



## GIRLS' REPORT

This report summarises responses to the *Girls Active Pre-Intervention Questionnaire* that female pupils completed between September 2016 and February 2017. Overall this study received **2959 responses from female pupils in Hertfordshire** in school years 7 to 13.

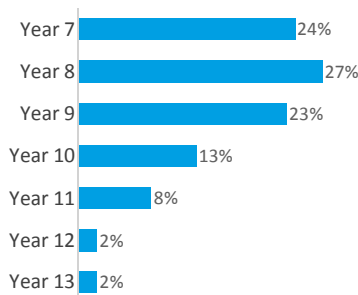
**Please note: This report only contains responses from female pupils. Male pupils' responses are presented in a separate report.**

For more information about Girls Active please visit [www.youthsporttrust.org/girls-active](http://www.youthsporttrust.org/girls-active)

### Pupil profile

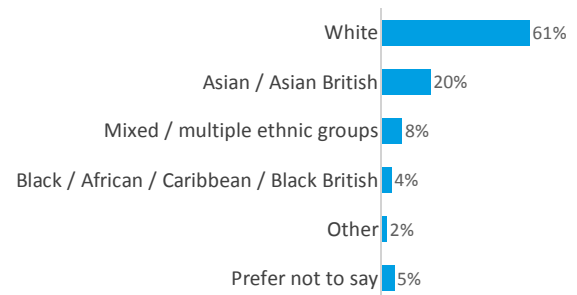
The charts below show the profile of girls who responded to the questionnaire. Girls were most likely to be in *Year 8* (27%), and describe themselves as *White* (61%). 9% said that they have a disability. Overall, 45% said that their general health was either *Very good* or *Excellent*.

Year group



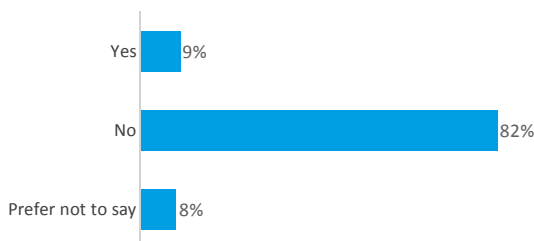
Base: All respondents

Ethnic group



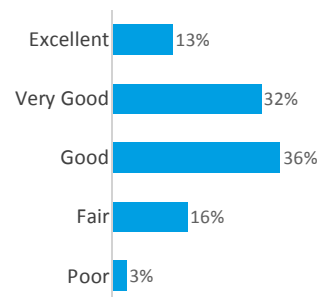
Base: All respondents

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



Base: All respondents

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



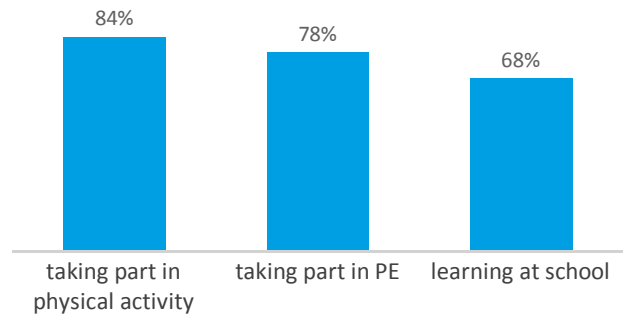
Base: All respondents

## 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*.

Girls were most likely to enjoy *taking part in physical activity* (84%), followed by *taking part in PE* (78%) and *learning at school* (68%).

