Youth Team Partnership Report

Tennis Taster Session

The Hangleton & Knoll Project
Working for a better community

Date: October 2024

What is the need being addressed?

Low Activity Levels Among Teenage Girls: Only 16% of teenage girls in Brighton & Hove aged 14-16 are meeting the recommended daily 60 minutes of physical activity, a rate significantly lower than their male counterparts, of whom 26% meet the recommendation. This low participation rate highlights the need for targeted initiatives to engage young women in physical fitness.

Barriers to Engagement: Surveys show that many teenage girls experience discomfort with physical activity in public settings, with a notable proportion indicating that being observed by others during exercise is a deterrent. This suggests a need for safe, supportive, and private environments that help young women feel comfortable and motivated to participate.

https://www.brighton-hove.gov.uk/joint-strategic-needs-assessment-jsna/key-evidence-reports-and-briefings/safe-and-well-school-survey-2023

Summary of partnership project

Working in partnership with the Brighton and Hove City Council Healthy Lifestyles Team and Hove Tennis Club we supported a group of seven young women to participate in a session of Tennis on the first day of half term. The tennis club provided a female coach and the equipment and luckily the rain held off for them to have an hour in the courts. The aim of this opportunity was to collaborate together to provide young people access to the sport supported through youth work. There was no pressure to be sporty or to know how to play, just to have fun and give something new a try. For the young women that attended it was their first time having a go at tennis in a community club setting. Some had a try in school in PE but reported it was a very different kind of experience with expectations that they could already hit a ball across a net. One of the participants even went to charity shops to scour for a tennis outfit because they wanted to look the part. We thought this was wonderful. After the tennis the staff took the group for lunch to socialise and reflect on the experience.

Impacts and outcomes

The tennis session, had a strong impact on the seven young women who participated. Designed to be inclusive and pressure-free, the session allowed the young women to enjoy tennis in a community setting, many for the first time outside school PE. The support of a female coach and a fun, welcoming atmosphere helped participants relax and feel encouraged, with some even making extra efforts, like finding a special tennis outfit. The positive feedback, with participants expressing eagerness to try tennis again and appreciation for the social lunch afterward, suggests that this experience fostered both enjoyment and confidence in sport. This successful introductory session provides a foundation for continued participation, potentially inspiring these young women to explore tennis further as part of a supportive, active community.

What young people said about it

"Was really good, would do it again, especially if there's food again!"

"The coach liked my outfit, that must mean I'm good at tennis"

"Fun, learnt new stuff"

"Would do it again"

"Thank you, I enjoyed spending the time with everyone"

"Was good, I liked the younger teacher"

"I had fun, thank you for lunch too"