



**YOUTH
SPORT
TRUST**

CONFERENCE 2023

***The power of PE, sport and
play to improve mental health***



#YSTConference

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SPORTS WEEK 2023

PLAY FOR FUN, PLAY FOR 60



19-25 June 2023

#PledgeToPlay to keep children active for 60 minutes a day, for the UK's biggest annual celebration of PE and school sport.

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Find out more:

www.youthsporttrust.org/nssw

@YouthSportTrust

#NSSW2023 | #PledgeToPlay



Conference

| | |
|------------------------------|----|
| Welcome from Ali Oliver | 4 |
| Welcome from the Youth Board | 5 |
| Support us | 6 |
| The day ahead | 8 |
| Finding your way | 10 |
| Today's speakers | 12 |
| Thank you | 14 |
| Breakout sessions | 15 |
| Our sponsors | 26 |

Exhibition

| | |
|-----------------------|----|
| Exhibition floor plan | 34 |
| Exhibitor listing | 35 |
| Demo Zones | 45 |



Your feedback helps us to shape future events

A link to an online survey will be sent to you following the conference. Please take the time to give us your views. Thank you!





Welcome to the Youth Sport Trust Annual Conference 2023

Thank you for joining us today in focusing on a subject of critical importance: the power of PE, sport and play to improve the mental health of children and young people.

With the after effects of the pandemic still being felt, and now exacerbated by the cost-of-living crisis, we are sadly seeing evidence of a mental health emergency among our nation's young people. The number of children in England needing treatment for serious mental health problems has increased by 39% in the last year, with referrals passing the one million mark for the first time. In research from Barnardo's, a quarter of parents said their child's mental health had worsened due to the cost-of-living crisis, and NHS Digital has found that almost one in five 7-16 year olds has a probable mental health disorder.

These are truly alarming statistics and there are many contributing factors: this generation of young people was significantly affected by Covid-19; many are experiencing widening social inequality; the cost-of-living crisis is impacting on their home and school life; and they face the everyday challenges of dealing with social media and digital harm.

However, we believe there is an opportunity to turn things around through the power of PE, sport and play. Sport England research has shown that physically literate children and young people are happier and more resilient, and a study by the University of Hong Kong found that when children participated in at least 50 minutes of sport three times per week, the severity of signs of depression reduced by about one third.

Today's agenda is packed with speakers and experts from around the world who share our belief in the power of regular activity to not only improve the physical health of young people, but to also have a significant impact on their mental health and wellbeing.

There is still work to do in driving home this message. At the time of writing there is still no news of the promised update of the Government's 'Sporting Future' strategy, nor of the long-awaited update to the 'School Sport & Activity Action Plan'. This is a frustration I know all of you share, and we will continue to play our part in pushing those in power to put PE, sport and play at the heart of the future of education.

Everyone attending this conference is part of our community of changemakers, and I hope you leave today inspired by what we can collectively achieve. I truly believe that, by working together, we can create a healthier, happier future for a generation of children and young people.

A handwritten signature in blue ink, appearing to read 'Ali Oliver'.

Ali Oliver MBE
Chief Executive – Youth Sport Trust



Welcome from the Youth Board

Hello and welcome to the Youth Sport Trust Conference 2023. My name is Lipa Nessa. I am the Chair of the Youth Sport Trust Youth Board and I'm thrilled to be joining you all today to strengthen our collective understanding of how PE, play and sport can help support positive mental health outcomes.

The purpose of the Youth Sport Trust Youth Board is to represent and communicate the views of all young people to inform and enhance the charity's work. The Youth Sport Trust encourages young people to have a voice by actively collaborating with Youth Board members to listen to their views to help understand the needs of young people today.

I wanted to take this opportunity to reflect and remind us all how critical youth voice is in tackling this agenda. We all know that talking helps improve mental health. Children need to feel loved, trusted, understood and safe. Children who are optimistic and resilient, have some control over their lives and feel like they belong, are more likely to have good mental wellbeing.

I started my journey as Youth Board Chair in 2018, and as my final few months of being a board member come to an end, I wanted to take the opportunity to express my thanks to everyone who has supported me to develop many transferable skills such as enhanced leadership, team cohesion, effective communication, and networking skills. This has enabled me to build my rapport, and work as a Sports Activist outside of my Youth Sport Trust commitments, and transfer the lessons learnt into my other sport board, and advisory group roles I hold.

We are now recruiting a new cohort of young people to continue this legacy for change. If you or someone you know is interested to find out more, please look out for our recruitment campaign which is due to go live at the end of April 2023.

Members of the Youth Board and I will be available to talk to you throughout today, so please do come and find us on exhibition stand 9 to find out more.

Lipa Nessa

Chair – Youth Sport Trust Youth Board

Support us

Together we can change lives

Team YST is battling for young people's physical, social and emotional wellbeing. **We need your help** to build brighter futures for young people through sport. Become a Changemaker today and join **#TeamYST** in our fundraising mission.



Join us at the Milton Keynes Running Festival 2023
with one of **our free charity places** and fundraise to help build brighter futures for young people through sport.

