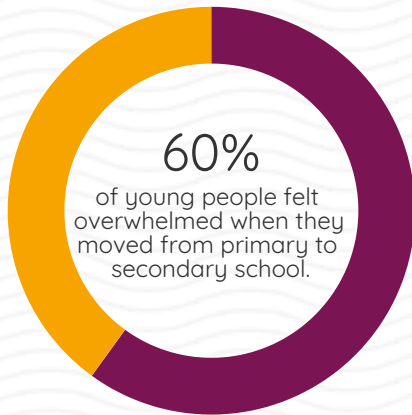
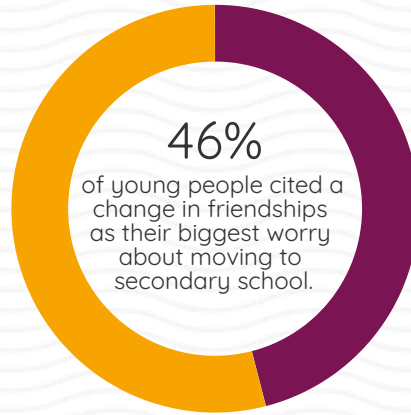


# Using Competition to Support Transition - Desktop Research

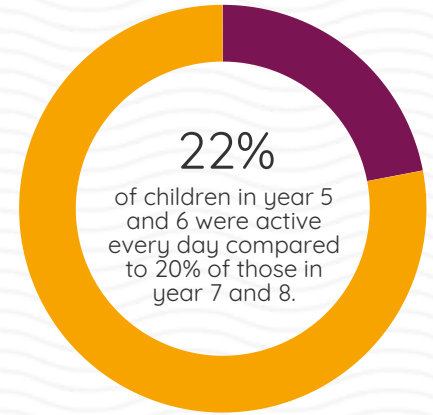
The Youth Sport Trust Research and Insight team conducted this desktop research in July 2019, funded by Sport England National Lottery, aiming to explore the position of competitive sport during young people's transition from primary to secondary school. This document was informed by a combination of activities including a desk-based review of secondary evidence, a review of School Games data, consultations with key individuals and insight from young people.



(Prince's Trust, 2017)



(Youth Sport Trust, 2019)



(Active Lives, 2018)

Young people told us that their biggest concerns about moving from primary to secondary school are...



There is a reduction in competitive sports opportunities for young people when they move from primary to secondary school. Young people often experience a drop in physical activity levels during the transition phase.

Schools have a variety of existing activities to support transition, including some using sport and competition. Most transition work happens during the summer term of year 6.

Current practice often includes sports competitions on secondary school sites, run by secondary school staff and supported by sports leaders from the secondary school.

More still needs to be done to support year 7 pupils' transition to secondary school and reduce the drop off in competitive sports participation.



(Girls Active, 2018)



(Youth Sport Trust, 2019)

# 8

## Transferable principles to support young people transitioning from primary to secondary school

1



### Inspire young people

By using sports leaders or athletes, young people can be reminded of the benefits of being active and capitalise upon the new and exciting facilities that secondary school has to offer.

2



### Collaborate with primary school staff

Work with the primary school staff to ensure a successful collaboration and partnership. This is important as they know the young people best and can target those they feel need extra support. They know their pupils best and you know your school best.

3



### Use current students as peer mentors

This gives sports leaders additional opportunities to develop as well as giving the new students a familiar face to know, as well as extra support systems in addition to staff. It also provides young people with an understanding about the opportunities they may have at their new school.

4



### Include a balance of focusing on wider outcomes whilst ensuring young people's motivations are catered for

It is important that young people have a fun first experience of the sports to encourage engagement. Schools need to consider the focus of sports competitions and what is most engaging for the target audience. Consider the focus of the competition in the design.

5



### Use sport to build a sense of belonging

Sport and competition can support young people to develop a sense of loyalty towards their house or school which can support the transition process.

6



### Offer a range of sporting activities

Consider a range of sporting activities that young people may not have previously been exposed to. Utilise youth consultation to see what appeals to young people and empower them to have a say in the choice of their activities.

7



### Offer activities and sports that are available in the community

Sports with clubs in the community provide a unique opportunity to support transition as they may be attended by young people of all ages. Equally, the engagement with the community offer may encourage young people to engage with a school offer and support the feeling of community. This will also support young people to continue with the sport in the future.

8



### Use the secondary school site

Using the secondary school site is the simplest step towards supporting young people to become familiar with their new environment and staff. However, this needs to be used in collaboration with other recommendations in order to be effective.