

# Sport Participation Framework

The points outlined below is to maximise the potential of the pupils and to be engaged in sport for life.

| SPORT PARTICIPATION FRAMEWORK                                                                                         | MOVEMENT OF LIFE<br><i>Discovering Skills</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | FUNDEMENTAL<br><i>Fundamental Movement Skills</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | DEVELOPMENT<br><i>Fundamental Sports Skills</i>                                                                                                                           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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | OPTIMISATION<br><i>Mastery of Skills</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | MOVEMENT FOR LIFE<br><i>Lifelong Skills</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         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|                                                                                                                       | Explore and discover movement patterns and basic skills and begin to be physically active in a fun and safe environment.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Participate in play and multi-sports to stimulate and evoke substantial change in fundamental movement skills (FMS).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Introduced to enjoyable and fun training and begin to develop their understanding of principles of play alongside their skills practice.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Demands on training, development and competitions are increased to ensure sports specific skills are mechanically correct, consistent, and accurate.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Skills are beginning to optimise when continuously exposed to competitive/sub-optimal environments which will refine the capabilities and competencies of performance.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Skills are used at a high or highest levels of sport and the focus shifts towards the optimisation of performance to gain success and glory.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Skills are used for purely recreation purposes to continue enjoying sports and maintain and maximise lifelong wellness.                                                                                                                                                                                                                                                                                                                                                                                                                                         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| FUN PARTICIPATION<br><br>Discover, maximise, and preserve the joy of sport, athleticism, participation, and exercise. | <b>Male and Female<br/>Ages 0-3</b><br><br>All sports and physical activity skills and activities should be fun, friendly, and appropriate for this stage to keep children involved in sport.<br><br>The use of equipment and coaching/teaching methods must be used in creative ways.<br><br>Parent-led activities must be encouraged to extend the development of the children further.<br><br>Unstructured play to be encouraged over structured play.<br><br>Embrace free play and organised chaos strategies to increase enjoyment levels.<br><br>Coaches to be funny and humorous when delivering sessions.<br><br>Explore play in different environments, such as home, school, recreational, parks, and swimming pools.<br><br>Embrace and enjoy multi-sensory activities.<br><br>Invite parents to take part in their child's activities. | <b>Male and Female<br/>Ages 4-7</b><br><br>Focus on learning having fun through physical activity but introduce minimal formal competitions.<br><br>Discourage an overwhelming performance-orientated approach which can lead to unsatisfactory applications of physical literacy.<br><br>Learn why skills are important in sport but in fun and enjoyable climates for learning.<br><br>Encourage children to take part in multiple sports.<br><br>Always adopt a positive coaching attitude.<br><br>Continuously praise movement and discourage criticism.<br><br>Acknowledge steady progression over rapid progression.<br><br>Coordinate structured, age-appropriate and/or modified games and activities.<br><br>Highlight the importance of fun and developing friendships through play.<br><br>Build new skills into every training session.<br><br>Maximise fun into every school lesson and training session. | <b>Male and Female<br/>Ages 8-11</b><br><br>Emphasis the joy that FMS has on providing the basic building blocks or precursor patterns of the more specialised, complex skills for the future.<br><br>Continue to develop a broad repertoire of FMS to allow children to joyfully participate.<br><br>Continue to offer a range of developmentally appropriate activity types.<br><br>Encourage structured activity, but still use unstructured forms of play.<br><br>Introduce fun competitive elements.<br><br>Shape and reshape positive attitudes towards development, competition and winning.<br><br>Encourage participation in land-based, water-based and if possible, snow/ice-based sporting activities.<br><br>Promote the importance of friendship within a team.<br><br>Recognise that both boys and girls have the same capabilities to perform.