



Australian Womensport  
& Recreation Association

***“Where are we now? Some  
answers from Down Under”***

**Janice Crosswhite OAM**

**Dr Imke Fischer**

**Australia**

# Position of women in sport < 2006

- Less than 30 % of 12-24 y.o. participate in non-organised activities
- Only 1:7 females in leadership positions
- Coaching: overall 35% are women with only 15% in high performance coaching
- Officiating: overall 65% are women with only 13% in high performance officiating
- Media coverage is appalling at 2%

# AWRA

- Is an enthusiastic and vibrant national volunteer advocacy organisation, legally incorporated in 2005
- Vision: to provide leadership and a voice for women and girls in sport, physical activity and recreation, to enable their full participation
- Board directors from around Australia

# 2006 Senate Inquiry into Women's Sport and Recreation

Aim was:

- to measure female participation (grass-roots to elite)
- portrayal of women's' sport in the media and
- women in leadership roles in sport



# Outcomes from Senate Inquiry

Identified the barriers, which are for girls:

- Lack of self confidence
- Lack of role models
- Influence of parents and family/peers
- Decline of PE and sport in schools

# Outcomes continued

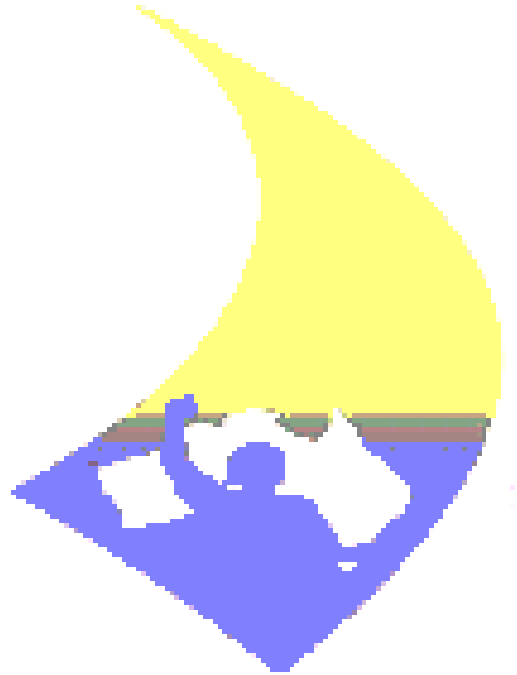
Barriers to women's participation:

- Lack of time
- Work life pressures
- Cost of participation
- Lack of appropriate child care
- Lack of appropriate facilities

# 18 Senate Recommendations

- Need to improve cooperation and access to facilities for females – include child care
- More varied and inclusive activities focussed on participation and enjoyment, across a range of times
- More promotion of sportswomen as role models
- More leadership training
- Funding of \$3m p.a. for media coverage of women's sport, for 3 years

# AWRA National Survey 2007







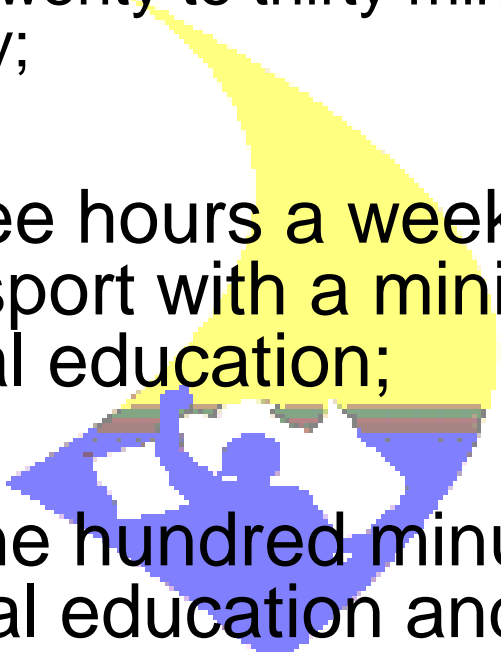
# NSW Govt Schools -PDHPE

- PDHPE Years 7–10 Syllabus is based on 300 hours teaching time.
- The content is presented in four strands and the syllabus requires study from each strand in each of the Years 7 to 10.
- The school determines the emphases it puts on the strands according to the specific needs of its students and the time they require to achieve the related syllabus outcomes.

# Typical NSW Govt High School

- **Based on a two week timetable, with 80 minute lessons:**
- **Year 7: Students do what's called integrated sport which equates to three PE lessons a fortnight and one Health/PD lesson. No Wednesday afternoon sport.**
- **Year 8 and 9: Two PE lessons and one PD/H lesson a fortnight. Plus 2 hours and 40 min a fortnight of Sport on Wednesday afternoon.**
- **Year 10: Two PE lessons a fortnight. They do not do any PD/H lessons but instead do three assignments through out the year based on the syllabus. Plus 2 hours and 40 min a fortnight of Sport on Wednesday afternoon.**
- **Year 11: 2 hours and 40 min a fortnight of Sport on Wednesdays (this is compulsory). Can chose PD/H/PE which is a theory only subject. Three periods a week.**
- **Year 12: Don't have to compete in Wed afternoon sport if don't want to. Can choose PD/H/PE as a subject (theory only). Three periods a week.**
- **In year 11 and 12 they can also choose a subject called Sport, Lifestyle and Leisure (SLR) but it is not a board endorsed subject therefore the marks don't count towards a UAI but usually the students who choose this subject aren't likely to be going to university anyway. SLR is three periods a week with two of these practical and one theory. It isn't as in depth as PD/H/PE but does touch on similar subjects (Anatomy, physiology, biomechanics, nutrition etc)**

# School PE and Sport, Victoria

- Prep - Year 3: twenty to thirty minutes of physical education a day;
  - Years 4 - 6: three hours a week of physical education and sport with a minimum provision of 50% for physical education;
  - Years 7 - 10: one hundred minutes per week each for physical education and sport.
- 

# AT Melbourne Girls' College (public secondary girls school year 7-12)

- **Year 7 - 105 mins of PE per week and 70mins per week of sport plus voluntary interschool practice**
  - **Year 8 - 70mins of PE, 70mins of Sport per week plus voluntary interschool practice**
  - **Year 9 - 70 mins of PE plus there are two electives of 175 mins per week (Human Movement Science and Outdoor Education)**
  - **Year 10 - 70 mins of PE per week plus 4 electives of 210 mins per week (Outdoor Education, Issues in Health and Sport Science, Fitness for Life and Sports Action Management).**
  - **Year 11 and 12 - all activity is a part of VCE selections of either Outdoor Ed, or Physical Education or voluntary interschool practice.**
- \* Also a rowing program for year 8 and above and Aerobics program for all years.*

# Progress to 2009

- No official response to the Senate Report, but more ASC leadership grants announced for 2009
- W-league (national football) televised and Trans Tasman Netball League on digital TV
- AWRA received three major government grants: for a leadership workshop program, a media project and for web modules on leadership

# Policies and Strategies

- Government Sport White Paper in 2008 which lists “promoting women in sport” as a priority
- Paper led to an Independent Sport Panel Inquiry - but reports in August 2009
- Still no progress with a national sport policy plan and no improved opportunities for women

# Conclusion

- Still much to be done Down Under
- AWRA is committed to working with the government, sporting groups and the media to facilitate equal opportunities for women and girls in sport
- [www.australianwomensport.com.au](http://www.australianwomensport.com.au)
- Can join AWRA through website (its free!)