Our Girls Can!

With many girls still not achieving the target of 60 minutes of daily activity, this targeted programme is an excellent example of supporting Southeast Asian Girls in Key Stage 2 to get active.

With the support of local community clubs, local provision, and National Governing Bodies, the School Games Organiser has created a stepped pathway for young girls to transition into community clubs.

By bringing schools, mothers, and daughters together, this programme has supported over 1,000 students to become active in rounders, cricket, football, and rugby at festivals and on through school site coaching.

"From the targeted girls' programme last year, Healey JI have seen a huge increase in girls wanting to become more involved in sporting activities. For the first time, we now have a weekly girls' football club after school; a teen team of girls playing tag rugby and girls wanting to continue playing cricket and rounders" – Head Teacher, Healey JI School

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Objectives

- To provide opportunities outside of the school day for all Key Stage 2 girls to participate in sport and physical activity
- To support the creation of pathways for young people from participation in schools to local community sport clubs.

Who was the target audience and how were they engaged?

The local School Games Organiser (SGO) identified high inactivity levels of Southeast Asian girls in the local community. To support an increase in opportunities for these young people, the SGO established a programme inside and outside of school, with local clubs and National Governing Bodies creating transition clubs as a stepping-stone from school to local community clubs.

These activities consisted of rounders, cricket, and football festivals in inter-school competitions and an on-own school site coaching support program which also included mother and daughter sessions.

To help the young people transition into community clubs, local partners such as the Yorkshire Sport Foundation, YCB, Batley Ninjas, and Ready Steady Active were invited to deliver and support these activities.

Why was the activity unique?

The event evaluated the barriers that these girls experienced which deterred them from attending clubs outside of the school environment. Through the creation of girls-only events and sections within clubs, this project created a pathway for girls to find confidence in sport through the safe environment provided by their school.

By inviting parents to sessions in a mother and daughter practice, this provided education to parents and encouraged them to be active with their daughters. There was no attempt to force young people to attend sessions, each activity adopted a fun themed approach which encouraged social connections, making friends, and creative play.

What was the impact felt in schools and by CYP?

The engagement from each school has been fantastic with each inter-school competition reaching maximum capacity. 22 Schools took part in at least some part of the programme, and over 1,000 girls accessed at least some part of the programme. Over 55 girls and 15 mums attended the stay and play sessions and in total, over 300 pupils engaged across the competitions.

"These targeted events gave girls the confidence they needed to want to go to other events… I was struggling to get girls, especially Asian girls, to any events. Now they are all wanting to go! It's encouraged them to seize the opportunities to join clubs away from school – they've gained new friends, and they are eager to participate in sport in and out of school" - PLT Batley Parish

Why is this an example of School Games best practice?

This is an excellent example of targeting the young people that need most support to be physically active. By scheduling multiple events with the local community groups, pupils were able to participate in taster events to build a pathway to community sport.

Alongside creating friendships and building a community group for these girls, this project has provided multiple opportunities for young girls to be active both inside and outside of school to achieve their 60 minutes of daily physical activity. The programme was even culminated with a PLT team being cobbled together playing rounders against the Batley Ninjas.

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