



Dance for the girls

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What is the target or aim for your event

The aim of the event is to get girls more involved in new activities and improve the overall participation rate of female teens or adolescent between the ages of 14 to 18 years old. Research has shown that 1 in every two Australian girls are quitting sport by the age of 15. With this information girls are participating in less sport during the week with playing an hour less than the boys are a week. Our target is to aim at the improvement of these stats while also getting the girls involved in a fun and enjoyable session.



What type of event is your group conducting

We have chosen this event to address the problem of 'Teenage female participation'. We can recognize and see the issue in this in our society today. As we believe developing a session for girls will involve them more and allow them to become more interested in participating. Having this session will significantly help the community. Involving more teenage girls in a fun activity aiming to improve physical activity. Our event is mainly set for young adolescent females with our idea being set on them. It supplies a fun and modern upbeat activities allowing young girls to express them self through dance.



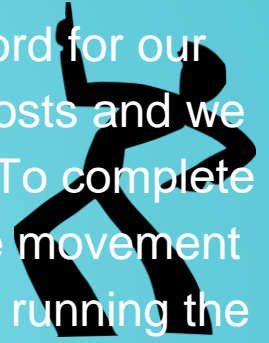
Provide a thorough outline of your event

In our activity, all girls will need to participate and show a positive and willing attitude. Having this session will help the level of physical activity engaged by young teenagers/adolescents. It will help the local community involve themselves in new events. The aim of the event is to get the girls involved in new activities and improve their overall physical activity as well as making a fun and enjoyable session. For the session, we will need a laptop, phone or CD player and speaker to play music. We also may need screens for videos.



Provide a thorough outline of your event

The session will just be a free activity for the girls. To spread the word for our event we will make public posters, facebook and other social media posts and we will also set it up as an event through the What's On with visit wagga. To complete our activity we will need to have a hall or big space big enough for the movement of others. As a team Georgia, Makenzie and Maddy will be the people running the session and only girls will be able to participate. With the setup time, we will need around 15 minutes to set up and arrange the music/videos. The activity will run for approximately 1 hour, with a break in between. For our dance session, we will use a big hall or a public area (river, parks or the botanical gardens) that fits all the girls in, so we have enough room to move around. We will plug in a computer and put up different dance videos to get everyone up and moving.



Provide a thorough outline of your event

We will listen to all different music and we will be learning different dances, for example, TikTok's, just dance, nut bush, macarena and many more. The purpose of the activity is to get all the girls involved and to have fun while still doing physical activity. The participants won't need to bring anything, they will just need to come prepared and ready to dance and will need to show up on time so everyone knows what to do. At the end, we will have a dance-off and the prizes will go to the top 3 people, who will win a block of chocolate. As a team we will also provide some healthy refreshments and water to fuel up after 60 minutes of some fun physical activity.