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



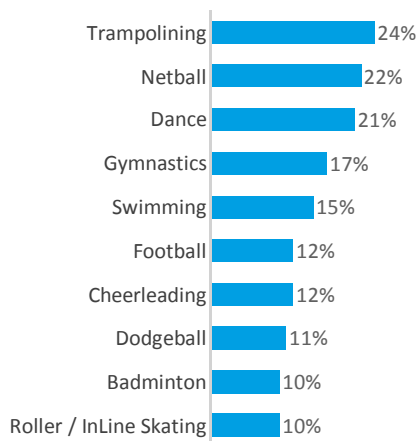
Base: All respondents

## 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 were *Trampolining* (24%), *Netball* (22%), and *Dance* (21%).

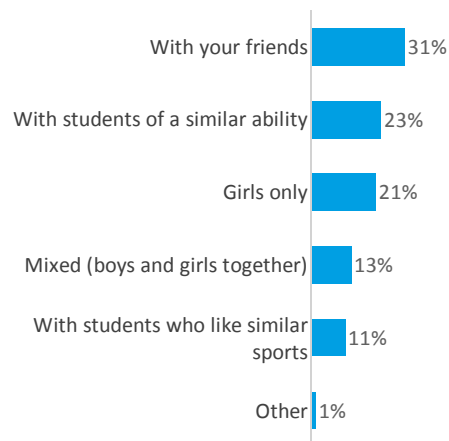
The chart below (right) shows how girls would like to be grouped while taking part in sport or physical activities, with the most common response being *With your friends* (31%).

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



Base: All respondents

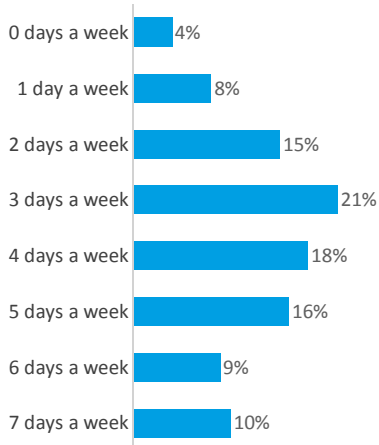
How would you like to be grouped for sport and physical activities?



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 took part on 3.8 days per week.

Days of physical activity per week

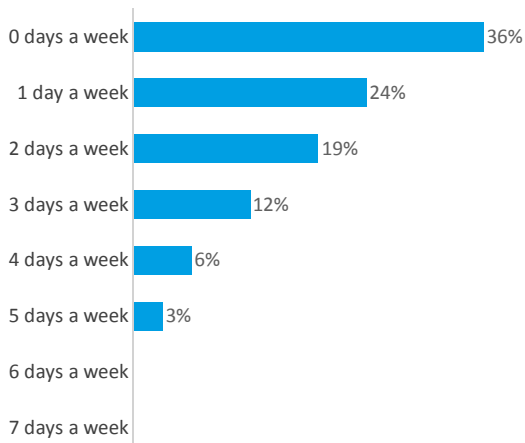


Base: All respondents

Pupils were asked how often they took part in physical activity at school, excluding PE lessons. The chart below (left) shows that girls were most likely to take part in physical activity outside of PE lessons on *0 days a week* (36%). On average, girls took part on 1.3 days per week.

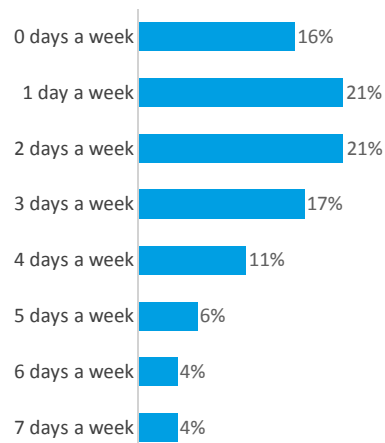
They were also asked how often they took part in sport or physical activity outside of school, and were most likely to do so on *2 days a week* (21%). On average, girls took part on 2.4 days per week.

Outside of PE lessons



Base: All respondents

Outside of school

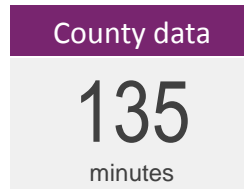
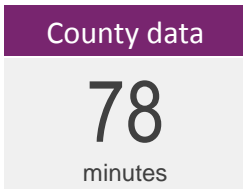


