

# DISENGAGED AMELIE

Amelie is 13 years old and lives in South East England with her parents and younger sister. She loves to read and play with her sister in her garden or at their local park. She is in Year 8 and hasn't started her GCSEs but feels her workload is heavier now compared to when she was in primary school. This limits her spare time, especially on weekends. Since both her parents work, any activities she does have to fit in around the family's schedule. Amelie's parents were quite active at school and encourage her to go on walks with them, but she prefers being at home and in her garden.

Amelie doesn't do any regular physical activity beyond PE in school. She finds traditional **team sports too intense and feels there is too much focus in PE on drills and skills, rather than having fun.** Sport doesn't come naturally to Amelie. She **feels intimidated by some of her sporty friends and this puts her off trying.** She previously enjoyed athletics and swimming at school because they weren't too tiring and she felt her height **made it easier for her to do them well without too much effort, so she enjoyed them more.** She swam regularly when she was much younger and this **helped her to feel confident** when doing it in school.

She **prefers activities that are less intense** where she doesn't have to run around much. **Fun is everything to Amelie;** she doesn't really notice how out of breath she is when she's enjoying herself. She loves playing chase games at break with her friends as there are **no rules and restrictions and she feels free and happy.** Amelie also likes **trying new things and activities that aren't typically 'sporty'.** She has tried yoga before and liked the feeling of relaxation it gave her. One of her favourite things to do is dancing. **She doesn't see dancing as a sporty activity and likes how exciting and different it is.** She's inspired by dancers on shows like

Strictly Come Dancing and does online routines at home.

Amelie would like to be more active and is thinking about swimming again as she liked how relaxed and refreshed it made her feel, but **she doesn't feel like she has the time** with schoolwork and her family's schedule. She would like to do activities that are **exciting, fun and carefree but doesn't feel there is anything for her** at school or where she lives that will keep her motivated.