

# GIRLS' FOOTBALL YOUTH SPORT AWARD – Briefing

In March 2017, the Football Association (FA) launched their strategy 'A Gameplan for Growth' for Girls' and Women's Football. But *why* is the strategy needed?

55% of girls say they would play football if it wasn't seen as a boy's sport <sup>(i)</sup>

Of the 11.5million players only 900.000 are girls aged 5-15 <sup>(iii)</sup>

83% of girls say they should be able to play football just as much as the boys <sup>(i)</sup>

58% of the 13-17 year-old female footballers questioned said they had overcome a lack of self-confidence as a result of playing football, compared with 51% of girls who play other sports. <sup>(ii)</sup>

Evidence supports the positive impact PE, PA and Sport have on the aspirations of young people, social behaviours and the development of leadership and citizenship skills <sup>(iv)</sup>



- (i) 2014 Football Participation – quantitative research
- (ii) The psychological and emotional benefits of playing football on girls and women in Europe (April 2017)
- (iii) The Gameplan for Growth; the FA's strategy for Women's and Girls' Football 2017-2020
- (iv) Stead & Neville 2010

The FA and Youth Sport Trust have partnered together to create a Girls' Football Youth Sport Award. A new and exciting Award scheme for 10 -24 year olds that allows young people to collect and evidence skills through their experiences in and around football helping them grow their leadership skills, enhance their wellbeing and achieve in life.

The Award is flexible and has a range of levels so that the targets can be positioned against each learner's needs and interests, from the most active to the least active.

For the most active young people the YSA will enable them to evidence what they have achieved in PE, physical activity, sport and football.

For the less active it provides a progressive pathway to motivate and challenge young people to do more.

The scheme aims to address the following challenges faced by schools and colleges today.

Declining emotional wellbeing and resilience

Developing character traits, life skills and leadership in young people

Raising aspirations, narrowing the gap and enabling social mobility

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What are the outcomes?

## WELLBEING

Through the Award young people will be able to demonstrate their responsibility to their personal, physical, emotional and mental health and wellbeing. Central to the Award is a personal commitment to making daily physical activity a lifestyle habit. This will be linked to the Chief Medical Officer's minimum recommended activity levels. (CMO 7x60min)<sup>1</sup>.

## ACHIEVEMENT

Through the Award young people can achieve and collect a range of qualifications and skills across the full spectrum of the football landscape. For example, they can learn to become coaches, umpires, event managers, team managers, fundraisers, sporting activators, club organisers etc... The GF-YSA schools in 2017 may have access to new courses as they are developed.

## LEADERSHIP

At the heart of the Award is Leadership, both personally and with others. Through the Award individuals will explore ways to test and develop their skills in a wide spectrum of experiences in, and alongside, football. The Leadership will be linked closely to volunteering and 'service' to sport; the experiences will be graded by complexity, commitment and duration.

## REFLECT

At the end of the Award, the young person will reflect back on the skills they have learnt and the attributes they have demonstrated through the Award. The reflection will aim to guide the young person to understand how to transfer and showcase their learning in both written and verbal statements that are meaningful to college, university and business.

## EVENT

Central to the Award is Girls Football week. Through the Award young leaders will support and lead festivals and activities that will mobilise young women to get active through football in such a way that will encourage them to remain in the game through out of school hours clubs and on into their local community clubs.

### Training

Youth Sport Award Coordinator Training is a one-day course held regionally between October and November. The training will provide teachers or PE staff to network with peers to discuss ideas and action plans for coordinating the Girls' Football Youth Sport Award in school. We will also introduce and train the coordinators to use the e-platform, where the students can record what they have done.

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<sup>1</sup> [www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx](http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx)

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On registration for training, the Award Coordinator will be given an Award Coordinators Introduction Guide to read ahead of the training day.

## Back in School

- 66 or more students to complete their Award

LEVEL	DURATION	SUGGESTED AGE AND STAGE	
	(4-10 WKS) WITHIN 12 MONTHS	Transition 10yrs+	Supporting young people with the challenges of transitioning from primary school.
	(10 WKS – 12 MONTHS) WITHIN 12 MONTHS	KS3 11yrs+	and Building personal responsibility and empowerment.
	(10-12 MONTHS) WITHIN 12 MONTHS	KS4 14yrs+	Supporting young people to recognise and build positive lifestyle habits, skills and behaviours.

## Assessing Impact

In order for us to assess the number of girls engaged in the programme each school will be asked to submit their data 3 times over the course of the academic year – 4 weeks before the end of the autumn, spring and summer term.

Each school will need to give:

- The number of girls on the Girls Football Youth Sport Award scheme
- The age, diversity and SEN breakdown of the girls
- The number of girls trying football for the first time (a definition will be given at the training)
- The number of girls the Youth Sport Award Leaders have delivered football activity to

We are also coordinating an independent evaluation of the programme with Research as Evidence Ltd. They will be attending the training days and will provide a toolkit to gather insight from the teachers and the girls on the programme.