

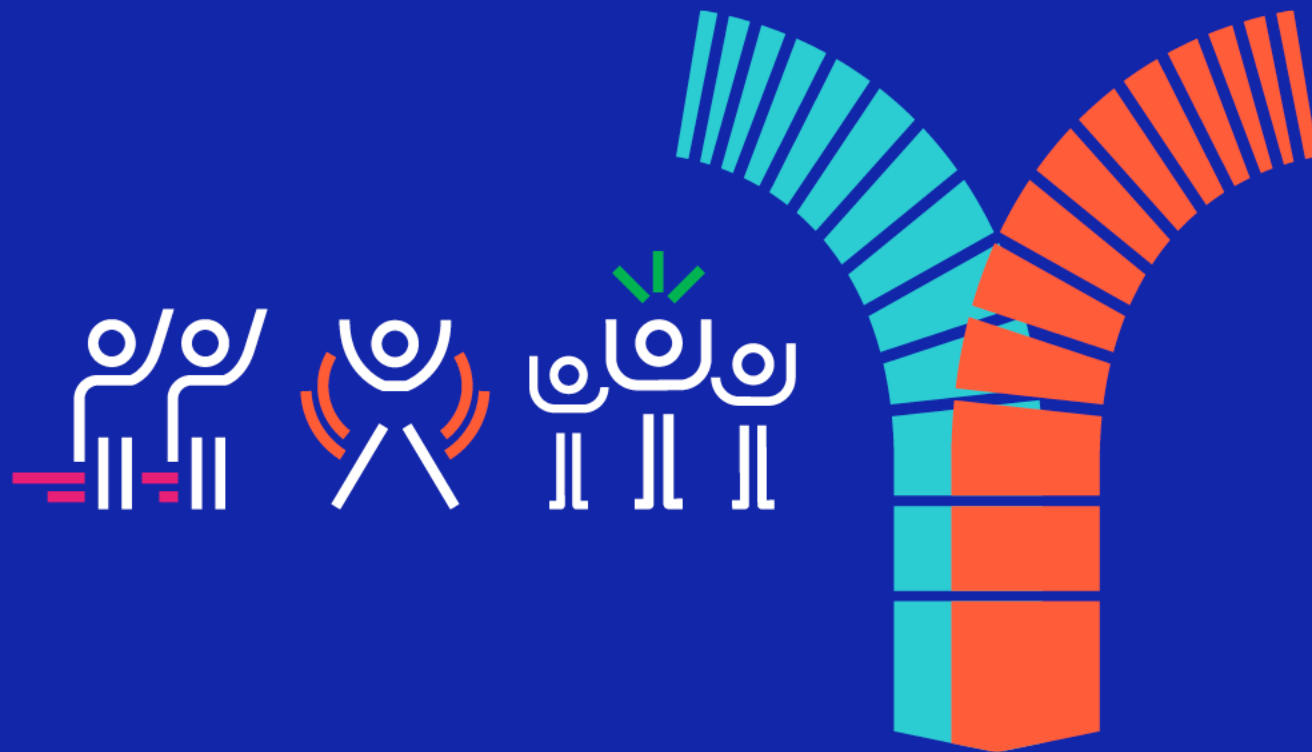


Coronavirus Support *Live*

22-25 February 2021

SPONSORED BY

DECATHLON
.co.uk



@YouthSportTrust

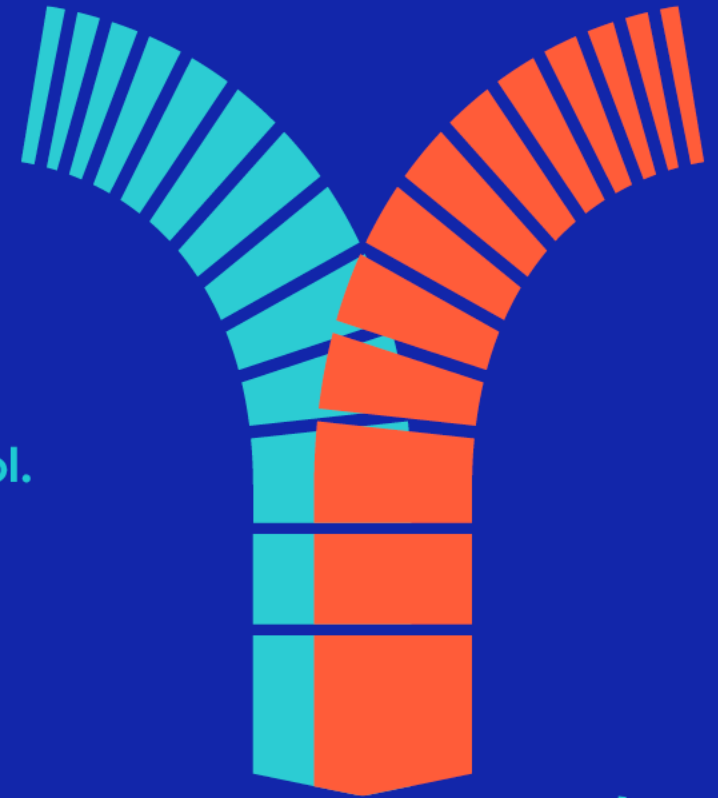
COMPETITION

A huge thank you to our sponsor



Every £50 you spend with Decathlon will put you in with a chance of winning another £500 worth of sports equipment for your school.

Decathlon will make additional donations to YST once we hit an agreed target – so every £ you spend on kit and equipment will help to raise crucial funds for YST as we start to recover from the coronavirus pandemic.



Coronavirus
Support *Live*

SPONSORED BY



@YouthSportTrust



How to plan a meaningful return to school sport in the spring and summer terms that is designed to help children and young people recover from the impact of COVID-19

Ellen Falkner, Head of Sport &
Adam Douglas, Development Officer Sport



Coronavirus
Support *Live*

@YouthSportTrust



Areas we will cover today

Policy

Participants

Provision

People



Policy



Coronavirus
Support *Live*

@YouthSportTrust



Latest Government Guidance

DfE Guidance – Physical Activity

Where you are considering **team sports** you should only consider those sports whose **national governing bodies** have developed guidance under the principles of the government's **guidance on team sport** and **been approved by the government**.

Competition between different schools should not take place until wider grassroots sport for under 18s is permitted.

[Schools coronavirus \(COVID-19\) operational guidance \(publishing.service.gov.uk\)](https://publishing.service.gov.uk) – page 58



Coronavirus
Support Live

@YouthSportTrust



Latest Government Guidance

DfE Guidance -After-school activities and wraparound care from 8 March:

