



1.6e - The Sports Development Continuum

THE SPORTS DEVELOPMENT CONTINUUM



FOUNDATION means the early development of sporting competence and physical skills (e.g. throwing, catching, hand-eye co-ordination) upon which all later forms of sports development are based. Without a sound foundation, young people are unlikely to become long-term sports participants.

PARTICIPATION refers to sport undertaken primarily for fun, enjoyment and often, at basic levels of competence. However, many very competent sports people take part in sport purely for reasons of fun and health & fitness.

PERFORMANCE signifies a move from basic competence into a more structured form of competitive sport at club or county level, or indeed at an individual level for personal reasons.

EXCELLENCE is about reaching the top and applies to performers at the highest national and international levels.