

Community Sports Development



M5X02089

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Community Sports Development



The aims of todays lecture:

To discuss sports development theory

Research the views / thoughts of young people in sport

To present the findings to the group

Feedback- What did you take from last week? Thrown, catch and feedback game



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Definitions:

Sport- Has been defined as :

*Competitive , rule governed games involving some degree of physical activity and exercise.
(Collins ,2009)*

Development- Has been defined as :

*Do develop something or someone suggests a transition of progressive stages where new and improved outcomes are both possible and desirable
(Collins,2009)*



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Definitions:

Physical Activity- :

Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure

World Health Organisation



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Definitions:

"Sports development is a form of social intervention comprising sets of principles, processes and practices that seek to provide opportunities designed to motivate and encourage people to take part in sport and physical activity at all levels of ability and through all stages of the life cycle for a variety of personal and societal rationales." Cryer 2008.



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Brief History Wales and England:

1980 's -1990- Very little investment in sport, small NGB's

1990's-2000- More investment- outreach projects, tops programmes, dragon sport, ssdo's

2000-2010- More investment, lottery funding, 2008 England cuts funding, 5x60 in Wales

2012- Olympics- England cuts community sports partnerships

2012- present- New policies, reduction in funding, huge targets in Wales (aspirational)



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Sports development theory- : The sports development continuum





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Sports development theory- : The sports development continuum

Foundation:

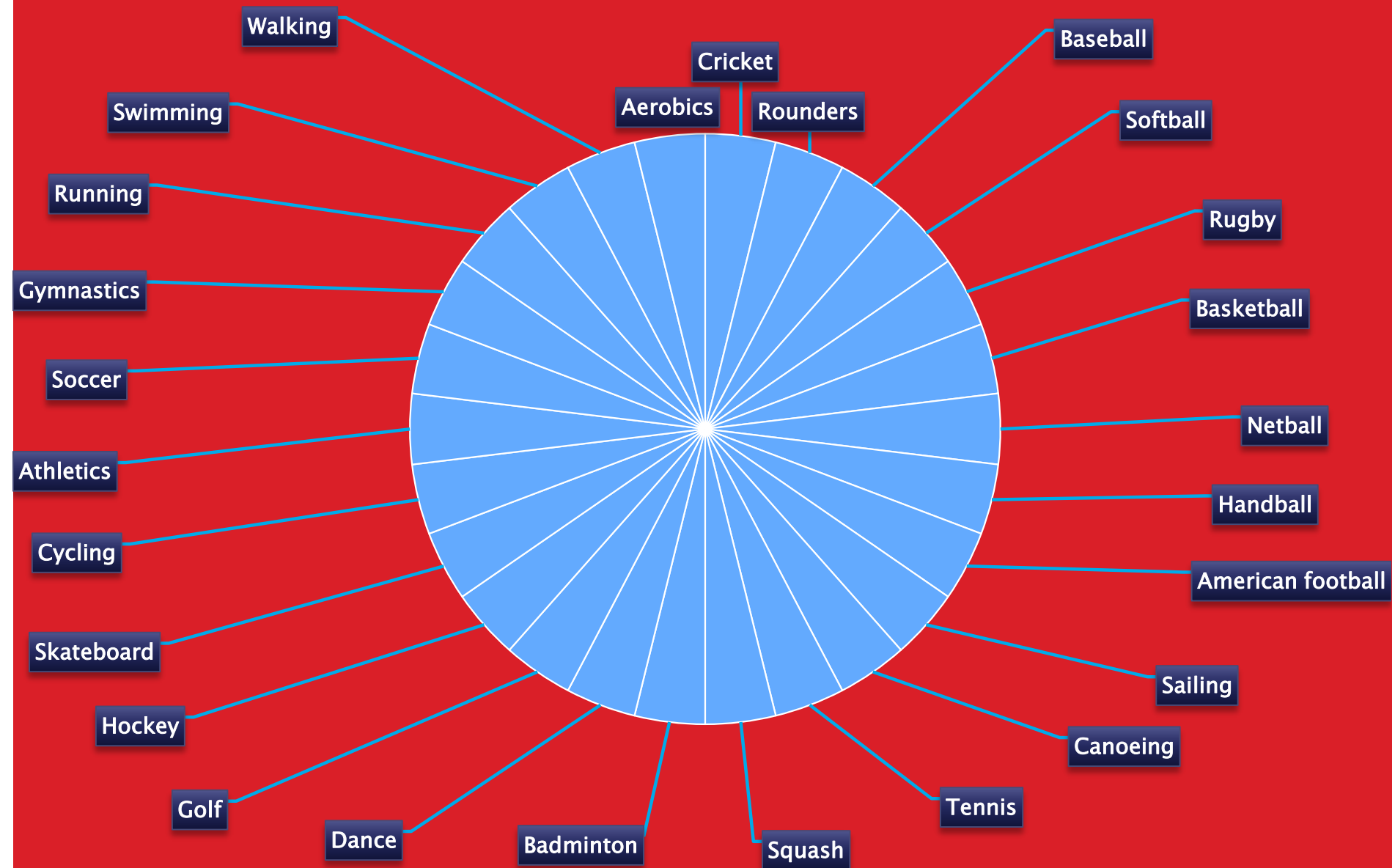
Early development of physical literacy.

