

Girls Active 'Stepping Up For Change' Online Training

Primary and Secondary Girls Active Leader (GLAMS) Training

Name of course	Making a Difference: What's Next?
Impact on young people	<p>As a result of this course, girls will have:</p> <ul style="list-style-type: none">• higher levels of enjoyment and engagement in physical activity• greater learning, life and leadership skills• improved health and wellbeing – now and in the future• greater self-confidence in transitioning between schools and key stages.
Targeted learners	The course is aimed at girls (primary & secondary) who have no prior experience of being a Girls Active Leader
Learning outcomes	<p>By the end of this course, learners should be able to:</p> <ul style="list-style-type: none">• Reflect on PE, sport and physical activity in their school• Plan and develop a presentation pitch• Deliver an impactful presentation with a clear message that captures and influences an audience• Develop an action plan for the future
Course timings	60 minutes
Format	The training will be delivered through Zoom.

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Overview of session

Venue requirements

- Large classroom/space so girls can move around

Equipment/software requirements

- Laptop/PC
- Headset or microphone/headphones
- Zoom Pro (ability to annotate screen)
- Music player (optional) – to play at start/during activity

Resources – for Athlete Mentor

- Workshop notes
- Slide deck
- Video (on desktop): Always #Like A Girl - Keep Playing - <https://www.youtube.com/watch?v=5XaybzQlFrk>

Resources - for School

- A3/Flip chart paper and pens
- Action planning sheet

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No.	Learning outcomes <i>By the end of this session, learners should be able to:</i>	Suggested learning activities	Resources	Approx. time
1	Reflect on their Girls Active experience thus far	<p>Welcome to SUFC: Making a Difference - What's Next?</p> <p>Introduce self and catch up with GLAMs team to find out how the programme has been going in school. Remind the girls that their role as a GLAM is to take on a principle role in the leading and marketing of activity in their school in order to inspire more girls to be physically active.</p> <p>Introduce workshop outcomes. Explain that this workshop will support them in thinking about new ideas to make a difference within their school.</p> <p>Activity: That's Me Athlete mentor says a statement out loud, and if that statement applies to any of the girls, then they have to lift both arms up and say (enthusiastically and energetically) 'that's me'.</p> <p>Statements:</p> <ul style="list-style-type: none"> • I am a Girls Active Leader • I enjoy helping others • I enjoy keeping active • I take part in 60 minutes of physical activity every day • I have been involved in leading activities in my school • I am a good leader/role model • I have set up a new sports club • I have created a marketing campaign to attract new girls to my club <p>After each statement have a discussion to encourage the girls to elaborate on each point.</p>	Slide 1 - 3: Intro	10 mins

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2	Reflect on PE, sport and physical activity in your school	<p>Task: Consultation in Action</p> <p>On a large piece of paper ask the girls to draw a smiley face, a sad face, and then at the bottom a light bulb. Athlete mentor to use powerpoint slide to demonstrate how this should be laid out.</p> <p>Under the smiley face ask the girls to write down all the positive things that take place in their school for girls in PE and sport. Under the sad face ask them to write down all the not so good things for girls. Under the light bulb ask the girls to write down two bright ideas for change. What would make a difference? What would they like to see? Try and encourage the girls to be creative but realistic.</p> <p>Next, split the girls up in to two teams (3 per team) and ask each team to take a bright idea for change. Each team will be responsible for planning and delivering a short presentation pitch to their teacher, the other group and athlete mentor on why this idea is important and what difference it will make for the girls in their school.</p>	<p>Slide 4: Consultation in action</p> <p>A3 paper and pens</p>	10 mins
3	Plan and develop a presentation pitch	<p>Presentation pitch - planning</p> <p>The girls need to think about the following when preparing their pitch:</p> <ol style="list-style-type: none"> 1. Introductions: State who you are and why you are a Girls Active Leader 2. Explain WHAT it is you intend to do and what difference this will make 3. Explain WHY this is important 4. Explain HOW it will work. What support do you need? Do you need any equipment? 5. Explain WHEN you intend to do this. Do you have a specific time frame in mind? <p>Encourage the girls to be creative and to think outside the box for their presentations. Remember, successful presentations are understandable, memorable, and emotional.</p>	<p>Slide 5: Presentation pitch, what to include</p> <p>Paper and pens for planning</p> <p>Slide 6: Quote</p>	15 mins

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4	Deliver an impactful presentation with a clear message that captures and influences an audience	<p>Presentation pitch - Delivery</p> <p>One group to present at a time to the teacher, athlete mentor and rest of the group. If ok with the teacher, presentations can be filmed and used again to promote the positive messaging in and around school.</p> <p>After each presentation questions may be asked based on what was heard to encourage the girls to elaborate on their ideas.</p> <p>Rest of group, teacher and athlete mentor to provide feedback after the presentation before switching groups. Remind the girls that these presentations can also be delivered in an assembly after this session in a bid to inspire and motivate their peers.</p>		10 mins
5	Develop an action plan for the future	<p>Complete Action Planning Sheet</p> <p>As a group ask the girls and their teacher to complete the action planning sheet to outline the next steps:</p> <ol style="list-style-type: none"> 1. What are you going to do by the end of next week? e.g. deliver an assembly, find out which activities girls in school want to do, identify a buddy to work with. 2. What are you going to do by the end of next term? e.g. plan and deliver an activity for your friends at lunchtime, support teachers in the delivery of PE lessons, deliver a presentation to your teachers 3. What are you going to do by the end of the school year? e.g. design and create a new PE kit, set up a new after school club, plan and deliver a 'girls only' event <p>If time is short then this can be finished after the session.</p>	<p>Slide 7: Action planning</p> <p>Action planning sheet</p>	10 mins

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6	Leave with a desire to make a change within their school	<p>Video to finish - Always #Like A Girl - Keep Playing - https://www.youtube.com/watch?v=5XaybzQIFrk</p> <p>Let's encourage all girls to get and stay active to help girls feel good about themselves, to feel confident and to be proud of who they are!</p> <p>Final thank you & Quote: "Remember, the change you want to see in the world, and in your school, begins with you." Good luck!</p>	Youtube video Slide 8: Quote	5 mins
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