

Mixed VS Single Sex PE Lessons

By Ruby, Abhirami and Michelle

Introduction

This project is about the opinions of students based on whether they prefer mixed gender or single sex PE lessons.. We are looking to achieve/discover if females and males are comfortable doing PE lessons together or if they prefer doing PE lessons separately.

Research

As stated in the Children's Sport Participation and Physical Activity study (CSPPA) we found out that physical activity guidelines said that children and youth should participate in moderate to vigorous physical activity for at least 60 minutes everyday (MVPA). We found out that males are more active than females and the key findings say females were less likely than males to meet the physical activity recommendations. Therefore, the reason we are investigating this project to see why girls don't participate as much as males in physical activity.

Recommendations

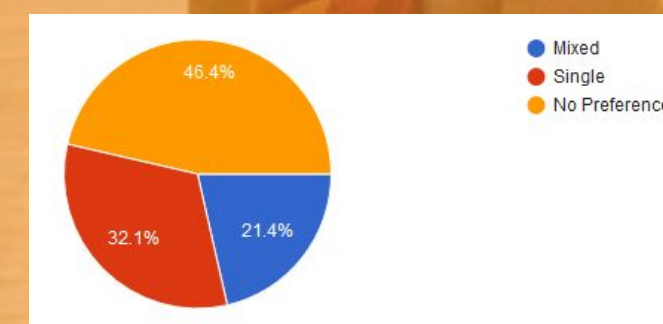
- If we were to further this project, we would expand the research area to see if students would learn better in a mixed school or a single sex school.
- Instead of conducting surveys we would experiment males vs females doing different activities such as basketball, football and so on.
- We could increase the sample size and have equal amount of participants on both genders.

Results and Discussion

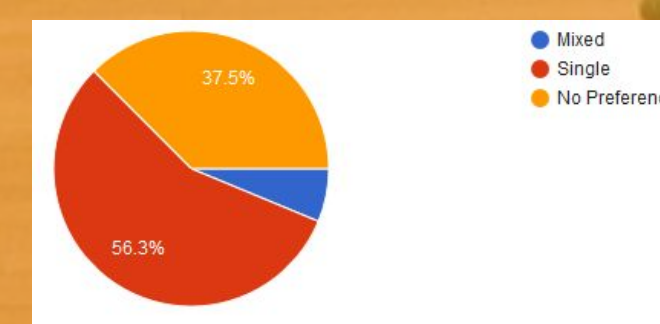
After we conducted our survey, we got a vast variety of answers from both genders: female and male. We then took all the results and then put them in graph form. When we did this, we could see which option was the most common one circled by both of the groups. A few examples are shown below:

1. **Do you prefer mixed or single PE lessons or no preference?**

Male



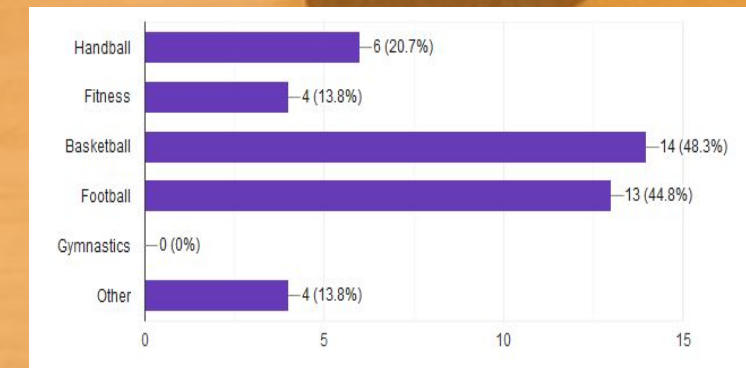
Female



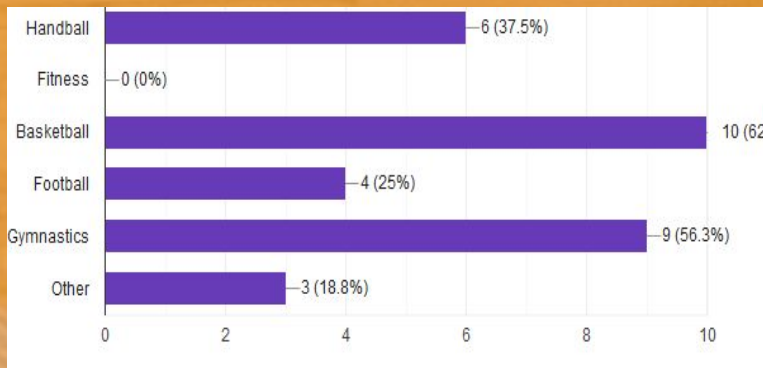
There is a vast difference between both of these results. The boys did not care much about the gender of the class, with 46%. They were ok with any scenario. However this was not the case with females; there is a huge difference between which they prefer, the single and mixed classes . A huge 57% said the would prefer a single sex environment.

2. **What are your preferred activities in your PE lessons?**

Male



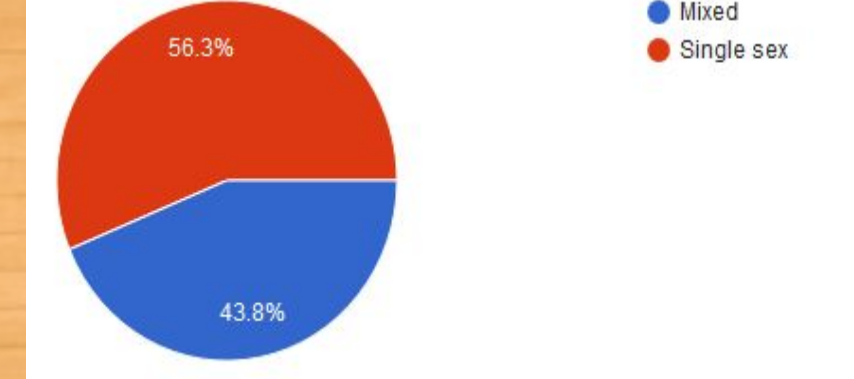
Female



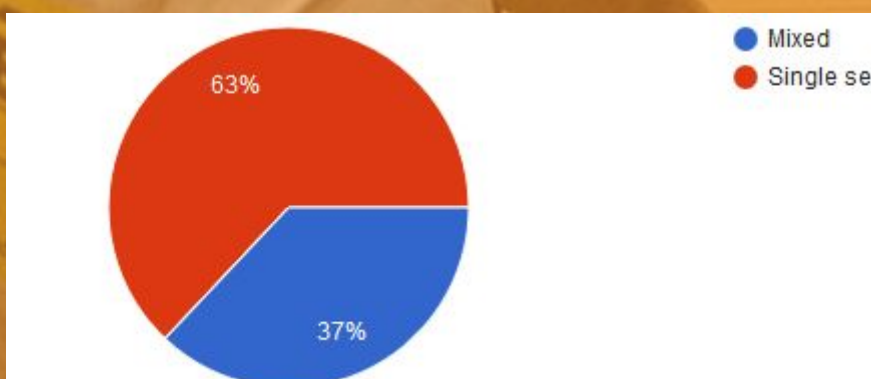
You can see that there is a diverse range of preferences. For example 20.7% of the boys chose handball where 37.5% of the girls chose handball. For the boys, there is a strong dislike of two sport activities which are: gymnastics and fitness . The boys had no interest in gymnastics. Therefore the numbers of other sports have increased. They as a group do not like the sports activity. The same thing could be said about the strong dislike of fitness for girls. The majority of both groups liked basketball the most.

