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Active Recovery Support Packages

# Context



*Many young people have faced challenges with their learning, progress, behaviour, development and wellbeing these past 12 months. We are supporting their Active Recovery with resources and support for Summer Schools, Holiday Food and Activity Projects and schools' sustained support for young people into next academic year.*



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# Need

- Growing inequalities in education, health and physical activity
- Lack of toys, play, parent support and stimulus in home
- Digital deprivation in home
- Sense of belonging
- Maintain positive behaviours on food/hydration/activity in the home
- Development deficit physically, socially and emotionally
- Increase in loneliness, anxiety and unhappiness
- Support needs e.g. 14-16, SEND, social mobility



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# Package solution



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# Package Options - example

DELIVERY	FACE TO FACE		ACTIVITY PACKS		
PACKAGE	WELLBEING & RESILIENCE WORKSHOPS		BRONZE	SILVER	GOLD
EXAMPLE CONTENT	Face to Face workshops for holiday projects and schools designed to support children and young people's mental health, resilience and character led by our world class athlete mentors		Basic activity and food cards with unbranded water bottle and bag	As bronze but including wellbeing poster digital channel branded bottle & bag	As silver but including Chateez Keyrings inflatable frisbee/ball equipment package
COST	Wellbeing & Resilience day	From £575	£7.50/Pack per 1,000	£10/Pack per 1,000	£27.50/Pack per 1,000
	Wellbeing & Resilience week	From £2,875	£6.00/Pack per 5,000	£8/Pack per 5,000	£20/Pack per 5,000
	Wellbeing & Resilience resources to support workshop	From £2.00/YP	£5.50/Pack per 10,000	£7.50/Pack per 10,000	£18/Pack per 10,000



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# Activity Pack – example (gold)



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# Activity at home

Support activity  
in the home

- Create online playlist for age and stage relevant activities
- Hard copy resources to overcome digital deprivation
- Linked to PE at home and the national curriculum
- Simple 'how to' guide for all children and young people
- Ensure content is accessible against SEN, environment, ability, COVID etc.
- Choose activities that are 'equipment light' but give opportunity for creativity
- Mixture of activities that are individual and family pairs/groups
- Develop timetable for activities throughout the day/week/holiday period.



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# Athlete Mentor Sessions

Athlete Mentor  
sessions to  
support  
resilience and  
wellbeing

- World class mentoring opportunities for small and large groups
- Individual days are week-long roadshows
- Sessions designed to be active and engaging for all children
- Content helps to build resilience and personal development outcomes
- Supports wider lifestyle behaviours
- Tailored sessions for supporting positive mental health
- Resources for young people to support workshops
- Particularly suitable for teenagers



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# Health and Wellbeing resources

Resources to support wider health and wellbeing messages

- Hard-copy resources for healthy eating and cooking
- Utilise healthy eating and oral health resources from partners
- Introduce resources from our social and emotional support programmes
- Utilise a series of videos orientating around the poster(s) through YouTube
- Ensure accessibility of the poster/video content
- Lifestyle advice and links to free cook-a-long instructions



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# Equipment packs



- Drawstring bags
- Home packs for Reception/KS1
- Differentiated equipment packs for KS2/KS3/KS4
- A variety of creative, innovative and inclusive equipment
- Small, scaleable and accessible equipment
- Able to be used and sustained within the home/flat
- Consider a lack of outdoor space
- Consider a difference in parent/carer support



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# Inclusive content

Inclusive content to support any additional needs

- Content adapted for SEN and physical disabilities
- Use of STEP principles to barriers to space and access to outdoors
- Use of sensory items in equipment packs
- Consideration of needs of parents and carers in being active together
- Principled of all about autism training included
- Consideration of ethnicity, cultural and religious needs



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# Procurement

End to end  
procurement  
and delivery

- Pick and pack all equipment and resources
- Co-ordinate packages for Healthy Movers Home packs
- Co-ordinate packages for KS2/KS3/KS4
- Co-ordinate delivery addresses
- Delivery of all packages into homes or community centres
- Contactless delivery straight into children's homes or hubs
  
- *Adhere to COVID restrictions and operating guidelines*
- *Drive carbon offset principles*
- *Work with new suppliers around product availability*



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# Further information

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