

ANNUAL REPORT AND FINANCIAL STATEMENTS

31 March 2021

Youth Sport Trust

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Youth Sport Trust

LEGAL AND ADMINISTRATIVE INFORMATION

PRESIDENT

Sir John Beckwith CBE

TRUSTEES (DIRECTORS)

Mr Richard Davidson (Chair)
Mr Ben Stimson
Mrs Melanie Honnor
Mrs Denise Gladwell
Dr Paula Franklin
Mr William Downie
Mr David Gilbey (resigned 25 May 2021)
Dr Katherine Grainger
Mrs Belinda Richards
Ms Valerie Copenhagen
Miss Lauren Asquith (resigned 5 July 2021)
Mrs Joanna Coates
Ms Lipa Nessa (appointed 5 July 2021)

SECRETARY

Mr Peter Ellis

CHIEF EXECUTIVE

Alison Oliver

CHARITY NUMBER

1086915

COMPANY NUMBER

4180163

REGISTERED OFFICE

SportPark
3 Oakwood Drive
Loughborough
Leicestershire
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AUDITORS

RSM UK Audit LLP
Chartered Accountants
Grove Park, Rivermead House
7 Lewis Court
Leicester
LE19 1SD

Youth Sport Trust

LEGAL AND ADMINISTRATIVE INFORMATION (continued)

BANKERS

National Westminster Bank plc
Market Place
Loughborough
Leicestershire
LE11 3NZ

Santander
2 Triton Square
Regents Place
London
NW1 3AN

SOLICITORS

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Youth Sport Trust

REPORT OF THE TRUSTEES

The trustees present their report together with the financial statements of the Group for the year ended 31 March 2021.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (FRS102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The Youth Sport Trust (YST) is a charitable company limited by guarantee, incorporated on 15 March 2001 and registered as a charity on 5 June 2001. It succeeded an unincorporated charitable trust established in 1994. The company was established under a Memorandum of Association which established the objects and powers of the charitable company. The company is now governed under its Articles of Association (revised 25th June 2019), which now incorporate the objects and powers. In the event of the company being wound up members are required to contribute an amount not exceeding £1.00.

Appointment of Trustees

The trustees are the directors of the charitable company.

As set out in the Articles of Association and the YST Board Terms of Reference, all trustees are appointed for a term of three years and shall be eligible for reappointment for a further two terms, at which point they must retire from office. However, any trustee who is appointed as Chair may serve an additional term. In exceptional circumstances, and where the trustees consider that it would be in the best interests of the charity, a Chair who has served the maximum four consecutive terms or a trustee who has served a maximum of three consecutive terms may continue to serve for an additional one year period.

The focus of the charity's work is on young people and sport. YST undertakes a skills-based recruitment process, with a focus on competency, experience and suitability, to ensure that the Board is comprised of trustees from multi-disciplined backgrounds such as the world of sport, education, health and business. In addition to this, the YST is strongly committed to ensuring that there is a focus on equality and diversity when selecting suitable candidates. The recruitment process is carried out by the Nominations, Remuneration and Governance (NGR) sub-committee of the Board, through an open and publicly advertised recruitment process. All Board vacancies are advertised on the YST website, our partners websites (including UK Sport, Sport & Recreation Alliance and Sporting Equals), the national press and social media to attract people from various backgrounds.

The charity has trustee indemnity insurance in place at a cost of £3,310 (2020: £3,208).

The trustees and the executive team comprise the key management personnel of the charity in charge of directing and controlling, running and operating the Trust on a day to day basis. All trustees give their time freely and no payments for the reimbursement of expenses were made during the year (2020: £800) as none had been incurred.

The pay of the senior management team alongside all other staff is reviewed annually by the Nominations, Governance and Remuneration (NGR) Committee. No increases were given in this accounting period as there was a need to contain costs due to the drop in income because of the pandemic. In view of the nature of the charity, the executive team are benchmarked against pay levels with other similar sized organisations within the sport and education sector. The remuneration benchmark is the mid-point of the range paid for similar roles, adjusted for a weighting of up to 30% for any additional responsibilities. If recruitment has proven difficult, as in the recent past, a market addition may also be paid, with the pay maximum no greater than the highest benchmarked salary for a comparable role. Benchmarking is also carried out for other members of staff to ensure market rates are paid.

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REPORT OF THE TRUSTEES (continued)

Trustee Induction and Training

New trustees undergo an orientation day to brief them on their legal obligations under charity and company law, the content of the Articles of Association, the Board and decision-making processes, the strategic plan and the recent financial performance of the charity. During the induction day they meet key employees and other trustees whenever possible. The day is jointly led by the Chair of the Board and the Chief Executive of the charity. Trustees are also encouraged to attend external events where these will facilitate the undertaking of their role and enhance their understanding of the charity's remit.

In addition, a trustees' induction pack provides information on both the charity and the context within which it operates. The pack draws information from the Charity Commission's publication - 'The Essential Trustee' and the Code for Sports Governance (Sport England and UK Sport), as well as documents produced by the charity itself. These include the strategic plan, the organisation's structure, the latest annual impact report, key policies and annual financial statements.

Annual Governance Statement

Commitment

As an organisation which receives public funding through Sport England, we are required to comply with A Code for Sports Governance (the "Code"). This includes a set of mandatory requirements across five principles of good governance: structure, people, communication, standards and conduct, and policies and processes.

In July 2018, YST received confirmation from Sport England that we are compliant with the highest level of the Code – Tier 3.

Achieving good governance is an ongoing commitment, reflected in the fact that, within our 2018-22 Strategy, one of the tactics under the 'Strengthening Foundations' objective, is focussed on 'Maintaining Good Governance'.

This annual governance statement is prepared to provide a regular update for our stakeholders.

YST's Governance Framework

The YST Board, which can have up to 12 trustees, administers the charity. It has two sub-committees:

Audit and Risk Committee:

- Responsible for overseeing all financial and audit aspects of the YST, including risk management and internal control systems, and for reporting back to the main Board.
- Chaired by one of the trustees, with at least two other trustees as members.

Nominations, Governance and Remuneration Committee:

- Responsible for: leading the recruitment process of the Chair, CEO and trustees; overseeing and monitoring YST's governance framework and Board membership; determining the remuneration of Senior Leadership Team (SLT) members and providing guidance on annual increments for YST staff.
- Chaired by the Chair of the YST Board, with at least three other trustees as members.

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REPORT OF THE TRUSTEES (continued)

The Terms of Reference for these committees, along with those of the main Board, can be found on our website.

The Board met five times in 2020: 12 February, 28 April, 30 June (plus AGM) and 29 September, with an extended Board Meeting held on 2 December. This was preceded by a 'Partners and Beneficiaries Reception' on the evening of 1 December, which included our Board members.

In 2021, they have met on 3 February, 20 April, and will also meet on 5 July (including AGM) and 14 September, with an overnight Board Retreat and meeting to be held on 16/17 November.

All Board meetings since April 2020 have been held virtually, as permitted under clause 45(4) of our Articles of Association. In addition to the aforementioned meetings, the Board have met regularly with the Senior Leadership Team during this unprecedented period, to provide additional counsel and support.

Risk Management

YST manages risks at three levels: strategic, organisational and project, in accordance with our Risk Management procedure (part of our ISO 9001:2015 accredited Quality Management System).

Project level risks are reviewed monthly at a case conference meeting led by our Chief Operating Officer.

Organisational level risks are reviewed by our Chief Operating Officer and any significant areas of risk (including those at Project level) are raised at regular SLT Operational Meetings. SLT then determine what, if any, action needs to be taken and by whom.

Strategic level risks are regularly updated by the SLT and the Strategic Risk Register, along with a Summary Sheet, is sent to the YST Board prior to every meeting. This is a standard agenda item at every Board Meeting and the Board is responsible for reviewing the register, discussing the risks and proposed mitigation and making any recommendations back to the SLT to take forward accordingly.

The key risks during 2020/21 have been:

- In January 2020, a significant new unforeseen and unprecedented risk had emerged due to a coronavirus pandemic that caused an impact on the health of people. To stop the spread of the disease, the government put lockdowns in place to protect the health of the nation and to protect the NHS. This risk is significant and impacted all areas of the Charity. A task force was put together that addressed business continuity planning focusing on operational, financial and staffing aspects of the plan. This task force carried out scenario planning to determine the consequences and mitigation plans of each scenario. Regular feedback has been provided to the Board on this risk during the year.
- During the year, a "horizon scanning" exercise was conducted by the Chief Operating Officer looking at emerging risks. This exercise helps to inform the strategic risks that the charity needs to consider. The findings were presented to the Audit and Risk Committee.
- The charity has seven ongoing areas of risk on the organisational risk register.
 1. REPUTATIONAL – the brand of the organisation is hugely important to the credibility of, and trust in the charity. With the charity's involvement in so many significant publicly funded contracts there is a need for us to manage the association of the charity's brand with some of the larger programmes we deliver. Monitoring of social media has been a key feature during the year to inform the charity of both favourable and adverse comments. We have actively engaged with our funders to ensure that events and delivery have been rescheduled to enable maximum value to be delivered through programmes during this difficult period.

Youth Sport Trust

REPORT OF THE TRUSTEES (continued)

2. **SAFEGUARDING** - The safety, welfare and wellbeing of young people is of paramount importance to YST and our safeguarding responsibilities are taken very seriously. There is an ongoing focus on succession planning for our Safeguarding team and those with direct experience of safeguarding at various events held by the YST. Our safeguarding policy has now been updated to include online delivery of programmes.
3. **REGULATORY** – this area of risk covers corporate governance and compliance. With GDPR and new employment laws covering the gig economy it is essential that the charity remains abreast of what is both a legal requirement and best practice. In 2018/19 we introduced a new protocol to ensure trustees are continually updated regarding changes to our regulatory environment. This now forms part of a standing item for board meetings.
4. **FINANCIAL** – In 2018/19 the Board engaged in a review of our Reserves Policy and our effective use of reserves to impact on the mission and long-term sustainability of the organisation. This led to the creation of a 6-year budget and accompanying investment plan. Due to the pandemic, this long-term plan had been put on hold (except for two projects) as significant uncertainty emerged at the beginning of the financial year. To overcome these uncertainties, the charity carried out a scenario planning exercise which included financial planning for each scenario. The board were updated monthly on the financial implications of each scenario, to enable mitigating actions to be developed, to protect the charity's reserves.
5. **POLITICAL** – Since the general election in 2019, progress had been made in engaging with key political personnel to influence physical education in schools. However, with the coronavirus pandemic, government focus shifted to the immediate needs of protecting the health of the nation and protecting the NHS. Schools were shut in March 2020, to stop the transmission of the disease. During the year, the emerging risk of children's mental wellbeing has been a key focus for the charity in our engagement with political personnel and government departments.
6. **OPERATIONAL** – the charity's ability to get our programmes and products to market efficiently and effectively is at the centre of our work. This is dependent on the quality, reliability and capability of our technical systems; the strength and coverage of our strategic networks (School and Personal Members, School Sport Partnerships, Primary Clusters, Lead Schools, Learning Academy Tutors and Development Coaches); and the quality and training of our people. Weaknesses or failings in any of these areas would represent a risk to the organisation's core business. During the latter part of 2019/20, we recruited a Head of Technology Transformation manager. As staff were required to work remotely (due to the pandemic) this new role helped to accelerate the transition to remote working. We are also focusing on reviewing our systems to ensure business continuity and security.
7. **PERSONNEL** - The retention and agility of staff is key to the charity's continued growth and success, whether it's ensuring customer satisfaction, or maintaining balance and productivity in the workplace. The wellbeing of our staff has been a primary focus during this unprecedented year. Through this period, all staff have been working from home and it has been necessary to place many staff on furlough/flexible furlough for a period. We utilised 'pulse' surveys in May and October 2020, as a mechanism through which staff could provide feedback, to enable the Senior Leadership Team to gauge staff wellbeing. These surveys were in addition to the annual Best Companies 'b-Heard' survey, which staff completed in January/February 2021, following which an action plan is being developed. To aid communication during this prolonged phase of remote working, weekly, online briefings have been delivered to the whole organisation, led by the CEO, to ensure staff are kept informed and connected. An informal consultation group of elected staff representatives from across the organisation has also been convened. This group has met with the CEO on a number of occasions, enabling the views and ideas of staff to be heard and taken into account.