Base: All respondents

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

Minutes of physical activity on a typical day

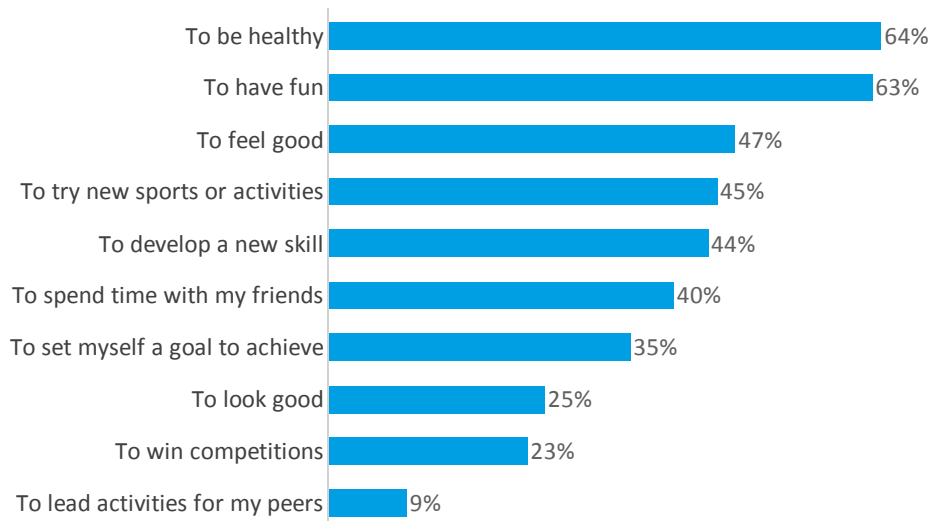
Minutes of PE per week



### 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. They were most likely to take part in physical activity; *To be healthy* (64%), *To have fun* (63%), and *To feel good* (47%).

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



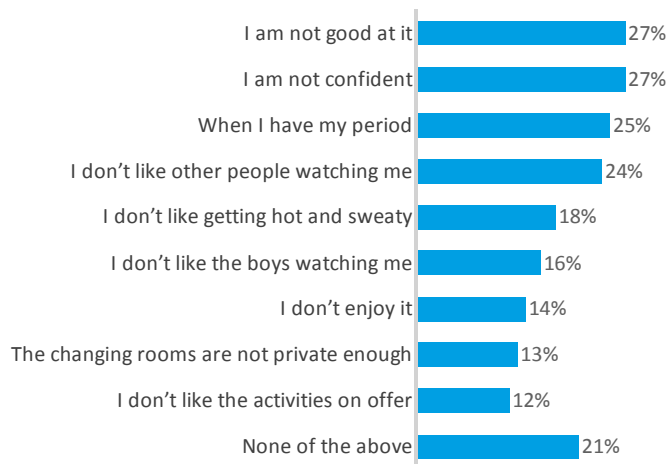
Base: All respondents

## 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 21% of girls 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

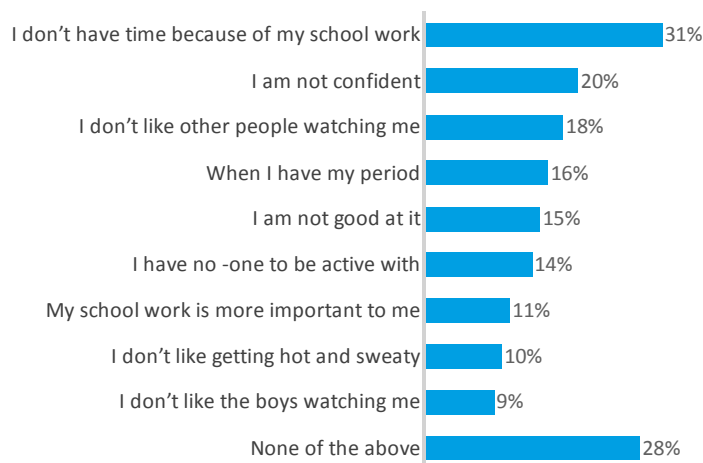


Base: All respondents

### 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 28% of girls 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

