



## News and Resource Update September 2016: Your guide to what's happening around the world

We want to hear about what you and your related organisations are doing and the information you are producing. You can send your information and news to any member of the executive board for inclusion in the 'Update' each month – [view their contacts details](#)

### Keep right up to date with our news

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## IAPESGW 18<sup>th</sup> World Congress - *Women and Girls in Sport: Research to Action* Barry University, Florida, USA 17 – 21 May 2017

Themes:

- Pedagogy of Physical Education, Sport, and Dance
- Lifelong Physical Activity for All
- Global to Local Initiatives and Assessment
- Sport Sciences

**REGISTRATION IS NOW OPEN - to book your place on our 18th Congress please [visit the booking website](#) - early bird rates are available up to 20 January 2017**

### CALL FOR ABSTRACTS - based on the four themes above.

Second call for abstracts; 1 August 2016:

- Deadline for abstract submission: 30 October 2016
- Notification of acceptance: 15 December 2016
- Early Bird registration: 20 January 2017
- Delegates are invited to submit an abstract for either an oral and/or poster presentation under one of the sub-themes from 1 July 2016.
- Your abstract must reach the Scientific Committee on or before 30 October 2016.

**Deadline is 30 October 2016**

[View more details](#)

There is a website for our event being hosted by Barry University at:

[www.barry.edu/iapesgw](http://www.barry.edu/iapesgw)

## **Report – ICSEMIS Brazil, September 2016 – The Symposium in Memory of Margaret Talbot**

**By Tansin Benn, IAPESGW Chair of Committee of Consultants**

As part of the ICSEMIS Conference held in Brazil, September 2016, a memorial symposium was held in memory of Margaret Talbot. It was a great honour for me to be invited to speak at this event by ICSSPE and my thanks to them and Nike who sponsored the event. The panel also consisted of Professor Jorid Hovden, Norway, Professor Pablo Scharagrodsky, Argentina, and Dr Richard Bailey, UK/Germany. The title of the symposium was 'Girls, Women and Physical Activity – Religion, Culture, Tradition and National Policies around the World'. After each sharing our work related to the chosen topic we had a questions session and much further debate thereafter about important issues that continue to affect women, in particular, in sport participation.

Margaret Talbot was an Honorary life member, and past President of IAPESGW. She will always be a special person for us in Association. Margaret was a lifelong advocate and activist for equity in sport, physical activity and physical education. She was President of ICSSPE from 2009 until her death in 2014. She held many key positions for sport advocacy both in the UK and internationally, and coordinated many key projects, most recently working with Nike and other partners on the excellent resource 'Designed to Move', and making a significant contribution to UNESCO's revision of the Charter for Physical Education', published in November 2015. And the 'UNESCO Quality Physical Education Guidance' published January 2015. She was a Professor and a visionary leader whose influence resonates around the world.

Margaret was also - my mentor, colleague and friend. She was a great supporter of my work for better inclusion of Muslim girls and women both in the UK and internationally so, in the symposium, I shared two projects that we worked on together, one in physical education the other in sport, alongside other positive memories of ways in which we worked and travelled together across all continents and many years of friendship.

Margaret and I shared a like-minded commitment and deep mutual respect for the same values, our lives overlapped with a common purpose. I am fortunate to have been able to work so closely with her for many years and I learned a great deal about positive ways to work across complex boundaries such as religion and culture. It is always difficult to summarise the richness of lessons learned but in the hope that such reflections might help others in research, policy and practice, or remind those of us who have been in the field a long time – they were:

1. Consider your aims – Why? What? How?
2. Listen first to those whose lives you are trying to change – start from their realities
3. Work collaboratively, in partnership with people in the situation, on a foundation of trust, a willingness to learn from and with others. Avoid assumptions, homogenization, generalizations and ethnocentric thinking.
4. Be sensitive to difference – e.g. cultural significance of movement forms, language interpretation and potential for misunderstandings.
5. Continually strive for a 'global mindset'.

The following qualities of a global mindset were described by M. Marquart in 2000 and are used here because, in tribute to Margaret, she epitomised the qualities he describes:

*People with global mindsets have the ability to continually expand their knowledge ... are extremely flexible; strive to be sensitive to cultural diversity; are able to intuit decisions with inadequate information; and have a strong capacity for reflection. A global mindset thinks and sees the world globally, is open to exchanging ideas and concepts across borders ... the emphasis is placed on balancing global and local needs, and being able to operate cross-functionally, cross-divisionally, and cross-culturally around the world.*

Margaret's legacy remains a force for good and continues through those of us fortunate enough to have known her.

