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THIS GIRL CAN EVENT

**DATE 16th JUNE 2022**

**10.00am-2.30pm**



**VALUES**

**During School Sport Partnership experiences pupils are challenged to demonstrate the School Games values.**

Target Audience

These events are non-competitive and focus on targeting pupils who would benefit from being more physically active.

Year groups

Year 9 (pupils must be 13+)

venue

Long Stratton Leisure Centre

Intent

Widening the competition environment to develop health.

Leadership Opportunities

**Engage Secondary leaders by:**

* Using leaders to lead your event (warm up/cool down).
* Using leaders to demonstrate tasks in pre-event practice.
* Using leaders to record match day results.
* Using leaders to take photographs for use on social media to celebrate school involvement in the School Games.

How to Enter

This is an open entry event open to all schools in South Norfolk SSP. Please enter via the SSP website [www.southnorfolkssp.co.uk](http://www.southnorfolkssp.co.uk) or contact L Goodswen [l.goodswen@fehs.set.education](mailto:l.goodswen@fehs.set.education)

**Determination –** Determination is about the journey you go on to achieve your goals.

**Passion-** Giving it 100%, putting your heart and soul into the game and never giving up.

**Respect-** For the referee, for the opposition, for your teammates and for yourself.  Treating others politely and with understanding.

**Honesty-** Honesty with others and with yourself.  Having the courage to do the right thing what you know is right.

**Self-Belief-** Have the self-belief and confidence in yourself to succeed and reach your personal best.

**Teamwork-** Treating everyone equally, supporting each other and working together to have fun and achieve at your very best level.





Event information

* An inclusive, engaging, and challenging event for secondary schools in South Norfolk.
* The event is organised in partnership with Long Stratton Leisure Centre.
* Aims of the sessions will be on increasing body confidence/ self- esteem. Including why body confidence is important / Feel good from Physical Activity / Everyone is different/ Focus on what our bodies CAN DO!
* At the event pupils will take part in a carousel of activities including- Spin Class, Pilates, Zumba and Circuit style training.
* Two sessions will take place before lunch and two after lunch.
* **Unfortunately, we are unable to accommodate parent spectators at this event.**

Team Size

* Eligibility – In the first instance please try to target the pupils who attended the in-school workshops who are 13+.
* Schools invited to bring a maximum of 10 pupils.
* More may be allowed if numbers are low.
* School groups will stay together throughout all activity rotations.

Equipment

* Please ensure pupils are dressed in suitable indoor PE kit and bring a water bottle and lunch.
* Hair should be tied back, and jewellery removed.

Timetable

* 10am Arrival
* 10.20-11am Session 1
* 11.10-11.50am Session 2
* 12pm Lunch
* 12.30-1.10pm Session 3
* 1.20-2pm Session 4
* 2.30pm Departure