

UK Deaf Sport – ‘Sport is more than just Sport’

Workshop proposal

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Young people spend over 16, 000 hours in classrooms - nursery to end of high school. Much of this time is spent cultivating the traditional skills that are measured by tests. However, in order to become successful young people need more than improving their test scores; nurturing the non-cognitive skills that tests don't measure; i.e. attitudes, beliefs and socio-emotional skills that set them up for success both in school and life.

Non-cognitive skills are a collection of mindsets, i.e. habits and attitudes that are shaped by the environment that children and young people are in everyday.

Non-cognitive skills fall into four categories:

1. I belong in this school/college.
2. My ability & competence grow with my effort.
3. I can succeed.
4. This work has value for me.

If young people are able to hold these beliefs in mind they are more likely to persevere through the challenges and failures that they will encounter. Mindsets have an importance for those young people who suffer from the 'stereotype threat', i.e. those who are part of a group vulnerable to stereotypes of underachievement which is likely to include a number of deaf children.

In this workshop I will argue that by enabling children & young people to participate in physical activity/sports we are not only promoting healthier lifestyles we are simultaneously promoting successful development of their non-cognitive skills. Therefore increasing the likelihood that they will be successful and flourish in life beyond the classroom.

UK Deaf Sport is the National organisation for Deaf sport in UK.

References

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