

Developing Life Skills and Leadership through Football

GAME
OF
OUR
OWN

Programme Aims:

- Improve the PE experience for girls through teachers adopting a life skills approach to PE using football as the vehicle.
- Increase the number of girls participating and enjoying football related activities
- Develop girls in leadership roles as Football Activators to create and deliver relevant and enjoyable opportunities for more girls in their school
- Support girls' to transition into community football opportunities.



See how
Bottisham Village
College have
embedded Game
of Our Own





Programme Pathway

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G000: Digital

Access to digital resources and videos through

girlsfootballinschools.org

We have a wide range of G000 digital resources designed to introduce you to delivering a life skills approach to girls football in PE. Visit girlsfootballinschools.org and sign up to access these for free.

Ready for a new approach to the delivery of curriculum PE through life skills and leadership



Year 1 of the programme

G000: Teacher

Support teachers to engage girls' in curriculum PE through a life skills approach, using football as the vehicle.

- Identify and develop life skills and support girls to be empowered to lead football-related activity for others.
- Build teachers' confidence and competence in delivering football as part of a broad curriculum for girls.
- Increase adolescent girls' self-esteem, confidence and engagement in PE through football related activities.

Benefits:

- Virtual and face to face practical teacher training across an academic year.
- Resources to support and accelerate the lesson planning process.
- Equipment worth up to £100 to support your curriculum delivery.

Girls' football embedded on the curriculum, developing girl's life skills through PE

Building profile and interest in girls' football across the school



Year 2 of the programme

G000: Leadership

Recruit and support Girls' Football Activators to deliver peer led and designed extra-curricular football opportunities for girls in your school.

- Girls' Football Activators will be tasked with engaging new and different girls to take part in football.

Benefits:

- Attend one-day leadership training following either a marketing or delivery pathway.
- Resources to support girls to develop football activities in their school.
- Kit bundle including hoodie and t-shirt.



Already completed Game of Our Own?

You can access G000: Leadership!





G000: Teacher

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The training will explore how teachers can engage girls in curriculum physical education through football, identify and develop life skills and support girls to be empowered to lead football-related activity for others. It will be delivered by members of the YST Learning Academy and FA PE Unit staff.

Why should teachers take up this FREE opportunity?

- Develop a new approach to delivering PE with a life skills focus.
- Increase adolescent girls' self-esteem, confidence and engagement in PE through football related activities.
- Access resource cards to support and accelerate the planning process – both online and hard copies.
- View digital assets and videos to bring the activities to life after the training.
- Equipment worth up to £100 to support your curriculum delivery.
- Support from your FA Girls' Football School Partnership supported by Barclays lead to embed developing life skills for key stage 3 girls through football in your school curriculum.
- On completion, access G000: Leadership.

How do I get involved?

Contact your FA Girls' Football School Partnership support by Barclays or email fagirls@youthsporttrust.org to register for the programme.

Find out more and access FREE digital resources at

www.girlsfootballinschools.org

Training structure:

The programme will provide a blended virtual and face to face learning approach across the academic year. Over the year, you will complete four core modules:

- 1. Warm Up** – 15-minute pre-recorded video to introduce you to the programme
- 2. Kick-Off First Half** – 2-hour live video webinar taking you through the core course content and outcomes
- 3. Half Time Team Talk** – three 1-hour support workshops in small groups
- 4. Kick-Off Second Half** – twilight face to face practical workshop to bring the Game of Our Own activities to life.

School requirements:

- Deliver life skills through football for a minimum of one unit of work.
- Engage 150 girls through curriculum delivery.
- Report programme data to FA Girls' Football School Partnership supported by Barclays.

Programme Timeline:

- OCT**  Read the programme information and speak to your FA Girls' Football School Partnership supported by Barclays
- NOV**  Register for your selected course
-  Receive your programme information pack and resources
-  Watch the pre-recorded Warm-Up to prepare for your online training
- LIVE**  Join your LIVE Kick-Off First Half online training webinar
- DEC FEB**  Join your LIVE Half-Time online training workshops
-  Register for your Kick-Off Second Half face to face practical workshop
- MAR APR**  Attend your Kick-Off Second Half face to face practical workshop
-  Inspire girls in your school to develop life skills through football and a lifelong enjoyment of physical activity.





G000: Leadership

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Schools engaging in the Game of Our Own programme will be supported to establish and deliver extra-curricular girls football clubs or activity led by girls' football activators. G000: Leadership will provide the girls football activators with training and support to deliver this extra curricular activity in their school. The girls' football activators can follow one of two leadership pathways; marketing or delivery.

Why should girls' become a Football Activator?

- One day local leadership camp with interactive workshops to develop leadership skills and understanding across a variety of different roles in football.
- Access resources to support them to develop their football activities in their school.
- Kit – Game of Our Own girls' football activator hoodie, t-shirt, lanyard and resource cards.
- Develop an understanding of the skills they've learnt through the programme and how they can transfer them to wider life.

