

# THIS GIRL CAN





# This Girl Can

- ▶ Carr Hill wants to run an ongoing program of exercise classes and activities to girls in year 9, 10 and 11.
- ▶ This will run on a Monday night 3:15-4:15pm.

# Is this project for you?

The simple answer is **YES**, this project is open to everyone. Regardless of experience, talent, ability you are all welcome.

This project is **NOT** just for those already taking part in sport, for those wanting to try new things, make new friends, develop confidence and leadership skills.

**YOU ARE ALL INVITED, SO COME ALONG, WHAT HAVE YOU GOT TO LOSE?**



# What we aim to offer



Dodgeball



Clubbercise



Colour dash run



Yoga



Spinning-  
Ribby Hall



Cheerleading

# What we aim to offer



**BODY COMBAT**



**BODY ATTACK**



**STEP AEROBICS**



**CORE STABILITY**



**CIRCUITS**



**HITT/METAFIT**

The idea behind offering all these activities and more is to give each and everyone of you a taster/insight into what classes are like at a gym/sport centre and to inspire you to continue to enjoy exercise into your adult lives.

# And More.....



TGC- Project campaigners run healthy eating stall on Sports Day



Recognition and invitation to Carr Hill High Schools Annual sportsman dinner



Healthy food tasting session/smoothie making



Talks on body image and mental health



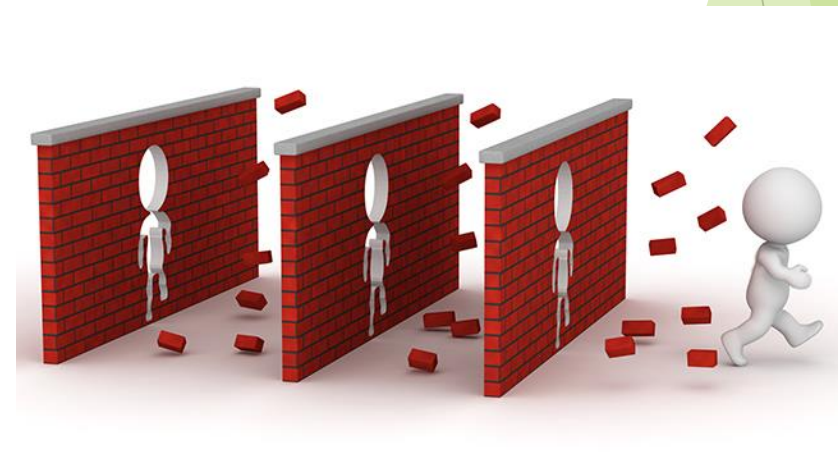
# Barriers to participation

- Insufficient time to exercise
- Inconvenience of exercise
- Lack of self-motivation
- Fear of being rubbish at it
- Weather- too cold, too hot, dark nights
- Non-enjoyment of exercise
- Boredom with exercise
- Sweating doesn't look attractive
- Lack of confidence, feel like you being judged
- Fear of being injured or having been injured recently
- Lack of self-management skills, such as the ability to set personal goals,
- Lack of encouragement, support, or companionship from family and friends
- No way of getting to a gym/accessibility

## TGC

# Changing your outlook

- Opportunities to try different sport/activities
- All girls environment, non judgmental
- Education on mental health, healthy eating and healthy lifestyles
- Provide encouragement as staff, whole school staff, external coaches, contacts with clubs outside of school





# Trips

- ▶ Our aim is to provide YOU with the opportunity to experience new activities/challenges outside of school and well as the extra curricular provision on a Monday evening.
- ▶ Each term: Autumn, Spring and Summer term we will be offering you the opportunity to try some of the below trips.
- ▶ As well as external trips to Ribby Hall to experience some of the exercise classes

Go Ape- Rivington tree top challenge



Water sports- Paddle boarding, Kayaking, Canoeing on Lake Windermere



Rivington pike/ Ingleton falls water trail.





# Branding belonging “Proud to belong” - T shirts available



Purchase a “This Girl Can” T shirt online at a cost of £13.48 each. This T shirt can be worn at all TGC sessions after school and in PE lessons.

You can also purchase a hoodie which is optional at a cost of £29.80

# Testimonials

- ▶ [https://www.youtube.com/watch?v=aVnevVXkf\\_I](https://www.youtube.com/watch?v=aVnevVXkf_I)



# How to sign up to “This Girl Can”

- ▶ You can sign up today for the This Girl Can project, by taking a letter now and returning it to the PE department by Friday 16<sup>th</sup> July. This needs to be returned asap so we can manage numbers.
- ▶ By signing up you are committing to attending sessions and being a role model in and around school. You will be added to a school chat group which will update you with events, what’s coming up, blogs to read etc.



QUESTIONS?

# Dates

Date- Monday, 3:20-4:20pm	Coach/event
13.9.2021	Clubber size- 1 hour 9-11
20.9.2021	Clubber size- 1 hour 9-11
27.9.2021	Clubber size- 1 hour 9-11
4.10.2021	
11.10.2021	
18.10.2021	
Half term week-25-29 <sup>th</sup> Oct	
1.11.2021	
8.11.2021	
15.11.2021	
22.11.2021	
29.11.2021	
6.12.2021	
13.12.2021- Bye week	
Christmas Holidays	
10.1.2021	

# TGC-Awards

**CLASSES  
AWARD**

**WALKING  
/STEPS  
AWARD**

**MENTAL  
HEALTH  
AWARD**

**TEAMBUILDING  
AWARD**

**HEALTHY  
EATING**

**LOCAL  
CLUBS  
AWARD**



Certificates will be awarded for contribution and attendance at sessions, these can be put in your record of achievement folder for college