What is physical literacy?

Amelia-Video

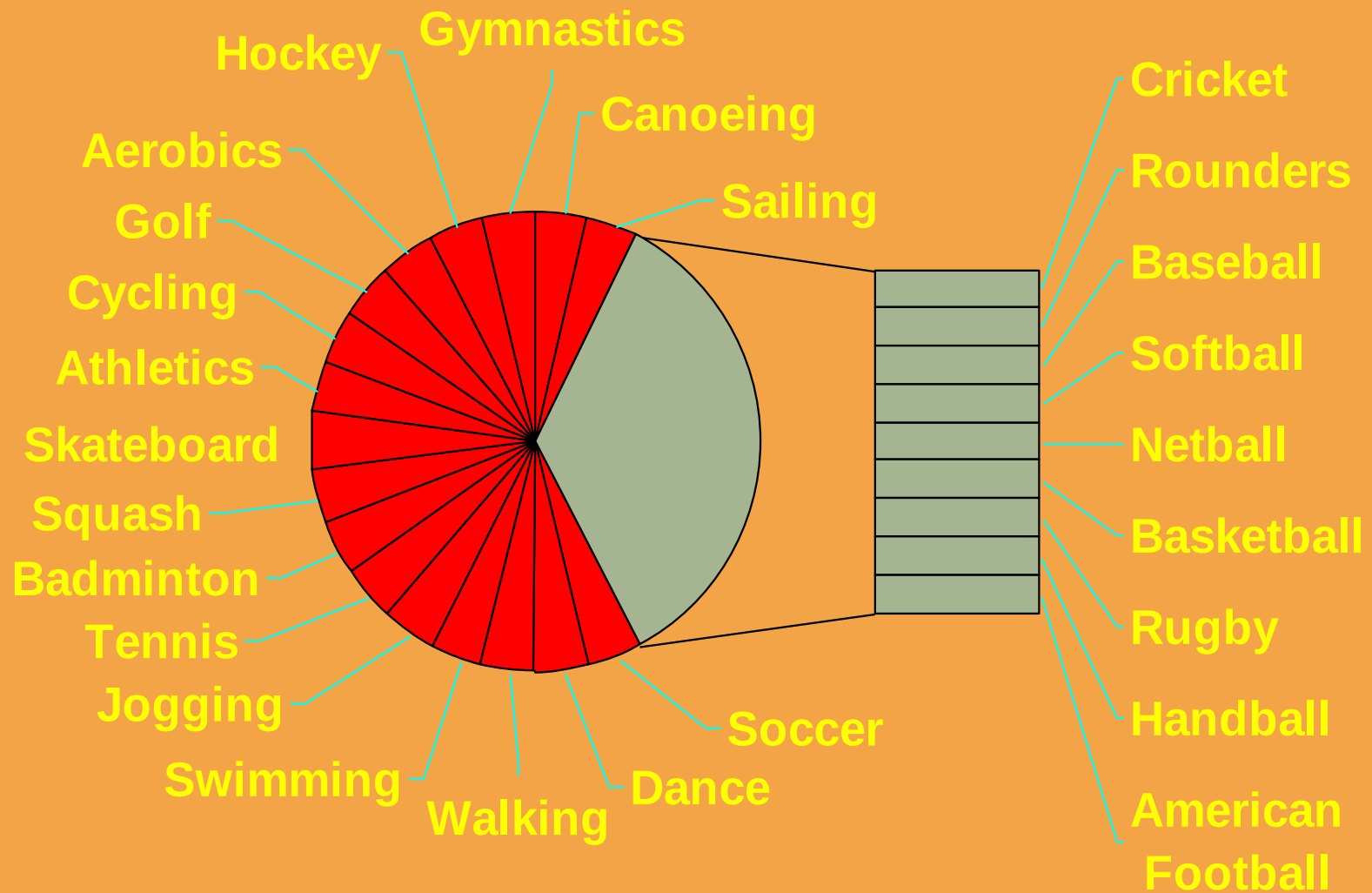
<https://www.youtube.com/watch?v=R8PIXqp3JpA>





