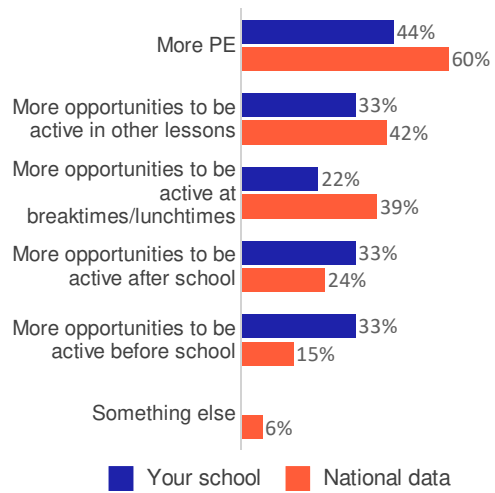
When asked *how* they would like to be more active, they were most likely to say *More PE* (44%) or *More opportunities to be active in other lessons* (33%).

Would you like to be more active in school?
Please choose one answer



Base: All respondents

How would you like to be more active in school?



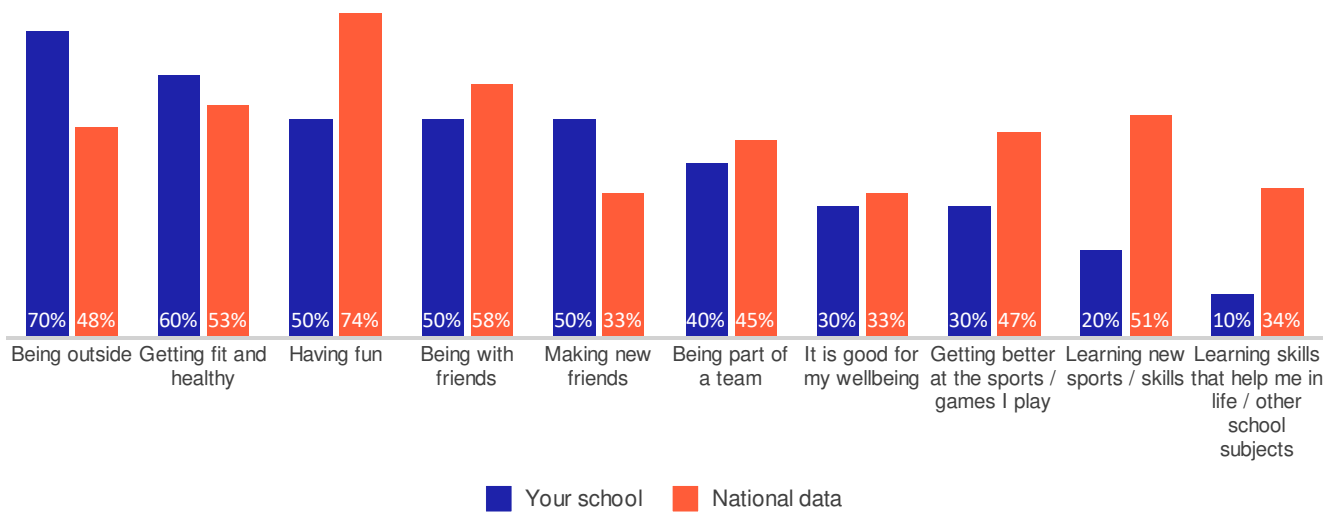
Base: All respondents who would like to be more active in school

Physical activity at school

What motivates you?

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 say *Being outside* (70%), *Getting fit and healthy* (60%), and *Having fun* (50%).