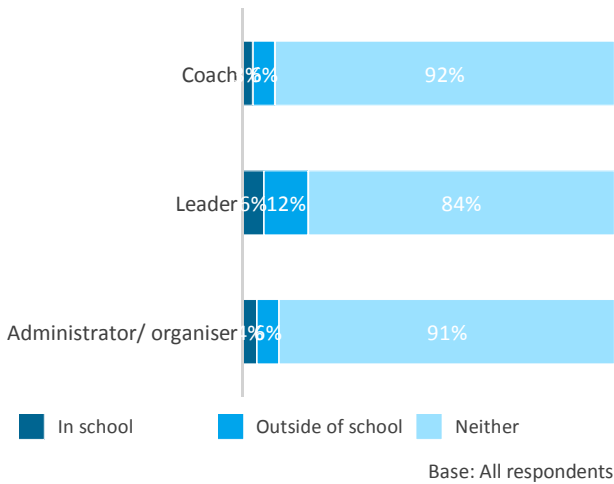


Base: All respondents

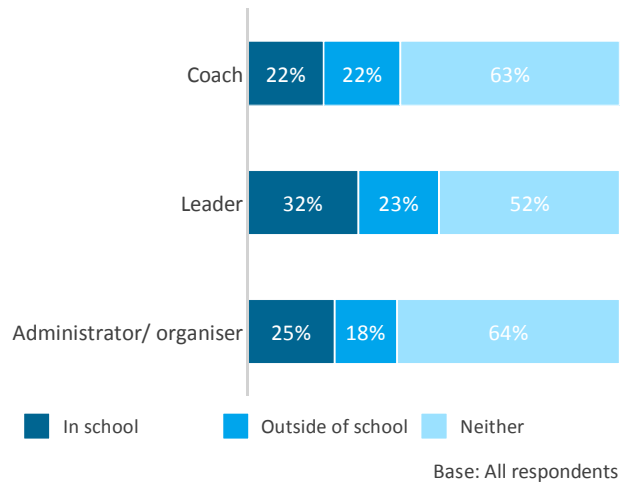
## Coaching, leadership and administration

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...?

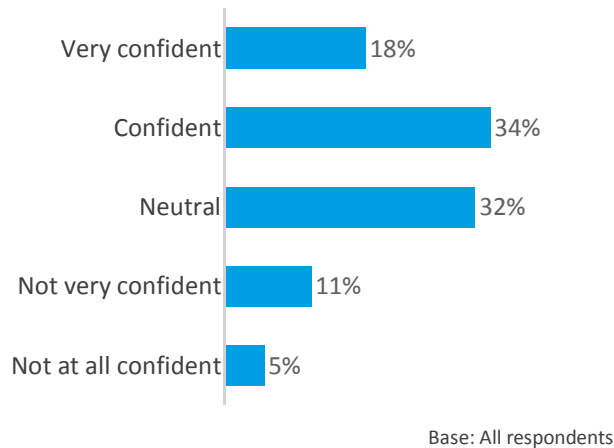


Would you like to be a...?

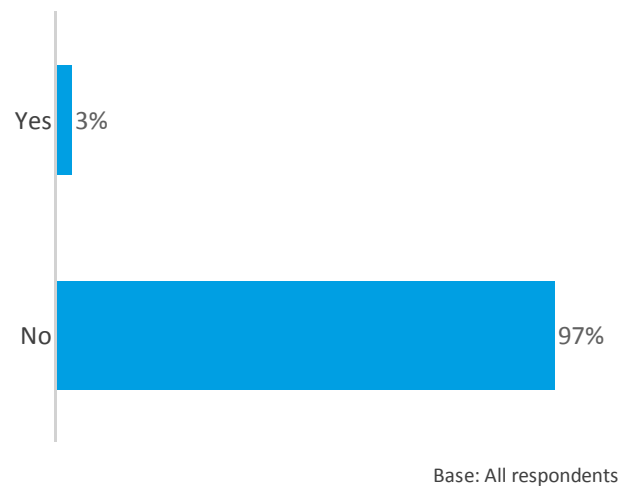


Following this, pupils were asked how confident they feel leading and influencing other young people. 52% of girls said that they were *Very confident or Confident*, 32% were *Neutral*, and 16% were *Not very confident or Not at all confident*:

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



Are you a Girls Active Leader (including GLAMs)?

