

PROVIDING EQUAL
OPPORTUNITIES
FOR GIRLS'
FOOTBALL IN
SCHOOL



After the Lionesses' historic win at Euro 2022 and their strong stance on equal access for girls in schools sport, the Government announced an all-sports pledge in March 2023.

The pledge was based around three key points.

- All pupils in England to be given equal access to sport in schools
- All schools to receive guaranteed PE funding for the next two academic years
- Schools are to be asked to deliver a minimum of two hours of PE per week

The FA is aiming for all girls to have equal access to football in schools by 2024. With the support of the new government pledge, we want to support all schools in turning this ambition into a reality.

Read on to discover all of the programmes, CPD, resources, kit and equipment that is available to you to achieve this.

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GIRLS' FOOTBALL IN SCHOOLS WEBSITE

The Girls' Football in Schools website is a great place to start. It provides school staff with access to training, resources and all the support that is needed to provide equal opportunities to football for girls. It's available to all schools in England, you just need to register on the link below.

girlsfootballinschools.org



DELIVERING HIGH QUALITY CURRICULUM PE

Just 44% of secondary schools currently provide equal access to football for girls in the curriculum. To increase that number, England Football are offering a range of continued professional development (CPD) opportunities for teachers as well as high quality resources and training to modernize the delivery of secondary PE for girls.

SECONDARY

Barclays Game On – GO Teach

Barclays Game On – Go Teach was developed by the Youth Sport Trust (YST) in partnership with England Football. Go Teach is designed to support secondary schools to engage girls in curriculum physical education through a life skills approach, using football as the vehicle.

To date, over 1,000 Secondary schools & 174,000 pupils have been engaged in GO Teach-inspired lessons. The life skills approach supports teachers in increasing girls' self-esteem, confidence, and engagement in PE.

The programme provides England Football funded training to teachers and a wider range of resources and equipment.

[girlsfootballinschools.org/
curriculum-keystage34-barclaysgameon.php](https://girlsfootballinschools.org/curriculum-keystage34-barclaysgameon.php)



PRIMARY & SECONDARY

PE Continued Professional Development

England Football Learning offers a range of fully funded continued professional development (CPD) opportunities and runs courses suitable for teachers, trainee teachers and those involved in delivering PE as part of the curriculum. Available to complete online or in person, the PE CPD for teachers aims to use football as a way of increasing confidence in delivering engaging, inclusive and high-quality PE lessons. If this sounds like your school's kind of course, then please visit:

**[learn.englishfootball.com/
courses/physical-education](https://learn.englishfootball.com/courses/physical-education)**



EXTRA-CURRICULAR PROVISION

To enable schools to develop and modernise their extra-curricular offer for girls, England Football have developed a full offering of extra-curricular resources and programmes to support primary, secondary, and SEND schools to provide fun and engaging girls football sessions.

PRIMARY & SECONDARY

Extra-Curricular Toolkit

This interactive toolkit is designed to support whoever is delivering girls' football as an extra-curricular activity. It's a wide-ranging resource and a fantastic guide to designing and carrying out sessions at both Primary and Secondary schools.

To access the toolkit, please visit.

[girlsfootballinschools.org/
extracurricular-toolkit.php](https://girlsfootballinschools.org/extracurricular-toolkit.php)

PRIMARY

Disney inspired Shooting Stars

Bring the magic of Disney to your playground! Disney Inspired Shooting Stars has been designed to support girls aged 5-11 to increase their physical activity levels, develop their physical literacy and introduce them to the basic skills of football in a safe and inclusive environment.

England Football's E-Learning and simple to use resources will ensure you are able to kick start these sessions in your school either at lunch-time, or as an after school activity!

To sign up or access England Football funded training and resources, please visit:

[girlsfootballinschools.org/
extracurricular-keystage12.php](https://girlsfootballinschools.org/extracurricular-keystage12.php)

PRIMARY

SEND Disney Inspired Shooting Stars

Football is for all, and so it's vitally important that we enable every child within the school environment, including young people with SEND, to be able to engage with the game. This is where our Disney-inspired SEND resources come in; designed in consultation with a number of YST Lead Inclusion Schools, our new digital assets use the magic of Disney stories to make the Shooting Stars programme more accessible, and engage young people in physical activity and football.