The event was made even more special by the attendance of David Talbot, Margaret's husband. When Margaret knew she had just months to live, she asked me to collate a very special, personal book of memoirs for David from her UK and international colleagues and friends. She was able to enjoy this wonderful gift for herself before she died. May I take this opportunity to thank the hundreds of you who contributed, and to say this brings great comfort to David as he revisits the love, affection and high esteem in which Margaret was held across the world. The Symposium was a fitting tribute to a visionary leader in our field.

**Note: Gudrun Doll-Tepper, Honorary President of ICSSPE, Chaired the Symposium.**

### **Joining \*IAPESGW – Special membership offer extended**

We are pleased to advise colleagues of the special rate of \$50 Canadian for a membership covering 2016 to 31 March 2017 – please encourage your contacts to take up this offer.

[Visit 'Joining IAPESGW' to take advantage of the offer](#)

**\*Note: Delegates to our 18th Congress, 17-21 May 2017, will receive a four-year membership to IAPESGW as part of the full registration fee.**

## **International**

### **UNESCO (2 September 2016)**

#### **Exhibition on the Power of Sport Values in Saint-Denis**

The City of Saint-Denis, in France, will host the UNESCO exhibition on the Power of Sport Values at the Stade de France, on 3 September 2016, during its Forum of the Sports Associations.

UNESCO, in the framework of an Education Partnership involving major sports stakeholders (the International Council of Sport Science and Physical Education, the International Fair Play Committee, the International Olympic Committee, the International Paralympic Committee and the World Anti-Doping Agency) invites you on [\\* a journey to highlight the transformative power of sport](#) all over the world.

Sport is a valuable tool for overcoming stereotypes, rising above exclusion and fostering citizenship. Sport values such as equality, inclusion, respect, and fairness can empower learners to become responsible, committed, and active in society.

Selected from hundreds of inspiring entries from more than 70 countries, **\*these photos illustrate the power of sport in action**, capturing flashes of joy, camaraderie, and solidarity.....

[View the full news item](#)

### **Beyond Sport reports (8 September 2016)**

#### **Serena Williams and Muhammad Ali to be awarded prestigious Jesse Owens Athlete Trophy**

The International Athletic Association (IAA) announced iconic tennis star Serena Williams and legendary boxer Muhammad Ali as the recipients of the esteemed 2016 Jesse Owens

Awards. The prestigious awards recognize sports legends who exemplify the ideals embodied by Olympian and humanitarian Jesse Owens: integrity, perseverance and service.

This year's historic ceremony falls on the 80th anniversary of Jesse Owens' incomparable triumph at the 1936 Berlin Olympics, where he won four gold medals and defeated Hitler's superiority ambitions. Herb Douglas Jr., bronze medalist in the 1948 London Olympics and protégé of Jesse Owens, co-founded the Award program with Owens' widow Ruth and their three daughters in 1981. They saw a need to honor Owens and created this annual, charitable celebration where the biggest sports icons of yesterday and today gather to continue his legacy.

"Jesse Owens used the global stage of the Olympics and his status as a world-class athlete to make a considerable difference in the world," said Herbert P. Douglas, Jr., Founder and Chairman Emeritus of the International Athletic Association Board of Directors and oldest living African American Olympian. "We are thrilled to be recognizing Serena Williams who is one of the greatest athletes of our time and the quintessence of uncompromising sportsmanship."

### **Jesse Owens Athlete Trophy**

Williams, regarded by many as the best female player to grace the tennis court, will be honored with the Jesse Owens International Athlete Trophy. The award is presented annually to the world's best athlete as voted by a group of electors consisting of sports writers and experts across the world. Serena joins the ranks of past Owens trophy winners Carl Lewis, Greg Louganis, Sebastian Coe, Haile Gebrselassie, Edwin Moses, Vitali Scherbo, and Eric Heiden, among others.

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### **The Guardian, UK (15 September 2016)**

#### **'Vast' gender wage gap still exists within billion-dollar sports industry**

- 2016 Gender balance in global sport report highlights ongoing struggle
- Despite 'some brighter spots', report predicts 'long journey to pay parity'

A new report has found a "vast" gender wage gap exists within sport, with female athletes battling for better pay in a billion-dollar industry that remains predominantly male.

