

# #together

Issue 3 Summer 2022



*Be the  
change*

Help us to  
change lives  
right now

## THE POWER OF SPORT

Why getting  
active is the key  
to a happy life

*Be inspired*  
this summer

Use this amazing summer of sport as a  
springboard for an active autumn

# Welcome!

Welcome to the latest issue of #together, our magazine for parents. We're sure you'll agree that this summer has been an incredible one for sport. From the amazing UEFA Women's EURO to the inspirational Commonwealth Games, there has been so much to celebrate. This issue of #together has plenty of ideas for how you can use this summer of sport as a springboard into an active autumn for you as a family.

On pages 4-5, find out how you can encourage your children to achieve their 60 daily active minutes with pledges, challenges, games and activities.

Sport can make the most extraordinary difference to families and on page 6 we talk to a mum whose five children have all benefited enormously from their passion for play and sport.

You can also read about all our latest fundraising efforts and how you can get involved - we'd love you to join us in our mission!

*The Youth Sport Trust team*

Don't miss out on future issues of #together by having your copy delivered straight to your inbox. [Sign up here](#)

## Facing a new pandemic

Children's social and emotional wellbeing is in decline and urgent action is needed

No one can deny the significant impact Covid-19 had on our children. As schools, clubs, hobbies and activities all closed their doors in March 2020, our children and young people were left without access to physical activity and their social network, both of which are proven to be enormously beneficial for both physical and mental health.

We are now seeing the results of this. This year we have seen the biggest increase in childhood obesity. One in four Year 6 pupils are now obese, while rates of probable mental ill health now affect one in six 5-16 year olds.

We carried out research that revealed a staggering 83% of parents feel their children are now spending too much time online. This coincides with 80% of parents saying cutbacks to PE, sport and breaktime at school has a negative impact on young people's wellbeing.

Now is the time that we must focus on

building back our children's wellbeing and resilience, while teaching them how to balance the demands of both the digital and physical worlds. Unhappy, unhealthy children don't learn and it's clear that things need to change.

### MAKING THE CHANGE

As a result, the Youth Sport Trust has launched its new strategy - Inspiring Changemakers, Building Belonging - which aims to inspire families, young people, teachers, organisations and influencers to help make the change and show children and young people how play and sport can lead to a positive personal identity and sense of belonging.

"We are staring in the face of a 'new pandemic' of increasing rates of self-harm and children struggling in a digital age," said Ali Oliver MBE, Chief Executive of the Youth Sport Trust.



"Their social and emotional wellbeing is in decline. We know that unhappy, unhealthy children don't learn as effectively and if children don't learn, we won't have a society fit for the future. When children play and are physically active, they are happy, healthy and achieve."

"Drastic change is needed. We know we can't do it alone, so we are calling out for changemakers to help us."

The Youth Sport Trust is working to support those most in need. Starting locally and building momentum, it will galvanise and inspire changemakers to transform attitudes, improve practice and drive policy change.

## GO LIONESSES!

Following an incredible campaign by the Lionesses at the UEFA Women's EURO, girls' football has never had such a high profile

England Football and Barclays have joined forces to create #LetGirlsPlay, a campaign that shows football can and should be played by girls.

The aim is that by 2024, girls will have exactly the same football opportunities as boys in schools and clubs. Whether football takes place at lunchtime, during a lesson or after school, it doesn't matter - it's just vital that girls get the chance to play.

### ARE YOUR SCHOOLS OFFERING GIRLS' FOOTBALL?

If not, why not? Encourage your school to sign up to the Girls' Football School Partnership [PLEDGE HERE](#) and #LetGirlsPlay

## National School Sport Week was a hit!



**655,873** pupils attend the schools that registered for NSSW 2022

This year's National School Sport Week (NSSW), held in June including visits from Team GB athletes, proved to be a huge success as schools the length and breadth of the country got involved.

Athletes Anyika Onuora, Gemma Howell, Grant Ferguson and Aaron Phipps MBE joined children at Birmingham's Sutton Park Primary School and Prince Albert High and encouraged them to get involved with races, javelin and the daily mile.

