



## **PQA's Summer of Football – Film Competition**

### **WHAT DOES FOOTBALL MEAN TO YOU**

This exciting filmmaking challenge is open exclusively to young people aged 6 to 17 living in Scotland, giving you the chance to tell your story through film and celebrate the nation's love of football.

Inspired by Scotland qualifying for the men's World Cup for the first time since 1998, we are inviting you to create a short film that captures what football means to you.

### **YOUR CHALLENGE**

Create a 60 to 90 second short film with a voiceover that shows what football means to you

### **FOOTBALL AND PERFORMING ARTS**

Football and performing arts might seem different, but they develop many of the same core life skills

At PQA, we develop life skills through performance, and football develops those same skills in a different way!

Both require teamwork, confidence, focus, creativity, coordination, and resilience

Whether you are on a stage or on a pitch, you are learning how to communicate, collaborate, and believe in yourself!

As you create your film, think about how you can show this connection

**Your film could be about playing, watching, dreaming, celebrating, or something completely unique. You can act, dance, sing, or use voiceover to bring your idea to life**

### **THE CHALLENGE**

- Create a 60 to 90 second short film
- Include a voiceover that tells your story about what football means to you
- You can film on a phone, tablet, or camera
- You can include friends, family, or teammates

Younger filmmakers may wish to ask a parent, guardian, or older sibling for help

**Entrants can sing, dance, act, or use a combination of performance styles to bring their idea to life.**

#### **STEP 1: DEVELOPING YOUR IDEA**

##### **What does football mean to you?**

Before you start filming, take time to explore your ideas.

This film is about your personal connection to football

Ask yourself

- What does football mean to me
- What is my favourite football memory
- How does football make me feel
- Who inspires me in football
- How does football bring people together
- What skills does football teach us and how are they similar to performing arts
- What would my dream football moment look like
- Write your ideas down and choose one clear idea to focus on

##### **Your Film Focus**

Think about

What is your main message

What do you want your audience to feel or think

Your film could be

- A personal story
- A teamwork story
- A dream or fantasy moment
- A performance piece
- A recreation of a famous football moment

Finish this sentence

My film is about ...and I want the audience to feel

## STEP 2: WRITING YOUR VOICEOVER

Your voiceover is what guides your film

### Structure Your Story

- Beginning: introduce your idea
- Middle: build action or emotion
- End finish: with a strong message

### Writing Tips

- Keep it clear and simple
- Use your own voice
- Think about who you are
  
- A player
- A fan
- A commentator
- Yourself

### Style Ideas

- Commentary He shoots GOAL
- Personal Football makes me feel
- Story It all started when

Read it out loud and refine it

## STEP 3 PRE PRODUCTION

Plan how your film will look

### Visualise Your Film

What will we see alongside your voice

What are the key moments

You can draw a storyboard or write a shot list

### Get Organised

- Locations
- Costumes
- Props
- Cast
- Equipment

Make sure you have permission from anyone in your film

### Plan Ahead

Choose filming times and check daylight if filming outside

#### **STEP 4: VOICEOVER RECORDING**

Record your voiceover clearly

##### **Tips**

Use a quiet space  
Reduce echo with soft materials  
Speak clearly and confidently  
Keep the microphone close

##### **Perform It**

Rehearse first  
Add emotion and energy  
Save your recording safely

#### **STEP 5: PRODUCTION FILMING**

Now bring your idea to life

##### **While Filming**

Follow your plan  
Take multiple takes  
Do not rush

##### **Be Creative**

Use different angles  
Try slow motion  
Capture emotion and action

##### **Work as a Team**

You can involve others just like football

#### **STEP 6: POST PRODUCTION**

Put your film together

##### **Editing**





Combine voiceover and visuals  
Match sound to picture  
Keep it clear and focused