The 2016 Gender Balance in Global Sport report, written in the lead-up to the Olympic Games in Rio de Janeiro, was released on Thursday by Women on Boards, an advocacy organisation based in the UK and Australia.

The [update to its inaugural report](#) published in June 2014 included data sourced from more than 300 bodies, and showed significant differences in pay for men and women in basketball, golf and football. There had been progress made towards parity in cycling and cricket, while athletics and tennis offered just about equal remuneration for men and women.

But despite "some brighter spots", the report concluded a "long journey to pay parity" remained.

Claire Braund, the executive director of Women on Boards, said in a statement the discrepancy reflected persistent bias that "women's sport is not as physical and not as good to

watch". The gender pay gap was seen by some as an inevitability of the increasingly commercial nature of sport, she said.

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[View the full news item](#)

### *The details of the report...*

#### **Gender balance in global sport report. Women on Boards, September 2016 (40 pages)**

This report was written in the lead up to the 2016 Rio Olympic Games to provide:

1. An updated publicly available dataset on the number of women serving on sports governing bodies.
2. Report on gender pay gaps in certain sports.
3. Case studies on sports that are successfully addressing the gender gap.

The core data has been sourced from Olympic organisations with additional information provided on sports bodies in Australia and the United Kingdom including:

- 129 of the 206 National Olympic Committees
- 27 Paralympic Committees for Olympic Sports
- 28 International Sports Federations
- 14 Paralympic International Sports Federations
- 59 National Governing Bodies (NGBs) in the United Kingdom
- 57 National Sporting Organisations (NSOs) in Australia

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#### **European Commission - Sport (15 September 2016)**

##### **Commissioner Navracsics presents declaration on good governance in sport**

On 15 September, in the context of the [European Week of Sport](#) the European Commission hosted a conference on good governance in sport.

The event examined not only the challenges being faced in the world of sport, but also looked at the opportunities to change and modernise sport and to promote a culture of good governance.

In particular, in a video message Commissioner Navracsics underlined his personal commitment and support to European sport organisations and federations, at all levels, to help them implement the necessary reforms.

Among the issues discussed, the Commissioner presented a declaration on good governance, and invited sport bodies to [pledge their support](#) and commit to promote or implement basic principles of good governance in sport:

- integrity
- transparency
- accountability
- democracy
- inclusivity

It is only a beginning of a process, a number organisations have already agreed.

[Source of information](#)

**Inside the games reports (20 September 2016)**

**Women's Rugby League World Cup to be held alongside men's tournament for first time**

The Women's Rugby League World Cup will be held in Australia next year, it has been confirmed, meaning the tournament will run alongside the men's version for the first time in the sport's history.

Pool matches and semi-finals will be played at the Southern Cross Group Stadium in Sydney, with funding provided by the New South Wales Government.

The final will then be played as part of a double-header with the men's final, at Brisbane Stadium on December 2.....

[View the full news item](#)

**Inside the games reports (22 September 2016)**

**Coventry set to be elected vice-president of International Surfing Association**

Five-time Olympic swimmer Kirsty Coventry is set to be elected unopposed as vice-president of the International Surfing Association (ISA) at the body's Annual General Meeting in the Azores.

The Zimbabwean, who swam at last month's Games while also serving as a member of the International Olympic Committee (IOC) Athletes' Commission, is set to replace Australia's Layne Beachley.

She will serve on the ISA Executive Committee alongside ISA President Fernando Aguerre and fellow vice-presidents Casper Steinfath of Denmark, Karin Sierralta of Peru and Barbara Kendall of New Zealand.

The 33-year-old, who is Africa's most successful Olympian of all time and the top individual female swimmer in Olympic history, will also become the world governing body's main link with the IOC after Kendall completed her Athletes' Commission term last month.

She will also become the first ISA Executive Committee member from Africa.....

[View the full news item](#)

**Journal of Physical Activity and Health: The Official Journal of the International Society for Physical Activity and Health. Volume 13, Issue 9, September 2016**

**Editor** - the abstracts from the articles in this current edition to be placed on their website are now available.

[View the abstracts](#)

[Also view Issue 8, August 2016](#)

[AND view Issue 7, July 2016](#)

*Awareness....*

**Mapping of good practices relating to social inclusion of migrants through sport: Final report to the DG Education and Culture of the European Commission. European Commission, dated June 2016, released September 2016 (99 pages)**

The aim of this study is to provide an analytical overview of the types of sports related projects and interventions used to support the social inclusion of migrants and to identify best practice

in their design, implementation and measurement. The study used a literature review, stakeholder interviews and an analysis of the key strengths and success factors of relevant projects based on a typology.

