

FEMALE ENGAGEMENT

Mini Whispa is designed to improve confidence by allowing girls of similar abilities to thrive amongst each other. Targeted towards KS2 girls who are disengaged from PE/school sport, lack in confidence or ability, or are generally inactive. Sessions are aimed at building camaraderie, and most importantly enjoyment.



During our first session with a group of year 5 and 6 girls it was obvious they were incredibly nervous. As their body language displays, they were very anxious about trying new sports and many of them stood with their arms crossed or hands over their mouths. They didn't engage in conversation with one another and struggled to communicate in order to work as a team. When asked what sports they would like to try during the 6 sessions they were reluctant to put their hands up. When asked if any of the girls attended an extra curricular club only one of them raised their hand.

As the sessions progressed, with the help, encouragement and enthusiasm from our Female Engagement Officer, Annie, the girls excelled! It was clear over the 6 weeks they had made new friends. When they entered the room they were all excited and enjoyed chatting to one another. They got stuck straight into the sessions activity which required them to work as a team. They were communicating with each other well and most importantly were having fun whilst doing it.

At the end of the session they were asked to perform their dance routines to one another. this took great courage for girls who were incredibly shy 6 weeks ago. They all performed with great pride and enjoyed clapping for one another. When Annie asked them what their favourite sports were that they had tried over the 6 weeks they all shouted out, "Dodgeball!" "Dance!" "Football!" "Tennis!" It was fantastic to see their new enthusiasm for sport.

