



Cheshire Girls Can

#CheshireGirlsCan
#JoinTheMOVEMENT

 Cheshire Girls Can

The aims of this campaign...

- To create a movement where women in sport are celebrated and supported by the local community
- To offer a space for women's sports groups to network and build relationships so ongoing support can be provided
- To promote the links between staying active and positive mental health, by showcasing lived experiences of participants
- To showcase all women's in sports groups in Cheshire
- To break down gender bias in local sports

Why we are doing this...

- Over half of girls agree that “there are more opportunities for boys to succeed in sport than girls”
- Only 12% of girls aged 14 meet the official guidelines for physical activity
- 75% of girls agree that “girls are self conscious about their bodies”
- Compared to the most active girls, the least active are 4x more likely to feel like their body is on show in PE, which makes them like PE less

What we've done so
far...

Fit-a-thon





Park Run Takeover

National Fitness Day





About the toolkit

This toolkit has been designed to help schools get more girls involved in PE and school sport. This toolkit aims to provide guidance on making PE inclusive by

- Preventing gendered sports in schools
- Adapting PE lessons to be inclusive of all pupils abilities and disabilities
- Including pupils opinions and feelings, of sports in the timetable
- Incorporating online platforms as a alternative choice

The toolkit is based on research and conversations with our Youth board. It examines the reasons why so few girls are active and, importantly, seeks to understand what would help them to become more active.

"Today, only 12% of girls aged 14 meet the official guidelines for physical activity - roughly half the number of boys at the same age"

PE Toolkit for Schools

But don't take it from us!



“I was determined to soften [boxing] and get more women involved in what has always been a male dominated sport.”



“If you don’t want to take it too seriously, there is recreational football which is people trying to get active, play football and forget the stress of work. It’s good for your mental health as well.”

“It’s really important that women and girls stay involved in netball as it’s becoming increasingly less included in the school curriculum.”