The opportunities for sport to act as a tool for social inclusion have been well documented and across the Member States and within the context of European Union programmes such as Erasmus+, a wide range of projects and initiatives have been implemented. In the context of the report the term “migrants” refers to those individuals who have moved to a different Member State and have settled there.

Refugees (sometimes also referred to as newly arrived migrants), strictly speaking, are migrants too, but due to the more transient nature of their settlement are considered as a separate group. In light of the recent influx of refugees and the immediate need for support, a large amount of projects focussing on social inclusion and integration are now focussed on refugees meaning these types of projects are quite prevalent throughout this study.

[Download a copy](#)

## Specific countries

### AUSTRALIA

#### **The Guardian, Australian Sport (14 September 2016)**

#### **Erin Delahunty article: Netball Australia pay deal throws down gauntlet to other women's sport**

New agreement sends out a message that says netball means business in the competitive world of women’s sport in Australia.

Game on. That’s the message from Australia’s netball bosses, who today threw down the gauntlet to other elite female sports – or should that be, wannabe elite female sports – by announcing an unprecedented pay deal for the new national league’s 80 players.

Like a snarling Sharni Layton bodying up to a hapless shooter at the start of a quarter, it sends a memo with meaning. [Netball](#) means business – and it can attract the best female talent in the country.

Netball Australia’s deputy chief executive Marne Fechner, who hammered out a collective playing agreement with the Australian Netball Players’ Association, revealed the eight clubs in the still-unnamed national league will have \$675,000 to spend on 10 contracted players – a total payment pool of \$5.4 million. Last year’s cap was a paltry \$270,000. The boost comes primarily from a broadcast deal with the Nine Network and Telstra.

Next year, the average player will earn \$67,500 – which sounds suspiciously like a wage a player could live on. At the lower end, the minimum salary, for a player who may not get much court time, will more than double, from just \$13,250 to \$27,375. Ten years ago, the average wage was less than \$1,000 a year. The figures don’t account for payments for representing Australia or personal sponsorship deals.

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[View the full article](#)

### CANADA

#### **Sport Information Resource Centre - SIRC (15 September 2016)**

#### **MOTIVATE Canada receives funding to launch ‘Leading, Educating, Active Females’ (L.E.A.F.) project in Ontario**

**Motivate Canada - Ottawa (ON) September 14, 2016** – Leading, Educating, Active Females (LEAF), funded by the Ontario Sport and Recreation Communities Fund will bring together and support females using Motivate Canada’s YDD framework. Using peer role modeling to

support females in a process of self-discovery through leadership, education, mentorship and physical activity, the program builds confidence and enhances capacity to create and implement health-focused community action projects for girls across all four ministry regions, including Aboriginal communities.

“I’m very excited about the investment our government is making in community programming across Ontario. Through the Ontario Sport and Recreation Communities Fund, we’re supporting our partners at the local, regional and provincial level to effectively promote healthy, active living for people of all ages and abilities.”

— Eleanor McMahon, Minister of Tourism, Culture and Sport

This new project will also focus on removing barriers to community-level sport, recreation and physical activity that align with the Long Term Athlete Development Model (LTAD). For this project, particular attention will be given to cultural awareness and sensitivities, acceptance, and equality given the target population. The application process is now open to become one of twelve Youth Leaders with the program <http://www.motivatecanada.ca/en/news-activate/press-releases/2277-call-for-interest>

“The female physical literacy project is a very rewarding and important project that has taken place across Ontario. Being a part of the program and mentoring our community champions has been the most rewarding as we have watched not only their knowledge of physical literacy and its importance to young girls and women but also having witnessed their leadership and self confidence flourish. Our program was able to teach women and girls or all ages fundamental movement skills that are not only essential in playing sports or working out but also in moving one’s body in everyday life. Knowing how to move is an important life skill that prevents injury, builds confidence and promotes physical activity to those who did not have the confidence to do so before.

