

Positive Experiences of Competition

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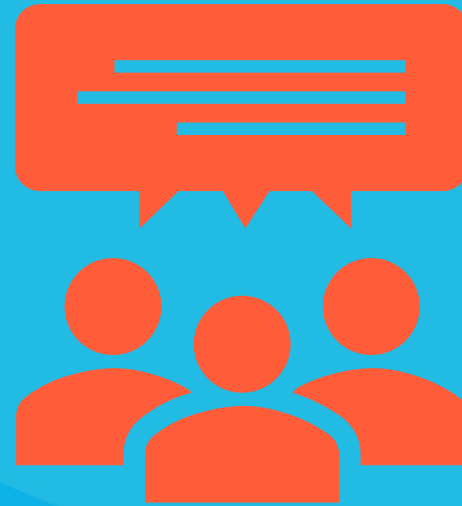


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What have been your biggest successes for your young people attending events? (not trophies!)



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HOT TOPIC - Competition



What makes competition a positive experience for young people?



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Pilot Recommendations

3681 PRIMARY PUPILS, 181 PRIMARY TEACHERS, 1195 SECONDARY PUPILS, 98 SECONDARY TEACHERS

1 – DEVELOPING PHYSICAL LITERACY

2 – DESIGNING COMPETITIONS – Reflecting motivations, competence and confidence.

3 – COMPETITION INTENT – Identifying and communicating the intent of competition.

4 – SELECTION – Adapting selection processes to remove barriers

5 – PREPARATION – Supporting a young person to be ‘competition ready’



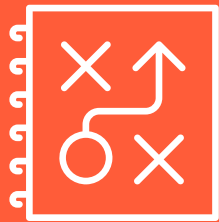
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What does a positive experience feel like?

Meaningful
Challenge



Positive Team
Dynamics



Positive
Coaching



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How are you using competition?



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Motivation	Confidence	Competence	Knowledge & Understanding	Resultant behaviour
✓	✓	✓	✗	Confusion 😞
✓	✓	✗	✓	Frustration 😠
✓	✗	✓	✓	Anxiety 😟
✗	✓	✓	✓	Apathy 😓
<hr/>				
✓	✓	✓	✓	ENGAGE 😊

“If we have a range of positive enriching experiences throughout our early years and school life, then we are more likely to be active for life.”



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Road to competition

On your marks (Selection)

Identify young person in need

Do you have a group of young people with a similar need (eg: confidence) OR similar motivations (eg: team game) that can each benefit from the same competition experience?



STEP 1



Find the right competition

How does the identified competition match the needs of your YP?

STEP 2

Recruit and communicate

How will you attract and invite the young people that need it most to train and compete?

STEP 3



Purposeful preparation

How do you prepare the YP physically and mentally over a period of time?

STEP 4



Celebrate selection

How will you share selection criteria (eg: attendance at training versus most improved versus ability versus availability)?

STEP 5



On the way to the competition

How do you support young people psychologically to make final preparations for competition?

STEP 6

GO (Support)

STEP 8

Straight after

How do you support accurate reflection?



During competition

What role will you play during competition to ensure hard work pays off and benefits sought are realised by all?

STEP 7

STEP 9

What next

How do you offer support to the next opportunity?

What are you doing?



Before



During



After



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Change...

What will I start, stop
and continue doing?



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