

Active Leicester: Braunstone and Rowley Fields

Case Study: Girl's 'Zorb Football' @ Fullhurst



- Girls only activity sessions for years 9, 10, 11
- Link with Fullhurst Community College
- Use of new 'Zorb' equipment to pilot girls only sessions and to work with female pupils disengaged with PE and extra-curricular activities
- Over 50 pupils engaged with, nearly 230 through put; almost half outputs coming from 6-week Zorb Football trial
- Increase in female participation in extra-curricular
- Extension of pilot due to the success

Fullhurst Community College is the only mainstream secondary school situated in the Braunstone and Rowley Fields ward. For this reason, the ALBRF project were very keen to link with the school to work with pupils aged 14+ (targeting years 9, 10, 11); especially those that were not really engaged in either curriculum PE or after school provision. The school identified a gap in uptake of activities within their female students aged 14+, and so asked if we could deliver some alternative activities to try to engage them.

A range of activities were then offered to female students for them to participate in after-school; including Zumba, Football and Ultimate-Frisbee, all of which were well received by the girls attending.

During the summer, the project purchased 10 'Zorbs' (pictured) which would enable us to deliver unique and eye-catching activities at events and through weekly sessions.



"I don't get into trouble as often as I used to as Zorb Football helps me take out my frustrations with the school day. I also now feel like I can enjoy sport and that people are not laughing at me for doing something wrong."

Chloe, local resident (aged 15)

Over the summer we used the Zorbs to deliver a number of sessions within the community, but we found that the majority were attended by males aged between 14-19. Feedback from females either watching the sessions or at events told us that they were interested in taking part, however they were apprehensive to take part with boys for fear they would 'be too rough with them'. We were therefore very keen to create a female only zorb session and saw our partnership with Fullhurst as a chance to test the waters and so offered them the opportunity of a 6 week pilot.

Straight away the benefits of the session were evident to both the school and to ourselves, with a strong uptake (with an average of 16 girls attended - we had to cap the attendance at this as we could only use 8 zorbs), positive feedback from the girls, increased attendance from the girls in other extra-curricular activity and less incidents of girls not bringing PE kit to school. The 6 week trial has been such a success that the school have requested that we continue the sessions in the new year and have also asked if we would be able to deliver an additional incentive to Year 11 boys for good behaviour and also to entice those not engaged in sport.

"Since Zorb Football has started we have seen a large increase in the amount of girls participating in extra-curricular. The girls taking part have shown real passion and enthusiasm, which has helped to increase attendance in other activities. It also helps that the instructors are dedicated & experienced too!!" **Miss Bird, PE teacher at Fullhurst Community College**