The training will introduce you to the resources and outline adaptations to consider, including using the STEP model in your delivery (Space, Task, Equipment and People).

These SEND Disney inspired Shooting Stars sessions can be delivered to both girls' and boys'. Schools who complete the training will receive SEND specific resources to deliver the programme.

[girlsfootballinschools.org/
extracurricular-keystage12
-send-resources.php](https://girlsfootballinschools.org/extracurricular-keystage12-send-resources.php)





SECONDARY

Barclays Game On – GO Lead

Barclays Game On – GO LEAD is helping to empower girls to become football activators in their school. Girls' football activators have the opportunity to design, create and deliver football activities for their peers, engaging a new audience for the sport, as well as developing their own leadership skills.

Barclays Game On - GO LEAD will provide schools with three key outcomes:

- Empower girls to design, create and deliver football activities for their peers
- Support girls to become leaders and communicate and put into practice the skills they have developed
- Provide girls with training, resources, and kit to support them in their activator roles

As a school, you'll have access to virtual, flexible training, resources and Barclays Game On kit for all your girls' football activators. For more information, please visit

[girlsfootballinschools.org/
leadership-resources.php](https://girlsfootballinschools.org/leadership-resources.php)

SECONDARY

Barclays Game On – GO Play

Barclays Game On – GO Play provides schools with a week-by-week resource pack to support extra-curricular football for girls in Key Stage 3.

All the activities, games and practises in the pack have been specifically designed to engage girls aged 12-14, whether they are regular players or new to football. What's more, the session plans have been designed for young activators or leaders to deliver them within your school.

So, what's in the packs?

- Nine week-by-week session plans
- 11 brand new game cards
- Top tips for scaffolding sessions
- Barclays Game On – GO Play folder
- Teacher start-up guide

For more information and to sign up, please visit:

[girlsfootballinschools.org/
barclays-gameon-extracurricular.php](https://girlsfootballinschools.org/barclays-gameon-extracurricular.php)

COMPETITIONS, FESTIVALS, AND EVENTS

School Games

The School Games, English Schools FA and Independent Schools FA deliver a wide range and varied programme of competitions, festivals, and events. They provide a safe and enjoyable platform for young people to develop and harness physical literacy, teamwork and interpersonal skills.

To attract girls who might not otherwise be engaged with football through the School Games, there are resources available to deliver your own intra-competitions. There are also other examples of School Games provision, such as a **Pokémon Festival pack**, to introduce the widest possible audience of girls to the sport. Please visit:

[girlsfootballinschools.org/
extracurricular-competition-games.php](https://girlsfootballinschools.org/extracurricular-competition-games.php)

English Schools Football Association (ESFA)

ESFA run multiple National Schools' & Colleges' Cup competitions for girls as well as a new intra-school campaign – Hotshots. To find out how to enter your school into a competition or event, please visit

schoolsfootball.org

The Independent Schools Football Association Ltd. (ISFA)

ISFA aims to create opportunities for children within the sector by organising and encouraging competitions and development opportunities for girls. For more information, please visit:

www.isfa.org.uk/girls-competitions



MAXIMISING YOUR SCHOOL FACILITIES

1. Improve grass pitch quality and utilise existing pitches effectively:

You get out what you put in, so regular maintenance means you'll not only have a better playing surface, you'll also be able to use it more often.

The use of portable and moveable goals will also allow you to maximise the space – as well as preventing overuse and damage of heavily used areas of the pitch.

2. Access funding and guidance from the Football Foundation to improve your grass pitch quality:

If your school offers community use, then you can access Football Foundation funding to help you improve the quality of your grass pitches. Find out more at:

[footballfoundation.org.uk/
get-your-pitch-match-fit](https://footballfoundation.org.uk/get-your-pitch-match-fit)

3. Introduce programming variations:

Introduce small-sided games: Instead of traditional 11-a-side matches, try smaller games, including Futsal, with fewer players on each team. This not only maximises the use of available space on the pitches, it also allows for more simultaneous games – and more touches for more players.

