BPSS

This Girl Can

Leadership

Workbook

**Name** ………………………………………………………………………………………………………………….

**School** ………………………………………………………………………………………………………………..

* **@Barnet Sport**
* **@Barnet Sport**
* **Barnet Partnership for School Sport**

 **Barnet Partnership for School Sport**





**Why do you want to be a This Girl Can Leader?**

What motivates you to get active?

Why is physical activity important?

**Who are your role models that get you active and why?**



**Stage 1 – What do girls want?**

**How could you find out what your female peers want?**

**Why is this important to know?**

**What can you do with your research?**



**Stage 1 - Let’s find out**

Design a questionnaire or interview to find out what your peers, family, teachers are doing to keep active during lockdown.

* Are you able to record your interview?
* Can you write up a news article/blog on your findings to share with your school?

What did your research find? How can this help you to get more girls active in your school?



**Stage 2 – Create**

**TASK – How can you increase physical activity amongst girls at your school?**

What ideas do you have to get female students at your school more active during lockdown? What did your research from Stage 1 tell you?

*Create personal challenges*

Ideas

*Create a fitness channel on Youtube*

*Create a challenge for all of the girls to get involved in as a team*



**Choose one idea from your list**

**What will be your goal?**

Use the SMART acronym to help you set realistic targets

S - Specific

M - Measureable

A - Achievable

R - Realistic

T - Timed





**Stage 2 – Deliver**

**How can you monitor the success?**

**How will you promote your idea? How will you get girls involved?**

**What resources and help will you need?**

* Will you work by yourself? In a group?
* How can you do this virtually?
* Will you need help from teachers, the BPSS team or family?



**Create a timeline of how you will achieve your goal:**

**IDEA**

**ACTIVITY**



**Stage 3 – Celebrate and Success**

**What successes did you have?**

**What went well?**



**What did you enjoy the most?**

**What could be improved?**

**What feedback did you have?**

**What could you do differently next time?**

