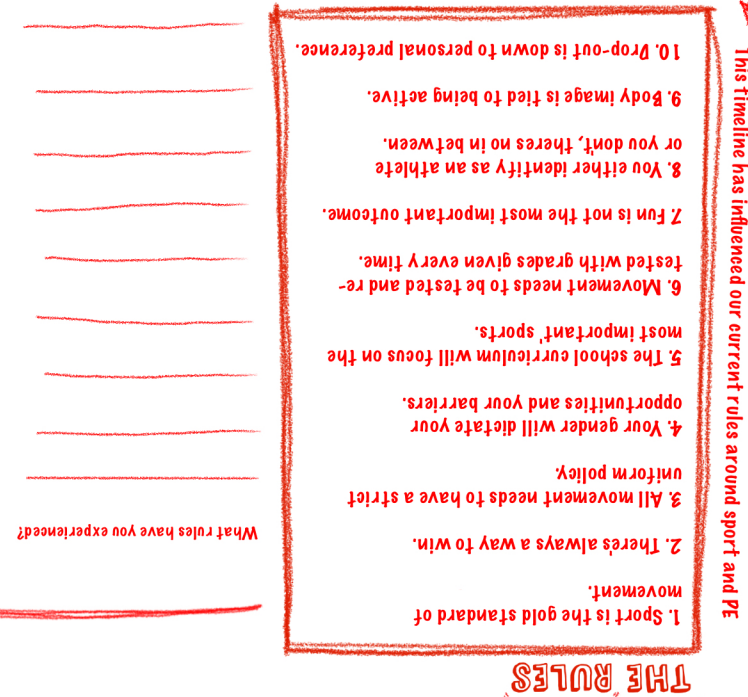


A BRIEF HISTORY OF SPORT AND PE IN THE UK

The 19th Century was a turning point for sport in the UK sports clubs began to form from factories and public schools so rules were enforced to make sure everyone was playing the same version. PE got more attention in schools and government guidelines were introduced by the 20th century (partly influenced by military needs and professionalisation of sports). By the 1960's, TV brought more visibility and awareness. The 1980's saw the introduction of the National Curriculum and PE as we have it today.

We now have increasing focus on health and wellbeing and initiatives that aim to encourage participation.



THE RULES

ONE FINAL THING...

YOUNG PEOPLE HAVE RIGHTS ENSHRINED IN THE UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD...

Article 12: Every child has the right to express their views, feelings and wishes in all matters that affect them, and to have their views taken seriously.

Article 31: Every child has the right to rest, relax and play.

@grrrlsttf

BREAKING BOUNDARIES & REWRITING THE RULES

GIRLS TO THE FRONT
@GRRRLSTTF



BUT WHAT DO YOUNG PEOPLE WANT & NEED?

Research with over 1,000 teenagers co-developed 6 key recommendations:

1. Lower/remove the cost of being active without sacrificing quality.

2. Improve local access to activity opportunities.

3. Improve the standards of what already exists.

4. Make activities more specific to teenagers.

Make them feel welcome in spaces, stop

demonising their presence.

5. Give teenagers a choice. Options to be active in a variety of ways outside the current structure of school sport and community activity.

6. Provide activities that teenagers enjoy. If you don't know - ask.

James et al. (2018). Teenage recommendations to improve physical activity for their age group. A qualitative study. BMC Public Health. 18(972).

THE BOUNDARIES AND CONSTRAINTS WE PLACE ON ACTIVITY DON'T NEED TO EXIST.

We don't need to gender activity.
We don't need to rank activity.
We don't need to gatekeep activity.
We don't need to pretend we're experts.

We need to ask young people.
We need to move in ways we enjoy.
We need to prioritise play.
We need to be role models and leaders.

Break.
The.
Boundaries.

WHAT YOUNG PEOPLE TELL US IS THEY WANT MORE UNSTRUCTURED, FUN AND SOCIAL ACTIVITY.

Essentially what they're asking for is play. Research with over 20,000 children has said they want:

More choice to do things like swimming and running. Less traditional activities and sports outside of the curriculum.

More space to play. Safer spaces where children and young people can exist.

Permission to play. Whether this is from seeing adults play (role models) or being told yes, you can play! Words and actions have power.

More time to play and play being seen as a valuable use of time. Especially, time outside.

Children know play is good for their wellbeing. It's essential we advocate for their wants and needs. We cannot overlook how important play is to relationships, development, health and wellbeing...

James et al. (2022). The effect of COVID on the wants and needs of play. IJERPH. 19(19).

HOW DO WE RE-WRITE THE RULES?

HOW DO WE BRIDGE THE GAP?