

**studio
you**

a platform powered by

**THIS
GIRL
CAN**

Understanding the impact of Studio You

2023-24 evaluation findings

Funded by



**SPORT
ENGLAND**

We're helping to bridge the enjoyment gap in PE

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

161,200

girls have used Studio You (all time average)

60%

of secondary schools in England registered to Studio You

36,688

girls using Studio You (weekly average)

Why is Studio You needed?

52%

have a say in what they do in PE lessons

48%

feel self-conscious about their ability

21%

feel excluded in PE lessons

Girls who feel self-conscious about their ability in PE are more likely than girls who don't feel self-conscious to agree that they feel excluded (29%) and don't look forward to PE lessons (33%).

Providing choice in PE is a key factor to unlocking enjoyment

Girls are more likely to...

- ✓ Enjoy doing PE
- ✓ Think they are good at PE
- ✓ Feel that PE lessons match their ability
- ✓ Find PE lessons easy
- ✓ Find PE lessons fun

...when have a say in what they do in PE.

Choice perception gap

While most teachers think they are offering choice in PE, girls don't report having as much choice as teachers say they offer. There is scope to support teachers to offer even more choice in their lessons.

Studio You offers teachers a greater variety of lessons to deliver to their students, affording girls greater choice over the activities they can do.

Studio You is helping teachers to deliver engaging and inclusive PE lessons

Amongst teachers who use Studio You:

96%

are satisfied with Studio You

94%

agree that Studio You helps deliver lessons to mixed ability

88%

agree that Studio You has helped to engage less active girls

85%

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

Studio You is helping to improve girls' enjoyment in PE and physical activity more generally

This is across girls at all activity levels.

90%

I enjoy using Studio You

87%

Studio You has improved my overall experience of PE

85%

Studio You has made me enjoy physical activity and exercise more

80%

Studio You has increased my confidence in taking part in PE

79%

Studio You has motivated me to be more active outside of PE lessons

Studio You increases enjoyment of PE lessons for girls who feel self-conscious about their ability. They are just as likely as those who aren't self-conscious to enjoy using Studio You, find videos easy to follow, and look forward to PE lessons.



It is more interesting than some of the other PE lessons we do and there is more variety.

~ Year 7 student



I love how my teacher includes everyone in the lessons.

~ Year 9 student

Developing Studio You further

A key objective of Studio You is to build teachers' knowledge and understanding of the barriers girls face to being active.

Through the evaluation we learnt that:

- Girls feel less comfortable discussing topics like changing bodies, puberty, and periods with their PE teachers
- This is particularly true amongst girls in KS3 and girls who have a male PE teacher

Studio You will continue to develop, providing teachers with more guidance and resources to facilitate discussions around these topics.

40,000+

Viewed Studio You's live event in May 2024

Topics discussed:

- ✓ Confidence
- ✓ Finding forms of movement that work for you
- ✓ Staying active on your period
- ✓ The many benefits of prioritising movement.