3. **Do you think you would push yourself harder in a mixed or single sex PE lesson?**

Male



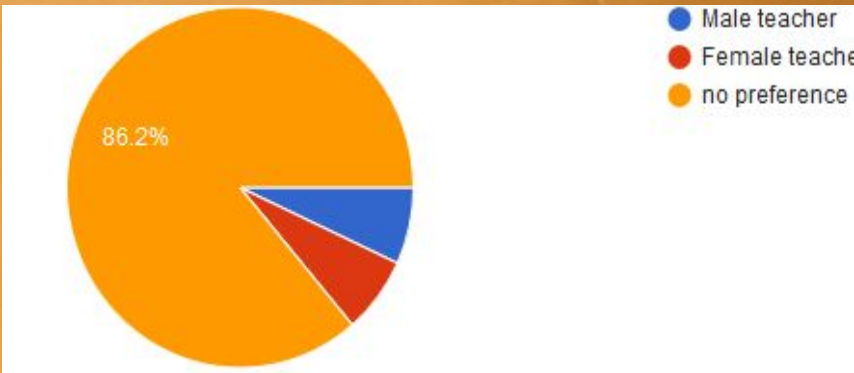
Female



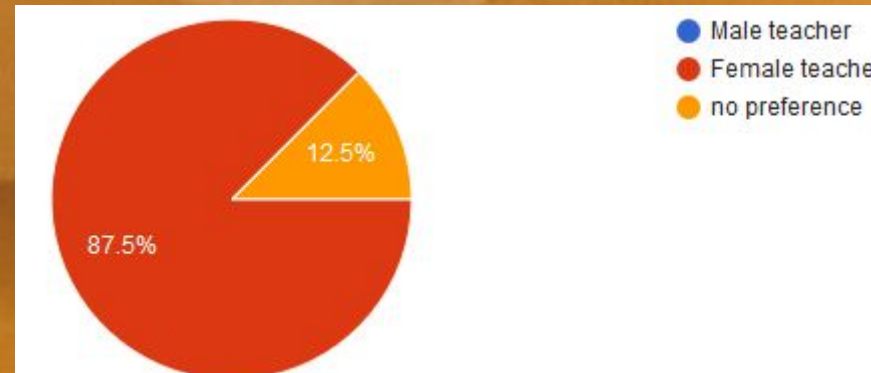
The females however have a stronger opinion. In a girls view they are more comfortable in single sex class to go tp their fullest rather than in a mixed class.

4. **Would you feel more comfortable in PE with a male teacher, female teacher or no preference, depending on your gender?**

Male



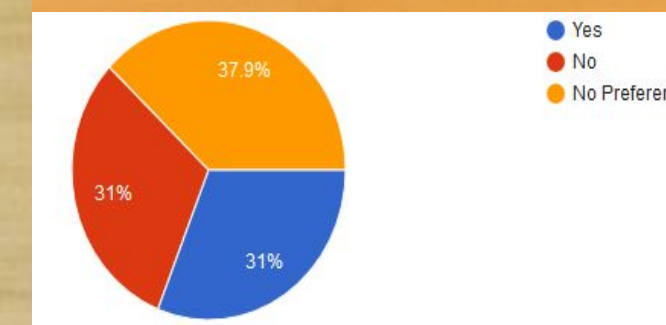
Female



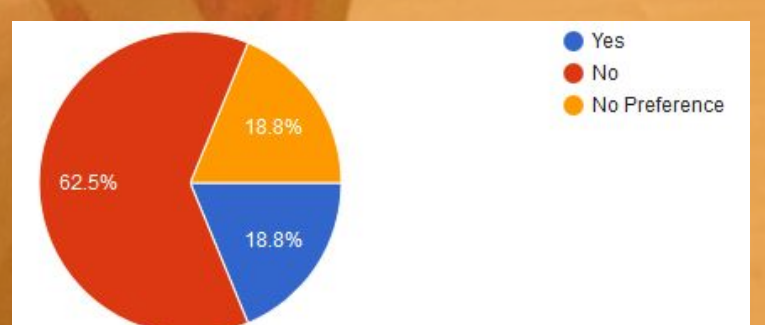
There is a huge difference in their opinions . The males did not care if a male or female teacher was teaching, with 86% having no preference. However the females had a strong opinion on which gender should teach them, with 88% saying a female teacher. Another interesting thing is that none of the females had answered for a male teacher.This shows that they prefer a female teacher over a male teacher.

