

## **Spring Term 2018**

### **Alverton Girls Can!**

Earlier in the year, we identified that we have a significant amount of girls who are not engaging in physical activity both at school and at home. All KS2 pupils have been surveyed to identify barriers to engagement and we have dedicated an amount of money from the P.E. Premium to target these girls.

#### **Why?**

The main reason we want to help this group of girls (as well as all pupils) is to improve their self-esteem. Having met with all girls from KS2, we quickly identified that the biggest barriers preventing them from attending an after school club or wanting to be physically active outside of school was a lack of confidence, friends not participating and low self-esteem - not believing they were good enough.

#### **How?**

##### **Training**

We invited Cornwall Healthy Schools in to deliver training to Mrs Dennison (P.E. Lead), Mr Timmons, our sports coach, and 8 other members of staff who are TAs and lunchtime supervisors. Mrs Dennison has also attended the YST Girls Active training with 3 pupils who came away inspired and trained as ambassadors for physical activity. As well as collaborating with Mounts Bay Academy, they will deliver their training to other girls selected by interview process who, as a team, will then begin their campaign to engage girls from across the whole school.



#### **What?**

##### **Girls Active**

Our GALs (Girls Active Leaders) have begun their poster campaign and are also in the process of organising their first event which we think will be a mother and daughter martial arts class. The GALs will lead this campaign; delivering training, organising events and leading activity sessions. The girls have also completed another survey from the YST to provide us with baseline data that will show what impact their campaign has.

##### **Coaching**

Mr Timmons has been working with 15 key girls who we felt would benefit from small group coaching. Over the 6 sessions, the girls have learnt key fundamental skills through a range of alternative sports such as boccia. They also recently represented the school at an alternative sports festival which we hope will boost confidence and raise self-esteem.

##### **Playground**

The girls identified that they would like time to practise key sports, as the boys do, during playtimes and lunchtimes. We therefore now have a section of the playground which is for girls only. This has been hugely popular and the girls are able to practise a range of sports such as netball, basketball and football.

##### **Kit**

Another issue raised was that the girls would like to be able to wear jogging bottoms during P.E. lessons and feel that the sports kit we have is not particularly 'girly'. We have therefore applied for grants to receive some kit, which the girls can choose. We will also look at our P.E. kit and think about how we can make it more appealing to girls.