

## **Active Norfolk / StreetGames Workforce Education Programme Autumn 2019**

These workshops will help local providers deliver effective sport and physical activity sessions through hearing findings from StreetGames action research and top tips from projects across the network and beyond. The interactive workshops are delivered by accredited tutors who have experience of a range of challenging community settings.

### **Engaging Inactive Young People workshop**

**Course duration:**

3 Hours

**Minimum age:**

16 Years

There are a high number of young people from low income/lower socio-economic groups that are either inactive or not active enough for health (and wider social) benefits. This workshop will offer ideas for how you can attract inactive young people to sport and physical activity sessions.

By the end of the workshop, learners will:

- Understand what is meant by Inactivity and the complex nature of the subject
- Know why it is important to understand young peoples' lives and potential barriers to engaging with activity
- Understand how to use behaviour change tactics such as EAST and Nudge to engage inactive youth
- Know how to retain participants that were previously inactive

### **Engaging Women and Girls in Sport and Physical Activity**

**Course duration:**

3 hours

**Minimum age:**

16

This interactive workshop equips participants with practical ideas on how to best engage women and girls in sport projects, sharing the latest insight from our Us Girls programme.

The workshop explains the sporting needs of young women and girls and defines the techniques for delivering successful sports programmes for young women. The workshop covers what works to both engage and retain female participants and includes case studies from projects that are successfully engaging females.

Course prerequisites: An active interest in engaging women and girls in sport and physical activity - sport in the right time, for the right price, to the right place and in the right style.

## **Introduction to Behaviour Change**

**Course duration:**

2 Hours

**Minimum age:**

16 Years

Changing behaviour is crucial to helping people to get and then stay active. This workshop introduces learners to the principles of behaviour change and demonstrates how these can be applied to the Doorstep Sport setting. On completion, learners will have a greater understanding of theories underpinning behaviour change and how to identify and apply interventions strategies to a range of situations.

By the end of the workshop, learners will:

- Understand what we mean by behaviour change and why it is important to consider
- Understand the transtheoretical and COM-B models of behaviour change
- Identify behaviour change strategies that can be applied within Doorstep Sport
- Understand the principles of a strength and asset based approach to behaviour change

## **Understanding young people from low socio-economic groups**

**Course duration:**

3 Hours

**Minimum age:**

16 Years

This workshop will bring to life new and existing research to help learners to gain a better understanding of some of the issues that influence young people's lives, and how this can have an impact on their sports participation levels. This interactive workshop will draw upon experiences in the room, challenging learners to think about the young people they work with, and the wider issues that they face on a day to day basis.

**By the end of this workshop you will be able to;**

- Understand the key influences and what's important to young people in their lives
- Understand the importance of friendship groups and key influencers on young people when they are making lifestyle decisions
- Understand the importance of creating a personal identity and the impact on young people's lives
- Understand typical participation pathways and explore young people's journey through sport
- Identify top tips to create the right sporting offer for young people.

## Engaging and Retaining Young People as Leisure Centre Users

**Course duration:**

3 Hours

**Minimum age:**

16 years

**‘Are you ready to welcome teenagers and young adults into your leisure centre?’**

This 3-hour workshop will help frontline, management and development staff at leisure centres to improve engagement with young people from low income groups and increase the diversity of their users.

The workshop will cover the following key areas:

- What makes young people choose physical activity? What puts them off? How can you make your programme more appealing?
- How do you get young people through the door of your centre and how do you make them feel welcome? Top tips on engaging and retaining the more inactive and harder to reach young people as participants.
- Helping facility staff to establish positive relationships with young people and deal effectively with challenging behaviour if it does arise.
- Understanding the value of the youth market to your business. The financial benefits of increased usage and income through both casual use and new memberships.
- How working with young people from underrepresented groups can help a leisure facility to demonstrate the wider contribution it makes to the local community and provide access to new sources of funding.

The workshop will assist leisure centres that have included the new Doorstep Sport module (available from Spring 2017) within their Quest for Facilities application and are preparing for assessment.

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## Sports Activator Workshops

**Activator workshops** provide community sports and youth workers with the skills to introduce new activities to the groups they work with. The workshops draw on the principles of teaching games for understanding, and they provide numerous activities to enable coaches to interact with the young people and understand their motivations.

Developed in partnership with National Governing Bodies of Sport (NGBs) these workshops:

- Support young volunteers’ journey into sports leadership & coaching
- Provide new games & challenges to keep experienced youth, sport & community workers’ offer fresh
- Prepare Further & Higher Education students for work in community settings

### **Multi-Skills Activator Workshop**

**Course duration:**

3 hours

**Minimum age:**

16

StreetGames have developed the Multi-Skills Activator in order to provide volunteers, young people, youth & community workers and community sports coaches and leaders with a multi-skill approach to coaching young people in their local community. The workshop will provide a chance to experience games across a range of sporting categories and learners will combine their existing coaching and leadership skills and experience with the games, adaptations and top tips within the workshop to engage young people in multi sports.

Aims of the Workshop:

- To introduce 4 categories of fundamental sports skills
- To explore principles of play within 4 fundamental sports skill categories
- To deliver a range of adapted practices and games
- To explore coaching points, adaptations and questions for understanding

### **Boxing4Fitness Activator Workshop**

**Course duration:**

3 hours

**Minimum age:**

16 years

The Boxing4Fitness Activator has been developed by StreetGames in partnership with England Boxing. The workshop will provide volunteers, young people, community workers, leaders and sports coaches with the skills needed to deliver NON-CONTACT boxing for fitness sessions in their local community.

**Aims of the workshop:**

- To understand the basic boxing movement patterns and punching techniques needed to participate in boxing for fitness sessions
- Explore how to add fun, variety and progression to sessions using combinations
- Deliver basic boxing for fitness activities to groups of young people and understand adaptations that can be made to ensure they have fun and stay involved

After the course learners will be able to run boxing for fitness activities to young people in a community setting or Doorstep Sport club within the activity, leadership and supervision guidelines of their host organisation. The course only allows candidates to deliver the skills taught on the course and does not allow candidates to deliver any form of contact boxing; including sparring and competition.