CAN'T CATCH?







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Sports development theory- : The sports development continuum

Participation- sport activity undertaken primarily for fun, enjoyment and often basic levels of competence, health and fitness

Performance- (Could include above) A move from basic competence into more structured form of competitive sport at club or county level, or indeed at an individual level for personal reasons.

Excellence- is about reaching the top and applies to performers at the highest national and international levels.

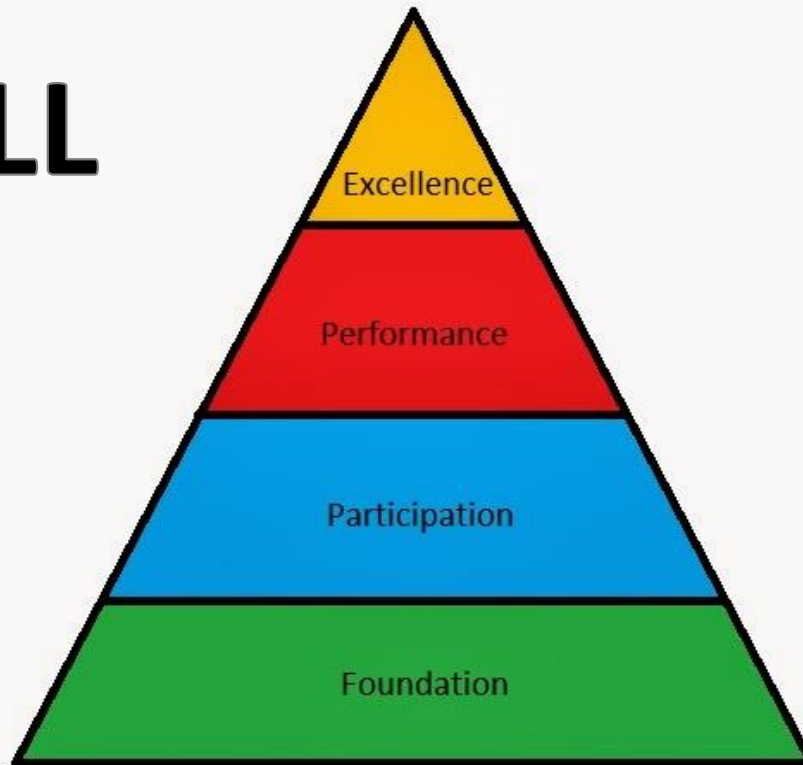


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Sports development theory- : The sports development continuum

SPLAT WALL GAME





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Sports development theory- : The sports development continuum

What are the factors affecting the movement from:

1- Participation —————> Performance

2- Performance —————> Elite

Group work task- Discussion, presentation – from a flip chart.



