**Step into Sport**

**Young People Leading the Way –**

**Raising Aspirations and Developing Inclusive School Sports Clubs**

**Context**

Step into Sport Youth Leadership Camps focus on the development of leadership skills in young people with SEND, with an increased emphasis on further training and deployment opportunities in workforce specific roles.

Step into Sport (SiS) county events are organised and delivered by the YST Lead Inclusion Schools.

These camps, which engage over 1,500 young leaders each year, support the Youth Sport Trust`s national Leadership Framework and supports young people to `Learn to Lead` - an introduction to Leadership. The YST Leadership Framework can be downloaded [here](https://www.youthsporttrust.org/youth-leadership).

Young Leaders will develop skills such as: Creativity, Communication, Planning, Organisation and Decision-Making.

And develop behaviours such as: Aspirations, Enthusiasm, Responsibility, Curiosity and Confidence.

The SiS attendees are supported by a local young role model and Athlete Role Model. Each attendee is given a voice and empowered to return to their school and be a role model for others.

Along with their personal development, the new skills will support the Young Leaders to develop more opportunities for all pupils (including those with SEND) to engage in school sports activities (clubs) and competition.

*All SiS events must be delivered by 31st March 2021.*

**Within this pack there are tutor resources for;**

* **Introduction and Welcome** *(notes in presentation slides)*
* **Session 1 – Youth Voice – Empowering Leadership** (Matrix notes)
* **Session 2 – The SMILES framework & STEP model** (Matrix notes)
* **Session 3 – CARE carousel – Engaging activities** (Matrix notes)
* **Reflection and Close** *(notes in presentation slides)*

Schools may choose to structure the day differently using the different workshops based on the number of attendees at the event and the experience within the county BUT outcomes need to be the same and changes to content should be a minimum.

**Target audience**

Minimum of 32 young people aged 13+

Minimum 50% young people with SEND – the day should include young people with and without SEND.

Young leaders with the potential to lead and facilitate activities to other Young People.

Young People aspiring to develop in Workforce specific roles (Coach/Official/Event Volunteer – focus of content is on the first two).

**Facilitating a workshop**

The workshops are designed to be interactive, learner centred and enable young people to share ideas, develop skills and knowledge and have some fun in a practical setting. **The event should be a positive learning experience set at the right level for each young person so that they can go back into their school and county areas to inspire other pupils (including those with SEND) to start participating in school sport activities (clubs).**

The facilitator notes for each workshop detail:

* Timings for each section of the workshop
* Suggested activities for each section
* Key learning/outcomes
* Resources and equipment

The resources and equipment required for the workshops have been selected on the basis that they will be available to you and your young people. If you would prefer to use different resources and equipment please ensure that they meet the learning outcomes and challenge the young people to think inclusively.

**Deliverers**

* Athlete Mentor (AM)
* Young Role Model (YRM)
* Young Mentor (YM) (will be your YRM from previous year)
* Inclusion lead
* Leadership, Coaching & Volunteering (LCV) Lead
* Knowledgeable Teachers/SGO/School Staff
* Experienced local young leaders/young coaches etc

**NB\*** If using local external tutors please ensure you have ok’d your choice of tutor with the YST Inclusion Team first (we need to ensure understanding of content/quality of delivery as we had some issues with this in previous years).

**Pre-Event**

To support the delivery of the event an Athlete Mentor (AM) will be assigned to each county. These will be shared with you in the new academic year.

Once you have been assigned your AM, please choose a date that suits both of you and please indicate if you intend to have *face-to-face delivery* or *virtual e-learning option*.

