

Play, move, belong:

Disabled girls

This infographic shares insight from the report on disabled girls' experiences of sport and activity.

Four in ten (39%) of the disabled people who took part were girls.

Our **Play, move, belong report** looks at young disabled people's experiences of playing sport and being physically active. Over 1,000 children aged 5 to 16 took part in the project – including 521 disabled and 506 non-disabled young people – and their parents, supporters or caregivers.

Survey research by Activity Alliance and supporting partners: Sport England, Access Sport, Loughborough University, ParalympicsGB, Youth Sport Trust (2025).

How active are disabled girls?



Disabled girls are less active than non-disabled girls.



Four in ten (41%) do less than 30 minutes of activity per day over an average week.



How do they feel about sports and activities compared to non-disabled girls?



They are less likely to feel that sport and activity is for them.



Less likely to see people like themselves being active.



Less likely to feel confident.



Less likely to find sport and exercise easy.



They are just as likely to want to be more active.



Just one in four can always join in PE or school sports.

What motivates disabled girls to be active?



To stay healthy.



To have fun and enjoy it.



To support their mental wellbeing.



It makes them feel good.



It builds their confidence.

What stops them, or make it more difficult for them to be active?



Lack of confidence.



They don't want to go/do it on their own.



They don't feel comfortable.



Feeling like they won't belong.



It costs too much money.

What type of sports and activities do they like?



Fun activities.



Activities with others.



Outdoor activities.



Quiet activities.

Who do they like to be active with?



A mix of disabled and non-disabled children.



A mix of girls and boys.



One in four want to be active with other girls.

Where do they like to be active?



At school.



At a leisure centre or swimming pool.



Outdoor spaces like the park, seaside or street.



At home.

What would disabled girls like to do more of?



Go to a park or play area.



Go to a leisure centre or swimming pool.



Play at a friend's house.



Play at home or in their street.



Go to classes like karate or dance.

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Activity Alliance is the operating name for the English Federation of Disability Sport. Registered Charity No. 1075180.

This document is a summary of key findings. The full research report with additional findings and data to support the insight presented here is available on Activity Alliance's website:

 activityalliance.org.uk

Please contact our research team to discuss how to access, interpret and use the data:

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