

future fitness

Sport and fitness for today's youth

Changing lives through exercise

AS well as working with schools, Motive8 is also involved in a project that helps disadvantaged children change their lives through exercise.

The sports coaching initiative in Bromley-by-Bow is run in conjunction with Streets of Growth, and funded by housing developer Barratt Homes, who work with Motive8 to design and install their gyms.

Targeting children aged nine to 16 on a deprived estate, Operation Engaged involves helping them work towards a community sports leadership award, to increase coaching skills and encourage them to run their own programmes in the area.

Schools and community manager Tim Holdsworth is in charge of delivering the project, which is mainly football-based.

He said: "We work with the chil-

dren once a week after school, and there is a core group of about 15 that come every time.

"Sessions involve communication games such as tag games involving balls, and we teach them how to coach others – it's less about learning how to kick a ball and more about how to deliver the training."

The programme ends with a football tournament organised by the children, and the aim is for them eventually to start helping to deliver training sessions in after-school clubs.

Motive8 have also recently won a contract with Richmond School Sports Partnership to deliver similar leadership awards in 16 schools, through a two-day intensive course.

They will also work with two clusters to run multi-skill academies, for pupils identified as hav-



Schools and community manager Tim Holdsworth

ing a particular talent for sport.

Weekly sessions will be delivered after school, focusing on basic skills such as balance and agility.