

Inclusion 2020 aims

Funded by the Department for Education (DfE) Inclusion 2020 enabled the Youth Sport Trust (YST) to work collaboratively with pupils, schools, expert practitioners and local/national partners to:

- Increase the opportunities for pupils to participate in PE, School Sport and physical activity
- Improve the quality of schools' PE and sports provision and teaching for young people with special educational needs and disabilities (SEND) through regular training, advice and guidance for the school sport workforce on inclusive practice

Inclusion 2020 Steering group

Inclusion 2020 is uniquely delivered through a group of national partners with strong reputations, who provide a strategic vision and access to resources. Representatives include:



Reach of CPD (Jan 19-Mar 21)

1,183
CPD
EVENTS



13,577
ADULTS
ENGAGED



9,328
SCHOOLS
ENGAGED



Reach of Active 3030 activity (Jan 19 to Mar 20)

Active 3030 Champions
trained

2,531

Active 3030 Champions
with SEND

40%

Number of Active 3030
training events

45

Young people engaged in physical activity led by the Active 3030 Champions

11,691

Reach of Learning and Discovery days (Jan 19-Mar 21)

73
EVENTS



729
SCHOOLS

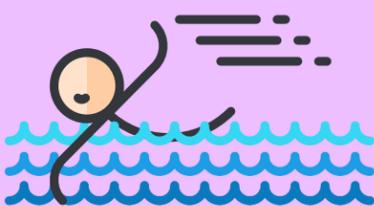


2,163 LEADERS (32% SEND)



23,827 YOUNG PEOPLE (42% SEND)

Reach of School swimming and water safety innovation projects (Jan 19 -Mar 21)



8 LEAD INCLUSION SCHOOLS IN PARTNERSHIP WITH THEIR LOCAL AUTHORITIES AND POOL PROVIDERS, REVIEWED AND ENHANCED LOCAL SWIMMING PROVISION

2,170 YOUNG PEOPLE ENGAGED



1 New national audit tool for school swimming and water safety.

Reach of My Personal Best Innovation projects (Jan 19-Mar 21)

MY PERSONAL BEST (MY PB) TRAINING AIMS TO INCREASE THE NUMBER, RANGE AND QUALITY OF OPPORTUNITIES FOR ALL YOUNG PEOPLE TO PARTICIPATE AND PROGRESS IN PE, SCHOOL SPORT AND THE SCHOOL GAMES BY INCREASING THE SKILLS AND CONFIDENCE OF THE SCHOOL WORKFORCE.

214 TEACHERS TRAINED

134 SUPPORT STAFF TRAINED

68 SENIOR LEADERS TRAINED



"I like seeing the kids build up their confidence and make them happy"

Active 3030 Champion



IMPACT

"Inclusion 2020 enabled me to develop my confidence and create new opportunities within our school"

Young Leader

90%

of school workforce felt more able to deliver inclusive PE at school

95%

of school workforce felt more motivated to ensure PE and school sport is inclusive

95%

of Active 3030 Champions would give their training a 'thumbs up'

81%

of Active 3030 Champions felt happier delivering sport after receiving their training

94%

of participants at Learning and Discovery days tried something new

92%

of participants at Learning and Discovery days had fun

"The whole project is extremely well set up...the support network has been really effective"

Teacher

"We are seeing greater independence from our pupils, and increased employability skills"

Head of PE in a PRU involved in My PB

CASE STUDIES

A FULL SUITE OF 10 IN DEPTH CASE STUDIES FOR THE INNOVATION PROJECTS IS AVAILABLE TO ACCOMPANY THIS SUMMARY

BILLY'S STORY



THIS IS BILLY. BILLY HAS COME TO THE INCLUSION 2020 LEARNING AND DISCOVERY DAY. BILLY HAS HAD A DIFFICULT MORNING, HE IS UNHAPPY AND DOESN'T WANT TO PARTICIPATE.

BILLY DISLIKES TRADITIONAL SPORT, HE THINKS HE ISN'T GOOD AT IT. BILLY DOESN'T KNOW WHAT INCLUSIVE SPORTS ARE.

BILLY BECOMES CURIOUS. HE HAS NEVER TRIED SPORTS LIKE THE ONES AT THE LEARNING AND DISCOVERY DAY

INCLUSION 2020

BILLY IS INVITED TO HAVE A GO AT NEW AGE CURLING. HE NERVOUSLY ACCEPTS.....