Under-18 sport can take place at school as part of educational provision, or as part of wraparound care.

[Schools coronavirus \(COVID-19\) operational guidance \(publishing.service.gov.uk\)](https://publishing.service.gov.uk) -page 51



Coronavirus
Support *Live*

@YouthSportTrust



Latest Government Guidance

From 29 March – Step 1

Outdoor sports facilities reopen, broadening the options for outdoor exercise and recreation. These facilities, such as tennis and basketball courts, and swimming pools, can be used by people in line with the wider social contact limits.

Formally organised outdoor sports – for adults and under 18s - can also restart and will not be subject to the gatherings limits, but should be compliant with guidance issued by national governing bodies



@YouthSportTrust



Latest Government Guidance

Step 2 (no earlier than 12 April) will allow:

All children will be able to attend any indoor children's activity, including sport, regardless of circumstance. Parent and child groups of up to 15 people (not counting children aged under five years old) can restart indoors. This comes ahead of the adult equivalent which will be no earlier than 17 May.



Coronavirus
Support *Live*

@YouthSportTrust



Insight



(Source: Sport England)



(Source: Barnado's)



(Source: Institute for Fiscal Studies)



(Source: YST and YouGov)

Habits have changed

How we consume sport and physical activity is different

Closer to home/at home

Digital v face to face

Individualised



Learning from Lockdown 1



Coronavirus
Support **Live**

@YouthSportTrust



Participants



Coronavirus
Support *Live*

@YouthSportTrust



POLL - What are you expecting to see/hear from young people when they return?

