



GIRLS CAN PLAY

COMMUNITY SPORTS PROJECT

Our Story

Marlon Commock founded Pulse Social in 2018, with the social purpose of increasing involvement, inclusion, and confidence with all participants playing sports throughout London and Hertfordshire.

As a not-for-profit community sports social enterprise, we provide a variety of inclusive sporting activities, for all ages to enjoy with the aim of Creating a Sporting Smile on all the participants' faces.





GIRLS CAN PLAY SERVICES

The **Girls Can Play** community sports project will be starting **Thursday 8th July 2021** in **Hackney, London**. This project is aimed at primary school girls aged between **8 to 11 years old**.

Our aim is to break down barriers that prevent girls participating in physical activities and sports after school hours.

We want to focus on developing an inclusive community sports project to achieve the following goals:

- Increase the number of girls taking part in sport and exercise.
- Change how they feel and think about exercising and playing sports.
- Provide more opportunities for females from disadvantaged areas across London boroughs to become more active.

DODGEBALL

Dodgeball is a fun, fast paced sport that anyone can play. Great if you're looking for fun activities for your little one to play.

Two teams try to eliminate opposing players from the game by hitting them with soft balls or making successful catches.

Comfortable clothes and trainers you can run in is all you need.





FOOTBALL

Get involved with our girls inclusive football programme! All girls are welcome, regardless of playing ability.

Comfy clothes, a bottle of water and trainers are all you need.



MULTI SPORTS

Get social through dynamic **Multi-Sports** games that have an element of excitement, inclusion and fun.

- Sack Race
- Bean Bag Games
- Hula Hoops Games
- Plus, lots more...

Comfortable clothes and trainers you can run in is all you need.





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