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FAO: LOCAL REPORTERS

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DAVID TORRANCE MSP WELCOMES INCREASE IN SPORTING ACTIVITY AMONGST WOMEN AND GIRLS



Local MSP, David Torrance showed his support for Women and Girls in Sport Week during a visit to Kirkcaldy Shotokan Karate to speak with members regarding the rise in popularity of the sport, amongst women and girls in Fife.

The first Scottish Women and Girls in Sport Week saw a wide ranging programme of activity take place all over Scotland to encourage more women into sport and physical activity, raise awareness of those regularly taking part at all levels, and address the barriers that lead to lower activity rates among women.

New statistics show karate to be one of the fastest growing sports for girls in Scotland, with the number of participants more than quadrupled between 2011/12 to 2016/17, from 9,915 to 34,544.

Kirkcaldy Shotokan Karate have seen their membership reflect this change in trend over recent years, with a significant increase in the number of female members.

Commenting, SNP MSP David Torrance said:

“We all know that participating in sports promotes health and mental wellbeing, in addition to helping the development of important social, emotional and life skills; it is vital that we work to increase participation and raise awareness to address removing the barriers some still face when it comes to getting involved in sport and physical activity.

“Although physical activity levels among teenage girls are increasing, there is much more to do to.

“I am delighted to see positive action being taken by the Scottish Government to drive change and support increased participation, including the creation of a Women and Girls in Sport Advisory Board to guide Scottish Government activity and by maintaining our £300,000 Sporting Equality Fund.”

Kirkcaldy Shotokan Karate is open to boys and girls from the age of 3. From this early age, students become more active through the physical side of karate, and also learn self-discipline and respect for themselves and others. The club is open 4 nights a week with various classes to suit different ages groups and skill levels. The club also conducts fundraising events which allows students the opportunity to travel abroad and compete in competitions against the best in Europe.

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