

# Mebane Recreation & Parks Department Athletic Program Objectives



The goal of the Mebane Recreation & Parks Department's youth athletics program is to promote physical literacy to all youth athletes. An athlete in our program is defined as any person with a body. Physically literate athletes should exhibit the ability, confidence, and desire to be physically active for life.

Per the Aspen Institute – Project Play document *Sport for All, Play for Life: A Playbook to Get Every Kid in the Game*, the pillars of physical literacy are:

- 1.) **Ability** – Competency in basic movement skills and an overall fitness that allows individuals to engage in a variety of games and activities. This outcome is achieved through a mix of informal play and intentional teaching of movement skills, among them running, balancing gliding, hopping, skipping, jumping, dodging, falling, swimming, kicking, throwing and a range of skills that require general hand-eye coordination.
- 2.) **Confidence** – Knowing that you have the ability to play sports or enjoy other physical activities. It is the result of programs and venues that are inclusive of people with differing abilities, and the support and encouragement from parents, guardians, coaches, administrators, teammates and peers throughout the development process.
- 3.) **Desire** – The intrinsic enthusiasm for physical activity, whether in organized or unstructured formats, in traditional or alternative sport. This result is achieved through early positive experiences that are fun and motivate children to do their best.

While activities may vary among coaches, our athletics program is designed based on the following progression:

Age Division	Primary Focus	Desired Outcomes
5U (Ages 4-5)	Desire	Athletes have fun and want to continue to be physically active
6U (Age 6)	Confidence	Athletes feel supported and believe in themselves
8U (Ages 7-8)	Abilities	Athletes can perform skills needed to play
10U (Ages 9-10)	Teamwork	Athletes work with others to achieve mutual goals
12U (Ages 11-12)	Strategy	Athletes will learn to think the game
14U (Ages 13-14)	Competition	Athletes will embrace healthy competition

All previous focuses will be maintained as children advance through our program. We believe that by following the intended program progression, all athletes will exit our program with the tools needed to be lifelong athletes and well-rounded people.