

BTEC National - Sport

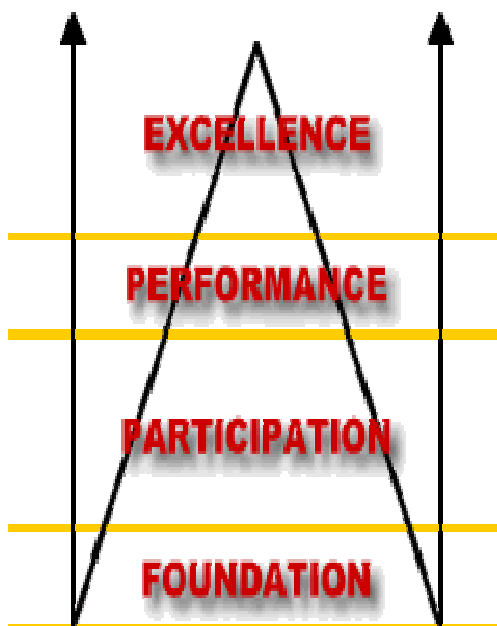
Unit 6: Sports Development

Activity 3 – The sport development continuum!



The sport development continuum provides a framework for people to progress as they develop in sport.

It identifies 4 levels of involvement.....



This level is for those with the interest and ability to achieve excellence in their sport....usually at national or international level

This provides for those already participating in sport, with the opportunity to improve their performance through taking part in coaching and competition opportunities. They will be taking part in regular & structured sessions..

This is where people have the opportunity to take part in a wide range of activities, whether for reasons of enjoyment, fitness, social contact or simply the desire to get involved in sport.

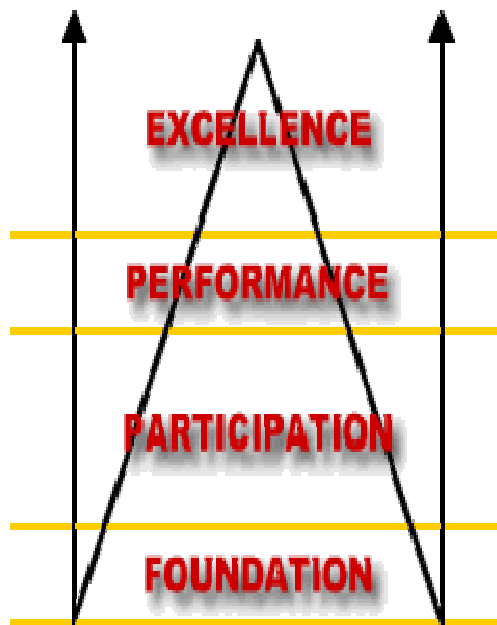
This is where young people, particularly of primary school age, acquire the basic movement and fundamental physical literacy skills to provide a foundation for personal development and future participation in the sport of their choice.

Bearing this information in mind, plot *your own* progress through the sport development continuum, but don't worry if you are not at excellence level just yet!

We can then talk through your experiences with the rest of the group...

Performance

Foundation



Excellence

Participation

