



**YOUTH
SPORT
TRUST**

Supporting young people and schools through COVID-19

The Youth Sport Trust would like to thank all of the teachers, parents, funders and partners who have helped support and deliver our efforts to keep young people well, happy, and engaged in their learning during extraordinary times.

During this period we have worked with partners and funders to focus our efforts on:



Home learning

500,000 downloads

of our resources for keeping young people active at home (across all of our daily activities and National School Sport Week at Home)



Supporting teachers

4,000 teachers

benefited from our virtual training, webinars and podcasts



Redeploying networks

School Games Organisers, Lead Schools and FA Girls' School Partnerships among those who worked differently to support young people.

How the world has changed

Young people

Measures introduced across the UK to tackle the COVID-19 pandemic had a significant impact on nearly every aspect of children's lives. The effects on their physical, mental and social wellbeing have the potential to be wide-ranging and long-lasting.



Inactivity

Only 19%

of children met the Chief Medical Officer's recommended average 60 minutes of daily physical activity during lockdown

43%

of children did less than 30 minutes

7%

did none at all

(Source: Sport England)



Mental health

1 in 3

experienced an increase in mental health issues including stress, loneliness and worry

(Source: Barnado's)



Falling behind

Educational gaps have widened, with varying levels of school support and a lack of access to digital learning for some

(Source: Institute for Fiscal Studies)



New opportunities

37%

of children and young people said that they now see sport and PE as more important to their lives than they did before lockdown

4 million

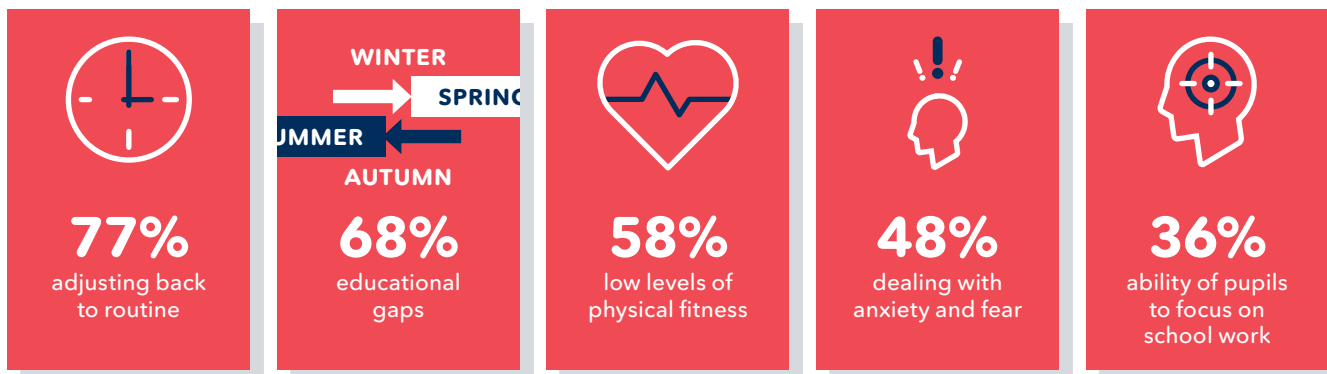
children and young people plan to do more sport exercise in future

(Source: YST and YouGov)

How the world has changed

Schools

We carried out research among school leaders to identify the key challenges they needed support with. The biggest concerns raised were:



How we're helping

Between March and summer 2020, working with partners and funders the Youth Sport Trust refocused our work to make sure we could make the biggest difference to those who need us most. We redeployed networks, moved training online and worked to support families at home.

1 – Supporting families and bringing people together

2 million

reached through National School Sport Week at Home. We teamed up with Sky Sports on the UK-wide campaign encouraging families, schools, sport clubs and other organisations to engage in a week of virtual challenges. The activities, designed to bring people together and support wellbeing through sport and play, were downloaded over **45,000** times.



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We've got all these fresh new ideas... I wouldn't have dreamed of doing the mountain climbers activity or throwing socks in washing baskets..."

Alison Atkinson Parent of three children

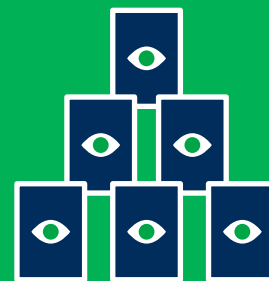
455,000

downloads of free activity resources. We supported parents and carers to take on the new challenge of home schooling by sharing daily free resources and ideas for home PE. This included daily 60 second challenges shared on social media.



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iPads provided to disadvantaged families. With a donation from our founder Sir John Beckwith, schools in urban, rural and coastal towns were given iPads to be used by disadvantaged children and their families.