<br><br>Foster a stronger working ethic each day. | <b>Male and Female<br/>Ages 12-15</b><br><br>Ensure the joy of sport is continuously promoted to counter increasing social pressures to drop out of physical activity.<br><br>Spend some time on informal activities and competitions to preserve the joy of sport.<br><br>Create a sporting environment and motivational climate with the right amount of structure.<br><br>Encourage a balance between the demands of sport, family, friends, and school.<br><br>Differentiate and challenge athletes to promote a motivational climate for development.<br><br>Cultivate a sense of responsibility through peer-mediated of coaching.<br><br>Adopt autonomy-supportive coaching rather than dictating forms of coaching styles to evoke the mastery needed to encourage perform at a high level later in life.<br><br>Accentuate the importance of collaboration, friendship, and community in the context of the team. | <b>Male and Female<br/>Ages 16-20</b><br><br>Emphasis the joy of maximising effort and high-performance levels.<br><br>Recognise that defeat is part of sport and the central to the development of performance.<br><br>Understand the importance of enjoying competition can support the development and mastery of sports skills.<br><br>Facilitate athletes with a greater sense of fulfillment and embodiment.<br><br>Recognise the pleasure of reaching and achieving high learning outcomes and personal targets.<br><br>Keep promoting social connections with other people through competition.<br><br>Recognise the bond and relationship between the developing athlete and their coaches, family, friends, and teammates.<br><br>Emphasise that competition is something that we share, and that includes sharing the joy of the experience, no matter what the outcome.<br><br>Still encourage free play but coach what is happening. | <b>Male and Female<br/>Ages 21 +</b><br><br>Foster a strict and disciplined working ethic to be the best performer possible.<br><br>Accept that failure is an essential obstacle on the road to success.<br><br>Recognise that defeat provides an opportunity to learn and overcome elite level challenges.<br><br>Increase training hours to optimise fitness and technique.<br><br>Never undermine peak performance with the behaviours that coaches employ and atmosphere that they create.<br><br>Allow athletes to experience the joy that they feel to come out during high level performances.<br><br>Help athletes to foster a love for challenging oneself.<br><br>If coaches to believe that success is within our control, the elite journey becomes much more enjoyable.<br><br>Asking high levelled athletes' what kind of music, they would like played also provides a sense of autonomy and control that will likely have several positive benefits. | <b>Male and Female<br/>Any Age</b><br><br>Try new sports and forms of physical activity to experience high levels joyfulness.<br><br>Carry out spontaneous moments to participate in sport and physical activity.<br><br>Maintain an embodied experience by intrinsically appreciating different sports and forms of physical activity.<br><br>Take part in recreational, community and charity events.<br><br>Develop social connections with other people from the community in active environments.<br><br>Assess the chance of returning to competitive sports at various levels.<br><br>Participate for joy of keeping fit and healthy to increase the lifespan.<br><br>Find new ways to enhance health and fitness.<br><br>Commit to exercise around the working life.<br><br>Encourage competition if the individuals find it enjoyable. |

## Sport Participation Framework

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| <p><b>HEALTHY PARTICIPATION</b></p> <p>Use sport and physical activity to foster a healthy mind and body.</p>                                                                                                                      | <p>Use age-appropriate equipment for children to access play easily and freely.</p> <p>Encourage the consumption of healthy foods.</p> <p>Talk about healthy foods.</p> <p>Focus on emotional and social development.</p> <p>Parents to prepare healthy meal daily.</p> <p>Make health fun and exciting.</p> <p>Create opportunities to encourage children to be active movers each day for 60 minutes.</p> <p>Adults to role model healthy behaviours to children.</p>                                                                                                                                                                                                                                                                                                       | <p>Develop skills through a combination of unstructured play in safe and challenging environments, and quality instruction from knowledgeable teachers, leaders, or coaches.</p> <p>Model curiosity and enthusiasm for learning to be healthy.</p> <p>Promote the use of sport clubs on development.</p> <p>Develop FMS primarily through unstructured play, but also allow children access some structured activities.</p> <p>Discourage formal competitions and demote the need to win.</p> <p>Introduce healthy eating sleeping, hydration, and daily schedules.</p> <p>Limit television and encourage plenty of reading, play, and open-ended exploration.</p> | <p>Introduce nutrition and healthism concepts.</p> <p>Develop healthy social-emotional skills, including the ability to understand and communicate with others.</p> <p>Equally recognise of positive physical and mental health.</p> <p>Recognise moods and feelings towards healthy eating habits.</p> <p>Enhance personal, social emotional and cognitive health through sport and physical activity.