Encourage your school to register for National School Sport Week 2023 so your children don't miss out.



A staggering 42,285 hours of PE have been lost from secondary schools since 2012

Government-commissioned research has shown that schools have reduced hours for PE in the wake of the Covid-19 pandemic.

The report discovered that 56% of primary and 37% of secondary schools had reduced hours for subjects such as PE and music as they recover from the impact of the pandemic.

"These findings are of huge concern and

should prompt immediate action in us all," said Ali Oliver MBE, Chief Executive of the Youth Sport Trust.

"We know that schools in England have already seen significant cuts to the amount of PE on the school timetable with 42,285 hours of PE lost from state-funded secondary schools between 2012 and 2021."

"Physically active children are happier and achieve higher levels of academic attainment than their less physically active peers. PE and sport are essential to their physical, social and emotional development."

ARE YOUR CHILDREN ACCESSING TWO HOURS OF PE EACH WEEK? IF NOT, ASK YOUR SCHOOLS WHY NOT?



We believe in every child's future. Our vision is to support every child to enjoy the life-changing benefits that come from play and sport.

We are a children's charity working to ensure every child enjoys the life-changing benefits that come from play and sport. We have 25 years of experience in pioneering new ways of using sport to improve children's wellbeing and give them a brighter future.

We work with more than 20,000 schools across the UK and operate on a local, national and global level. We harness the power of sport, physical activity and PE to build life skills and connections between people and support networks, which increase young people's life chances through improved wellbeing, greater attainment and healthier lifestyles.

[www.youthsporttrust.org](http://www.youthsporttrust.org)

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# 60 active minutes

Did you know that children and young people should aim for an average of at least 60 minutes of physical activity per day?

While many parents recognise that sport and play are essential for every child's education and development, only a third (36%) are aware of the chief medical officer's guidance that all children and young people, aged 5-18, should be active for 60 minutes on average over the course of a week.

In fact, research by Sport England shows that **four million young people are doing less than this**, which is contributing to rapidly rising rates of childhood obesity and children experiencing poor mental wellbeing.

At the Youth Sport Trust, we know the importance of staying active and how it boosts the health and wellbeing of all children and young people.

"This summer has been jam-packed with brilliant major sporting events and we are thrilled to be launching our 60 active minutes campaign, as well as

supporting the Active Summer Challenge and championing other campaigns to support families," said Ali Oliver MBE, Chief Executive of the Youth Sport Trust.

"There is so much that an active lifestyle can do to help young people growing up amid the challenges they face today, supporting their fitness, physical and mental health, their social development and learning in the classroom.

"We are passionate about the benefits that come from play and sport and the vital importance of ensuring

all children take part in 60 active minutes every day to help them feel a sense of belonging and grow up to be happy and healthy."

The 2022 Active Summer Challenge and the Summer Reading Challenge, which encourages children to develop their reading skills during the summer, as well as other campaigns, are supported by ambassadors including Dame Darcey Bussell.



## WHAT DOES 60 MINS OF ACTIVITY LOOK LIKE?

Well, ideally this should be activities that raise your heart rate and make you breathe faster and feel warmer. A great way to tell if you're working at this level is if you can still talk but not sing!

The chief medical officer's guidelines for physical activity are 60 minutes a day of moderate to vigorous activity or a minimum of 20 minutes a day for children with a disability. You can build up to 60 or 20 minutes across the day – it doesn't need to be in one burst.



## The Active Summer Challenge

It's not too late to start the Active Summer Challenge and help your children be active every day by setting their own pledge and taking part in weekly challenges.

The pledge can be simple: it could be walking to the park and playing with friends, taking part in the [Daily Mile](#), playing their favourite sport, a dog walk or a bike ride. It would be doing a set number or minutes of actions such as star jumps or laps of the garden. There are also plenty of videos in the [Active Recovery Hub](#) to inspire you.

