

Engaging young people in physical activity through collaborative, cooperative, non-competitive games

This session explores, with practical examples, a wide range of activities that help to develop confidence, communication, teamwork and collaboration.

Competitive sport can present challenges to both the young people and the practitioners (teachers, coaches, volunteers) who are in support.

Cooperative games not only provide an alternative but can also serve to support other aspects. For example:

- an introduction to simple movement and games skills;
- establishing a positive attitude to collaboration and teamwork;
- an opportunity to experience success in a pressure-free environment;
- an physical activity outlet for those young people who are not attracted to competitive sport.

Ken Black is a practitioner with 41 years of experience in inclusive physical activity & sport across the globe.