

# Castle's Competition Model for Building Confidence and Competence in Action.

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## Introduction

Previously, Castle (2017) proposed a model of effective learning in competition that encouraged teachers to plan more effectively to introduce competition as a pedagogical tool within their lessons. Far too often competition is seen as an end product, something to do at the end of the learning process to promote what has been accomplished. Yet Castle's model for effective learning in competition promotes how competition could be used as part of the teaching and learning process. One of the four main aims of the National Curriculum in England (DfE, 2013) focuses on competition being key - 'taking part in competitive sports', highlighting the importance of this research.

In 2017-2018, the researchers are extending Castle's competition theoretical model to investigate the application of the model to current teaching practice, within two, two-form entry primary (elementary) school so to investigate if the model can be used as a tool to build confidence and competence of children learning physical through competition.. Both schools have achieved School Games Gold awards and are considered by Ofsted as outstanding in their provision of Physical Education and School Sport.

## Methods

This paper will report on the comparison between the two schools and the application of the Castle competition model to physical activity challenges designed around fundamental movement skills. It will consider how competition can foster improvement in performance, what types of competition generates the most confidence and competence in Physical Education lessons, the type that children engage in most and the preference of the different types of competition.

## Results and Conclusion

The data is currently in collection, it will analyse the children's performance and scores within the physical activity challenges. The children's improvement and engagement will be assessed to evaluate the Castle competition model and if confidence and competence can be enhanced.

## References

Castle N. (2017) Chapter 2 - Current Developments in Physical Education in Howells K., Carney, A., Castle, N. and Little R. *Mastering Primary Physical Education* Bloomsbury: London.

Department of Education (DfE) (2013) National Curriculum for England, Primary Education Key Stage One and Two. Crown Copyright: London.