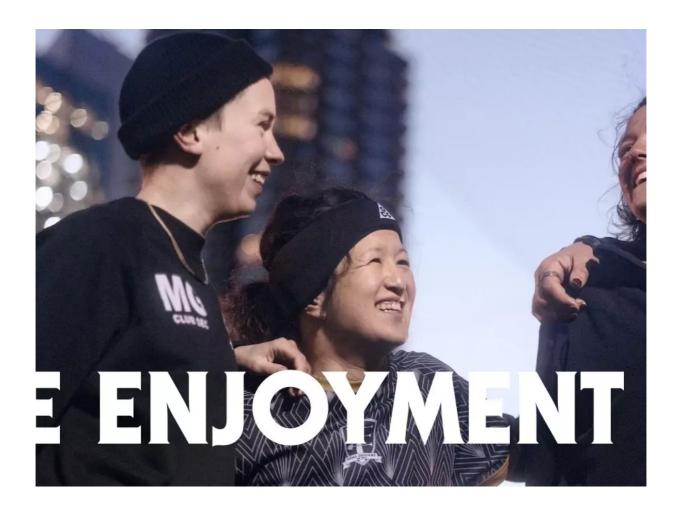


# THE ENJOYMENT GAP

**Active Lives** 

Last updated: May 1, 2025





Research in England has identified that 2.4 million fewer women than men strongly agree that they enjoy getting active. The This Girl Can team call this the enjoyment gap which they are seeking to tackle.

### Brighton plus Helsinki Declaration Principles:

Fauity and Fauality in society and sport

- Equity and Equality in occioty and open
- Developing Participation
- Education Training and Development

#### **Target Audiences:**

- Sports Administrators
- Sport Policy Makers
- Sport Coaches

### Background:

Sport England have identified four action areas which, if addressed, can help shrink that enjoyment gap once and for all.

#### Summary:

This toolkit highlights the four action areas as:

- Social
- Suitable
- Self Affirming
- Safe

READ MORE: The Enjoyment Gap - Sport England

## Related Links

https://sportengland-production-files.s3.eu-west-

2.amazonaws.com/s3fs-public/2023-



02/This%20Girl%20Can%20-

%20The%20Enjoyment%20Gap..pdf?

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