

8 steps to designing a sports programme

To create your own card deck, print the pages below double sided and cut each card.

1. Understanding
and overcoming
barriers

2. Choosing the right
sport

3. Using a curriculum

4. Community
engagement

5. Recruitment and
retention

6. Leadership in the
project

- a. What barriers do my participants face in their daily lives?
- b. And what barriers could they potentially face while accessing the project I'm organising?
- c. What strategies can I put in place to overcome these barriers?

- a. What sport (or games) is best to implement within my project?
- b. A sport that is new to the community, or a sport that is not traditionally or commonly accepted?
- c. What facilities and materials do I need for implementing this sport?
- d. How do I implement it safely - do I have the coaching and technical skills myself or can I work with others who can support?

- a. Do I want to include life-skill education in my project? If so, what skills do I need to prioritise?
- b. And how do I include this education; play-based, theoretical sessions?
- c. Are there already existing life skill curricula in my community that I could use? Or do I need support from the community to create something relevant to the target participants?

- a. How do I engage the community so I have the support to implement my project?
- b. How do I get access to the space (sports field/facility) that is maybe occupied by others?
- c. How do I make sure the community trusts me?

- a. How do I recruit the participants that I would like to engage within my project?
- b. Where do I find them and how do I engage them?
- c. Once I have recruited them, how do I make sure they remain in my project?

- a. How do I integrate leadership opportunities and activities within my project?
- b. And what future opportunities can I offer the participants? Are there any other projects in or around my community that would be a follow-up or a space where participants can continue to join?

1. Understanding
and overcoming
barriers

2. Choosing the right
sport

a. What risks could potentially occur when implementing my project?

b. What is needed in order to create a safe and welcoming space where everyone feels comfortable, can participate fully and is able to learn?

c. How do I engage my participants in the design of a safe place?

d. What is my responsibility and when do I need to reach out to other community services? For example, counselling services or reproductive health clinics.

a. How do I know that I'm achieving the objective of my project?

b. What tools might be useful to measure the impact of my project?