

Sport can be magical. In addition to impacting positively on physical health, team work, communication, discipline and being fun. Sport can also build resilience, improve emotional wellbeing, be a vehicle to teach the social and emotional skills not yet learned, develop a growth mindset (the relationship between hard work and accomplishment) and transform the lives of children and young people with a large number of adverse childhood experiences.

We need to understand the science behind why sport can make all of these differences in order to intentionally incorporate these evidence-informed interventions into our practice.

When we incorporate these evidence-informed interventions into our practice sport becomes magical.

Evidence-based action	Strengths in current practice	Areas for further development
<p>Teaching social and emotional skills through sport:</p> <ul style="list-style-type: none"> • Targeted practice of the skills not yet learned • Get the fundamentals down through deliberate practice i.e. self-regulation and self-awareness <p>High quality practice of the skills and knowledge not yet learned:</p> <ul style="list-style-type: none"> • Targeted at the skills not yet learned • Proactive • Repeated practice • Real life situations (when possible) • Model, practice, model, practice • With a trusted other (Key Adult) <p>Effective use of deliberate practice as a continuum:</p> <ul style="list-style-type: none"> • Guided practice (model-practice) • Practice for fluency / autonomy (practice-feedback) <p>Stages of practice:</p> <ul style="list-style-type: none"> • Guided practice • Gain a high level of success (stretch zone not snap zone) to improve self-esteem and self-efficacy • Scaffolded/supported practice • Independent practice 		
<p>Promoting a Growth Mindset through a coaching approach:</p> <ul style="list-style-type: none"> • An individual's belief that his/her skills and abilities can develop 		

<ul style="list-style-type: none"> • Understanding the relationship between hard work and accomplishment (i.e. effective practice and progress) • Embraces challenges • Persists in the face of setbacks • Sees effort as the path to mastery • Learns from criticism/feedback • Finds inspiration from the success of others <p>Mindsets can be changed.</p> <p>Sport is a perfect vehicle for developing someone's growth mindset.</p> <p>The actions we can take to support children and young people to develop a Growth Mindset (for emotional wellbeing and resilience) are as follows:</p> <ul style="list-style-type: none"> • Praise progress and learning. Linking progress and learning to practice and effort. Use scales and personal bests to aid reflection on progress. • Praise process instead of talent i.e. praise strategy and persistence. • Demonstrate that failure is part of learning e.g. use the language "not yet." • Convey the value of effort, learning and struggling with new things. • Model all of the above with regard to our own learning. • Teach about the how practising skills changes the structure of our brains (Neuroplasticity). 		
<p>And we need to remember that:</p> <p>"Practice makes permanent." – Doug Lemov</p> <p>"Practice does not make perfect. Only perfect practice makes perfect." – Vince Lombardi</p>		

For further information please see the free online staff training at www.sigmateachingschool.org.uk/online-training/