

#13 Girls Play Too: Let's Empower Female Sport

IES Serra d'Irta School
Spain

Physical Activity

Physical Education

HEPAS

School Sport

Healthy Lifestyle

Non-competitive school sport



Inclusion and diversity



Active recess

DESCRIPTION:

This programme consists of different initiatives to foster and increase sports participation among female students. Some of these initiatives are:

- Discussions reflecting about female sport throughout history and in mass media.
- Making female athletes visible with activities like "Star raining" (with pictures of female athletes and their biographies), the "Who is she?" game, etc.
- Specific all-girl tournaments during lesson breaks to encourage girls to increase their physical activity and take part in the different tournaments organised each term.
- Attending speeches or reading books on women's empowerment, equality, etc.
- Taking part in physical and sports activities outside of school.



SOCIAL INTERACTION

The project seeks to initiate communication amongst the participating girls.



IMPACT ON ATTITUDES

The project encourages girls in particular to be more active and take on a valuable role in society.

ORGANISATIONAL NEEDS

Materials like pictures of female athletes must be collected. Moreover, teachers or other people willing to help organise the tournaments are needed. Implementing the sports activities outside school requires appropriate cooperation partners. The outcomes can be assessed by possible participant feedback as well as by observing their activity level in the weeks that follow the project.

If you want to know more about the practice

mestreacasa.gva.es



The successful implementation of this practice will help you reach one of the Moving Schools Award levels.

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