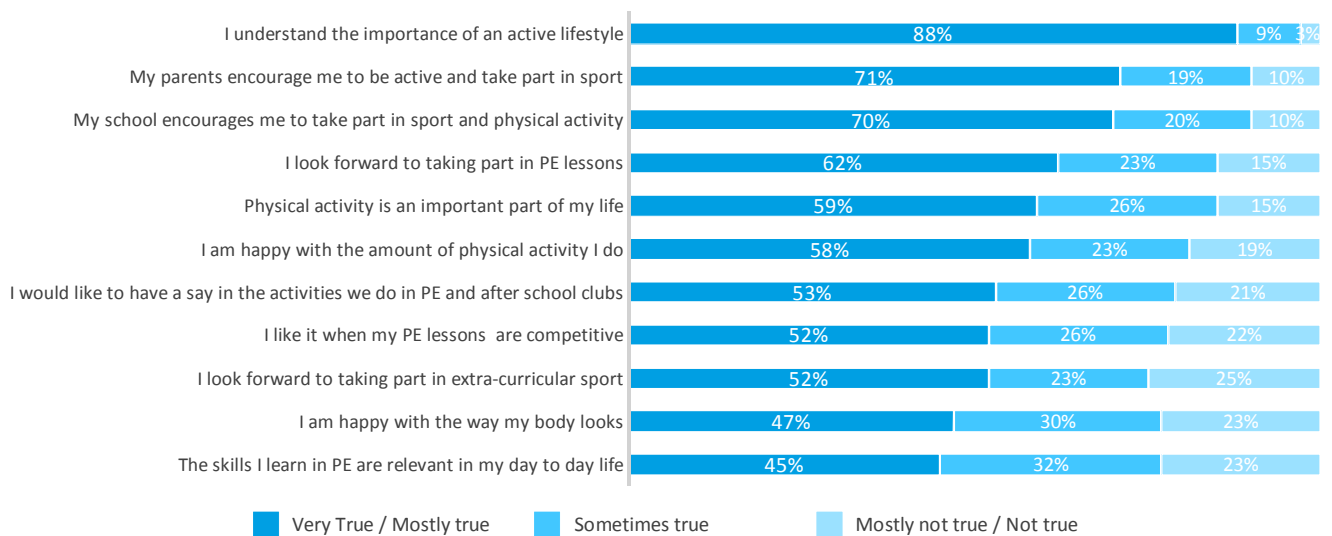


Overall, 3% of pupils said that they were Girls Active Leaders. Of those, 63% had been leaders for less than a year, 27% for 1 to 2 years, and 11% for 2 years or longer.

## 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 were most likely to describe as 'Very true for me' or 'Mostly true for me' were *I understand the importance of an active lifestyle (88%), My parents encourage me to be active and take part in sport (71%) and My school encourages me to take part in sport and physical activity (70%)*.

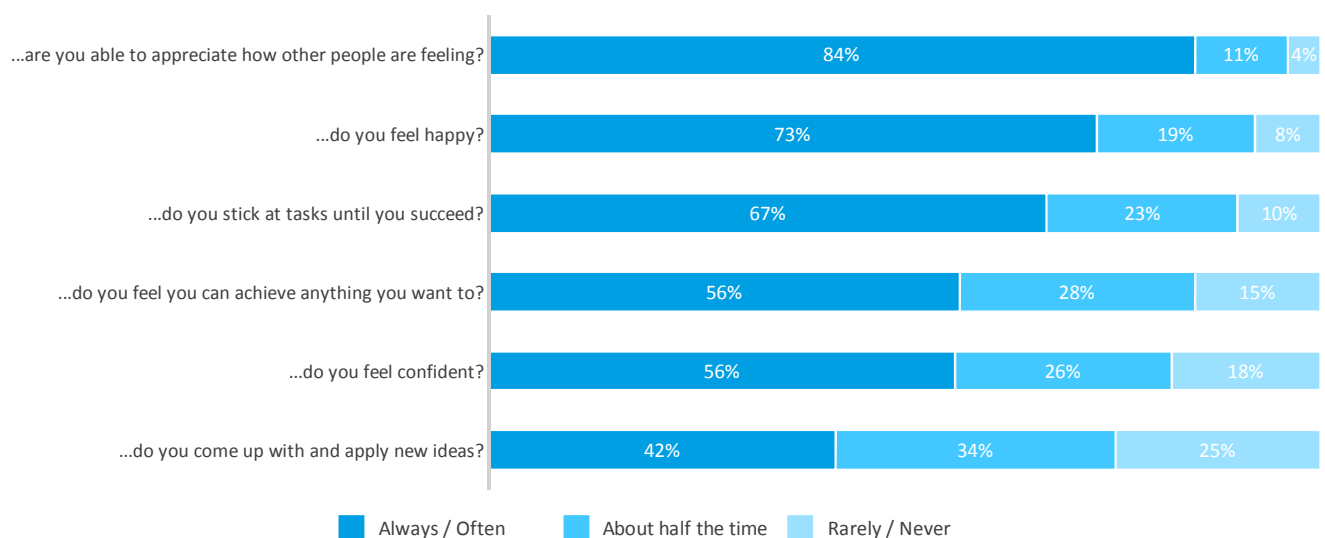
How true are each of the following statements for you?