Four challenging distances to choose from:

Sunday 30 April:

Rocket – 5K race
(£50 fundraising target)

Turing – 10K race
(£100 fundraising target)

Monday 1 May:

Half Marathon
(£240 fundraising target)

Full Marathon
(£350 fundraising target)

What's included:

- Our fundraising pack full of top tips
- A Youth Sport Trust running vest or t-shirt
- All the benefits of the award winning Milton Keynes Marathon Weekend

Find out more
and **sign up here**





Fundraiser of the Year Patrick Traylor, Project 52

Over the course of 2022, and supported by many friends and family, Patrick Traylor completed 52 events in 52 weeks from the London Marathon to parkruns and a host of other endurance challenges. By the end of 2022 his amazing fundraising total was over £11,000.

Why Patrick chose to support the Youth Sport Trust.



The last couple of years have been very unusual and kids have suffered as much as adults, if not more; imagine not being able to hang out with your mates every day! Unfortunately, with the numerous lockdowns, structured sport has been decimated and children's health has suffered due to this. I wanted to raise money for a great charity that would help children return and regain their passion for sport and physical activity. By doing this challenge I hope to inspire others to take on their own physical challenges and potentially be a role model to their families and encourage even more people into sport and physical activity.

@project52
<https://linktr.ee/project52>

Visit us on stand 12 to find out how to support us and join our team of changemakers taking on a fundraising challenge to help us build brighter futures.

You can also find other ways to support us here:

www.youthsporttrust.org/support-us/fundraising

The day ahead

Session key

Workshops (WS)

Our workshop sessions are designed to allow current practitioners and experts to share innovative thinking and real-life solutions to some of the greatest challenges in supporting young people to enjoy the life-changing benefits of sport and play.

Well Schools podcast (P)

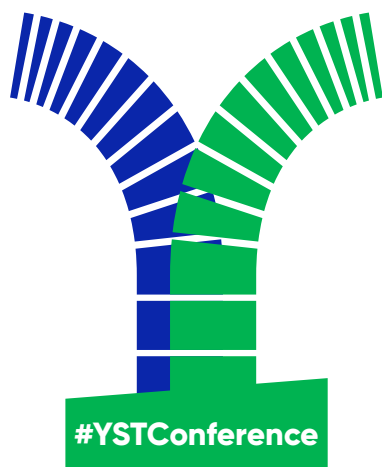
Watch and listen as we record episodes of our renowned Well Schools Podcast live on stage with special guest speakers.

Exhibition and Networking (EN)

The Youth Sport Trust Exhibition will showcase a wide range of PE, school sport, and wellbeing organisations, providing delegates with excellent networking opportunities and the chance to explore high-quality solutions for schools and educational settings. Featuring a second main stage, over 70 stands and a range of active demonstrations, plus structured networking.

Networking (A)

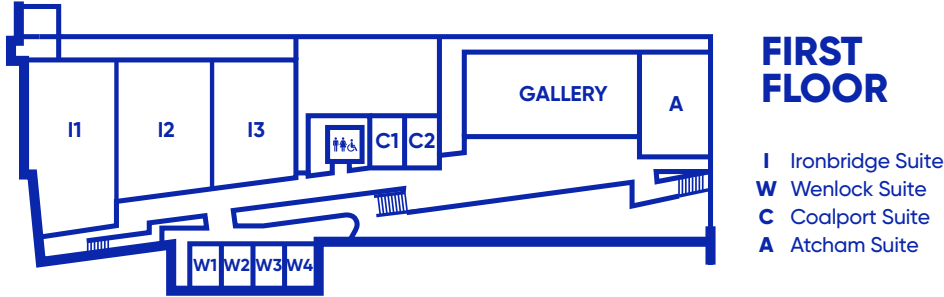
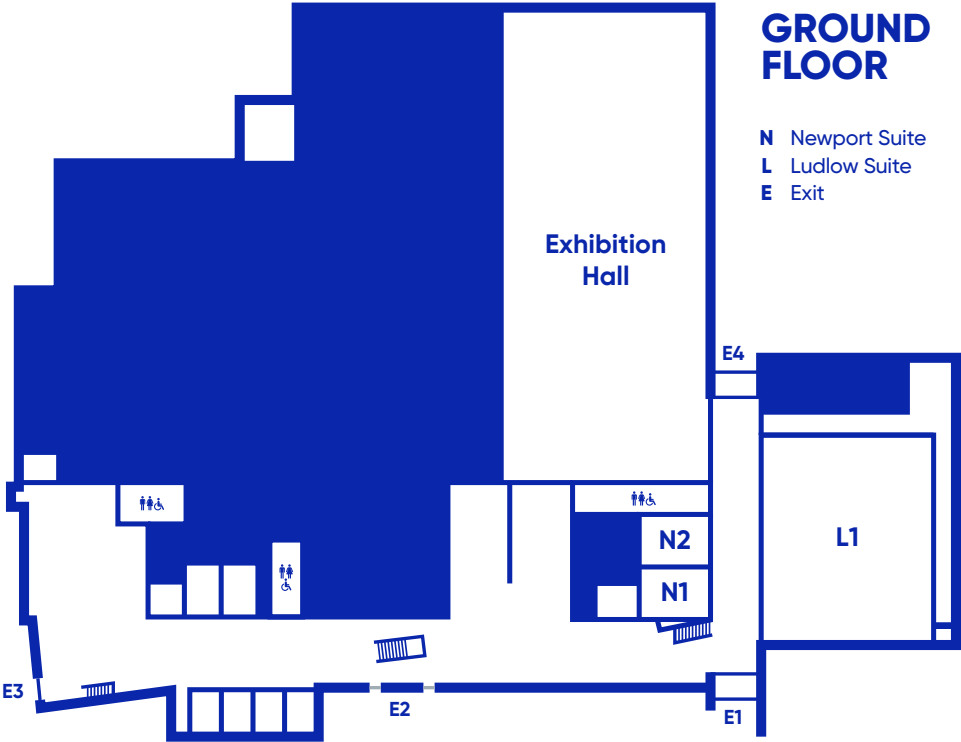
Structured networking and the opportunity to engage directly with staff from the Youth Sport Trust on a wide range of topics.



