

Globalteer Sports Programme Annual Report 2022-23



About The Sports Programme

The vision of Globalteer's Sports Programme is a generation of young Cambodian people for whom sports – and all the health, lifestyle and life-skills benefits that go with them – are a natural and integral part of their lives.

Established in 2007 this programme is designed to **bring sports to underprivileged children in the rural Siem Reap province**, who otherwise have very limited access to them.

Children throughout Cambodia, but in rural areas in particular, face problems such as poverty, poor education, insufficient health care, child labour, sex trafficking, and child marriage. **Poverty poses a significant barrier to formal education**, which means children don't have access to opportunities to overcome poverty in the future. Children become invisible in society and are not encouraged to express their opinions, assert their rights, or have the confidence to stand up for themselves. **These problems are more prevalent for girls**; as they get older their drop-out rates become higher, especially in rural areas, often because they begin seeking jobs to help their families financially.

Sports help to improve children's fitness and physical condition, as well as teach important personal and interpersonal skills, like self-confidence, self-esteem, respect, teamwork, leadership, and discipline. **Participation in sports helps to empower all children to access better future opportunities** and dream bigger. Sports can also empower girls to make their own choices, take more active roles in society and control their own lives.



Mission

Empowering children to dream bigger through the power of sports



Aims

Provide access to sports for underprivileged children in rural Cambodia

Teach leadership, teamwork, decision-making and other important life skills.

Empower children through improved self-esteem and confidence.

Increase participation in formal education.

Challenge stereotypes and discriminatory attitudes.

THE FIVE PILLARS OF THE SPORTS PROGRAMME

1. Sports Coaching - Rural Focus



We take daily physical education sessions to the 300+ students at our Helping Hands supplementary education programme in a small rural village. This includes warm up, sports-specific skills teaching (mostly football and volleyball), games and fitness exercises.

2. Sports Coaching - PE Outreach



On paper, state schools have to include physical education lessons in the curriculum. But few have the equipment or know-how to do so. Globalteer's sports programme takes sports coaches and sporting equipment into rural schools once a week, extending our reach further.

3. Goals for Girls

Access to sports is even more restricted for girls in Cambodia than boys, so our girls-only sports programme helps young women reclaim the sports field and learn what roles they can occupy, not only on the field, but in wider society too.



4. Sports Festival



Every year we run a festival, where children can participate in a variety of fun races and matches and share their love for sports. Our annual sports festival is organised and run by the Goals for Girls team.

5. Sports for Social Impact



While sports coaching generally focuses on the mechanics, skills, teamwork, and rules of a sport, it can also be used to impart important social messages to participating children. Specific sporting activities and games are designed to raise awareness of pertinent issues such as children's rights, gender equality, the environment, substance abuse and corruption / fair play.



Introduction

This last year has seen the project continue daily sports sessions at the Helping Hands school and deliver classes at six partner schools in rural villages. We have been able to improve facilities at all the schools to allow our coaches to work more effectively with the students. This means that we have recorded around 2,000 children attend the sports classes on a regular basis.

The Goals for Girls programme works with 25 girls focusing on women's empowerment, identifying and encouraging leadership qualities and assertiveness. Sports help to empower all participating children to access better future opportunities, as well help women and girls to make their own choices, take more active roles in society and control their own lives.

We have also been focusing on coach development this year, with dedicated sessions to help the coaches in their professional development. Better prepared coaches mean better sessions for all of the children.

Overall it has been a great year for the project, staff and kids. We are particularly proud of the outreach sports program and overcoming the difficulties of scheduling sports sessions at six partner schools and working within the governments schedule.

Sports Coaching at Helping Hands

For many students at Helping Hands School, the highlight of their day is the sports class. Sitting and studying inside the classroom for extended periods can be challenging for some, so the opportunity to step outside and engage in physical activities is greatly valued. The team games are particularly popular among the students, who are enthusiastic about acquiring new skills and exploring different sports. 44% of children at Helping Hands School now say that sports is their favourite class!

The coaches make a concerted effort to introduce new games and warm-up techniques to maintain an engaging and enjoyable atmosphere in class. Despite their excitement during sports classes, the students listen attentively and exhibit excellent sportsmanship while playing together.

The Physical Education classes adopt a traditional approach, consisting of warm-up exercises, skill-building sessions, and team-based games. The coaches are familiar with the students and are aware of the most effective activities that can maintain their engagement and enjoyment while staying active.

The classes are provided every day at Helping Hands to all students attending. All sessions start with a warm up for the kids and coaches to get the body ready for the fun! The most popular sports are soccer, volleyball and basketball but the children love to learn about new sports.



