

Multi-skill Clubs

Programme information sheet

WHAT IS IT?

Multi-skill Clubs provide regular opportunities for young people to develop their fundamental skills and experience their 'first club' environment, preparing them to move into community-based participation.

Why is Multi-skills important?

Multi-skills give young people a sound grounding in physical literacy. They will encounter a range of activities which are non-sports specific to improve their fundamental movement and fundamental sport skills in a fun, challenging and enjoyable environment.

What age does Multi-skills start and finish?

Multi-skills can be applied to young people between the ages of two to twelve years although there is no reason why older age groups cannot reap the benefits of experiencing multi-skill activities. In terms of the PE and Sport Strategy for Young People funded Multi-skill Clubs programme, it is worth noting that it is aimed at key stage two.

Where can a Multi-skill Club take place?

The staging of a Multi-skill Club can be flexible and dependent upon local need. For example, a club could be situated on a school site as part of their out-of-school hours provision, or at a local secondary school hub site, or based in a local authority leisure centre.

Who can deliver Multi-skill Clubs?

Multi-skill Clubs should be delivered by qualified teachers, PE specialists and/or at least level 2 national governing body coaches with the ability to deliver multi-skill content. These may be assisted by other skilled deliverers such as community volunteers involved in Step into Sport, sports leaders or other suitably qualified individuals with specific expertise.

What Multi-skill training is available for deliverers?

The following training opportunities are available through sports coach UK:

Fundamentals of Movement – a practical workshop which explores the concepts of agility, balance, co-ordination and speed (ABCs).

Multi-skill Clubs in Practice – a practical workshop designed to help participants integrate the ABCs into Multi-skill Club sessions.

Multi-skill Inclusion Module – a practical workshop which aims to provide multi-skill deliverers with additional skills to include a wider range of young people, especially young disabled people.

What Multi-skill resources are available?

For selected school sport partnerships the following resources are available to support the delivery of Multi-skill Clubs:



Multi-skill Club resource cards describing simple activities and games which provide deliverers with a fun and exciting way of presenting multi-skill.

Multi-skill Club equipment bag designed to support the delivery of fundamental skills, including equipment such as stability pads, ladders, reaction balls, juggling balls and speed bounce.

WHAT DIFFERENCE DOES IT MAKE?

“ It [multi-skill club] is a wonderful opportunity for all the children to experience an exciting variety of activities and to share these with children with a range of abilities. ”

Headteacher

The Somerset County Sport Partnership set up an all year round Multi-skill Club to extend their extra-curricular coaching. The club provides a range of co-ordination, agility and balance activities for young disabled people in mainstream and special schools. As a result of the club their participants are now accessing at least two hours of organised extra-curricular school sport every week.

Case study information from other Multi-skill Clubs provide evidence that young people enjoy learning new skills through different activities, meeting new people and working as part of team.

More multi-skill case studies can be found in the case study directory on the School Sport Xchange www.youthsporttrust.org/xplus

HOW TO GET INVOLVED

Registration for funding for Multi-skill Clubs and Academies for 2008/09 is now open. School sport partnerships can register their interest to have a Multi-skill Club online from the **talent ladder** website www.talentladder.org

The school sport partnership outcomes for Multi-skill Clubs are:

- Deliver Multi-skill Clubs which deliver fundamental movement and sport skills for 7-11 year olds.
- Ensure that Multi-skill Clubs are delivered by qualified teachers and or level 2 and above coaches.
- To support and mentor the Multi-skill Club deliverers, in partnership with the County Sports Partnership
- Ensure that the Multi-skill Clubs programme is fully integrated into other development programmes and forms part of the player pathway for young people
- Collect monitoring and evaluation information on the delivery of Multi-skill Clubs, which will be used to help assess the effectiveness of the programme.

For further information please contact the Youth Sport Trust Operational Support Unit on 01509 226600