</p> <p>Communicate about mental health not just in sport but in life.</p> <p>Develop life skills through intentional daily activities of sport.</p>                                                                                                       | <p>Understand how the physiological and psychological state affects performance in physical activity and sport.</p> <p>Recognise that boys and girls are all unique and grow, develop, and mature differently.</p> <p>Introduce general fitness programmes to the athletes, as well as sports-specific fitness training concepts.</p> <p>Educate athletes about drug doping, smoking and alcohol abuse can have on the body.</p> <p>Athletes to learn about positive body image.</p> <p>Have open discussion about the impact sports has on mental wellbeing.</p> <p>Document foods consumed daily to identify eating habits.</p>                                                                                    | <p>Provide expert, flexible, performance nutrition service enabling inspiring elite athletes to meet their dietary needs.</p> <p>Provide fitness programmes has designed for athletes performing regionally, nationally, and internationally.</p> <p>Participate in formal competitions at amateur, professional or elite level.</p> <p>Increase knowledge about sport nutrition, doping, sport psychology, physiology, neurorehabilitation, biomechanics, and sociology.</p> <p>Understand the contribution which physical activity and sport make to health, fitness, and well-being.</p>                                 | <p>Athlete to embrace and adopt an interdisciplinary approach to physical and mental preparation and development.</p> <p>Tapering physical training, rest, nutrition, and mental training all have their place and need to be in ideal balance to produce ideal results for glory.</p> <p>Ensure athletes think about their future sporting life.</p> <p>Utilise high quality sports training facilities to support performance.</p> <p>Develop critical self-reflective skills to enhance health and fitness.</p> <p>Elite level athletes to map a plan about their sport journey after retirement.</p>                                                                                                                                 | <p>Adopt a positive work-life-exercise balance.</p> <p>Maintain healthy eating habits for later life.</p> <p>Participate in community/charity events.</p> <p>Participate for the health benefits of an active lifestyle.</p> <p>Be part of postgraduate (MSc/MA or PhD) Projects, Programmes &amp; Scholarships in exercise and health and educate the next generation of public health practitioners.</p> <p>Athletes to enrol onto their coaching badges and education future athletes about nutrition and health.</p> <p>Set the stage to remain healthy for life.</p>          |
| <p><b>INCLUSIVE PARTICIPATION</b></p> <p>Sport is shared, athletes' individual needs are met, and equality is celebrated by all athletes regardless of disability, ethnicity, sexual orientation, creed, culture, or religion.</p> | <p>Allow all children to access sports programs, clubs, and other community events.</p> <p>All programmes must provide a sustainable approach into the development and planning element of the programme to provide a broader range of physical activity and sport opportunities for children with disabilities.</p> <p>Offer all activities and toys to all children regardless of gender and developmental needs.</p> <p>Create equality policies within sports programmes.</p> <p>Always promote equality and diversity in sport.</p> <p>Create sport development opportunities for athletes from all backgrounds to participate in sport, physical activity, and play.</p> <p>Use inclusive equipment designed to be suitable to all children of different abilities.</p> | <p>Be consistent non-stereotypical role models for all athletes.</p> <p>Raise awareness about inclusion in sports.</p> <p>Have open conversations about equality.</p> <p>Embrace differentiation strategies to allow all children to access sport freely and effectively.</p> <p>Pair and/or group athletes with of varying skills and ability to create opportunities to learn from each other.</p> <p>Helps children to feel valued and listened to.</p> <p>Ask children to invite their friends to sports clubs.</p> <p>Coaches to provide additional roles to the athletes if they are unable to be a performer.</p>                                           | <p>Athletes to develop in all positions and learn various skills, techniques, and tactics.</p> <p>Deliver fun active activities to teach athletes about equality and diversity.</p> <p>Create fun ideas and enjoyable initiatives to welcome all children and parents to the sporting environment.</p> <p>Accentuate the importance of being friendly, respectful, and kind with teammates, parents, coaches, officials, and opponents.</p> <p>Use specialised equipment alongside generated equipment to ensure all athletes are included in sports and given equal opportunities for development.</p> <p>Coordinate events that celebrate sport is for all.</p> | <p>Intentionally set up training groups to mix and match various skill sets and positions throughout the season.</p> <p>Use sport to bring justice, healing, and freedom to Black people across the globe.</p> <p>Introduce sports that celebrates LGBTQ.</p> <p>Continuously stop homophobia, biphobia, transphobia, and other discriminative behaviours that causes harms to people and barriers to participation in sport.</p> <p>Introduce team-building activities and social events to help athletes and their families get to know one another and to learn more about each other.