Programme overview

| Time | Session | | | | | | | |
|-------------|--|----------------------------------|-----------------------------------|-----------------------------------|-----------------------------|-------------------------------|--------------------------------|------------------------------|
| 08:30–09:30 | Registration and Exhibition – Exhibition Hall | | | | | | | |
| 09:30–10:45 | Welcome Address – Ludlow Suite Youth Sport Trust’s CEO, Alison Oliver MBE, will open this year’s conference as we begin to explore the power of PE, sport and play to improve mental health. Ali will be joined on stage by Dr Alex George, former A&E now TV doctor and Youth Mental Health Ambassador, 10 Downing Street, and author of ‘A Better Day’, the positive mental health handbook for children. | | | | | | | |
| 10:45–11:15 | Refreshments and Exhibition – Hall 1 | | | | | | | |
| 11:15–12:05 | WS1 Ironbridge Suite 2 | WS2 Ironbridge Suite 3 | WS3 Ironbridge Suite 1 | WS4 Atcham Suite | P1 Coalport Suite | EN1 Exhibition Hall | A1 Wenlock Suite 1-3 | A2 Wenlock Suite 4 |
| 12:05–12:15 | Movement | | | | | | | |
| 12:15–13:05 | WS5 Ironbridge Suite 3 | WS6 Ironbridge Suite 2 | WS7 Wenlock Suite | WS8 Atcham Suite | P2 Coalport Suite | EN2 Exhibition Hall | | |
| 13:15–14:15 | Lunch and Exhibition – Hall 1 | | | | | | | |
| 14:25–15:25 | Afternoon Keynote – Ludlow Suite Arshay Cooper – A Most Beautiful Thing Arshay Cooper is a rower, Benjamin Franklin award-winning author, the protagonist of the critically acclaimed film ‘A Most Beautiful Thing’, a Golden Oar recipient for his contributions to the sport of rowing, a motivational speaker and activist, with a keen interest around issues of accessibility to sport for low-income families. His moving life story demonstrates the true power of sport to change lives. | | | | | | | |
| 15:25–15:35 | Movement | | | | | | | |
| 15:35–16:25 | WS9 Wenlock Suite | WS10 Atcham Suite | WS11 Ironbridge Suite 3 | WS12 Ironbridge Suite 2 | P3 Coalport Suite | EN3 Exhibition Hall | | |

Finding your way





#YSTConference

Today's speakers



OPENING ADDRESS

DR ALEX GEORGE

Dr. Alex George is a TV doctor, best-selling author, and Youth Mental Health Ambassador to the government.

Alex has become a well known and respected figure amongst healthcare professionals in the UK, from his years as an A&E doctor, bringing the nation accessible and reassuring advice directly from the frontline throughout the pandemic. His first book, *Live Well Every Day*, was published May 2021 and is a Sunday Times Number 1 Bestseller.

Alex is on a mission to improve mental health support for young people, and has become prolific throughout the UK in his campaigning for Early Support Hubs. In February 2021, Alex was appointed by the former Prime Minister as Youth Mental Health Ambassador to the government. Alex has a hugely successful podcast, *Stompcast*, which promotes the importance of walking in nature for mental and physical wellbeing.

In November 2021, Dr Alex presented his first full length documentary for BBC One and Children in Need, *Dr Alex: Our Young Mental Health Crisis*. He also hosts his own radio show on Classic FM, *Inner Harmony*, which explores the relationship between classical music and wellbeing. Alex has two million followers on Instagram alone, and a rapidly growing audience on YouTube and TikTok. Across his platforms, Alex has become a leading voice in mental and physical health and wellbeing and uses his platform to make health and medicine more accessible to millennials and beyond.

Alex's first children's book, *A Better Day: Your Positive Youth Mental Health Handbook*, was published in September 2022; a positive, accessible and practical toolkit guiding young readers in how they can care for their mental health with confidence.



AFTERNOON KEYNOTE

ARSHAY COOPER

Arshay Cooper is a rower, Benjamin Franklin award-winning author, the protagonist of the critically acclaimed film 'A Most Beautiful Thing', a Golden Oar recipient for his contributions to the sport of rowing, a motivational speaker and activist, with a keen interest around issues of accessibility to sport for low-income families.

In this afternoon keynote you will hear from Arshay himself and the moving true story of a group of young men growing up on Chicago's West Side who form the first all-black high school rowing team in America, and in doing so not only transform a team but also their lives.