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*.

How often...



Base: All respondents

## APPENDIX 1 - GIRLS' DATA

In the following tables the national 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.

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

% Like it a lot / Like it	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
taking part in physical activity	84	86	81	83	85	87	81	60	93
taking part in PE	78	82	68	67	80	80	75	51	87
learning at school	68	69	61	61	70	66	71	57	69

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	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Trampolining	24%	27%	17%	23%	24%	26%	20%	18%	23%
Netball	22%	23%	16%	15%	23%	22%	21%	17%	25%
Dance	21%	23%	17%	20%	21%	22%	18%	19%	21%
Gymnastics	17%	20%	8%	13%	17%	18%	14%	11%	18%
Swimming	15%	17%	11%	16%	15%	15%	15%	14%	16%
Football	12%	14%	7%	8%	13%	13%	11%	10%	13%
Cheerleading	12%	13%	9%	11%	12%	14%	9%	8%	12%
Dodgeball	11%	11%	9%	10%	11%	9%	12%	13%	8%
Badminton	10%	9%	12%	11%	10%	8%	14%	14%	8%
Roller / InLine Skating	10%	10%	11%	8%	10%	11%	9%	8%	11%



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

Break % Respondents	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
With your friends	31%	28%	39%	29%	32%	29%	34%	40%	26%
With students of a similar - ability	23%	23%	21%	19%	23%	24%	21%	14%	28%
Girls only	21%	23%	16%	21%	21%	22%	19%	23%	19%
Mixed (boys and girls together)	13%	15%	10%	15%	13%	14%	11%	9%	15%
With students who like similar sports	11%	9%	13%	15%	10%	10%	13%	11%	10%
Other	1%	2%	1%	3%	1%	1%	2%	2%	1%

### 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	National data	Key Stage		Disability		Ethnic group	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME
0 days a week	4%	2%	5%	5%	3%	3%	4%
1 day a week	8%	5%	12%	11%	7%	6%	9%
2 days a week	15%	14%	17%	14%	15%	14%	16%
3 days a week	21%	22%	22%	20%	22%	20%	24%
4 days a week	18%	19%	15%	16%	18%	17%	18%
5 days a week	16%	16%	15%	13%	16%	16%	15%
6 days a week	9%	10%	8%	9%	9%	11%	8%
7 days a week	10%	11%	6%	12%	9%	12%	6%

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

Break % Respondents	National data	Key Stage		Disability		Ethnic group	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME
0 days	36%	31%	48%	43%	36%	36%	35%
1 day a week	24%	24%	25%	20%	25%	22%	28%
2 days a week	19%	22%	13%	19%	19%	19%	21%
3 days a week	12%	14%	8%	11%	12%	13%	10%
4 days a week	6%	6%	5%	5%	6%	7%	4%
5 days a week	3%	3%	2%	1%	3%	3%	1%

