



YOUTH  
SPORT  
TRUST

# NATIONAL SCHOOL SPORT WEEK 2021

Together Again

*Reconnecting and  
recovering through the  
power of sport and play*

**19-25 JUNE 2021**

#NSSW2021

Resource Guide



# Thank you for registering

National School Sport Week is now in its 13th year and this year the Youth Sport Trust is challenging the nation's schools and young people to host one of the country's biggest ever weeks of school sports days, on the theme of **TogetherAgain**.

As restrictions are lifted, this June we hope to see a summer of **TogetherAgain** games and sports days, celebrating togetherness and helping young people, families and friends recover from a year like no other.

Taking part couldn't be easier with our three simple steps:



## Plan

Who, when, how and what will be the focus of YOUR sports day/Together Again games



**Use this planner**



## Participate

Come together, pause to play, reconnect, learn new skills, be inspired and, importantly, have fun!



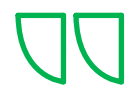
**Event ideas and activities**



## Promote

Promote and celebrate your TogetherAgain activities and share the fun! We can't wait to see you share these experiences and stories through social media

**Use the social media toolkit**

 We are a group of young people who believe **sport has the power to change lives**. We want to enthuse other young people like us to use sport to **create change**. NSSW is a way for us all to be involved in **celebrating** the power of sport. Join us and make NSSW 2021 the best one yet!"

**LIPA NESSA, YOUTH BOARD MEMBER**




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# Why Together Again?

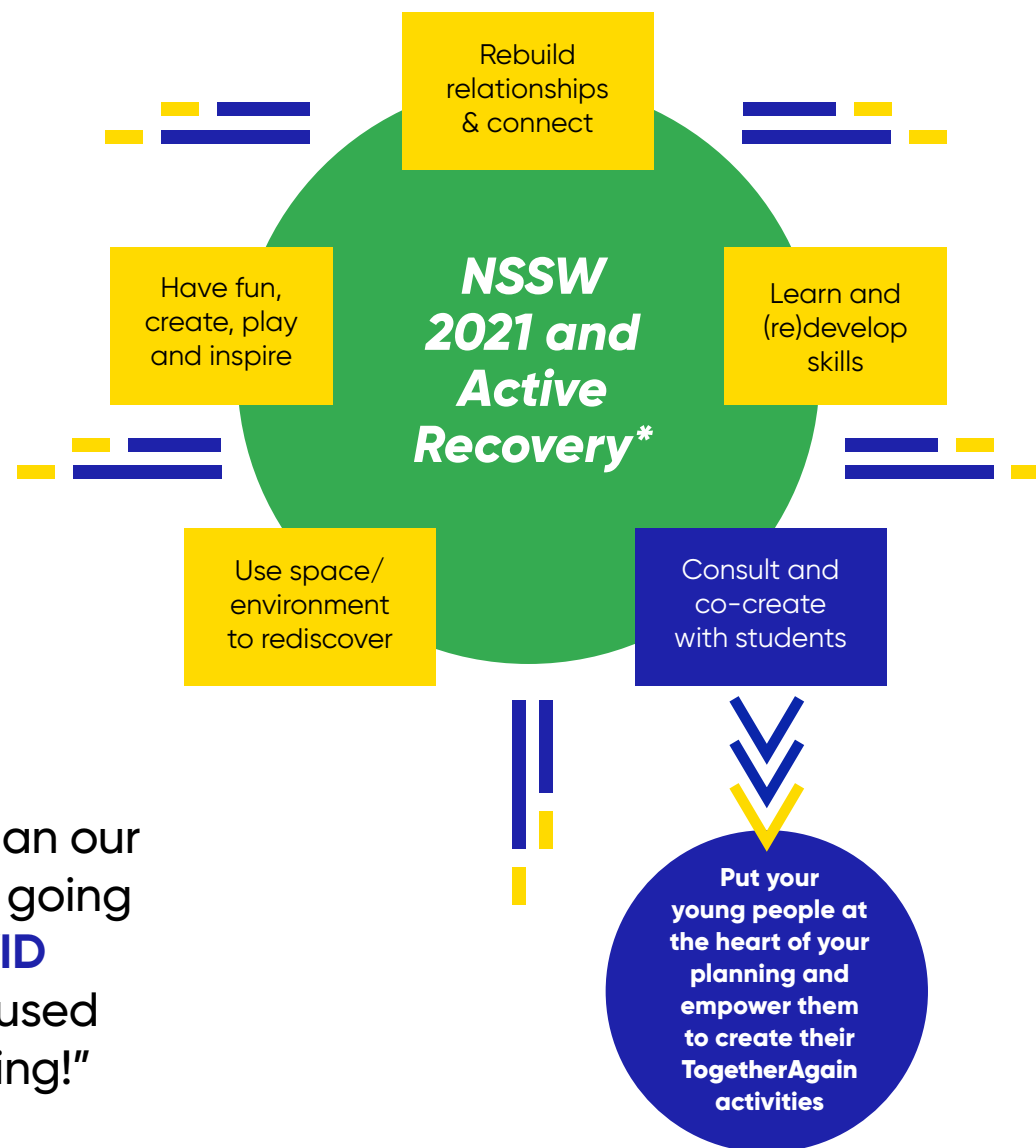
During the Covid-19 pandemic, every child and young person will have had their own unique experience but every single one will have experienced changes in their routine, structures, friendships and a loss of freedom and opportunities.