Having grown up on Chicago's West Side in the 90s, Arshay knows the harder side of life. The street corners are full of gangs, and the hallways of his apartment complex were haunted by junkies he calls "zombies" with strung-out arms, clutching at him as he passed by. His mother, a recovering addict, and his three siblings all slept in a one-room apartment, a small infantry against the war zone on the street below.

Arshay will talk about how he kept to himself, preferring to write poetry about the girl he had a crush on, spending his school days in the home-ec kitchen dreaming of becoming a chef. He recounts how one day as he's walking out of school he noticed a boat in the school lunchroom and a poster that read "Join the Crew Team".

His moving life story demonstrates the true power of sport to change lives.

Thank you

Thank you to all the young people and performers participating in this year's awards dinner and conference.

Event operations

Exhibition – Maelstrom Event Solutions

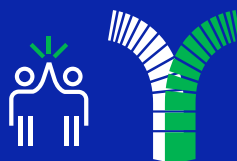
Audio visual – Missing Link

Event filming – HVP Studios

Promotional film – Jack Tennyson

Award winner films – The Playbook

If you have outstanding performers at your school who would be interested in future performance opportunities at YST events, please contact events@youthsporttrust.org



Breakout sessions

Breakout sessions

Workshops (WS)

Well Schools podcast (P)

Exhibition and networking (EN)

Networking (A)

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Breakout session 1

11:15–12:05

Breakout sessions 11:15–12:05

| SESSION | TITLE AND SYNOPSIS |
|------------|---|
| WS1 | <p>'PE allows me to be me' Transforming PE to build inclusive belonging</p> <p>All young people can find a place to belong and thrive within PE. This session shines a spotlight on how this is achieved through the voice of leaders, practitioners and young people. Through a place-based lens, we explore the strategic approach one cluster of schools has taken to transform PE, from a framework to real life impact.</p> |
| WS2 | <p>Building a connected education system to change children's lives</p> <p>Hear from Steve Rollett, Deputy CEO of the Confederation of School Trusts, on their vision for an education system with a shared moral purpose to improve education for the common good, driving belonging, human flourishing and social justice. Through collaboration, can we build a consensus on the role of education to improve wellbeing?</p> |
| WS3 | <p>Understanding the 24-hour movement model</p> <p>Children are designed to move, and they learn best when they are moving. Zach Weston, clinician, educator, health system administrator and entrepreneur, explains the science behind movement and brain function. Zach examines international best practice to look differently at addressing inactivity through collaboration and the Canadian 24hr movement model.</p> |
| WS4 | <p>Addressing the balance – Gender diversity in PE and school sport</p> <p>LGBT+ young people are twice as likely to experience depression, panic attacks and anxiety disorders than young people who are not LGBT+, according to new independent research by charity Just Like Us. All young people should feel welcome in sport, have the ability to access and progress in activities of their choice safely and with respect and dignity. This session will share ideas and positive actions that practitioners can take to support young people who identify across the gender spectrum.</p> |
| P1 | <p>Well Schools podcast live: How a whole school approach to health and wellbeing raises standards</p> <p>The evidence suggests that addressing the health and wellbeing of staff and pupils improves educational outcomes and raises standards. This podcast lays out how Jo Halliday led Theale Green School to make that happen through a Well Schools approach.</p> |

Breakout session 1

11:15–12:05

Breakout sessions 11:15–12:05

| SESSION | TITLE AND SYNOPSIS |
|---------|--|
| EN1 | <p>Exhibition and Networking sponsored by Sports Directory</p> <p>The Youth Sport Trust Exhibition will showcase a wide range of PE, school sport and wellbeing organisations, providing delegates with excellent networking opportunities and the chance to explore high-quality solutions for schools and educational settings.</p> <p>Main Stage: Sport England Secondary Teacher Training programme – Building high-quality, inclusive PE, school sport and physical activity that is evidence-informed.</p> <p>Sport England's Secondary Teacher Training programme reached 74% of state-funded secondary schools in England. It succeeded in engaging and training wider school staff (teaching and non-teaching) and, in many cases, changed the way that schools consider, deliver and value PE, sport and physical activity as part of provision. In this session, stakeholders from across the programme will bring to life the recently published findings and provide evidence-informed recommendations for schools.</p> <p>Networking Lounge (stand 63): Hosted by the Youth Sport Trust's early years expert; come and network with other colleagues interested in filling the development gap through physical literacy in the early years. This networking session will explore the growing issue of developmental delay in children's speech, literacy and physical development as they enter the school system, and how physical literacy can support their learning.</p> <p>Demo Zone: Our popular active 'demo zone' areas return for 2023. Bringing to life the fantastic products of our exhibition partners and sponsors including Ortus Energy, Sports Directory, Enrich Education, Complete P.E. and more. Join in with our fun, interactive, live demonstrations which will be taking place throughout the day in the Exhibition Hall.</p> |
| A1 | <p>Networking – Lead Schools</p> <p>Networking session for YST Lead Health and Wellbeing, Leadership Coaching and Volunteering (LCV) and Inclusion Schools.</p> <p>Closed session for Youth Sport Trust Lead Schools.</p> |
| A2 | <p>Networking – Alternative Provision</p> <p>Alternative Provision roundtable – the role and value of PE and sport.</p> <p>Closed session for the YST Alternative Provision network</p> |