Our Risk Management procedure is annually reviewed through the Audit and Risk Committee.

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REPORT OF THE TRUSTEES (continued)

Governance Actions

In 2020 we commissioned Campbell Tickell to undertake an external evaluation of the Board and our current governance position, between September and December 2020. This involved: reviewing our key governance documents; analysing survey responses from both Board members and our Senior Leadership Team; observation of the Board meeting on 29 September 2020; and interviews with the Chair, CEO and a trustee. The findings of the evaluation were contextualised using a 'maturity matrix' against five key themes: Governance Framework; Skills, Competency & Diversity; Strategic Role; Dynamics and Culture; and Conduct of Meetings. The evaluation findings were presented to the Board in December 2020 and the results were very positive, indicating that YST has strong levels of 'maturity' across all themes. The following areas for further improvement were included in the final report:

- Board to be assured that the relationship between YST and its trading subsidiary, Youth Sport Trust Enterprises Ltd, (YSTe) is clear and appropriate;
- Ensure that best use is made of Board skills and contributions;
- Continue to build on the excellent work around equality, diversity and inclusion and ensure that this is a regular topic of conversation at Board level.

There were also some minor 'housekeeping' points related to a few of our governance documents.

An action plan has subsequently been developed to address these areas and progress against this plan is being monitored by the Board.

We have also reviewed and updated our Safeguarding policy, which is now split into separate documents for adults and young people. These can be found on our website, along with our Annual Report and Financial Statements, Annual Impact Report and other key policies, including: Equality and Diversity, Safeguarding, Whistleblowing and Anti-Bribery.

STRATEGIC REPORT

Organisation

A Chief Executive is appointed by the trustees to manage the day to day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority for operational matters, within terms of delegation approved by the trustees, including finance, employment, and performance related activity.

Objectives and Activities

The Charity's objects ("Objects") for the public benefit and in particular for the benefit of young people under the age of 25 both in the United Kingdom and internationally ("Young People") are:

1. To support, enable and encourage Young People, irrespective of ability, to participate in sport and physical activity, whether in schools, other educational establishments or the wider community, by providing advice and assistance and organising programmes of physical, educational and other activities to help Young People to develop their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals, advancing their mental and physical health and education.
2. To provide advice and assistance to parents, carers and families to enable and encourage them to support Young People, irrespective of age or ability, to participate in sport and physical activity.
3. To improve and increase the provision of sport and physical activity opportunities available for Young People by building networks, delivering training and seeking co-ordination, collaboration

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REPORT OF THE TRUSTEES (continued)

and co-operation amongst providers of sport, physical activity, and physical education, and between sport, education and health providers.

4. To promote the benefits of sport and physical activity (in general and in particular) and the physical and mental health of Young People by undertaking and disseminating research into sport, physical activity, the impact of sport on academic achievement and into the physical and mental health of Young People.
5. To seek to influence policy makers at local, national and international levels about the importance of sport and physical activity and its benefits to Young People (without engaging in any party-political activity).
6. To advance such other charitable purposes as the directors may from time to time think fit.

In accordance with our stated aims in the Annual Report (2017-18), this year represented year 3 of our 2018-2022 Strategy - 'Believing in every child's future' Its vision is for a future where every child enjoys the life-changing benefits that come from play and sport. This strategy has six strategic objectives, which we use to align our projects and programmes and wider charity activities:

- **Transforming Physical Education (PE):** Transforming PE's place in the curriculum, putting PE at the centre of wellbeing and achievement in education.
- **Removing Barriers to Sport:** Harnessing global best practice to ensure youth sport in the UK is inclusive, accessible and fun.
- **Unlocking Potential:** Unlocking sport's potential at every stage of a child's life, especially where they face inequality or disadvantage.
- **Empowering Activism:** Empowering young people through sport to become local activists, tackling the issues of their generation.
- **Championing Insight:** Championing the impact of physical activity, PE and sport through research and insight across our organisation, networks, stakeholders and wider sector.
- **Strengthening our foundations:** Ensuring we can sustain our mission. We will deliver our charitable objectives through good governance, a skilled workforce and sustainable income.

We continue to draw on our three 'unique selling points'- to develop, deliver and disrupt - through interventions, projects and the influencing of wider policy and funding focus areas:

- **Develop:** innovative resources, training, professional development modules and programmes to support young people in PE and sport.
- **Deliver:** high quality events, programmes, activities, camps and experiences for young people and their wider support base such as parents and carers, teachers and coaches.
- **Disrupt:** and challenge convention where there are opportunities to improve the provision, quality or approach of using sport, PE and physical activity to improve young people's lives.

We are not a grant giving organisation, however there are occasions where we will seed fund a project or initiative as part of a pilot programme that is later integrated into our mainstream programme delivery.

We work closely with several organisations at a national level including the Teaching Unions, Academy Chains, The Home Country Sports Councils, Women in Sport, Sporting Equals, the English Federation of Disability Sport, Special Olympics GB, Commonwealth Games England and National Governing Bodies of Sport (NGBs). We also work with regional and local partners such as Local Authorities, Active Partnerships and a range of small community-based charities, enabling us to deliver holistic programmes which embrace provision with and beyond the school gates. A number of our projects and programmes are also supported through business and corporate partnerships.

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Fundraising

YST is registered with the Fundraising Regulator and follows the Code of Fundraising Practice and the Fundraising Promise (<https://www.youthsporttrust.org/our-fundraising-promise>). During 2020/21, the YST received a good level of unrestricted income through donations and charitable activities despite the pandemic. The charity also submits bids to various Grant-making bodies (including trusts and foundations).

In May 2020, the charity was awarded “The #ChangeCollective Award” by the Chartered Institute of Fundraising in recognition of YST’s achievements in equality, diversity and inclusion.

We are pleased to report that no complaints were received during the year ended 31 March 2021 (2020: no complaints).

YST is committed to ensuring that anyone working, or volunteering, on behalf of the charity, understands their mandatory responsibilities and demonstrates best practice in safeguarding children and adults at risk in their care. YST holds the NSPCC Child Protection in Sport safeguarding standard and we have an internal group leading on the development of our safeguarding policies and practice. The Safeguarding policies can be found on the YST website link below:

<https://www.youthsporttrust.org/about/safeguarding>

Achievements and Performance

The vision of the YST is a future where every child enjoys the life-changing benefits that come from play and sport. The financial year 2020/21 embedded our new strategy, with our work spanning six strategic objectives.

Despite restrictions imposed due to the coronavirus pandemic, we still managed to achieve good levels of reach across our target groups, through a wide range of projects and initiatives throughout this period, although figures were understandably reduced vs. the previous year.

- 309,115 children participated in a YST programme
- 99,706 young people were trained by the YST
- 20,650 adults were trained by the YST.

With schools closed to many pupils for parts of the year, YST was able to adapt and pivot its activities to ensure that our work was able to continue and reach those that needed our support:

TRANSFORMING PHYSICAL EDUCATION

We are working to transform PE’s place in the curriculum, putting it at the centre of wellbeing and achievement in education. We do this by working with teachers, young people, parents and policymakers to maximise PE’s potential to improve children’s wellbeing and achievement.

Driving for transformation: We continued to campaign for PE’s place in the curriculum. In 2021, we commissioned research with the Gregson Family Foundation, which found that 68% of parents agreed that PE should be a core subject on the curriculum, alongside English, maths and science. Over 4/5^{ths} of parents believed that cuts to PE, sport and break times in schools are likely to have a negative impact on pupil wellbeing.

Our 2020 **National School Sport Week at Home**, supercharged by Sky Sports, reached 2 million people. 3,500 schools signed up to participate and the week attracted 138 media mentions. 44 Members of Parliament

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REPORT OF THE TRUSTEES (continued)

also took part during the week of activities which used PE, sport and physical activity to champion wellbeing and togetherness during the coronavirus pandemic.

In 2021, supported by SportWales, we conducted research with schools in Wales, surveying and conducting focus groups with over 7,000 young people and over 100 practitioners. Through this work we were able to provide insights around young people's current engagement in sport and physical activity. Working with both young people and practitioners we developed a set of recommendations for schools and the wider sports sector to help re-engage young people in sport and physical activity as restrictions begin to ease and things return to normal.

REMOVING BARRIERS TO SPORT

We are continually looking to harness global best practice to ensure youth sport in the UK is inclusive, accessible and fun. We are doing this by supporting schools, clubs and families to remove the causes of negative experiences for young people.

Influencing the School Sport and Activity Action Plan. Throughout 2020/21, we have continued to work closely with the three government departments, DFE, DCMS and DHSC, to support the implementation of those strands of the School Sport & Activity Action which have been progressed to date. This has included the delivery of the School Games, the support of the Primary PE and Sport Premium and programmes which support the empowerment of young people through sports leadership. We have also continued to co-ordinate and facilitate a collective response to the Action Plan by the school sport and activity sector partners – in particular this has led to the creation of a national team of School Sport Champions (current and former athletes, from each national governing body of sport, who feel passionate about the place of PE and sport in children's education) and the establishment of a National Youth Sport Forum (engaging young leaders from youth boards and forums across a range of sport sector organisations).

School Games: We continued our engagement as Sport England's delivery partner for the School Games, co-ordinating a national network of 450 School Games Organisers (SGOs). Throughout the coronavirus pandemic, YST have supported these SGOs in providing online activities and digital content to help every child in achieving 60 active minutes, in line with Chief Medical Officer's guidance. We put on six virtual conferences to support the efforts of SGOs and Local Organising Committees. The School Games Active Championship saw 4,772 young people using the platform TopYa! to take part in video-based activity challenges.

The FA funded **Game of Our Own – Supported by Barclays** programme, gives schools a new approach to the delivery of curriculum PE, using football as a vehicle. It aims to develop character education in girls, through a life-skill approach to the delivery of football in curriculum PE lessons, to change perceptions. 352 teachers have so far undergone training for this programme during the 2020/2021 academic year. For young people, Game of Our Own Leadership programme has moved to an entirely virtual delivery model, launching in May 2021, and over 2,400 girls have signed up for this, from over 220 schools.

