

# HERE GIRLS CAN GIRLS' FESTIVAL

Friday 25th March 2022

9.30am - 2.20pm

Foley Trading Estate - Hereford

Join us for a non-traditional Girls' School Games Festival - Here Girls Can!

The festival is designed to engage your least active girls and provide them with a positive, alternative experience of being active. Girls will be able to experience a range of activities including:

- Net Fit
- Skating
- Yoga
- Functional Fitness

Sessions will be delivered in venues on Foley Trading Estate (Hereford Yoga, The Core & Bull Functional Fitness).

There will also be girl talk sessions, a mass warm-up and goody bags on the day!

Selecting students:

- You should select 8 pupils from years 5-8
- Girls should not be participating in school teams or extra-curricular clubs
- We suggest identifying girls who may have low self-esteem, who struggle to engage with PE & have shown barriers to participation

Important information for schools:

- We are encouraging schools to allow girls to wear clothes they feel comfortable doing physical activity in, this could be their PE kit, or something of their own choosing.
- We will be talking informally about health and wellbeing on the day, including the menstrual cycle. Some period products may be included in the goody bags given to girls. Please seek parental consent where necessary.

There are a maximum of 12 school places available (7 x primary, 5 x secondary). We anticipate places to go quickly, so please book yours as soon as you can!

Book your school's place here: [www.strideactive.org/events/](http://www.strideactive.org/events/), selecting either primary or secondary.