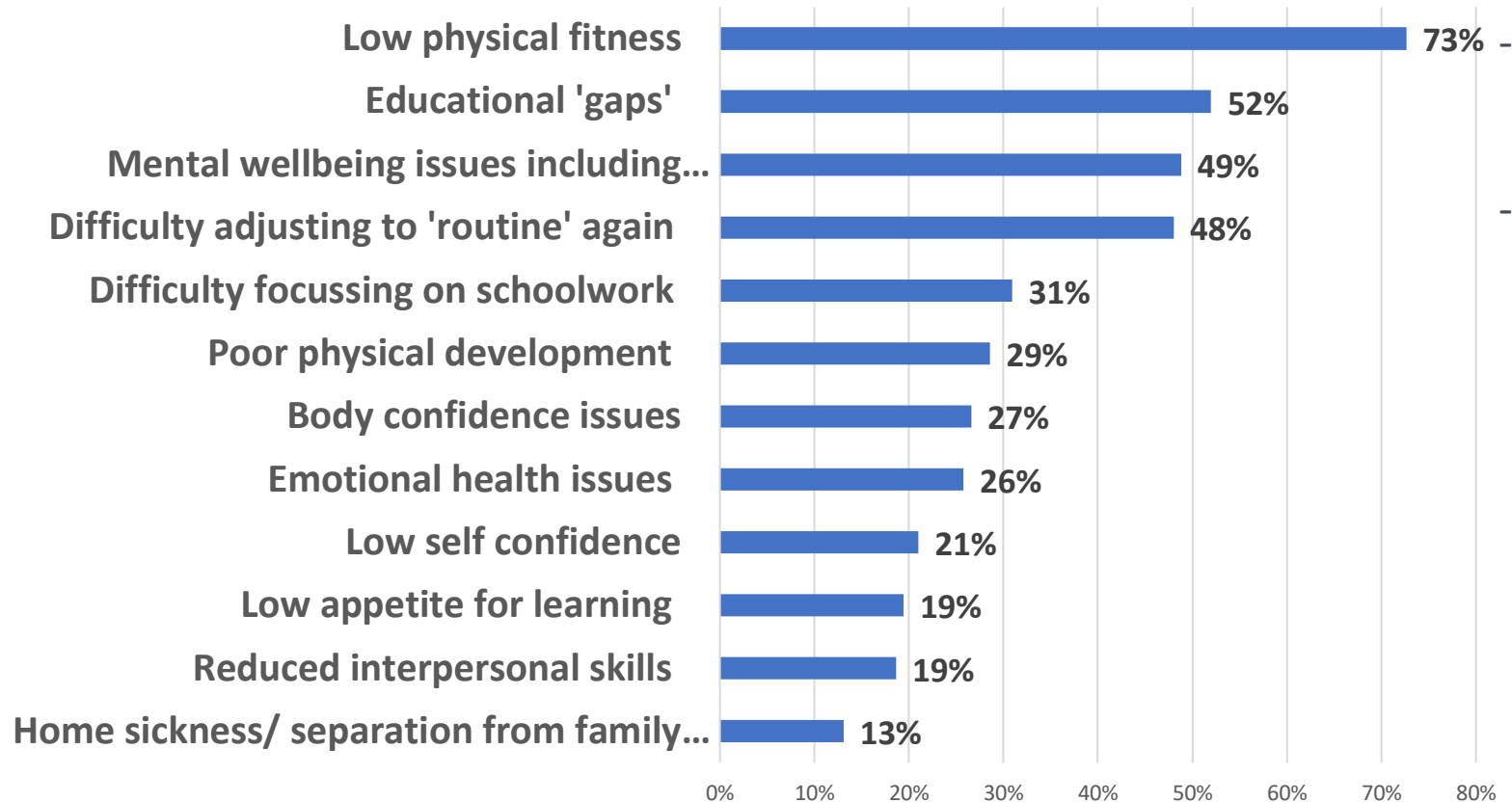


Coronavirus
Support *Live*

@YouthSportTrust



After Lockdown 1



Almost $\frac{3}{4}$ of teachers of PE are noticing low levels of physical fitness amongst their pupils.

- Other issues emerging are educational gaps, mental wellbeing issues and difficulties getting back to routine.

Participants

WHY
Motivations

HOW
Confidence

WHAT
Competence



How can we consult with young people?

