

Section 1 Self Analysis

The questionnaire statements are focused on your preferences so there are no right or wrong answers. For each statement, circle one of the numbers on the 4-point Likert scale. Personal reviews should consider the reflective process (e.g., Gibbs Cycle) and consider the available literature in setting future action plans. Evidence of contribution should be included in the appendix. This should include photographic, scanned or screen shot evidence of tasks, meetings and activities. A list of references can also be included at the rear, to complement any citations to literature made during the completion of this report card.

Entrepreneurial Intention

Intention

	Not like me at all		Somewhat like me		Exactly like me
I am ready to do anything to be an entrepreneur	1	2	3	4	5
My professional goal is to become an entrepreneur.	1	2	3	4	5
I am determined to create a business in the future.	1	2	3	4	5
I have very seriously thought about starting a firm	1	2	3	4	5
I have got the intention to start a firm one day	1	2	3	4	5
I intend to start a firm within five years of graduation	1	2	3	4	5
I see the possibility of starting a business as a potential opportunity to pursue	1	2	3	4	5
If I do not start my own business, I may be missing a great opportunity	1	2	3	4	5
Overall, I would label the option of starting a business as something positive	1	2	3	4	5

Please describe in our own words how the Module learning has affected your entrepreneurial intentions.

The module learning has not affected anything in my operon I want to have my own personal training business or have my own gym business but right now I feel like I am not ready to focus and move closer to trying to achieve it I feel like I need to just take it slow and go one step at a time slowly to understand and make sure I know what I am doing before fully going for to start my own business.

Contribution Summary

Please use the space below to outline **your contribution** for the entire duration of the module, from the initial opportunity recognition and ideation phases, through to the business pitch and business planning, and eventual submission of the business plan and promotional resources.

You are encouraged to use the appendices section to evidence your contribution via photographic, scanned or screen shot evidence of tasks, meetings and activities.

During this project I was in charge of the designs during the entire project including the designs of the merchandise and logo and also the designs of our business pitch power point, I help out with solving the money cost problems and finds ways to help fund our project so the financial part of our business and I was in charge of designing and making our business pitch power point for our team and also I help my group member Albi design out project leaflet.

Identifying Ideas and Opportunities – Self-appraisal

	Not like me at all		Somewhat like me		Exactly like me
I am excellent at finding new opportunities to generate value for others.	1	2	3	4	5
I am excellent at recognising new opportunities to address problems and challenges.	1	2	3	4	5
I am excellent at seizing and shaping opportunities to respond to challenges and create value for others.	1	2	3	4	5

Creativity

	Not like me at all		Somewhat like me		Exactly like me
I am excellent at developing multiple ideas that create value for others.	1	2	3	4	5
I am excellent at testing and refining ideas that create value for others.	1	2	3	4	5
I am excellent at transforming ideas into solutions that create value for others.	1	2	3	4	5

Vision

	Not like me at all		Somewhat like me		Exactly like me
I am excellent at imagining a desirable future.	1	2	3	4	5
I am excellent at building an inspiring vision that engages others.	1	2	3	4	5
I am excellent at using my vision of the future to guide strategic decision-making.	1	2	3	4	5

Valuing Ideas

	Not like me at all		Somewhat like me		Exactly like me
I am excellent at understanding and appreciating the value of my ideas.	1	2	3	4	5
I understand that ideas can have different types of value, which can be used in different ways.	1	2	3	4	5
I am excellent at developing strategies to make the most of the value generated by ideas.	1	2	3	4	5

Ethical & Sustainable Decision Making

	Not like me at all		Somewhat like me		Exactly like me
I can recognise the impact of my choices and behaviours.	1	2	3	4	5
I consistently consider ethical and sustainable principles when making decisions.	1	2	3	4	5
I am excellent at making sure that ethical and sustainability goals are considered and met.	1	2	3	4	5

Identifying Ideas and Opportunities – Self-reflection

Step 1 : Description of Process

When we were thinking about what we wanted to do we thought what was lacking in the sporting world and it came to us women. Women do love to work out or be involved in physical activities but some or not all women feel uncomfortable doing it around others because they feel like people are judging them. So, we wanted to make an only women's sports camp where women can come and enjoy whilst being involved in physical activities.

Step 2: Personal Contribution to the Process

During the process I said a few ideas like what need to be more of and what age are we targeting and many other ideas, but my teammate thought of the idea of an only women's sports club. I also had the idea of making merchandise for our project and everyone loved the idea, so I was in charge of the merchandise.

Step 3: What I have learned.

From this process I have learned that I can think of ideas on the spot, I can work well with others as a team and I have also learned that I can expand my ideas or other ideas instead of just staying on one specific topic.

Step 4: Personal Action Plan (based on experience and self-reflection).

After completing the questionnaire, I have identified two weaknesses for my identifying ideas and opportunities which are "recognising new opportunities to address problems and challenges" for spotting opportunities and the other weakness is "consistently consider ethical and sustainable principles when making decisions" for ethical and Sustainable decision making.

