

THIS GIRL CAN FESTIVAL



EVENT / SPORT	Physical Activity / Alternative Fitness Activity
DATE	Wednesday 15 th November 2023
TIME	AM (09:30 – 12:00) or PM (12:30 – 15:00)
VENUE	Eston Leisure Centre
School Games Value	SELF BELIEF
INTENT	Healthy Me
LEARNING OUTCOMES	• Trying your best & believing that you can achieve • Understand the importance of being active • Learn new tools on how to lead an active and healthy lifestyle
What type of children would we like to engage in this experience?	
AGE GROUP	Years 5 & 6
GENDER	Girls
TEAM / GROUP SIZE	Schools can bring up to 30 girls from across Year 5 & 6.
ADDITIONAL INFO	Open to all Year 5 & 6 girls, especially those disengaged pupils and those most inactive. All abilities welcome – this event is aimed at trying to engage participants in sport and physical activity, emphasising the benefits and the importance of being active.
Full Event Details	
EVENT TYPE	Festival
EVENT FORMAT	EVENT FORMAT: Non-competitive event aimed at encouraging those girls least engaged in PE and sport to try new games / sports / activities and learn how they can be active in a way that they find enjoyable. The session will reinforce the importance of living a healthy and active lifestyle both in regards to their physical and mental health and wellbeing. School groups will rotate around a series of different activities. Secondary School Sports Leaders, with the support of RESSP Staff, will explain and demonstrate each of the activities. All activities will be set up in advance and all equipment provided – sports leaders will lead the activity with the support of your sports leaders (if you have any) and school staff. TEAM / GROUP INFORMATION: • Schools can bring up to 30 of the most disengaged girls across Years 5 & 6.
VENUE INFO	This event will take place indoors within a busy sportshall so may be noisy, as activities will be set up across the whole of the space. School groups will stay together as you rotate around the activities. Toilets will be open - please bring adequate staffing to support your school group and supervise toilet trips as the building will be open to the public.
EQUIPMENT	No equipment required. Due to limited space within the sportshall please keep belongings to a minimum where possible e.g. coats / water bottles.
WHAT'S NEW?	NEW event for 23/24!
NO SPECTATORS	Sorry no spectators at events this year.