

# BARRIERS



## Gender Bias & Social Norms

- ✔ Traditional beliefs about “appropriate” sports for girls can discourage participation.
- ✔ Social expectations may limit opportunities or support.

## Low Confidence & Perceived Skill

- ✔ Many girls report feeling less competent in sports and physical activity.
- ✔ This can reduce motivation to join teams or try new activities.

## Body Image & Peer Pressure

- ✔ Concerns about appearance, judgment, and social comparison can hold girls back.
- ✔ Pressure to fit in may reduce willingness to participate.

## Busy Schedules & Competing Priorities

- ✔ Schoolwork, extracurriculars, and family commitments often leave little time for sports.



## What is Physical Literacy?

The motivation, confidence, physical competence, knowledge, and understanding to value and take responsibility for engagement in physical activities for life. (Whitehead, 2010)



## FEMALE EXPERIENCES IN PL

- ✔ Girls often report lower confidence in sports skills
- ✔ Gender stereotypes limit perceived competence
- ✔ Socio-cultural expectations affect participation

# Improving Physical Literacy ADOLESCENT GIRLS



## EMPOWER OUR GIRLS

Emma De Souza

# WHAT HELPS GIRL'S GET MORE ACTIVE?



## Supportive Friends & Family

Encouragement from peers and family members boosts motivation and participation.



## Safe, Inclusive, Girl-Focused Programs

Environments designed specifically for girls help build confidence, comfort, and long-term engagement.



## Comprehensive Interventions

Programs that combine multiple strategies, such as skill-building, supportive coaching, and enjoyable activities can help reduce the decline in physical activity.

# HOW TO SUPPORT GIRLS IN SPORT



## Build Confidence & Skill

- Emphasize personal growth, mastery, and independence, not just competition.

## Promote Inclusion & Peer Support

- Create environments where girls feel welcomed, supported, and connected with their peers.

## Offer Female Role Models

- Provide access to women coaches, mentors, and leaders who inspire participation and persistence.

# RESOURCES FOR PE TEACHERS AND COACHES



## Physical Literacy for Life

Coaching guides and tools designed to help girls build confidence and competence in movement.



## Active for Life

Free lesson plans, activities, and physical literacy resources for children and youth.



## PHE Canada

Practical programs such as Move Think Learn and Fundamental Movement Skills resources to support skill development in PE.



## Positive Coaching Alliance – Girls in Sports Guide

Coaching strategies to build inclusive, supportive sport environments for girls.



## Canadian Women & Sport

Training, workshops, and gender-equity tools to help create safe, empowering spaces for girls in sport.