Activ8 Wildcats Multi Skills Club

Running, jumping, throwing, catching, skipping – these are some of the fundamental skills that will help children to move with confidence, enjoy physical activity, and succeed in sport.

Children who have fun and enjoy playing sport are more likely to stay active and healthy for their entire lives.

Joining an Activ8 Wildcats Club will help children learn and improve these basic skills. The clubs are fun, safe, challenging and progressive, this means that each time you improve in one activity, you will move on to another slightly harder one, so that you always keep improving!

All the activities are fun, and everybody between the ages of 3 and 11 can come along, regardless of physical ability.

There are over 50 Activ8 Wildcats Clubs operating at venues throughout Northern Ireland, usually in 10-week blocks starting in September of each year. Wildcats Activ8 Clubs are run by local councils or community/voluntary groups.

Activ8 Wildcats Clubs are supported by Sport Northern Ireland so check your local leisure centre or contact your local Sports Development Officer (below) for more information:

Antrim and Newtownabbey Borough Council
Antrim Forum & Crumlin Leisure Centre - Richard Stewart
028 9446 3113
richard.stewart@antrimandnewtownabbey.gov.uk

Armagh Banbridge and Craigavon Borough Council
Sarah Aiken
028 4066 0637
Sarah.aiken@armaghbanbridgecraigavon.gov.uk

Belfast Community Sports Development Network
Billy Boyd

Antrim and Newtownabbey Borough Council
Vally Leisure Centre - Dean Holmes
028 9034 0065
dean.holmes@antrimandnewtownabbey.gov.uk

Ards and North Down Borough Council
Craig Connor
028 9182 4018
Craig.Connor@ardsandnorthdown.gov.uk

Causeway Coast and Glens Borough Council
Stephen McCartney
What Are Multi-skills?

And why are they Important to a Child’s Development?

Multi-skills clubs provide a non-sport specific, fun, challenging and enjoyable starting point for children’s involvement in sport. Sessions include a wide variety of games and activities, all involving the development of skills and attributes that can be applied to a range of sports and physical activities that a child may subsequently choose to participate in.

A high quality multi-skills experience is a fantastic starting point for children on their journey towards lifelong participation or performance in sport. Multi-skills training can also be used to support the development of children that perhaps have already selected a particular sport, but are looking for extra skills and a change of scenery.

Activ8 Wildcats Multi-skills Club coaches aim to develop children in and through sport in five key areas. These are:

- **Physical**: Developing the child’s movement capabilities and fitness levels.
- **Technical**: Developing the skills and techniques required to play a range of games, activities or sports.
- **Tactical**: Developing the child’s knowledge of ‘how to’ play the game and their ability to solve challenges in sports, games and activities.
• **Mental:** Developing the child’s mental capabilities including their decision making skills.

• **Personal-Social:** Developing the child’s confidence, ability to build relationships, respect for rules and others, and their ability to find their own solutions to problems.

Each area of development is linked to the child’s stage of development, with increasingly refined and complex skills and challenges being introduced as the child develops and matures to stretch the child’s current ability and maximise learning.