

# EAST AYRSHIRE COUNCIL

## EDUCATION COMMITTEE – 4 FEBRUARY 2004

### GIRLS IN SPORT

#### Report by Director of Educational and Social Services

#### 1. PURPOSE OF REPORT

- 1.1 To inform Members of developments to improve participation rates of girls in out of school hours school sport in East Ayrshire.

#### 2. BACKGROUND

- 2.1 The recent review of the School Sports Co-ordinators returns to SportsScotland over the period 1999 to 2003 is appended. The review shows that the rate of increase in participants in out of schools hours' school sport in East Ayrshire is better than in Scotland as a whole for all ages and both sexes. In East Ayrshire the rate of increasing participation of girls is greater than that of boys, although the actual number of girls participating is considerably less than boys across the age ranges.
- 2.2 The lower participation rate by girls and women in physical activity is reflected nationally. The 1998 Scottish Health Survey shows an alarming decline in activity among women; seven in ten do not meet the minimum levels for health as recommended by the World Health Organisation. This scale of physical inactivity makes it the most common risk factor for coronary heart disease in Scotland (more so than smoking or obesity).

#### 3. RESPONSE

- 3.1 In response to this issue, members of secondary school PE Departments and School Sports Co-ordinators recently attended a Nike Girls in Sport in-service training organised by Quality Improvement and run by the Youth Sport Trust. Secondary Schools now have an Action Planning Tool developed by the Youth Sport Trust and Loughborough University.
- 3.2 This planning tool will help schools identify and address any issues that may inhibit girls participating in curricular or extra curricular physical activity and could help develop lifelong physically active healthy lifestyles.
- 3.3 It was agreed that every school would sample S3 girls' opinions on PE and Sport by mid February 2004. They may also sample other pupils at

individual school's discretion. Loughborough University provides a data analysis service of these questionnaires as part of the Tool.

- 3.4** The analysed data will be used as the basis for further action to promote physical activity for girls by: school PE departments, School Sports Co-ordinators and the Quality Improvement Team.

#### **4. FINANCIAL/LEGAL IMPLICATIONS**

**4.1** Nil

#### **5. POLICY IMPLICATIONS**

**5.1** Nil

#### **6. RECOMMENDATIONS**

**5.1** Members of Committee are invited to:

- (i) agree to the continued development of programmes of physical activity for children and young people especially girls, and
- (ii) otherwise, note the contents of this report

John Mulgrew  
Director of Educational and Social Services

WW  
7/02/04

Members wishing further information should contact Willie White, Physical Activity Development Officer (01563 555649)

#### **LIST OF BACKGROUND PAPERS**

Nil

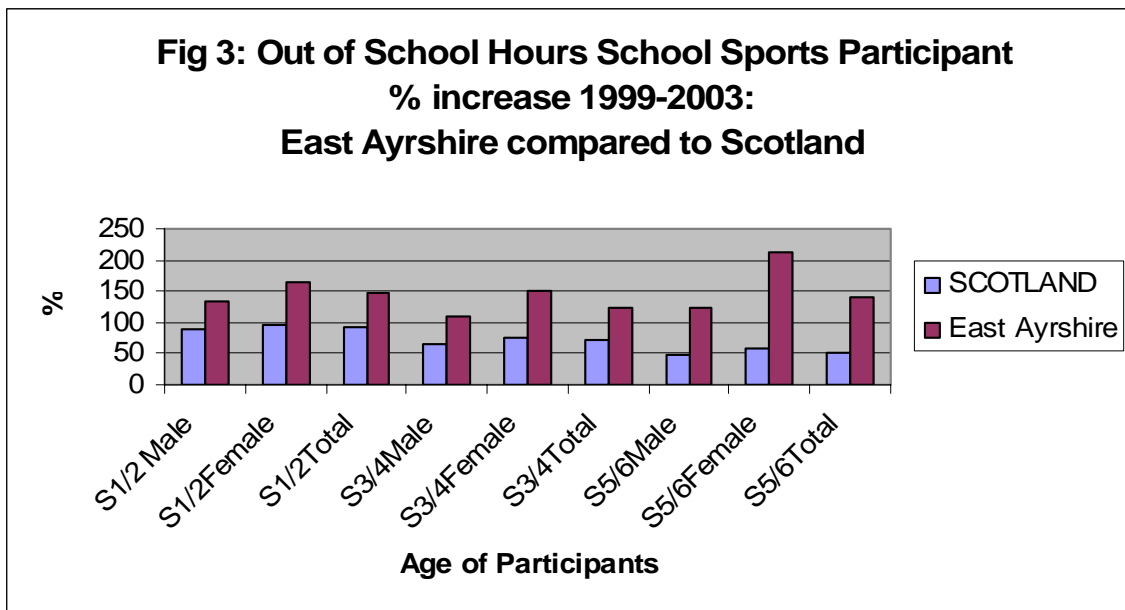
**Implementation Officer: John McCarney, Head of Service: Schools Support**