Consider modified rules: Adjusting the rules to allow for smaller groups or shorter matches can help accommodate more games in the time you have available.

Maximizing your school facilities means you can provide higher quality sporting experiences to your pupils, as well as ensuring the facility can be enjoyed by everyone on a regular basis.

To optimise the use of your facilities for both girls and boys in football, here are some strategies you can consider:

4. Maximise all other available facilities:

Indoor halls: Limited outdoor space doesn't have to limit opportunities. Think outside (or inside) the box. Use an indoor sports hall or gymnasium to conduct football training sessions or matches. This means more regular practice for both girls and boys.

3G / hard courts: If there are some available, then use hard courts such as netball or tennis courts for training sessions or small-sided games. These surfaces are durable, meaning you can play on them more often, and for longer.

Be flexible, and rotate your programme to ensure that both girls and boys get to enjoy equal usage of each different facility.

By considering these strategies, you can make the most of the facilities available to you, improve grass pitch quality, increase the playing capacity, and ensure the best use of all available space for both girls' and boys' football.

To attract girls who might not otherwise be engaged with football, there are resources available to deliver your own intra-competitions. There are also other examples of School Games provision, such as a Pokémon Festival pack, to introduce the widest possible audience of girls to the sport. Please visit:

[girlsfootballinschools.org/
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-games.php](https://girlsfootballinschools.org/extracurricular-competition-games.php)



CREATING A PATHWAY FROM SCHOOL TO COMMUNITY

Providing girls with an opportunity to continue their football journey outside of school, whether they wish to play competitively, play socially just for fun; or continue to build their leadership skills through football is a fantastic way to link your school into the wider community and support your girls to continue to play.

Below are some great community opportunities you may want to create a link with.

Weetabix Wildcats

Weetabix Wildcats is all about giving girls aged 5-11 the chance to have fun, make friends and play football. Whether they're taking up the sport for the first time, or simply want the chance to play with other girls their own age, there are 2,000 sessions for parents to choose from across England. It's fun football in a safe and friendly environment.

If you want to build a link between your school and a local Weetabix Wildcats opportunity, then contact your local FA.

[www.EnglandFootball.com/
participate/leagues-and-clubs/
county-football-associations](http://www.EnglandFootball.com/participate/leagues-and-clubs/county-football-associations)

To find a local Weetabix Wildcats provider near your school, please visit here:

find.EnglandFootball.com

Squad Girls' Football

Squad Girls' Football gives girls aged 12-14 the chance to play football their way, in a fun, pressure-free and non-competitive environment. You don't need to have played before and the sessions are focused on building core skills on and off the pitch. They'll cover everything from passing and dribbling, to developing confidence, leadership and adopting healthy habits. Most importantly, Squad Girls' Football is a place where friendships flourish, and belly laughs are guaranteed!

If you want to build a link between your school and a local Squad Girls' Football opportunity, contact your County FA:

[www.EnglandFootball.com/
participate/leagues-and-clubs/
county-football-associations](http://www.EnglandFootball.com/participate/leagues-and-clubs/county-football-associations)

To find a local Squad Girls' Football provider near your school please visit here:

find.EnglandFootball.com

England Football Accredited Clubs

England Football Accredited Clubs have positively changed the football landscape over the last 20 years. The programme has helped to create an environment which is perfect to nurture players, coaches, and volunteers. If you're looking for a club to point your pupils in the direction of, then they're a great place to start.

To find clubs near your school, please visit here:

find.EnglandFootball.com





ROLE OF COUNTY FOOTBALL ASSOCIATIONS

There are 50 County Football Associations (CFAs) nationwide. Each one takes huge pride in developing and governing all aspects of local football in England and most will have a development officer specifically responsible for girls and disability football.

CFAs can support schools in identifying England Accredited Clubs or England Football Programmes that will meet the need of the girls in your local community. They can also support you to create links to local football clubs and other community football provision.

CFAs can be a great source of local knowledge. For more information, please visit:

[www.EnglandFootball.com/
participate/leagues-and-clubs/
county-football-associations](http://www.EnglandFootball.com/participate/leagues-and-clubs/county-football-associations)