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

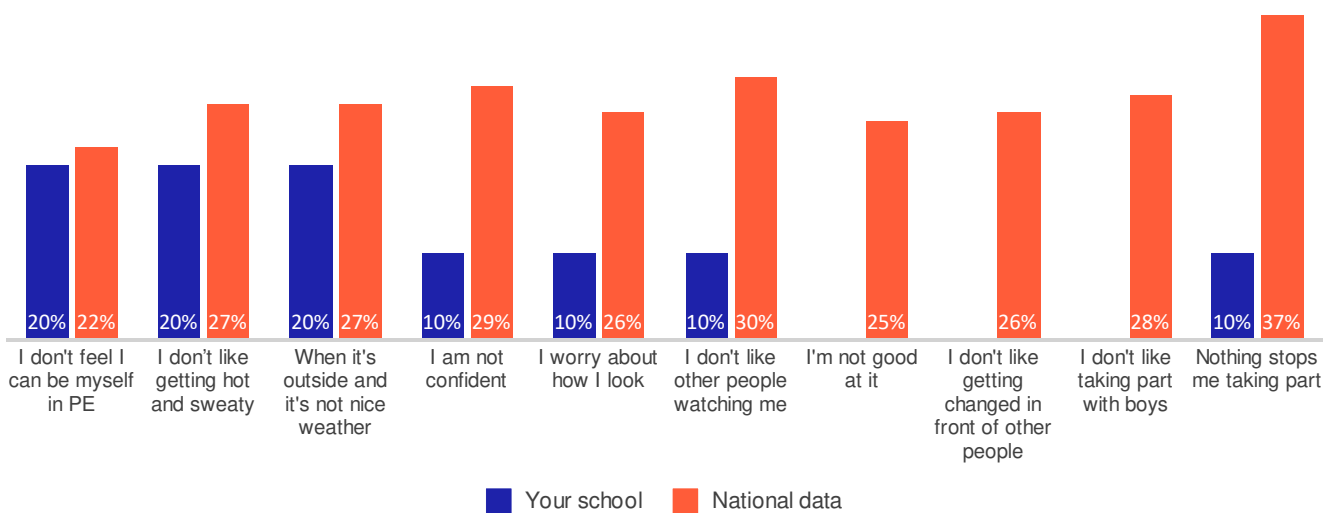


Base: All respondents

What stops you?

The top 3 barriers that stopped girls from being more active at your school were; *I don't feel I can be myself in PE* (20%), *I don't like getting hot and sweaty* (20%), and *Other people make fun of me* (20%). However 10% of girls at your school said that none of these barriers stopped them.

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

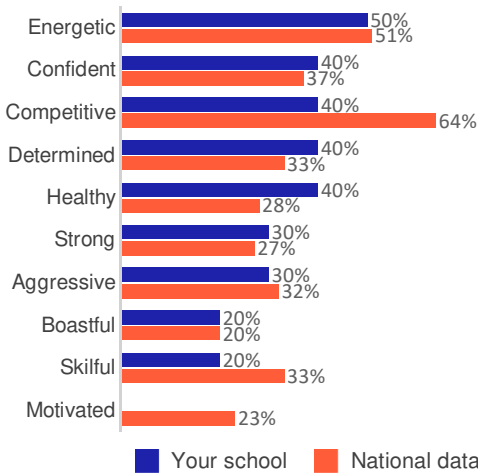


Base: All respondents

What you think

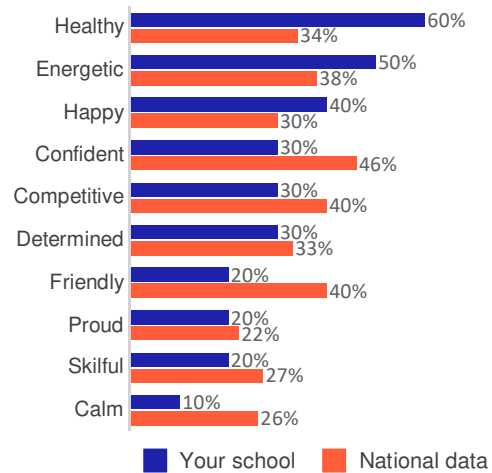
Girls were shown a list of words and asked which five they would most use to describe an active or 'sporty' boy, and an active or 'sporty' girl. The charts below show the most common words used to describe each group.

Words to describe an active or 'sporty' boy?



Base: All respondents after May 2024

Words to describe an active or 'sporty' girl?