Additionally, we have used digital video conferencing platforms to train 782 primary staff to deliver The FA **Shooting Stars – Inspired by Disney**, which aims to help girls, aged five to eight, develop physical competency, speaking and listening skills.

Young Coaches and Activators: Responding to the coronavirus pandemic and the necessity for "bubbles" in schools, we provided an online Bubble Leadership resource for schools to continue to support young leaders, enabling them to be better attuned to the physical and emotional demands that the pandemic has posed.

Inclusion 2020 is the umbrella term for the YST's delivery of an initiative that sits within the Department for Education's SEND Inclusion in PE, School Sport and Physical Activity grant. The YST is leading a consortium of organisations (Activity Alliance, British Paralympic Association, NASEN, Swim England),

Youth Sport Trust

REPORT OF THE TRUSTEES (continued)

schools, parents and young people to increase opportunities for young people with special educational needs and disabilities (SEND) to enjoy physical education, school sport and physical activity.

YST supports 50 Lead Inclusion Schools across England - hubs of expertise on inclusive PE and sport - to act as champions in their local areas. As well as staging events, they are responsible for training staff and sharing best practice with other schools to improve the provision of PE, school sport and physical activity for young people with SEND

Girls Active, funded by Sport England, is delivered by the YST, supported by Women in Sport and aligned to This Girl Can. Established in 2015, Girls Active is an award winning programme, which aims to help schools understand what motivates girls to take part in physical activity, PE and sport, enabling teachers to work with girls – through consultation and leadership – to make the necessary changes to their PE, sport and physical activity provision. Girls are empowered within the programme to become GLAMS (Girls Leadership and Marketing Squad), a network of role models to inspire, engage and support peers.

The Girls Active programme comprises a one-day training course for secondary teachers, hard-copy and electronic resources, self-reviews, insight surveys and reports, seed funding to support actions and ongoing support. A separate residential leadership camp for girls aged 15-17 has also provided training for some schools with a specific focus on girls' leadership and developing girls as coaches.

Stepping up for Change launched in 2017, extending Girls Active into primary schools. The programme comprises a one-day teacher training workshop for primary and secondary teachers and a girls' 'camp style' leadership day. The focus of Stepping up for Change is supporting primary girls' transition to secondary school, with leaders acting as role models for younger girls and strengthening links between schools.

Across the first 5 years of the programme Girls Active has engaged 837 schools and trained 1,112 teachers. More than 8,200 girls have been trained as leaders, engaging over 81,000 girls as participants in activities and events.

Healthy Lifestyle Champions- This programme aims to use the power of peer leadership to empower a representative group of leaders from school settings to engage peers from low socio-economic backgrounds in festivals. From this, a further cohort of young people will engage in a block of 8 - 10 sessions of non-traditional activity, that will be delivered in a way that can be sustained. Over 40 schools and over 250 Healthy Lifestyle Champions attended a virtual conference in December 2020. The delivery of subsequent festivals has already begun to take place, both face-to-face and online. Feedback from the programme has revealed that it also supports the wellbeing and social skills of the Healthy Lifestyle Champions, which has been of additional benefit, especially given challenges for young people during the coronavirus pandemic.

UNLOCKING POTENTIAL

The YST's aim is to unlock sport's potential at every stage of a child's life, especially where they face inequality or disadvantage. We are doing this by closing the gaps created by inequality and disadvantage, particularly at key transitional moments in a young person's life, like starting or changing school and preparing for employment. To achieve this, we have undertaken a number of programmes including:

Bedfordshire Healthy Movers: 20 early years practitioners, from 10 nurseries, pre-schools and children's centres, have been trained to deliver sessions that can improve the physical literacy and activity levels of 3 to 4 year olds. Even during the coronavirus pandemic, while many of these settings have been closed, Healthy Movers resources have still been shared with parents/carers. In some cases, settings have hosted online Healthy Movers sessions through Facebook live, whilst others have sent activity cards home through portals such as Class Dojo. YST has also provided twice weekly Healthy Movers at Home sessions which settings have been able to signpost families to.

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Healthy Movers: This aims to support practitioners and families to develop their competence and confidence, to ensure every child is physically literate and to improve self-esteem and wellbeing. In 2020, YST worked with 15 early years settings, engaging 56 practitioners, and providing 620 home packs. Also, 230 parents attended Stay and Play sessions.

Active in Mind We supported young people to manage challenges to their mental health during the first lockdown, by sharing videos from YST Athlete Mentors, thanks to the Sport England National Lottery funded Active in Mind programme. The videos have received 600 views and the resources have been downloaded 1,200 times.

EMPOWERING ACTIVISM

Our programmes are designed to empower young people through sport to become local activists, tackling the issues of their generation. Some examples include:

Unified Action is a short-term project funded by the Ministry of Housing, Communities and Local Government and is delivered by YST in partnership with Sporting Equals and 2-3 Degrees. The project aims to improve social cohesion and increase participation in sports governance by bringing together young people of diverse faiths and ethnicities, utilising their shared passion for sport to address issues of inclusion and provide opportunities for leadership. 33 community organisations/schools are involved in the project, with 69 young people engaged as 'Unified Ambassadors' and 41 community leaders as 'Unified Mentors'. Currently, they are undertaking social action tasks called 'unified actions' that aim to improve social cohesion in their local area.

Young Ambassadors: We created the Young Ambassadors programme to build the leadership skills of young people who encourage their peers to get active. We continue to support its delivery with funding from sportscotland and Sport Wales. Across Wales there are more than 4,000 active Young Ambassadors in schools, colleges and universities.

Active Across Ages is a YST innovation pilot funded by YST International and the Sir John Beckwith Charitable Trust, and delivered in five locations in England. We're tackling isolation by bringing together the two loneliest generations – young and older people - to play sport and get active. Ten primary, secondary, and special schools are working in partnership with 10 older people's settings including care homes, community groups and day centres. 127 young people have been trained as Activity Buddies and during lockdown they continue to send letters to their older friends including sharing ideas for being active.

Birmingham Connect: Capitalising on the excitement around the 2022 Commonwealth Games being held in Birmingham, we are empowering young people to build connections among peers from diverse and segregated communities in the city. Birmingham Connect is encouraging social integration by partnering pupils, aged 11 to 13, with students in other schools across the city, to help them connect through sport. 100 young people have been supported to lead the project, across 20 schools identified as highly segregated, either through ethnicity, deprivation or disability. The project is being run in partnership with Team England, with the support of National Lottery funding through Sport England, and funding from the Ministry of Housing, Communities and Local Government. It is being delivered with support from Inspire Activity Ltd, Culture Central and Birmingham Education Partnership.

National Youth Sport Forum: As referenced above under the School Sport and Activity Action Plan, we have worked in partnership with the Sport & Recreation Alliance this year to establish a forum of young ambassadors from a range of youth boards and forums across the sporting landscape. This forum has contributed its voice to the Sport England Strategy Consultation and the Comprehensive Spending Review representation of the YST.

Wider reach activities:

We continue to grow our reach across our core communication channels. In the 2020/21 academic year to date:

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- We had 98,734 followers on social media
- 462,087 people visited our website
- There were 1605 mentions of our work, research and campaigning in the media including 204 stories in the national and broadcast media
- We had 500,000 downloads of free activity resources and
- 2 Million people were reached through YST National School Sport Week at Home in 2020

We have continued to nurture our wider networks across the education landscape. Across 2020/21 these extended to:

- 97 Head Teacher Ambassadors, including 7 Lead Headteacher Ambassadors (51 secondary and 46 primary, there are 5 SEND schools within these)
- 101 Secondary PE Catalysts (Including 8 Lead PE Catalysts. there are 3 SEND schools within these)
- 16 Primary PE Catalysts
- 84 Health and Wellbeing Lead Schools (80 secondary and 4 primary - there are 6 SEND schools within these)
- 640 Well Schools (330 primary, 11 all-through schools and 299 secondary - there are 39 SEND schools within these)
- 48 Leadership Coaching and Volunteering Schools (39 secondary schools, 1 special school, 2 sixth form colleges, 2 SSP's, 2 Active Partnerships and 2 primary schools)
- 51 Lead Inclusion Schools (3 primary, 28 secondary, 19 all-through, 1 alternative provision – there are 26 SEND within these)
- 119 Early Years settings (24 Cornwall, 17 West Somerset, 15 Wiltshire, 20 Bedfordshire, 12 Lowestoft, 12 Ipswich, 7 Southwark and 12 Hull)
- 95 PE & Sport Cluster Coordinators
- In addition, across 2020-21 we trained 3,474 delegates through our Learning Academy.

ENABLERS

The coronavirus pandemic had a significant impact on our ability to deliver across 2020/21, however, a number of enablers have been central to the ongoing momentum and impact of our work:

1. The establishment of a 'Coronavirus Support' section of the YST website through which we made available: activity ideas; downloadable resources; on-line training etc. During the year we had c. 800,000 downloads of resources alone.
2. As Part of our 'Coronavirus Support' programme we established a specific Podcast series, bringing together a range of expert voices, from across the UK and internationally, on the consequences of the virus and lockdown on children and young people, including tips and ideas on how to re-engage young people on their return to school (both after the 1st, 2nd and 3rd lockdowns).
3. The re-positioning of National School Sports Week to 'National School Sport Week @ Home', to inspire participation and activity across primary and secondary age young people, with content suitable for the home environment. The week was also extended for the first time, to embrace the weekend and, as part of the specific content supporting the week, included family activity, designed to support parents and carers to be active alongside their children.
4. Off the back of National School Sport Week @ Home, we established a #Together Parents Newsletter. This has enabled us to engage with c.3,500 families, supporting them to be active together and equipping parents with a whole range of information, advice and guidance about the

Youth Sport Trust

REPORT OF THE TRUSTEES (continued)

role and impact of play, sport and physical activity on children's lives, as well as what they can expect from Physical Education today.

5. During 2020/21, the charity benefitted from a range of new strategic and commercial partnerships which have aided our reach and impact:
 - a. we initiated a partnership with the Wimbledon Foundation to launch a programme focussing on the development of life skills and employability skills in young people from some of the most disadvantaged communities
 - b. we delivered on a partnership with Warner Brothers, capitalising on the interest in the launch of the Wonder Woman 1984 film. This partnership saw the YST develop physical activity resource cards, which help children understand and work on specific life skills and foster important character traits.

Public benefit

In setting objectives and planning activities, the trustees have given careful consideration to the Charity Commission's general guidance on public benefit and confirm that they have complied with their duty in Section 17 of the Charities Act 2011.

The work of YST cuts across a number of key policy areas, including youth, health, education, sport and community development. The YST's work to broaden and develop PE and sport opportunities for young people not only makes young people fitter and healthier, but also improves their confidence and self-esteem, enhances their achievement across the curriculum, supports their wider engagement in the community and allows them to build the foundation for an active, healthy lifestyle.

