

What is Active Girls?



Active Girls is a new Scottish Government funded programme, managed by **sportscotland** and delivered in partnership with YDance, Youth Scotland and The Youth Sport Trust.

The aim of the programme is to increase girls' and young women's participation in PE, sport and physical activity through three key programmes...

Fit for Girls...

YDance Active...

Girls on the Move...

Get involved

Fit for Girls...

Fit for Girls promotes PE, physical activity and sport amongst girls and young women.

Through bespoke training for PE staff, Active Schools coordinators and other professional staff, **Fit for Girls** specifically addresses the principles of Curriculum for Excellence and aims to get girls more active. Secondary schools that sign up are offered tailored support from an experienced trainer and up to £1,000 to develop their plans.

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YDance Active...

YDance Active is a national programme that inspires and motivates young women to become more physically active through dance.

The project has two strands, a youth training programme to train dance leaders who can increase and promote opportunities for dance and champion dance in their local area. The second strand focuses on workforce development to create more dance opportunities for teenage girls and support **YDance Active** trained dance leaders in their school and community.

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Girls on the Move...

The **Girls on the Move** project is designed to increase physical activity levels among girls and young women in a variety of community settings across Scotland.

Girls on the Move offers opportunities for girls and young women to participate in sport and physical activity and access leadership opportunities.

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Get in touch!

Visit sportscotland.org.uk/schools/active_girls  #ActiveGirls

