



Expression of Interest for “Wexford Girls Get Active”

Background

According to Sport Ireland’s “Girls Get Active” research (2021), evidence suggests that only 7% of girls 14-15 years and 5% of girls 16-20 years are meeting the recommended physical activity guidelines. (*Moderate to Vigorous Physical activity for at least 60 minutes a day*). This research has established that the term “Sporty” or “sporty person” is strongly linked with disengagement of physical activity/sports within the teenage girl population. In Ireland, Sport Ireland recognise the need for additional support and have established the “Her Moves” campaign, designed to inspire, and support more teenage girls to be active.

Initiative Description

With this fantastic momentum growing, Wexford Children and Young People’s Services Committee (CYPSC) is delighted to announce the **Wexford Girls Get Active** Initiative. This is funded through Healthy Ireland and is being delivered in partnership with Sports Active Wexford and Gorey Youth Needs Group. This will provide teenage girls in Wexford with an opportunity to get active in a fun, social and non-judgemental environment.

This initiative will include an eight-week physical activity programme where a qualified instructor/coach will provide one session a week for eight weeks on one activity. A theme incorporating a selection of similar activities will be offered to interested organisations. Each organisation will be given an opportunity to name their preferred activities. We will endeavour to match each group to its preferred activity. However, this may not be possible in all instances. This will depend on location and the resources of the applicant.

Empowering teenage girls and giving them a voice will be of the utmost importance throughout this initiative. The girls should select the preferred theme and choice of activities themselves. This will ensure that they engage with the initiative when it is rolled out and creates the opportunity for sustainability upon its completion. Please view the eligibility criteria to observe if you are eligible to apply.

Timeline for Roll Out

This programme will be rolled out in Autumn, aiming to start during the month of September 2024. Flexibility will be given within the month of September depending on both group and instructors’ availability. Successful applicants will also be invited to attend the “Wexford Girls Get Together” one-day event. This event will comprise of fun and inclusive physical activities where participants will have the opportunity to meet their peers in a social environment. “Wexford Girls Get Together” will be conducted towards the end of this Initiative, aiming for end of November. An evaluation of the overall Initiative will also be conducted at this event.

Supports Required

Organisations and Youth Clubs who apply will be required to appoint a staff member who will become the group leader for this initiative. Group Leaders will be the point of contact for the instructor and will be responsible for organising the venue. Groups Leaders must ensure an additional two qualified and experienced staff members will be present alongside the instructor for each activity and will support the smooth running of the 8-week programme. If your application is successful, the group leader will be required to attend an online information session which will provide further details on the supports required from each organisation and an opportunity for a Q&A.

Theme selection

Similar physical activities/sports have been grouped together and fall under one theme. Each organisation will select the themes in order of preference. Please see description for each theme below.

➤ **Dance Theme**

This theme will incorporate activity in the form of dance movements. This will be a creative theme which can provide opportunities for creativity incorporating dancing sequences and choreography. Examples of Dance programmes include, Hip Hop, line dancing, jiving, zumba, Irish dancing, jazz, contemporary dance etc.

➤ **Fitness Theme**

This theme will incorporate functional fitness movements and strength exercises in a fun environment. Functional fitness involves training the body for activities performed in daily life. Examples of Fitness theme programmes include Intro to gym, Body pump (aerobic and strength), Intro to weights, Pilates, Step Aerobics etc.

➤ **Martial Art Theme**

This theme will incorporate martial art sports. Certain forms of Martial Arts are slower and more controlled than others. There are many forms of Martial Arts which include boxing, kickboxing, self-defence, Taekwondo, karate, Tai-Chi etc.

Eligibility Criteria

This Expression of Interest is open to:

- Organisations/Youth Clubs that are based in County Wexford.
- Organisations/Youth Clubs that operate as “not for profit” and are open to the public.
- Organisations/Youth Clubs that engage with teenage girls (12-19yrs).
- Organisations/Youth Clubs that engage with a minimum of 12 teenage girls or are open to accepting additional individuals to join your physical activity programme.

Submission Details

Interested organisations must fill in the Expression of Interest form which can be found on Pg.3. Please also submit the attached Costings Form.

Expression of Interest forms must be returned to **Nicola.collins@wexfordcoco.ie** by **Friday 28th of June** by **5pm**. Late submissions will not be accepted.



Wexford CYPSC “Wexford Girls Get Active” Expression of Interest Form –

Name of organisation	
Contact name	
Organisation address	
Eircode	
Telephone	
E-mail	

Information about your organisation	YES/NO
Is your Organisation/Youth Club based in County Wexford?	
Does your Organisation/Youth Club operate as “not for profit” and is it open to the public?	
Does your Organisation/Youth Club engage with teenage girls (12-19yrs)?	
Does your Organisation/Youth Club engage with a minimum of 12 teenage girls or are you open to accepting additional individuals to join your physical activity programme?.	
Additional Information : Does your Organisations/Youth Club engage with teenage girls from any of the following target groups? Tick as appropriate.	
Children and Young People with Additional Needs	
Domestic, Sexual & Gender Based Violence	
Homelessness	
International Protection Accommodation	
LGBTI	
Travellers and Roma	
Ukraine	
Youth Justice	

Enter the number of teenage girls your organisation engages with?	
12-14years _____	
15-16years _____	
16yrs + _____	Total _____

Enter the number of teenage girls in your organisation that have expressed an interest in participating in this initiative?

12-14years _____

15-16years _____

16yrs + _____

Total _____

How many of your teenage girls participate in the recommended Physical Activity Guidelines per week?

1 hour/day moderate to vigorous intensity aerobic activity _____
E.g. (If you can talk but not sing while active)

3 times week vigorous intensity muscular strengthening activities _____
E.g. (If you are unable to say more than a few words while active)

List the theme's below in order of preference. 1=most preferred, 3=least preferred
We apologise for the inconvenience however please note preferred theme may not always be applicable due to capacity.

Dance theme _____

Fitness theme _____

Martial Art theme _____

Please find theme descriptions in theme selection on P.2.

Please name your preferred choices of Physical Activity within the theme selected above.

Please state the name of your preferred company/instructor if you were successful.

All successful applicants will be asked to provide a full breakdown of costings (Trainer & Venue costs).

Please name what facilities you have available to you? (Example hall and size?)