5. **Would you feel comfortable performing a gymnastic routine in front of your opposite sex?**

Male



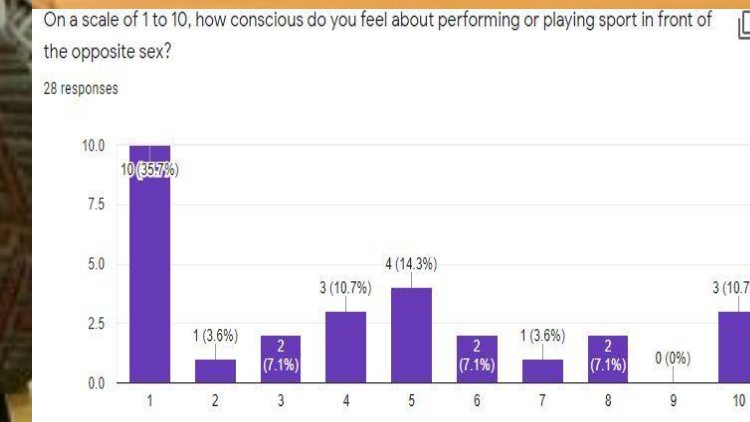
Female



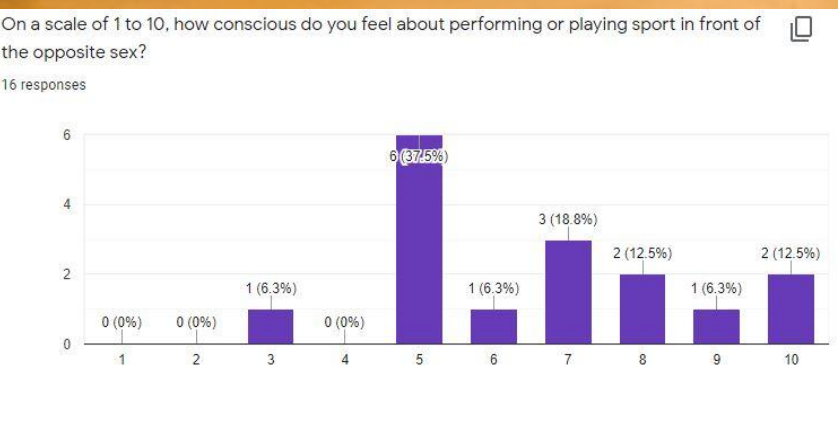
The boys' responses were divided into three parts and the slightly bigger part was no preference. This shows that most boys are not shy. The females however do not like performing in front of the boys. They have a pretty strong opinion of their own.

6. **On a scale of one to ten how conscious do you feel about performing or playing a sport in front of the opposite sex?**

Male



Female



One is the least and 10 is the most. As you can see, the boys really did not mind performing or playing a sport in front of the opposite gender. About 35.7 % did not mind, that's the majority of the boys. Whereas the girl's majority is halfway at 5. They did not mind having to perform in front of the opposite sex but most of the girls are between 5 and 10. That says that most of the girls mind performing. Therefore it is safe to say that the sample of boys don't mind performing in front of the opposite gender whereas the sample of the girls do mind performing in front of the opposite gender.

7. **Is it fair that girls can play on the boys team but the boys can't play on the girls team for extra curricular activities ? Explain your answer in a few lines or sentences.**

The majority of the boys have replied that it's not fair as they think that both genders are not treated equally and it's not fair to the boys . Some even said it's favouring the girls side. Some have said that it's fair as boys are physically stronger due to hormones . They also said that it would be an unfair advantage to one team if boys played. Whereas the majority of girls had said that it's not fair to the boys and are against this from happening.

I think that both sides can agree on this as it is unfair to the boys and should keep only boys on the boys team and girls on the girls team only to ensure that it's fair .

Conclusion

- In conclusion when asked 'do you feel comfortable doing physical activity and/or sport with the opposite sex', males had no preference whereas females preferred single sex.
- The biggest difference we saw was on question 4 where the boys had no preference to the gender of the teacher whereas the girls preferred a female teacher.
- Both genders would push themselves harder in single sex PE lessons.
- There was some 'no preference' to the questions this might be because they were comfortable with both mixed and single sex.