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

Break % Respondents	National data	Key Stage		Disability		Ethnic group	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME
0 days	16%	15%	18%	14%	17%	13%	21%
1 day a week	21%	21%	19%	21%	21%	18%	24%
2 days a week	21%	21%	21%	23%	21%	21%	22%
3 days a week	17%	17%	18%	14%	18%	18%	16%
4 days a week	11%	12%	10%	12%	11%	12%	9%
5 days a week	6%	7%	6%	9%	6%	8%	4%
6 days a week	4%	4%	4%	2%	4%	5%	1%
7 days a week	4%	3%	4%	6%	3%	5%	2%

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	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Minutes of physical activity on a typical day	78	80	74	73	78	84	68	39	100

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

Means Respondents	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Minutes of physical activity on a typical day	135	145	126	126	137	143	122	82	155

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

Break % Respondents	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
To be healthy	64%	64%	65%	62%	65%	66%	64%	47%	69%
To have fun	63%	64%	62%	58%	65%	64%	65%	50%	67%
To feel good	47%	45%	51%	42%	47%	47%	48%	36%	52%
To try new sports or activities	45%	49%	34%	39%	47%	43%	50%	26%	51%
To develop a new skill	44%	48%	32%	43%	45%	42%	48%	24%	51%
To spend time with my friends	40%	37%	48%	39%	40%	40%	41%	33%	42%
To set myself a goal to achieve	35%	40%	21%	29%	36%	35%	36%	15%	42%
To look good	25%	21%	34%	27%	24%	23%	27%	28%	25%
To win competitions	23%	24%	21%	21%	24%	21%	27%	9%	32%
To lead activities for my peers	9%	10%	6%	10%	8%	9%	9%	3%	12%
To take part in activities delivered by my peers	8%	9%	6%	7%	8%	8%	8%	4%	10%
Other	2%	2%	2%	4%	2%	2%	2%	2%	2%
None of the above	3%	3%	5%	4%	3%	4%	3%	9%	2%

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

Break % Respondents	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
I am not good at it	27%	25%	33%	31%	26%	23%	33%	37%	19%
I am not confident	27%	27%	27%	34%	25%	26%	28%	37%	21%
When I have my period	25%	20%	41%	32%	23%	23%	28%	33%	21%
I don't like other people watching me	24%	23%	30%	29%	23%	25%	23%	32%	18%
I don't like getting hot and sweaty	18%	16%	23%	22%	17%	19%	17%	25%	15%
I don't like the boys watching me	16%	17%	12%	20%	15%	17%	12%	18%	13%
I don't enjoy it	14%	13%	21%	15%	14%	13%	17%	28%	12%
The changing rooms are not private enough	13%	14%	11%	19%	12%	12%	15%	20%	12%
I don't like the activities on offer	12%	10%	19%	18%	11%	11%	14%	22%	8%
My school work is more important to me	10%	7%	18%	18%	10%	8%	14%	20%	7%
I don't like the PE kit	10%	8%	15%	13%	9%	10%	11%	16%	7%
I don't have time	10%	6%	18%	12%	10%	8%	12%	18%	7%
I have an injury	9%	10%	9%	15%	8%	10%	8%	6%	12%
Other people make fun of me	7%	8%	6%	12%	6%	7%	8%	11%	5%
My breasts feel uncomfortable when I exercise	7%	6%	11%	14%	5%	7%	7%	14%	6%
I don't feel encouraged to take part by my peers	6%	6%	7%	10%	6%	6%	6%	10%	5%
My transport to/from school doesn't allow me to do breakfast or after school activities at school	6%	5%	8%	9%	5%	5%	7%	8%	5%
I have a medical condition that prevents me taking part	5%	5%	6%	30%	2%	5%	5%	7%	4%
I don't feel encouraged to take part by the teachers	5%	4%	6%	6%	4%	4%	5%	8%	3%
The boys use the spaces available	2%	2%	1%	4%	2%	2%	2%	3%	2%
Other	3%	3%	3%	5%	3%	3%	2%	5%	3%
None of the above	21%	24%	10%	8%	23%	23%	17%	6%	30%