Schools will need to recruit Girls' Football Activators from key stage 3. The girls will attend a one-day leadership camp to:

- Develop their understanding of being a Football Activator and their collective work as a team to engage more girls in relevant and appealing football activities in their school.
- Explore the motivations of girls and consider creative ways to engage more girls through football related activities.
- Increase their confidence to undertake a range of leadership roles: girls will follow a marketing OR delivery pathway (half from each school).

There are two pathways as part of the G000: Leadership – Marketing or Delivery. See 'Girls Role Poster' resource for the breakdown of skills and roles under each pathway.

How do I get involved?

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Programme Timeline:

JAN



Read the programme information and speak to your FA Girls' Football School Partnership supported by Barclays

JAN
FEB



Promote the opportunity to girls in your school – use the 'Girls Role Poster' resource to support you in demonstrating the different pathways



Invite girls to apply for the opportunity – This helps to capture those students the school wouldn't necessarily think of, increases their commitment and raises the profile of the programme and prestige associated with it

FEB



Ensure selected girls understand what to expect from the training, the pathway they are following and their collective work as a team to engage more girls in football

MAR
JUN



Girls attend either marketing or deliverer training



Girls deliver an engaging and fun extra-curricular opportunity for new and different girls to experience football at your school.



FOR ALL



TOP TIPS

for Recruiting Schools and Supporting Girls' Football Activators

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These top tips are based on best practice shared from teachers who have been engaged in the Game of Our Own programme.

Recruiting Schools onto the Programme

- **Highlight the value of the programme in relation to the Ofsted framework.**
This will support the buy in from the whole school and in particular the senior leadership team.
- **Get the right member of staff on board with the programme.**
The success of the programme often hinges on their commitment and investment. Make sure they attend the training to increase their engagement.
- **Champion the life skills.**
Focus on the leadership aspect rather than football coaching. This helps broaden the interest of girls and helps them to understand the wider benefits of being involved. This also makes this more appealing to schools. Make it obvious the skills they are developing as part of the programme.



Supporting and Recruiting Activators

- **Use an application process to select your Football Activators.**
This helps to capture those students the school wouldn't necessarily think of, increases their commitment and raises the profile of the programme and prestige associated with it.
- **Carefully select Football Activators.**
Consider what works best in the school's context, ensure that girls can be seen as role models, have the time to commit to the programme, are the right age for the target audience and not necessarily your best footballers.
- **Support Football Activators to think creatively about the format of the club.**
Support the school to think outside the box in the way that they both advertise and run their club, including the wording they use to describe it and they types of activities they include.
- **Develop a concrete action plan at the end of the training day.**
This helps maintain momentum from the training and gives accountability and responsibility for next steps.

Contact: fagirls@youthsporttrust.org
Website: girlsfootballinschools.org



Identifying and supporting girls to be football activators

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Girls' football activators can follow two pathways through Game of Our Own; marketing or delivery. The skills and behaviours for each pathway will help you to recruit the most suitable girls for each of the roles.

1 Recruit

Football activator

All football activators should make football inclusive and fun for everyone.

They should demonstrate:

- ▀ Resilience
- ▀ Responsibility
- ▀ Teamwork

Deliverer

Deliverers may undertake a range of roles to engage girls in football activities such as festivals and competitions. They should demonstrate that they are:

- ▀ Approachable
- ▀ Empathetic
- ▀ Confident delivering

Marketeer

Marketeers may undertake a range of roles to create an appealing brand and market football in their school. They should demonstrate that they are:

- ▀ Creative
- ▀ Good communicators
- ▀ Reflective

2 Inform

Meet with girls before the one day training camp so they;

- ▀ Understand why they have been identified/selected to be a football activator.
- ▀ Understand their collective role as a team of football activators to develop relevant and appealing football activities for girls in their school.
- ▀ Understand how the training will support them to do this as a team.
- ▀ Understand the pathway they will follow and roles they will undertake (half of the girls will follow a marketing pathway and half will follow a delivery pathway)

3 Support

After the activator training your activators will work together as a team to develop and deliver appealing and relevant extra-curricular football opportunities for their peers.



Delivery Roles



Coach

I help others to develop their skills and improve as players.



Event Manager

I plan, organise and oversee the running of events.



Team Manager

I look after a team of players before, during and after games.



Official

I manage the rules, equipment and players during a game.



Club Organiser

I set up and run extra-curricular clubs.



Marketing Roles



Market Researcher

I make sure the football offer matches what girls want.



Designer

I make sure girls' football is attractive to girls.



Motivator

I encourage girls to get and stay involved in football.



Reporter

I record, comment on and promote girls' football.



Media Manager

I make sure girls' football has a high profile.