For my spotting opportunities weakness, it is a weakness for me because I get distracted very easily, I even don't spot the main thing even if it was in front of me which trying to find solutions for problems make it harder for me to deal and solve. I can improve this weakness by being more open minded about everything and be less focus on just one thing.

For my ethical and Sustainable decision-making weakness, it is a weakness for me because I am not good at thinking of solutions and ideas for problem and when it comes to deciding on something I can never decide.

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which thing to do and always asked someone else to decide for me because I think I will pick the wrong decision and my decision will turn out bad. I can improve this weakness by being more confident in myself and when deciding on a decision I need to always believe in myself and back myself with my own decision even if it's good or bad outcome so this will help me open minded when decision on things and hopefully make the right decision on my own.

Mobilising and Managing Resources – Self-appraisal.

	Not like me at all		Somewhat like me		Exactly like me
I am confident in my ability to generate ideas and value for others.	1	2	3	4	5
I am excellent at making the most of my strengths and weaknesses.	1	2	3	4	5
I am excellent at compensating for my weaknesses by teaming up with others and by further developing my strengths.	1	2	3	4	5

Motivation and Perseverance

	Not like me at all		Somewhat like me		Exactly like me
I want to follow my passions and create value for others.	1	2	3	4	5
I am willing to put effort and resources into following their passion and create value for others.	1	2	3	4	5
I am excellent at staying focused on my passion and can keep creating value despite any setbacks.	1	2	3	4	5

Mobilising Resources

	Not like me at all		Somewhat like me		Exactly like me
I am excellent at finding and using resources responsibly.	1	2	3	4	5
I am excellent at gathering and managing different types of resources.	1	2	3	4	5
I am excellent at defining strategies to mobilise the resources needed to generate value for others.	1	2	3	4	5

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Financial & Economic Literacy

	Not like me at all		Somewhat like me		Exactly like me
I am excellent at drawing up a budget for a simple activity.	1	2	3	4	5
I am excellent at finding funding options and managing a budget for a new value-creating activity.	1	2	3	4	5
I am excellent at making a plan for the financial sustainability of a new value-creating activity.	1	2	3	4	5

Mobilising others

	Not like me at all		Somewhat like me		Exactly like me
I am excellent at communicating my ideas clearly and with enthusiasm.	1	2	3	4	5
I am excellent at persuading, involving and inspiring others.	1	2	3	4	5
I am excellent at inspiring others and getting them on board for new ideas.	1	2	3	4	5

Mobilising and Managing Resources – Self-reflection

Step 1 : Description of Process

When finding information and resources for this project it was hard to find reliable information but ones found reliable information we were on our way. We started given each other topics to research on this actually made things easier and quicker to do and finish finding information for the project.

Step 2: Personal Contribution to the Process

When we were finding resources and information for the project we had our own topics to research on I the topic of the current environment of women and physical activity which includes what is the percentage of women that do or don't do physical activities, what is the most popular sports that women like to play most, has there been an increase of women playing sports in the last few years, and also how much daily physical activity women get on average and reasons why they only get that certain amount a day.

Also, I had the topic of reach for designs for our merchandise like finding the cost of making the merchandise, how will it look like when making the merchandise and also what material we will use for to make our merchandise.

Step 3: What I have learned.

Form this process I have learned that it makes finding resources and information a lot easier when you look for things that are less specific to a topic and look more around the topic that is relevant to your specific topic like for example instead of just looking at women and physical activity I looked up information about the percentage of women being involved in physical activity and the popularity of women sports. Also, I have learned that splitting the research up in between the team makes it a lot easier and faster to find information and to finish the research part of the project a lot quicker so to progress on to making the plan and bring everything together to finalise and bring our project to life. I have learned that when designing research for clothes and merchandise it is easy to design and make with the right website that makes it so much easier to create and play around with the designs for our project.

I have also learned that there are less women being involved in physical activity now in the present than there was before Covid-19 pandemic and also that the most popular 5 sport for women to be involved in Football, Basketball, Volleyball, Tennis and Swimming.

Step 4: Personal Action Plan (based on experience and self-reflection).

From doing the mobilising and managing resources questionnaire I have found 3 weaknesses which are “staying focused on my passion and can keep creating value despite any setbacks” for motivation and perseverance, the other weakness is “gathering and managing different types of resources” for mobilising resources and my final weakness is “drawing up a budget for a simple activity” for financial and economic literacy.

For my motivation and perseverance weakness it is a weakness for me because I get very distracted easily by things so focusing on one thing will be hard for me instead of me being focused on one thing I be focusing on multiple things at the same time. I can improve this weakness by turning everything off like TV, phone, and gaming consoles and put myself in a quiet room where nothing can interrupt me and distract me from getting things done.

For my mobilising resources weakness, it is a weakness for me because it is hard for me to find reliable information and resources to use and rely on because most information in the world is not true, trusted and reliable to use. I can improve this weakness by looking on websites that are known to be reliable to use and also use books and articles from the library or articles you get from the news.