East Ayrshire Council Department of Educational & Social Services  
**School Sports Co-ordinator Review: 1999 – 2003**

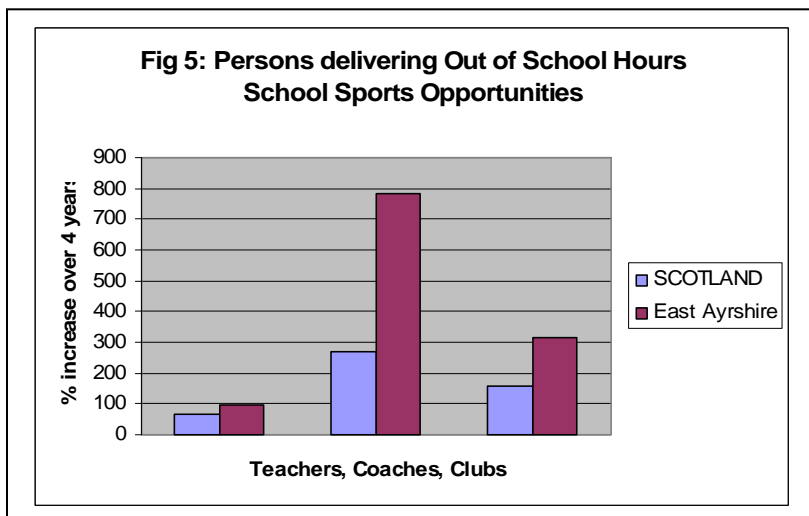
❖ **Participation compared to the rest of Scotland**

East Ayrshire has approximately 2 % of the population of Scotland in the 10 years to 19 years age range. Statistics gathered by **sportscotland** shows that the East Ayrshire School Sports Co-ordinator Programme accounts for 4% of the total Scottish participants in Out of School Hours School Sport.

East Ayrshire out of school hours school sports participants have increased, in each age group and in both genders, at a faster rate than in Scotland as a whole over the same four years (Fig 3).



