

# WOMEN AND GIRLS LIKE US A YEAR IN SPORT

# 2025 MONTHLY FOCUSES

## MARCH

### Campaign Launch

Highlight women and girls in sports to inspire others, break barriers and challenge societal norms

## APRIL

### Seniors

Showcase the importance of physical activity for senior women and the health benefits it provides

## MAY

### Mental Health

Emphasise the positive impact that movement can have on women and girls' mental health and wellbeing

## JUNE

### Volunteering

Recognise the contributions of volunteers and encourage others to get involved in local opportunities

## JULY

### Elite Sports

Celebrate professional female athletes, their achievements, and what it takes to reach the top

## AUGUST

### Young Girls

Supporting, developing and leading the next generation of girls in sport

## SEPTEMBER

### Watersports

Let's dive into opportunities in watersports and celebrate women excelling in this area!

## OCTOBER

### Womens Health

Addressing health topics unique to women in sports, such as menstruation, pregnancy, and menopause

## NOVEMBER

### Inclusivity

Showcase adaptive sports and inclusive practices for women and girls of all abilities

## DECEMBER

### Careers

Inspiring women and girls to pursue diverse careers in the sport and health industry

# #WGLU