**Options:**

1. Face to Face SiS event
   * Athlete led
   * 1-hour pre and post Young Role Model support (2 hours total)
   * 1 hour to support comms and logistics
2. Virtual Blended SiS event
   * LIVE or Pre-recorded video from Athlete Mentor to introduce the day and welcome
   * Virtual pre-recorded videos for 3 x Workshops (teacher to lead activities in school with workbook to support learning)
   * 1-hour pre and post Young Role Model support (2 hours total)
   * 1-hour to support comms and logistics
3. Virtual Live SiS event
   * Athlete led online (live or pre-recording or a mix of both)
   * 1-hour pre and post Young Role Model support (2 hours total)
   * 1 hour to support comms and logistics
4. Virtual Pre-Recorded SiS event
   * Pre-recorded video from Kate Grey and Niamh Mourton to introduce the day and welcome
   * Pre-recorded videos for 3 x Workshops (teacher to supervise activities in school with workbook to support learning)
   * 1-hour pre and post Young Role Model support (2 hours total)
   * 1 hour to support comms and logistics

Please then send this date and preference to Roshni Mistry on  [Roshni.Mistry@youthsporttrust.org](mailto:Roshni.Mistry@youthsporttrust.org)

Your AM will be in contact with you directly (please **do not** contact AMs before you have been assigned one) they will contact you.

**SiS Training Matrix**

Usual Run Time on the day is 9.30am start – 2.pm finish

*(inclusive of Arrival, Departure and Breaks)*

**Face to Face SiS Event (Option 1)**

|  |  |  |
| --- | --- | --- |
| **Title of workshop** | **Length of workshop** | **Deliverers** |
| Introduction/Welcome | 20 minutes | **Lead-** Athlete Mentor (AM), Young Mentor (YM) and the Young Role Model (YRM)  **Support -** Inclusion lead |
| **Workshop 1**- Youth Voice | 60 minutes | **Lead**- AM/YRM/AM  **Support** - Teacher |
| **Workshop 2**- SMILES/STEP | 60 minutes | **Lead**- Inclusion lead or experienced local young leaders or teachers  **Support-** AM/YRM/YM |
| **Workshop 3**- CARE Carousel | 75 minutes (incl. 4 stations, 15 minutes each) | **Lead**- LCV lead/Inclusion Lead/ experienced local young leaders and/or teachers  **Support**- Teachers  YRM/YM/AM |
| Reflect/Close | 15 minutes | **Lead**- Inclusion Lead/ experienced local young leaders and/or teachers  **Support**- AM/YRM/YM |

**Virtual SiS Event (Options 2, 3 & 4)**

Can be run in one day or split into separate modules across different days

|  |  |  |
| --- | --- | --- |
| **Title of workshop** | **Length of workshop** | **Deliverers** |
| Introduction/Welcome | 20 minutes | Live online or Pre-Recorded by Athlete Mentor (AM), Young Mentor (YM) and the Young Role Model (YRM)  *Technical support and activity Support -* Inclusion lead |
| **Workshop 1**- Youth Voice | 60 minutes | Pre-Recorded Sessions by AM – teacher and young leaders to support/lead activities alongside workbook tasks in school (and support technology) |
| **Workshop 2**- SMILES/STEP | 60 minutes | Pre-Recorded Sessions by AM – teacher and young leaders to lead/support activities alongside workbook tasks in school (and support technology). |
| **Workshop 3**- CARE Carousel | 75 minutes (incl. 4 stations, 15 minutes each) | Pre-Recorded Sessions by AM – teacher and young leaders to lead/support activities alongside workbook tasks in school (and support technology). |
| Reflect/Close | 15 minutes | Pre-Recorded message by AM.  Inclusion Lead/ young leaders and/or teachers to lead reflection and close (and support technology). |

Before the SiS camp, your AM’s role is to mentor your selected **Young Role Model** to deliver their story as part the Youth Voice workshop.

*You can ask the YRM from the previous year to be involved in this process too as a* ***Young Mentor*** *for this year. Your Young Mentor will share their experience of being the YRM previously and they will learn more about mentoring from shadowing the AM before and during the SiS event.*

It is suggested that the AM meet with the YRM and YM via Zoom/Microsoft Teams online prior to the SiS event. (A responsible adult, known to the young people must always to be present during these meetings).

**Please note there is a 1-and-a-half-day visit allocated per YST Lead Inclusion School**

0.5 of that allocated time will be used for:

* Pre-event virtual support to YRM (flexibility to support the YRM with 30mins 2 weeks before event and 30mins on the day for example)
* Pre-event comms with YST Lead Inclusion School
* Post event chat (up to 30 mins) to reflect with the YRM on skills developed and lessons they have learnt and what they enjoyed.