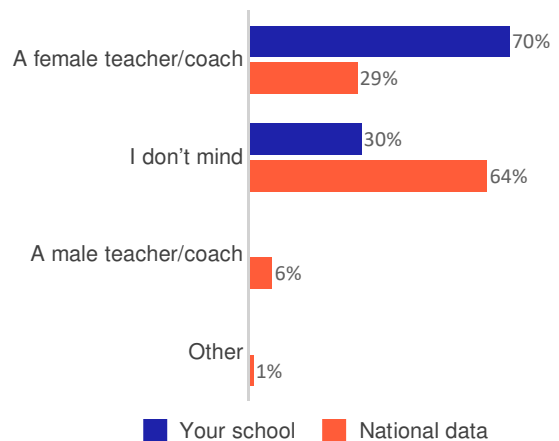


Base: All respondents after May 2024

When asked who they would prefer to teach their PE and sport at school, Girls were most likely to say *A female teacher/coach*, followed by *I don't mind*, *A male teacher/coach*, then *Other*.

The most common answer at the national level was *I don't mind*.

In PE and sport at school, which would you prefer?



Base: All respondents after May 2024

More about you

Girls were asked whether they agreed or disagreed with a series of statements about their attitudes to physical activity. The statements they were most likely to strongly agree or agree with were *I understand why being active is good for me* (100%), *I am active with my family outside of school* (100%) and *I feel good when I do physical activity* (100%).

Your school



Base: Pupils at your school (*after May 2024)

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

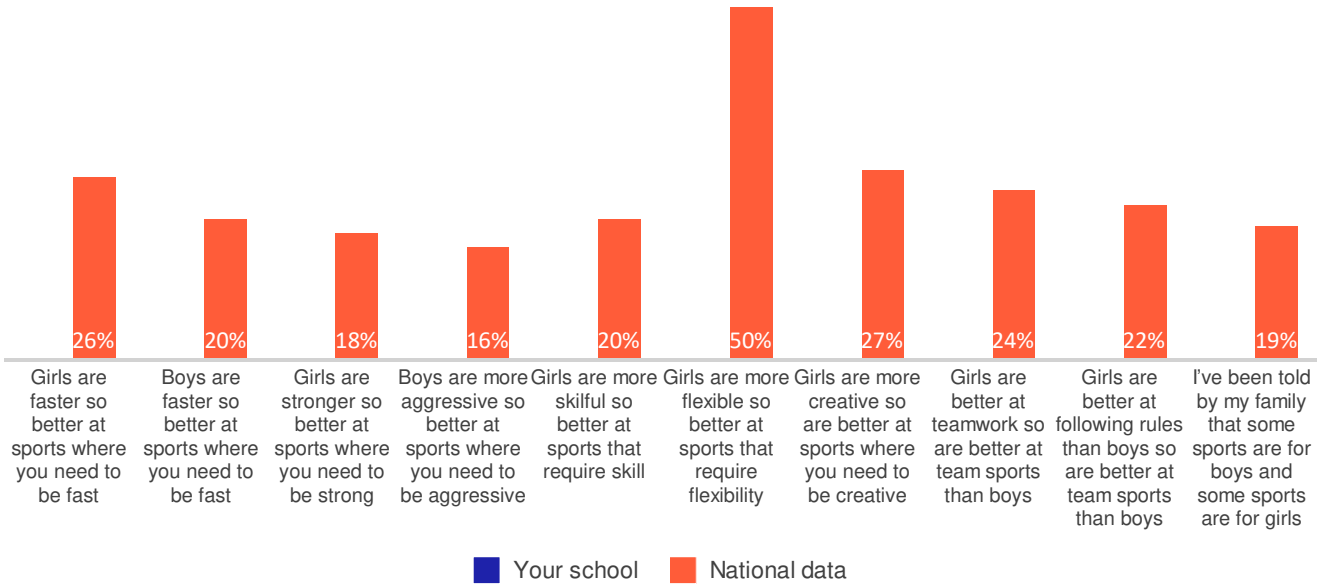
National data



Base: All respondents (*after May 2024)

The following question was only asked of the 1 Girls from your school who agreed that 'Some sports are for boys and some sports are for girls'. Their reasons are shown in the chart below.

