

**globalteer**



# Globalteer Sports Programme Annual Report 2024-25



# 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, 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.

It is a relief for the teachers and parents of our community that the sports program exists as they hear stories of youth in other villages that struggle to find positive ways to spend their free time. At Globalteer, we would like to thank the SOL foundation and all our donors for your support, and we hope to develop this vital source of hope and joy for the youth of Doun Kaev commune and beyond.

Basketball has been a great success, and there is a crowd around the volleyball court every day. Many of the younger students that were not confident enough before have started to make teams and challenge their older classmates, including the girls.

This year we have focused on starting each class with quality stretching routines to help muscle development in all parts of the body and closing each class with a review to remind the students of benefits from physical activity. The coaches regularly give advice about healthy eating and hygiene. Last month was the beginning of the new school year for public schools in Cambodia, so our coaches returned to all six of our outreach partner schools. They are bringing fresh new ideas and team games that they have worked on during the course of this year with the assistance of our volunteers and new partnerships with Siem Reap FC and Kids Play International. We believe in the power of sport for our students!



## 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

Helping Hands School (HHS) is the focal point for our Sports Program. When introducing new coaches and activities, we practice together at HHS first. This means that the students are now very confident in their abilities, and mostly just look forward to practicing more every day. Many of them hope that sport will give them the opportunity of a better life in the future. The coaches work hard to create new lesson plans each month, and have created strong bonds with all their students. They have become experts at balancing fun and discipline during class time. Now we can see the same skills and development in action at our partner schools too. 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.

**This year marks Phin's third year as a coach for our Sport Program. He has observed the incredible transformations in his students, who have become stronger and more confident both during training and in their daily lives. Additionally, they adapt quickly to routines and structure, which fills him with pride for all their progress. Football and games remain the students' favorite activities, and Phin hopes the team can introduce more dynamic games to promote teamwork and sportsmanship. His ultimate dream is to see all students improve their lives, using sports as a driving force for personal growth and development.**





## Sports Coaching - Rural Outreach

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 more of 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.



### Participation in PE Outreach

No. of Students in regular attendance: Approx 2200

Ages of Students : 6-15

% female participants : 52%



Coach Noy began her coaching journey with our sports program in August 2023. She thoroughly enjoys working with students and supporting them during classes. She is grateful for the valuable lessons and strategies shared by the head coach, Lak, and her colleagues, which have empowered her to better support her students. Noy is eager to participate in additional skills training to provide even more enriching and exciting experiences for her students. Most importantly, she hopes all her students gain greater confidence, as she believes it is the key to achieving their dreams.



## 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.

We are very proud that the girls at Helping Hands School are now totally comfortable with playing sport, as it is often still considered culturally inappropriate, especially in rural areas. Visitors to our school are always impressed by the spirit of inclusivity and healthy competition they see in our sport classes.

## Coach Noy and her G4G students



**Sreynat, an 11-year-old fifth-grader at Neam Rup Primary School, has been part of the Sports Program for over three years. Through the program, she has made many wonderful friends, which brings her great happiness. She especially enjoys playing games and excels in running and racing. Sreynat is deeply grateful to her coach, Noy, who inspires her with her kindness and supportive guidance.**

**Maly, a fifth-grade student at Peam Primary School, has been part of our sports program for three years. Her favorite activities are playing football and enjoying the games designed by our coaches. Maly feels more confident and has noticed that she is stronger, able to run faster and exercise for longer periods than before. She is incredibly proud of her progress and deeply grateful to her coaches for their support.**



**Reaksa, a sixth-grade student at Prasat Cha Primary School, greatly enjoys being part of the sports program. She described she loves every aspect of it, from warm-up exercises to games and football drills. The program has taught her many new skills and experiences, and she's also had the opportunity to make great new friends and meet with many volunteers.**





## More Sport & Development

This year we have also made some important new upgrades to our facilities. The sports fields at all the outreach schools need continuous maintenance, and we have also made repairs to their playground areas. At Helping Hands School, we now have an extra storeroom for keeping all our equipment safe and secure, plus a nice new classroom space for the Sport coaches to use. This is great for when we want to do our group discussions, and it provides shelter for when the heavy rain comes again!



