

# POSITIVE EXPERIENCES OF COMPETITION



## A YOUTH SPORT TRUST PILOT



### The Competition

Based around **personal challenges** and improving their own score and skills throughout, the competition encouraged teamwork and personal development through team challenges and cooperative tasks.

Activities included:

Archery



Team building



Target throwing



*Personal challenge has been shown to be an effective way of encouraging young people to try harder and improve*



### Participants

- ✓ Have the potential to engage in physical activity but lack the consistent behaviours and attitude
- ✓ Aged 8-11



### Data Collection

Using Chateez emotion cards, participants were asked to place counters on how they felt **before the event**, and how they felt **during the event**.

**This was done to see if participants changed emotions through participating in the competition and to understand their mental state on attending the event.**

### What did we find?

Findings showcase a major in shift in positive emotions from feeling excited before the event, to feeling happy during. **Negative emotions** such as feeling scared or nervous **reduced during the event** too. Maintaining these positive emotions throughout the entirety of the event indicates that **children had a positive experience when participating**.

*Negative emotions reduced 33% from before the event to during*



**Teachers were really interested to discover how their children were feeling both before and after the competition!**

**The number of children feeling happy increased by 166% from 21 before the event to 56 during!**



**However, it was difficult to formulate a question that the children would understand**