For my financial and economic literacy weakness it is a weakness for me because I don't rarely or not at all think about the cost and budget of things because you pay for experiences even if something is £100 to something it is the experiences that matters not the price of it. I can improve this weakness by starting to think of the price of things before just randomly paying for things because you never know if an activity is going to be worth the price and set budgets so I don't just spend loads of money each day so for example a £10 budget for each day so I can get things but also think of how much I am spending so this will help me keep my money for longer and keep as much as possible because you never know when you need that money for something important like getting petrol for my car.

Turning Ideas into Action – Self-appraisal

	Not like me at all		Somewhat like me		Exactly like me
I am interested in solving problems that affect my chosen industry/communities.	1	2	3	4	5
I am excellent at initiating new value-creating activities.	1	2	3	4	5
I am excellent at looking for opportunities to take the initiative to add or create value.	1	2	3	4	5

Planning & Management

	Not like me at all		Somewhat like me		Exactly like me
I am excellent at defining goals for a simple value-creating activity.	1	2	3	4	5
I am excellent at creating an action plan, which identifies the priorities and milestones for the achievement of my goals.	1	2	3	4	5
I am excellent at refining priorities and plans to adjust to changing circumstances.	1	2	3	4	5

Coping with Uncertainty and Risk

	Not like me at all		Somewhat like me		Exactly like me
I am not afraid of making mistakes while trying new things.	1	2	3	4	5
I am excellent at evaluating the benefits and risks of alternative options and can make effective choices.	1	2	3	4	5
I am excellent at weighing-up risks and making decisions despite uncertainty and ambiguity.	1	2	3	4	5

Working with others

	Not like me at all		Somewhat like me		Exactly like me
I am excellent at working in a team.	1	2	3	4	5
I am excellent at working with a wide range of individuals and groups.	1	2	3	4	5
I am excellent at building a new team and networking	1	2	3	4	5

Learning Through Experience

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	Not like me at all		Somewhat like me		Exactly like me
I am excellent at recognising what I have learnt by taking part in activities.	1	2	3	4	5
I am excellent at reflection and judging my achievements and failures and can learn from these.	1	2	3	4	5
I am excellent at improving my abilities by building on their previous experiences and interactions with others.	1	2	3	4	5

Turning Ideas into Action – Self-reflection

Step 1 : Description of Process

When turning the ideas into action it was easy to do when we came together with all our research. Making the project proposal was easy to make, we give each other sections to do. One's everyone has done their parts we came together and put other slides together as one, I was then given the project proposal to design and create the look of the proposal with the information that was on it.

Once we finally finished it our project was ready to be shown and presented, our ideas were perfect for this project it was the perfect project to do I believe that our project is very effective to help increase the percentage of women to get more involved in physical activity and to motivate and interest them more on being physical on a daily.

Step 2: Personal Contribution to the Process

For this process I made and designed the look of our project proposal which came out looking really good which I am very surprised with myself, I did a section on the project proposal as well and I also designed the merchandise for our project to help promote our women's only sports club which went really well and easy to play around and create the clothing and merchandise. When we presented our project proposal I also helped present it by reading some of the paragraphs from the presentation proposal.

Step 3: What I have learned.

From this process I have learned that I can design and create a presentable proposal that will keep the viewer's interest about the project, and also I have learned that I can also make cool and fun items and clothing that people would like to wear and use on a daily and merchandise that looks really nice as well.

I have learned from this process is that I learn and understand how to do things with physical experience. Like before making the designs I know how to design things but not as good as I did the project proposal design. After doing the proposal designed I was very surprised how well it came out like from just playing around with the design the final look, looks amazing which I am really happy with.

I have also learned from this process that my presenting skills and speaking skills in front of people have improved a lot and I feel more confident when talking and or presenting in front of others.

Step 4: Personal Action Plan (based on experience and Self Reflection below).

After completing the turning ideas into action questionnaire, I have identified 3 weaknesses which are 2 weaknesses for coping with uncertainty and risk which are “I am not afraid of making mistakes while trying new things” and “weighing-up risks and making decisions despite uncertainty and ambiguity” and one weakness for Working with others which is “building a new team and networking”.

For the first coping with uncertainty and risk weakness it is a weakness for me because I am afraid of making mistakes all the time, I don't really like to make mistakes because it makes me feel awkward and embarrassed when I make mistakes especially around others. I can improve this weakness by making myself go out of my comfort zone and do as many things as possible even this that I really don't want to do and then without thinking out what could happen or what mistakes come with it so then I will feel way better being out of my comfort zone and be more willing to try new things.

For the second coping with uncertainty and risk weakness it is a weakness for me because I never think of the protectional negative outcomes that can happen with certain decisions that I make, and I only think of the positive outcomes of them. I can improve this weakness by thinking before doing anything so think of the negatives and positives that can happen from the decisions I make and I should talk to others about the decisions and what I should do before making my final decision.