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[View the full news item](#)

## RWANDA

### **Laureus Sport for Good Foundation (9 September 2016)**

#### **The inspiring story of the Rwandan Sitting Volleyball Team**

*“I’m so, so happy to be here,”* says Lilian Mukobwankawe, Rwanda’s sitting volleyball team captain, speaking to Laureus.com from the Athlete’s Village at the Rio 2016 Paralympic Games. With the support of Laureus Sport for Good, The Rwandan National Paralympic Committee has sent a women’s sitting volleyball team to the Paralympic Games for the first time in history and according to the team captain, they’re there to make an impact both on and off the court.

Lilian grew up enjoying sport and physical activity until her life was changed by a car accident at the age of 9. Unable to access the hospital treatment she required due to her financial position, Lilian’s knee became fixed and she now can’t bend her right leg.

*“We’re here to show the world that we can,”* says Lilian. *For many years there was a perception around the world that African and Rwandan woman couldn’t play sitting volleyball but being in Rio shows that we can.”*

Lilian’s teammate, Sandrine Nyiramabarushimana, also credits the sport of sitting volleyball with giving her confidence, and shifting her perceptions around her own disability. *“Before I got involved in the sport I was at home thinking I was the only one to be disabled and that my disability was the worst thing in the world. My family would laugh at me.*

*When I started playing sitting volleyball I saw different categories of disability and realised my disability wasn't as severe as I thought. It shifted my mindset. I started talking to others, I became less shy and more social. I changed."*

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[View the full news item](#)

UK

### **Sporting Equals (September 2016)**

#### **SE Latest Consumer Insight into Young Pakistani Females (16-24)**

Sporting Equals latest insight into Young Asian Pakistani females identifies that these women face educational, employment and economic challenges alongside cultural barrier which impact on leisure and lifestyle choices.

Finding the time, the right sort of motivation and the support meant there were limited opportunities for these women to pursue their interests in sport and physical activity.

Many of these young women were active at school and traced their relative lack of engagement in sport and physical activity after they left school linked to lack of confidence, available coaching, suitable facilities and adequate information and support.

Some women expressed a view that the male dominated nature of sport was often viewed by families as an activity for males rather than females. Very little support was given to females to engage in sport with a more direct push for girls to focus on academic studies.

It was important to have places where women could feel comfortable carrying out sport. Places needed to be more accessible for social and recreational sport activities to enable these women to engage with more of a push around local provision.

For many of these women having sports and exercise opportunities run by women for women was a critical factor in engagement, often there was more local demand than opportunities with local female activities oversubscribed. There was also an argument that males routinely had sporting activities effectively organised by and for them why not for women?

There was confidence that if opportunities were provided to train more female coaches and instructors, then more women would come forward to challenge potential objections from male family members.

Achieving more opportunities to connect with sport and physical exercise might involve getting key figures involved in provision and instruction and improving local networks and chances of communication. These young women wanted more role models and a stronger stress on sport and physical activity as a 'sociable', fun' – not just intensely serious or competitive endeavour.

To access this research please log into the membership section of the Sporting Equals [website](#).

[Source of information](#)

### **Loughborough University (2 September 2016)**

#### **Research finds 4-year-olds are not physically ready to start school**

New research from Loughborough University has revealed many four-year-olds are not physically ready to start school.

Early Years specialists in the University's [School of Sport, Exercise and Health Sciences](#) tested 45 Foundation Stage children at two different schools and found a larger number than previously estimated are experiencing problems with balance and coordination that are impacting their ability to learn in class.

Researchers used a range of tests to assess Foundation Stage children's physical development at the start of the school year and found just under 30% were 'of concern' with almost 90% demonstrating some degree of movement difficulty.

The tests therefore reveal up to 30% of children are starting school with symptoms typically associated with dyslexia, developmental coordination disorder (dyspraxia), and ADHD.

A supplementary study that questioned over 25 primary school Foundation Stage teachers also revealed teachers believe children are starting school less physically ready than ever before, with 80% of teachers identifying the decline having happened in the last three to six years.....

Researchers are now extending the Foundation Stage pilot to 30 schools and are in the process of recruiting Year One classes for the forthcoming school year.

[View the full news item](#)

### **BUCS (13 September 2016)**

#### **Basketball England to run Female Basketball Activator Programme**

Basketball England are looking to run a Female Activator programme across institutions in England. The programme aims to train and deploy a female student workforce into Satellite Clubs during the 2016-17 academic year.

The programme was initially launched in June during a University Steering group meeting and Basketball England are now taking final interest from universities before the start of academic year and implementation of the programme.