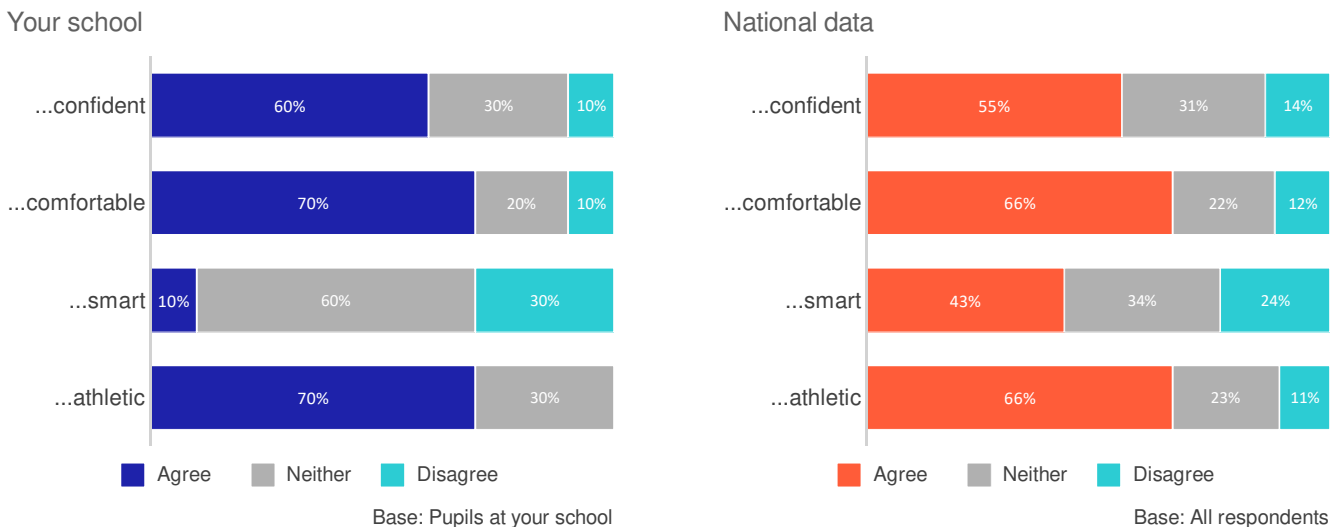
Why do you think that 'some sports are for boys and some sports are for girls'?



Base: All respondents after May 2024

PE kit

When asked how their PE/sports kit made them feel, 60% of girls from your school agreed or strongly agreed that it made them feel *Confident* (compared to 55% nationally) and 70% said they felt *Comfortable* (compared to 66% nationally). 10% felt *Smart* (compared to 43% nationally) and 70% felt *Athletic* (compared to 66% nationally).



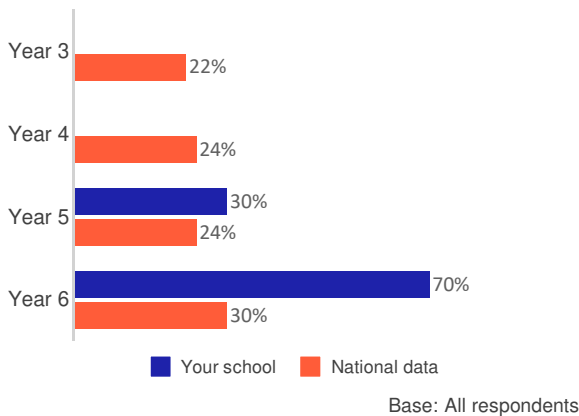
Base: Pupils at your school

Base: All respondents

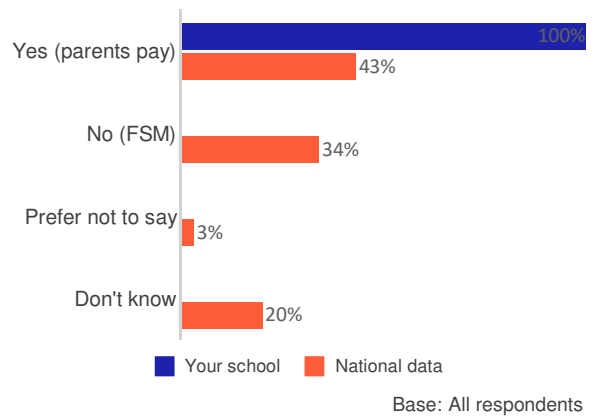
Pupil profile

The charts below show the profile of girls at your school who responded to the questionnaire, compared to the national data. Girls at your school were most likely to describe their ethnic background as *White (British or English)* (90%). - said that they receive free school meals, compared to 34% nationally, and 20% said that they have a Special Educational Need or Disability (SEND).

