



A Host for 2012



Keeping fit

The big picture for Hackney

London's successful bid to host the Olympic and Paralympic Games is going to improve the availability of sports facilities for Hackney.

More people getting involved in sporting activity will lead to a healthier, happier Hackney as well as supporting Hackney's rising stars to achieve the best they can in their chosen sports.

Everyone can get involved in sporting activity as part of the Games. If you want to find out more about what's going on, contact the 2012 Unit at the council.

Key themes

- Identifying talented young people
- New taster sessions in Olympic and Paralympic sports
- The Hackney Youth Sports Fund
- London Youth Games and Mini Games and the borough's Annual Sports Awards
- Mini Athletics in schools
- Increased awareness and opportunity to participate in disabled sports with an inclusive approach
- Contributing towards National Health and Physical Activity Targets

Hackney's Personal Bests

Hackney Personal Bests is a schools programme which aims to raise the awareness of the 2012 Olympic and Paralympic Games and get young people living a more active and healthier lifestyle. The schools are selected with guidance from the Schools Sports Partnership, Healthy Schools and from Dare provided by the City and Primary Care Trust.

First, children are introduced to a series of Olympic and Paralympic disciplines like discus, javelin, long jump and boccia. They are provided with equipment that the schools are able to keep afterwards. All the children record their best scores after each event.

At the end of the first session the children are told that their baseline has been set, and they will be competing against their own personal best scores. Children have time to practise during PE lessons as well as in their own time to prepare for their very own 'Personal Bests Final'.



The children also have an inspiration lesson with Hackney Paralympian Dervis Konuralp and complete a curriculum linked 2012-related health workbook. The programme has grown from its first year where 576 pupils from 13 schools took part. The 2010 Final saw over 400 children attending the finals event with 1800 children from 40 schools in the borough having taken part. The unique scoring method used means the programme is fully inclusive and the schools visited include primary, special, pupil referral units and faith schools. The programme has extended its reach beyond the school environment and is now being delivered at youth centres around the borough.

Hackney Youth Sports Fund

The Youth Sports Fund supports young people and clubs to help them develop and realise their potential.

The fund helps with the cost of training and taking part in competitions and club development. If you're a talented individual and live or work in Hackney, or are a progressive club in the borough striving to be the best, you could be eligible to apply for Hackney Youth Sport funding. Get in touch with the Hackney Council 2012 team for more details.

New Age Games

In 2009, the New Age Games got older people in Hackney involved in the Olympic and Paralympic sports, promoting the benefits of an active and healthy lifestyle. The sessions took place at day and community centres across the borough including the Marie Lloyd Day Centre, Median Rd Resource Centre and the Sam & Annie Day Centre as well as weekly sessions at the boroughs leisure centres and swimming pools. The programme was delivered over a 10 week period with over 200 people taking part.

The Games used a personal best system meaning everyone competed on an equal basis trying to improve on their own personal best scores in preparation for the New Age Games Finals.

Over 90 older people attended the finals at Kings Hall Leisure Centre all receiving achievement awards presented by Hackney Paralympian Dervis Konuralp as well competing and showcasing the sports and activities they had participated in.

Activities:

Archery • Soca-aerobics • Boccia • Athletics • Swimming • Kayaking • Cycling • Gym • Walks

Disability Sports

The vision of the 'More Disabled People More Active' Project is to get more disabled young people and adults active by offering opportunities to take part in sporting activities.

The project aims to:

- Create more opportunities for disabled people to participate in mainstream sport clubs as well as disability-specific activities
- Provide more inclusive activity programmes in Hackney
- Help people in disability-specific clubs to participate and progress in sport
- Help young people participate in sport both as part of the curriculum and after hours

We are working to improve access and support all activities including the Paralympic sports:

- Athletics • Boccia • Goalball • Swimming
- Wheelchair Basketball

Goalball

Goalball in particular is really important to Hackney as we will be hosting the Paralympic Goalball events. Goalball is played primarily by people with a visual impairment – all competitors wear blindfolds and attempt to get a ball with bells in towards the opposition's goal. You can play Goalball at Kings Hall Leisure Centre with the new Goalball club.

Supporting Paralympic talent

Hackney has a great history of producing elite Paralympic talent and we continue to support talented individuals through sports and equipment grants. Sharon Jones Barnes has recently benefited from a sports wheelchair with funding sourced by Hackney's 2012 Unit to assist her in playing wheelchair badminton. She is now winning top honours at national championships, and is hoping to succeed in the international arena. If you are interested in taking up a new sport or want some support in developing your ability, the 2012 Unit at the Council can help you.

For more information, please contact



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