##### **Extras**

Add music if you like

##### **Final Check**

Is your story clear  
Is it 60 to 90 seconds  
Ask someone to watch it

<b>ICONIC MOMENTS INSPIRATION</b>			
<p> <b>Recreate a Famous Moment</b></p> <p>You could</p> <p><i>Recreate a famous goal or celebration</i></p> <p><i>Act out a dramatic match moment</i></p> <p><i>Film your own World Cup final</i></p> <p>Add your own twist funny dramatic or stylised</p>	<p> <b>Commentary Ideas</b></p> <p>Be the voice of the moment</p> <p>It is the final seconds they shoot GOOOOAAALLL</p> <p>Think about</p> <p>Energy Timing Emotion</p>	<p> <b>Performance Ideas</b></p> <p>Create a goal celebration dance</p> <p>Turn football into a dramatic scene</p> <p>Use music and movement</p> <p>Add slow motion or freeze frames</p>	<p> <b>Make It Your Own</b></p> <p>You can</p> <p><i>Set it anywhere</i> <i>Change the story</i> <i>Add imagination or fantasy</i></p> <p><b>For inspiration, you may wish to explore videos online. Platforms like YouTube have many World Cup moments and celebrations that could help spark ideas for your film</b></p>
<b>SKILLS IN ACTION</b>			
<p><b>Football and performing arts develop the same key life skills</b></p> <p><i>Teamwork</i></p> <p><i>Confidence</i></p> <p><i>Creativity</i></p> <p><i>Focus</i></p> <p><i>Coordination</i></p> <p><i>Communication</i></p> <p><b>Show these in your film!</b></p>			

## APPS

There are many filmmaking apps available, here are a few examples:

### VOICEOVER RECORDING & EDITING

Filmora free version, phone & desktop - <https://filmora.wondershare.net/>

Capcut free version, phone & desktop - <https://www.capcut.com/>

Lightworks free version, desktop only - <https://lwks.com/>

iMovie, phone & desktop (apple only) - <https://apps.apple.com/us/app/imovie/id377298193>

### VIDEO EDITING ONLY

Canva free version, phone & desktop - <https://www.canva.com/video-editor/youtube/>

## PRIZES

Selected winners will receive PQA Merchandise Bundle and a super cool **LEGO® Edition collectable Football –3D Display Model (to the value of £100)**

The winner and any runner-up films will screen at the PQA Film Festival 2026

All films will be shared on the PQATV YouTube channel

## RULES

- The deadline for entries is 30th May 2026.
- Films should have one main filmmaker/entrant.
- Your film should be 60 - 90 seconds long.
- Your film can be live action or animated or a combination of both.
- Your film should have a voiceover spoken by you (the filmmaker/entrant).
- All entrants must be 17 or under by the date of the deadline.
- You do not need to be a PQA student.
- You must give your film a title, for example, “My love of Football”
- Films do not require credits, but if you choose to, you **must only include first names.**
- All content must be appropriate for a family audience. Please ensure that celebrations, actions, and language are suitable for children

## TERMS & CONDITIONS

By entering this competition, you consent to your film being uploaded to the PQATV YouTube channel after the deadline. Your film will remain online for 5 years unless you request it be removed. You may opt out at any time by emailing [filmandtv@pqacademy.com](mailto:filmandtv@pqacademy.com).

Find the full terms and conditions in the summer of football blog on the [www.pqacademy.com/news](http://www.pqacademy.com/news).

## HOW TO ENTER

To submit your entry, send us your video file using the [online submission form](#).

Films submitted by over 17's will not be accepted.

Parents/guardians should include the following in their form submission: the **first name** of the filmmaker, their **age** (this will not be made public), and the **location of the academy** they attend if they are a PQA student (this information does not impact the judges and is collected for internal engagement monitoring purposes only).

If you have any questions, please email: [marketing@pqacademy.com](mailto:marketing@pqacademy.com)

## FINAL MESSAGE

This challenge is about creativity storytelling and self-expression

Football is more than a game, it is about passion, connection and shared moments  
So be bold be creative and tell your story

We cannot wait to see what football means to you

**PAULINE  
QUIRKE  
ACADEMY**  
OF PERFORMING ARTS  
**BE YOURSELF BE AMAZING.**