



ENGAGED SAKINAH

Sakinah is 13 years old and lives in South East England with her mum, two sisters and brother. She enjoys reading, playing board games and watching movies with her family, and loves going to the park with her friends after school when she can. She is in Year 8 at an all-girls school, so hasn't started her GCSEs yet.

Sakinah loves sport and enjoys doing lots of different activities. Her main sport is tennis. **She started playing in Year 1 of primary school**, when a junior tennis initiative visited her school and selected her to join. She watches Wimbledon every year and loves the beauty of it and watching the players compete. She plays tennis two or three times a week but **the club where she trains is quite far away from home** and sometimes she struggles to get there.

She also likes swimming at her local pool and was **encouraged to join her school netball team by her PE teacher**, who has really inspired her and influenced her journey with sport. **Her friends are also quite sporty**. She enjoys

playing alongside them at school and some also attend her tennis club. Sakinah is **really competitive and loves winning because it gives her a sense of achievement and pride. She enjoys being part of a team and having fun playing with different people**, but she also worries about letting her teammates down and prefers individual sports like tennis where she is only accountable to herself.

Her mum is very supportive of her sports, and her aunt is also a keen tennis player and often plays with her. She has lots of fun playing with them as **she feels more relaxed and comfortable around them and there is less pressure to be good**, unlike club tennis where Sakinah wants to do well and takes it more seriously.

Sakinah wants to keep playing sport as it **makes her feel good, confident, energised and focused**. She also thinks **it will look good on her CV** in future to have experience and skills beyond her academics. However, **she is worried and saddened that she may have to give up some of her sports when GCSEs come around**, as she will have to prioritise studying more.