



HERSPORT
EMPOWERING WOMEN IN SPORT

THE TY LEGACY PROGRAMME

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THE PROGRAMME

With plans and programmes turned upside down, Her Sport wants to give Transition Year students the opportunity to get involved in making a **difference**, to become part of a **legacy** and to make **real change** for women in sport.

Many Transition Year programmes are suffering due to Covid-19, as schools are forced to cancel work experience, trips, events and more. A year of personal development and hands on learning, has been scaled back leaving many students, parents and teachers disappointed. It's time to think outside the box and come up with new initiatives for Transition Year students!

WHAT?

Her Sport have designed an exciting national Transition Year initiative for Transition Year students to participate in a campaign to get **real commitment and create change** for women in sport, as well as **developing valuable life skills**. The programme gives students the opportunity to get involved in the following:

1. Journalism & Video
2. Health & Nutrition for Sport
3. The Commitment Challenge



WHY?

Participation levels of girls in sport decrease rapidly in secondary school. Twice as many girls drop out of sport as boys at age 14. By the time students are sitting their Leaving Certificate fewer students are participating in P.E., sport and exercise. Studies have shown that participating in sport and physical activity can **elevate academic performance**, while it can also teach **valuable life skills** and promote **positive mental health**.

Girls and women are **lacking role models in sport** as their peers and other women in the community drop out of sport and Ireland's top female athletes do not receive the **coverage** they deserve. Female athletes won 64.3% of the international medals Ireland won in 2019, yet only received 6% of media coverage.

It's time to level the playing field and give girls and women in sport the opportunity, support, visibility and coverage they deserve.



THE FACTS

2X

Twice as many girls drop out of sport by the age of 14 as boys.



Just 6% of media coverage is given to women in sport.

3 IN 5

60% of Irish people want more visibility for women in sport.



THE PROGRAMME

HOW?

Journalism & Video

Currently, females are largely under-represented in sports journalism. With increasing opportunities for more women to be involved in sports media, students can get a taste of journalism and/or videography through this challenge. Students can do one (or both) of the following:

1. Write an essay about a female sports star they admire and why - this can be in letter format to the athlete, if the student wishes. (Maximum: 1200 Words).
2. Create a video showcasing 'what sport means to you'. (Maximum: 3 Minutes).

The purpose of this challenge is to allow students to develop their written, creative, research and media skills, all fundamental attributes of a sports journalist. This challenge also aims to educate and highlight inspiring female athletes in the sporting world.

To enter, submit your essay and/or video to Her Sport (schools@hersport.ie). Be sure to include your name, school and address with your submissions! The top submissions will be shared on the Her Sport platforms, giving students great pride in having their work published. You might even get a surprise in the post!

Health & Nutrition for Sport

Food is our fuel. It is important, particularly with young women, to gain an understanding of the importance of the right nutrition while playing sport but also giving them the right tools to prepare them for life. For this challenge students are tasked to:

Develop a meal plan for a week, for an athlete in a sport of their choice, Research and explore the typical number of training sessions in this athlete's life (can be club or elite level) and plan the week's meals accordingly.

Accompanied with the meal plan, be sure to give your reason and validation for the meal plan: Why did they select particular foods? Why this quantity? Why was the particular macro-nutrients selected? How many meals & snacks per day? etc...

Once the meal plan is complete, cook one of the meals from this meal plan. To enter, send in your meal plan along with a photo of your delicious cooked meal (schools@hersport.ie) - be sure to include your name, school and address.

We will select some of the top submissions to share on the Her Sport platforms and some lucky students will receive some prizes in the post!

The Commitment Challenge:

The aim of the Commitment Challenge is to increase the visibility of and champion women in sport. Students are tasked to secure multiple connections with a Her Sport digital platform - this counts a 'commitment' to supporting women in sport as we increase the visibility and create a cultural shift. Engage your family and friends to collect more 'commitments'.

Points are awarded for digital connections with Her Sport by:

- Newsletter Subscription (email)
- Instagram Follow
- Twitter Follow
- Facebook Like
- YouTube Subscribe

Each unique connection is awarded one point. Connections will be verified by submission of the **Commitment Challenge form** emailed to schools@hersport.ie.

Students can participate as one TY year group (must be at minimum 15 students) or individually. Points are earned for every 'commitment' pledged to women in sport. The year group with the most points will be crowned National Teams Champion. There will also be Individual Champions (1st, 2nd & 3rd Place).



THE PROGRAMME

LEARNING OUTCOMES

This programme is designed to:

- Educate students with an emphasis on personal development including social awareness and an increase in general, technical and academic skills.
- Emphasise interdisciplinary and self-directed learning in social competence.
- Learn and develop skills in a practical manner.
- Gain experience and understanding of a range of different potential careers.
- Educate students on the disparity in sport and how they can impact change.
- Provide an opportunity for learners to reflect on and develop an appreciation of equality and diversity.

THE LEGACY

The legacy programme encourages students to take on these exciting challenges and start the conversation about women in sport. The aim is to make a difference in your community to contribute to societal and cultural change.

By starting the conversation and educating others about the disparity women in sport face, we can begin to tackle the issues girls and women face in sport.

By joining the legacy programme:

- We **increase the visibility** of women in sport
- We provide young girls and boys with **role models** they can aspire to be like.
- We create a **cultural shift** in the perception of girls and women in sport.
- We tackle issues which attribute to the **drop in participation** of girls and women in sport.
- We create **parity in the coverage** of men and women in sport.
- We **empower** women in sport.

BUILD THE COMMUNITY



3.3k followers



5.2k followers



20.7k followers



4200 email subscribers

BE PART OF THE LEGACY

THE PROGRAMME

FAQS

How do I participate?

To participate in the programme go to www.hersport.ie/legacyprogramme Follow the instructions in the Information Pack and email us your submissions. For the Commitment Challenge download the form and get started.

Who is eligible to sign up?

The programme is open to individuals in Transition Year and TY year groups in schools (the group must be a minimum of 15 students).

Can I participate as an individual?

Yes.

My TY Year group is smaller than other schools. Will we be at a disadvantage?

No. All points will be pro-rated against the number of students participating per TY group.

How long is the programme?

The programme runs from the 29th March - 19th May 2021

How do I maximise my points for the Her Sport Commitment Challenge?

You connect with the Her Sport platforms and encourage family and friends to get involved too. Record each unique connection your family and friends make and this will be counted towards your score.

I have connected on Facebook, Instagram and Twitter. How many points will I be awarded?

Three points - one point awarded per platform connection.

How do I record my connections?

All connections can be recorded on the **Commitment Challenge form** at www.hersport.ie/legacyprogramme

Can I choose any athletes to write about or create a meal plan for?

Yes. You can choose any female athlete, whether they are a club athlete or an elite athlete.

How long must my written or video submission be?

There is no exact limit for your submissions but a rough guide would be around 800 words for the written submission or a 2-3 minute long video.

Can I create a meal plan for a specific diet plan?

Yes. Feel free to get creative if you would like to create a meal plan for a vegetarian or a vegan diet.

My question isn't answered here, how can I contact you?

Email us at schools@hersport.ie or hello@hersport.ie

CONTACT US



[school@hersport.ie](mailto:schools@hersport.ie)
or
hello@hersport.ie



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