

Girls Active 'Stepping Up For Change' Online Training

Primary and Secondary Girls Active Leader (GLAMS) Training

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| Name of course | Being a Leader & Role Model |
| 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">• Understand why physical activity and sport is important for all girls• Understand that they are role models and have the ability to influence others• Identify the skills and qualities of a good leader and role model• Reflect on their own skills/qualities as leaders and identify a goal to work on |
| 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 (and Intro slide deck if first session)
- Video (on desktop): Toddler influencing others: <https://www.youtube.com/watch?v=IK7IzfLmyco>

Resources - for School

- Paper and pens
- Post it notes

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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 |
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| 1 | Get to know each other; develop a sense of belonging | <p>Welcome to SUFC: Being a Leader & Role Model</p> <p>Athlete Mentor - if first session:</p> <p>Introduce self and get to know our GLAMs team: Congratulate the girls on being selected. Explain that out of everybody in their school they have been selected because they have the potential to have a positive impact on their peers. Show video and explain programme outcomes. These sessions will help to develop their leadership skills and support them in inspiring and influencing other girls to get and stay active.</p> <p>Name game: Ask each girl to introduce themselves by sharing their name and one word that describes them. This adjective must start with the same letter as their first name, i.e. Joyful Jenna. The next person following has to repeat the first person's name and adjective before adding their own.</p> | Intro slides 1-5 | 5 mins |

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| 2 | <p>Understand why physical activity and sport is important for all girls</p> | <p>Introduce workshop outcomes. Today's session is all about understanding what it takes to be a great leader and role model, and helping you to understand that already you are demonstrating these skills and qualities - that's why you have been selected to be a Girls Active Leader.</p> <p>Activity: Snowball fight. Teacher to give everybody a sheet of paper and girls to divide it into four boxes. In each box write:</p> <ol style="list-style-type: none"> 1. What you think a leader or a role model is? 2. Why you think you have been selected to be a Girls Active Leader? 3. Who inspires you and why? Does anybody encourage you to be more active? 4. What skills make a good leader/role model? <p>Ask everybody in the group to screw up their piece of paper and split the group in to two teams. Ask each team to stand opposite each other. They have 30 seconds to have a snowball fight. After 30 seconds athlete mentor to shout STOP. The team with the least amount of snowballs at their side wins. Repeat x 3.</p> <p>Discuss:</p> <ol style="list-style-type: none"> 1. How did it feel to be active? 2. Does it always feel fun doing physical activity? 3. Does everyone enjoy physical activity? <p>Summary: Physical activity can be enjoyable and it can be very varied, e.g., competitive, non-competitive, individual, paired, teams, and also some girls might not enjoy physical activity as much as you. It is up to you as a Girls Active Leader to provide as many physical activity opportunities to engage as many girls as possible. Your challenge is to create fun, exciting and engaging sessions so that other girls can enjoy being active as much as you do.</p> <p>Ask each girl to pick up any piece of paper. They then have to find out whom it belongs to by asking questions and handing it back over. Once all the girls have their original papers back athlete mentor to ask for volunteers to share each answer.</p> | <p>Slides 1-4: Intro, snowball fight & recommended activity</p> <p>Paper & pens (1 per girl)</p> | 10 mins |
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| 2 | <p>Understand that they are role models and have the ability to influence others</p> <p>Identify the skills and qualities of a good leader and role model</p> | <p>1. What do you think a leader/role model is? Girls to feed back. Share the definition of a Leader/Role Model. Discuss - is this you?</p> <p>2. Why do you think you have been selected as a Girls Active Leader? Girls to feed back. Reinforce that the girls have been picked because they are the best leaders and role models in their school and each of them have the ability to inspire other girls in their school to become more physically active. Well done!</p> <p>3. Who inspires you and why? Does anybody encourage you to be more active? Girls to feed back. Athlete mentor or teacher to also share a story of somebody who has helped them in their career and how. Ask the question: why is it important that we are active as Girls Active Leaders? Mention that to encourage others to be active we need to be role modelling this ourselves.</p> <p>4. What skills make a good leader/role model? Girls to feed back. Athlete mentor to annotate Leader slide with all the different skills. Reinforce that these are the skills that excellent leaders and role models need and have, but, the girls also have these skills and have the opportunity to make a difference in their school.</p> | <p>Slide 5: Definition of leader/role model</p> <p>Slide 6: What skills make a good leader/role model?</p> | 20 mins |
| 3 | <p>Understand that they are role models and have the ability to influence others</p> | <p>Video: Play Toddler Influencing others https://www.youtube.com/watch?v=IK7IzfLmyco.</p> <p>Ask the question: what does this video mean to you? Influencing others, engagement, enjoyment and confidence in being physically active. Girls Active is about you supporting and motivating other girls to help them see physical activity can make them feel good about themselves. All it takes is one person to make a difference and that one person is you!</p> | Youtube video | 5 mins |

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| 4 | Develop leadership skills | <p>Activity: Keepy Uppy Challenge - time to put these leadership skills to the test!</p> <p>Ask the girls to scrunch up their piece of paper again. They have 30 seconds to see how many keepy uppys they can make, as individuals, without the paper touching the floor. After a few minutes of practice ask the girls to feed back on how many touches they achieved.</p> <p>Next, the girls will take part in the challenge as a team. Ask them to set themselves a combined team target score. How many touches can they make as a team in 30 seconds? Re-do activity and ask the girls to feedback on how they think they did.</p> <p>What would make the task easier? Nominate a leader. Ask the leader to utilise the skills we just discussed (e.g. motivating, encouraging, supporting) and re-do the challenge. What effect did having a leader have on the team? By supporting and motivating others it will help other girls to feel good about themselves and they're more likely to get and stay active.</p> | <p>Slides 7 & 8: Keepy Uppy Challenge</p> <p>Paper</p> | 15 mins |
| 5 | Reflect on their own skills/ qualities as leaders and identify a goal to work on | <p>Pledge: To finish, ask the girls how they can be the best Girls Active Leader they can be. Ask them to write on a post it note and share with you.</p> <p>To be the best leader I can be...</p> <ul style="list-style-type: none"> • I am going to... • I want to improve... <p>Quote to finish: "Great leaders don't set out to be a leader...they set out to make a difference. It's never about the role - always about the goal."</p> | <p>Slide 9: To be the best leader I can be...</p> <p>Post it notes</p> <p>Slide 10: Quote</p> | 5 mins |