



## Multi-skill Clubs FAQ's

### 1 Why is Multi-skills so 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 basic movement and fundamental sport skills in a fun, challenging and enjoyable environment.

### 2 What is the difference between Multi-skills and Multi-sport?

Multi-skill is a non-sports specific activity based on the FUNdamentals of movement skills agility, balance and co-ordination, these skills provide a base for future all round development in most sports, coupled with the introduction of fundamental sport skills such as throwing, catching, running, jumping and striking.

Multi-sport occurs when youngsters encounter a variety of different sports delivered in the same environment and by the same coach(es).

### 3 How are Multi-skill Clubs different to PE?

Multi-skill Clubs form part of a schools out of school hours learning programme and support the key stage attainment targets in primary school curricular Physical Education. The clubs provide an extension of curricular PE and provide further enrichment of skill development. Multi-skill Clubs should be the stepping stone from high quality physical education in schools to high quality club environments.

### 4 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.

### 5 What age does Multi-skills start and finish?

Multi skills can be applied to young people between the ages of 2 to 12 years although there is no reason why older age groups cannot reap the benefits of partaking in Multi-skill activities. In terms of the DCMS funded Multi-skill Clubs programme however, it is worth noting that the programme is aimed at KS2.

### 6 What is the difference between Fundamental movement skills and FUNdamentals of movement?

Fundamental Movement Skills are the non-sports specific movement patterns which make up sporting actions such as running, jumping, rolling, skipping, striking and so on.

FUNdamentals of movement are the principles that underpin these movement skills which are required to perform these movements successfully, i.e. agility, balance and co-ordination.



**7 After attending Multi-skill Club Induction training, will I gain a qualification?**

No as there is no examination, although you will receive a certificate of attendance.

The training includes a 3hour session introducing the FUNdamentals of movement followed by a 3hour session on how these can be delivered in a fun and challenging way through the Multi-skill Club programme.

**8 How do I go about booking onto a Multi–Skill Club Induction Training event?**

Your School Sports Partnership/County Sports Partnership have been awarded a certain amount of funding to deliver a number of courses. Your SSP/CSP will arrange for the course to be delivered by registering with the **sports coach UK** Business Support Centre.

**8 Who can attend the Multi-skill Club Induction Training.**

Deliverers will need to meet the following minimum criteria:

- A a fully qualified Teacher and/or NGB Level 2 Coach
- B knowledge of Health and Safety in particular Child Welfare
- C knowledge of LTAD, in particular the FUNdamentals Stage
- D experience of the TOP's programme and other Multi–skill programmes
- E a commitment to CPD

**9 What resources will I receive when I do the Multi-skill Induction Training course?**

Each SSP will receive 2 copies of the Multi-skill Club resource cards to support the delivery of the MSC programme from the Youth Sport Trust. At present we are unable to supply one set of resource cards per attendee. In order to access additional resources, SSP's are required to register their Multi-skill Clubs with the YST. Additional resources to support clubs over and above the 2 funded via the programme will then be forwarded to the SSP at a cost of approximately £35.

In addition to this SSP's will receive 2 equipment bags.

**10 Is there any funding available for Multi-skill Clubs?**

Each SSP will be funded to deliver two Multi–skill Clubs, they will receive £500 per club, this can be used with flexibility to cover costs associated with facilities, deliverers, additional equipment etc.

The funding will be given directly to School Sports Partnerships; the CPD funding will be strategically routed through the County Sports Partnership route.

**11 Will I be given a scheme of work/programme of activity for my Multi-skill Club?**

No. The aim of this course is to equip you with the underpinning knowledge to incorporate FUNdamentals of movement in to your current coaching practice. Multi-skills is not designed to replace but to enhance and enrich your current coaching programmes.



**scUK** Coach Development Officers can offer ongoing support and guidance to individuals who attend the training.

**12 Is the Multi-skills programme a Youth Sport Trust or sports coach UK programme?**

Multi-skills Clubs is a Youth Sport Trust led programme funded through the governments PE, School Sport and Club Links strategy.

**sports coach UK** are leading on the training for Multi-skill coaches.

The two organisations are working together to ensure the success of the whole programme.

**13 Do I have to do this course in order to be part of a Multi-skills Club?**

Not all coaches involved in general delivery of Multi-skills activities are required to attend the Multi-skill training although it is strongly recommended that a course be attended in order to ensure quality of delivery.

All coaches involved in Youth Sport Trust Multi-skills Clubs will be required to attend the appropriate training.

**14 What is the difference between a Multi-skills/FUNdamentals of movement workshop and a course run by my national governing body?**

An NGB course would deliver sport specific training whereas Multi-skills training is generic (see Q.2)

**15 Are there any other training opportunities available on LTAD, or resources that I can access?**

Yes, there are courses and resources available through **sports coach UK** and other organisations visit [www.sportscoachuk.org](http://www.sportscoachuk.org) for further information.