



# EMPOWERING GIRLS IN PHYSICAL EDUCATION

Breaking Barriers and Fostering Lifelong Participation

## Current Trends



Only **64%** of girls enjoy PE, compared to **86%** of boys.



Enjoyment among girls has declined from **74%** in 2016 to **64%** in 2023.

Youth Sport Trust, 2023



## Challenges

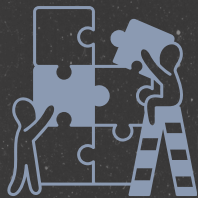
PE often centers on male-dominated sports, alienating girls.



Societal standards impose restrictive ideas of femininity.

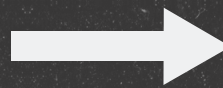


## The Activist Approach



### Student-Centered Pedagogy

Emphasizes co-creating the PE curriculum with students, ensuring that their interests and experiences shape the content.

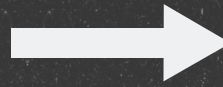


When girls are involved in shaping PE curricula, they engage more actively and feel a greater sense of ownership, leading to increased participation and enjoyment (Shilcutt et al., 2023).



### Embodiment

Students reflect on their relationships with their bodies and the societal pressures they face regarding body image and femininity.

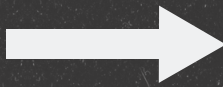


By fostering a pedagogy of embodiment, educators help students develop a positive self-image and physical confidence, which are crucial for lifelong participation in physical activity (Marttinen et al., 2020).



### Inquiry-Based Learning

Promotes active learning through inquiry, allowing students to explore and think critically about how physical activity influences their daily lives, societal norms, and health-related choices.

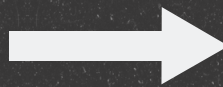


Projects that analyze advertisements or critique the curriculum can empower girls to challenge gender stereotypes (Cameron & Humbert, 2020).



### Ongoing Dialogue

Prioritize listening to students over imposing knowledge. Girls are encouraged to voice their concerns and preferences.



By nurturing this dialogue, educators can adapt their teaching strategies, promote inclusivity, and empower girls to take ownership of their PE experiences, ultimately enhancing their confidence and participation (Shilcutt et al., 2023).

**Shifting the focus from competition to collaboration can create a more inclusive and empowering PE experience.**

Hills, 2006



Offering diverse choices validates different forms of physical expression.