

Creativity in Sport

“Creativity has been identified, by both the government and educationalists, as an important life skill for economic growth and for success in education” (Robinson, 1999; Craft, 2005).

It is equally important in sport as it allows the individual or team to overcome challenges faced in the arena of competition. Sport allows pupils to practice making decisions in stressful situations, under time pressure. A challenge demands a creative approach, the adaptability to change the way you perform and the resilience to bounce back every time it doesn't work.

Defining Creativity

“The process of having original ideas which have value” (Robinson, 1999)

“One's ability to produce novel ideas which hold value” (Boden, 1995)

“The skills to achieve a specific outcome in a different way” (Shuttleworth et al. 2014)

Enhancing creativity requires:

Time	Teacher Support	Risk Taking
Play	Freedom	Expression

Teaching for Creativity

‘All our Futures: ‘ (Robinson, K., 1999) detailed measures to be taken to help teach for creativity:

- Include broad and narrow experimental activities
- Encourage a positive attitude to imaginative activity and self-expression
- Provide space for generative thought that is free from immediate criticism and discouragement
- Understand the phases of creative activity
- Be aware of the differing contexts for the development of ideas, the role of intuition, unconscious mental processes and non-directive creative thinking
- Encourage and stimulate free play with ideas, the use of imagination, originality, curiosity and questioning and free choice.