It is also recommended that your Athlete Mentor is given 15minutes prior to the SiS opening to have a chat with the YRM and YM to help prepare them and refine their delivery.

At every SiS camp, the Athlete Mentor will be leading on delivery of the SiS Opening.

**General overview of the SiS Young Role Model and Young Mentor:**  
1. Each Inclusion Lead must identify their new Young Role Model with SEND per county/area, (this YRM can be an athlete, coach, official, leader).

You will contact your YRM from a previous year and invite them to be your Young Mentor this year.

* These young people will work directly with the Athlete Mentor before the SiS event and tell their 5-minute stories during the SiS event. When face to face delivery young people will shadow the AM throughout event.

*2.* Athlete Mentor will contact Inclusion lead to organise Zoom/Telephone call with this Young Role Model/ Young Mentor and their teacher/TA/parent.

\***OPTIONAL**\* The Athlete Mentor will send a personalised 1-minute video for the selected Young Role Model to the school to show at an Assembly. This video will congratulate the Young Role Model on being selected for this fantastic opportunity.

*\*****NB****\* One School Workforce member must always be present with the Young Role Model (Video calls and at SiS camp) and the member of school staff must communicate via telephone or email with the Athlete Mentor prior to the call with the Young Role Model to ensure the Athlete Mentor can* *prepare adequately to accommodate the needs of the Young athlete Mentor.*

3. Before the video conversation, the member of the school workforce (teacher/TA/support staff) must work with young person (using the template below) to put their 5-minute story together.

4. Athlete mentor has a 30min Video call with that young person to get to  
know them, discuss their 5 min story and what they will both be doing at the SiS camp.

* This 30min Video call may be split onto 2 x 15min slots perhaps if the young  
  people work better in shorter conversations times.
* Please note – it is not the Athlete Mentor’s responsibility to ensure the YRM has their story completed and that they are prepared to tell it at the SiS camp. The YRM must be supported by a member of staff at their school to enable them to write their story and help them build their confidence to present it at the SiS camp.
* The video conversation with the Athlete Mentor, Young mentor and Young Role Model will be used so that they can get to know each other, for the Young Mentor and Athlete Mentor to inspire the Young Role Model and to give them feedback on their 5-minute story.

5. For face to face delivery, the Young Role Model and Young Mentor will shadow the Athlete Mentor on the day of the SiS camp – they will co-deliver the Opening address and the Skills & Qualities of a Role Model/Leader workshop.  
6. The Young Role Model, Young Mentor and Athlete Mentor will take 15mins prior to the start of the SiS event to go over the Young Role Model’s 5-minute story and  
practice it.  
7. During the Youth Voice workshop, the Young Role Model will deliver their 5-minute story to everyone with the help of the Athlete Mentor (or teacher if virtual deliver) if needed.

DELEVOPING YOUR 5 MINUTE STORY – YOUNG ROLE MODEL

Your 5-minute story will essentially be about your journey to becoming an athlete, coach or official and how school, PE and sport have helped you to develop your leadership skills to help with this journey. If it helps you can structure it around these 5 points:

* The “Beginning” – who you are, where you are from, where your journey began?
* The “Spark” – was there a changing point, was there something that caught your interest or a class you did that resonated with you. A person who identified the leadership skills in you?
* Your Growing Interest – how did you develop this interest and develop your skills?
* Why You’re Here Today – how it led to you been on an aspiring athlete, coach or official and the incredible work you do? A challenge you have had to overcome?
* Your Future – what you aspire to do within sport and what you think an inclusive future should look like?

**Post Event**

Part of the delivery requirement is to report back on the number of Young People (with SEND) that the Young People trained impact on, it is important you establish a way of collecting this information from the outset.

During the Autumn and Spring reporting window you will be asked to report on the number trained during this event, and the number they work with (target is 10 per Young Person).

You and the AMs/YRMs and YMs will be also asked to submit feedback after the event.