



About Sport3

Sport3 is a unique program designed to empower youth to become better conversationalists, positive leaders, and role models on and off the playing field in their local communities. The purpose of Sport3 is to engage a diverse population of youth through sport whilst educating them on fair play, peaceful conflict resolution, health, competition, and respect.

Sport3 will help youth build positive relationships and connectedness between their peers and community, increasing their social well-being and positive emotions, whilst tackling and teaching key issues youth face to help mould them into young leaders. Sport3 provides youth with a positive safe environment to promote and practice life skills through educational play and self-reflection with the goal of equipping the youth with important life skills which they can transfer into their daily lives. Sport3 will create not only a learning environment that supports and empowers, but that also allows youth to reflect on their experiences to grow. The program has been designed so the learning doesn't stop after the program, Sport3 is the foundation ready for the youth to continue build upon. The learnings passed on to the youth will equip them to be better communicators, positive leaders, and role models in their communities and schools.

Sport3 has been designed to be a universal support to school curriculums and shares close ties with the curriculum's outcomes and goals. The program is designed to be a tool for teachers, program managers, coaches, and youth care workers to teach youth through educated play.

Program Goals

Sport3 has been created for youth and designed to promote key life skills and empower youth to become leaders in their communities with a strong emphasis on dialogue and conflict resolution. Sport3 aims to provide youth with the following:

- ✓ Increased communication, decision making, and conflict-mediation skills.
- ✓ Aim to increase participation in the community.
- ✓ Increased willingness to include others, regardless of gender, ability, age, or background.
- ✓ Enriched respect for women and girls, and appreciation of equality.
- ✓ Increased desire to become a role model for others.
- ✓ Enhanced sense of fair play, responsibility, and accountability.

Sport3 modules

The program is built around four modules designed to address a range of social issues to empower youth. Sport3 includes 4 modules: youth leadership, gender equality, social integration, and a Sport3 festival. The program is designed to start with the youth leadership module and end with the Sport3 festival but the other modules can be delivered in any order. Each module covers different key focus areas of the program whilst continuing the development and understanding of fair play and conflict resolution skills. These modules utilize different experiential education strategies, including group work, role-play, games, and other hands-on activities that are intended to engage youth effectively. Each module contains a detailed breakdown of the activities, specific goals, outcomes, and overviews related to the key focus areas that module is covering. Each module is accompanied with some suggestions for the facilitators specific to each module. When planning your Sport3 program, you can add specific goals to each module to suit the needs of the youth in the group.

Celebration (Sport3 festival)

The purpose of the Sport3 festival is to celebrate the participants and the accomplishments they have achieved whilst being part of the program. The celebration is held at the end each year after all the modules have been completed. The aim is to bring groups of participants from different schools or communities together to play and have fun through Sport3.

The goal is to have teachers become involved as facilitators and see the value in Sport3 so they can eventually use the program within the classroom.

Sport3 is a partnership project between the Leacross Foundation, WMA Wellness (evaluation team) and Partners for Youth Inc. To become a Sport3 facilitator and to learn more, please contact us at:

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