



// Self Esteem Through Sport (SETS)

Many studies, such as Cocke (2002), have shown that youths receiving extra physical activity have a tendency to demonstrate improved attributes such as advanced brain function, increased self-esteem and better behaviour, all of which influence many aspects of school and social life.

Self-esteem is about feeling good about the person you are. While it's normal for adults to lack confidence from time to time, it's important that children should feel happy about themselves the majority of the time.

The benefits of high self-esteem are endless – it helps people try new tasks and skills without any worry of failure, it gives people the ability to make friends easily and also builds a solid foundation for life. It's for this reason that **motive8** has created the Self Esteem Through Sport programme, to help children realize that not only themselves but everyone has a place in the world and that we are all equally important.

The **motive8** course, designed by Schools Manager Tim Holdsworth, centres on teamwork and requires children to talk and discuss collectively in order to succeed in certain tasks and, in the process, come to realize their own importance in the task's outcome. An example is the toxic waste game, where children have to move (imaginary) toxic waste from one bucket to another using only ropes connected to the buckets. Other activities include working together to invent new games and then teaching others how to play.

The course is linked to a worksheet that supports individual lesson objectives, such as communication skills, being open and gaining a sense of identity as a group. The programme

has already been trialled in a local secondary school with great success, utilising adolescents from Years 7, 8 and 9 that teachers felt would benefit most from participating in the course.

In Year 7, children that possessed particularly low confidence were chosen to participate in the SETS course. Through physical activity and problem solving, we tried to provide the children with the confidence to feel less nervous around peers and teachers when at school. Year 8 and 9 students were selected for being ill-disciplined and having lack of concentration during lessons. Using team work and thinking outside the box in physical activity, the children learnt how to channel their attention to the task ahead of them.

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Note to Editors - motive8 is a health and fitness solutions company based in Hampton Hill, specialising in residential and commercial gym design, personal training and school sports provision. Established in 1998, it has progressed to become one of the market's leading health and fitness providers. Call 0800 028 0198, visit www.m8group.net or email info@m8group.net for further details.