

Increasing Participation

School sport partnerships across the UK are working hard to try and raise participation levels amongst young people. Currently 86 per cent of young people are taking part in two hours of high quality PE and school sport a week, but our long term goal is to give all young people access to five hours of PE and sport a week by 2012.

Norwich Union GirlsActive



Norwich Union GirlsActive, run by the Youth Sport Trust, was set up in response to research indicating that girls are less active than boys and are more likely to drop out of sport at an early age.

Norwich Union GirlsActive sees Dame Kelly Holmes, the National School Sport Champion, use her passion for sport to inspire 13 to 16 year old girls and their teachers to identify the issues surrounding girls' participation in sport. The scheme seeks to empower girls to take the lead in making changes in their school, which will encourage both them and their peers to get more active and stay active.

Girls involved in the programme come together at a series of regional workshops away from the school environment where they get to try out alternative sports, such as dance, martial arts, abseiling or rock climbing. They then work with their teachers to create action plans to implement improvements to

PE once back at school, to share the benefits of Norwich Union GirlsActive with other girls in their school. Girls who have taken part in the programme have made fantastic changes, including improving PE kit and changing rooms, bringing a wider range of sports to their PE lessons and developing out-of-school activities where girls of all ages across the school can come together and try out a new activity.

Sky Living For Sport

Sky Living For Sport is a successful initiative in secondary schools for young people who are at risk of opting out of school life either through poor attendance or lack of confidence.



Young people have the opportunity to take part in diverse activities like sailing, rock climbing, archery, martial arts and surfing. This builds confidence, teamwork and helps them reach personal goals.

Sky Living For Sport is now in its fifth year, there are 600 schools are taking part across England, Northern Ireland and Scotland with nearly 17000 young people benefitting from the scheme.

Research shows that young people participating in the programme show improved behaviour and increased self-confidence. Over 80 per cent of teachers involved in the scheme report that their pupils have benefited from Sky Living For Sport activities.

Sky Living For Sport is run by the Youth Sport Trust partnership with Sky.

Zoneparc

Zoneparc is set of playground markings which help make break times more active and inclusive for everyone helping to tackle problems such as bullying, playground isolation and bad behaviour.

Zoneparc playgrounds are split into different coloured areas; each set up to enable children to take part in a wide range of activities.

- The Red Zone marks out a court so it can be used for a number of different sports, from rugby and football to cricket and netball.
- The Blue Zone is designed for multi-skill activities such as running, skipping or balancing.
- The Yellow Zone is a 'chill-out' area, where board games are available in a shady seating section, so children can chose to take part in quiet play.

Zoneparc empowers midday supervisors by giving them a more opportunities to interact with the activities children do in their lunchtime rather than just supervising behaviour as well as developing leadership skills with some young people being given the role of Zoneparc players which involve monitoring equipment and supporting other children.

TOP Activity supported by Sainsbury's



Salsa dancing, cheerleading, martial fitness and circus moves are among the fun activities available to 7-11 year olds as part of TOP Activity, which has been developed by the Youth Sport Trust and supported by Sainsbury's.

The programme offers fun, out-of-school hour activities to young people, who may not be accessing physical activity through traditional routes, to help increase their participation in sport and exercise. Schools and clubs participating in TOP

Activity receive a number of benefits and resources including activity cards, DVDs, music CDs and equipment bags to help deliver the new activities.

The activities are grouped under four "Xciting" themes and include: Xpress yourself, e.g. salsa and cheerleading; Xercise highs, e.g. skipping and hula; Xtra time, e.g. parachute game and frisbee; and Xtreme challenges, e.g. limbo and seated volleyball

TOP Activity is supported by Sainsbury's as part of its hugely successful Active Kids campaign, which has helped raise over £17million worth of sports equipment and experiences for primary and secondary schools across the UK.

For more information on any of these initiatives please call the Youth Sport Trust Press Team on 0207 278 72 08