



Programme Delivery 2026/27

Lidl Sport For Good Programme Guidance Document & Terms and Conditions for Schools

What will Schools get from being involved?

Resources	E-Learning Packages	National Training	Regional Training	Local Training	Funding	Other
Y	N	N	N	Y	N	Y
Who is eligible to run this programme?						
25 Secondary schools from across Northern Ireland – registering an interest only						
Challenges addressed through the programme						
<ul style="list-style-type: none"> Declining emotional wellbeing and resilience Developing character traits, life skills and leadership/employability in young people Tackling inactivity and physical wellbeing 						
Outcomes and impact						
For the School/Deliverer <ul style="list-style-type: none"> Healthier and happier young people Increased school engagement Improved achievement Increased leadership (employability) skills 			For the Young People <ul style="list-style-type: none"> Improved mental wellbeing (reduced stress and anxiety) Improved physical wellbeing Increased physical activity levels Developed life skills 			
What are the expectations for delivery by schools?						
<p>The expectations for Schools are as follows:</p> <ul style="list-style-type: none"> 1 Lead Person within the school (adult in school) to implement the project and ensure it aligns strategically with school priorities (suggest either Health & Wellbeing lead or Pastoral). 15-30 Mental Health Champions (student mentors) in every school (non exam year groups). Suggest 15 , no more than 30. Approx. 30 peer to peer group (mentees) to implement project with. Target pupils with low/moderate mental health issues (secondary age pupils). Implement project intervention(s) through physical activity and wellbeing project with the student mentors working across school with pupils with low/moderate mental health issues (secondary age pupils). The expectation is that the project runs weekly over a minimum of 6 weeks. Support for accessing resources across the school Access and identify the schools equipment needs using a voucher provided by Lidl of £1,000 to purchase sports/activity equipment for school/pupil benefit. Note: the Lead Person’s contact details will be shared with the equipment supplier and Lidl for the purpose of claiming the voucher/purchasing and delivering the equipment. Utilise the YST story telling toolkit to provide feedback on pupil impact. This could be Video/vox pop short stories (30- 90 seconds long) or a diary log of activity to capture impact and feedback from lead teacher and pupils throughout the programme. Provide monitoring and evaluation feedback during the project including short survey feedback on teachers trained and pupils engaged/ demographics and impact statements. Young people will also be required to complete short survey on the impact of their involvement. 						

What support will schools receive from Youth Sport Trust?

- Athlete mentor visits, 2 days in school (face to face), to support mentoring and embedding behaviours (6-12 week gap between visits while students and lead teacher implement project).
- Support in setting up the project through teacher resource (how to guide)
- Targeted workshops for student mentors and peer-to-peer group with athlete mentors.
- Access to innovative new resources developed to support the project implementation and delivery
- Access to a £1,000 equipment voucher (provided by Lidl)

Contact Details**Development Manager**

Name: Louise Gray

Email: louise.gray@youthsporttrust.org

Contact Number: 07827 830619

Or Project Support Team

Email: sportforgood@youthsporttrust.org