

SHE'S GOT IT ALL: ENTHUSIASM, DETERMINATION, AND LESS CONFIDENCE THAN THE BOYS.



Research in Saskatchewan shows that on average, girls have acquired fewer fundamental movement skills and feel less confident in their movement abilities than boys.* By providing plenty of opportunities to develop physical literacy through exposure to a wide variety of fun structured and unstructured activities, we can help girls build the skills, confidence and motivation they need to enjoy a lifetime of healthy physical activity.

Let's change the game at yourrole.womenandsport.ca

*University of Saskatchewan

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