

**studio
you**

a platform powered by

**THIS
GIRL
CAN**

Understanding the impact of Studio You

2022-23 evaluation findings

Funded by



**SPORT
ENGLAND**

We're changing the way girls see PE

Since Studio You's launch in 2021...*

146,517

Girls have used Studio You (all time average)

55%

Of secondary schools in England registered to Studio You

35,164

Girls using Studio You (weekly average)

Barriers to engagement in PE:

Whilst the number of schools using Studio You is increasing, many girls don't always find PE lessons easy, and show concerns over their appearance and abilities.

15%

Find exercise and sport easy

21%

Feel confident in their ability

36%

Enjoy sport and physical activity

Girls who said they feel **self-conscious** about their ability report finding PE lessons **more difficult**, rate their ability more poorly, feel **less included** and enjoy lessons less.

Teachers report that alongside **body image and confidence** issues, they face barriers to engaging girls in PE including **facilities, PE kits and changing rooms, and wet weather**.

Studio You is continuing to increase girls' confidence and enjoyment in PE

Girls who use Studio You said that they:

Enjoy using Studio You

(37%)

Feel confident using Studio You

(35%)

Enjoy exercise more

(32%)

Studio You offers students more autonomy over their activities, is helping teachers to motivate and engage girls.

Studio You is helping teachers to engage the least active girls

Amongst teachers who use Studio You:

98%

Are satisfied with Studio You

88%

Agree that their students have enjoyed using Studio You in PE

77%

Agree that Studio You has helped to engage less active girls

64%

Agree that Studio You helped engage girls who have been resistant to PE

Teachers and girls recommend Studio You...

Teachers like that Studio You...

- ✓ Enhances student choice
- ✓ Offers differentiation in level of ability
- ✓ Helps them develop new skills
- ✓ Has educational value
- ✓ Is linked to the curriculum
- ✓ Is appropriate to use during an Ofsted inspection



Having something there that's designed to support you and engage the pupils and make progress is really good.

~ PE Staff & SLT, Mixed Academy

Girls like that Studio You...

- ✓ Is adaptable to their own ability
- ✓ Promotes inclusion
- ✓ Offers variety and differentiation
- ✓ Is easy to follow and encouraging
- ✓ Inspires activity outside of the classroom

These benefits were even higher for girls who say they are self-conscious about their ability in PE; Studio You is therefore successful at supporting the inclusion of some girls who are less confident in PE



It makes me feel included and gives me a challenge.

~ Y8 student

How we're continuing to improve Studio You

We are actively improving the platform based on evaluation findings, focusing on the things we know that girls love and teachers need. These include:

- Refreshing the website to make it easier for teachers to discover lessons and guidance
- Working with teachers and sector experts to build guidance around the barriers girls face to enjoying PE
- Considering how we make Studio You video lessons accessible offline
- Ensuring greater variation and modifications across activities