

Competences Children and Youth gain in SPORT FOR DEVELOPMENT (S4D)

Sport is more than physical exercise; sport is about the personal and social development of young people. Sport activities, offered in a pedagogically valuable way, impart and strengthen different competences children and youth need in their daily lives. To comprise the entire range of competences people can gain in the field of Sport for Development (S4D), we developed clusters of S4D competences. The S4D competences include self, social, methodological/strategic and professional competences related to sport and specific S4D topics.

The following competence framework lists competences children and youth gain when participating in well-designed and -conducted S4D activities. The competence framework is not to be considered as complete and not all competences are automatically gained by all participants. However, the framework is a useful presentation of competences that may and could be gained by beneficiaries taking part in S4D activities.¹

¹ Parts of the following table are quoted or adjusted from

The Commonwealth (2015). *Sport for Development and Peace and the 2030 Agenda for Sustainable Development*. Retrieved on 23.10.2017 from http://thecommonwealth.org/sites/default/files/inline/CW_SDP_2030%2BAgenda.pdf.

The Commonwealth (2017). *Enhancing the Contribution of Sport to the Sustainable Development Goals*. Commonwealth Secretariat. Retrieved on 27.11.2017 from https://www.sportanddev.org/sites/default/files/downloads/enhancing_the_contribution_of_sport_to_the_sustainable_development_goals_.pdf

UNESCO (2017). *Education for Sustainable Development Goals. Learning Objectives*. Retrieved on 23.10.2017 from https://www.unesco.de/fileadmin/medien/Dokumente/Bibliothek/unesco_education_for_sustainable_development_goals.pdf.

UNOSDP (n.y.). *Sport and the sustainable development goals. An overview outlining the contribution of sport to the SDGs*. Retrieved on 23.10.2017 from https://www.un.org/sport/sites/www.un.org/files/ckfiles/files/Sport_for_SDGs_finalversion9.pdf

Competences Children and Youth gain in SPORT FOR DEVELOPMENT (S4D)	
Self-competence: Children and youth are able to...	Self-confidence and Trust ... develop a positive self-perception. ... resort to their strengths. ... be confident in, and trust, their own power, abilities, qualities, and judgement. ... place trust and put confidence in others and their abilities. ... realize when they need help to manage life's difficult situations and are able to accept support.
	Motivation ... set goals to reach and become active in attaining them. ... realize their objectives and try to fulfil these in a self-disciplined manner. ... continually evaluate and further motivate their own actions. ... deal with their own emotions and desires experienced in everyday life.
	Responsibility ... realize that they are responsible for their own actions, to anticipate the consequences, and to act properly and accordingly. ... to have courage to take over responsibility for others.
	Critical Ability, Conflict Ability ... accept and classify negative, as well as positive criticism. ... use and apply criticism. ... draw realistic conclusions on their own abilities.
	Resilience ... recover from or adjust easily to misfortune, changes and/or difficulties in life. ... follow one's goal despite failure or defect.
	Goal Orientation ... consider the steps necessary in order to succeed / reach a certain goal. ... focus on tasks and the results of completing a task. ... resist distractions and remain focused in achieving a goal. ... act in a self-disciplined manner. ... think or act for themselves, not acting based off influence or being controlled by others in matters of opinion, conduct etc.
	Adaptability ... incorporate knowledge gained in former experiences into current actions. ... adjust themselves to different/new conditions. ... alter their responses and reactions to changed circumstances and environment.

	<p>Creativity ... combine rules, patterns, relationships, knowledge and experiences in a new way that generates new ideas and resolutions to problems. ... collectively develop and implement innovative actions.</p>
<p>Social Competence: Children and youth are able to...</p>	<p>Change of Perspective and Empathy ... put themselves in the position of others and comprehend their values, attitudes, feelings, thinking and actions. ... put themselves in the position of others and reflect how others might judge their own values, attitudes, feelings, and actions. ... respect the needs, perspectives and actions of others. ... relate to and be sensitive to others.</p>
	<p>Respect, Fair Play and Tolerance ... take others seriously and appreciate them regardless of race, sex, sexual orientation, religion, age, marital status, family situation, national and/or ethnic origin or disability. ... be polite and respectful. ... be tolerant and considerate of diversity. ... acknowledge human dignity as the basis of living together and protecting physical and psychological well-being.</p>
	<p>Solidarity ... develop and maintain a mindset of solidarity that supports the ideas, values and activities of others. ... unite/agree with feelings or actions of other(s) with a common interest. ... develop mutual support within a group. ... collaborate with others.</p>
	<p>Communication ... develop and maintain the capacity of articulating themselves. ... develop and maintain the disposition of wanting to communicate well. ... develop, construct and ask questions. ... listen to others and comprehend what the other person is saying verbally and through body language. ... know about their own roles as a “sender” or “receiver”, as well as the behaviours and the reactions (i.e. verbally and physically) associated with each role in terms of communication.</p>
	<p>Cooperation ... work together for the achievement of an individual and/or collective goal. ... combine efforts for the successful obtainment of a common goal. ... recognize individual strengths of group members and use these to reach a common goal.</p>

	<p>... include all individuals of a group. ... facilitate collaborative and common problem solving.</p>
Methodological Competence, Strategic Competence: Children and youth are able to...	<p>Critical Thinking ... perform disciplined clear, rational, open-minded thinking that is informed by evidence. ... assess relevant information, interpret it effectively and come to well-reasoned conclusions and solutions. ... perform actions in a purposeful way. ... question norms, practices and opinions. ... reflect on their own values, perceptions and actions.</p>
	<p>Decision-Making ... evaluate the situation and select a course of action among several alternative possibilities. ... consider all options and weigh positive and negative aspects of each option to produce a final rational and logical decision. ... forecast outcomes of options/decisions and determine the best option/decision for a particular situation. ... assess the consequences of actions; and judge whether one is willing and capable to cope and manage consequences.</p>
	<p>Problem-Solving ... detect, analyse and correct errors. ... define a problem, analyse it and develop strategies in order to be able to reach a solution and implement it. ... apply different problem-solving frameworks to complex problems and develop viable options to resolve the problems.</p>
Professional Competence/Expertise:	<p>Related to sport/specific types of sport²</p> <ul style="list-style-type: none"> - Development of general motor competences (speed, endurance, strength, coordination, flexibility). - Development of basic technical competences (sport-specific): Children and youth are able to... <ul style="list-style-type: none"> o ... dribble, pass, shoot, throw, catch etc. o ... use different sensory and motor techniques in various ways. - Development of basic tactical competences: Children and youth are able to... <ul style="list-style-type: none"> o ... explain the structures and strategies of a game. o ...act in a planned and target-oriented manner. In this manner participants make clever choices using available means and possibilities offered by another individual, a group or a team. o ... know in specific game situations which action leads to success (“game intelligence”). o ... act in a creative way and choose various solutions (“game creativity”). o ... comprehend communicative and cooperative behaviour of individual team members.

² Baur, J., Bös, K., Conzelmann, A. & Singer, R. (2009). *Handbuch motorische Entwicklung*. Schorndorf.



Related to Sport for Development: Children and youth are able to...

- ... understand the concept of using sport as a tool for development.
- ... understand the importance of physical activity and sport for their own personal, social, emotional, health and physical development.
- ... be aware about their socio-economic environment and are able to draw conclusions to their own lives.

→ **with regard to specific professional competences please review the competences regarding the different topics (gender, health, violence prevention and vocational education)!**