Encourage your children to choose an activity or activities that they enjoy and will be keen to do. Could they join forces with friends or family, or could you do the activities with them?

Use the pledge tracker to write down the pledge and record the activities that take place every day. Alongside the pledges, there are also six weekly activity cards with a challenge focused on a sport or activity. These are fun and inclusive with all the information provided on each page for each week and can be [downloaded here](#).

**Celebrate  
YOUR FAMILY'S  
SUCCESS WITH THESE  
CERTIFICATES**

[CLICK  
HERE](#)



## Commonwealth Games

Inspired by the Commonwealth Games, the Youth Sport Trust has made free daily, bite-size ideas available to help children keep moving by breaking down 60 active minutes a day into short bursts of fun activity.

There are 10 different activities

that can be downloaded to inspire your children to get active. From multi-player games to individual activities, each task has clear instructions to follow, so it's ideal for all members of the family, whatever their age or ability.

[CLICK  
HERE TO  
VIEW](#)



## 10 Minute Shake Up games

[TAKE  
YOUR PICK  
HERE](#)

Get the kids moving with fun games inspired by some of their favourite Disney characters. These boredom-busting activities will help them easily reach their 60 active minutes. With Disney's Marvel, Lightyear, Encanto and Frozen themed games all at your fingertips, keeping little ones active should be a walk in the park.



# We're thriving, not just surviving

Mum of five Louise Demif credits sport as the backbone of her family, teaching them vital lessons for life

I am a single mum to five fantastic children, all of whom are wonderfully sporty. Roma is 20 and plays university rugby at the highest level. His twin brothers, Leo and Rorio, both 18, are about to start their first years at university, both also playing top-level rugby. Lola is 15 and has tried every sport imaginable and now loves going to the gym with me (and the one-to-one time together is wonderful), while Charles, 10, plays rugby like his brothers and is excited to see how he can develop as he goes into the new season.

For us, sport is so much more than just physical activity. Sport has become the backbone to family life, enabling us to thrive rather than just survive.

When I had my first three boys, I struggled to cope with their energy levels. Taking them to the park was impossible as they only had one speed, which was running, and they'd often run in different directions.

After years spent at soft play barns where I could keep them safe, the boys outgrew slides and ladders and I knew it was time to channel their energy into

sport. It had long been a running joke that Roma was a natural rugby player as he tackled children twice his size even before he could walk, but sure enough it proved to be true.

## SUCCESS

From the moment he, and later Leo and Rorio, stepped on to the rugby pitch, rugby became all-consuming. As an exhausted single mother, pulled in different directions every day, I had a mantra: 'I just have to show up, the sport will do the rest'.

And it did. The boys' passion has put them on a path that has seen enormous success. It's where they feel most like themselves. They're naturally competitive and this drives them every day to try harder, be their

best selves and keep pushing. For them, there is no excuse for anything less than their personal best.

By watching the boys play, I have learnt so much. I've taken rugby's DNA and embedded it into our family life. Our rules are clear: discipline, manners and grace are essential. We leave no one behind and we are only ever as strong as our weakest member.

*By watching the boys play, I have learnt so much. I have taken rugby's DNA and embedded it into our family life"*

I am inspired by their teamwork. When they win, they're not doing it for themselves but for the whole team. I see how humble they are in victory and how gracious they are in defeat.

Seeing them put so much into their performance also inspires me to meet them at that high standard. I have to show up and be the best I can be for them, but also for myself. If I don't try my best, my team won't thrive and letting them down has never been an option. Raising children alone has had its financial pressures, but I believe that through sport, I have given them structure and opportunities that have been instrumental in them becoming the very best versions of themselves.

## ENERGY

Without sport, I genuinely have no idea what path they could have taken. Without an outlet for their energy, they would have spent their lives searching for something, possibly in the wrong places. They wouldn't have become the fulfilled, confident, happy children that I am blessed to call mine.

My advice to any parent would be to find the sport that sparks joy in your children. Don't force them to play a sport they don't enjoy, but keep looking until you find the right fit. Find something that lights them up and channels their strength, determination, creativity and competitive spirit.

