

## The content of the cards

### ABC cards

The ABC cards offer a simple progression through each of the areas.

### Including young disabled people cards

These cards follow the same format as the ABC cards and offer alternative activities. All children will benefit from playing these activities.

### ABCs in activities

To help deliverers link ABCs into other activities, some generic sport cards have been developed which demonstrate clearly how ABCs can integrate with specific sports activities.



### Writing team

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### Design

- Vertigo Creative

### Contributions

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## The format of the cards

The cards are folded A3 with the following content.

### Front

A fun and enjoyable game to reinforce the main aim of the activities.

### Inside

Different activities that can be used by the deliverer to develop competence.

### Back

This includes more technical information in the following format.

#### • FABB

This section offers short suggestions on the way in which children could improve. The analysis of FABB (feet, arms, body, brain) is intended to help deliverers focus their assessment and also to help children with the important area of decision making.

Some cards also include a **Think inclusive** section which helps deliverers consider the benefits of inclusive practice for the particular activity.

#### • SOSS

In this section deliverers are offered ways in which the activities could be changed by varying the SOSS (space, objects, speed and strength).

#### • All round development

To help deliverers link different sections of ABCs, suggestions of appropriate connections with the other areas are listed here.

#### • Extending skills

As children gain competence and knowledge it is important they are given the opportunity of developing. This section lists ideas for personal development or has suggestions of activities that could be practised at out-of-school clubs.

The format of the sports activity cards is slightly different. These are presented on one side of A3 and show the activity and its links to agility, balance and co-ordination.



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*The mastery of FUNDamental Movement Skills by young people is essential to both long-term participation in physical activity and future athletic achievements. The Multi-skill Club programme and in particular these resource cards equip teachers and coaches with the ability to deliver agility, balance and co-ordination in a fun, challenging and structured way. They also introduce FUNDamental Sport Skills such as running, jumping, throwing, catching and striking which will help prepare young people for the transition into club and community sport.*

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The Multi-skill cards have been developed to support the delivery of the Multi-skill Club programme which is being delivered as part of the National PE, School Sport and Club Links (PESSCL) Strategy through the network of School Sports Partnerships.

Multi-skill Clubs will:

- give young people their first experience of being part of a sports club
- ease the transition from high quality physical education to high quality sports opportunities in the community
- form part of a schools out-of-school-hours learning programme for key stage pupils (7-11 years)
- provide an excellent opportunity for the development of leadership for older children through Step into Sport.

The Multi-skill cards have been designed to give children experience of appropriate FUNDamental movement abilities to help them develop physical competence. They include simple activities and games which will provide deliverers with a fun and exciting way of presenting this important work to children.

As well as supporting Multi-skill Clubs, the activities could also be used as challenges for the Key Stage One and Key Stage Two festivals within the national competitions framework.



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