



## Girl Power

### Empowering Girls – Yr.3/4 Case Study

#### Case study - Target Group

Inactive/disengaged Girls in Yr. 3/4

- Low physical skill levels
- Low confidence levels
- Avoids/dislikes taking part in PE
- Doesn't attend any physical extra curricular clubs
- Doesn't access any local sports clubs

#### Background

National research shows that physical activity levels start to decrease in children as young as 7, and that by this age girls are already less active than boys. This is known as the 'Tipping point' for girl's attitudes and confidence.

At North Solihull Sport we wanted to make a difference by introducing the Empowering Girls programme "Girl Power".

#### Girl Power Vision

To inspire girls to become more physically active and grow in confidence.

Project aims:

- To instill a love of being active in girls aged 7-9 with a view to improve physical and mental health.
- To empower and support girls in Yr. 5&6 to lead and inspire as role models.
- To identify and raise the profile of all women in sport.

#### How?

1- A leadership event for Yr. 5/6 girls, identified as role models - **Workforce**

2- A fun festival of activity lead by Yr. 5/6 girls for Yr. 3/4 pupils. Elite athlete visit (Paige Williams & Mini- Isabella Cesar)– **Inspire/Engage**

3- A tailored school based 12-week intervention lead and delivered by the staff member & Yr. 5/6 leaders. - **Intervention**

4 - A celebration/award ceremony event in Summer 2. – **Celebration**

#### Timeline of actions taken by school

##### Autumn 1

- The Girl Power programme details were shared with all North Solihull Sport member schools.
- A female member of staff from each school was selected for the programme to act as the Empowering Girls mentor/lead within their school.
- The selected member of staff attended an information event. The event covered:
  - The profile of a Yr. 3/4 inactive girl
  - The profile of a Yr. 5/6 active mentor
  - Barriers to participation for girlsSchools in attendance discussed what the 12week programme may look like in their school and how to ensure it is pupil centered/led. (Autumn 1).

##### Autumn 2

- Selected girls from the Yr. 5/6 group attended a training event on sports leadership, empowerment and building friendships. (Autumn 2)

##### Spring 1 & 2

- A 12 weeks "Girl Power" group was created involving the inactive girls from Yr. 3/4. All sessions were pupils centered and lead by the Yr. 5/6 Girls. (Spring 1 & 2)
- All pupils attended a fun multi-activity festival lead and developed by the Yr. 5/6 girls. The event included a visit from inspiration elite female athletes. Free tickets to an upcoming WSL football match were also gifted to all girls (Spring 1).
- 12 weeks of the club were completed (Spring 2).

##### Summer 2

- A celebration party/award ceremony with all girls and staff involved. The event includes party games, awards, party bags and a glow in the dark disco. (Summer 2)

## Impact and Outcomes on the Yr. 3/4 Girls – Feedback gathered from 1 partner school

### How we collected the evidence to show the impact of the programme

- The Yr. 3/4 girls who took part in the empowering girls club completed a questionnaire, which they then completed again at the end of the programme.
- We conducted interviews with pupils on the programme to gain verbal feedback.
- Parent evaluation forms were completed.
- Teacher feedback.

### Feedback from some of the Yr. 3/4 girls involved in the Fun Multi-activity Festival:

“Best day of School ever! Really fun and joyful day.”

“I found today amazing! I want to say thank you to all the teachers and staff that helped out. I loved meeting the Gymnast and Footballer.”

“I felt powerful.”

### Feedback from the Yr. 3/4 Girls once the 12 week intervention was complete:

“ I like the group because you get to make new friends and it has taught me that girls can do sports as well”

“ It has helped me to tell the boys that I can do sports as well, I am a sporty girl now.”

“ I am grateful, I would like to do this twice a week.”

“ I like how the group tells you that sport isn't just for boys its for girls too. And it makes me feel more confident as I have made lots of new friends.’

“Before empowering girls group I didn't do a lot of sport, I now go to karate.”

### Yr. 3/4 questionnaire results:

80% of pupils reported an increase in confidence levels.

75% pupils said they were a now a better friend.

75% pupils said they were now happier more often

77% of pupils said they now enjoyed physical activity more.

### Staff feedback on the programme:

“The girls from your empowering girls club were so excited to take part in the personal best challenge today, normally they are quite withdrawn and they are often so quiet! But I couldn't believe how involved they all were, it was such a lovely thing to see.”

“I can't believe how much more confident \*\*\*\* has gained from your club! She absolutely loves PE now and she is always asking if she can demonstrate! I honestly can't believe it, at the start of the year she was so self-conscious.”

“I still can't believe how excited and confident \*\*\* has become. I was honestly shocked to see her speaking and engaging with the year 6 leaders and mixing with the year 3 and 4 girls so well. She was a completely different person before.”

### Staff Feedback PE Co-ordinator (in school programme lead):

Leading on the Empowering Girls Project has been truly fulfilling. Seeing year 3 and 4 participants as well as year 6 leaders relish the opportunities provided with such enjoyment and satisfaction has been overwhelming to witness. The comments from both participants and parents motivate me to continue with the project, involving even more of our inactive pupils.

The project has been a fantastic opportunity for me as a female role model to inspire the younger generation to live healthy and active lifestyles. Witnessing first-hand the increase in self-confidence and self-esteem in the girls has been emotionally rewarding and touching. Many of my pupils leaders often attend Birmingham City Ladies football matches as they were truly inspired by Paige Williams who they met at the empowering girls event organised by the SGO.

The project has provided with me a greater knowledge and understanding of the number of girls in LKS2 who are inactive, which has been invaluable for my own CPD. It has highlighted the significance of targeting these groups of learners and the importance of providing them with opportunities to increase their physical activity levels.

### Parent feedback:

“My child loved the Empowering Girls club. She enjoyed visiting Smith's Wood School and receiving a ticket to watch Birmingham City Ladies play Arsenal. She feels more confident doing sports and being more active. She enjoyed playing with the other girls from the other year groups. She is now more interested in taking part in physical activity after school.”

“My child enjoyed going to the club, she enjoyed being more active and making new friends. There was nothing she did not enjoy! She is now more confident and attends weekly Tennis lessons.

“My child has enjoyed the empowering girls club. She looks forward to it each week. She has also definitely grown in confidence over the last 12 weeks.”