

Disney INSPIRED

# SHOOTING STARS

BY ENGLAND FOOTBALL



Disney FROZEN II



Disney PIXAR  
INCREDIBLES 2



MARVEL  
AVENGERS

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Supporting Partners



# What is Disney inspired Shooting Stars by England Football?

Disney inspired Shooting Stars 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

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

Girls' Football Club 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 and after school 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.



# 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.



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