Providing a **safe** and **inclusive** way for young people to share their thoughts:

- Surveys
- Polls
- Class/form discussion
- Inclusive focus groups
- Through a school council or school sport organising committee
- Use of emojis/visuals- these feelings.

YST Youth Voice Toolkit – 5th March



Coronavirus
Support Live

@YouthSportTrust



How can we prepare young people for return?

Communicate with them about what the offer, its focus and how they can get involved

Help them to **rebuild their confidence** through giving them skill based challenges that improve their **competence** when at home

Reassure them that its about fun, connection and enjoying being back in school with friends



Coronavirus
Support *Live*

@YouthSportTrust



Provision



Coronavirus
Support *Live*

@YouthSportTrust



What does the offer need to do?

Improve the **WELLBEING** of young people giving young people the opportunity to:

- Be **active**
- Rebuild **relationships**
- Have **fun**
- Try **new** things

THE 5 LEVERS OF RECOVERY

LEVER 1: RELATIONSHIPS
We will not necessarily expect our children to return joyfully. Many of the relationships that were thriving, such as with friends, teachers, supporting adults may need to be invested in and restored. We will plan for this to happen, not assume that it will.

LEVER 2: COMMUNITY
We will recognise that your child's curriculum will have been based at home for a long time. We will listen to what has happened in this time, understand the needs of our community and engage them in the transitioning of learning back into school.

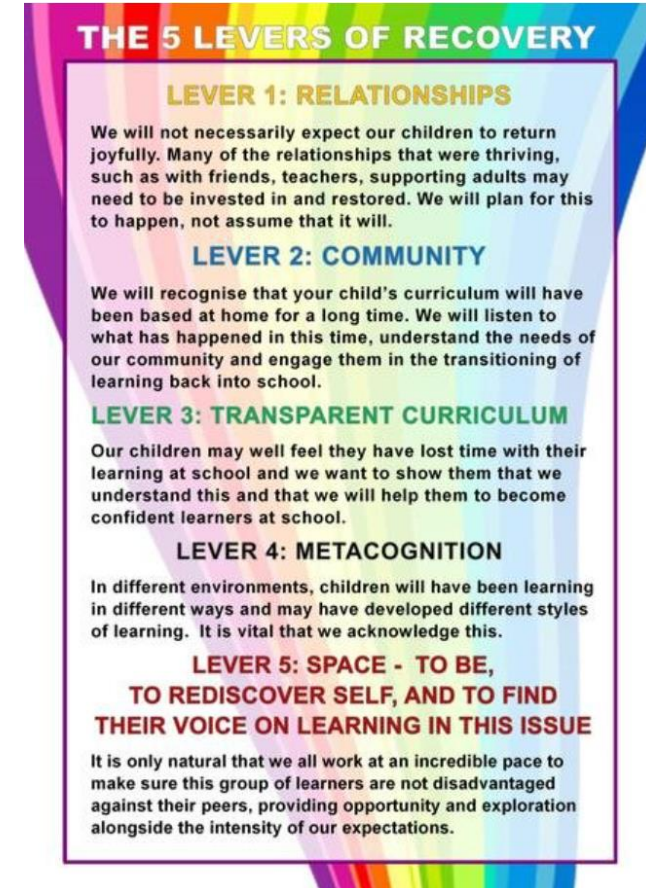
LEVER 3: TRANSPARENT CURRICULUM
Our children may well feel they have lost time with their learning at school and we want to show them that we understand this and that we will help them to become confident learners at school.

LEVER 4: METACOGNITION
In different environments, children will have been learning in different ways and may have developed different styles of learning. It is vital that we acknowledge this.

LEVER 5: SPACE - TO BE, TO REDISCOVER SELF, AND TO FIND THEIR VOICE ON LEARNING IN THIS ISSUE
It is only natural that we all work at an incredible pace to make sure this group of learners are not disadvantaged against their peers, providing opportunity and exploration alongside the intensity of our expectations.

How does it do this?

- Content needs to be **sequenced**
- Give **regular opportunities** for children to **work together**
- Activities that provide **challenge**
- In a **supportive environment**



What does this mean in practice?