In 2020/21 the coronavirus pandemic has accelerated existing concerns about the increasingly complex and sedentary lifestyles of children giving rise to: increasing obesity levels; declining emotional wellbeing; the acceptance of diversity within an ever-changing world; rising youth unemployment; and increasing concerns about the involvement of young people in knife crime and gang related crime. The work of the YST directly tackles all these issues and over the past year has intensified its impact on those young people most affected by the consequences of the coronavirus pandemic and associated lockdowns; In this way it provides significant public benefit.

The work we do to develop young people as leaders has benefit beyond sport - the skills that are developed in this area can stay with young people for life. A large number of young people trained in leadership skills by the YST go on to volunteer in the local community, bringing significant social benefit.

In particular, the YST has a deep and impactful focus on equal opportunities for all young people through increasing access to physical education and sport. We deliver programmes which target under-represented groups such as young women and girls, those young people with SEND, young people from diverse ethnic and cultural backgrounds and young people from the most disadvantaged backgrounds.

Finally, supporting and aiding each young person to achieve their personal best in sport demonstrates the ability of every young person to succeed and to achieve. Allowing talent in sport to emerge – as an athlete, leader or coach – we help to create positive role models, enhance community cohesion, and fuel future national success and pride in international sport.

Financial review

Financial planning, monitoring and control are fundamental to the operation of the charity. The structured approach we take ensures synergy between our plans – our core strategic plan informs our annual operational plan, detailing our key aims and objectives for the year, which is underpinned by our annual budget.

Youth Sport Trust

REPORT OF THE TRUSTEES (continued)

The financial year 2020/21 was the third year of the new 4-year strategy that the YST developed to tackle the decline in young people's wellbeing. This strategy has six key objectives as outlined on pages 7 and 8.

Our Group income for the year has seen a decline of 24% from 2019/20 (excluding furlough receipts). The main reason for this being the impact of the coronavirus pandemic, where YST was unable to deliver programmes face to face, due to school closures. However, our major funders have continued to support us by either changing the mode of delivery to online and/or postponing delivery to future periods. Both of these factors have played a role in reducing income, as online delivery does not require the same levels of funds as face to face delivery. There has also been a reduction in our trading subsidiary income. The Group has returned an unrestricted surplus of £724,723 (2020 deficit £103,280) - this includes a trading subsidiary profit of £52,578 (2020 profit of £62,842).

Compared with 2019/20, income for the charity is down by 17% and the trading subsidiary is down by 40%.

The main drop in the charity's income has come from Sport England, where income has reduced due to the repurposing of programmes and postponed delivery. Other key funders that have postponed delivery due to the coronavirus pandemic include Spirit 2012 and LIDL, where there was a specific need for face to face delivery.

The trading subsidiary has had a decline in income of 40% from 2019/20. Although product sales are down due to the closure of schools, the network and events income has suffered due to YST not holding its annual conference, which generates exhibition and sponsorship income for the trading subsidiary.

Staff that were furloughed have been funded by the government's job retention scheme, which was introduced at the beginning of the financial year. Total furlough income received during the year was £752,534 (2020: £nil).

In 2018, the Board of YST agreed to invest in various areas of the charity, to help to deliver on its mission and strategic objectives. A designated fund of £1,311,000 had been set aside for this purpose. During 2020/21, due to the uncertainty caused by the coronavirus pandemic, a decision was taken to stop some of the investment programmes, to protect the charity's unrestricted reserves. This has led to a transfer of funds, from designated to unrestricted, of £330,858. Designated funds for three strategic investment programmes (Brand Awareness, Well Schools Movement and Commercial) have been retained. The balance on designated funds of £759,883, includes a fund of £168,981 (2020: £58,210) to deliver short term programmes that will be delivered in the next financial year. These are shown as designated funds in note 15.

The group's unrestricted reserves now stand at £6,220,482 and included within this are designated reserves of £759,883.

Plans for future periods

For over a year the fortunes of the charity and the vitality of our mission have been impacted upon and amplified by the coronavirus pandemic. The nature of how this virus changed the way we all live our lives had a profound effect on how we sought to deliver our mission, the type of support needed, and where our focus was going to be best applied for maximum benefit. Through the agreement of funders elements of delivery planned for the summer term of 2020 were deferred into the following academic year, and this trend of having to adapt with the peaks and troughs of the pandemic in the UK continued throughout 2020/21 and will continue to do so into 2021/22.

Successive lockdowns, where schooling had to be accessed remotely for many students, accompanied by an autumn period characterised by repeated periods of 14-day self-isolation of 'bubbles', meant for a disjointed delivery period. The development of a set of alternative scenarios, with phased milestones, allowed for the re-orientation of our delivery expectations through the year, with the most dramatic change required in

Youth Sport Trust

REPORT OF THE TRUSTEES (continued)

January 2021, at the start of what became a more than two month closure of schools for most students across the UK. This has left a positive legacy for the charity, as follows:

- A school workforce more open and capable of receiving virtual CPD rather than in-person, increasing the flexibility with which we can deliver our mission
- A staff and Learning Academy with increased agility, and a more diverse range of tools at their disposal to support our beneficiaries
- Increased capability to re-profile our delivery plans quickly, recognising what works best in virtual and face to face environments
- We have reached more schools, teachers, parents and young people than ever before – free of charge through our virtual offering, thanks to the flexibility and support of our funders.

However, the impact on young people has been significant and presented challenges to them in ways that very few could have reasonably anticipated previously, and this will shape how we seek to support young people and measure our impact. Kept apart from their friends, unable to see loved ones, learning from home (often with limited technology), prevented from taking part in the activities and play synonymous with childhood, and with organised school sport and community sport mothballed for months on end, children need our mission now more than ever.

Children became less active and more children experienced mental health problems. Whilst physical activity and wellbeing were considered national priorities, with significant evidence to demonstrate that those individuals who have fared best throughout the pandemic, both in terms of physical and emotional wellbeing, are those who are active and have taken responsibility for their health and wellbeing, we have fought hard for this to be addressed in practice. The positioning of the summer term in 2021, as being an Active Recovery for young people, has been at the heart of our messaging, and our pioneering work has helped bring this to life, leading action across the sector and supporting schools seeking to make the change in their own community, through the growing Well School movement.

Whilst the coronavirus pandemic meant our 25th anniversary celebrations were scaled back, the milestone proved a valuable anchor for the review of progress against our strategy, repeating the landmark ‘Class of 2035’ research, first conducted in 2015, adjusting to eight key themes that emerged from the impact of the pandemic, and reviewing our strategy. All of these factors leave us looking forward into 2021/22, with three simple success measures for our work:

- The happiness of young people
- The health of young people
- The focus of our work on those young people facing the greatest disadvantage

Whilst the lasting, ongoing impact of the coronavirus pandemic on young people and wider society remains uncertain, we anticipate a further, rapid evolution in how we deliver our mission to occur as a result of this game changer for society. In the coming year, we will continue to focus on the six objectives of our current strategy, as we begin to plan and prepare our new strategy from 2022. We will specifically focus on progress against agreed ambitious targets within each objective:

- Transforming Physical Education’s (PE) place in the curriculum, putting PE at the centre of wellbeing and achievement in education.
 - o 6,000 members of the Well School Movement
 - o 4,000 schools having re-purposed their PE curriculum
- Removing Barriers to Sport by harnessing global best practice, to ensure youth sport in the UK is inclusive, accessible and fun.
 - o 10,000 schools having reframed competition
 - o 200,000 young people from underrepresented groups directly supported

Youth Sport Trust

REPORT OF THE TRUSTEES (continued)

- Unlocking sport's potential at every stage of a child's life, especially where they face inequality or disadvantage.
 - o Establishing 'a sport for development' blueprint for education settings
 - o Ensuring that 30% of young people taking part in our programmes are from the most disadvantaged communities (schools in IMD deciles 1 and 2), increasing their happiness, sense of purpose, self-worth and positive future
- Empowering young people through sport to become local activists, tackling the issues of their generation.
 - o Developing and supporting the National Youth Sport Forum we created in 2020
 - o Delivering youth social action projects in 25 communities
- Championing the impact of physical activity, Physical Education and sport through research and insight.
 - o Establish a school sport research hub
 - o Provide research, evidence and insight to feed into 20 public consultations
- Strengthening our foundations to ensure we can sustain our mission. We will deliver our charitable objectives through good governance, a skilled workforce and sustainable income.
 - o Improve our employee engagement score in the Best Companies Times 100 index
 - o Increase public awareness of our mission by 3% to increase engagement with our cause

Performance indicators

We apply a Monitoring and Evaluation (M&E) Framework, which aims to bring about greater consistency in the way we collect evidence of our impact. The framework is used to guide all aspects of our work, including design, delivery and evaluation.

Our suite of outcome indicators is set out below.

Young people outcomes

- Increased wellbeing skills and achievement: communication, teamwork, leadership, confidence, resilience, empathy, self-belief, relationships with friends / family and progress at school
- Increased participation in physical activity
- Increased participation in volunteering
- Increased happiness
- Increased physical literacy: enjoyment, confidence, understanding, knowledge
- General self-efficacy questions: standardised measure of resilience and self-belief
- Percentage of young people involved in our programmes who come from disadvantaged communities.

Adult Impact

- Increased confidence, competence and motivation in their role
- Improvements to delivery

Whole School Impact

- Improved attainment, attendance and behaviour

Investment powers and policy

Under our Articles of Association, the charity has the power to invest in any way the trustees wish.

Youth Sport Trust

REPORT OF THE TRUSTEES (continued)

The trustees, having regard to the liquidity of the organisation and its reserves policy, have operated a policy of keeping funds available in interest bearing deposit accounts, incorporating long-term and short-term deposit facilities across two banking institutions.

The invested funds held by the parent charity on deposit achieved a 12-month average return of 0.4% against the average base rate for the year to March 2021 of 0.1%.

Reserves policy

At the Board meeting held on 30th June 2020, the Board reviewed the Business Continuity plans of YST and agreed to hold the minimum unrestricted reserves of £2.3m, which is the current estimated cost of an orderly wind down of the charity. In addition to redundancy and notice period costs, the £2.3m covers the cost of retaining administrative staff and facilities to support staff directly delivering programmes to complete contractual agreements. The unrestricted Group reserves (excluding designated funds) at 31 March 2021 were £5.5m (2020 £4.4m) which is in excess of the minimum reserves policy set by the trustees.

AUDITOR

RSM UK Audit LLP has indicated its willingness to continue in office subject to retender.

STATEMENT AS TO DISCLOSURE OF INFORMATION TO AUDITOR

The trustees who were in office on the date of approval of these financial statements have confirmed, as far as they are aware, that there is no relevant audit information of which the auditor is unaware. Each of the trustees have confirmed that they have taken all the steps they ought to have taken as trustees in order to make themselves aware of any relevant audit information and to establish that it has been communicated to the auditor.

The Trustees Report and Strategic Report were approved on behalf of the board.



