

# 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 the first Mini Whispa session it was obvious that this group of girls enjoyed sport and physical activity but needed the opportunity to try new sports, work on their confidence and team work. With encouragement from Female Engagement Officer, Annie, they communicated more and discussed techniques which would help their team work. They were in mixed groups, year 5's and 6's, and as a result were making new friends.

Over the 6 week course their confidence, team work and friendship skills had grown. They worked together in the final session to create their own dance routine and perform it to their peers and deputy headteacher. Something which they wouldn't have done at the start of the course! The girls said things like "the gymnastics session was my favourite, I'm definitely joining a gymnastics club now!"