</p> <p>Understand key socio-cultural influences which can affect people's involvement in physical activity, and sport.</p> | <p>Differentiate sports sessions, drills, practices, and skills that includes less abled athletes.</p> <p>Optimise a team's chance to succeed in competitive games, but still rotate players and provide adequate game time.</p> <p>Use sport competition to unite people from different backgrounds.</p> <p>Celebrate that less abled athletes can very much contribute to the development process.</p> <p>Provide one-to-one training with all athletes to enhance their position.</p> <p>Host a free drills, competition, and skills program for younger, less skilled players from your school, club, or community.</p> | <p>Focus on developing winning team-leadership and management strategies that will challenge all athlete's knowledge and understanding of performance.</p> <p>Accept that a decline in form and performances will happen and believe that all athletes can regain form again.</p> <p>When there is a curvature in the age-performance relationship or a decline in athletic value, coaches must amend instruction or development plans to accommodate to athlete's individual needs.</p> <p>Design long-term player development and succession planning for all athletes within a team.</p> <p>Design pathways to develop highly skilled and aspiring leaders, managers, and coaches capable of creating sustained success in sport.</p> | <p>Accept everyone's work life, personal life, ability, and financial status.</p> <p>Offer retiring players an opportunity to develop a career in sports coaching.</p> <p>Adopt an well rounded inclusive approach in sport and in life.</p> <p>Accept various forms of physical activities.</p> <p>Join fitness classes that embrace fitness and exercise for everyone in society.</p> <p>Encourage and invite family, friends, and work colleagues to participate in sport and exercise.</p> <p>Meet new people and build new relationship within a physical activity space.</p> |

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| <p><b>MOTIVATIONAL PARTICIPATION</b></p> <p>Strive for excellence and exceed beyond expectations in all areas of sport participation and in life.</p> | <p>Provide infants and children with an agency.</p> <p>Create high levels of enthusiasm for attempting new physical experiences by keeping it fun for all athletes.</p> <p>Encourage parent-led activities and games.</p> <p>Recognise active parental involvement and support as it is key to athletic/child development.</p> <p>Maintain a dedication to friendly and informal competitions.</p> <p>Always adopt a positive body language.</p> <p>Effort is encouraged, praised, and rewarded.</p> <p>Effort is seen as success.</p> <p>View failure as a platform for success.</p> <p>Parents and coaches expressing disappointment when an athlete has lost is highly discouraged.</p> <p>Teach athletes the importance of praising and celebrating the athletes.</p> <p>When interacting with infants, notice what they pay attention to, and engage with them around their interests.</p> <p>Find as much time and space as possible to encourage children's play, but this is an important aspect of development.</p> | <p>Create a learning environment instead of a doing work situation. We learn to acquire new knowledge.</p> <p>Adapt a challenge according to a child's current capabilities and provide prompt feedback on his or her performance.</p> <p>Harness children's natural curiosity and inclination to work toward an achievable goal, rather than promising a reward all the time.</p> <p>Deliver activities to not be too easy but not insurmountable.</p> <p>Allow children to be intrinsically motivated by enjoying an activity on its own.</p> <p>Develop skills about thinking about another's point of view.</p> <p>Develop and extent FMS and other life skills.</p> <p>Still keep a positive body language.</p> <p>Keep praising the children as it can lead to a performance orientation and a willingness to remain active for the future.</p> <p>Encourage children to be involved in multi-sports and/or skills programmes and clubs.</p> <p>Continue to translate physical literacy through positive, empowering, and inspiring sporting experiences.</p> <p>Allow children with the freedom to assign what they deem as a meaningful and non-meaningful sporting experience.</p> | <p>Introduce more complex games that increase problem-solving abilities and higher order thinking skills.</p> <p>Coach overall sport skills and avoid excessive single-sport training while refining FMS.</p> <p>Transfer FMS into context related movements.</p> <p>Start to introduce basic principles of play into sessions.</p> <p>Focus on shaping positive attitudes towards winning and losing.</p> <p>Support kids by providing constructive feedback, not criticism, that can enhance a sense of competence.</p> <p>Develop the ability to focus through skill-based drills.</p> <p>Mistakes are seen as a platform for development and future success.</p> <p>Progression is not seen and encouraged to be linear.</p> <p>Promote holistic physical literacy instead of performance-orientated physical literacy.</p> <p>Become a trained or qualified leader or coach for each stage of development.</p> <p>Continue to focus on celebrating effort, learning and skill development rather than outcome-focused games.</p> | <p>Coaches avoid controlling pedagogies and start to develop their responsibilities to a point where athletes take control of large aspects of their sporting experience.