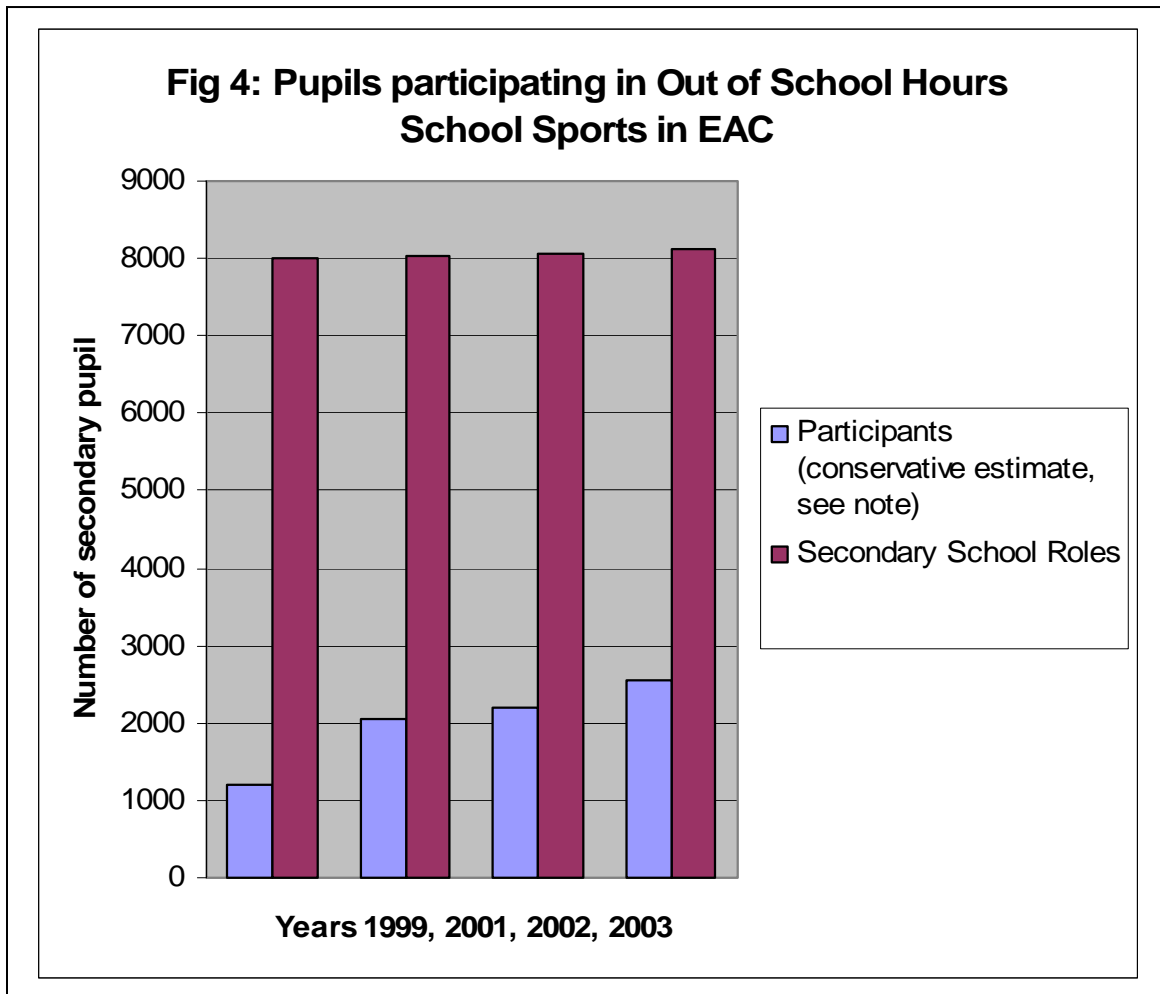
❖ **Delivery compared to the rest of Scotland**



This sports activity is being delivered in a number of ways. East Ayrshire School Sports Co-ordinators have doubled the number of teachers voluntarily running out of school hours school sport. The number of coaches and community clubs involved in schools has increased dramatically. The increase in EAC is faster than in Scotland generally.

❖ **East Ayrshire participation relative to role**

There has been a significant increase in East Ayrshire (115%) in the number of young people participating in out of school hours school sport over the last four years (Fig 4). In 2003 almost 1/3 of the secondary school role participated regularly in out of school hours sport (Fig 4).



Note: The participation figures in Fig 4 are based on those returned to sportscotland by schools for the whole session, divided by the three terms; Autumn, Winter, Spring. This hopefully avoids counting one individual as three participants; however it may reduce the actual participant levels given that certain activities will only take place during seasons, e.g. skiing. This is considered to be an indication of regular participants not maximum participant sessions.

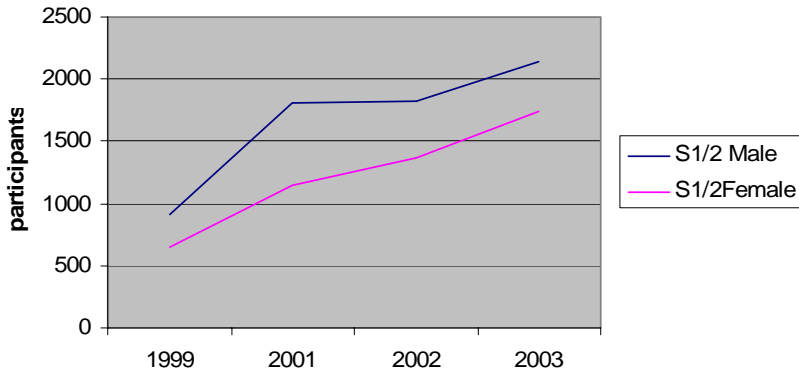
❖ **East Ayrshire participation trends by age and sex**