Since their return to school, the Youth Sport Trust has been working with its partners to help promote an [Active Recovery](#) to help children and young people reconnect and recover by harnessing the power of sport and play.

**National School Sport Week 2021 provides the perfect opportunity for resocialisation and celebrates the end of the first term of 'active recovery'.**

 Our Sports Leaders group have decided to plan our National School Sport Week 2021. This year is going to be so different to ensure everything is **COVID safe**. Lovely to see how quickly they become used to including **social distancing** into their planning!"

**ST CHRISTOPHER'S, WREXHAM.**



*\*Active Recovery is aligned to Professor Barry Carpenter's Recovery Curriculum and The Five Ways to Wellbeing developed by the New Economics Foundation*

# Maximising opportunities *across the week*

Sports days shouldn't just be about being the fastest, strongest or best. Instead, let's make them a celebration of togetherness and a great way to learn.

We have created ideas for activities under each theme in the [event planner and activity guide](#).



Across the week and beyond, there are key dates and events that provide the perfect stimulus around which to focus the planning and delivery of really creative, inspiring and fun activities and events.



## During the week

SUNDAY 20 JUNE

Father's Day



How about hosting family challenges or garden games?

TUESDAY 22 JUNE

England v Czech Rep  
Scotland v Croatia



Could you hold a Euros-themed festival and fanzone?

WEDNESDAY 23 JUNE

International Olympic Day

Could you hold a mini-Olympic/ Paralympic Games?

## ... and beyond

UK'S BIGGEST EVER THANK YOU PARTY

Community 'Thank you'

Sports days

Can you tie in your NSSW activities to this event?



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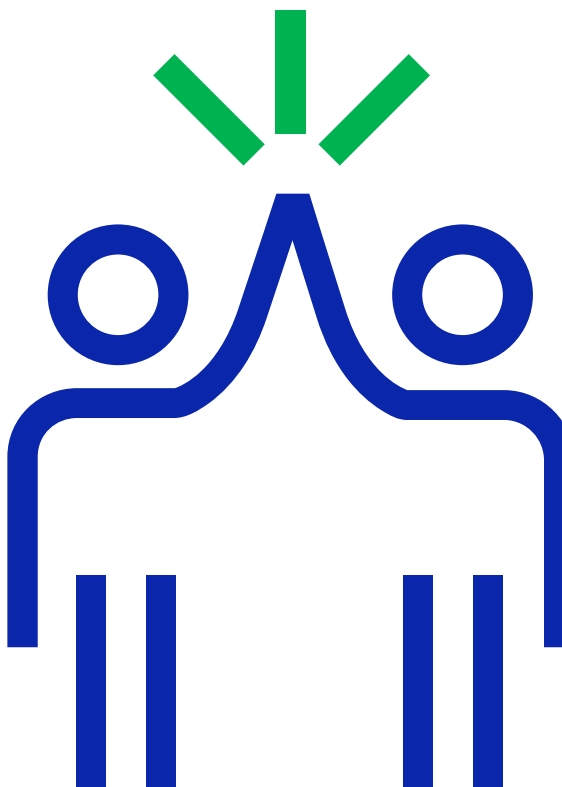
# This year, National School Sport Week is partnering with the **Together** campaign



**/together** aims to build kinder, closer and more connected communities. Young people will be instrumental in this, as the schools and colleges they attend are often hubs of the local community.

