

Planning and delivering an effective, high-quality sport project.

Please give an overview of your project and its aims:

PURPOSE

The following questions are designed to help your organisation deliver a high-quality Sport for Development project in any context by analysing your delivery in several areas:

AREA OF FOCUS:	<i>Staff and Service User feedback, you want to receiving:</i>
1. POSITIVE ATTITUDES	<i>"It is popular, something people are interested in and something they want to do."</i>
2. WELL PLANNED	<i>"People feel they have control, ownership and are able to express themselves."</i>
3. OPEN & ACCESSIBLE	<i>"It is accessible to all genders, ages, wide range of needs, abilities and backgrounds!"</i>
4. WELCOMING	<i>"It is a safe, neutral, comfortable space to develop and mature at their own pace."</i>
5. ENRICHING	<i>"It's something different; a break from the normal routine."</i>

These areas feed directly into the National Alliance of Sport (NASDC) Theory of Change training, which is free to all NASDC members. [Click here for more information.](#)

Activity will be more robust and have greater impact if it is delivered with a clear focus on Sport for Development. The following questions will help you and your organisation identify areas of strength, and areas you can improve. It will also help those just starting a programme to work through the key aspects to high-quality delivery.

You may not be able to answer every question, but the intention is to inspire reflection and increase quality in each of the five focus areas.

01 POSITIVE ATTITUDES

How much variety does your delivery have?

Identify what variety is being offered.	What can you do to make it even better and create more variety?
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Is your delivery consistently full of 'high-energy'?

Identify what high-energy activities are being delivered.	What can you do to create more high-energy activity?
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Are staff consistently positive and enthusiastic?

Identify which staff are consistently positive and enthusiastic.	What can you do to make it even more fun, sociable and humorous?
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Does your delivery enable fun, humorous and sociable situations?

Identify what is already fun and humorous in your delivery.	Identify what is already fun and humorous in your delivery. humorous and sociable?
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THE AIM

"It is popular, something people are interested in and something they want to do"

Is your delivery clearly communicated and understood?

Identify what is already clearly communicated.	What can you do to make it even clearer and more understandable for service users?
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Is your delivery and content flexible and adaptable to the needs of service users?

Identify what is flexible and adaptable within your delivery.	What can you do to make it even more flexible and adaptable for the needs of the service user?
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Do you act on the feedback of the service users? Do you encourage ownership and choice?

Identify what service user feedback has been acted upon and the mechanism you used to do this.	What can you do to encourage more ownership and choice?
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Do you tailor your content and delivery to suit individuals?

Identify how you tailor content and delivery to individuals.	What can you do to help your staff better tailor content to the individual needs of service users?
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THE AIM

“People feel they have control, ownership and are able to express themselves.”

03 OPEN AND ACCESSIBLE

Is this service free or affordable?

Identify what the cost is for your service users (including hidden costs such as travel, food and equipment etc).	What can you do to make it even more financially accessible for the service user?
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Is the service delivery accessible (transport, disability access etc.) for service users?

Identify what accessibility measures have already been put in place.	What can you do to make it even more accessible?
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Is your service or session inclusive?

Identify what types of service users you currently have (gender, age, social need, abilities, backgrounds etc).	What can you do to make it even more inclusive?
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Does the current delivery environment, venue and equipment add to your ability to engage?

Identify what environment, venue and equipment is currently in place.	What more do you need to increase your ability to engage through your environment, venue and equipment?
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THE AIM

"It is accessible to all genders, ages, needs, abilities and backgrounds."

Is the 'space' independent and unattached to power, authority and institutional legislation?

Identify what 'space' is already independent and unattached to power, authority and institutional legislation.

What can you do to make it even more of a 'space' for independence, exploration and liberty?

Is the 'space' non-judgemental and non-intrusive?

Identify what is non-judgemental and non-intrusive about your 'space'.

What can you do to make your 'space' even more none-judgemental and none-intrusive?

Is the 'space' comfortable, welcoming and unthreatening?

Identify what is comfortable, welcoming and unthreatening about your 'space'.

What can you do to make your 'space' even more comfortable, welcoming and unthreatening?

Are staff relatable and linked to/from the service users' own communities?

Are staff relatable and linked to/from the service users' own communities.

What can you do to attract more staff who are linked to/from the service users' own communities?

THE AIM

"It is a safe, neutral, comfortable space to develop and mature at their own pace."

Are your sessions regular and consistent?

Identify the regular and consistent sessions you currently deliver.	What can you do to make your sessions even more regular and consistent?
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Do your sessions encourage lifelong participation in sport or physical activity?

Identify the ways in which your session content encourages lifelong participation in sport or physical activity..	How can you link your session content more closely to lifelong participation in sport or physical activity?
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THE AIM *"This is something different. A break from the routine and boredom!"*

Quick delivery review and plan: key points for improvement from the five areas above.

What points have you identified that will raise your quality even more?	What action will you take to further raise the quality of delivery, staff and service user participation?	By when and by whom?
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