Whilst participation levels of all secondary ages and both boys

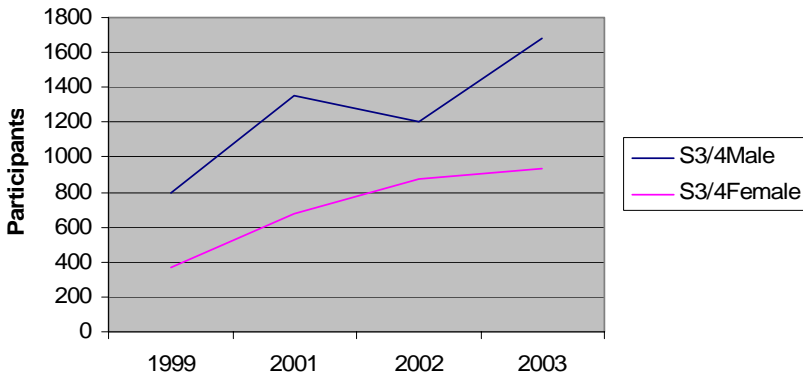
and girls has increased there are some trends that are noteworthy (Figs 6, 7, 8).

- Boys’ participation levels are higher than girls for all ages.
- Younger pupils participate levels are higher than senior pupils.

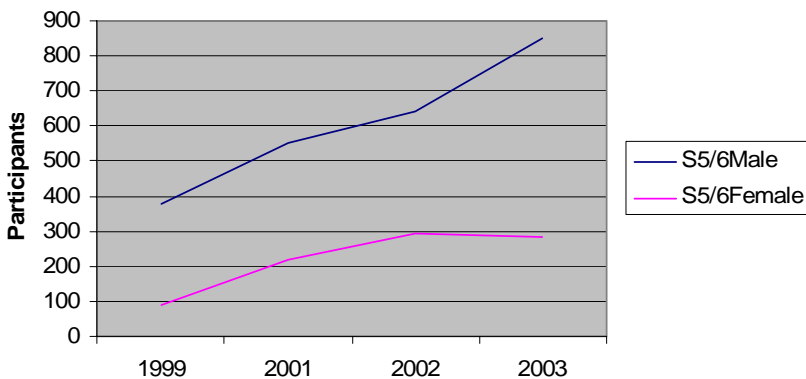
**Fig 6: S1/2 Out of School Hours School Sports Participation Rates 1999-2003**



**Fig 7: S3/4 Out of School Hours School Sports Participation Rates 1999-2003**



**Fig 8: S5/6 Out of School Hours School Sports Participation Rates 1999-2003**



sportscotland Lottery Fund  
 School Sports Co-ordinator programme  
 Participation figures for East Ayrshire Schools

SCOTLAND										
	Age of Participants									Total
	S1/2			S3/4			S5/6			
	Male	Female	Total	Male	Female	Total	Male	Female	Total	
<b>Year 0</b>	27047	19430	46477	20845	13418	34263	13462	6916	20378	102563
<b>Year 2</b>	34171	25506	59677	25837	15378	41215	13125	7248	20373	121718
<b>Year 3</b>	42863	29140	72003	28515	18769	47284	16224	8269	24493	148221
<b>% inc on Y0</b>	58	50	55	37	40	38	21	20	20	45
<b>Year 4</b>	50671	38130	88801	34596	23752	58348	20015	10990	31005	184431
<b>% inc on Y3</b>	18	31	23	21	27	23	23	33	27	24
<b>% inc on Y0</b>	87	96	91	66	77	70	49	59	52	80

East Ayrshire											
	Age of Participants									Total	Secondary School
	S1/2			S3/4			S5/6				
	S1/2 Male	S1/2Female	S1/2Total	S3/4Male	S3/4Female	S3/4Total	S5/6Male	S5/6Female	S5/6Total		
<b>Year 0</b>	916	653	1569	795	371	1166	380	90	470	3569	8003
<b>Year 2</b>	1812	1150	2962	1356	681	2037	550	221	771	6194	8028
<b>Year 3</b>	1825	1367	3192	1203	876	2079	643	295	938	6640	8065
<b>% inc on Y0</b>	99	109	103	51	136	78	69	228	100	86	
<b>Year 4</b>	2140	1734	3874	1679	936	2615	849	281	1130	7684	8110
<b>% inc on Y3</b>	17	27	21	40	7	26	32	-5	20	16	
<b>% inc on Y0</b>	134	166	147	111	152	124	123	212	140	115	