

Boys Move CPD

Boys Move is a professional development programme designed to equip educators with the principles of how to use sport and play to address the mental health and wellbeing issues of adolescent boys. The approach provides a lead member of staff to understand the challenges to boys' mental health and wellbeing, the principles of engagement and how to design their own project that addresses the needs of the boys in your school. Outcomes of the programme include improved mental health and wellbeing of the target group, improved understanding across the school of the challenges they face, increased engagement with PE, sport and physical activity and improved engagement with learning and school life.

Programme Guidance Note

What will Schools get from being involved?

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

Who is eligible to run this programme?	
Secondary schools (inc. Special and PRUs)	
Challenges addressed through Boys Move	
<ul style="list-style-type: none"> • Declining mental health in adolescent boys • Behaviour and attendance • Engagement with learning and school life • Developing character traits, like skills and leadership/employability in young people • Tackling inactivity and poor physical health 	
Outcomes and impact	
For the School <ul style="list-style-type: none"> • Healthier and happier young people • Increased school engagement • Better learning outcomes • Improved behaviour and attendance • Improved progress and achievement • Increased employability skills and aspirations 	For the Young People <ul style="list-style-type: none"> • Improved mental health (reduced stress and anxiety) • Improved physical health • Increased physical activity levels • Developed life skills • Improved wellbeing
What are the expectations for delivery by successful schools?	
<p>The following expectations for Schools are as follows:</p> <ul style="list-style-type: none"> • Lead staff member watches pre-recorded briefing(s) • Up to 2 members of staff with access to 2 x 2.5-hour virtual training sessions • Support for building your own Boys Move project working with a targeted group • Engagement with virtual networking sessions following the training • Complete any surveys and data collection and provide case study material where necessary. 	

Schools applying to be part of this programme will need to be able to commit to participating for the minimum of two terms. Schools will be accountable to the completion of data collection in the agreed timescales detailed within this document.

What support will successful schools receive from Youth Sport Trust?

- Programme Support from programme manager
- Virtual planning and briefing webinar (this will be pre-recorded and available to watch at a time to suit all schools involved in the work)
- Access to networking opportunities to share best practice, lead development and success
- Access to innovative new resources developed to support the project implementation and training
- Development Coach support from educators who have been through the programme and developed their own projects
- Project planning tools and examples of practice from other schools
- Access to dedicated Teams channel to engage with other educators and schools.

What are successful schools expected to report on?

Data Collection Window

Schools will be required to report on the reach of the project each term. This will include information relating to:

- Impact against the outputs and outcomes of the programme
- Progress and impact of programme on pupils, staff and whole school
- Video/vox pop short stories (30- 90 seconds long) to capture impact and feedback from lead teacher and pupils

Monitoring and Evaluation Requirements:

October 2022	<ul style="list-style-type: none"> • Watch webinar briefing(s)
October 2022	<ul style="list-style-type: none"> • Baseline survey for all young people involved available
October 2022	<ul style="list-style-type: none"> • Baseline survey lead teacher
February – April 2023	<ul style="list-style-type: none"> • Post programme survey – young people and staff
December 2022 April 2023 July 2023	<ul style="list-style-type: none"> • Data Collection to be completed by lead staff member

- Youth Sport Trust are entitled to cancel ongoing delivery if there is a failure to satisfactorily complete any data collection or monitoring and evaluation requirements that we set out in the school contract.

Online reporting tool

You will be required to report on the reach of the programme each term through the relevant online reporting tool (breakdown as above). A dedicated link will be sent to the main contact at the end of each term.

Contact Details

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