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

Break % Respondents	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
I don't have time because of my school work	31%	26%	45%	30%	31%	28%	37%	38%	26%
I am not confident	20%	20%	22%	26%	19%	19%	22%	29%	15%
I don't like other people watching me	18%	17%	22%	21%	17%	17%	19%	25%	14%
When I have my period	16%	13%	26%	25%	15%	15%	18%	19%	15%
I am not good at it	15%	14%	18%	17%	14%	13%	18%	25%	10%
I have no -one to be active with	14%	12%	20%	18%	13%	13%	17%	18%	8%
My school work is more important to me	11%	7%	18%	13%	11%	8%	15%	17%	7%
I don't like getting hot and sweaty	10%	10%	11%	14%	9%	10%	10%	18%	7%
I don't like the boys watching me	9%	9%	8%	13%	7%	9%	7%	11%	6%
I don't enjoy it	8%	8%	9%	10%	8%	7%	10%	20%	5%
I can't afford to take part	8%	7%	10%	11%	7%	8%	8%	12%	5%
I have an injury	7%	8%	5%	15%	6%	7%	7%	5%	9%
I don't have time because I already do a lot of physical activity	7%	6%	11%	7%	7%	8%	5%	2%	11%
Other people make fun of me	5%	6%	4%	10%	4%	5%	5%	9%	4%
My breasts feel uncomfortable when I exercise	5%	4%	7%	10%	4%	4%	5%	9%	4%
I don't like the activities on offer	5%	4%	6%	6%	4%	4%	5%	8%	3%
I have a medical condition that prevents me taking part	4%	4%	4%	25%	1%	4%	3%	5%	3%
I don't feel encouraged to take part by my family	4%	3%	5%	5%	4%	3%	5%	7%	2%
Other	4%	3%	4%	3%	4%	4%	3%	4%	3%
I don't feel encouraged to take part by my peers	3%	2%	5%	5%	3%	3%	3%	6%	2%
None of the above	28%	32%	19%	18%	30%	31%	24%	17%	36%

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

% Already coaches, leaders or administrators / organisers, either inside or outside of school	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Coach	8	7	11	13	7	9	7	4	12
Leader	16	17	17	21	16	17	16	6	24
Administrator / organiser	9	10	8	10	9	9	9	6	12

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	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Coach	37	39	34	39	38	38	37	23	48
Leader	48	51	41	45	49	47	50	31	59
Administrator / organiser	36	39	32	38	37	35	40	24	42

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

Break % Respondents	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
Confident	52%	54%	45%	51%	53%	52%	53%	34%	64%
Neither	32%	30%	39%	29%	33%	31%	32%	34%	25%
Not confident	16%	16%	17%	21%	15%	17%	15%	32%	11%

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

% Very true / Mostly true	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
I am happy with the way my body looks	47	51	35	40	49	46	49	36	54
Physical activity is an important part of my life	59	63	48	57	60	63	53	25	78
I like it when my PE lessons are competitive	52	54	49	48	54	53	52	37	63
I would like to have a say in the activities we do in PE and after school clubs	53	53	54	55	54	53	55	42	59
I am happy with the amount of physical activity I do	58	64	44	54	59	62	53	31	73
I look forward to taking part in PE lessons	62	68	49	57	64	65	58	34	74
I look forward to taking part in extra-curricular sport	52	56	39	46	54	53	51	27	66
I understand the importance of an active lifestyle	88	87	88	86	88	89	86	73	92
My school encourages me to take part in sport and physical activity	70	74	61	65	71	70	69	48	76
The skills I learn in PE are relevant in my day to day life	45	51	30	44	46	48	41	23	55
My parents encourage me to be active and take part in sport	71	74	64	66	72	74	67	46	79

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

% Always / Often	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
...do you come up with and apply new ideas?	42	44	36	43	42	40	47	27	50
...do you feel you can achieve anything you want to?	56	61	43	52	58	56	58	39	65
...do you stick at tasks until you succeed?	67	70	58	61	68	69	66	46	79
...are you able to appreciate how other people are feeling?	84	86	78	81	86	86	83	73	88
...do you feel confident?	56	60	45	50	57	54	58	39	65
...do you feel happy?	73	78	60	63	76	74	72	55	80