



International Women's Day

## Spar Lancashire School Games

# March 8<sup>th</sup>-14<sup>th</sup> International Women's Day Resources



To celebrate International Women's Day (8<sup>th</sup> March) we have created some resources for you to try and share for the week. Have fun being active and learning more about International Women's Day.

### **SPAR Lancashire School Games Activities**

#### 6 Amazing stories & activities from local & international heroes.

[Zuleikha Chikh](#) - Local Preston hero, Zuleikha is one of the most influential Muslim women in sport. [Home Activity here](#)

[Holly Bradshaw](#) - Former Parklands Olympic Pole Vaulter going for Gold at this year's Olympics.

[Dick Kerr](#) - One of the first and most successful women's football teams from Preston.

[Shelly Woods](#) - Born in Blackpool, Team GB Paralympic Medallist (Take part in Shelly's Up Down Challenge [here](#))

[Kathrine Switzer](#) - American Marathon runner, and the first female to run the Boston Marathon

[Ibtihaj Muhammad](#) - Ibtihaj became the first American woman to compete in the Olympics in hijab.

#### **Other SPAR Lancashire Games activities**

[Danusia Francis Home Workout](#) - Team Jamaica & British born Gymnast Danusia Francis has set you a great home workout to take part in this week. Give it a go!

[Devon Cain Home Workout](#) - A gymnast at Preston City Trampoline club, Devon has been keeping her Mum's colleagues active during lockdown by delivering home workouts.

[Abby Chamberlain \(Wyre Netball Club\)](#) - Netball Coach of the Year 2020, Abby and Wyre Netball Club have set some great activities for all to try.

[Project Fit Preston Workout](#) - Dedicated to empowering women and girls from all backgrounds to be active, Charlene has created a workout for you to try.

### **Best of the Rest - Women's & Girls national resources**

See the links below to access some great activities to do at home and with the family.

[This Girl Can](#) - Use the this girl can activity finder to find activities to do at home, or outdoors, and individually or with the family.

[International Women's Day Sporting Stories](#) - Learn about some sporting stories from some amazing women athletes

[International Women's Day School Resources](#) - Teachers, parents & students can use these resources as an opportunity to educate & inspire children about the role of women in society.

[The FA Girls Football Shooting stars activities](#) Have a go at these great football based activities with help from The Incredibles!

**For Schools: if you have taken part, please complete this form**  
<https://www.smartsurvey.co.uk/s/5LF A3Q/>

Share your photos & videos taking part in the activities or using the resources by using #lancsgames21 @LancSchoolGames

