



## #16 Changing the Game for Girls- Teacher's Toolkit

Developed by: Women in Sport

Year and country: 2012, UK

Type of project: Toolkit

<https://www.womeninsport.org/resources/changing-the-game-for-girls-teachers-toolkit/>

### Synthesis of the case study

This toolkit has been designed to help PE teachers get more girls involved in PE and school sport.

### Context and approach

The toolkit is based on new research carried out by the Institute of Youth Sport in Loughborough, involving over 1,500 girls and boys from primary and secondary schools, as well as their parents and teachers. It examines the reasons why so few girls are active and, importantly, seeks to understand what would help them to become more active. For the first time, research has looked not just the school, but also the influence of family, friends and the wider community.

### Objectives/Challenges

Overall, this research finds that although families are the most powerful influence on a child's activity levels, schools are seen as the most important changemakers. While it is difficult to influence family life positively for all children, schools have a unique opportunity, not just to deliver PE and school sports well, but also to create a culture where being active is valued and admired.

### Target

Educational sector

### The deliverable (What did they do specifically?)

This document offers extensive data about a survey conducted among female students and a detailed checklist assessment tool to analyze how you could guide more girls becoming active in schools.

### Key learnings/Questions to think about

Although the research is a few years old, it is still a valuable resource for PE teachers and schools, and offers good all-around insight.

#### Contact information

WomenInSport

<https://www.womeninsport.org/>