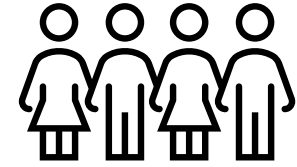
- Enrichment - for the **many not just the few**
- **Safe, inclusive** and **accessible** experiences
- A mixture of informal and formal
- Settings could include:
 - ✓ Breakfast clubs
 - ✓ Lunchtime clubs
 - ✓ After school clubs
 - ✓ Break times
- Focus on INTRA school competition & leadership, coaching and volunteering



@YouthSportTrust



How to design for friendship



- Informal time together to re-build friendships.
- Use of team challenges/tasks that involve working together such as scavenger hunts which could take place alongside provision. Focus on team-building.
- Bingo sheets for young people to complete that finds commonalities, differences and create a sense of belonging.
- Use of music to create a relaxed and welcoming environment for young people.



How to design for health



- Rebuilding competence and confidence through a considered and phased approach.
- Competence and confidence has decreased for young people and therefore the opportunity to play informally will be vital.
- Focus on individual development and personal best challenges and goal setting to give young people structure to work towards.



How to design for behaviour



- Being active has a positive impact on anxiety, relieving stress and improving mood.
- Self refereeing & Values Based Scoring Systems can support positive behaviour.
- Role modelling behaviour across the school creates positive associations for young people.



Coronavirus
Support *Live*

@YouthSportTrust



Plan for delivery

- Ensure your offer is reaching **ALL young people**
- **Pre Easter** – more informal, fun and friendship – focus relationships and building confidence and competence – trying NEW things
- **Youth voice** - shape summer term offer
- **Post Easter** – more formal, structured, sequenced
- Focus on **INTRA** school opportunities



Coronavirus
Support *Live*

@YouthSportTrust



Break out rooms



Coronavirus
Support *Live*

@YouthSportTrust



BREAK OUT ROOM

Given insight around introducing new skills stimulates brain to remember skills used previously; what new sports/activities would you think of introducing and why, and what support/training would you need to do this?



People



Coronavirus
Support *Live*

@YouthSportTrust



What role can others play?

Parents/Carers

Staff/Colleagues

Young people

Young leaders

Clear communication

Knowing what to
expect



Bubble Leadership

The Bubble Leadership concept can support you to:

- Create a movement of **young leaders**, who have a passion to champion school sport to improve the wellbeing of their peers
- Help young people develop skills, and improve **physical**, **social** and **emotional** wellbeing acting as agents of social change
- Reintroduce both **leaders** and **participants** to a positive routine involving physical activity
- Increase **workforce capacity** by **empowering** young people to drive extra-curricular/informal activity with their peers.



Coronavirus
Support Live

@YouthSportTrust



THANK YOU



There isn't a teacher in the land that joined the profession to be remote, distanced, bubbled or isolated from their pupils and colleagues. The inspirational work I have seen over the last year to keep connected with the children and their families has reminded me what is incredibly special about teaching: strong, unbreakable human relationships. We are weavers of the social fabric of our schools and communities and I have never been more proud throughout my career to be a teacher than now. Even this week, I watched young people hopping around their bedrooms, star jumping in their kitchens and doing yoga in their living rooms. When the world changed overnight, teachers transformed with it. While the last year has been exhausting, you have made the lives of young people around the country exhilarating. THANK you. Thank YOU. THANK YOU. #TeachersTogether

JEREMY HANNAY

HEADTEACHER THREE BRIDGES PRIMARY SCHOOL & WELL SCHOOL BOARD



**Coronavirus
Support Live**

@YouthSportTrust



We hope you have enjoyed today's free to access webinar.

If you would like to make a donation to help support the ongoing work of the charity, please visit:

www.youthsporttrust.org
and click

DONATE ➔



Coronavirus
Support *Live*

SPONSORED BY



@YouthSportTrust



Thank you

Activity & Sport Resources



60 Second Challenges

A fun 'compete against yourself' approach to physical activity with a focus on resilience and



Wonder Woman 1984

These fun free activities for schools and families will help young people develop skills using the



After School Sport Club

Join our 30-minute online club on Tuesdays and Thursdays at 5pm for all children and young

<https://www.youthsporttrust.org/coronavirus-support>

May Virtual CPD week

National School Sport Week

@youthsporttrust

www.youthsporttrust.org



Coronavirus
Support *Live*

SPONSORED BY



@YouthSportTrust

