**Women In Sport Session Plan**

So, the young people have chosen to learn more about Women in Sport as part of their EmpowHER journey. Here is a session plan with discussion points, activities and resources that you can use to deliver this session to the young people. Feel free to adapt the session plan and resources to suit the ages and interests of the young people.

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| Title: | Women in Sports | Age: | Tailor to fit your group’s needs |
| Brief description of session or activities: | This session consists of group discussions | | |
| Objectives (by the end of this session, participants will): | * Explore the reasons why some YW&Gs do not participate in sports or physical activity and consider possible solutions to tackling these issues. * Discuss their own and current female role models in sports, and how they are campaigning for fair treatment. * Reflect on how they can empower YW&Gs to follow their sporting dreams. | | |

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| Method | | |
| Time | Activity, task, description, etc. | Resources |
| 5 - 10  minutes | Introduction  Ground Rules   * Purpose: to create a safe space so young people feel able to ask questions. * Acknowledge differences in knowledge/comfort levels. * Check whether group has a set of ground rules already. * If not, ask group to create a set of ground rules (if quiet, they can talk in pairs for 1 minute before feeding back). * Write on flipchart paper – include: challenge the statement, not the person / one at a time / no mobile phones / no such thing as a silly question. * Ask group to agree to ground rules.   Ice Breakers  Choose an icebreaker activity of your choice | Flipchart paper  Marker |
| 15- 20 minutes | Participation in sports/physical activity   * Ask the young people to give examples of sports they have been involved in.   Activity   * On post-it notes, Ask the young people why they don’t/no longer participate in sports now. Alternatively, ask the young people to list reasons why a girl/woman might not want to participate in sports/physical activity?   Whole group discussion   * Pose the questions: Who should be allowed to compete in women’s sports? Draw on the case of Caster Semenya. | Flip chart  Pens  Post it notes  Additional Resources documents |
| 20 minutes | Issues that women face in sports   * In pairs and on flip chart paper, ask the YW&Gs to write down a list of issues that women may face when competing in sports. Examples include unequal pay, sexism, sexual harassment, not being taken seriously or negative judgement from their community * Ask each group to come up with suggestions for tackling these problems.   Sport role models for women   * Show the YW&Gs examples of women who are achieving great success in sports. Are most cultures or communities represented as role models? Who gets left out i.e. are there many sporting heroes who have disabilities? * Ask the YW&Gs if there are any other female athletes that they consider role models? Why is this? * Show the YW&Gs examples of female athletes who have been speaking out and campaigning against unfair treatment in the sports community. | Additional Resources documents |
| 20 minutes | Time to reflect  Activity   * Ask the YW&Gs to create a poster empowering YW&Gs to follow their sporting dreams. This should include examples of role models to guide them through any struggles, as well as * Review what the young people come up with. | A4 Paper  Colouring pens and pencils. |
| 5 minutes | Wrap up and final points   * Here is a chance for the young people to give their final opinions, or to ask any unanswered questions. * Reminders for the next session. * Provide the young people with relevant books that they can read (You can utilise the recommended reading list for this). |  |

Please refer to the ‘Topics Discussion Points’ document for guidance on how to tailor the focus of this session for the different journey stages.

**Here are a few Women in Sport resources that can help whilst planning and delivering this topic to the young people.**

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| Type | Theme | Resource information | Link / Document location |
| Additional Resources (website) | Empowerment  Individual Rights  Resilience | This Girl Can Campaign  This Girl Can celebrates active women who are doing their thing no matter how they do it. It tells the real stories of women who get active or play sport in the way that’s right for them. | Inspirational stories  <http://www.thisgirlcan.co.uk/stories/> |
| Content + Additional Resources (article) | Empowerment  Individual Rights  Resilience | Nike - Dream Crazier  Narrated by Serena Williams  Context: <https://www.campaignlive.co.uk/article/nike-celebrates-crazy-female-athletes-powerful-colin-kaepernick-follow-up/1562696> | YouTube – Nike  <https://www.youtube.com/watch?v=whpJ19RJ4JY> |
| Additional Resources (website) | Empowerment  Individual Rights  Resilience | In Focus: Women and girls in sport  This article includes top stories, videos and Social Media posts relating to women and girls in sports.  “Sport has the power to change lives. By teaching women and girls teamwork, self-reliance, resilience and confidence, sport is one of the great drivers of gender equality. Women in sport defy gender stereotypes and social norms, make inspiring role models, and show men and women as equals.” | UN Women website  <http://www.unwomen.org/en/news/in-focus/women-and-sport> |
| Content + Additional Resources (videos) | Empowerment  Individual Rights  Resilience | The BBC (‘women in sport’ search)  A list of videos regarding ‘women in sports’ news reports. | The BBC - Newsround  <https://www.bbc.co.uk/search?filter=newsround&q=women+in+sport&suggid=> |
| Content + Additional Resources (article) | Empowerment  Individual Rights  Resilience | 8 Times Women in Sports Fought for Equality  “Here are eight times in recent memory when women fought for equality in sports.” | The New York Times website  <https://www.nytimes.com/2019/03/08/sports/women-sports-equality.html> |
| Content + Additional Resources (article) | Empowerment  Individual Rights  Resilience | Caster Semenya: Athlete loses landmark case over testosterone levels  “The middle distance runner had challenged a new rule by the International Association of Athletics Federations (IAAF) that restricts testosterone levels in female runners, but the result means the IAAF will be allowed to restrict testosterone levels in female runners.” | Newsround  <https://www.bbc.co.uk/newsround/47276765> |