For the Working with others weakness, it is a weakness for me because I am a very independent person and I rather do things myself than with others to see if I can do it myself, but also because it is my weakness is when it comes to meeting new people I am shy at the start and it does take me a while to warm up to new people. I can improve this weakness by working with more people to help boost my confidence with other people and I need to start being more open minded with working with others because you can not do everything yourself but with the help with others you can basically do everything because teamwork is the dream way for moving forward.

Section 2: Individual Peer Review Reports for Team Members

There are six categories to assess your peers for the group work and presentations. For each item, rate each person in your group using the 4-point scale given. Please think hard and honestly about each of the categories and how each group member performed - different people will have different strengths and will have made different contributions. Space for comments has been provided to explain your ratings allowing the marker to understand your views.

Please do your evaluations independently – do not share or discuss your scoring or come to a decision based on a group opinion. I want a rating from each of you, based on your perceptions and experiences.

Complete one form for each of your group members with their name on each form.

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Peer Review

Name of Team Member: Naj

Scoring:

For each assessment criteria, award each member of your group a score using this scale.

0 – No help at all to the group in this respect

1 – Not as good as most of the group in this respect

2 – About average for the group in this respect

3 – Better than most of the group in this respect

Assessment Criteria	Score	Example/Explanation
Group Participation: Attends meetings regularly and on time.	3	When we arrange to meet up as a group, he comes to all of them.
Time Management & Responsibility: Accepts fair share of work and reliably completes it by the required time.	2	He is always fair with work; he never backs down from doing his part of the work and always does it in time.
Adaptability: Displays or tries to develop a wide range of skills in service of the project, readily accepts changed approach or constructive criticism.	3	When we give feedback to him about his part of the work he never be negative about it.
Creativity/Originality: Problem-solves when faced with impasses or challenges, originates new ideas, initiates team decisions.	2	He hasn't shown much of problem solving but when he tries to it not the best, but he still tries and some of his ideas are good.
Communication Skills: Effective in discussions, good listener, capable presenter, proficient at diagramming, representing, and documenting work.	3	He communicate very well with the group he always listens to all of us and when we are discusses about our project he always has something to say.
General Team Skills: Positive attitude, encourages and motivates team, supports team decisions, helps team reach consensus, helps resolve conflicts in the group.	3	He is so helpful to the team he is never negative to anyone or about anything and he also helps others when other we need help. When one of us are down and not seem normal she always bring out the positive and happiness from us and motivates us when we are stuck on work especially with me when I am nervous or stuck on doing some of the work and motives me on not giving up on my work.

(adapted from Goldfinch, 1994; Lejk & Wyvill, 2001)

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Peer Review

Name of Team Member: Albi

Scoring:

For each assessment criteria, award each member of your group a score using this scale.

0 – No help at all to the group in this respect

1 – Not as good as most of the group in this respect

2 – About average for the group in this respect

3 – Better than most of the group in this respect

Assessment Criteria	Score	Example/Explanation
Group Participation: Attends meetings regularly and on time.	2	When we arrange meetings, he rarely comes in I think he only came to like 3 of them.
Time Management & Responsibility: Accepts fair share of work and reliably completes it by the required time.	2	He gets his work done in time by the deadline.
Adaptability: Displays or tries to develop a wide range of skills in service of the project, readily accepts changed approach or constructive criticism.	2	He does try to work and tries to help and when we give feedback to him about his part of the work, he never be negative about it.
Creativity/Originality: Problem-solves when faced with impasses or challenges, originates new ideas, initiates team decisions.	2	When he is faced with a problem, she always has an answer and a good idea to solve the problem but sometimes it not the best idea to help deal with some of the problems that come up.
Communication Skills: Effective in discussions, good listener, capable presenter, proficient at diagramming, representing, and documenting work.	3	When we discuss about things, he always has an opinion about it and always tries to back up his idea to us and he always communication with all of us.
General Team Skills: Positive attitude, encourages and motivates team, supports team decisions, helps team reach consensus, helps resolve conflicts in the group.	2	He is so helpful to the team he is never negative to anyone or about anything and he also helps others when other we need help.

(adapted from Goldfinch, 1994; Lejk & Wyvill, 2001)

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Peer Review

Name of Team Member: Zach

Scoring:

For each assessment criteria, award each member of your group a score using this scale.

0 – No help at all to the group in this respect

1 – Not as good as most of the group in this respect

2 – About average for the group in this respect

3 – Better than most of the group in this respect

Assessment Criteria	Score	Example/Explanation
Group Participation: Attends meetings regularly and on time.	1	He barely came to the meetings or came in I think he only attend 1 or 2 meetings.
Time Management & Responsibility: Accepts fair share of work and reliably completes it by the required time.	2	He does take his share of work for this project but sometimes he does not answer before the require time to get things done.
Adaptability: Displays or tries to develop a wide range of skills in service of the project, readily accepts changed approach or constructive criticism.	2	He does try to use his skills but not as effective as he should, but he does always take feedback positively and always uses the feedback to improve his work.
Creativity/Originality: Problem-solves when faced with impasses or challenges, originates new ideas, initiates team decisions.	2	He does help with problem solving his ideas come in handed but sometimes not useful, but he always does to try to think of new ways and ideas for our project to be better.
Communication Skills: Effective in discussions, good listener, capable presenter, proficient at diagramming, representing, and documenting work.	3	His communication skills have been okay throughout this project from start to finish he has been helpful to us and to our team and listens to us all as a teammate.
General Team Skills: Positive attitude, encourages and motivates team, supports team decisions, helps team reach consensus, helps resolve conflicts in the group.	3	He has always been positive through this project, whenever you need help with something he is always there to help you and also helps to revolve problems in the groups.