Breakout session 2

12:15–13:05

Breakout sessions 12:15–13:05

| SESSION | TITLE AND SYNOPSIS |
|------------|---|
| WS5 | <p>Is PE in crisis? One year on...</p> <p>In this session, Lee Sullivan, author of 'Is PE in Crisis?' and co-author of the 'Concept Curriculum', reflects on his experience around the evolution of key content in the curriculum, pedagogy, and assessment. One year on from launch, he will be joined by schools that have implemented some of the learnings from his book. School representatives will bring this to life, sharing how they have interpreted and implemented various aspects, the successes and challenges they faced along the way. This session will be highly interactive. Delegates will be encouraged to discuss, challenge, and ask questions of the topics raised and consider how they might translate learnings back in their own context.</p> |
| WS6 | <p>Youth leadership: How to create a meaningful leadership model that inspires changemakers</p> <p>We explore examples of practice and share stories and experiences which highlight the pitfalls and successes of youth leadership models which have the potential to create a significant impact on the social, emotional and physical wellbeing of young people. This session will be interactive allowing for shared innovation.</p> |
| WS7 | <p>Raising aspirations and changing attitudes for those at risk of NEET</p> <p>In this session we will explore learnings and share emerging findings from the Youth Sport Trust and Wimbledon Foundation Set for Success programme, a long-term youth leadership intervention that provides an enrichment offer for those at risk of becoming not in education, employment or training (NEET).</p> |
| WS8 | <p>Creating safe, calm and nurturing spaces – through sensory and sport sanctuaries</p> <p>Examine the importance and benefits of creating safe, calm and nurturing spaces to support pupils' mental, physical and social wellbeing. In this session you will hear directly from practitioners involved in developing and delivering a sensory and sport sanctuary in their school.</p> |
| P2 | <p>Well Schools podcast live: What does a Well School Trust look like?</p> <p>This live podcast with Garret Fay from Insignis Academy Trust and Sian Hall from Aspire Academy Trust will explore the importance of health and wellbeing for staff and pupil resilience and the approach that Multi-Academy Trusts can take to become 'stronger'.</p> |

Breakout session 2

12:15–13:05

Breakout sessions 12:15–13:05

| SESSION | TITLE AND SYNOPSIS |
|---------|--|
| EN2 | <p>Exhibition and Networking sponsored by Sports Directory</p> <p>The Youth Sport Trust Exhibition will showcase a wide range of PE, school sport and wellbeing organisations, providing delegates with excellent networking opportunities and the chance to explore high-quality solutions for schools and educational settings.</p> <p>Main Stage: The Big Debate – Join us for a Question Time style debate with a live audience and a star-studded panel. Is physical activity enough? At a time when children’s mental health is at an all-time low and youth loneliness is on the rise, how can sport and play be used to foster a sense of belonging?</p> <p>Networking Lounge (stand 63): Hosted by the Youth Sport Trust’s primary education expert; come and network with other colleagues interested in filling the development gap through physical literacy in Key Stages 1 and 2. This networking session will explore a widening development gap and the ‘invisible transition’ between Years 3 and 4 and how physical and mental health needs to be supported.</p> <p>Networking session: Ortus Energy – Fully Funded Solar Power Solutions for Schools</p> <p>Explore fully funded solar power solutions for schools with Ortus Energy. Understand how schools can build energy resilience and reduce bills.</p> <p>Meet us at 12:15 on stand 22 (behind the registration desk), networking to start at 12:30 and run until 13:00.</p> <p>Demo Zone: Our popular active ‘demo zone’ areas return for 2023, bringing to life the fantastic products of our exhibition partners and sponsors including Ortus Energy, Sports Directory, Enrich Education, Complete P.E. and more! Come and join in with our fun, interactive, live demonstrations which will be taking place throughout the day in the Exhibition Hall.</p> |
| BC3 | <p>Networking – Alternative Provision</p> <p>Alternative Provision roundtable – the role and value of PE and sport.</p> <p>Closed session for the YST Alternative Provision network</p> |

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Breakout session 3

15:35–16:25

Breakout sessions 15:35–16:25

| SESSION | TITLE AND SYNOPSIS |
|-------------|---|
| WS9 | <p>Happiness Factories: A success-driven approach to holistic physical education</p> <p>Phil Mathe is an international PE teacher with over 15 years' experience. Born from Phil's passion for creating holistic, pupil-centred approaches to PE, 'Happiness Factories' seeks to offer reflections and practical ideas for adapting PE provision to widen the impact for all pupils, regardless of their specific context. This session will be highly interactive.</p> |
| WS10 | <p>Case study: The role of sport in promoting positive behaviour for pupils</p> <p>Dave Evans is the head of alternative provisions and a PE teacher at Sandbach School. With a successful track record of working with students who demonstrate challenging behaviours, his natural training style enables teachers to reflect upon personal and complex issues and leave armed with strategies and confidence to tackle them. This session will focus specifically on the value of sport in promoting and supporting positive behaviour in a school setting and beyond, contributing to positive mental health.</p> |
| WS11 | <p>Case study: Averting the mental health pandemic through sport and play</p> <p>With a national emergency around the mental health of adolescents, this session draws out the science and principles of how City Academy Norwich took a trauma-informed approach to using sport and play to improve pupil mental health.</p> |
| WS12 | <p>Panel debate: Young people's voices, are we really listening?</p> <p>The Good Childhood Report 2022 found that 'children's happiness with how much they felt listened to at school was most strongly related to their happiness with school in general'. This is one of many reasons why we should seek the views of young people, but are we ready to listen to what they have to say? Join our panel as we explore topics such as the value of meaningful youth voice, why co-design is so important, how we reach the voices of those young people who are seldom heard and how to ensure that when young people speak, we're ready to listen and act.</p> |

