



Redcar & Eston School
Sport Partnership CIC

COMPETITIONS

More Than Sport

IMPACT ON CHILDREN & YOUNG PEOPLE

Daily Physical Activity Benefits



Taking part in competitive sport at the right level helps a child develop a passion for an activity and a sense of achievement. This can help a child engage in a sport and in turn, they become physically active through something they enjoy. This will help to develop a healthy and active lifestyle.

Develop Life Skills



Aside from preparing children for wins and losses later in life, competitive activities help develop important skills like resilience, perseverance, and determination. They also learn how to take turns, encourage others, how to communicate, teamwork skills and develop empathy.

Recognition



Selecting children for competition gives them the opportunity to experience a competitive setting but also the responsibility and pride of representing their school. This helps to develop confidence and self belief.

IMPACT ON SCHOOLS

Competition drives children to learn at a faster rate and perform at a higher level. It teaches motivation and to be their best. Competition teaches children to manage nerves, take risks and develop confidence to do things that are hard or uncomfortable. It teaches children to cope when things do not go their way and to show resilience and commitment. Competition helps with goal setting, to play by the rules and to win and lose with grace. It gives children a sense of belonging and can help build self-esteem. Through competitive experiences children can develop so many skills that can be transferred into the classroom, throughout school and beyond.