(adapted from Goldfinch, 1994; Lejk & Wyvill, 2001)

References:

References for Businesses Pitch Power Point:

Burnes. Rick (2022) "Study Shows Business Blogging Leads to 55% More Website Visitors." Available at: [Study Shows Business Blogging Leads to 55% More Website Visitors \(hubspot.com\)](#) (Accessed on: 12th of February 2024)

CDC (2022) "Adults" Available at: [How much physical activity do adults need? | Physical Activity | CDC](#) (Accessed on: 5th of February 2024)

Iberdrola (2023) "Women's Interest in Sport Continues to Grow." Available at: [Women and sport today: growth statistics - Iberdrola](#) (Accessed on: 5th of February 2024)

Lange. D (2022) "Number of Women Who Participated in Sport and Physical Activity at Least Twice in the Last 28 Days in England from 2016 to 2021." Available at: [Female sports participation England 2022 | Statista](#) (Accessed on: 5th of February 2024)

Mbu. J (2022) "'Lingering Self-Consciousness' More than a third of women don't participate in sport due to a lack of confidence in themselves and their appearance." Available at: [More than a third of women don't participate in sport due to a lack of confidence in themselves and their appearance | The Sun](#) (Accessed on: 12th of February 2024)

Sports England (2019) "How National Lottery Players Help Grassroots Sport." Available at: [How National Lottery players help grassroots sport | Sport England](#) (Accessed on: 19th of February 2024)

Sports Wales (2024) "Gender" Available at: [Gender | Sport Wales](#) (Accessed on: 19th of February 2024)

Ward. A (2023) "7 Reasons to Get Your Daughter Involved in Sports." Available at: [7 Reasons to Get Your Daughter Involved in Sports, According to Science - Penn State PRO Wellness \(pennstatehealth.org\)](#) (Accessed on: 5th of February 2024)

Weale. S (2022) "100,000 More Girls Playing Football In England as Activity Levels Rebound." Available at: [100,000 more girls playing football in England as activity levels rebound | Sport England | The Guardian](#) (Accessed on: 5th of February 2024)

Weaver. M (2022) "More than 1 million girls in the UK lose interest in sport as teenagers." Available at: [More than 1 million girls in the UK lose interest in sport as teenagers | School sports | The Guardian](#) (Accessed on: 12th of February 2024)

References for Design of Merchandise:

Doodletogs (2024) "Personalized T-Shirt – T-Shirt Printing. Available at: [Personalised T Shirts - T Shirt Printing – doodletogs](#) (Accessed on: 22nd of April 2024)

T-Shirt Printing (2024) "Hoodies" Available at: [T-Shirt Printing | Personalised Hoodies | Personalised T-Shirts \(tshirtstudio.com\)](#) (Accessed on: 22nd of April 2024)

References for Making of the Website:

Tshirtstudio1 (2024) Online store: WSC by Naj. M. Available at: [Online Store \(company.site\)](#) (Assessed on: 23rd of April 2024)

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Appendices:

Use the appendices to include evidence of your contribution to the group. This should include photographic, scanned or screen shot evidence of tasks, meetings and activities.

Screen shots evidence for designing the business pitch power point and helping out with solving the money cost problems and finds ways to help fund our project:

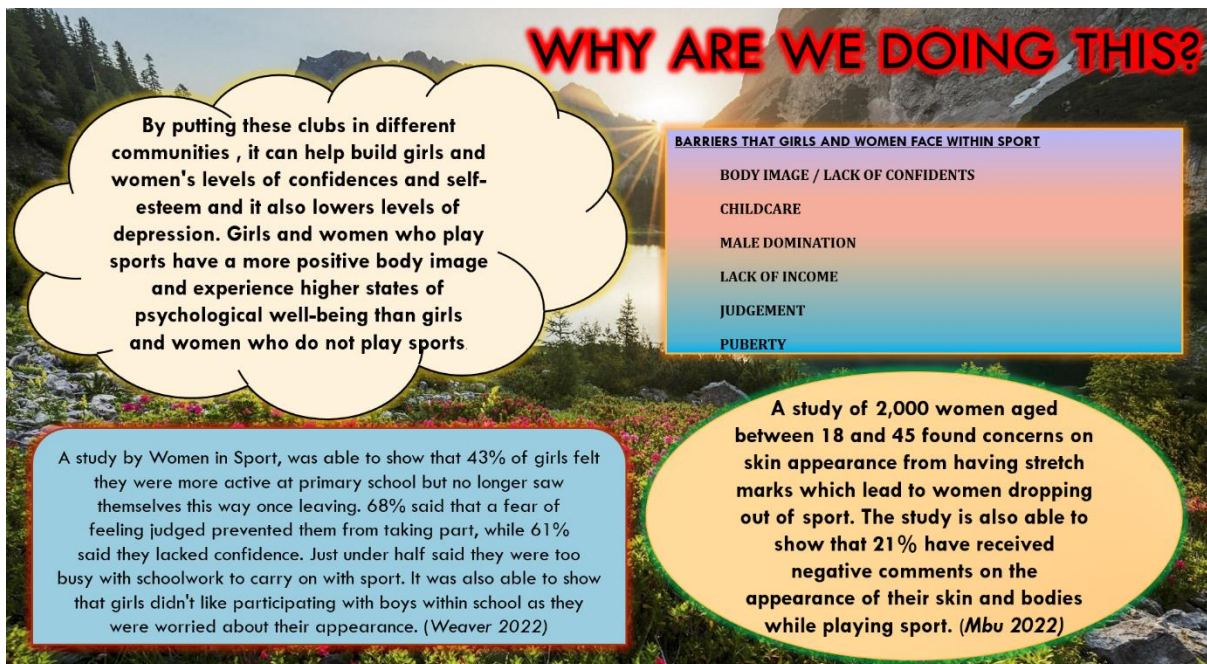


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HAS THERE BEEN ANY INCREASE OF IT ALREADY?

- There has been an increase in women's sport since the 1970's with women slowly getting more involved with sport and following sport, there are now 100,000 more girls playing football now than there was 5 years ago according to an annual survey by sport England. (Weale 2022)
- Women who participate within sport in secondary schools are 76% more likely to stay within sport. The level of activity within sport for girls is still 4.5% below what it was before covid, and we would like to help increase and bring these numbers back up. (Iberdrola 2023)
- As of 2015 approximately 17.33 million girls take part in sport at least twice a month which is a slight increase of 17.68 million by 0.35 million in 2022. (Lange 2022) This number is still very low considering that the general population guidelines for activity is 5 times a week for 30 minutes a day to meet the recommended guidelines. (CDC 2022)



WHY ARE WE DOING THIS?

By putting these clubs in different communities, it can help build girls and women's levels of confidence and self-esteem and it also lowers levels of depression. Girls and women who play sports have a more positive body image and experience higher states of psychological well-being than girls and women who do not play sports.

A study by Women in Sport, was able to show that 43% of girls felt they were more active at primary school but no longer saw themselves this way once leaving. 68% said that a fear of feeling judged prevented them from taking part, while 61% said they lacked confidence. Just under half said they were too busy with schoolwork to carry on with sport. It was also able to show that girls didn't like participating with boys within school as they were worried about their appearance. (Weaver 2022)

BARRIERS THAT GIRLS AND WOMEN FACE WITHIN SPORT

- BODY IMAGE / LACK OF CONFIDENCE
- CHILDCARE
- MALE DOMINATION
- LACK OF INCOME
- JUDGEMENT
- PUBERTY

A study of 2,000 women aged between 18 and 45 found concerns on skin appearance from having stretch marks which lead to women dropping out of sport. The study is also able to show that 21% have received negative comments on the appearance of their skin and bodies while playing sport. (Mbu 2022)

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WHAT WILL OUR SPORTS CLUBS INCLUDE?

These sports clubs will take part in the six-week summer holidays.

They will include different packages that can be undergone ranging from just 1 week to the full 4 weeks.

There will be 10 volunteers to take these sessions across the age groups throughout the duration of the 6 weeks.

There will be different type of sports undergone everyday so there is a variety of taste.

There is strictly no men, so the women don't feel judged when doing the classes.

There will be changing facilities and washrooms on ground for them to use.

There will be first aiders there if any accidents happen.

There will be access to parking on the site.



THE SOCIAL MEDIA COVERAGE



Over the past few years social media marketing has become one of the most popular and successful forms of digital marketing, companies that blog on social media get 55% more web traffic to help them build their coverage. (Burnes 2022)



Social media is also a fast and effective way to reach out to customers and employees with information thanks to the big networks like Instagram, Twitter and Facebook.



A disadvantage to the social media coverage is the older population of the women may not use or have a good knowledge of using social media meaning we will have to also post in the local community newspaper, post leaflets and put-up posters around the local area.



WHAT IS THE COST?

When looking at the price of sports halls to hire we managed to find that the cheapest one to hire out for an hour came to £40 an hour. Our sport camp will run for a total of 4 weeks from Monday to Friday for 4 hours per day which will lead to a total of £3,200.

There are many insurances needed towards our sport camp such as Public Liability, Personal Accident, Loss of earning and theft, loss or damage to sports equipment. A reliable insurance provide can cover majority of these for as low as £42 a month.