Breakout session 3

15:35–16:25

Breakout sessions 15:35–16:25

| SESSION | TITLE AND SYNOPSIS |
|---------|---|
| P3 | <p>Well Schools podcast live: The broader curriculum and the future of education</p> <p>With a narrowing of focus in the curriculum and the significant loss of time for PE, sport, art and music, this live podcast outlines the future of education and how these subjects need to play their part.</p> |
| EN3 | <p>Exhibition and Networking sponsored by Sports Directory</p> <p>The Youth Sport Trust Exhibition will showcase a wide range of PE, school sport, and wellbeing organisations, providing delegates with excellent networking opportunities and the chance to explore high-quality solutions for schools and educational settings.</p> <p>Main Stage: Physical Literacy – the consensus conversation</p> <p>Following the Sport England review to establish consensus on England’s definition of physical literacy, we will host members of the expert panel who have led this work to explore what this means for the sector. We will also be joined by practitioners to consider what this means in practice, exploring our collective role in continuing to drive the physical literacy journey of all young people. This will be an interactive session so please come with questions.</p> <p>Networking Lounge (stand 63): Hosted by the Youth Sport Trust’s secondary physical education expert, come and network with other colleagues interested in filling the development gap through physical literacy in the transition years. This networking session will explore the positive action we can take where the development gap is most critical as children enter secondary school, and how physical education needs to play its part at Year 7.</p> <p>Demo Zone: Our popular active ‘demo zone’ areas return for 2023. Bringing to life the fantastic products of our exhibition partners and sponsors including Ortus Energy, Sports Directory, Enrich Education, Complete P.E. and more! Come and join in with our fun, interactive, live demonstrations which will be taking place throughout the day in the Exhibition Hall.</p> |

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**YOUTH
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**ATHLETE
MENTORS**

Elite athletes changing young people's lives

Since 2003, Youth Sport Trust has pioneered the use of elite athletes in schools. We now have a compelling evidence base showing how these Athlete Mentors can change young lives.

Working with Youth Sport Trust Athlete Mentors

We deploy some of Britain's most successful world class athletes into primary and secondary schools to deliver bespoke interventions such as assemblies, workshops and master-classes. These interventions can support outcomes including:

- Emotional wellbeing and resilience
- Raising aspirations
- Character development and life skills
- Leadership and employability
- Exam preparation
- Increasing physical activity (now includes option to purchase personalised YST After School Sport Club experiences)

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

Athletes can also be used to engage parents, support teacher CPD or for In-Service Training (INSET) Days. Our team including Olympic, Paralympic, World Championship and Commonwealth medallists have a wealth of experience in schools using personal stories of struggle and success to inspire young people.



Jeanette Kwakye
British Champion and
Olympic 100m finalist

91%

of teachers reported that students had improved their confidence and self esteem as a result of a YST Athlete Mentor programme

Find out more:

athletecoordinator@youthsporttrust.org

01509 226603

PE Life Skills Award

Recognise and reward students for the development of life skills in and through PE

PE can contribute so much to a young person's life.

It teaches resilience, collaboration, leadership and independence and builds their confidence and competence in physical movement. But so much of what pupils learn in PE has gone unrecognised, until now.

The PE Life Skills Award allows teachers to formally recognise pupils' learning through evidence-based assessment in the PE curriculum. This includes their progress in the physical aspects of PE and their social, cognitive and emotional development too.

For pupils, it give purpose to their learning and helps them to value PE and develop a positive relationship with physical activity that will stay with them long into the future.

Based on our hugely popular My Personal Best programme, the PE Life Skills Award is suitable for both primary and secondary levels and is accredited by SLQ.



What you receive

- Annual licence to become an accredited PE Life Skills Award assessment centre
- Training in the assessment process
- Individual pupil learning logs
- An accreditation resource pack which includes learning reports and an achievement wall chart
- Printable SLQ accredited award certificates

Find out more and sign up:

www.youthsporttrust.org/pe-life-skills-award or email pelifeskillsaward@youthsporttrust.org



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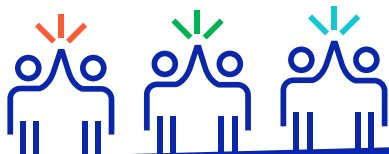
MEMBERSHIP



Support Package 2022-23

£210+VAT

We are equipping educators to rebuild wellbeing and level up the life chances of young people most affected by Covid-19 and those suffering from the effect of inequalities.



