

National Multisport Clubs (MSC)

What will schools get from being involved?

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

Who is eligible to run this programme?

Secondary schools

Challenges addressed through the multisport programme:

- Less than half of all children and young people in England are meeting the chief medical officers guidelines of 60 active minutes (30% are doing less than 30 minutes a day).
- 18% of children 7-16 have a probable mental disorder and treatment for mental health problems has risen 39%.
- More than 9/10 (92%) felt the way they have played has changed since the covid pandemic. Half said they were playing outside with their friends less and 34% said they were playing alone more.
- One in five parents report their primary or secondary children do no enrichment activity in an average week.
- Recognition that the current offer of after-school provision isn't meeting the needs of all young people.

Outcomes and impact:

Please see attached 23-24 summary report.

For the young people:

- Increased access to multi-sport offer and leadership opportunities.
- Young people having an increased sense of belonging to their school, community, and national identity- both young leaders and participants.
- Young leaders will access training in leadership.
- Be part of a national movement of MSC.
- Kit and resources for young leaders.

What are the expectations for delivery by successful schools?

- Member of staff attend the cascade training.
- Train young leaders by Christmas 2025.
- Run an after school multisport club for a minimum of 8 weeks.
- Complete Project Reporting.
- Some schools will be asked to facilitate a visit and complete a case study. This will all be supported by Hub managers and YST.

What support will successful schools receive from Youth Sport Trust?
• Training, support, and assistance from YST including a dedicated YST Programme Manager, YST Programme Officer and YST Project Officer and Hub area manager. • Training for staff members to be able to develop leadership in young people and the principles of multisport.
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