A 4G pitch would be a possibility at a cost of £80 an hour and although it would mean that we wouldn't have to worry about the weather compared to if we were to do it on grass, there would however be a lot of sports which can't be played on a 4G surface. For example, netball would be more of a struggle to play on a 4G surface rather than in a sports hall and not everyone may have the suitable footwear for 4G which would also pose a health and safety risk.

By booking a facility which is already fully equipped with all the necessary equipment we may need during the camp will also save us a lot of money, however, with the price we are charging to participate within the camp we will also be able to purchase any equipment which they are missing or just purchase our own to use at any time in the future in case the next time we hold this camp we can't get the same facility or one with the same amount of equipment.



**CRONFA
GYMUNEDOL
COMMUNITY
FUND**

HOW ARE WE FUNDING IT?

Since it was launched in 1994, the National Lottery has invested more than £5.7 billion into community sport and helped people live active lives and we are ambitious that throughout this project they will see the possibilities which it will bring for it to get more females engaged in sport and fund this project for us whilst we work alongside Sport Wales to help them achieve their goal of making Wales a healthier and more active nation. (*Sports England 2019*)

The size of funding which we would apply for is arranged between £300 £10,000. This grant is suitable for voluntary and community organisations. We can fall into this category as we are putting place voluntary work, and we are wanting to make a difference within the community.

Sport Wales carried out a survey that showed after leaving secondary school only 27% of females continue to take part in physical activity compared to the males which 37% continue to take part in sport. (Sports Wales 2024)

NON-PROFIT OR FOR-PROFIT OR NOT-FOR-PROFIT

- One of our aims as an organization is for this to be a not-for-profit organization, this way all the money we get from the participants will be put back into the program and used to make the participants time there more enjoyable and fulfilling.
- This would mean that we were to rely heavily on volunteers however because the camp only lasts for 4 weeks out of the 6 weeks holidays, it would also mean it would be a great opportunity for people to get some work experience and all the training they may require.
- As an organization, all volunteers we have apply for the program will be fully trained in terms of first aid and coaching skills and will also have a full DBS check as the classes will have a mixture of both adults and younger athletes. This training will take place for the 4 weeks prior to the program starting up.
- As being a non-profit organization, this enable us as an organization to be exempt from being tax. This can also open more possibilities towards getting more funding to support our organization.



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Component 3: Self Analysis

Screen Shot For Design Of The Logo:



Screen Shots Evidence For Designing The Merchandise:

T-shirt
STUDIO

Clothing Gifts Collections

DESIGNSTUDIO

digital print

front back

Print position
[Edit](#)

Layout
[Edit](#)

image
[Edit](#)

Text
[Edit](#) WSC

> Special printing instructions

Need Help with your design?
Call us on 03333 321300

A pink hoodie with a hood and drawstrings. On the chest, there is a small graphic of a girl's face with pigtails, and below it, the letters 'WSC' in red.

Design Your Own Hoodies

£20.00 per unit

★★★★★ rated 4.8 (2780 reviews)