Mr Richard Davidson
Chair

10/09/2021

Youth Sport Trust

TRUSTEES RESPONSIBILITIES IN THE PREPARATION OF FINANCIAL STATEMENTS

The trustees (who are also directors of YST for the purposes of company law) are responsible for preparing the Trustees' Report and the incorporated Strategic Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing these financial statements the trustees are required to: -

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Opinion

We have audited the financial statements of Youth Sport Trust (the 'parent charitable company') and its subsidiary (the 'group') for the year ended 31 March 2021 which comprise the Consolidated Statement of Financial Activities, the Group and Charity Balance Sheets, the Consolidated and Charity Statements of Cash Flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the group's and the parent charitable company's affairs as at 31 March 2021 and of the group's incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the group and parent charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the group's or parent charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the Report and Financial Statements other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the Report and Financial Statements. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF YOUTH SPORT TRUST (CONTINUED)

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report, which includes the Directors' Report and the Strategic Report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Directors' Report and the Strategic Report included within the Trustees' Report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the group and the parent charitable company and their environment obtained in the course of the audit, we have not identified material misstatements in the Directors' Report or the Strategic Report included within the Trustees' Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept by the parent charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
- the parent charitable company financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' responsibilities set out on page 19, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the group's and parent charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or parent charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which the audit was considered capable of detecting irregularities, including fraud

Irregularities are instances of non-compliance with laws and regulations. The objectives of our audit are to obtain sufficient appropriate audit evidence regarding compliance with laws and regulations that have a direct effect on the determination of material amounts and disclosures in the financial statements, to perform audit procedures to help identify instances of non-compliance with other laws and regulations that may have a material effect on the financial statements, and to respond appropriately to identified or suspected non-compliance with laws and regulations identified during the audit.

In relation to fraud, the objectives of our audit are to identify and assess the risk of material misstatement of the financial statements due to fraud, to obtain sufficient appropriate audit evidence regarding the assessed risks of material misstatement due to fraud through designing and implementing appropriate responses and to respond appropriately to fraud or suspected fraud identified during the audit.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF YOUTH SPORT TRUST (CONTINUED)

However, it is the primary responsibility of management, with the oversight of those charged with governance, to ensure that the entity's operations are conducted in accordance with the provisions of laws and regulations and for the prevention and detection of fraud.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud, the group audit engagement team:

- obtained an understanding of the nature of the sector, including the legal and regulatory framework that the group and parent charitable company operate in and how the group and parent charitable company are complying with the legal and regulatory framework;
- inquired of management, and those charged with governance, about their own identification and assessment of the risks of irregularities, including any known actual, suspected or alleged instances of fraud;
- discussed matters about non-compliance with laws and regulations and how fraud might occur including assessment of how and where the financial statements may be susceptible to fraud.

As a result of these procedures we consider the most significant laws and regulations that have a direct impact on the financial statements are FRS 102, Charities SORP (FRS 102), Companies Act 2006, Charities Act 2011, the parent charitable company's governing document, tax legislation and Charities (Protection and Social Investment) Act 2016. We performed audit procedures to detect non-compliances which may have a material impact on the financial statements which included reviewing the financial statements including the Trustees' Report, remaining alert to new or unusual transactions which may not be in accordance with the governing documents, inspecting correspondence with local tax authorities and evaluating advice received from internal/external advisors.

The most significant laws and regulations that have an indirect impact on the financial statements are those in relation to safeguarding regulations and General Data Protection regulations (GDPR). We performed audit procedures to inquire of management and those charged with governance whether the group is in compliance with these law and regulations and inspected correspondence with regulatory authorities.

The group audit engagement team identified the risk of management override of controls as the area where the financial statements were most susceptible to material misstatement due to fraud. Audit procedures performed included but were not limited to testing manual journal entries and other adjustments, evaluating the business rationale in relation to significant, unusual transactions and transactions entered into outside the normal course of business and challenging judgments and estimates.

A further description of our responsibilities for the audit of the financial statements is provided on the Financial Reporting Council's website at <http://www.frc.org.uk/auditorsresponsibilities>. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

RSM UK Audit LLP

GARETH JONES (Senior Statutory Auditor)
For and on behalf of RSM UK AUDIT LLP, Statutory Auditor
Chartered Accountants
Grove Park
Rivermead House
7 Lewis Court
Leicester
LE19 1SD

Date 06/12/2021

Youth Sport Trust

CONSOLIDATED STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT) for the year ended 31 March 2021

	Notes	Unrestricted funds £	Designated funds £	Restricted funds £	Total 2021 £	Total 2020 £
INCOME FROM:						
Donations and legacies	2	209,899	-	268,962	478,861	169,633
Charitable activities	3	752,534	-	7,377,184	8,129,718	10,164,582
Other charity trading activities	4	714,870	-	-	714,870	884,385
Investments	5	34,358	-	-	34,358	51,829
Other trading activities	6	152,508	-	-	152,508	307,633
TOTAL		1,864,169	-	7,646,146	9,510,315	11,578,062
EXPENDITURE ON:						
Raising funds		200	-	240,051	240,251	339,373
Charitable activities	7	1,039,192	167,712	6,277,465	7,484,369	10,628,944
Other trading activities	6	100,054	-	-	100,054	245,447
TOTAL	8	1,139,446	167,712	6,517,516	7,824,674	11,213,764
NET INCOME/(EXPENDITURE)		724,723	(167,712)	1,128,630	1,685,641	364,298
Transfers between funds	15	330,858	(330,858)	-	-	-
Net movement in funds		1,055,581	(498,570)	1,128,630	1,685,641	364,298
Fund balances at 1 April 2020		4,405,018	1,258,453	2,708,069	8,371,540	8,007,242
Fund balances at 31 March 2021		5,460,599	759,883	3,836,699	10,057,181	8,371,540

The Statement of Financial Activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Youth Sport Trust

BALANCE SHEETS

31 March 2021

Company Registration No. 4180163

	Notes	Group		Charity	
		2021 £	2020 £	2021 £	2020 £
FIXED ASSETS					
Tangible assets	11a	70,583	74,830	70,583	74,830
Intangible assets	11b	-	-	-	-
		<u>70,583</u>	<u>74,830</u>	<u>70,583</u>	<u>74,830</u>
CURRENT ASSETS					
Stock		5,934	12,392	-	-
Debtors	12	376,227	1,202,429	403,020	1,193,659
Short term deposits		9,753,904	7,420,089	9,753,904	7,420,089
Cash at bank and in hand		809,632	849,764	541,003	544,845
		<u>10,945,697</u>	<u>9,484,674</u>	<u>10,697,927</u>	<u>9,158,593</u>
CREDITORS: Amounts falling due within one year	13	<u>(959,099)</u>	<u>(1,187,964)</u>	<u>(929,728)</u>	<u>(1,090,175)</u>
NET CURRENT ASSETS		<u>9,986,598</u>	<u>8,296,710</u>	<u>9,768,199</u>	<u>8,068,418</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>10,057,181</u>	<u>8,371,540</u>	<u>9,838,782</u>	<u>8,143,248</u>
INCOME FUNDS					
Restricted funds	14	3,836,699	2,708,069	3,836,699	2,708,069
Unrestricted funds		5,460,599	4,405,018	5,242,200	4,176,726
Designated funds	15	759,883	1,258,453	759,883	1,258,453
		<u>10,057,181</u>	<u>8,371,540</u>	<u>9,838,782</u>	<u>8,143,248</u>
TOTAL FUNDS		<u>10,057,181</u>	<u>8,371,540</u>	<u>9,838,782</u>	<u>8,143,248</u>

The parent charity's net movement in funds for the year was incoming funds of £1,695,534 (2020: incoming funds of £313,766).

The financial statements on pages 23 to 45 were approved by the board and authorised for issue on 10/9/2021 and signed on its behalf by:

R.C.N. Davidson

Mr Richard Davidson
Chair

Belinda Richards

Mrs Belinda Richards
Trustee

Youth Sport Trust

CONSOLIDATED STATEMENT OF CASH FLOWS

For the year ended 31 March 2021

	2021 £	2020 £	
Cash flows from operating activities:			
Net cash provided by/(used in) operating activities	<u>2,283,823</u>	<u>285,750</u>	
Cash flows from investing activities:			
Interest from investments	34,358	51,829	
Purchase of property, plant and equipment	<u>(24,498)</u>	<u>(40,171)</u>	
Net cash provided by investing activities	<u>9,860</u>	<u>11,658</u>	
 Change in cash and cash equivalents in the reporting period	 2,293,683	 297,408	
Cash and cash equivalents at the beginning of the reporting period	<u>8,269,853</u>	<u>7,972,445</u>	
Cash and cash equivalents at the end of the reporting period	<u>10,563,536</u>	<u>8,269,853</u>	
 Reconciliation of net expenditure to net cash flow from operating activities			
Net Income/(expenditure) for the reporting period	1,685,641	364,298	
 Adjustments for:			
Depreciation charges and amortisation	28,745	33,184	
Interest from investments	(34,358)	(51,829)	
Decrease/(increase) in debtors	826,202	87,667	
(Decrease)/increase in creditors	(228,865)	(164,239)	
Decrease/(Increase) in stocks	6,458	16,669	
Intangibles transferred on acquisition of subsidiary	-	-	
	<u> </u>	<u> </u>	
Net cash provided by/(used in) operating activities	<u>2,283,823</u>	<u>285,750</u>	
 Analysis of changes in cash and cash equivalents	2020	Cash flows	2021
	£	£	£
Cash at bank	849,764	(40,132)	809,632
Short term deposits	<u>7,420,089</u>	<u>2,333,815</u>	<u>9,753,904</u>
Total cash and cash equivalents	<u>8,269,853</u>	<u>2,293,683</u>	<u>10,563,536</u>

Youth Sport Trust
CHARITY STATEMENT OF CASH FLOWS
For the year ended 31 March 2021

	2021 £	2020 £	
Cash flows from operating activities:			
Net cash provided by/(used in) operating activities	<u>2,320,237</u>	<u>285,808</u>	
Cash flows from investing activities:			
Interest from investments	34,234	51,173	
Purchase of property, plant and equipment	<u>(24,498)</u>	<u>(40,171)</u>	
Net cash provided by investing activities	<u>9,736</u>	<u>11,002</u>	
Change in cash and cash equivalents in the reporting period	2,329,973	296,810	
Cash and cash equivalents at the beginning of the reporting period	<u>7,964,934</u>	<u>7,668,124</u>	
Cash and cash equivalents at the end of the reporting period	<u>10,294,907</u>	<u>7,964,934</u>	
Reconciliation of net expenditure to net cash flow from operating activities			
Net income/(expenditure) for the reporting period	1,695,534	313,766	
Adjustments for:			
Depreciation charges	28,745	33,184	
Interest from investments	(34,234)	(51,173)	
Decrease/(increase) in debtors	790,639	176,863	
(Decrease)/increase in creditors	<u>(160,447)</u>	<u>(186,832)</u>	
Net cash provided by/(used in) operating activities	<u>2,320,237</u>	<u>285,808</u>	
Analysis of changes in cash and cash equivalents	2020 £	Cash flows £	2021 £
Cash at bank	544,845	(3,842)	541,003
Short term deposits	<u>7,420,089</u>	<u>2,333,815</u>	<u>9,753,904</u>
Total cash and cash equivalents	<u>7,964,934</u>	<u>2,329,973</u>	<u>10,294,907</u>

Youth Sport Trust

ACCOUNTING POLICIES

for the year ended 31 March 2021

GENERAL INFORMATION

YST is a charitable company incorporated in England and does not have share capital.