BILLY CONTINUES TO TAKE PART. HE TRIES NEW AGE CURLING, SITTING VOLLEYBALL AND THE SOCIAL GAME ACTIVITY.

PARTICIPATING IN THE LEARNING AND DISCOVERY DAY HAD A POSITIVE EFFECT ON BILLY. AS BILLY'S HOOD CAME DOWN HE BEGAN TO TALK TO HIS CLASSMATES AS THEY PLAYED. BILLY WAS LAUGHING AND HAPPY. BILLY WENT BACK TO SCHOOL HAVING ENJOYED SPORT.

LIZZIE'S STORY



LIZZIE IS AN ACTIVE 3030 CHAMPION. SHE HAS PARTICIPATED IN THE INCLUSION 2020 ACTIVE 3030 TRAINING AND HAS BEEN AN ACTIVE 3030 CHAMPION AT A LEARNING AND DISCOVERY DAY EVENT.

ON THE TRAINING

"I LEARNED THAT WE CAN ADAPT SPORTS FOR PEOPLE WITH DISABILITIES AND THEY CAN HAVE FUN DOING THEM, THE SAME AS PEOPLE WITHOUT DISABILITIES".

"I'M PROUD TO BE A SPORTS LEADER"

ON BEING A 3030 CHAMPION

"IT MEANS A LOT BECAUSE I GET TO HELP PEOPLE WHO MIGHT NOT GET AS MUCH SPORT OR ACTIVITY LEARN MORE ABOUT SPORTS".

ON THE EVENT

"IT WAS NICE TO HAVE ONE ON TIME WITH THE KIDS. YOU INCLUDED THEM AND IT WAS ALL ABOUT THEM".

LIZZIE IS ONE OF THE 63 ACTIVE 3030 CHAMPIONS WHO TOOK PART IN THE LOUGHBOROUGH UNIVERSITY INCLUSION 2020 EVALUATION. LIZZIE FILMED A VLOG TO CAPTURE HER EXPERIENCE AS A LEADER AND COMPLETED A SURVEY.

AFTER THE TRAINING 80.6% OF 3030 CHAMPIONS FELT HAPPIER DELIVERING SPORT- THATS UP FROM 51.6% CHAMPIONS ALSO FELT LESS NERVOUS ABOUT LEADING SPORT, DOWN FROM 12.9% TO 3.2%.

95% OF YOUNG LEADERS GAVE THE ACTIVE 3030 TRAINING THE THUMBS UP! THE OPPORTUNITY TO BE ACTIVE 3030 CHAMPION AND INVOLVED IN A LEARNING AND DISCOVERY DAY HAS FURTHERED LIZZIE'S INTEREST IN LEADING MORE INCLUSIVE SPORT.

NADIA'S STORY



NADIA TOOK PART IN A INCLUSION 2020 LEARNING AND DISCOVERY DAY. SHE WAS ALSO INCLUDED IN THE LOUGHBOROUGH UNIVERSITY EVALUATION WHERE SHE MADE A VLOG AND FILLED IN A FEEDBACK POSTCARD ABOUT HER EXPERIENCE.

"I'VE LEARNED LOTS OF NEW SPORTS, I DIDN'T KNOW ANY OF THEM BEFORE".

"AT FIRST I GOT THREE, AND THAT'S NOT VERY GOOD"

BUT THEN NADIA HAD ANOTHER GO... "I GOT FIVE, I GOT GOT FIVE, YAY!"

"I WOULD SAY COME, THIS PLACE IS REALLY FUN".

AT THE LEARNING AND DISCOVERY DAY NADIA HAD THE OPPORTUNITY TO TRY FOUR BRAND NEW SPORTS- NEW AGE CURLING, SITTING VOLLEYBALL, ATHLETICS AND BADMINTON

136 YOUNG PEOPLE WITH AND WITHOUT SEND EVALUATED THEIR EXPERIENCE OF TAKING PART IN A LEARNING AND DISCOVERY DAY EVENT VIA A POSTCARD

THE POST CARD RESULTS SHOWED THAT... 92% HAD FUN 94% TRIED SOMETHING NEW 59% HAD THE CHANCE TO MAKE NEW FRIENDS 72% LEARNED MORE ABOUT PARALYMPIC SPORT