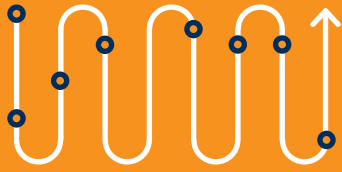


We supported young people to manage challenges to their **mental health** with videos from YST Athlete Mentors, thanks to the Sport England National Lottery-funded Active in Mind programme. Videos were viewed 600 times and resources downloaded 1,200 times.

We are also supporting local holiday hunger programmes in areas including Lambeth and Suffolk by providing activity cards and online videos to help families keep young people active during the summer holidays.

How we're helping

2 – Supporting schools



Preparing for the return of PE and sport

1,300

PE leads, academics and School Games Organisers joined our **Wednesday Webinars** sharing up-to-date best practice on supporting the return of PE in school.

We created a **Framework and Planning Tool** created to support the return to school sport. A free webinar to accompany this has already been watched over 400 times.



Promoting inclusion

Training for teachers to make sport and PE more inclusive, part of the government-funded **Inclusion 2020** programme, was moved online.

1,325 received our **All About Autism** training to develop understanding of autism in the context of PE and sport.

588 registered for the **TopSportsability** free online training to learn how to engage disabled young people in Physical Education and school sport, including the School Games.

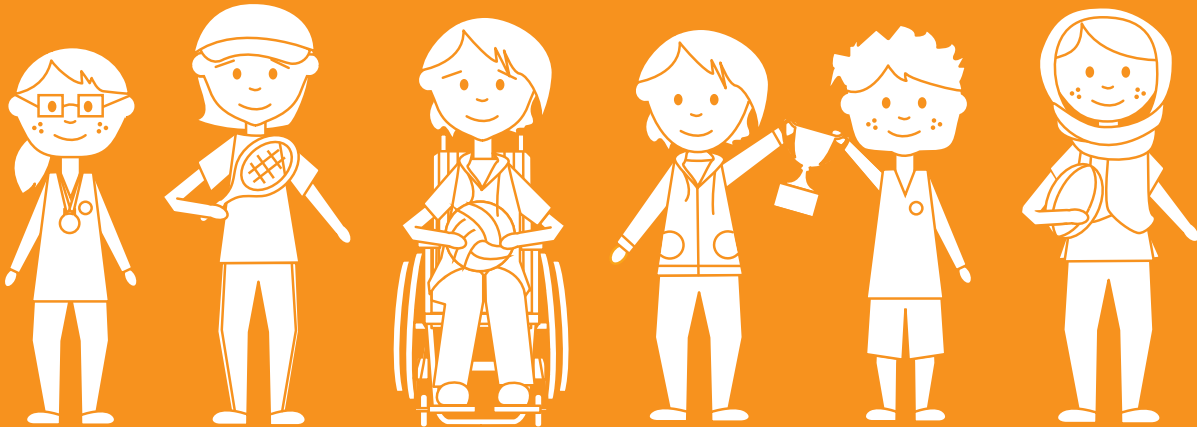


Sharing expertise

2,100 listens

to our four-part podcast series on the implications of COVID-19 for young people, Physical Education and school sport. The podcasts brought together leading voices from the worlds of education, sport and government.

We published **our** What about the boys? research paper on how to use PE, sport and physical activity to improve boys' mental wellbeing.



We also campaigned for government to provide primary schools with clarity on the continuation of the **PE and Sport Premium** ahead of it being confirmed in early July.

How we're helping

3 – Redeploying networks and doing things differently

450 School Games Organisers

(SGOs) shared digital content and ran online activities to keep young people active whether they were at home or at school, with the support of government and Sport England. We put on six virtual conferences to support the efforts of SGOs and local organising committees.

The School Games Active Championships saw 4,772 young people using the platform TopYa! to take part in video-based activity challenges.



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It provided a virtual curriculum while saving schools time having to search through lots of resources. The SGOs were confident of sending and signposting to high quality resources and giving the right message. This was so useful...an overwhelming success."

Worcestershire SGO



Through the **FA Girls' Football School Partnerships**, supported by Barclays, YST researchers hosted a 10-week online insight community to develop and share expertise to get more girls playing football.



In the **Local People Project**, funded by the People's Health Trust, project co-ordinators were repurposed to respond to their community's needs. "**Boredom Buster**" packs were distributed to children in Swansea, and **online basketball training sessions** have been held in Brent.



Lead Schools, including our lead schools for inclusion and leadership, coaching and volunteering have been running online focus groups to identify challenges and pioneer best practice through a range of Sport England-funded projects.

Next steps

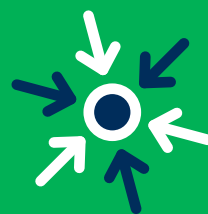
As we head into the 20/21 academic year we will be placing a greater focus on new priorities emerging as young people and schools adapt to life after lockdown.



Innovating new ways of delivering digitally



Supporting families as well as schools



Harnessing the power of sport to tackle disadvantage for lower socio-economic groups

www.youthsporttrust.org