



Same Energy

Grow The Spotlight.

WOMEN IN SPORT WEEK
Secondary School Pack

[#SameEnergy](#)



Module 1: Same Energy & Visibility

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.**



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.

Starter Activity:

List the last 5 sporting events you saw on TV, in person or on social media.

- 1.
- 2.
- 3.
- 4.
- 5.

Discussion:

- How many featured women?
- Why does visibility influence participation?
- Who shapes sports coverage?

Mini Task:

Analyse sports headlines from one day and calculate male vs female coverage.



Module 2: Body Appreciation & Performance

Watch: Body Appreciation video from Sport Ireland

Task: Watch the Body Appreciation video and complete the following prompted sentences.

Complete the following sentences:

My body is powerful because...

My body allows me to...

One physical strength I have is...

One mental strength I have is...

Key message:
It's not about what your body looks like,
it's what it can do.



Watch: It's Complicated video from Sport Ireland

Discussion:

What challenges show up for girls in school sport?

What would supportive behaviour look like in our school?

Which of these ideas could we start next week?

How can sport help build resilience?

Module 3: Action Challenge

Design a:

School awareness poster

OR

Social campaign idea for Women in Sport Week

Tagline must include: SAME ENERGY.



Appendix – Teacher Notes

Teacher Prompt:

Mini Task: Analyse sports headlines: Ask students to visit a sports news site (e.g. RTÉ Sport, BBC Sport, Sky Sports, or a national newspaper online) and review the main sports headlines from a single day. Take screenshots or print out the sports headlines from one day or share printed headlines if needed.

Teacher Prompt:

- Encourage students to think critically about how girls' sport is seen and supported in their school and community.
- Discuss how sport is promoted in school (noticeboards, social media, assemblies, match announcements).
- Compare visibility of boys' and girls' sport in school.
- Show examples of campaign messaging and analyse tone and impact. (Check out [HerMoves.ie](https://www.hermoves.ie) for examples and further resources)

Women In Sport Week Campaign examples:

- “Move-It Monday/Try-It Tuesday” Challenge
- Each day of Women in Sport Week, students post a simple movement challenge:
 - Walk the perimeter of the school/playground
 - Follow a yoga session/video at lunch
 - Learn a new physical skill
 - Try a TikTok dance
 - “She Inspires Me” Wall (Digital and or Physical)



- Students create:
 - a physical display in a hallway
 - and or a digital carousel for social media
 - Everyone submits a woman or girl in sport who inspires them (local hero, family member, friend, student, coach, PE teacher, elite athlete).

Links

- Body Composition: More than a Number
<https://youtu.be/vLI7LN2DGgs?si=8UiXWtEvy7DHjMmi>
- Her Moves: It's Complicated
https://youtu.be/zMYGydrWNKA?si=tzSesymmvFps_i1l
- Her Move Period Positive Posters
<https://www.hermoves.ie/resources/period-positive-posters-schools>
- Check out www.hermoves.ie for examples and further resources.
- Sport Ireland Women in Sport
[Youtube Playlist](#)
- Women In Sport Homepage
<https://www.sportireland.ie/Women-in-Sport>