</p> <p>Refine and consolidate basic sport-specific skills and tactics.</p> <p>Begin to understand the pursuit of personal excellence.</p> <p>Foster an appreciation for work ethic and its contribution to outcomes.</p> <p>Professional sports coaches to continuously recognise the motivational climate of their instruction.</p> <p>Plan and deliver process-driven activities, directing efforts and movement patterns towards goals.</p> <p>Identify any factor that this is likely to impede the mastery needed to encourage substantial growth in physical literacy.</p> <p>Athletes reflect on their transformative moments in their performance.</p> <p>Be empathetic and supportive, knowing that youth are going through changes in their brains, bodies, and social relations that can make risky behaviour appealing to them.</p> <p>Differentiate sport that initiates, sustains, or guides an athlete's behaviour.</p> | <p>Adopt a sports coaching methodology that inspires athletes to intrinsically develop.</p> <p>Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.</p> <p>Perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and compositional ideas.</p> <p>Provide one-to-one training and coaching.</p> <p>Provide year-round, high-intensity, individual event, and position-specific training.</p> <p>Provide interventions on how to cope with the physical and mental demand of competition.</p> <p>Fully understanding the value of winning and defeat.</p> <p>Encourage elite athletes to pursue the most intense training suitable for winning performances.</p> <p>Define excellence with athletes so they contribute to the shared sporting objective.</p> <p>Provide training opportunities that maximise athletes' mental readiness and mental toughness.</p> <p>Encourage athletes to participate in a variety of goal-setting exercises to help them stay focused.</p> | <p>Athletes can begin to specialize in one sport and pursue an elite competitive stream.</p> <p>Be part of a winning team and a high-performance culture in a positive environment at the professional level of sport.</p> <p>Prescribe a training regime for athletes for around 5-6 hours a day 6 days a week.</p> <p>Train athletes to reach peak performance for major competitions.</p> <p>Design a seasonal team-tactical and physical plan in accordance with the club and/or coach's objectives to get the best out of the athlete.</p> <p>Build a management team of specialised staff.</p> <p>Continuously cooperate with other members of the multi-disciplinary team, e.g., performance analysts, fitness coaches, sports scientists, medical and other performance staff.</p> <p>Surround oneself with highly skilled and aspiring leaders, managers, and coaches.</p> <p>Athletes to understand and perform within integrated coaching models and philosophies and their place in high performing environments.</p> <p>Consistently follow a personalised long-term player development and succession plan to reach optimal performance levels.</p> | <p>Encourage participants to try new sports, stay involved and stay active, and always try to do their personal best.</p> <p>Participate in different fitness and exercises.</p> <p>If retired from competitive sports, athlete reshapes their sporting journey for the rest of their life.</p> <p>Become a motivational speaker to inspire the next generation of elite level athletes.</p> <p>Athlete transfer knowledge back to the community by mentoring, coaching, or as a community sport leader or role model.</p> <p>Consider sport-related careers such as coaching, officiating, sport administration, small business enterprises, or media.</p> <p>Find ways to encourage family or friends to actively take part within the community.</p> <p>Encourage participants from the wider community to try new sports, stay involved and stay active, and always try to do their personal best and exceed their fitness goals.</p> <p>Makes all decisions based on being the best athlete possible while maintaining an appropriate balance between sport, work, and education.</p> <p>Still continues to learn about fitness and exercise. Seeks feedback. Makes decisions based on this.</p> |
|                                                                                                                                                       | <p><b>FAIR PARTICIPATION</b></p> <p>Play honestly and follow the rules of sport.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <p>Introduce simple rules.</p> <p>Enforce simple rules continuously.</p> <p>Encourage athletes to be responsible for their own equipment.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <p>Provide rewards for positive sporting behaviours.</p> <p>Add additional rules to games.</p> <p>Ask continuous ethical questions and lead ethical discussions to the athletes.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <p>Play by the rules. Encourage reflection on personal actions as well as those of parents, coaches, and teammates.</p> <p>Explore why cheating violates the integrity of the game. Use situations to help athletes evolve their decision-making.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <p>Highly advocate drug-free sport, equity, fair play, safety, and non-violence.</p> <p>Modify games where rules and regulations are enforced significantly.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p>Provide recognition of exemplary behaviour that promotes the spirit of fair play and compassion in association football around the world.</p> <p>Continue to high advocate drug-free sport, equity, fair play, safety, and non-violence.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <p>Promote playing by the rules in and around the community.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

