

# ARSENAL WOMEN SISTER SCHOOL PROGRAMME

## 2018/19 SEASON



INSPIRING EVERY GIRL TO LOVE THE GAME



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The Arsenal Women Sister School Programme is unique in nature and aims to support schools develop girls sport and foster & inspire a love of football. In it's first season, Arsenal Women worked with 13 Sister Schools, providing a packages of support with the keys aims of:

- Inspiring every girl to love the game
- Supporting teachers with skills & confidence to deliver more girls football at their school

Our Programme of aspires to provide a broad range of support to schools who have a passion for developing girls football. Schools who were involved in the 2017/18 season benefited from:

- Unique experiences for Sister School Children at Arsenal Women home games
- Opportunity to use strong female role models to inspire more girls to play football
- Links with Sister Clubs to support girls in to exit routes to play more grassroots football, or consider becoming a volunteer coach (depending on the age of the children)

Across the 2018/19 Season the Arsenal Women Sister School Programme will be delivering two types of support package for schools to select, with benefits including:

- Arsenal Women Programme Ambassador
- Coaching Session Plans
- Teacher Development Workshops
- Sister School Festival
- Arsenal Women Tickets
- Online Coaching Group (Hive)
- Match day Experiences
- Sister School Specific Teacher Development Workshops
- Arsenal Women Coaching Sessions
- And much more!

More information on the 2017/18 Arsenal Women Sister School Programme can be found via <https://www.arsenal.com/women/sisterschools>



## SISTER SCHOOL FEEDBACK

“The girls really enjoyed their sessions”

“It has been an excellent initiative and many children are keen to follow Arsenal Women as a result”



“The sessions have built lots of confidence for those children who become anxious when playing competitive games with others”

“The children were excited for the Arsenal Women coach to come in and their concentration has definitely improved “

“Fantastic interactive coaching”



“We think it all went amazingly, from the coaching to Gunnersaurus coming in and visiting each class. The lesson plans have been extremely useful to”

“The trip to the match was awesome. I have never seen the girls so enthusiastic and loud cheering a team on”

“It has been a fantastic link to have. The opportunity to visit & watch Arsenal Women play is brilliant”



## PROGRAMME SUPPORT PACKAGES 2018/19 SEASON



### ARSENAL WOMEN PROGRAMME AMBASSADOR

The Sister School Programme will have a lead ambassador who will be an Arsenal Women player. Over the season there will be opportunities for the Programme Ambassador to attend Sister School events and make player appearances.

The type and nature and amount of player appearances will be communicated and agreed throughout the season depending on player availability.

In the 2017/18 season, the Programme Ambassador Heather O'Reilly made numerous player appearances at sister school lessons & assemblies

### COACHING SESSION PLANS

Arsenal Women will develop 10 coaching session plan resources, to support teachers at your school with some new inspiration for their regular football lessons & sessions.

The session plans will give clear instructions, for teachers to easily run the coaching practices, links to The FA 4 corner model with ideas on how to challenge the players technically, physically, psychologically & socially and links to which type of player would shine in the practice.

On the back of the session plan there is a blank area for the Sister School teacher to develop the session to challenge their pupils further.

### SISTER SCHOOL FESTIVAL

Arsenal Women will run a Sister School Festival, which will be open for all Sister Schools to enter teams to play in a fun and developmental football environment. (Arsenal Women will explain the age groups this will be available to closer to the time)

The festival is likely to take place in May / June 2019. In the 2017/18 Season 12 schools, both primary and secondary bought teams of girls who had a varying level of experience, to take place in games, coaching sessions and a Stadium Tour at the Emirates Stadium.

### ARSENAL WOMEN TICKETS

All schools who are part of the Arsenal Women Sister Club Programme will be able to make use of Arsenal Women tickets as part of their membership package. The tickets can be used by anyone connected with the Sister School.

Tickets can be used at any Arsenal Women home game throughout the 2018/19 season.

It is really important that Sister Schools look to make use of their full allocation of tickets across the season.

### TEACHER DEVELOPMENT WORKSHOPS

Arsenal Women will facilitate & deliver 3x 2 hour teacher development workshops throughout the season.

