

EVENTS AND COMPETITIONS

We passionately believe that all young people should be given the opportunity to engage in events and experience healthy competition based on their confidence, competence and motivations to take part.

The purpose of attending any of our events is to create positive experiences for all children and young people to encourage lifelong enjoyment and engagement in physical activity.

To do this, as educators, we need to understand and meet the motivations, competence and confidence of the young people that we identify, targeting young people who need it most to improve their physical literacy, social, emotional and physical well-being.

Our research informed approach to our Events and Competitions Programme deliver three event formats, split into categories throughout the school year to support schools to select the appropriate children for the event environment and to increase the likelihood of a positive experience.



COMPETITION FOR ALL FRAMEWORK

iNspiRe

Inspire events are aimed at engaging our least active or least motivated young people. As the name suggests, the outcome at these events is to inspire, motivate and encourage young people to start a positive relationship with physical activity. Young people who attend these events may need encouraging to step out of their comfort zone, take risks and try new things.

COnnect

Connect events are aimed at young people who are motivated by physical activity based on fun, friendship and the social interactions that present themselves. The competition isn't that important but appreciate recognition based on personal best, teamwork and creativity. Connect events put the spotlight on fun and friendship, having a go to explore, learn and develop personal skills and qualities in a safe and structured environment.

Achieve

Achieve events are aimed at young people who are confident in their own sporting ability and tend to be more competitive than other groups. They value the benefits of sport, care about sport and love being involved. These young people strive to improve and succeed at every activity or challenge they take on. They enjoy testing their competitive nature whilst having fun. These events will create a healthy competitive environment to achieve personal or team based goals.