Theme 8

Adapting the competition environment to support individual development in sport

Multi-skill Festivals

Multi-Skill Festivals include a rotation of multi-skill activities (e.g. jumping, throwing, catching, skipping, lunging etc) which challenge children to achieve their personal best. Whilst young people may attend with friends from their school to take part against other young people from different schools, the focus is on the individual development of fundamental movement skills and demonstrating them to achieve their personal best scores. To be inclusive, the activities involved in multi-skill festivals should cater for all abilities allowing young people to take part in the same activities, but have options that they can take to allow them to challenge themselves at a level they feel most comfortable with. Adding an additional team element to a festival by assigning young people randomly to colour groups allows their individual scores to count for a wider cause/purpose and allowing the opportunity to take part in the activities more than once allows for the measurement of improvement.

What were the benefits?

These quality learning experiences allow children to develop their physical competence, but also experience wider social benefits and outcomes which can also be rewarded adding another layer of success.