Support them in their endeavours and know that the sport will teach them all they need to know.

# Are you a changemaker?

The Covid-19 pandemic made life worse for a generation already struggling with low levels of health and happiness.

Unhappy, unhealthy children don't learn effectively and if they don't learn, they can't fulfil their potential.

**The time for change is now, but we can't do it alone. Become a changemaker and join us in our mission.**

This could be as simple as sharing our messages, lobbying, asking of schools or fundraising.

**IF FUNDRAISING, IT COULDN'T BE EASIER, JUST FOLLOW THESE THREE STEPS**

## 1 CHOOSE YOUR EVENT

Plan your own fundraising activity, enter an event or take a look at the list of fundraising events [here](#).

## 2 GET INSPIRATION, TIPS AND SUPPORT

Download our online fundraising pack [here](#), which will help you get started.

## 3 START FUNDRAISING

When you're ready, set up your own [fundraising page](#).

**53%** of parents believe that their children's social wellbeing has been negatively impacted by Covid-19.

**One in four** Year 6 children are **obese**.

**83%** of parents believe children are spending too much time online and not enough time with each other.

Children from **disadvantaged backgrounds** are less likely to access and understand the benefits of sport and play.

## Run for YST

Who fancies ticking something off their bucket list and raising money for our excellent cause at the same time? The TCS London Marathon is on Sunday 2 October 2022 and we have a number of charity places available.

If you are interested in running this October, or if you'd like to register your interest for April 2023's event, then get in touch: [supporters@youthsporttrust.org](mailto:supporters@youthsporttrust.org)

## SHARE YOUR 'WHY' FOR YST

What you're doing is amazing, so don't feel shy telling people all about it. Share your challenge, why you're supporting YST and the difference our work makes to young people's lives.

# We rose to the challenge

In a bid to raise vital funds to help more young people get active, improve their mental health and wellbeing and bounce back from the devastating impact of the pandemic, #TeamYST took on the National Three Peaks Challenge during National School Sport Week.

National School Sport Week 2022 had 'belonging' as its theme, which #TeamYST embodied perfectly on an adventure that was thwarted from the outset. From cancelled flights to road closures, thunder, lightning and gale-force winds, the team powered through, aided by tea, cake and camaraderie, raising almost £20,000 for the Youth Sport Trust and making some incredible memories along the way.

The money raised will help us to make a very real difference to the lives of more young people through play and sport.





21 Sept

Find your fit

# on National Fitness Day

National Fitness Day 2022 takes place on Wednesday  
21 September – how can you get involved?

National Fitness Day is the most active day of the year and helps to highlight the role physical activity plays across the UK, raising awareness of how we can lead healthier lifestyles through being physically active.

Physical activity not only boosts your physical wellbeing but it also has the ability to bring people together and to positively impact our mental and social wellbeing too.

In the past, there's been all kinds of activities taking place, such as 'plank offs', yoga and pilates classes, treadmill challenges, high-street HIIT classes, dance-offs, mass walks and virtual workouts, so what does 2022 have in store?

## FUN FAMILY FITNESS

What could you and your family do to make the most of the celebrations? From a kick around at the park after school to a bike ride, long walk or organised games with friends and family, there's plenty of physical activities you can embrace as a family.

There's also a wide range of free events taking place across the UK where you can try new activities and who knows, you might find a brand-new passion!

You can also share your activities on social media. Make sure you include #FitnessDay and tag @FitnessDayUK to share how you'll be celebrating your fitness.

You can search for activities in your local area [HERE](#)



## YOUNG PEOPLE AND SCHOOLS

This year's National Fitness Day coincides with UN World Peace Day, so why not encourage your children's schools to sign up to take part in World Peace School Sports Day?

From Sydney to Seattle, your children could be part of a worldwide movement taking part in the first ever World Peace School Sports Day. It could be a PE lesson, a playground game or a whole school event, it's up to your child's school.

Find out more about World Peace School Sports Day [HERE](#)