

# yoUR Sport - Intra School Competition

## Programme information sheet

### WHAT IS IT?

yoUR Sport is the brand name for the intra-school competition resource. Intra-school competition is a vital part of the five-hour offer. For many young people this type of competition is the perfect outlet for the skills and knowledge they gain from PE. It is also an opportunity to play and have fun with their friends and achieve. Alongside high quality PE and thriving out-of-school hours learning opportunities, intra-school competition will engage young people in fun and meaningful physical activity making a substantial contribution to their school life and their five-hour offer.

#### The ambition

By 2011 there will be a vibrant and modern intra-school competition programme driven and delivered by young people as leaders and officials. The programme focuses on engagement and enjoyment by all, through a social or recreational experience. The aim is for 25 per cent of young people to take part regularly in intra-school competitive leagues and competitions during a school year.

#### The objectives for yoUR Sport

The objectives for the yoUR Sport programme are to:

- Increase participation in intra-school competition for all young people aged 11-16, especially at key stage four, by providing a competitive experience which appeals to and is accessible to a wider group of young people.
- Build sustainable links from intra-school competition to further participation for young people in inter-school competition and community sport.
- Establish meaningful opportunities for young leaders to deploy their leadership skills in organising, staging and officiating intra-school competition for their peers.

Ultimately, the aspirational target is to ensure that by 2011 all young people experience competitive school sport.

Approximately 30 per cent will already be involved in some form of inter-school competition and the aspiration for yoUR Sport is that an opportunity is created for a further 25 per cent to participate regularly through intra-school competition.

The target linked to regular intra-school competition has been set to ensure sustainability and enable yoUR Sport to support the delivery of the five-hour offer. How schools choose to determine the regularity of the opportunity will be flexible.

#### Resources

The yoUR Sport toolkit has been produced by the Youth Sport Trust, in association with Tacklesport Consultancy Ltd and with help from several national governing bodies (NGBs) of sport. It comprises of an interactive CD-Rom and Student Activity Cards that will help explain how to deliver intra-school competition. They offer a number of different NGB activities and formats to engage young people and ultimately meet their needs and motivations for taking part.

Teacher briefing workshops have been designed to support the delivery of intra-school competition and using yoUR Sport as a tool to help increase participation.



### WHAT DIFFERENCE DOES IT MAKE?

An evaluation of the pilot of yoUR Sport (summer 2008) demonstrated that yoUR Sport facilitated enjoyable intra-school competitive activities. yoUR Sport was found to have:

- engaged pupils that did not normally take part;
- created enhanced leadership skills;
- raised awareness of inclusion and fair play;
- increased physical activity amongst all pupils.

### HOW TO GET INVOLVED

The yoUR Sport toolkit has been distributed to every School Sport Co-ordinator (SSCO) across the country. All SSCOs will access a briefing workshop as part of the national SSCO Seminars being delivered through county sport partnerships between November 2008 and March 2009.

In addition to this, all school sport partnerships (SSPs) will receive further support and resources over the next three years to enable an increase in the amount of intra-school competition that is offered to young people. This will be done over a three year phased period, with 150 new SSPs being targeted each year.

The additional funding will be directed through Partnership Development Managers (PDMs) steering them to utilise the funding to look at:

- lead SSCO support (over three years);
- training and networking of SSCOs (in first year)
- equipment and facility support (over three years)
- National School Sport Week Grants available (each year for three years).

Should you have any queries relating to this resource then please discuss these with your Youth Sport Trust Development Manager or contact Duncan Cameron on:

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