

# Applying Skills

The Multi-skills Activity Cards provide **opportunities** for children to **develop** and **apply** their skills in a **variety** of situations.

The activities develop a range of **concepts** and **skills** that can be **applied** and **transferred** to a range of **sport specific** activities. For example, hand-eye coordination; spatial awareness; peripheral vision; balance; control; agility; accuracy; effectiveness; attack; defence; possession; scoring goals/ points; strategies; tactics; stamina; strength; fluency; rhythm; thinking; communication; working with others; improving own learning; recording; timing; measuring; estimating; etc.

Each activity may **develop** more than one of these aspects in combination.

Please see the '**Which Skills... Which Activities?**' Factsheet to identify which **skills** feature in each **activity card**.

Each activity can be **adapted** to focus on a specific **skill, concept, aspect** or **outcome**.

The Activity Cards are not intended to be prescriptive or 'grab and go' prompts, they are designed as '**concept**' cards that will hopefully **inspire** you and your participants over a series of sessions. By adapting activities **imaginatively to meet the needs**, interests and abilities of the children in your care, it will increase their **motivation, enjoyment** and **participation** and improve **performance**. The activities can be made **simpler**, more **complex** or **different**, depending on need.



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The ultimate aim is for the children to **take increasing responsibility** for **organising** and **developing their own ideas**, however, they will **need support** to achieve this. As a deliverer, you may initially set up and explain an activity to the children, and then work with them to adapt and develop it, encouraging as much creativity as you can, with a focus on developing skill. This may not always be just their physical skills levels; it may be developing wider skills. See **'Developing the Whole Child'** Factsheet. All **skills** are important to a child's **all-round development** and future participation in a **healthy** and **active** lifestyle. All these skills can be developed through the activities and you will need to make sure that over time you are providing opportunities for this to happen.

As children take increasing responsibility they can set up activities for themselves, manage these activities by taking on roles such as **referee, coach, scorer**, etc. and adapt them to meet their own needs. The activities will become **child driven-adult supported**. This will lead to increased motivation and enjoyment, as well as improved skill levels.

Children may invent their own activities to play, that they can **teach/coach another** group etc. Again, this develops their **understanding** and **awareness** of concepts and skills.