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Sports development theory- : The sports development continuum

What are the factors affecting the movement from:

1- Participation —————> Performance

Opportunities, awareness, resources, facilities, family, friends, peer pressure, the coach, skills, confidence, ability, money, travel, time / other commitments, other sports, previous experience, passion, commitment, role models, sporting events and publicity.



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Sports development theory- : The sports development continuum

What are the factors affecting the movement from:

1- Performance —————> Elite / Excellence

Opportunities, resources, facilities, family, friends, peer pressure, the coach, skills, confidence, ability, money, travel, time / other commitments, previous experience, passion, commitment, role models, sporting events and publicity.

Luck, Governing Body, Funding (lottery), climate, injury, lifestyle, diet, psychology, Sports Science, rest, technology,



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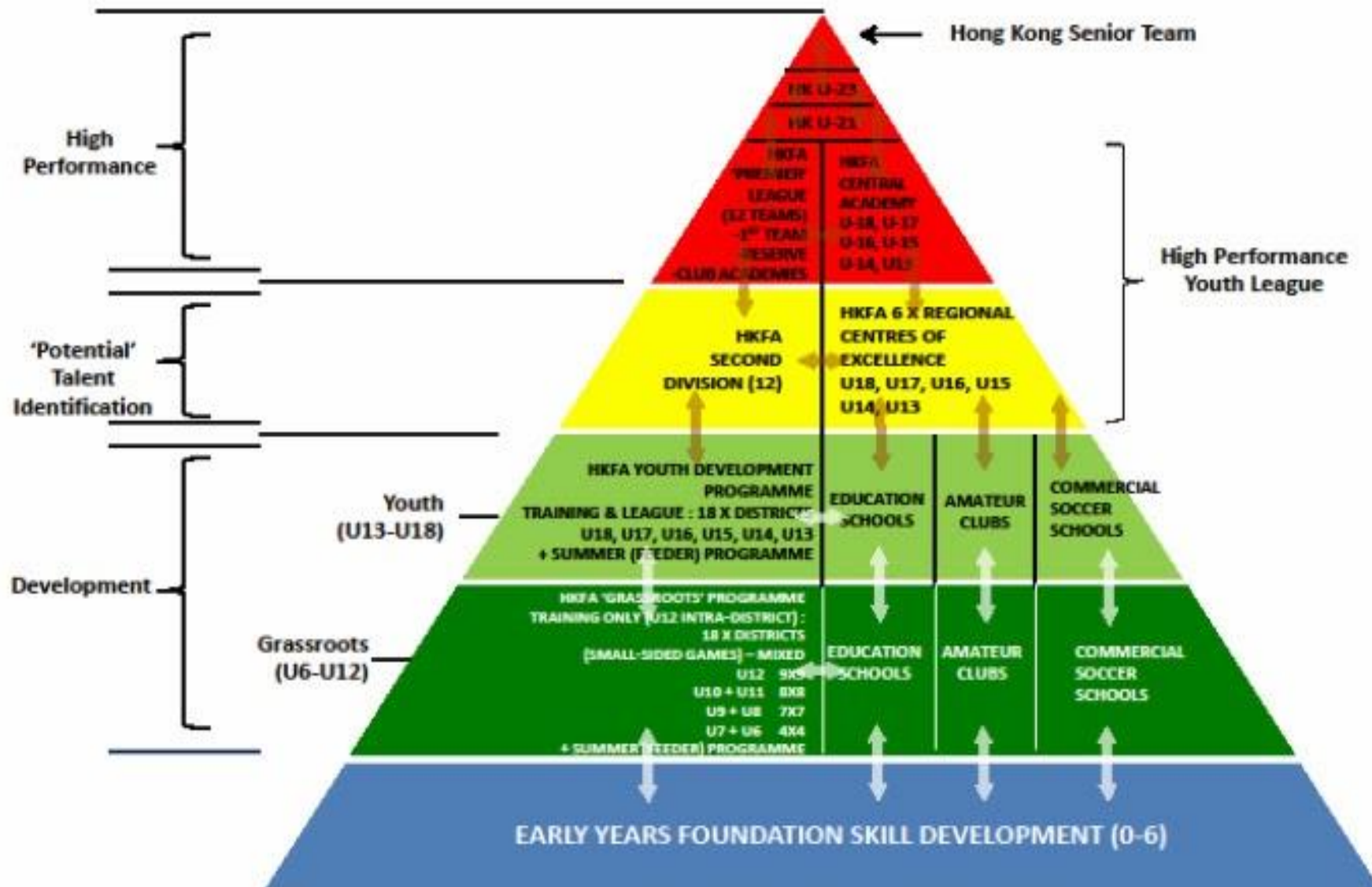