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| <b>RESPECTFUL PARTICIPATION</b><br><br>Show respect to everyone involved in sports. | Coaches to network with parents in working together to provide children with the best possible sporting experiences as early as possible.                                                                                                                                                                                                                                                           | Encourage athletes to appreciate that other athletes learn in different ways.                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Model positive, professional, and respectful behaviour when developing athletes at this age.                                                                                                                                                                                                                                                                                                                                                                                    | Encourage debates and discussing surrounding tactical sport strategy among athletes.                                                                                                                                                                                                                                                                                                                                                                                                                         | Encourage athletes to not be complaisant and respect the quality of all opponents.                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Encourage athletes to not be complaisant and respect the quality of all opponents.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Respect all individuals within the community.                                                                                                                                                                                                          |
|                                                                                     | Encourage children to share equipment and toys with others.<br><br>Educate to the children the importance of encourage other children during play.<br><br>Develop listening skills.<br><br>Encourage children to show acts of kindness with other children.<br><br>Avoid shouting at athletes and regularly praise and encourage children even when mistakes are happening.<br><br>Play team games. | Strictly disapprove all forms of stereotyping.<br><br>Promote teamwork and teambuilding within an active environment.<br><br>Encourage athletes to transfer positive attitudes at home and in school.<br><br>Provide child-friendly activities that are not oppressive.<br><br>Encourage athletes to respect other leaders, such as teachers, coaches, parents, friends, and other people.<br><br>Legitimise feelings, emotions, and challenges.<br><br>Deal with intense or inappropriate behaviour from parents at sports events. | Discourage yelling, shouting, and pointing out too many mistakes in learning.<br><br>Respect everyone involved in sport and in life.<br><br>Begin creating a deep culture of mutual respect with the young athletes.<br><br>Deliver sessions that exclusively and entirely focus on respect.<br><br>Continuously show respect before, during and after training.<br><br>Listen to the opinions of other children.<br><br>Congratulate the opposition on their good performance. | Encourage athletes to cheer for each other and not jeer.<br><br>Use all athletes at training.<br><br>Allow the athlete to voice their opinion about performance and tactical set-up.<br><br>Continuously show respect before, during and after tournaments.<br><br>Have athletes take time to share and learn from their teammates to build observation and communication skills.<br><br>Win with dignity and lose with grace. Celebrate and recognise and praise athletes who demonstrate these principles. | Do not impose strict training regimes on young athletes that can lead to physical and emotional abuse and violence.<br><br>Thanking the opposing coach in preparing their team and providing an opportunity to compete.<br><br>Respect all opposition regardless of their current position in tournaments.<br><br>Provide coaching evaluation forms for the parents to ensure they have a voice in the development process.<br><br>Speak out about social, ethical, and mental health issues that matters to the coach and encourage athletes to do the same. | Coach considers every minute detail of an athlete's training programme, rest time, environment, and psychology in the pursuit of excellence and optimal performance.<br><br>Embracing better communication based on trust and mutual respect at the highest level of sport.<br><br>Respect the team by continually seeking ways to improve performance for the team.<br><br>Honour each game, abiding to all the rules and laws of the game and graciously accept fouls that goes against the team.<br><br>Respect the official even if they have made an incorrect decision. | Continue to accept winning and losing with dignity and grace.<br><br>Reinforce positive behaviours that help build character and set standards.<br><br>Treat equipment and facilities with care.<br><br>Welcome everyone's fitness and exercise goals. |