

DIVERSIFYING THE PE OFFER FOR GIRLS

CASE STUDY - PLYMPTON ACADEMY, PLYMOUTH:

Purpose for engaging in the programme; Plympton Academy wanted to try a new approach to introducing girls' football to the PE delivery, after experiencing low interest levels in a previous initiative with a coach from Plymouth Argyle.

GAME
OF
OUR
OWN

What was the aim?

To diversify the sport offering for girls for their school life and beyond.

To challenge perceptions in school that Football is a 'boy's sport'

To inspire girls to participate in physical activity and to use football, a popular activity, to improve life skills and add value to sport.

What was the impact?

- Using the Game of Our Own model in PE Lessons led to improved spatial awareness and other abilities which can be used in other sports:
"The transfer of skill is huge. It crosses over into every other subject we do. Both life skills and other invasion games (basketball, netball, rugby)." – Game of Our Own School Lead
- After their training and after reading session there was noticeable difference in the confidence levels of the Football Activators, especially the more timid of the girls:
"What I loved was seeing those girls that aren't classed as sporty or as leaders, that aren't confident and bold and in your face individuals go 'yeah, I'd do that'." – Game of Our Own School Lead
"Self-belief has increased for every single one of them, even if they play outside of school. It could be the leadership aspect to the skill aspect. Every single one of them has gone from 'I can't' or 'I'm not very good at' to 'I can' or 'I'm better at'." – Game of Our Own School Lead
- To launch the opening of a new 3G pitch the Academy ran a football festival using the Football Activators. The festival drew attendance from non-feeder primaries and press interest. The school now has connections with three new feeder primary schools and has a full cohort of year 7 intake for the 2018-19 academic year, something that hasn't happened for a number of years.
"The programme has produced female role models for football, and watching the girls grow has been wonderful. It gives me a sense of pride." – Game of Our Own School Lead

What did they do?

- A teacher attended Game of Our Own training where they received training and resources for delivering PE and girls football lessons in curriculum that focus on character skill development as the learning outcome.
- Six Football Activators were chosen. They all knew each other before, so it was expected they would work well together; they had varied experience in football with some having played before and others not knowing the rules.
- The activators showed the 'This Girl Can' video in assemblies and promoted the club around school through posters and word-of-mouth. They wore their Football Activator hoodies to drive a sense of community.

Biggest challenges:

- Staff capacity – all girls' PE delivery and after school delivery is led by the sole female PE teacher in the school, so the club was led and run by the football activators.



FOR ALL