

# LIFTING LIMITS ASSEMBLY

Sport:

It's not about gender; it's about any sport, for anyone

**Who can throw a ball?  
Who likes throwing balls?  
Who feels they are good at  
throwing?**



# Did more girls put up their hands, more boys, or was it fairly even?

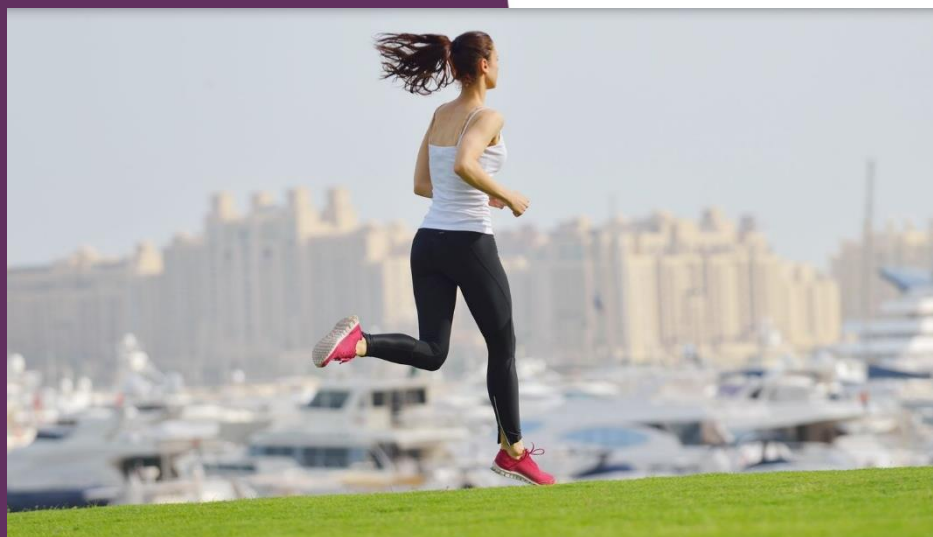
**FUN FACT:** when doing a Google search for 'throwing a ball' only 3 of the first 24 images featured a girl throwing a ball. That's only 12.5%!

**Who likes swimming?  
Who feels they are good at  
swimming?**



**What was the show of hands like  
this time?**

# Who likes running? Who can run really fast?



**How about now?**

**Are you ready to hear a few facts that may surprise some of you?**





# Anyone can be good at throwing – boys and girls!

Until the age of 11-12 years old, being a boy or a girl has nothing to do with how well a child can throw an object like a ball.



**Both girls and boys can swim as well as each other – there's no difference!**

**Until around 12 years old, there is no difference between girls and boys in the strength of the muscles needed to swim.**



**If a boy can run faster than a girl (or vice versa), it has nothing to do with their gender!**

**Until around 12-13 years old, there is no difference in strength or in the physical ability needed for athletic sports like running, between a girl and a boy.**



# Vera Pauw – women in football

<https://www.youtube.com/watch?v=IZ2gGILNSMY>



**Up until the age where our bodies begin to go through certain changes to turn us from children in to adults (around 11-13 years old), there is no difference between girls and boys in strength or ability in sport**

**Before our bodies start to change, being good at any sport is nothing to do with a child's gender, and everything to do with the skills or talents they have for that sport, how their body is built (physique) – and how much they practice...**

Being a fast runner is nothing to do with being a boy or a girl (gender), it's about how good you physically are at running and how much you practice...



Being good at throwing is nothing to do with gender, it's about how good your co-ordination and strength in your arm is and this can be build up by practice...

Being good at swimming is nothing to do with gender, it's about how strong the muscles in your arms and legs are, how well you can hold your breath...