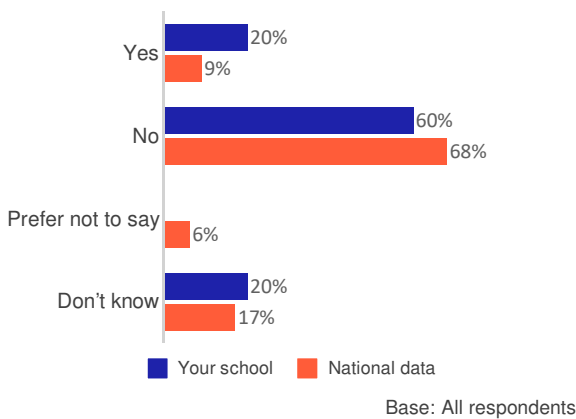
Year group



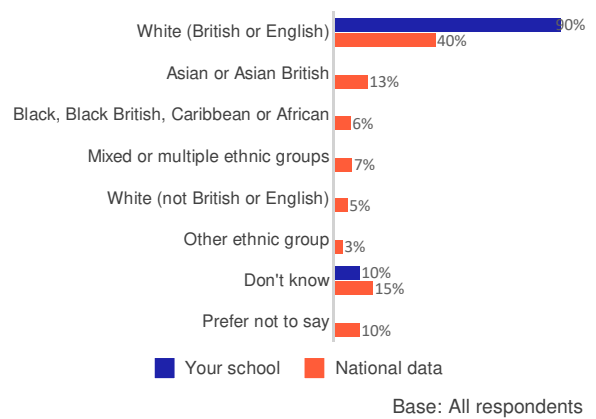
Do your parents have to pay if you have school meals?



Disability or special educational needs



Ethnic background



Appendix 1

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.

These tables use the following acronyms:

SEND: Special Educational Need or Disability

EDC: Ethnically Diverse Communities

No responses from boys 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	SEND		Ethnicity	Physical activity level
	Your school	Upper KS2 (yr 5&6)	SEND	Non- SEND	White British	More active
taking part in physical activity	100	100	*	*	100	100
taking part in PE	90	90	*	*	100	90
learning at school	-	-	*	*	-	-

Last week, on how many days did you do 60 minutes (1 hour) or more of physical activity that made you feel warmer and make your heart beat faster?

Break % Respondents	Your school	Key Stage	SEND		Ethnicity	Physical activity level
	Your school	Upper KS2 (yr 5&6)	SEND	Non- SEND	White British	More active
None	-	-	*	-	-	-
1 day a week	-	-	*	-	-	-
2 days a week	-	-	*	-	-	-
3 days a week	-	-	*	-	-	-
4 days a week	-	-	*	-	-	-
5 days a week	30%	30%	*	17%	33%	30%
6 days a week	10%	10%	*	-	-	10%
7 days a week	60%	60%	*	83%	67%	60%

How would you like to be more active in school?

Break % Respondents	Your school	Key Stage	SEND		Ethnicity	Physical activity level
	Your school	Upper KS2 (yr 5&6)	SEND	Non- SEND	White British	More active
More PE	44%	44%	*	40%	50%	44%
More opportunities to be active at breaktimes/lunchtimes	22%	22%	*	20%	13%	22%
More opportunities to be active after school	33%	33%	*	20%	38%	33%
More opportunities to be active before school	33%	33%	*	60%	38%	33%
More opportunities to be active in other lessons like English, Maths and Science	33%	33%	*	40%	38%	33%
Something else	-	-	*	-	-	-

Looking at the list below, what if anything, motivates you to be active at school?

