

# **Fit for Girls: a national programme getting girls physically active**

**Michelle Livingston, sportscotland**



# Background



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- Funded by Scottish Government and delivered in partnership with **sportscotland** and Youth Sport Trust
- Built on the success from a pilot
- School based programme
- Aim** - to increase physical activity levels of girls aged 11 – 16 years
- Core focus** - sustainable change that builds a positive future for girls into life long physical activity

# Achieving aims



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- Interactive workshop
- Professional development
- Integrated approach to the delivery of physical education, physical activity and sport
- Three year action plan, £700 grant to support delivery
- Research



# Key findings



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69% of PE staff & 73% of Active Schools staff who attended training, reported that it helped them to increase girls participation in their schools

72% of girls say they do physical activity to be healthy and have fun

73% of girls report physical education would be better with a wider variety of activities

84% of girls would like to be more active



# Keys to success



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Willingness to take on a challenge

Embed and integrate

Need to consult with girls

Respect, empowerment and  
participation

Joint working

Planning

Support



# Good practice



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## Hurray for Bollywood

Dance classes a big hit as girls take steps to keep fit

Is Scottish Education inspiring our pupils to reach for sporting challenges?

Who says girls don't like PE?



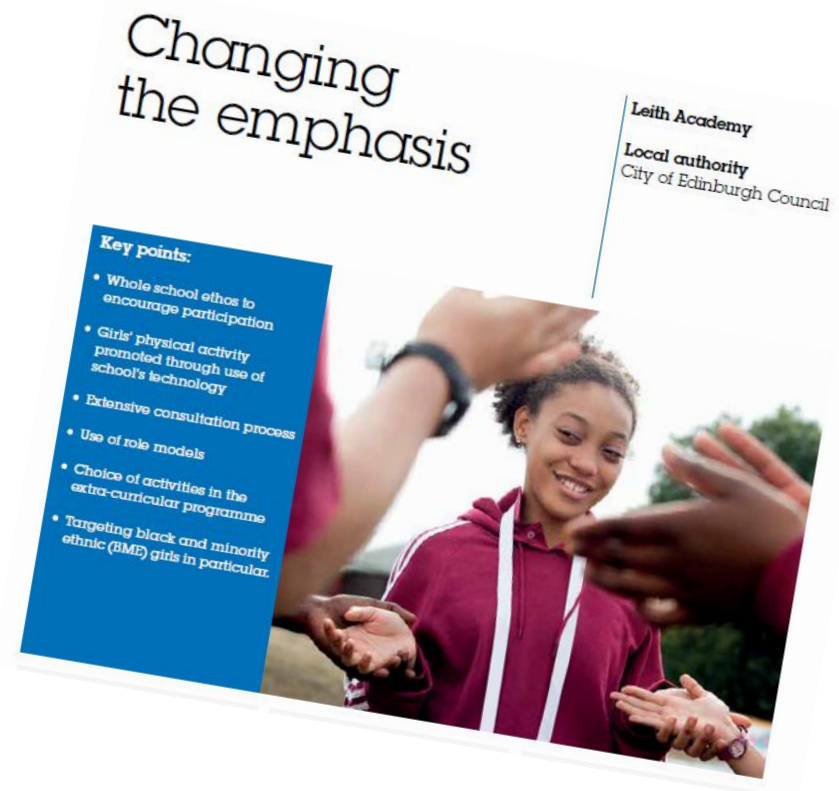
# Changing the emphasis



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“If you invest quality time in the girls they will feel supported, valued and have more self belief”

“There are only girls.. Nothing to feel embarrassed about”



# Mothers and daughters



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Mothers and daughters taking part together (Fit MAD)

Mother stopped smoking, lost weight and takes part in regular physical activity with her daughters.

“I am more active and more confident”



# Reflection



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“We can make a difference  
if we take our time, build  
our partnerships, evaluate  
as we go, share what we  
learn and believe in what  
we do”



Any questions?



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