**HELPING HANDS**  
Helping people help themselves



## Sports Festival Days

Our Sports Festival in 2024 was a great success, and we plan to hold the next one in the Autumn this year. It is the only chance for the students from all the different schools to come together and compete in mixed team games.

We will also have more Sports day events at Helping Hands School through our new partnership with Kids Play International.



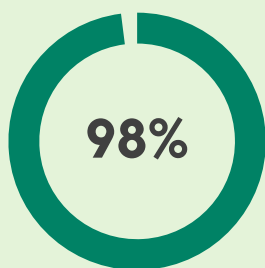
**Next month we will be holding our famous Temple Run. The students are currently doing short practice runs with the help of a volunteer who has coached athletes in the US. They will run over two distances to spread awareness and support throughout their local area. It will be great test of their improved strength and fitness!**



## What do the Students Really Think?

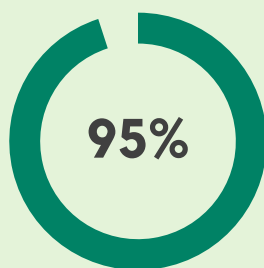
At the end of last year, we conducted a survey of over 900 of the students who take part in the sport programme to see what they think about the Globalteer Sports Programme and in what ways regular participation in sports impacts their daily lives.

### I LIKE SPORTS CLASS!



98% of respondents expressed overall satisfaction with our Sports Programme

### I THINK THE COACHES ARE GOOD



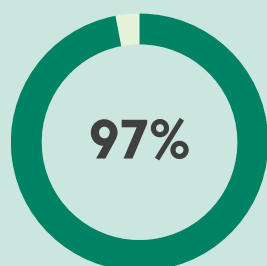
96% of the respondents rated the coaching strategies positively

### I FEEL MORE CONFIDENT DOING SPORTS



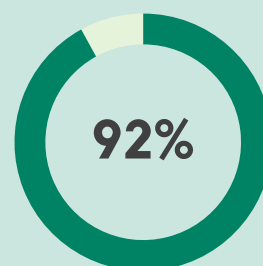
537 students strongly agreed and 352 students agreed that this programme has boosted their sport skill and confidence

### I FEEL SAFE AND SUPPORTED DURING SPORT CLASS



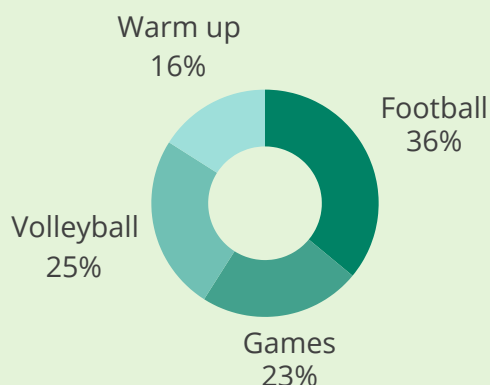
97% of respondents said that they always feel safe and supported while participating in sport class

### I WOULD RECOMMEND SPORTS TO OTHERS



92% of the students said that they would be willing to recommend our programme!

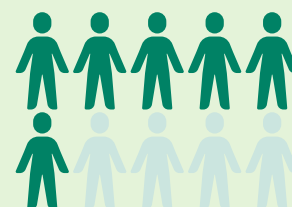
### MY FAVOURITE PART OF SPORTS CLASS



Most children still like football best, including many of the girls! Volleyball is very popular too, and many students said they would like to learn more about gymnastics.

### THE ONLY OPPORTUNITY TO EXERCISE

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



### MAKING SPORT MORE ENJOYABLE

Suggested changes to our programme included adding more class time in the evenings when it is cooler, and having a new sportswear uniform for all students.



# 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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