Participation at Helping Hands

No. of Students: 279 to 334

Ages of Students: 6-16

Hours of sports per week: 5

% female participants: 50%

44% say that sports is their favourite class

Sports Coaching - Rural Outreach

Participation in PE Outreach

No. of Students in regular attendance: 1548 to 2200
Ages of Students : 6-13
% female participants : 52%



We are working with six partner schools in the rural area near Helping Hands school. The school directors are very welcoming of the sports program to supplement their curriculum. Well organised and staffed physical education and sports classes are not common in rural Cambodia so the sessions are well received by all.

This year we have been working with the school directors to improve facilities at the schools. Most schools have limited space, so the coaches must work imaginatively to deliver sessions. The biggest task was raising the land at the schools which make delivering classes easier in the rainy season. This also gave us a larger, flatter and even area for us to safely deliver classes. Once the ground was raised and settled, we were able to install new equipment such as goal posts and volleyball nets.

It can be challenging during rainy season in Cambodia and the number of children does fluctuate at these schools. This often happens when it is harvesting season and children are asked to work in the fields by their families.

Student Profile: Bopha*, 11 years old

Bopha is eleven years old. Her friends say she has always been very smart and talented. She shines among her peers in doing sport and encourages her friends if they struggle during training with Coach Lytae.

She is certainly a good student who always listens to her coach and other teachers. She is very friendly and warmly welcomes every visitor to the school.

She says she feels great when she can be outside exercising, and playing football or any other games with her friends.

She confidently says she wants to be a teacher after graduating from school. She also wishes that all her friends will become more confident and she will try to help them.



Goals for Girls

The Goals for Girls initiative aims to educate high school girls about leadership by integrating sports into the program. In Cambodia, girls are typically excluded from participating in "sports" and relegated to the side-lines once they reach a certain age. Goals for Girls empowers young women to reclaim the sports field and discover the various roles they can play, both on the field and in broader society.

The sessions are taken by female coaches so instantly introducing role models to girls to look up to. The sessions focus on what leadership is and what kinds of leadership the girls see around them, as well as leadership roles they could fill now and in the future. The hope is to empower the girls to become future leaders with the confidence in themselves to achieve their dreams.

One great achievement for the girls on the Goals for Girls program, as well as the other girls at Helping Hands school was to provide them with sports bras to use during sessions. The bras were supplied by a Taiwanese Organization. This will allow the girls to feel more comfortable and confident during their sport sessions.



Coach Development

Always an important aspect of the program is the continued development of the coaching staff. The coaching development has three aspects:

Coaches' Physical Education

Providing training for coaches enabled the team to comprehend the various exercises and their objectives. This training also fostered empathy among coaches, allowing them to experience the struggle of pushing oneself beyond one's limits. Furthermore, it enhanced the personal fitness of our coaches, making them better role models for the students.

Enhancements in Lesson Planning

Our sports team analyzed the lesson plans to determine what was effective and what needed improvement. As a result, our coaches now possess a fresh array of activities, lesson plans, and an evaluation framework.

Expansion of Curriculum

Incorporating new activities into the physical education curriculum provides our minds and bodies with fresh opportunities for growth and unlocking our potential.



Other Activities

Facility Improvements

One major project undertaken this year was the improvement of facilities. At the six partner schools we needed to work with the school directors to plan and implement improvements to their facilities within guidelines so not to break Apsara Authority rules as we are operating on Cambodian temple lands.

The first task was to raise land to prevent flooding and possible issues delivering classes during the rainy season. This had to be done sensitively so not to move water to someone else's land causing the neighbors issues.

Once the land was raised, settled and flattened, we were able to install new goalposts, volleyball nets and basketball hoops making a great space to conduct sports coaching at all six schools.

At Helping Hands School, we have purchased new equipment to diversify activities for the kids. This allows the kids to have fun while exercising. One important upgrade was the clean drinking water at the school. Previously we had just two small bio-sand filters. This proved to produce an inadequate amount of water that the children needed every day when carrying out sports activities. The kids needed a lot more drinking water to stay hydrated in the heat of Cambodia. We now have a larger bio-sand water filter that can produce enough drinking water for the kids every day.

Social Impact and Sports Festival

Coaches incorporate social messages and life lessons into classes. It is a great and fun way to share important messages in physical education classes.

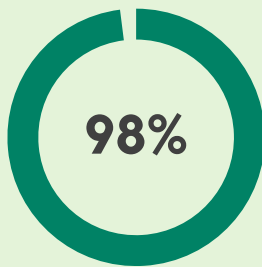
Due to a number of factors, the sports festival has been pushed back a few months. It takes a lot of organising and with the new facilities taking up so much time along with outside factors such as government school curriculum changes in January and important school events in February & March, it made sense to delay slightly.