Together hopes to create the biggest campaign for social connection that the UK has ever seen, making the 2020s the decade of reconnection. This campaign will culminate in a Thank You Day on 4 July.

We all have someone to be grateful for and people who we want to thank, particularly after the past year.



Research proves that being thankful improves our wellbeing. With National School Sport Week aligned to the five ways to wellbeing, what better way to come together and say thank you than through playing together and having fun?

Why not stage your **TogetherAgain** event as part of your school and community's Thank You celebrations.

You can sign up your support for the [Together Campaign here](#).

# Promote and celebrate your involvement

National School Sport Week 2021 is all about reconnecting and reuniting friends, families and communities by using the power of sport and play.

We want schools, teachers, parents, organisations but mostly young people to get behind **NSSW2021** and **TogetherAgain** school sports days throughout the week.

Help us to spread the word about the power of sport and play by posting and promoting your videos, photos and celebrations.

**Please tag us**

**@YouthSportTrust #NSSW2021**

National School Sport Week is run in association with European School Sports Day, which takes place on 24 September 2021.



**Remember!**  
*Share your plans, pictures and posts help generate many more smiles and reunite our nation through play and sport!*

## Useful downloads

You can use the links below to download your media toolkit.

[Twitter graphics](#)

[Schools PR guide](#)

[Instagram graphics](#)

[Download suggested posts](#)

[Instagram stories graphics](#)

[Facebook graphics](#)

[PR support template](#)

# Thank you to our partners

National School Sport Week is run in association with

- European School Sports Day which takes place on 24 September 2021
- Melanoma Fund's OK Outdoor Kids Sun Safety Code
- Together Campaign
- Zoom Cares Fund, a fund of Tides Foundation

Thank you too to all our National School Sport Week 2021 partners whose generous support will enable us to make this a Summer of TogetherAgain Sport to remember!

- Complete PE
- Decathlon
- Purplebricks
- Sky Sports
- Teach Active
- Warner Bros

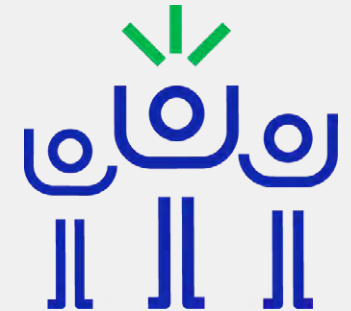


The theme of NSSW this year aligns perfectly with our ambition for the Together campaign to create **kinder, closer** and more **connected communities**, What better way to achieve this in the build up to National Thank You Day on the 4th July than through using the power of sport & play to **reconnect.**"

**ALICE BRAYBROOK, DIRECTOR OF TOGETHER**

## Nominate your hero

Throughout this year's National School Sport Week, you will have the opportunity to nominate your own school sport hero, young or old and show your thanks to them.



In association with:



In partnership with:





# About Youth Sport Trust

The Youth Sport Trust is a children's charity working to ensure every child enjoys the life-changing benefits that come from play and sport. It has more than 20 years expertise in pioneering new ways of using sport to improve children's wellbeing and give them a brighter future.

The charity works with more than 20,000 schools across the UK and operates on a local, national and global level. It harnesses the power of sport, physical activity and PE to build life skills, connections between people and support networks which increase life chances through greater attainment, improved wellbeing and healthier lifestyles. [www.youthsporttrust.org](http://www.youthsporttrust.org)

Twitter: [@YouthSportTrust](https://twitter.com/YouthSportTrust)

Facebook: [@YouthSportTrust](https://www.facebook.com/YouthSportTrust)

Instagram: [@youthsporttrust](https://www.instagram.com/youthsporttrust)

TikTok: [@youthsporttrust](https://www.tiktok.com/@youthsporttrust)

LinkedIn: [@YouthSportTrust](https://www.linkedin.com/company/YouthSportTrust)



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## Get involved

We are so grateful to all of the organisations and supporters who have pledged their support to National School Sport Week 2021. Their fantastic free resources are signposted in this guide for you to use.

Find out how you can support the work of the Youth Sport Trust [here](#)



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