

‘DISENGAGED’ NAOMI

Naomi is 14 years-old and lives in Manchester and currently attends a girls school. She lives with her mum and two younger siblings, Misha and Jaden. Her mum works as a carer and has very little time to exercise or be physically active, although she has a very busy and active job. She has encouraged all her children to work hard at school, so Naomi prioritises her studies over almost everything else in her life.

Naomi has **never really been into exercise or playing sport** and never felt like she could keep up with the ‘sporty’ girls at school. She has really **negative memories of PE class**, embarrassing moments like falling off apparatus and always being picked last for things. She feels that school **sport is far too serious and competitive** and that **she was never as good as everyone else** in her class.

She feels **really self-conscious about the way she looks** and feels like everyone is watching her in PE, especially as she has a larger build than most of her friends. She often makes excuses of feeling sick or forgetting to bring her PE kit, so she doesn’t have to take part.

Her younger brother is really ‘sporty’ and takes part in after school clubs with other boys and **Naomi admires his competitive spirit**. Her sister Misha is fairly active as well and plays on the school netball team once a week. **Naomi is more academic, so doesn’t have much in common with her brother and sister.**

Naomi has a small group of close friends that she enjoys spending time with doing every day things, like hanging out at each other’s houses and going shopping. Her mum works evenings sometimes and is quite protective over her children and doesn’t like them being away from home too much. **Naomi spends a lot of her time**

chatting with friends on social media, watching Netflix with the family, doing homework and revision and visiting her aunt, who looks after her when her mum is at work.

Playing sport isn’t a priority for Naomi but she would like to be a bit more active, as she feels this could help her connect better with her siblings. She knows doing exercise is important but it’s just not something she’s ever been interested in, and is **scared to do based on her previous experiences. She wouldn’t even know where to start.**