

# GAME OF OUR OWN

## Briefing

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



- (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

In 2016-17 the FA and Youth Sport Trust piloted the Game of Our Own programme. The programme uses insight from the FA and YST to address the following challenges faced by schools today.

Developing character traits, life skills and leadership in young people
Supporting progress and attainment across the whole school
Raising aspirations, narrowing the gap and enabling social mobility
Confidence and competence to deliver high quality PE / Physical literacy

### What is Game of Our Own?

Game of Our Own is a programme centred on character development in Girls in Yrs 7-9. The programme focuses on two aspects:

1. Teacher delivery of character education through their teaching practice in curriculum Football and PE.
2. Peer leaders (Football Activators) delivering a Football Club where they feel ownership by taking on a variety of roles within the club and further develop their character skills through training and role cards.

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### What are the outcomes for the Girls and Teachers?



#### Increased;

- ☐ Self-esteem, confidence and self-belief (through football-related activities)
- ☐ Engagement in football-related activities – through a variety of roles (player, leader, supporter)

#### Develop and improve;

- ☐ Life skills through football-related activities.



#### Recognise;

- ☐ The key principles for engaging adolescent girls in football-related activities
- ☐ The different approaches to developing girls' life skills through football-related activities

#### Describe;

- ☐ The range of football-related leadership roles through which girls can develop their life skills
- ☐ The range of resources available to support your teaching of life skills through football

#### Reflect;

- ☐ On your current practice and plan to adopt a more explicit life-skills approach to teaching PE through football.

### Training for Teachers and Girls

Part 1
Teachers' Training Part 1
On-line webinar (approx. 30mins)
<p>To be viewed by the Teachers leading the Game of Our Programme in their school. This will give the member of staff an insight into the programme and help them identify which girls to bring to Part 2. There will be some questions posed in the webinar for staff to reflect on and links to some additional reading/resources.</p> <p>Between Teachers' Training part 1 and the Game of Our Own camp we aim to have a 4 week action planning period. This is to allow teachers to:</p> <ol style="list-style-type: none"> <li>1. Share their learning from part one with other members of the department;</li> <li>2. Plan their curriculum schedule to fulfil the programme; and</li> <li>3. Select between 4 and 6 girls to be trained as football activators and brief them about their roles</li> <li>4. Register to attend the Game of Our Own camp</li> </ol>

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Part 2	
Game of Our Own 1-day Camp	
Full Day training – hosted regionally	
Attended by Teachers and between 4 and 6 Girls per school	
<u>TEACHERS</u>	<u>GIRLS</u>
<p>50% of the day will be peer learning and action planning.</p> <p>50% of the day will be practical based (please note this may be outside based).</p>	<p>The day will be a mix of interactive learning and practical activities. This will be a mixture of indoors and outdoors with the Girls weather permitting.</p> <p>The girls will:</p> <ul style="list-style-type: none"> <li>• Learn how to be Football Activators and the different roles there are to be played</li> <li>• Reflect on the characteristics of their peers and their attitudes toward Football and being active</li> <li>• Learn some football activities they can do in school</li> <li>• Learn about the character traits they are using and can improve on through being a Football Activator</li> </ul>

### Key Indicators for Schools Taking Part

- Teachers will deliver a minimum of 6 weeks football in the curriculum to 50% of the girls in yrs 7, 8 and 9.
- Football Activators will need to deliver an extracurricular club for a minimum of 6 weeks, engaging a minimum of 15 of their peers.
- Equipment: the Football Activators will receive activity cards and skills cards to support them; they will also receive a hoody, a t-shirt, water bottle, whistle and drawstring bag at the one day camp. We are also hopeful that there will be some footballs, bibs and cones that will be distributed to schools directly – this is TBC.
- Schools will also receive £250 to be used by the Football Activators; this funding can be used for marketing and promotion of their club, or for a celebration event.

### 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 participating in curriculum sessions
- The age, diversity and SEND breakdown of the girls



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- The number of girls trying football for the first time (a definition will be given at the training)
- The number of extracurricular clubs run by the football activators (for example; are they running one club at secondary school and one club for a primary school)
- The number of girls who have taken part in more than 4 sessions of the extracurricular club
- The age, diversity and SEND breakdown of the girls attending the club

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.

If you are want to get involved or get further information then please register your interest with Natasha Walker on [natasha.walker@youthsporttrust.org](mailto:natasha.walker@youthsporttrust.org)

