

TheFA  
**SHOOTING  
STARS**  
Inspired by Disney



Supporting Partners



YOUTH  
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## What is The FA Shooting Stars inspired by Disney programme?

The FA Shooting Stars programme inspired by Disney is made up of two initiatives; Active Play Through Story Telling and Girls' Football Clubs, both have been developed to support the engagement of girls aged 5-11 years old in sport at school and in the home.

### Active Play Through Storytelling - KS1

*In a nutshell:*

- Supports the development of fundamental movement skills and physical literacy
- Delivered through creative play and storytelling
- Specifically targets girls who are inactive/ have low levels of physical literacy
- Opportunity for girls to reflect on behaviours and understand their impact on self and others
- Provides opportunities to practice at home

The FA Shooting Stars Active Play Through Storytelling inspired by Disney has been developed to support girls aged 5-8 to develop their fundamental movement skills, subsequently supporting the development of; physical literacy, speaking and listening, confidence and competence.

Using the inspiration of Disney stories, sessions are facilitated via a storybook where girls get 'lost in play'. As they engage with the storyline, children become physically active through thoughtfully designed activities which support the development of their social skills, creativity, teamwork, communication and confidence as well as increasing their emotional awareness.

### Girls' Football Club - KS1 + 2

*In a nutshell:*

- Builds on their sporting confidence and competence of fundamental movement skills developed in Active Play Through Storytelling
- Using Marvel storytelling, girls are Introduced to basic football movements
- Girls develop basic understanding and competence in invasion game principles
- Opportunity for girls to reflect on behaviours and understand their impact on self and others
- Provides opportunities to practice at home

The FA Shooting Stars Girls' Football Club programme inspired by Disney and Marvel uses super-human powers, high-tech gadgets and superheroes to truly capture the imagination of Primary age girls.

Whether rescuing Groot the Root or flying across New York as Captain Marvel, girls will be inspired to get active and engage with their friends whilst learning how to play football. Through the activities girls will develop their problem solving, decision making, leadership and confidence all of which are transferable to other settings.

There are six weeks of activities for every Girls Football Club resource produced, and this is tailored for either a KS1 or KS2 cohort.

## Who is the course for?

The recommended audience is school staff who support lunchtime play. This can be teachers, teaching assistants, lunchtime supervisors or other support staff. The programme is also suitable for teachers who want to cascade their learning on to playground leaders. Ideally the trained activator should be:

1. Able to understand and adapt sessions to individual need and ability;
2. Familiar with delivering a session plan;
3. Able to make the girls feel like they are in a safe environment;
4. Able to manage group dynamics and be comfortable with creative play;
5. Fun and creative and able to tell a story and bring it to life;
6. Able to engage the most disengaged.



## Training and support for schools.

As a FA Girls' Football Schools Partnership (FAGFSP) supported by Barclays school, you are invited to join us for FA Shooting Stars inspired by Disney virtual training.

The virtual training will consist of three live 1.5-hour modules delivered by YST Tutors. The modules will bring to life the power of the Disney stories in getting girls to be physically active through the programmes two elements: Active Play Through Storytelling and Girls' Football Clubs.

Delegates must be available to join all three live modules at the time they are delivered. The modules are interactive workshops, with activities designed to make the training informative, fun and engaging.

The training will provide you with the skills and confidence to deliver Shooting Stars in your school regardless of your previous level of experience in delivering football or other extracurricular activity.



## Further support: practical delivery

Each year, your FA Girls Football School Partnership supported by Barclays will run a face to face practical CPD session to further upskill you in your delivery of Shooting Stars. This will provide you with more practical hints and tips on how to improve your delivery, and you will have the opportunity to get involved as a participant in the programme!



## Once you have completed the FA Shooting Stars online training, you will need to commit to:

Delivering The FA Shooting Stars Active Play Through Storytelling and Girls' Football Club to 16 girls in your school (16 girls for each element of the programme)

Submitting data to your FA Girls' Football School Partnership supported by Barclays including the number of girls participating and the diversity and SEN/D breakdown of the girls.

We hope that schools will continue to engage in The FA Shooting Stars programme year on year. Each year we will be releasing new Disney stories to support you in delivering the programme to more girls in your school.



## Benefits

### For the school/deliverer:

- Confidence and competence to deliver high-quality active play that is engaging for girls;
- Understand how to deliver creative, fun and engaging physical activity sessions for girls;
- Access to ready-made resources and bibs to help children to achieve the recommended target of 60 active minutes per day;
- Opportunity to engage parents and carers to use the activities within the home environment;
- Ensure the inclusion of all young people.

### For the girls:

- Become more engaged and inspired to participate in physical activity, and improve their speaking and listening skills;
- Improve locomotion (agility), stability (balance), object control (coordination), body confidence and positive body image;
- Develop character traits (i.e. resilience, empathy, aspiration);
- Develop confidence and a long-term positive relationship with being physically active.

## Product placement – the differences

The FA Shooting Stars inspired by Disney	YST Active Literacy CPD	Premier League Primary Stars
Suitable for non-teaching staff, playground leaders, lunch time assistants etc.	For teaching staff only	For teaching staff
Playground-based to support the delivery of lunchtime, breaktime and after school programmes	Classroom-based resource	Curriculum-based free online resources, for teachers to be upskilled in PE, PSHE, Maths and English
Non-curriculum learning	Curriculum learning	Curriculum learning
Specifically aimed at 5 to 11-year-old girls	Whole school	Whole School
Training delivered virtually and through FA Girls' Football School Partnerships supported by Barclays	Training delivered in schools by YST tutors	Online resource available – in-house self-guided learning, plus Premier League club linked to schools going in to support and upskill teachers (FA quality assured Premier League coaches)

For more information about the programme and to view the digital resources, visit

[www.girlsfootballinschools.org](http://www.girlsfootballinschools.org)