For more information contact
membership@youthsporttrust.org
01509 226688

Our 2022/23 offer, for just £210, provides practitioners with learning opportunities and practical resources including:

- **Educator Innovation Series:** cutting-edge expertise from PE practitioners, including pre-recorded webinars and podcast conversations.
- **Youth Voice Toolkit:** supports educators to engage student voice in their school and ensure it is representative of a diverse community of young people
- **Practitioner Toolkit:** Including top tips around wellbeing and getting the most out of your membership
- **YST Quality Mark:** An online self-review tool to support you to audit your PE provision and identify development priorities.
- **Practice Support Portal:** up to date PE and sport related expertise and guidance
- **Communications:** thought leadership from experts in the field and practical updates from YST.



Well Schools is a movement of schools and Trusts taking positive action to improve the health and happiness of their learners

They understand that the health and wellbeing of staff and pupils is central to improving their culture and improving outcomes and life-chances. We are seeing those schools and Trusts in our most underserved communities making the biggest difference. Every child is entitled to a good education and every child has a right to good health: Well Schools can demonstrate how you can achieve both.



Join us
[@well_schools](https://www.well-school.org)
www.well-school.org



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TRUST**

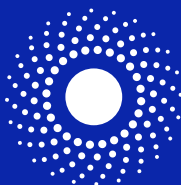


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Year 1 CO2e Savings: 156.76 tCO2e*

1st Year Savings: £92,288

25 Year Savings: £5,168,301

***Based on estimated energy rate saving of 70% and 100% client self-consumption of generated solar power*

EXAMPLE INSTALLATIONS

SMALL SOLAR INSTALLATION

Solar Energy Generated (Year 1):
357,913 kWh

Year 1 CO2e Savings: 76.00 tCO2e*

1st Year Savings: £44,739

25 Year Savings: £2,505,486

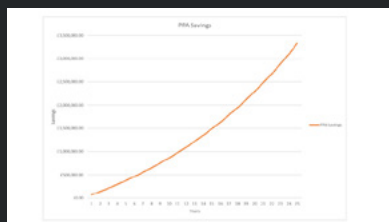
***Based on estimated energy rate saving of 70% and 100% client self-consumption of generated solar power*

Meet Us At:

The Ortus Energy Stand

Stand 22 (behind the registration desk)

[12.15pm - onwards]



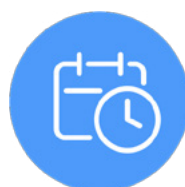
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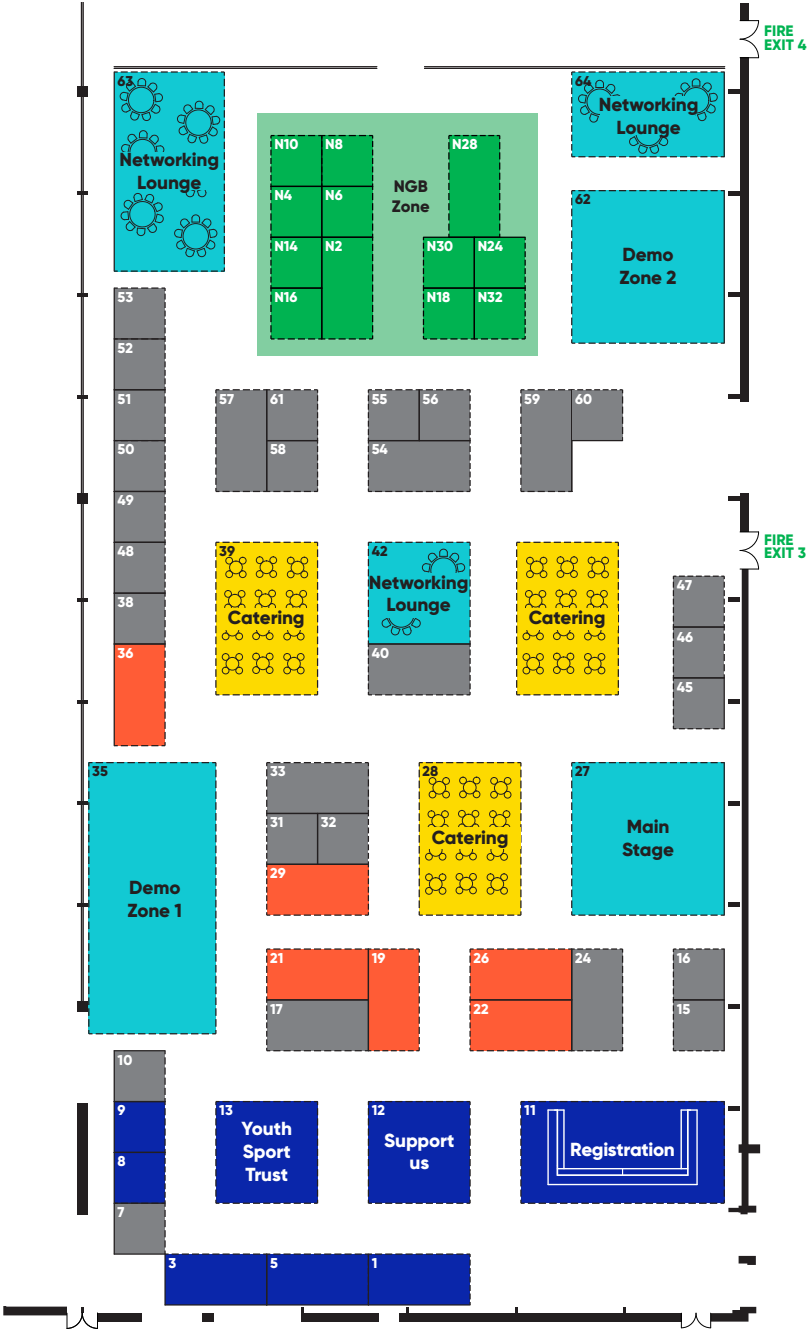
SPORTS DIRECTORY[®] UK

