

Wimbledon Foundation – Set for Success Programme

What will schools get from being involved?

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

Who is eligible to run this programme?

Secondary Schools, in targeted locations

Challenges addressed through Wimbledon Foundation Set for Success Programme

The programme aims to use the power of sport to make a fundamental difference to the lives of young people facing an identified range of challenges to:

- Provide opportunities for young people at risk of not reaching their full potential to develop valuable life skills
- Developing character traits, leadership and transferrable skills that will aid young people in further education or employability
- Raising aspirations, narrowing the gap and enabling social mobility

Outcomes and impact

For the school/deliverer:

- Improved attitudes, behaviours and attendance of young people engaged in the programme.
- Enhance the connection between school and local training providers/employers to increase likelihood of improved destination for pupils (Career and Education).
- Increased engagement in Sport and Physical Activity of young people involved.
- Access to Professional Skills Award and Level 1 Professional Skills Qualification for students.

For the young people:

- Develop **life skills through leadership** which support involvement in school activities, skills which are transferrable to other areas of life.
- **Improved physical, social and emotional wellbeing** of young people involved in the programme.
- **Raise aspirations** of young people who engage helping them to realise their potential.
- **Feel empowered** to access opportunities to use their skills throughout wider school engagement.
- **Achieve an Award or Qualification** to recognise their commitment and achievements throughout the programme.

What are the expectations for delivery by successful schools?

Recruitment

Per year of the programme, you will be required to select a minimum of 10 students in Year 9/S3 (must all be in same year), that for a variety of reasons may have been identified as being 'at risk' of not achieving their full potential or at risk of becoming NEET (Not in Employment, Education or Training). The maximum number of young people you will be able to select for the programme per year is 15. To account for potential, drop off, we would strongly encourage you to recruit at the higher end to ensure 10 young people complete the full programme.

The below are a set of proposed criteria to support and identify your student cohorts. This list is not exhaustive, and we will work with all schools to support the identification of the right students. We also appreciate you will know your pupils and therefore will be best placed to identify young people that are most at risk. It's likely these pupils will have a combination of the following factors:

- Low predicted grades at the end of Key Stage 4 (end of year 11/S5) in Maths and English
- Poor attendance
- High levels of negative behaviour reported
- Low individual aspiration
- From a low-income family

These young people must be prepared to commit to the programme for the full year at a minimum with an understanding that this programme runs for two years to maximise impact.

Athlete Mentor Sessions

All Schools will be allocated an Athlete Mentor to deliver the core content for the Wimbledon Foundation's Set for Success Programme.

There will be 8 sessions delivered to the year 1 group in total (8 half days).

Session Number	Theme
Session 1	Introduction, getting to know you and communication
Session 2	Self-Belief
Session 3	Teamwork
Session 4	Self-Management
Session 5	Problem Solving
Session 6	Skills in Practice
Session 7	Self-review and reflection
Session 8	Self-review, Reflection and Planning for Empowerment Event

To support the learning and development of young people, you will be required to deliver teacher led sessions in-between Athlete Mentor delivery. These sessions will be crucial to ensuring that the cohort are reflecting on completed activity, applying skills developed in their wider school lives, signposting and connecting opportunities beyond Set for Success and ensuring that the workbook is completed to enable every young person to achieve the Wimbledon Foundation Professional Skills Award.

Social Action Project

As part of the Set for Success programme, all young people will be required to take part in some form of social action. This will be teed up by the Athlete Mentors and discussed across the delivery of content but will happen outside of the core sessions and will be facilitated and supported by the school.

The social action project will take place alongside programme delivery and can be:

- Delivered within the school or local community
- Should be something that the young people are passionate about, but have a connection to health and wellbeing, sport or physical activity in some way
- Could be done as a whole group, individually or in small groups
- This does not have to be the delivery of an event, it could be campaigning, influencing, delivery, marketing, mentoring etc. the most important aspect is for it to be driven by the young people themselves
- Does not have to extend for a specific period but should have a core objective and an impact that the young people aim to see
- The activity could take place outside of school hours and could involve the young people working on a project at home. The school does not have to oversee all activity, but ensure

it's appropriate, support the young people to plan and reflect in addition to ensuring the end goal is achievable or at least there is an outcome of sorts even if this isn't the one the young people desire.

