



Module 5: Competing with Honor - Part 1 Handout

Competition and Age Appropriate Experiences

Each child develops at his own pace however; this handout will provide some characteristics to consider.

Children Under 8 – Competition can be risky. Highly competitive events can cause these children to be fearful, insecure, frustrated and eventually they may drop out of our organization.

What we should know about young children

- ☞ Centered on self
- ☞ Likes to play or work next to someone
- ☞ Needs to learn the importance of sharing, taking turns and cooperating

For Adults – Help them learn about:

- ☞ Being cooperative
- ☞ Helping and being helped
- ☞ Being a team member

8 to 10 year olds are still not ready for intense competition

☞ What we should know about 8 to 10 year olds

- ☞ Have boundless energy
- ☞ Coordination is increasing
- ☞ Interests change rapidly
- ☞ Comparisons with others are difficult

For Adults – Help them learn about:

- ☞ Cooperation over competition
- ☞ Doing their best

11 to 15 year olds are able to consider not only their perspective but the perspective of others.

What we should know about 11 to 15 year olds

- ☞ Experiences rapid changes in physical appearance
- ☞ Exhibits less dependency on parents
- ☞ Takes more responsibility for planning and evaluating work
- ☞ Can be painfully self-conscious and critical
- ☞ Moves from “me” attitude to collective “we”

For Adults – Help them learn about:

- ☞ Advancing their skills
- ☞ Finding balance between work and fun

16 and older are experiencing competition in many aspects of their lives.

What we should know about youth 16 and over

- ☞ Overcomes the awkwardness of puberty
- ☞ Desires status in their peer group
- ☞ Wants adult leadership roles
- ☞ Wants to belong to a group, but also wants to be recognized as a unique individual
- ☞ Reaches a high level of abstract thinking and problem solving
- ☞ Develops a community consciousness and concern for others

For Adults – Help them learn about:

Serving as a role model for younger members
Understanding that people will remember how they behaved in a competitive situation longer than whether they won or lost.

(Adapted from "Sports Plus Positive Learning Using Sports, Developing Youth Sports Programs that Teach Positive Values", Jeffrey Pratt Beedy, Ed.D. 1997)