



SPÓRT ÉIREANN  
SPORT IRELAND

WOMEN IN SPORT WEEK  
MARCH 2ND – 8TH 2026



# Same Energy

Grow The Spotlight.

WOMEN IN SPORT WEEK  
Primary School Pack



[#SameEnergy](#)

## What is Women in Sport Week?

Women in Sport Week is a special week where we celebrate girls and women in sport, from players and athletes to coaches, referees and volunteers.

Women and girls put the same effort, commitment and passion into sport as men and boys.

**So why shouldn't they get the same energy in return?**



## What does "Same Energy" mean?

**Same Energy means:**

- The same support
- The same excitement
- The same respect
- The same belief

**Women in sport don't need special treatment,  
they deserve equal treatment.**



**#SameEnergy**

## Amazing Irish Sportswomen

Across Irish Sport, women are showing us what Same Energy looks like:

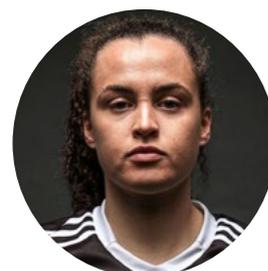
### Katie Taylor – Boxer



- Olympic Champion, 2012
- Five-time consecutive gold medallist at the Women's World Championships
- Six-time gold medallist at the European Championships
- A pioneering figure in women's boxing, she competed in Ireland's first officially sanctioned female bout at the National Stadium in 2005, defeating Alanna Audley of Belfast.

### Emma Duggan – Gaelic Footballer

- Two-time All-Ireland winner with Meath
- Winner of three senior county titles with her club Dunboyne
- All-Star Award winner in 2021 and 2022



### Mona McSharry - Swimmer

- Two time Olympian and Olympic bronze medal winner Paris 2024
- World Championships and European Short Course Championships bronze medallist
- Multiple Irish national record holder



### Orla Comerford – Paralympic Runner

- Two time paralympic sprinter, competed at the Tokyo 2020 and won bronze at Paris 2024 Paralympic Games
- European medallist in the T13 100m, 2025
- World Champion in the T13 100m, 2025 (for athletes with visual impairment)



### Rhasidat Adeleke – Runner

- Olympic runner, finishing fourth in the 400m at Paris 2024
- Silver medallist at 2024 European Championships
- First Irish woman to break the 50-second barrier in the 400m



## Amazing Irish Sportswomen

Across Irish Sport, women are showing us what Same Energy looks like:



### Kate O'Connor - Athlete

- Olympic heptathlete at Paris 2024
- Pentathlon bronze medallist at the 2025 European Athletics Indoor Championships
- Heptathlon silver medallist at the 2025 World Athletics Championships,
- Irish record holder for heptathlon and indoor pentathlon

### Erin King – Rugby Player

- Irish Women's Rugby Union Captain and Irish Rugby Sevens player
- Represented Ireland at Paris 2024 Olympics in Rugby Sevens
- Named as World Rugby Breakthrough Player of the Year in 2024

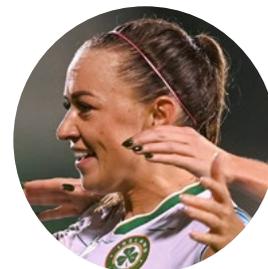


### Rachael Blackmore – Horse Racing Jockey

- RTÉ Sports Person of the Year and BBC World Sport Star of the Year in 2021
- First woman to win the Grand National
- First woman to be champion jockey at the Cheltenham Festival

### Katie McCabe – Footballer

- Captain of the Republic of Ireland women's football team
- Fourth Irish woman to win UEFA Champions League trophy
- Winner of FA Cup 2016, three League Cups, and Champions League



### Aoife Donohue – Camogie Player

- Four time All Ireland winner and Senior Championship winner with Galway
- All-Star Camogie Player and a teacher
- Awarded the 2025 Camogie Player of the Year



## Did You Know?

- Research shows that girls' participation in sport **drops** during teenage years.
- Globally, women's sport receives significantly less media coverage than men's sport.
- Seeing female role models in sport helps girls believe they belong in sport.



Sources: Sport Ireland Policy on Women in Sport; Women in Sport Trust; UNESCO sport participation research.

## Let's Think About It

Circle or write your answers:

**Do women and men train just as hard for sport?**

Yes     No     Not sure

**Do women's sports always get the same attention as men's sports?**

Yes     No     Sometimes

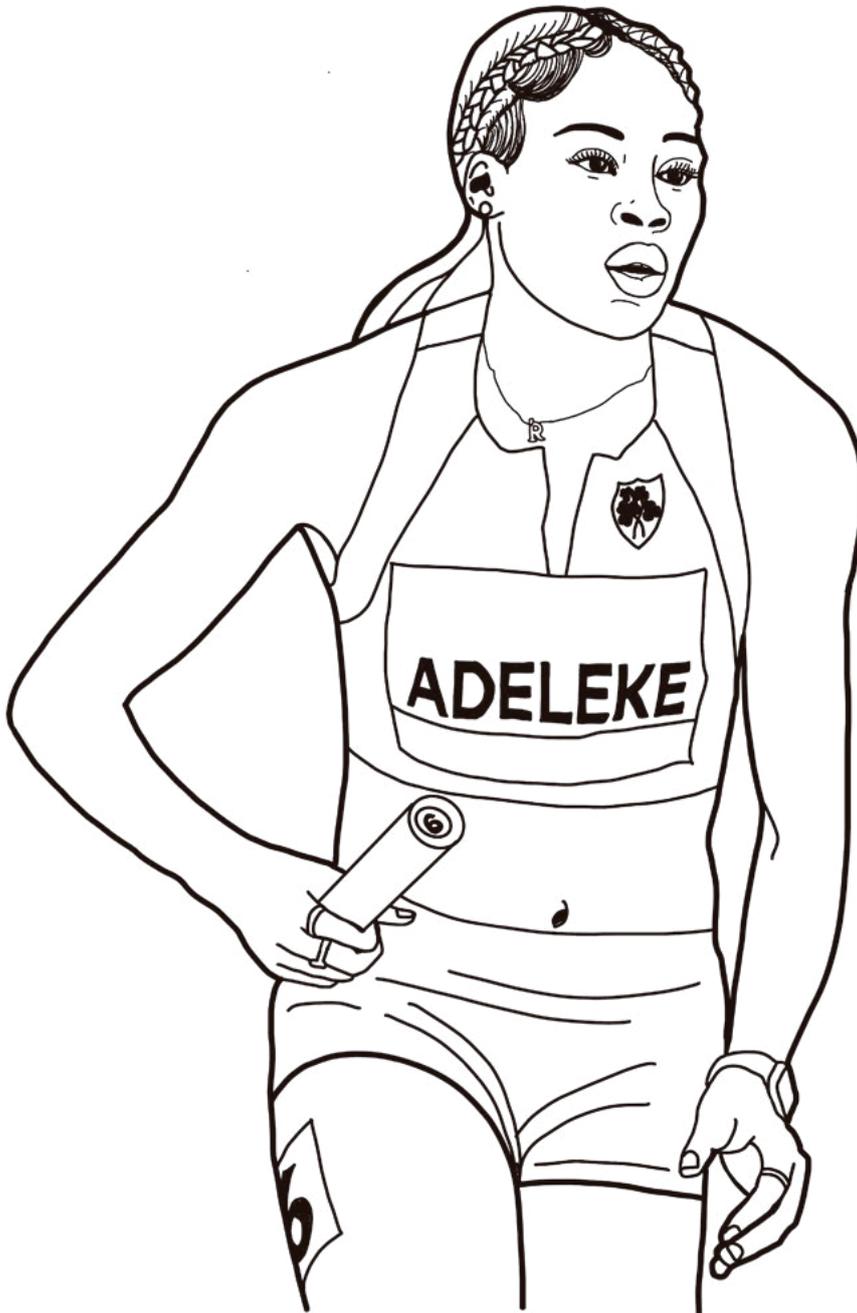
**Why do you think seeing women in sport is important?**



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## Activity 1: Colour the Champion



My favourite thing about this athlete is:



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## Activity 2: Design Your Own SAME ENERGY Poster

Draw yourself playing your favourite sport or doing your favourite exercise.

A large, empty rectangular box with a thin black border, intended for drawing a person engaged in a sport or exercise.

**Complete the sentence:**

I love this sport because...

A large, empty rectangular box with a thin black border, intended for writing a response to the sentence completion prompt.



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## Local Hero

Name a woman or girl in your school, family, or community who plays, coaches or supports sport.

**Name:**

**What makes her inspiring?**

A decorative graphic in the bottom right corner of the page, consisting of several concentric, curved segments in shades of green and white.

## Watch & Discuss

During Women in Sport Week, watch the Same Energy film from Sport Ireland.

### When you watch it, think about:

- How people talk about sport
- Who gets cheered for? E.g. (for teacher prompt) does everyone cheer for boys and girls equally?
- Why is it more fun when people get excited about a game or sports competition?

## What Can You Do?

You can bring Same Energy by:

- Watching women's sport
- Go to a women's sport match or event
- Cheer on women in sport
- Supporting girls in your class or club
- Talking about women's achievements
- Believing that sport is for everyone



**SAME ENERGY.**

**Same effort. Same belief. Same respect.**

**Women in Sport Week - Sport Ireland**



## Appendix – Teacher Notes

### Discussion Prompts:

- Why do role models matter?
- What does fairness in sport look like?
- How can we support girls in our school to stay involved in sport?

### Teacher Prompt:

- Encourage students to think about how they can promote inclusion, visibility and participation in sport within their own school.
- Show examples of positive campaign posters to demonstrate strong, simple messaging.
- Highlight girls in your school who are involved in different types of physical activity - not just traditional team sports, but dance, athletics, swimming, fitness, camogie, basketball, yoga, etc.

### Links

- Sport Ireland's Same Energy film is available on Sport Ireland's social channels. <https://www.instagram.com/sportireland/?hl=en>

