

# FIND OUT & FOCUS

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## EXAMPLES

Set up **opinion boxes** in the changing room. Ask girls what would improve PE for them. Group the opinions, display them on a **noticeboard** and share them with PE staff and senior leaders.

Use a **video booth** to gather activity ideas at breaks. Set up a **tablet** in a private area, post questions on the wall and ask girls to record their answers – as video or voice memo as they prefer.



Run **group discussions** over lunchtimes. Put a topic on each table; ask girls to chat then write their views on **paper tablecloths** – in red pen for negatives, blue for positives.

In PE, use a **game** to make finding out fun. Girls write their PE dislikes on post-its, slot them in balloons then blow them up. Play keepy-up before bursting the **balloons**. Sort the notes into themes for action.

Invite less-confident girls to a **focus group** out of lessons. Use **emoji cards**: ask a question; girls choose the emoji to match their feelings. This helps to get girls talking to each other.



**REMEMBER!** Share your findings with your PE teachers so they can help to create change.



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Use **social media** to share images of possible role models, e.g. elite sportswomen, celebrities, neighbours, teachers, This Girl Can examples and girls themselves. Girls **vote** by 'liking' the ones that inspire them most.

Use a free **online survey** to find out what would motivate girls to be active. Run an **assembly** to encourage girls to complete it. Ask a maths teacher for help to analyse it. Share the results with PE staff and local clubs.



Make a **'wishing tree'**. Set it up in the school **lobby** and supervise it during breaks. Girls write their wishes on 'leaves' (coloured luggage labels) and hang them from the tree. Sort the leaves to decide what to focus on.

Use a simple **questionnaire to interview** three girls in your own time. Each of the three girls interviews three more... and so on. This way, you can gather questionnaires from all the girls in a year group.

**CONSIDER:** Why has it been positive to feature 'real' women and girls in the This Girl Can campaign?



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