YOUTH SPORT TRUST | YOUNG LEADERS SECONDARY

SMILES



Aim to make **SMILES** for every young person during activities.

S	**Safe**	Players are physically and emotionally safe.
M	**Maximum participation**	Players are involved as much as they wish to be.
I	**Included**	All young people can take part.
L	**Learning**	Players learn different skills (not just physical).
E	**Enjoyment**	Activities match players' motivations.
S	**Success**	Players feel a sense of achievement.

Practical examples

S	• You explain any rules and highlight any safety issues. • You create a code of conduct that excludes bullying.
M	• Players do not have to wait ages to have a go. • Players may opt in or out as they wish.
I	• You focus on what players can do – not what they can't do. • You use STEP to adapt your activities.
L	• You encourage players to set their own challenges and goals. • You support players to learn other skills, like teamwork.
E	• You identify what players like or dislike about activities. • You put enjoyment and belonging at the forefront.
S	• You celebrate joining in and having a go – not just winning. • You celebrate when every player improves at something.