



## What is Shooting Stars?

Shooting Stars consists of 2 extra-curricular / targeted intervention programmes (Choose one or both dependant on your target cohort);

1. **Active Play Through Storytelling (APTS)** inspired by Disney has been developed to support girls to develop their fundamental movement skills, supporting the development of; physical literacy, speaking and listening, confidence and competence.

*Specifically targets girls who are inactive/ have low levels of physical literacy. There is an opportunity for girls to reflect on behaviours and understand their impact on self and others. (Y1-4)*

2. **Girls' Football Club (GFC)** inspired by Disney and Marvel builds on their sporting confidence and competence of fundamental movement skills developed in Active Play Through Storytelling. Girls are introduced to basic football movements through Marvel's super-human powers, high-tech gadgets and superheroes to truly capture their imagination.

*Target group as above as the next stage of development but could be delivered standalone with Y5-6.*

## How do I get trained to deliver?

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

Virtual training consists of three x 90-minute modules.

Module 1 – Introduction to Shooting Stars

Module 2 – Active Play Through Storytelling (APTS)

Module 3 – Girls Football Club (GFC)

If you want to find out more about the programme and check out the digital resources which will be available for you to deliver in school when you have completed the training please visit [www.girlsfootballinschools.org](http://www.girlsfootballinschools.org)

## How do I register for training?

To complete the training, you must attend all three modules, in the correct order.

You will need to book your place on each module separately.

- On completion of all three modules, you will be sent your physical resources in the post. These will go to your school address unless you state otherwise on the event registration form.
- Registrations will close one day before the event start date.
- You will receive an automated booking confirmation once you have completed the registration. You will then receive your joining instructions and Zoom link seven days before your event.

Two documents are available to guide you through the booking process: [How to book a place on a FA GFSP training course](#) and [how to create a YST event booking account](#).

- If you need any support registering, or you have not received your Zoom links prior to the course please email [fagirls@youthsporttrust.org](mailto:fagirls@youthsporttrust.org)

For more details and support please contact [l.bucknall@brookfieldcs.org.uk](mailto:l.bucknall@brookfieldcs.org.uk) or [p.ryan@brookfieldcs.org.uk](mailto:p.ryan@brookfieldcs.org.uk)

## What happens once I've attended the training?

Each year, Barclays Girls' Football School Partnerships 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!

## What are the outcomes 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
- 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

## What the impact will be for the school / deliverer?

- Increased 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

## When is the training happening?

To complete the training, you must attend all three modules, in the correct order. You will need to book your place on each module separately.

### Module 1

1Q: Introduction Tuesday 1st Mar 10:30 - 12:00 [BOOK HERE](#)

1R: Introduction Tuesday 1st Mar 3:30 - 5:00 [BOOK HERE](#)

1S: Introduction Monday 7th Mar 10:30 - 12:00 [BOOK HERE](#)

1T: Introduction Tuesday 15th Mar 4:00 - 5:30 [BOOK HERE](#)

### Module 2

2Q: APTS Thursday 10th Mar 10:30 - 12:00 [BOOK HERE](#)

2R: APTS Thursday 10th Mar 3:30 - 5:00 [BOOK HERE](#)

2S: APTS Monday 14th Mar 10:30 - 12:00 [BOOK HERE](#)

2T: APTS Tuesday 22nd Mar 4:00 - 5:30 [BOOK HERE](#)

### Module 3

3Q: GFC Thursday 17th Mar 10:30 - 12:00 [BOOK HERE](#)

3R: GFC Thursday 17th Mar 3:30 - 5:00 [BOOK HERE](#)

3S: GFC Monday 21st Mar 10:30 - 12:00 [BOOK HERE](#)

3T: GFC Tuesday 29th Mar 4:00 - 5:30 [BOOK HERE](#)

For more details and support please contact [l.bucknall@brookfieldcs.org.uk](mailto:l.bucknall@brookfieldcs.org.uk) or [p.ryan@brookfieldcs.org.uk](mailto:p.ryan@brookfieldcs.org.uk)