Football- modified continuum

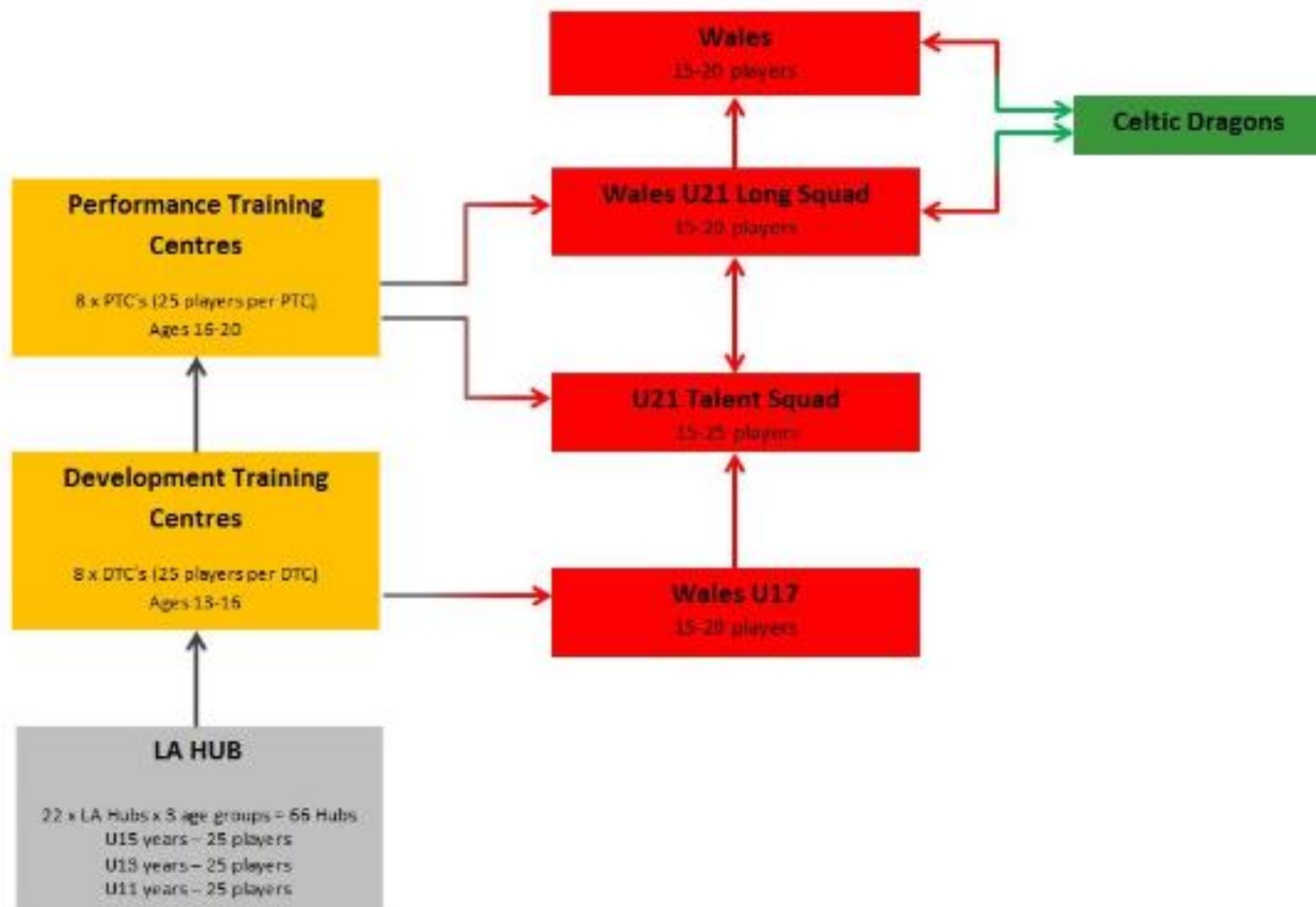




HONG KONG FOOTBALL DEVELOPMENT – PYRAMID AND PATHWAYS (BOYS AND MEN)



