TRUE SPORT LONG-TERM DEVELOPMENT FRAMEWORK

>> Sport for Life

TRUE SPORT

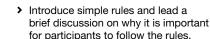
FUNdamentals

Encourage children to participate in stimulating practices and games that develop a wide range of fundamental movement skills on land, in the air, on snow and ice, and in the water.





Understand, respect, and follow the rules. Play with integrity competition is only meaningful when it is fair.



- > Modify rules, where required, to make activities developmentally appropriate and more fun (e.g., rather than full games, play 3 vs. 3 with no goals, with a focus on skill development).
- > Begin to introduce concepts related to commitment (e.g., encourage participants to be responsible for their own equipment).
- > Communicate positively with all participants.

RESPECT OTHERS

Show respect for everyone involved in creating your sporting experience, both on and off the field of play. Win with dignity and lose with grace.

> Appreciate and remember that not everyone learns the same way or at the same pace and adjust activities accordingly.

- > Model respect for other sports and physical activities.
- > Introduce skills and activities that foster teamwork and co-operation.
- > Provide opportunities for all participants to learn from each other in small groups while building relationships and communication skills.
- > Model good behaviour when children are playing (e.g., avoid yelling, respect officials, show good sportspersonship).
- > Show genuine empathy for participants when they express their feelings.
- > Emphasize the importance of respecting your surroundings (e.g., recycling and venue maintenance).
- > Always be on time and encourage parents/caregivers and participants to be punctual as a sign of respect for others

KEEP IT FUN

Find the joy in sport and share it with others. Remember what you love about sport and why you play.

> Focus on learning, fun and friendships.

- > Continue to choose activities that promote social connection (e.g., when introducing themselves have participants say their first name and their favourite colour).
- > Consider incorporating theme days (pyjama day, funny hair day, etc.) to maintain a high level of engagement.
- > Competition should be informal, with no record of results, and incorporate age and stage modifications as appropriate.
- > Encourage active participation in a wide variety of sports and activities.

STAY HEALTHY

Always respect and care for your mind and body. Advocate for the health and safety of yourself and those around you.

> Develop skills and a positive attitude

toward sport and physical activity

through unstructured play in safe and

INCLUDE EVERYONE

Recognize and celebrate strength in diversity. Invite and welcome others into sport.

GIVE BACK

Say thanks and show gratitude. Encourage your sport group to make a difference in the community.

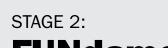
- to learn from each other.
- > Encourage participants to express their feelings
- > Model and encourage proper hydration habits.

challenging environments.

- > Ensure all equipment is in good condition.
- > Introduce games that develop health and fitness concepts through play.
- > Ask questions and encourage dialogue so that participants feel empowered to speak up when something doesn't feel safe.
- > Complete Safe Sport Training.
- > Complete the NCCP Making Headway module.

- > Pair up participants in different ways to create a variety of opportunities
- > Ensure participants have opportunities to try a variety of positions, techniques, and skills.
- > Encourage and engage participants and parents/caregivers to create fun and inclusive ways to welcome new participants and their families.
- > Emphasize the importance of being friendly, respectful and welcoming with teammates, parents/caregivers, coaches, officials, and opponents (e.g., work with participants and parents/caregivers to create a True Sport Agreement for teams).

- > Using the True Sport Team characters, introduce the concept of giving back.
- > Introduce and provide opportunities to participate in community-building activities (e.g., food or toy drives, clean-up days).
- > Have participants set up and take down equipment.
- > Provide opportunities for participants to say "thank you" to people who help make their sport experience possible.



GO FOR IT

movement skills

Principles to life.

> Provide time for free play so

> Continue to encourage active

participation, learning and skill

on performance and winning.

> Encourage parents/caregivers to

Rise to the challenge—always

strive for excellence. Be persistent

and discover how good you can be.

> Offer a variety of structured activities

participants have an opportunity

to choose which activity they want

development, rather than focusing

use the True Sport Activity Calendar

to motivate participants to try new

sports and bring the True Sport

> To develop physical literacy

and ethical literacy, engage

The True Sport Experience.

problem-solving abilities.

Movement Skills workshop.

participants in activities from

> Introduce games that help develop

> Complete the NCCP Fundamental

and games that develop fundamental



Developing Fundamental Movement Skills (Children aged 6 to 9)









