

globalteer



Globalteer Sports Programme Annual Report 2023-24



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.

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

The Globalteer Sports Project continues to develop and bring joy to over 2000 of the students in Doun Kaev commune. We have provided the coaches with a lot of support and development training this year, and the students are visibly healthier and happier when they join sport classes. There has also been significant improvement in their football skills, but the focus remains on inclusivity, sportsmanship and providing space for active participation.

Visitors to Helping Hands School have commented that the students' all-round engagement in class is better than at other schools because they have that one hour of quality outdoor time at school every day. The Head Teacher of Neam Rub School, Mr. Sombath, says that his students' attendance has improved because they know they will have sport class twice a week, and he would include it every day if there was space in the schedule!

Football and volleyball remain as the most popular sports with our students, but we have introduced basketball, dance aerobics, and Khmer boxing sessions, which have all been greeted with enthusiasm. The playground equipment that was installed at Helping Hands School is also a big hit!

The Goals for Girls program engages 25 young girls, concentrating on fostering women's empowerment by recognizing and nurturing leadership qualities. Through sports, all participating children gain empowerment for accessing improved future opportunities.

Overall, it has been another great year for the project, our staff, and the children. We take particular pride in the visible joy it brings to the children every day!

Sports Coaching at Helping Hands



Participation at Helping Hands

No. of Students: approx 300
Ages of Students: 6-16
Hours of sports per week: 5
% female participants: 50%
44% say that sports is their favourite class

Our team of coaches work hard to make sport accessible for the young people in their local area. For the smaller students, it is all about fun and engagement. They regularly share ideas about team games and activities, and use them to cultivate a healthy spirit of teamwork and problem-solving at the same time. Many of the activities are also developed for the older students to give them more of a challenge and build up their fitness levels.

For many students enrolled at Helping Hands School, the highlight of their daily routine is the sports class. Spending long hours sitting and studying indoors can pose challenges for some, making the opportunity to step outside and partake in physical activities highly cherished.

The coaches strive to introduce fresh games and warm-up techniques, ensuring that the class remains engaging and enjoyable. These classes are offered daily at Helping Hands School to all enrolled students. Each session commences with a warm-up to prepare both the children and coaches for the ensuing fun! While soccer, volleyball, and basketball are among the most favored sports, the children exhibit a keen interest in exploring new athletic endeavors.

The children particularly enjoy Khmer boxing class. In addition to its role as a sport, Khmer Boxing holds cultural significance in Cambodia, often featuring prominently in festivals, ceremonies, and traditional performances. It serves as a means of physical conditioning, self-defense training, and a way to honor Cambodian heritage and identity.

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%

For the students at our Outreach Schools, just the chance to run around and play with their friends is what they appreciate. Due to the limitations that come with less space and resources, their classes are a bit more difficult to organise, but they understand and enjoy them regardless.

They will continue to thrive with more opportunities, and they would love to have some fitness equipment installed at their schools. We are hoping to bring our basketball and Khmer boxing sessions to them this year. The lack of space at some schools is a big issue, and we have made a plan for a possible community sports ground that could be multi-use and host classes in the future.

Sport is becoming more popular all the time in Cambodia and has received considerable attention as the country hosted the SEA Games. However, many parents in the communities we work with still express their dismay that public schools are not able to offer physical education classes. They are grateful that we are able to fill that void.



Coach Reth Noy, was especially pleased to take part in our Sports Festival Day. She is very proud to have a job that puts her in a position to inspire the girls in her community. She told us that she worries about the future of young people in Cambodia because it is very hard for them, but she is happy when she sees them smiling and having fun together in her Sport classes.

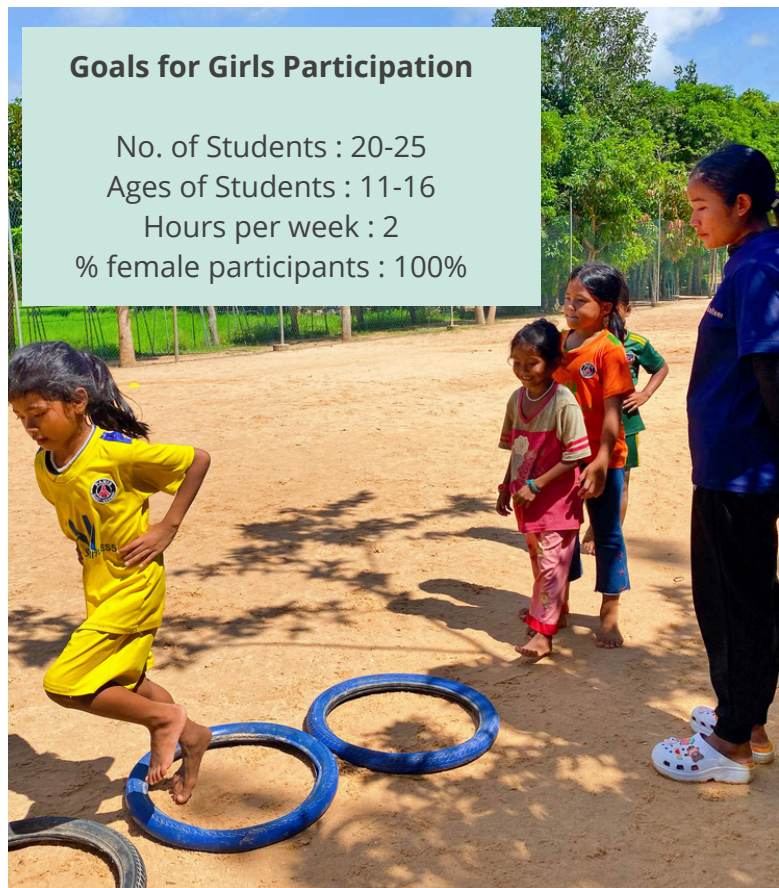


Goals for Girls

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.