The focus of the workshop will be tailored to support the needs of the Sister School teachers. Each workshop will have 30 spaces available for teachers, and will be allocated on a first come first serve basis.

Arsenal Women will share information on the location and dates of these workshops throughout the season.

### COACHING SUPPORT VISITS

Depending on the membership package selected, Sister Schools will be entitled to 3 or 6 coaching support visits which will take place at your school. Each visit will last up to 2 hours in duration and can be focused on any age groups at the school. Sessions can take place during PPA time or break & after school time, depending on availability and needs of the school. It is recommended that each individual coaching session lasts between 30 and 60 minutes, and this can be agreed directly with Arsenal Women.

A member of staff from the school (Teacher, Teaching Assistant etc) must be present with the Arsenal Women coach at all times during the coaching session.

***If schools would like to amend their benefits (additional coaching sessions / less tickets to fixtures etc) they can ask to make specific changes to the Sister School Package by contacting development officer Tom Hartley—[thartley@Arsenal.co.uk](mailto:thartley@Arsenal.co.uk)***



## PROGRAMME SUPPORT PACKAGES 2018/19 SEASON

### SCHOOL ASSEMBLIES

Depending on the support package selected, Arsenal Women will deliver assemblies for Sister Schools, with the aim of inspiring girls to want to play more football. In the 2018/19 season, schools will be able to pick from a suite of assemblies aimed to link with other topics and subjects across the school. Specific focuses can include:

- Healthy Eating
- Practice & Growth Mindset
- The life of a professional footballer
- Numeracy

Assemblies will be delivered by Arsenal Women coaches. If schools would like a tailored assembly, this can also be considered.

### SISTER SCHOOL SPECIFIC TEACHER DEVELOPMENT WORKSHOPS

Sister Schools who select the Sister School Plus membership, are entitled to a school specific teacher development workshop. For this workshop, Arsenal Women will create and deliver a training workshop (2 hours) to take place at your school for any teachers or staffing looking to deliver PE or girls football sessions.

The content of the workshops can be a mixture of theory and practical delivery, and themed around specific outcomes that are important to the sister school, including:

- Practice design
- Differentiation within football
- Using football for assessment for learning



## PROGRAMME SUPPORT PACKAGES 2018/19 SEASON



Across the 2018/19 season, Arsenal Women will provide 2 Sister School Packages for schools to select from. We want to ensure that our programmes are fit for purpose and provide the support that the schools that we work with need, so if schools want to amend elements of the packages, for example; add coaching sessions, lower ticket allocation or tailor the range of support, we can be flexible. For further information and discussion around the range of support, contact Arsenal Women Development Officer Tom Hartley—[thartley@Arsenal.co.uk](mailto:thartley@Arsenal.co.uk)

TYPE OF SUPPORT	ARSENAL WOMEN SISTER SCHOOL	ARSENAL WOMEN SISTER SCHOOL PLUS
Price	£350.00	£500.00
Arsenal Women Tickets	100	200
Coaching Support Visits	3	6
Coaching Sessions Plans	10	10
School Assembly	1	2
Teacher Development Workshop	3	3
School Specific Teacher Development Workshop	0	1
Programme Ambassador	Yes	Yes
Access to play in Sister School Festival	Yes	Yes

Further information about the Arsenal Women Sister School Programme and the work we completed in the 2017/18 season can be found on our website: <https://www.arsenal.com/women/sisterschools>

## ARSENAL WOMEN SISTER SCHOOL PROGRAMME 2018/19 SEASON



We hope that your school is interested in becoming an Arsenal Women Sister School for the 2018/19 Season.

To Apply for a place on the programme:

- Review the application pack and support packages available for the 2018/19 season
- Select which Sister School Package you would like to apply for and consider any specific changes you would like to make for your school (additional coaching visits for example)
- Complete an online application through the following link: <https://goo.gl/forms/kxlgfQdv2XearjQH2>
- Please note, places on the programme are limited, and places will be selected through school applications.

Applications will be considered throughout the season, but places may become limited over time, therefore, please look to apply to join the programme as soon as you can.

If you have any questions about the Arsenal Women Sister School Programme please contact Arsenal Women Development Officer Tom Hartley—[thartley@Arsenal.co.uk](mailto:thartley@Arsenal.co.uk)



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