#### **The objectives of the programme are:**

- 1) To work with universities to identify female leaders who will undertake the UKCC Level 1 qualification
- 2) For each Female Basketball Activator to undertake at least 10 hours of Satellite Club delivery during the 2016-17 year
- 3) To educate coaches/clubs to mentor the new workforce and offer them opportunities to progress into community coaching sessions
- 4) To engage with 2,000 new female participants through the programme delivery

Basketball England will look to provide a 50% subsidy to the students identified to undertake the UKCC Level 1 and will also help to organise the course & source a suitably qualified tutor.

The University will be required to source the leaders and if in a position to host the course supply a facility and classroom.

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[View the full details](#)

## **Women in Sport (13 September 2016)**

### **Women's Sport Wednesdays: 5 Top Fundraising Tips**

The final countdown is on – we are exactly three weeks away from the launch of Women's Sport Wednesdays, which means there is still time to organise your fundraising event to take place on October 5th, the very first Women's Sport Wednesday!

Whenever you choose to hold your fundraising event, we're here to lend a hand and share our top five fundraising tips to help you make the most of your Women's Sport Wednesday activity!

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[Find out more information about how you can be part of Women's Sport Wednesdays and download a fundraising pack.](#)

[View the details](#)

## **England Athletics (12 September 2016)**

### **Bursary scheme success for 61 female coaches**

The Women in Coaching programme bursary scheme has seen a remarkable number of applicants that applied for the 50% funding towards a coaching qualification to help enhance their knowledge and coaching expertise.

England Athletics see the importance of Increasing the number of female coaches to help support the growing numbers of young people and adults becoming involved in athletics and running.....

We can now celebrate the individuals that have successfully received a 50% coaching bursary. In total we have awarded 8 LiRF, 12 Coaching Assistant, 19 CiRF, 18 Athletics Coach and 3 online modules; a total of 61 females starting or continuing their coaching journey.....

[Click here to find out more about our Women in Coaching programme on our website](#)

[View the full news item](#)

## **The Football Association (14 September 2016)**

### **Record numbers as Girls' Football Week continues to grow**

This year's second FA Girls' Football Week has exceeded target registration numbers a month ahead of the event.

31,126 girls and women have signed up to play football as part of the week – 9,000 more than the original target of 22,000.

So far, 570 organisations will run sessions throughout the week, which takes place from 10-16 October.

[In April more than 52,000 girls took part in the first week's activities](#) in sessions delivered in schools, clubs, community groups and wider organisations across the country, double the original target of participants.

Next month additional focus will be on encouraging higher and further education establishments to put on female-specific sessions at the start of their academic years

Organisations can still register via [FAGirlsFootballWeek.com](http://FAGirlsFootballWeek.com), where they will be able to access a range of materials including session plans and ideas and promotional tools.

The weeks are being delivered in partnership with the Independent Schools FA, English Schools FA, Association of Colleges Sport, British Universities and Colleges Sport, the Premier League and the English Football League.....

[View the full news item](#)

### **sports coach UK (15 September 2016)**

#### **Support continues to grow for women coaches thanks to Reach**

Reach was created by Sports Coach UK to ensure women across the UK are welcomed and supported in coaching. Currently only 30% of coaches in the UK are women.

Since its launch in October last year, Reach has seen 120 different organisations signing up to back the campaign. These organisations include county sports partnerships, governing bodies of sport, universities and colleges as well as local sports clubs and physical activity groups.

Partners of Reach are getting involved in a variety of ways to welcome and support more women to recognise their existing skills and use them to help get more people active. As people continue to recognise the health and social benefits that being physically active brings, the Reach campaign continues to advocate better support for more women to become a coach and stay coaching.....

If you are interested in getting involved in coaching and want to know where to start, why not get involved now - [visit the Reach website to find out the latest support for female coaches across the UK.](#)

[View the full news item](#)

### ***Publications of possible interest....***

#### **Keeping women warm to sport in winter. Women in Sport, September 2016 (5 pages)**

It's no surprise to know that participation in sport and physical activity declines in the colder, darker autumn and winter months. Over the years, we've heard lots about this from our partners and participants and evidence of the seasonal drop off is clear every year in Sport England's Active People Survey figures.

Our research highlighted that women are already employing a number of strategies to stay active in the colder months. Here, in this factsheet, we have outlined how you might apply our insights to begin tackling autumn/winter drop-out rates in sport amongst women.

