

My Personal Best for Alternative Provision (PRU) Innovations Project

The My Personal Best for Alternative Provision (PRU) Innovation project is funded through the Department for Education Inclusion 2028 grant in order to develop and support Alternative Provision (AP) and Pupil Referral Units (PRU) in developing life skills in their young people. This innovation project builds upon the success of the 2020/21 pilot with 6 PRU's, and the past four years of Inclusion 2024 where 50 further PRU's engaged with the project.

The project aims to support staff and SLT to embed life skills and character education into wider school curriculum through explicitly teaching these skills within PE lessons. It will support staff to develop the required knowledge, skills and resources to use PE to develop learners' character and for staff to develop and apply life skills that will support young people to flourish in PE, School and Life.

Our experienced team of tutors will work with your SLT and School Workforce to understand your settings, your current delivery and your young people to ensure that the training and the resources provided are bespoke- relatable, relevant and realistic for your learners. Your school will also become part of a wider community of practice with other PRU's and Alternative Provision Schools nationally.

The project offers an opportunity to provide training, to up-skill teachers, support assistants, wider school workforce and SLT to engage young people in PRU's through adapting their lesson plans and delivery to explicitly focus on key life skill development.

NOTE: This project will be delivered both virtually between YST staff, tutors and participating schools and workforce along with opportunities to connect together face to face later in the year.

Programme Guidance Note

What will Schools get from being involved?

Resources	E-Learning Packages	National Training	Regional Training	Local Training	Funding	Other
	Y	Y			Y	Y

Who is eligible to run this programme?

All PRU and Alternative Provision Schools. This programme will be recruiting 10 PRU/AP schools.

Challenges addressed through My Personal Best - PRU

- Developing character traits, life skills and leadership/employability in young people
- Confidence and competence to deliver high quality PE/Physical literacy
- Ensuring the inclusion of all young people

Outcomes and impact

For the School/Deliverer

- Ensure school staff feel **supported** and have the required **skills, resources and training** to feel confident in developing learners' character.
- Be supported to **develop and apply** life skills that will support young people to flourish in PE, school and fundamentally life
- Be part of national community of practice with other PRUs and Alternative Provision Schools

For the Young People

- **Raising Aspirations** of young people with additional support needs and those that support them to realise their potential in and through physical education and sport.
- **experiencing success** through achieving their personal best in physical education, in school, in work, as a citizen and in their personal life

What are the expectations for delivery by successful schools?

1. Submit all **monitoring and evaluation** reports on time and keep to all agreed and pre-set deadlines. Funding only released on receipt of adequate data reporting in **December 2025, March 2026 and July 2026**
2. Attend (virtually) an initial programme briefing meeting with a member of SLT on 9th July 3:30-4:30pm, followed by a suite of modules to understand the My PB programme.
3. Submit an action plan bespoke to the setting of the programme with support from a YST Tutor
4. Submit a short case study reflecting on the programme in March 2026
5. Be a brand ambassador for YST and its ethos, be an **advocate** for Inclusion and expert **advisor** on high quality inclusive practice for young people with additional support needs in Physical Education, School Sport and School Games working to **enable** SGO's, schools and other organisations across a **county** area.

What support will successful schools receive from Youth Sport Trust?

- 1 x national My PB Character Education training course (valued at £1,250)- specifically tailored for young people attending PRU's.
- My PB Character Education resources
- £500 to support with coordinating initial impact assessments following training
- Programme Manager/Development Coach Support from the Youth Sport Trust team
- Pre and Post project calls with YST Programme Manager to discuss project delivery and project evaluation and feedback from schools
- Access to a Community of Practice with other Alternative Provision settings.

As part of this programme, county areas will be provided with a YST tutor and mentor who will provide bespoke support to participating schools. The YST tutor will deliver a virtual programme briefing meeting and will organise a one-on-one session to develop an action plan for your school. In 2025-26, your school will be invited to take part and participate in community of practice virtual networking sessions to learn from fellow Alternative Provision settings shaping your future practice.

This support will be from May 2025 to July 2026 where your tutor will engage with you on a tailored basis (via a mix of email, phone, virtual technology such as Teams) to support the ongoing development, implementation and reflection on delivery and support you in adapting your existing practice to include and explicitly deliver life skills through PE.

NOTE: other subject areas are eligible for this project, but the core content will be delivered with PE at the forefront.

What are successful schools expected to report on?**MONITORING****Data Collection Window**

You will be required to report on the reach of the programme each term through the YST data collection window in the following months: December 2025, March 2026 and July 2026.

This will include information relating to:

- Number of participants (including those with a disability and the gender breakdown)
- Number of workforce trained (young people and adult breakdown including disability and gender)
- Impact of learning back in school

Online reporting tool

You will be required to report on the reach of the programme each term through the relevant online reporting tool.

EVALUATION

Wherever possible, we endeavour to conduct evaluations of all of our work to capture feedback on the programme and any benefits experienced. This typically involves engaging all or a sample of individuals involved in the programme in a variety of ways, such as:

- Surveys before and after the project or course
- Telephone/Virtual Interviews
- Virtual Focus groups
- Case studies

You may either be involved in the research directly or may be required to facilitate the engagement of young people in the research.

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