Empowerment Events

Empowerment events will be taking place in June/July 2026. Empowerment Events have been designed to:

- Provide the young people with an opportunity to share their journey's, celebrate success and personal development
- Celebrate and connect with like-minded young people from across their local area
- Share social action activity creating an environment for which to continue to inspire the young people to drive change within their local communities
- Have an opportunity to connect with local employers reflecting upon skills developed through the programme and future doors this may open

All schools taking part within the local area will come together for the Empowerment Day. This will be planned and delivered by the YST, transport and Lunch will be provided for all schools to support their participation.

Programme Year 2

We are looking for schools to take part in the programme for a period of three years (Subject to funding). During the second year, a new cohort of young people will take part in the first year as referenced above. The first cohort of pupils will continue to remain engaged, acting as peer support for the next cohort coming through.

For the year 2 cohort there will be 3 half day athlete mentor visits delivered to the group, sessions will focus on: Self Review/Goal Setting, Feedback, supporting Others/Buddying Up, Reflection. Once again to support the young people, teachers will be required to deliver teacher led sessions after each Athlete Mentor delivery.

During this period second year pupils will have the opportunity to upgrade their Professional Skills Award to a Qualification.

The third year of the programme will be the second group of students moving into year 2 of the programme. (Subject to funding)

Employability Toolkit

Every school on the programme will gain access to the Employability Toolkit website, this site will have a range of resources, videos, helpful links and more; for teachers to support students on the programme and the wider school in careers and employability. Schools will continue to have access to this site after their 3 years on the programme.

What support will successful schools receive from Youth Sport Trust?

Successful schools will receive:

- Capacity funding
- Programme t-shirts for students
- Training, support, and assistance from YST including a dedicated YST Programme Manager, YST Programme Officer and YST Project Officer.
- Programme resources and access to a dedicated YST Athlete Mentor who will support your programme for the duration.
- All Award and Qualification licenses for all pupils taking part in the programme.
- An online employability toolkit that teachers can use to support students on the programme and the wider schools' careers and employability offer.
- Potential additional opportunities for some schools, which could include visiting the All England Lawn Tennis Club grounds, (please be aware that this is not guaranteed).

What are successful schools expected to report on?

ONLINE REPORTING TOOL

Programme Reporting Survey

You will be required to report on the reach of the programme throughout the programme, you will be provided with a reporting link, which will be the lead of the programme in the schools responsibility to keep up to date, there will be a final reporting deadline of July 2026.

You will be expected to report on:

- Number of participants involved in activity (including the breakdown of SEND, ethnically diverse communities and gender.
- Number of sessions delivered (Teacher led session)

EVALUATION

Wherever possible, we endeavour to conduct evaluations of all our work to capture feedback on the programme and any benefits experienced.

Schools will need to commit to:

- Support their pupils to take part in both a pre and post programme survey to measure impact
- Participate in a teacher survey pre and post programme

In addition, we will be looking for some schools to support with case studies or focus groups. This may include a more in-depth interview with our research team or bringing a group of pupils together for us to speak to.

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

Contact Details

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Summary of Terms and Conditions for Schools

- Programmes may be subject to funding confirmation and therefore, there is no guarantee that the Programme will proceed. The School will receive written confirmation from YST that they have been selected and approved to deliver the Programme. Selection decisions made by YST are final.
- Following confirmation of selection, the School shall comply with the expectations as set out in the Programme Guidance Document ("PGD"), including taking part in any research or evaluation of the Programme.
- Where applicable to the Programme, payment of funding will be subject to the achievement of key milestones and deliverables, as set out in the PGD.
- The School agrees to abide by the standards and principles of safeguarding good practice and the YST's Safeguarding Policy, details of which and associated guidance can be found here: www.youthsporttrust.org/safeguarding
- The School agrees to deliver the Programme in a fair, equitable and inclusive manner, with dignity and respect, and comply with the YST's Equality & Diversity and Trans & Non-Binary Inclusion policies, which can be found here: www.youthsporttrust.org/equality-and-diversity
- Full terms and conditions are available to download as a PDF file at the following address www.youthsporttrust.org/programmes