What do the Children Really Think?

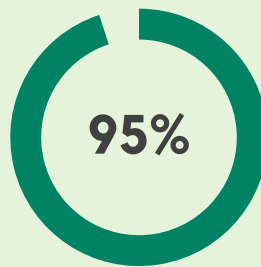
Las year, we conducted a survey of 100 children at Helping Hands who take part in the sport programme to see what they think about the Globalteer Sports Programme and in what ways regular participation in sports impacts their daily lives.

I LIKE SPORTS CLASS!



100% of male respondents and 96% of female respondents say they like sports class

I FEEL STRONGER AFTER SPORTS CLASS



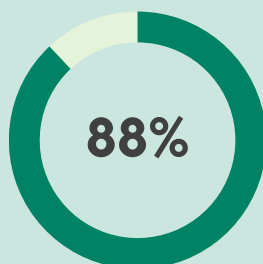
96% of boys and 94% of girls feel stronger now they participate in sports on a regular basis

I FEEL MORE CONFIDENT DOING SPORTS



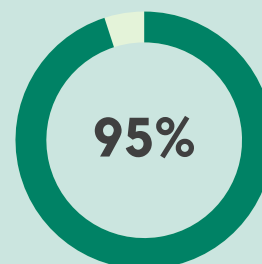
98% of boys and 92% of girls say they feel more confident now they do sports regularly

SPORTS MADE ME FEEL LESS SAD DURING LOCKDOWN



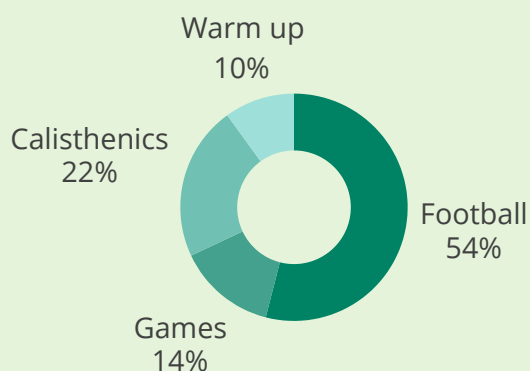
88% of respondents said sports helped them to feel at least somewhat less sad during lockdown

I MAKE NEW FRIENDS THROUGH SPORTS



95% of respondents said that they make new friends through sports class

MY FAVOURITE PART OF SPORTS CLASS



Most children like football best, but girls like it more than boys! 61% of girls compared to 54% of boys say football is the best part of sports class!

THE ONLY OPPORTUNITY TO EXERCISE

At least 6 out of 10 children don't exercise outside the sports programme



MAKING SPORT MORE ENJOYABLE

66% of children said different equipment or different clothes would help make sports more enjoyable.



Student Profile: Kiry*, 10 years old

Kiry is one of the students that enjoys participating in sports classes at Helping Hands School. He is ten years old and here he is pictured with Coach Phin.

He lives in Prasat Char village with a large family of ten siblings. He currently attends the sport class every afternoon. He likes sport a lot, especially the soccer passing and shooting drills. He is always happy to be playing with his friends.

He thinks sport is important because it builds up his health and gives him more energy. Kiry has a dream of one day becoming a Khmer boxer, which is a popular and prestigious traditional sport in Cambodia. He feels it would be a great achievement and would help to promote Cambodian culture.

After the sport class, Kiry will attend the English class with Teacher Neang. He is also an excellent student. He likes Helping Hands School very much and he never misses his classes.

**Not his real name*



Looking Forward

We are looking forward to 2023 and beyond at the sports project. With the new school year starting in January this year, we have many new recruits to the sports program and many children happily graduated from schools.

We are looking forward to delivering more effective classes with the new infrastructure at all the schools and the kids being fully hydrated with the new clean water system.



THANK YOU FOR YOUR SUPPORT!

Thanks to the support of the SOL Foundation, we have been able to continue in our mission to bring happiness to children's lives through sports. The teams at Globalteer, Helping Hands, the Sports Programme, and the local communities are immensely grateful for your generosity!

Our wonderful students in Siem Reap hugely appreciate the sports sessions, reflected through their bright smiles and unwavering enthusiasm.



The **Cambodia Sports Programme** is an initiative run by **Globalteer**, a UK charity registered with the Charity Commission for England & Wales, (No. 1119706).

CHILD PROTECTION

At Globalteer we take child protection very seriously. For details of our Globalteer Child Protection Policy, Donation Policy and Volunteering Policy please contact us at:

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