[Download a copy](#)

#### **A child for all seasons: Addressing seasonal variation in children's physical activity. Evidence Brief 12. Centre for Diet and Activity Research, September 2016 (2 pages)**

Understanding how physical activity changes across the year is important because it helps identify periods when children might require additional support to be active. Our work at CEDAR is describing this seasonal variation in physical activity, exploring related behaviours, and investigating strategies to help children maintain their activity all year round.

[Download a copy](#)

## **The State of Girls' Rights in the UK. Plan International UK, [summer] 2016 (87 pages)**

For 79 years, Plan International UK has fought to deliver and protect the rights of millions of children – especially girls – across Latin America, Africa and Asia. In this report, marking an exciting new phase in our history, we turn our attention for the first time to the UK. Our analysis poses the question, 'What is the current state of girls' rights in the UK?' Sadly, the answer is clear. We may be the fifth-richest country in the world, but we are failing our girls, and failing to meet international standards set out in human rights frameworks and the United Nation's new Sustainable Development Goals (SDGs). By exploring the real experiences of girls in the UK, our intent is for policy makers and decision makers to recognise this reality – and act.

[Download a copy](#)

[Executive summary \(6 pages\)](#)

## **USA**

### **The Guardian, UK (7 September 2016)**

#### **Michael Eboda article: Why Serena Williams is the greatest sportsperson ever**

She's overcome adversity to win all the major prizes in tennis, and been way ahead at the top of the game for two decades. What man can match her?

One look at this list, and it's pretty easy to see what they each have in common: Muhammad Ali, Diego Maradona, Pelé, Michael Jordan, Usain Bolt, Jack Nicklaus, Sir Donald Bradman, Roger Federer.

Whenever the topic of who is the greatest sportsperson of all time comes up for discussion, these are the usual suspects. And there's no denying that each and every one of them bestrode, or bestrides, their sport in a way most of their competitors have never come close to.

Of course, there's something else they all share: gender. Traditionally, when we talk of sporting achievement at this level, no female athlete receives a mention – until, that is, earlier this week. In an advertising campaign timed to coincide with the US Open tennis championships, the sportswear giant Nike threw a new name into the argument: [Serena Williams](#).

The first reaction of most people when you concede publicly that Nike may have a point is one of derision and dismissal. "Serena, in the same class as Pelé? You're mad!" But then, as they listen to the case for the American's inclusion in such elite company, they begin to realise that it's not such a preposterous notion after all.

Several characteristics define sporting greatness in an individual: domination, longevity, changing the game, and overcoming adversity; and – of course – the person must win the sport's big prizes. Who can deny that in each of those categories Serena at least equals, and in many ways surpasses, the aforementioned men?

In terms of domination, Serena has quite simply "owned" her greatest rivals, to the point where even to suggest that there's ever been any meaningful competition between them is stretching things.

Only two other players have held the No 1 spot more than twice over the past decade, Kim Clijsters and the now disgraced Maria Sharapova. Serena's head-to-head record against the Belgian: 7-2. Against the Russian, she has been even more destructive: Sharapova hasn't beaten Serena in 11 years – that's 18 consecutive matches.

Arguably, only Bolt has proved to be so much better than the opponents he has had to face, and he doesn't run against them nearly as often as Serena must face her rivals.

Longevity? Again, Serena is right there. She first became world No 1 at the age of 20; she's now 34, and in the intervening years has held top spot an incredible six times, including for the past three and a half years, a run she will extend should she reach the final of this year's US Open.....

[View the full article](#)

### **Rhode Island Public Health Institute**

#### **PowerUp P.E.**

PowerUp P.E. is an initiative that creates and disseminates evidence-based training materials and resources for Physical Education (PE) teachers to help students become more physically active during P.E. PowerUp P.E. offers training videos demonstrating fun and interactive ways in which elementary school PE teachers can increase their students' physical activity levels and a downloadable toolkit for PE teachers that complements these videos. We also offer two webinars for professional development purposes, featuring instructions for incorporating these materials into P.E. curricula.

Our goal is to increase children's physical activity levels in an effort to prevent and/or reduce the prevalence of obesity and other chronic diseases and to improve the overall physical and mental health of children. Funding for PowerUp P.E. was provided by Active Living Research/Robert Wood Johnson Foundation.

[View the website to access resources and videos](#)

*Editor* - the videos were made available in June 2015, but have only just come to my attention. I thought some people might find them of interest.

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