The address of the charity's registered office is SportPark, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF.

BASIS OF ACCOUNTING

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

YST meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are set out below:

BASIS OF CONSOLIDATION

The Group accounts consolidate the financial statements of the charity and its trading subsidiary, YSTe (company number 03289889), on a line by line basis. Intra-group transactions are eliminated on consolidation. Surpluses and deficits of organisations entering or leaving the Group are included from the date of acquisition or up to the date of disposal. The Charity has taken exemption from presenting its unconsolidated SOFA under section 408 of Companies Act 2006.

INCOME

Income is recognised when the Group has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received, and the amount can be measured reliably.

Donations and sponsorship income - the income received from donations and sponsorship is accounted for once the conditions for receipt have been met and there is probability of receipt. Donated assets are accounted for as soon as they are received and are included in the financial statements at a reasonable estimate of their value. Any income arising from donated assets is accounted for on a receipts' basis.

Government grants and contracts - the income arising from these sources is accounted for when, and to the extent, that the Group has the entitlement to the consideration and receipt of funds is probable.

The recognition of income from government grants and contracts is dependent upon whether:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the Group has unconditional entitlement.

Fund raising event income is accounted for on a receivable basis.

Investment income is recognised on a receivable basis.

DONATED SERVICES AND FACILITIES

Where services are provided to the Group as a donation that would normally be purchased from suppliers, this contribution is included in the financial statements as an estimate based on the value of the contribution to the Group.

Youth Sport Trust

ACCOUNTING POLICIES (continued)

for the year ended 31 March 2021

EXPENDITURE

Expenditure is recognised as soon as there is a legal or constructive obligation committing the group to the expenditure.

Expenditure is recognised when a liability is incurred. Contractual arrangements and performance related grants are recognised as goods or services are supplied. Other grant payments are recognised when a constructive obligation arises that results in the payment being unavoidable.

- Raising funds are those costs incurred in attracting income, and those incurred in any trading activities that raise funds.
- Charitable activities include expenditure associated with the provision and organisation of sports facilities in accordance with the objects of the charity and include both the direct costs and support costs relating to these activities.

Included within support costs are amounts for staff costs and governance costs (which include those incurred in the governance of the Group and its assets, and are primarily associated with the constitutional and statutory requirements). This represents the allocation of salary costs for persons employed by the charity who are actively involved in both direct charitable activities in addition to administrative duties. All support costs have been allocated to group cost categories on a basis consistent with the use of resources.

TAXATION

YST is a registered charity and undertakes activities which, under present legislation, are not subject to Corporation Tax.

IRRECOVERABLE VAT

All resources expended are classified under activity headings that aggregate all costs related to the category. Irrecoverable VAT is charged against the category of resources expended for which it was incurred.

DEBTORS

Trade and other debtors, which are receivable within one year, are initially recognised at the transaction price and subsequently measured at amortised cost, being the transaction price less any amounts settled and any impairment losses.

CASH AND BANK BALANCES

Cash and bank balances includes cash and short-term, highly liquid investments, with a short maturity of six months or less from the date of acquisition.

TRADE CREDITORS AND LIABILITIES

Trade creditors payable within one year are initially measured at the transaction price and subsequently measured at amortised cost, being the transaction price less any amounts settled.

FINANCIAL INSTRUMENTS

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

TANGIBLE FIXED ASSETS AND DEPRECIATION

Tangible assets with a useful life of more than one year, and which cost in excess of £1,000, are capitalised and included at cost. Depreciation is provided on all tangible assets, so as to write off the cost of each tangible asset on a straight-line basis over its expected useful life as follows:

Fixtures, fittings and equipment	10 years
Computer equipment	3 years

Youth Sport Trust

ACCOUNTING POLICIES (continued) for the year ended 31 March 2021

LEASING AND HIRE PURCHASE COMMITMENTS

Rentals payable under operating leases are charged to the Statement of Financial Activities on a straight-line basis over the period of the lease.

ACCUMULATED FUNDS

Unrestricted funds are available for use at the discretion of the trustees, in furtherance of the general objectives of the charity, and which have not been designated for other purposes.

Designated funds are those that have been set aside by the trustees for specific purposes to support the parent charity's mission.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors, or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. Overhead costs are spread across the projects in proportion to total payroll and consultancy costs. The aim and use of each restricted fund are set out in the notes to the financial statements.

Transfers between unrestricted and restricted funds represent the charity's contribution towards the costs incurred in carrying out projects substantially funded by external restricted funding.

GOING CONCERN

During the year, YST has actively engaged with its funders and agreed on online delivery of various projects whilst others have been postponed to the summer term.

As lockdown restrictions (imposed due to the coronavirus pandemic) have been lifted, there is growing concern that new variants of the disease are likely to cause more restrictions to the free movement of people. For this reason, YST has considered three budget scenarios, to ensure plans are in place to protect reserves and the financial wellbeing of the charity.

The three scenarios established by the charity are:

- Best Case – assumes pre-pandemic levels will be reached for income
- Mid Case – Most likely scenario with some recovery from 2020/21 year
- Worst Case – where ongoing disruption impacts delivery of programmes

A monthly process is in place to monitor funding, including a review pipeline and bids, so that any shortfall is promptly identified. The output is reviewed by the executive team.

Based on this, and the available cash reserves, the trustees consider that the group has adequate funds to meet anticipated future objectives and have therefore prepared the financial statements on an ongoing basis.

CRITICAL ACCOUNTING ESTIMATES AND AREAS OF JUDGEMENT

Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. There are no such critical accounting estimates and assumptions to report.

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS

for the year ended 31 March 2021

1 COMPARATIVE INFORMATION – STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted 2020 £	Designated 2020 £	Restricted 2020 £	Total Funds 2020 £
INCOME FROM:				
Donations and legacies	169,633	-	-	169,633
Charitable activities	-	-	10,164,582	10,164,582
Other charity trading activities	884,385	-	-	884,385
Investments	51,829	-	-	51,829
Other trading activities	307,633	-	-	307,633
	<u>1,413,480</u>	<u>-</u>	<u>10,164,582</u>	<u>11,578,062</u>
EXPENDITURE ON:				
Raising funds	10,255	24,360	304,758	339,373
Charitable activities	1,261,058	139,550	9,228,336	10,628,994
Other trading activities	245,447	-	-	245,447
	<u>1,516,760</u>	<u>163,910</u>	<u>9,533,094</u>	<u>11,213,764</u>
NET EXPENDITURE/INCOME	(103,280)	(163,910)	631,488	364,298
Transfers between funds	(36,849)	36,849	-	-
	<u>(140,129)</u>	<u>(127,061)</u>	<u>631,488</u>	<u>364,298</u>
Net movement in funds	(140,129)	(127,061)	631,488	364,298
Funds brought forward	4,545,147	1,385,514	2,076,581	8,007,242
	<u>4,405,018</u>	<u>1,258,453</u>	<u>2,708,069</u>	<u>8,371,540</u>

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2021

2	DONATIONS AND LEGACIES	Unrestricted 2021 £	Restricted 2021 £	Total 2021 £	Total 2020 £
	Donations received from Village Gyms	-	-	-	67,708
	Digital Disadvantage	-	227,400	227,400	-
	John Armitage	70,000	-	70,000	50,000
	Sky	75,175	-	75,175	-
	Other grants and donations	64,724	41,562	106,286	51,925
		<u>209,899</u>	<u>268,962</u>	<u>478,861</u>	<u>169,633</u>
3	CHARITABLE ACTIVITIES	Unrestricted 2021 £	Restricted 2021 £	Total 2021 £	Total 2020 £
	Ministry of Housing, Communities & Local Government	-	247,079	247,079	-
	Department of Education	-	300,000	300,000	294,534
	Peoples Health Trust	-	173,529	173,529	299,820
	DCMS	-	-	-	162,002
	Sport England	-	3,855,907	3,855,907	5,319,065
	Home Country Sports Councils & Partnerships	-	198,922	198,922	242,477
	Football Association	-	1,688,563	1,688,563	1,781,851
	Spirit of 2012	-	177,547	177,547	488,683
	The British Cycling Federation	-	6,654	6,654	62,535
	Bupa Foundation	-	80,000	80,000	-
	Activity Alliance	-	81,375	81,375	64,333
	Co-op Foundation	-	31,695	31,695	-
	Greater Manchester Health & Social Care Partnership	-	-	-	347,262
	Lawn Tennis Association	-	49,995	49,995	87,150
	Wales FA	-	23,436	23,436	35,152
	NHS West Lancashire	-	-	-	90,000
	Lidl *	-	(80,322)	(80,322)	216,415
	Nike	-	11,902	11,902	189,794
	Futures For Somerset Limited	-	18,550	18,550	62,897
	Suffolk County Council	-	115,324	115,324	-
	YSTI & Sir John Beckwith	-	-	-	99,700
	Wimbledon Foundation	-	149,969	149,969	29,198
	HMRC Coronavirus Job Retention Scheme	752,534	-	752,534	-
	Other charitable activities	-	247,059	247,059	291,714
		<u>752,534</u>	<u>7,377,184</u>	<u>8,129,718</u>	<u>10,164,582</u>

* £80,322 was refunded to Lidl as delivery could not take place due to the coronavirus pandemic.

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued)

for the year ended 31 March 2021

4	OTHER CHARITY TRADING ACTIVITIES		2021 £	2020 £
	Conferences/Membership & other		714,870	884,385
5	INVESTMENT INCOME		2021 £	2020 £
	Bank interest – YST		34,234	51,173
	Bank interest – Subsidiary		124	656
			34,358	51,829
6	OTHER TRADING ACTIVITIES		2021 £	2020 £
	Youth Sport Trust Enterprises			
	Income:			
	Net sales from trading activities		152,508	307,633
	Expenditure:			
	Net expenditure on trading activities		100,054	245,447
7	EXPENDITURE			
	Charitable activities:			
		Direct costs	Support costs	Total
	Activity	£	£	2021 £
	Transforming PE	235,739	378,706	614,445
	Removing Barriers	1,735,465	2,787,964	4,523,429
	Unlocking Potential	299,071	480,448	779,519
	Empowering Activism	481,789	773,977	1,255,766
	Strengthening Foundations	118,250	189,965	308,215
	Championing Research & Insight	1,149	1,846	2,995
	Total expenditure	2,871,463	4,612,906	7,484,369
				10,628,944

Support costs are allocated to charitable activities in proportion to the direct costs of activities.

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2021

7	EXPENDITURE (continued)	2021	2020
	Support costs consist of:	£	£
	- Salaries and associated on costs	4,271,165	4,519,199
	- Staff recruitment, training and Welfare	27,746	100,434
	- Travel and subsistence	773	254,285
	- Office and IT costs	182,063	215,552
	- Rent, rates & service charge	109,953	125,560
	- Insurance	20,052	18,372
	- Depreciation	28,745	33,184
	- Governance costs	96,909	106,904
	- Costs attributable to the trading subsidiary	(124,500)	(229,319)
		<u>4,612,906</u>	<u>5,144,171</u>
8	TOTAL EXPENDITURE	2021	2020
		£	£
	Total expenditure includes:		
	Auditor's remuneration:		
	- Audit	32,235	28,447
	- Other	2,474	2,293
	Operating lease rentals – land and buildings	39,835	39,835
	Operating lease rentals – other	3,123	3,783
	Depreciation – owned assets	28,745	33,184
		<u> </u>	<u> </u>

9 TRUSTEES AND KEY MANAGEMENT PERSONNEL

None of the trustees (or any persons connected with them) received any remuneration during either year. No payments (2020: £800) for the reimbursement of expenses were made to trustees (2020: three trustees) as none had been incurred.