Break % Respondents	Your school	Key Stage	SEND		Ethnicity	Physical activity level
	Your school	Upper KS2 (yr 5&6)	SEND	Non- SEND	White British	More active
Being outside	70%	70%	*	50%	67%	70%
Getting fit and healthy	60%	60%	*	83%	56%	60%
Having fun	50%	50%	*	67%	44%	50%
Being with friends	50%	50%	*	33%	44%	50%
Making new friends	50%	50%	*	33%	44%	50%
Being part of a team	40%	40%	*	17%	33%	40%
It is good for my wellbeing	30%	30%	*	17%	22%	30%
Getting better at the sports / games I play	30%	30%	*	33%	22%	30%
Learning new sports / skills	20%	20%	*	17%	11%	20%
Playing to win	10%	10%	*	17%	11%	10%
Learning skills that help me in life / other school subjects	10%	10%	*	17%	11%	10%
Something else	-	-	*	-	-	-
I am not motivated by anything	-	-	*	-	-	-

What, if anything, currently stops you being active / more active at school?

Break % Respondents	Your school	Key Stage	SEND		Ethnicity	Physical activity level
	Your school	Upper KS2 (yr 5&6)	SEND	Non- SEND	White British	More active
I don't feel I can be myself in PE	20%	20%	*	-	11%	20%
I don't like getting hot and sweaty	20%	20%	*	-	22%	20%
Other people make fun of me	20%	20%	*	17%	11%	20%
I have an injury	20%	20%	*	33%	22%	20%
When it's outside and it's not nice weather	20%	20%	*	17%	22%	20%
I am not confident	10%	10%	*	17%	11%	10%
I can't be bothered	10%	10%	*	-	11%	10%
I worry about how I look	10%	10%	*	-	11%	10%
I don't like other people watching me	10%	10%	*	17%	11%	10%
Nothing stops me taking part	10%	10%	*	17%	11%	10%

How much do you agree with each of the following sentences? (% Strongly agree / Agree)

% Strongly agree / Agree	Your school	Key Stage	SEND		Ethnicity	Physical activity level
	Your school	Upper KS2 (yr 5&6)	SEND	Non- SEND	White British	More active
I am happy with the way my body looks	60	60	*	100	67	60
I am happy with the amount of physical activity I do	90	90	*	100	89	90
I would like to have a say in the activities we do in PE and after school clubs	80	80	*	83	78	80
In PE or sport at school, I feel pressure to win or perform well *	30	30	*	33	33	30
The skills I learn in PE help me in and outside of school	60	60	*	67	67	60
I like it when my PE lessons are competitive	40	40	*	33	44	40
I understand why being active is good for me	100	100	*	100	100	100
I feel like I can be myself when I am being active	80	80	*	100	78	80
If you are good at PE or sport at school, you are more likely to be popular in school *	10	10	*	0	11	10
Some sports are for boys and some sports are for girls	10	10	*	0	11	10
My school encourages me to be active	90	90	*	100	89	90
I am active with my family outside of school	100	100	*	100	100	100
I have the same opportunities as boys in school to do the sports and activities I want to	-	-	*	-	-	-
I feel good when I do physical activity	100	100	*	100	100	100
When I see females be successful in sport, I am inspired *	70	70	*	83	67	70
When I see males be successful in sport, I am inspired *	30	30	*	17	22	30
In PE and sport at my school, girls and boys are treated equally *	80	80	*	83	78	80
If a boy doesn't treat a girl equally in PE/sport, I would challenge them & ask them why *	100	100	*	100	100	100

How much do you agree with each of the following? My PE/sports kit makes me feel... (% Strongly agree / Agree)

% Strongly agree / Agree	Your school	Key Stage	SEND		Ethnicity	Physical activity level
	Your school	Upper KS2 (yr 5&6)	SEND	Non- SEND	White British	More active
...confident	60	60	*	83	67	60
...comfortable	70	70	*	83	78	70
...smart	10	10	*	17	11	10
...athletic	70	70	*	83	78	70