



## Sport3 Newsletter Fall 2022

Hello,

Tom and Brittany here from Partners for Youth Inc., we are excited to share with you the great conversations we have had this fall working with students from 23 middle schools in NB. We are thrilled to be back working with the students, teachers, and school administrators in person, seeing lots of familiar faces and meeting many new ones.

This newsletter is 2 fold.

1. To give you more information on What is Sport3 is?
2. To Be Encouraged, Inspired, and Be in the Know about what the students experienced while participating in Sport3.

### What is Sport3?

Sport3 has been created for youth to **promote better conversations and dialogue** with a strong emphasis on **conflict resolution and positive mental health skills and tools**. Sport3 achieves this by using a 3-step process that is curriculum-based, using games/activities/movement as a catalyst to facilitate positive conversations while creating psychological safety. Our program is module based and on each visit, students work through different topics such as leadership, gender equality, and relationship building.

Our modules consist of two parts, firstly focusing on and understanding the module topic. This is achieved by using a combination of **experiential education strategies** such as group work, role-play, games, and other hands-on activities that are intended to engage youth. Secondly applying the topic to the Sport3 process. This is done by the youth creating rules around the module's topic before playing the games using the rules they have discussed and created.

### Sport3'3-step process



**Pre-Game:** Students create their team name and cheers, discuss and determine the fixed and open rules for the gameplay around the module topic, and select a student mediator.

**Let's Play:** Short games with small mixed-gender teams. Mediators replace referees and only get involved to facilitate problem-solving when players cannot resolve game-related issues on their own.

**Peer Debrief:** Participants reflect and evaluate their adherence to the rules and have the opportunity to award fair play points based on their conduct. The peer debriefs give students the opportunity to make connections with the rules they just played with and to understand where else they might see these types of rules played out in their school, community, nationally, and internationally.



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**Building Better Conversations** is the goal along with building **confidence, positive mental health tools and skills** to allow youth to build those foundational **skills for life**.

### Be Encouraged

We kick off with the **Leadership module**, focusing on developing and understanding different leadership skills and styles. The challenge was to create different types of rules around leadership to see how rules affected their ability to play our game of ultimate ball. Some of our examples were:

Each team had:

- A leader whose role was to make sure everyone had equal playing time and rotating everyone to have a chance to play.
- One person who took the lead in the celebrations after a point was scored.

The students were quite surprised and learned how challenging or beneficial some rules placed upon them were.

### Be Inspired

We had many great conversations around **leadership, fair play, teamwork, and transferring this learning** into our games. We heard many great examples of students' personal leadership experiences and what leadership meant to them and why it is important.

#### Leadership Tool Box

Students created & filled their tool boxes with qualities, skills, and behaviours of a leader that they have used or seen other leaders using.

Students accomplished a great commitment to learning how different leadership styles can be positive or negative toward others. These students committed to taking action and expressing positive leadership styles and words to encourage others.

"I really enjoyed learning about the qualities of a leader and the different leadership styles. My favourite part of the day was acting out the different leadership styles in our role plays." *Sport3 student from Beaverbrook.*

"Today I learned that anyone can be a leader." *Sport3 student from Cambridge Narrows.*

"I liked making the rules around leadership in our ultimate ball game and then playing the game using the rules we made." *Sport3 student from Harvey.*

### Be in the know - Building Better Conversations

Our next visit will be focusing on the themes of gender equality and conflict resolution in January & February. Sport3 is a partnership between PFY, our Sport3 schools, the school district, and local communities to promote experiential learning in a safe, supportive, and rewarding environment for our youth.

Interested in expanding the conversation & movement? How about asking your youth?

1. What is their leadership style or what is in their toolbox?
2. Build stories with your youth through outdoor play over the break.



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Partnerships are valuable in creating great opportunities for youth development. Together let's

## Celebrate

our Sport3 schools, teachers, students, school districts, and community partners:



UNIVERSITÉ DE MONCTON  
EDMUNDSTON MONCTON SHIPPAGAN



*Enjoy the winter break from the Sport3 team*



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