The charity has trustee indemnity insurance in place at a cost of £3,310 (2020: £3,208).

The total compensation, including employer national insurance and pension contributions, payable to key management personnel of the group was £608,636 (2020: £575,999).

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2021

10	EMPLOYEES	2021 No	2020 No
	The average monthly number of employees during the year was:		
	Programme delivery:		
	Direct delivery	63	69
	Programme support	15	16
	Management and administration	34	34
		<u>112</u>	<u>119</u>
		<u>112</u>	<u>119</u>
	The average number of full-time equivalent employees during the year was:	2021 No	2020 No
	Programme delivery:		
	Direct delivery	60	66
	Programme support	15	16
	Management and administration	30	30
		<u>105</u>	<u>112</u>
		<u>105</u>	<u>112</u>
	EMPLOYMENT COSTS	2021 £	2020 £
	Wages and salaries	3,852,459	3,978,112
	Social security costs	357,383	386,456
	Other pension costs	175,032	185,113
	Apprenticeship levy	18,271	19,561
		<u>4,403,145</u>	<u>4,569,242</u>
	Redundancy costs	7,653	-
		<u>4,410,798</u>	<u>4,569,242</u>
		<u>4,410,798</u>	<u>4,569,242</u>

Pensions costs are allocated to activities in proportion to employee time spent.

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2021

10 EMPLOYEES (continued)

	2021 No	2020 No
The number of employees whose annual emoluments were £60,001 or more were:		
£60,001 - £70,000	5	3
£70,001 - £80,000	-	1
£80,001 - £90,000	1	1
£120,001 - £130,000	1	1

The employer pension contributions in respect of the above employees were £24,866 (2020: £22,555).

Volunteers

Alongside our Trustees and Patrons, in 2020/21 the YST benefited from volunteers in the following ways:

Young Event Hosts

This programme is an opportunity for young people (aged 13+) with an interest or passion for public speaking. This can be either on stage or in front of camera, but all participants are passionate about the role that PE, sport and physical activity can play in developing young people.

19 young people were part of the Young Event Hosts programme over the financial year 2020/21, however the opportunities have been very limited due to the coronavirus pandemic and the cancellation of events and alteration of event formats.

3 young people were involved in the virtual School Games National Summit in November 2020, by hosting the national awards celebration. As part of this they received virtual presentation training and coaching from YST staff.

Team Leaders 2020/21

Over the financial year 2020/21, our team of 13 Team Leaders have had limited opportunities due to the coronavirus pandemic, as our large events were unfortunately cancelled. Team leaders have still supported the charity in several other ways and received both twilight and weekend training opportunities.

During the pandemic, YST implemented social media campaigns to support young people to be active at home. Seven Team Leaders supported this project by creating video challenges for social media and the TopYa app.

Two Team Leaders delivered at the School Games Summit, to share their journeys in virtual leadership to the School Games Organiser Network.

Three Team Leaders have supported the Girls Active Coaches Virtual Event Project Planning Group, to provide insight in to how to shape the event to best suit the young people attending in June 2021.

Team Leaders also formed a focus group to gain young people's perspectives on future leadership opportunities, which later informed the YST's Youth Leadership Opportunities: Beyond COVID-19, August 2020 Research Report.

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued)

for the year ended 31 March 2021

YST Youth Board members

Our Youth Board aims to give a voice to young people from every corner of society. It has three main areas of responsibility:

- Advisory - advise on the direction of YST's work and how best to engage with young people
- Development – establish a youth-led fundraising strategy, generating income for the Youth Board to direct
- Communications – showcase the work of the YST through social media and represent us in the media.

The Youth Board have continued to have monthly meetings virtually. These regular meetings have helped keep abreast of the effects of the coronavirus pandemic on young people across the UK. Furthermore, the group has been active on social media in the following areas:

- #YST25 anniversary celebration/challenge
- #stayhomestayactive campaign
- National School Sport Week at Home
- #PowerofYouth @10DowningStreet a question
- Sport and Social injustice
- #BlackHistoryMonth (October 2020)
- LGBTi History Month

During the year, through further recruitment, the board now has 15 members.

11a TANGIBLE FIXED ASSETS – Group and Charity

	Computer equipment £	Fixtures, fittings and equipment £	Total £
Cost			
At 1 April 2020	397,317	243,199	640,516
Additions	24,498	-	24,498
Disposals	-	-	-
	<hr/>	<hr/>	<hr/>
At 31 March 2021	421,815	243,199	665,014
	<hr/>	<hr/>	<hr/>
Depreciation			
At 1 April 2020	352,918	212,768	565,686
Charged in the year	22,066	6,679	28,745
Disposals	-	-	-
	<hr/>	<hr/>	<hr/>
At 31 March 2021	374,984	219,447	594,431
	<hr/>	<hr/>	<hr/>
Net book value			
At 31 March 2021	46,831	23,752	70,583
	<hr/>	<hr/>	<hr/>
At 31 March 2020	44,399	30,431	74,830
	<hr/>	<hr/>	<hr/>

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2021

11b INTANGIBLE FIXED ASSETS – Group

	<i>Website</i> £
Cost	
At 1 April 2020	38,286
Additions	-
Disposals	(38,286)
	<hr/>
At 31 March 2021	-
	<hr/>
Amortisation	
At 1 April 2020	38,286
Charged in the year	-
Disposals	(38,286)
	<hr/>
At 31 March 2021	-
	<hr/>
Net book value	
At 31 March 2021	-
	<hr/>
At 31 March 2020	-
	<hr/>

All intangible fixed assets relate to the trading subsidiary, YSTe.

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued)

for the year ended 31 March 2021

12	DEBTORS	Group		Charity	
		2021 £	2020 £	2021 £	2020 £
	Trade debtors	211,965	1,071,181	202,924	1,055,746
	Prepayments and accrued income	163,814	131,011	162,614	131,011
	VAT repayment	448	237	-	-
	Amounts owed by group undertakings	-	-	37,482	6,902
		<u>376,227</u>	<u>1,202,429</u>	<u>403,020</u>	<u>1,193,659</u>
13	CREDITORS: amounts falling due within one year	Group		Charity	
		2021 £	2020 £	2021 £	2020 £
	Trade creditors	375,139	563,822	356,008	524,063
	Accruals	321,031	508,841	275,781	420,579
	Other tax and social security	262,929	115,301	262,929	115,301
	Amounts owed to group undertakings	-	-	35,010	30,232
		<u>959,099</u>	<u>1,187,964</u>	<u>929,728</u>	<u>1,090,175</u>

All financial instruments are measured at amortised cost

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued)

for the year ended 31 March 2021

14 RESTRICTED FUNDS

The income funds of the charity include restricted funds comprising the following unexpected balances of donations and grants held on trust for specific purposes:

	Balance	Movement in Funds		Balance
	1 April 2020	Income	Expenditure	31 March 2021
	£	£	£	£
Charitable Activities				
School Games	268,676	2,018,777	(1,952,265)	335,188
FA Active Play/ Girls Football Partnership	1,050,970	1,686,563	(1,192,091)	1,545,442
School Sport/ Education & Delivery	201,828	1,608,051	(1,354,754)	455,125
Inclusion 2020	2,188	300,000	(295,070)	7,118
Unified Action	-	247,079	(247,079)	-
Digital Disadvantage	-	227,400	(97,895)	129,505
Teacher Training	116,551	200,000	(128,030)	188,521
Sport & Leisure Recovery Package	-	198,922	(128,061)	70,861
Connecting Communities Through Cricket – Breaking Boundaries	1,998	177,547	(170,119)	9,426
Connecting Communities to Local People	49,222	173,529	(222,751)	-
Set For Success	24,991	149,969	(58,034)	116,926
Suffolk Holiday	-	101,009	(101,009)	-
Integrated Communities	48,981	29,079	-	78,060
Fundamental Movement Skills	98,735	11,902	(67,904)	42,733
Go Ride Go/ Ready Set Ride	14,580	6,654	(17,044)	4,190
Mentally Healthy Schools	143,788	-	(99,369)	44,419
Serious Support	58,617	-	(915)	57,702
Active Healthy Minds	50,195	-	(30,555)	19,640
Empowering Girls	26,338	-	(13,342)	12,996
This Girl Can	6,362	-	(4,862)	1,500
Other individual programmes < £100k Income	544,049	509,665	(336,367)	717,347
Grand Total	2,708,069	7,646,146	(6,517,516)	3,836,699

Charitable Activities

SCHOOL GAMES (SPORT ENGLAND)

There are more than 21,000 primary, secondary and special schools registered and active in the School Games programme. Support has continued for the School Games Organiser network through the delivery of a virtual National School Games Organiser Summit, as well as heightened focus on CPD and localised coaching support, in light of social distancing restrictions. Alongside School Games Organisers, the YST has been working with Local Alliances and National Governing Bodies, providing support and networking opportunities.

Developmentally, work has continued around #reframing-competition. In 2020/21 a significant focus was placed on the development of virtual opportunities.

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2021

ACTIVE PLAY/ THE FA GIRLS' FOOTBALL SCHOOL PARTNERSHIPS – SUPPORTED BY BARCLAYS (FA)

The YST are working with The Football Association to grow and develop girls' football in schools in England, giving every girl equal access to football in school by 2024. This is through creating and supporting a network of 152 FA Girls' Football School Partnerships – supported by Barclays, working as families of schools to provide more opportunities for girls to participate, lead and compete in football, and learn through football in curriculum time, as part of a broad and balanced curriculum offer. In addition to supporting the network, programme delivery of primary and secondary programmes, designed to help to create the change in schools, are available to schools who are part of The FA Girls' Football School Partnerships – supported by Barclays, as well as a digital offer, which is accessible by all schools in England, available at www.girlsfootballinschools.org.

SCHOOL SPORTS/ EDUCATION AND DELIVERY (SPORT ENGLAND)

The delivery is focused around addressing four key issues – gender gap in participation, lack of diversity in leadership and volunteering, young people facing mental health challenges and activity levels of those from LSEG communities. This year saw the pivoting of delivery and resulted in the opening up of digital resources to more schools not involved in direct delivery.

INCLUSION 2020 (DfE)

The main outcomes for Inclusion 2020 are to both increase and improve opportunities for young people with SEND in engaging with PE, School Sport and Physical Activity. This requires examining and improving provision and training through high quality resources and increasing the quantity and quality of training for practitioners.

UNIFIED ACTION

Unified Action is a national community leadership programme and is designed to help ensure that all young people, especially those from diverse ethnic communities, are given the chance to get their voice heard and directly influence positive change in and beyond their communities.