Visitors to our program always notice that our girls have so much confidence and join in with sport classes without hesitation. This is not always the case in rural Cambodia and we are proud that they have received so much encouragement. The introduction of the dance aerobics classes, and some special girls-only activities has really helped them.

The primary factor of utmost importance is our provision of female coaches who offer assistance and guidance without any judgment. With female coaches leading the sessions, girls are immediately introduced to role models whom they can admire and emulate. These sessions concentrate on defining leadership and identifying various forms of leadership observed in their surroundings, while also exploring potential leadership roles that the girls can undertake both presently and in the future. The objective is to empower the girls, instilling in them the confidence to pursue their aspirations and become future leaders.



Goals for Girls Participation

No. of Students : 20-25
Ages of Students : 11-16
Hours per week : 2
% female participants : 100%

Coach Development

Continuously advancing the coaching staff remains a pivotal aspect of the program. This coaching development encompasses three key elements:

Coaches' Physical Education:

Providing training sessions for coaches has enabled the team to grasp various exercises and their intended outcomes. This training has also cultivated empathy among coaches by allowing them to experience the challenges of pushing beyond personal limits. Additionally, it has contributed to the personal fitness of our coaches, positioning them as exemplary role models for the students.

Improvements in Lesson Planning:

Our sports team meticulously evaluated lesson plans to discern effective strategies and areas for enhancement. Consequently, our coaches now possess a diverse repertoire of activities, refined lesson plans, and an assessment framework.

Expansion of Curriculum:

Integrating new activities into the physical education curriculum presents fresh opportunities for mental and physical growth, enabling us to unlock our full potential.



Sports Festival Days

In 2023 we hosted a Sports Day event for the students at Helping Hands School. It was a fantastic day and the students particularly enjoyed that their families were there to see them in action. Events like this are a fantastic way to build community togetherness. The football and volleyball games were played out in great spirit, and there was also an intense English-speaking competition, but the highlight had to be the tug of war!



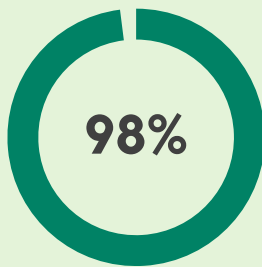
This year we have followed up with another larger Sport Festival Event that included teams of students from all of the outreach schools. There were teams of students, with each school bringing their own horde of supporters, with a total around 1000 people attended. They all had Nom Banchok, a traditional Khmer noodle breakfast, and plenty of water! It was a hot day but that did not stop the students putting 100% effort into all the games. The staff also worked very hard to make the day a huge success. In the closing ceremony, 73 sets of sportswear were given out to members of the teams for each event, to huge cheers and applause from everyone! There were also speeches made by several of the teachers from the local schools. They all spoke about how proud they were of their students for their determination and positive attitude, and also added that they were very grateful to Globalteer and Helping Hands School for hosting such a wonderful event!



What do the Children Really Think?

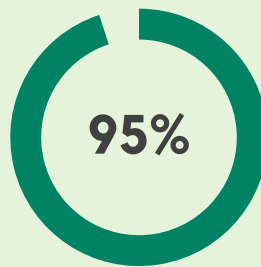
Previously, we conducted a survey of 100 children at Helping Hands who take part in the sport programme to see what they think about the Globalteer Sports Programme and in what ways regular participation in sports impacts their daily lives.

I LIKE SPORTS CLASS!



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

I FEEL STRONGER AFTER SPORTS CLASS



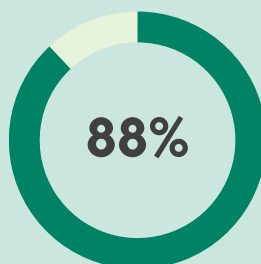
96% of boys and 94% of girls feel stronger now they participate in sports on a regular basis

I FEEL MORE CONFIDENT DOING SPORTS



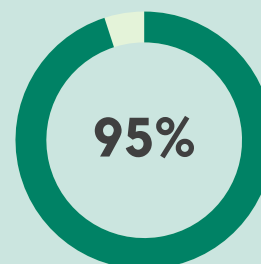
98% of boys and 92% of girls say they feel more confident now they do sports regularly

SPORTS MADE ME FEEL LESS SAD



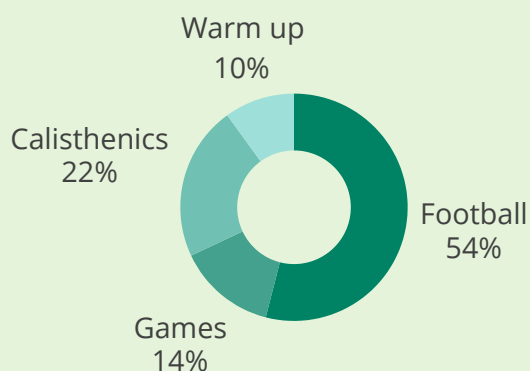
88% of respondents said sports helped them to feel at least somewhat less sad

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.



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:

info@globalteer.org

ANNUAL REPORT IMAGES & COMPILATION

Richard Cross | richard@globalteer.org

Jim Elliott | jim.elliott@globalteer.org