

BHFNC 8th Annual Conference Girls and Women Workshop

Case study summaries

Case Study 1: 'Get Girls Active/Girls Allowed'

Daniel Keefe and Lindsay Boardman, Pensby School Sport Partnership

The Pensby SSP found that their data revealed a significant drop off in participation rates at Key Stage 4, particularly among girls. The SSP had the opportunity to send four teenage girls to a Norwich Union GirlsActive roadshow, hosted by Dame Kelly Holmes. The girls took part in a number of alternative activities such as boxercise and street dance and were challenged to look at the barriers to taking part in PE and sport, developing an action plan with their suggestions for change.

Back at school, with the support of their headteacher, the girls set up their own steering group and sent out questionnaires to find out changes that other girls would like to see in school such as to kit, activities and the changing rooms. As a consequence there are now plans to change the PE kit and the school has started to offer curriculum taster sessions in activities such as street dance. The SSP mirrored the GirlsActive event on a local scale and now all schools have their own GirlsActive action plan in place.

The SSP also took the scheme a step further to try and engage women in physical activity as they recognised that young people are likely to take on the habits of their parents. They put on a women and girls lifestyle event in the local community and offered taster sessions in activities such as pilates and bums and tums.

Case Study 2: 'Targeted Physical Activity Programme for Adolescent Girls Across Scotland'

Elinor Dickie, Health Improvement Programme Officer and Jo Surcouf, Girls on the Move Development Worker, Youth Scotland

In Scotland, there are currently three projects running to tackle the high drop off rates in activity levels amongst girls and women. Together the projects provide comprehensive and multi-sectoral interventions cutting across the formal PE curriculum, extra-curricular activities and the wider community.

All secondary schools in Scotland have been involved in '**Fit for Girls**' which aims to make a significant impact on girls' physical activity levels as well as their perception of physical activity and sport. It is a tailored training and support programme delivered to secondary schools to address girls' participation in physical activity.

A pilot called '**Free to Dance**' has involved one urban, one rural and one island setting to provide a range of dance provision for teenage girls and is tailored to meet specific needs of each area. The programme offers taster session in-school time to encourage girls to try out new activities.

'**Girls on the Move**' is a two stranded programme focusing on leadership and participation. Funding and support is provided to community projects and training opportunities for young women. Participation Grants are available to projects which provide opportunities for young women to participate in physical activity, and the Leadership Programme offers training and encourages young women to gain the skills and experience needed to lead activities within their own communities.