DIGITAL DISADVANTAGE

The purpose of this project is to support young people affected by digital disadvantage through provision of iPads to drive educational outcomes and physical activity habits.

TEACHER TRAINING (SPORT ENGLAND)

This project involves a consortium of five partners, working with schools to plan and implement projects which aim to develop and redefine Physical Education. Each project involves working with a group of secondary schools, which is led by a project lead, and supported by a senior leader from one of the schools.

SPORT & LEISURE RECOVERY PACKAGE

During the 2021/22 delivery year, YST intend to continue to build on our longstanding partnership with Sport Wales, which has focused on empowering young people to lead and take action themselves, as well as continue to evolve and increase the engagement and impact within Education through Schools and School Leaders. In light of the coronavirus pandemic and the ongoing implications to societal norms, our dialogue is focused on supporting the recovery of school and youth sport for both leadership and participation opportunities. We will be empowering young people and developing their leadership skills through the delivery of targeted youth leaderships events: the Girls Active – Watch Her Go programme, Active in Mind and the Young Ambassador programme. The creation of Headteacher Ambassadors and PE CatalYSTs in Wales will support our ambition of educating educators and creating stronger connections with the education system in Wales.

CONNECTING COMMUNITIES THROUGH CRICKET – BREAKING BOUNDARIES (SPIRIT 2012)

Breaking Boundaries aims to socially connect young people, their families, and communities together, through regular cricket engagement, fostering mutual respect and friendships by playing, spectating and volunteering.

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued)

for the year ended 31 March 2021

CONNECTING COMMUNITIES TO LOCAL PEOPLE (PUBLIC HEALTH TRUST)

This People's Health Trust programme places schools at the heart of their communities and young people at the heart of addressing the issues in a local community. Young leaders plan and execute social action projects which are locally determined.

Through the YSTs network of Lead Inclusion Schools in England, each selected for their established expertise in engaging young disabled people, schools can improve the quality, and accessibility of inclusive sport for disabled pupils.

SET FOR SUCCESS

This programme will be a two-year intervention across the 2020/21 – 2021/22 academic years.

The project will run in four local authority areas in the first instance, in Nottingham, Portsmouth, Knowsley and Cardiff. Identified due to the percentage of young people leaving school who are not in education or training (NEET).

The programme will aim to provide young people with the inspiration, confidence, and skills to support them into further education or employment. In addition, connecting the school with the local community, where there may be potential employment or education opportunities.

SUFFOLK HOLIDAY

Over the summer holidays (2020) in households across Suffolk, the Holiday Activities Programme aimed to provide access to good physical activity for vulnerable children and support the activity levels and emotional wellbeing of vulnerable children and their families. This was delivered via equipment, resource packs and activity videos from YST, with support provided by key workers who were working and engaging with the families.

The programme aimed to encourage children and young people to engage in physical activity, connect with others, try new things, and develop self-awareness, and was designed to support the health & wellbeing of participants and their families.

INTEGRATED COMMUNITIES (SPORT ENGLAND)

This pilot project aims encourage social integration using the power of sport and the Commonwealth Games 2022 as a catalyst to encourage social integration among young people across Birmingham. This project paused in 2020/21 but will restart back in 2021.

FUNDAMENTAL MOVEMENT SKILLS (NIKE)

The objective is to create a play-kit for coaches to provide fun and progressively challenging activities for children aged 8-12 years and ensure that children develop a full range of movement skills, in terms of their stability, locomotion and object control. It helps coaches create an activity for children and assess their movement in a simple way that engages children along the way. Coaches can use the play-kit in any sport programme. Phase one, was the creation of the tool kit - 14 activities, assessment criteria and QR codes. The second phase of development is creating a digital experience and learning community for coaches using the tool kit.

GO RIDE GO/READY SET RIDE (BRITISH CYCLING)

A fun and flexible learn to ride programme to help children stay active in the classroom, playground and at home. Ready Set Ride is a simple, learn to ride programme for children aged 18 months to eight years, created by British Cycling together with the YST.

MENTALLY HEALTHY SCHOOLS (NHS GREATER MANCHESTER)

This programme aims to support schools in creating a mentally healthy ethos and connecting the physical with the social and emotional. The programme covers workforce development, strategic planning, mobilising young people, targeted sport interventions and one-to-one mentoring support.

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2021

SERIOUS SUPPORT (LIDL)

Supported by Lidl, in partnership with the LGFA, this programme looks to increase the number of girls playing sport and Gaelic football, to improve girls' physical, social and mental wellbeing and to support schools, families and young people in understanding the value of sport, which in turn looks to address the drop-off rate in sport participation amongst girls aged 11-14 years.

ACTIVE AND HEALTHY MINDS (NHS WEST LANCASHIRE)

This project aims to improve wellbeing through physical education and sport, using programmes such as Active in Mind, Young Mental Health Champions, My Personal Best and Raising Aspirations.

EMPOWERING GIRLS (DCMS)

The Empowering Girls programme aims to improve the life chances of vulnerable girls by developing greater body confidence and self-esteem, improving emotional resilience leading to better mental health and wellbeing, raising their aspirations for achievement, improving confidence and empowerment around relationships and sexual health.

THIS GIRL CAN (SPORT ENGLAND)

The This Girl Can campaign recognises that friends are the greatest influencers on adolescent girls and that positive encouragement and support from their peers is the most effective way to get girls active at school and at home.

15 DESIGNATED FUNDS

The income funds of the Group and charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2020	Utilised/ realised	Transfer	Balance at 31 March 2021
	£	£	£	£
Operational Priorities	58,210	(33,419)	144,190	168,981
Investment Plan	1,200,243	(134,293)	(475,048)	590,902
	<u>1,258,453</u>	<u>(167,712)</u>	<u>(330,858)</u>	<u>759,883</u>

OPERATIONAL PRIORITIES

These funds have been spent on innovation, programme research and development, completion of work on the website, intranet development and induction of new headteachers. Further funds have been set aside to continue this work until completion.

INVESTMENT PLAN

In recent years the charity's funding has been reducing due to cuts in government funding and reducing income from other income streams. In order to overcome this, YST has embarked on an investment plan to help the charity sustain and develop new funding streams so that it continues to deliver on its mission going forward.

The designated funds were used to strengthen resources in various areas of the charity (including fundraising, insight translation, innovation and commercial). In addition to this, funds have been used to invest in brand awareness, which allowed us to inform our funders (existing and new) of the nature and impact of the work the charity does.

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued)

for the year ended 31 March 2021

16	ANALYSIS OF NET ASSETS BETWEEN FUNDS (GROUP)	Unrestricted/ Designated Funds £	Restricted funds £	Total £
	Fund balances at 31 March 2021 are represented by:			
	Tangible fixed assets	70,583	-	70,583
	Current assets	7,108,998	3,836,699	10,945,697
	Creditors: amounts falling due within one year	(959,099)	-	(959,099)
		<u>6,220,482</u>	<u>3,836,699</u>	<u>10,057,181</u>
	ANALYSIS OF NET ASSETS BETWEEN FUNDS (GROUP)	Unrestricted/ Designated Funds £	Restricted funds £	Total £
	Fund balances at 31 March 2020 are represented by:			
	Tangible fixed assets	74,830	-	74,830
	Current assets	6,776,605	2,708,069	9,484,674
	Creditors: amounts falling due within one year	(1,187,964)	-	(1,187,964)
		<u>5,663,471</u>	<u>2,708,069</u>	<u>8,371,540</u>
	ANALYSIS OF NET ASSETS BETWEEN FUNDS (CHARITY)	Unrestricted/ Designated Funds £	Restricted funds £	Total £
	Fund balances at 31 March 2021 are represented by:			
	Tangible fixed assets	70,583	-	70,583
	Current assets	6,861,228	3,836,699	10,697,927
	Creditors: amounts falling due within one year	(929,728)	-	(929,728)
		<u>6,002,083</u>	<u>3,836,699</u>	<u>9,838,782</u>
	ANALYSIS OF NET ASSETS BETWEEN FUNDS (CHARITY)	Unrestricted/ Designated Funds £	Restricted funds £	Total £
	Fund balances at 31 March 2020 are represented by:			
	Tangible fixed assets	74,830	-	74,830
	Current assets	6,450,524	2,708,069	9,158,593
	Creditors: amounts falling due within one year	(1,090,175)	-	(1,090,175)
		<u>5,435,179</u>	<u>2,708,069</u>	<u>8,143,248</u>

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued) for the year ended 31 March 2021

17 COMMITMENTS UNDER OPERATING LEASES

The total future minimum lease payments under non-cancellable operating leases are as follows:

Group and charity	Land and buildings		Other	
	2021	2020	2021	2020
	£	£	£	£
Amounts due:				
Within one year	33,759	33,759	-	2,404
Between two and five years	135,034	135,034	-	-
In over five years	565,455	599,213	-	-
	<u>734,248</u>	<u>768,006</u>	<u>-</u>	<u>2,404</u>

18 RELATED PARTY TRANSACTIONS

Two of the three members of the company (Sir J L Beckwith and Viscount Mackintosh of Halifax) are the trustees of Youth Sport Trust International (YSTi), an unincorporated charity.

	YSTi		YSTE	
	2021	2020	2021	2020
	£	£	£	£
Sale of goods in year	17,126	21,159	125,020	253,753
Grants and donations received from related parties	-	49,850	-	-
Purchase of goods in year	7,266	7,351	262,956	380,147
Amounts due from related parties	18,719	28,960	37,482	6,902
Amounts due to related parties	5,766	-	35,010	30,232

During the year, fees totalling £3,083 (2020: £13,178) have been charged by Winckworth Sherwood LLP in relation to legal services. One of the partners of Winckworth Sherwood LLP is the spouse of B Richards, a trustee.

During the year, fees totalling £3,550 (2020: nil) have been paid to TMG Holdings and Training Ltd in relation to training services provided. A director of TMG Holdings and Training Ltd, Keith Daniell, is also a director of YSTE.

The charity received a donation of £15,000 from a political party called the "The Independent Group (TIG) Ltd" after the company was liquidated. YST Chairman Richard Davidson was the treasurer for this company. The board of YST have approved the donation.

None of the above transactions or balances with related parties are secured.

19 SUBSIDIARY UNDERTAKINGS

The charitable company owns the entire issued share capital of YSTE, a company incorporated in England and Wales (registered number 03289889). YSTE's registered address is the same as the parent charity, as shown on page 1.

Youth Sport Trust

NOTES TO THE FINANCIAL STATEMENTS (continued)

for the year ended 31 March 2021

19 SUBSIDIARY UNDERTAKINGS (continued)

The principal activities of YSTe include the design and development of innovative resources and digital based applications. They market and sell specialist sports equipment, resources and other products (via an online store) that are sourced from suppliers in the UK and overseas. YSTe also develop and administer the 'Business' partnership scheme. YSTe activities underpin the work of YST.

The result for the year ended 31 March 2021 was a profit of £52,578 (2020: £62,842 profit). At 31 March 2021 YSTe had assets of £320,262 (2020: £363,215), liabilities of £101,863 (2020: £134,923) and shareholders funds of £218,399 (2020: £228,292).

