

Report



Multi Sports November 2011

The Multi Sports club is always a firm favourite with the young people that attended the clubs. We have hockey, football, basketball and a few other popular sports style games. The club was very well attended throughout the weeks. The course was designed in a way to encourage youths to be fit and healthier while encouraging group work. The first week saw the youths doing hockey and basketball. They were split into two groups as the attendance was quite high. They would swap stations every 15 / 20 minutes. Although the girls that were at the club were not eager to take part the youths that did show an interest did very well. They were taught several basketball and hockey skills. In basketball it was dribbling,

shooting and passing all to which was done very well especially by the younger ones. When the girls did take part they were really happy. They just felt a bit intimidated from all the boys. So we kept the girls together and the more they took part the more they would speak to the boys. They usually had to be with a female member of staff to take part. The more the staff took part the more the girls would get involved and near the end of the course the staff didn't have to be involved any more as the girls were fine on their own. One in particular who always doesn't want to take part and complains a lot of feeling unwell so that she doesn't have to get involved was particularly forth coming in taking part. She didn't need her buddies

or staff to get involved and it was clear to see that she was paying attention during her instructions. Because when it came to basketball in the last week she was able to show what she had learned in previous weeks including lay-ups.

Overall the club was well attended and featured things that the young people wanted to do. The parents were very supportive and would bring their children earlier every week. The sports club is always a favourite and is requested by the youths although things will have to change for the next one. There is only so much you could learn from football and basketball. We found having more than 2 sports in a session worked really well.