Performance Pathway 2016 - 2020





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BREAK:

Meet in back AS222



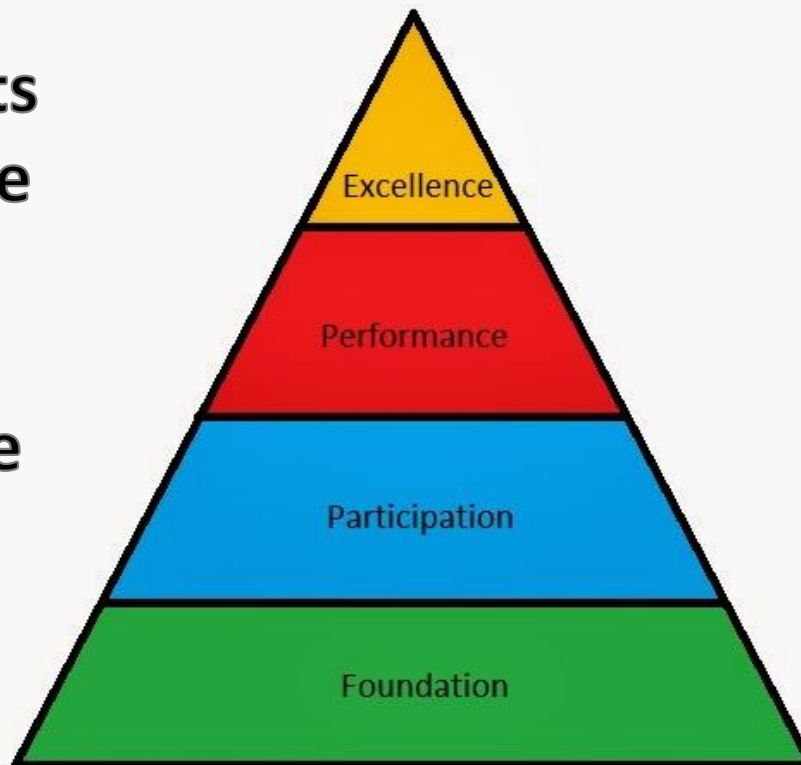
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Sports development theory- : Where does it take place?

**Where does sports
Development take
Place?**

**Why might it take
Place?**





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Sports development in practice:

Planning to develop an activity for young people

Where do we start?

What have we done in this module? What has been achieved?



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What has been achieved?:

https://www.youtube.com/watch?v=Eeg9cCyuL_w



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What has been achieved?:



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What has been achieved?:



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Where to start? Sports Wales Sports Survey :

Sport survey video

Background- 2011 first survey – not very positive

2013- 110,000 responses biggest children survey in Europe

2015-116,00 responses setting new records and showing an improvement in participation

2018- over 120,000 responses with over 1000 schools supporting it. Biggest children's survey in Wales and possibly the world.



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Sports development in practice:

View task sheet

Your task- in groups- present your findings to the group (use something exciting / engaging / are there new presentation tools?) No powerpoint allowed.

5 minutes to research how you might present back and what other presentation tools are out there.

**Research-
30 mins**

The area- deprivation, ASB and potential facilities

What's currently going on? Clubs / other activities

What do children want? When? With who? Where? From the survey

Presentation back to group



<https://www.youtube.com/watch?v=xDb1JgCbibo>

25th October

9:15 am depart

15-30 mins Q+A

**Practical activity
Mountain Biking**

**Sports
development office**

**Transport provided
from Uni for 16 in
the bus**

Arrive back 13:00

Wear practical kit. Bring a note pad and pen.