Colour - Baby Pink

Size and Quantity

XS - 1 +

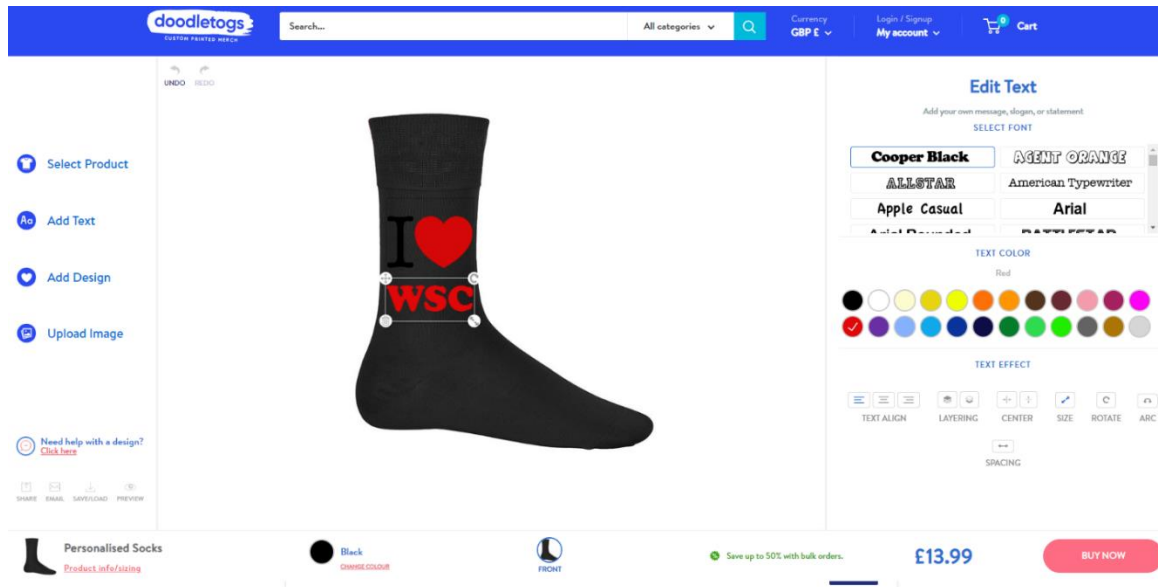
Qty	5+	10+	15+	20+
Save	10%	15%	20%	25%

Subtotal **£20.00**

ADD TO CART

Description Size Guide Bulk Discount

Component 3: Self Analysis



Tops



HOODIE



Bennie Hat



Tunk top



Component 3: Self Analysis

Bag



Socks



Gym Towel



Heated Mug



Water Bottle

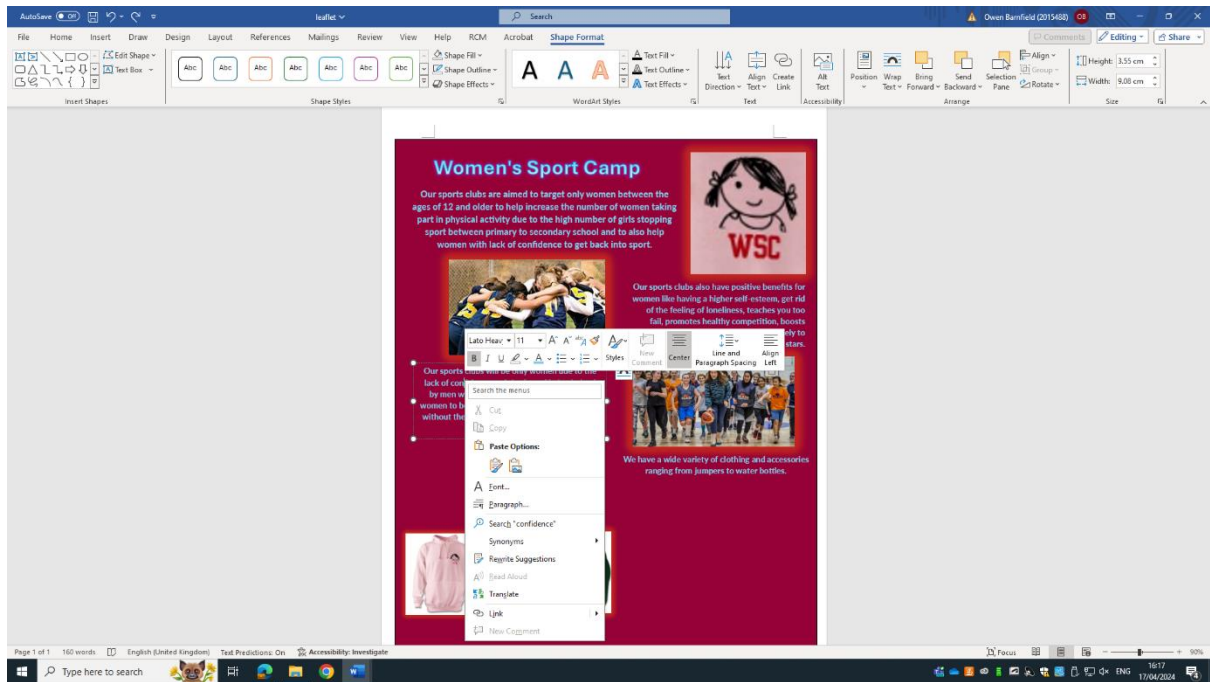


Hat



Component 3: Self Analysis

Screen shot evidence of helping my group member Albi make and design the project leaflets to help prompt our sports camp.



Women's Sport Camp

Our sports clubs are aimed to target only women between the ages of 12 and older to help increase the number of women taking part in physical activity due to the high number of girls stopping sport between primary to secondary school and to also help women with lack of confidence to get back into sport.



Our sports clubs will be only women due to the lack of confidence and the fear of being judged by men whilst undergoing sport to allow the women to be able to perform and enjoy the sport without the pressure and fear of being watched.

By putting these clubs in different communities, it can help build girls and women's levels of confidences and self-esteem and it also lowers levels of depression. Girls and women who play sports have a more positive body image and experience higher states of psychological well-being than girls and women who do not play sports.



Our sports clubs also have positive benefits for women like having a higher self-esteem, get rid of the feeling of loneliness, teaches you too fail, promotes healthy competition, boosts mental health and girls are more likely to become academic all stars.



We have a wide variety of clothing and accessories ranging from jumpers to water bottles.

Monday - Friday for 4 weeks (1 hour session each day for 5 days)

From 10am - 11am, 11am - 12pm, 12pm - 1pm, 1pm - 2pm (deepening what session you are)

Starting on 22nd of July 2024 till 16th of August 2024 at LC2 Swansea Leisure Centre sports hall (Oystermouth Rd, Swansea, SA1 3ST)

Contacts:

Number: 07305678123

Email: women.sport.camp@gmail.com

Website: www.WomenSportCamp.co.uk