#YSTConference

Exhibition

Floor plan

Exhibition



Exhibition

Exhibitor list

Youth Sport Trust

| | STAND NO |
|-------------------|----------|
| Youth Sport Trust | 13 |
| Athlete Mentors | 5 |
| My Personal Best | 3 |
| PE Life Skills | 3 |
| Support us | 12 |
| Youth Board | 9 |

Sponsors

| | |
|------------------|----|
| Ortus Energy | 22 |
| Complete P.E. | 29 |
| Enrich Education | 26 |
| Kingswood | 19 |
| Teach Active | 21 |
| Sports Directory | 36 |

National Governing Bodies of Sport

| | |
|--|-----|
| Arrows Archery – Archery GB and Clickers Archery | N10 |
| British Orienteering | N6 |
| British Triathlon | N28 |
| England Boxing | N4 |
| England Hockey | N30 |
| England Rugby | N8 |
| Golf Foundation | N18 |
| Kinball | N24 |
| Lawn Tennis Association | N2 |
| Swim England | N14 |
| Teen Yoga | N16 |
| YHA School Trips | N32 |

Exhibitors

| | STAND NO |
|--|----------|
| 2Simple | 47 |
| 5-a-day Fitness | 58 |
| Amazing Interactives | 15 |
| Aspire Active Education | 46 |
| Bishops Sport & Leisure | 54 |
| BlazePod | 57 |
| Century Tech | 52 |
| Chance to Shine | 61 |
| Drumba | 33 |
| Get Set For Education | 40 |
| Grassboots | 50 |
| Jumping Pillows | 53 |
| Limitless | 10 |
| Loughborough University | 16 |
| LU Interactive Playground | 59 |
| Moki Health | 48 |
| MPCT Schools | 60 |
| My Phizz | 55 |
| Nike – Made to Play | 3 |
| OCR | 45 |
| Pearson | 38 |
| Play Innovation Ltd | 51 |
| Pure Ionic Water | 24 |
| Sheffield Hallam University | 32 |
| SLQ | 7 |
| Sporting Futures Training UK | 49 |
| Sports Slam by Sports Direct | 1 |
| SportsSmart | 56 |
| The FA Girls' Football | 8 |
| Uniplay | 31 |
| We Are Forging Futures in association with British Fencing | 17 |

Exhibition

Exhibitor listing

Exhibition

2Simple

Stand 47

Gareth Griffith
07956 536277
Gareth.griffith@2simple.com
www.2simple.com

From 2Simple's Purple Mash, Striver's work and wellbeing PE scheme gives your school the confidence and ability to deliver engaging PE lessons.

5-a-day Fitness

Stand 58

Chantelle Gazzard
07715 648247
info@5-a-dayfitness.com
www.5-a-day.tv

Increase in-classroom activity with 5 minute exercise and 2-minute chill-out smartboard routines. Also in MFL for cross-curricular learning. Join in, have fun, get fit and learn!

Amazing Interactives Ltd

Stand 15

Pravin Jethwa
01642 226690
p.jethwa@amazing-int.com
www.amazing-int.com

ISportsWall is an innovative new development promoting learning and exercise. It currently has over 70 modules covering both educational and physical activities for primary schools.

Arrows Archery – Archery GB and Clickers Archery

NGB

Stand N10

Archery GB
Gayle Pink
01952 677888
enquiries@archerygb.org
www.archerygb.org

Clickers Archery
Graham Harris
01603300490
sales@clickersarchery.co.uk
www.clickersarchery.co.uk

Arrows Archery is a safe and fun way to introduce archery in schools. It can be delivered by teachers and sports coordinators who have no archery experience or qualification.

Aspire Active Education Group

Stand 54

Dan Hays (Aspire:ED)
dan.hays@aspire-sports.co.uk
Nikki Clamp (Apprenticeships)
nikki.clamp@aspiretrainingsolutions.co.uk
www.aieg.co.uk

Visit our stand to learn about Aspire:ED, an on-demand platform that supports schools in leading PE with confidence. We also offer apprenticeships through Aspire Training Solutions to develop a skilled and motivated workforce for child health and wellbeing.

Bishops Sport and Leisure**Stand 54**

Andrew Woodrow
01753 648666
sales@bishopsport.co.uk
www.bishopsport.co.uk

As an established supplier of Active Play & Sport equipment, we have built a strong reputation for delivering quality products and a positive customer experience.

BlazePod**Stand 57**

Trevor Mills
0203 4884757
07944 333831
trevor@blazepoduk.com
www.blazepoduk.com

Have Fun, Set Challenges and Engage Groups with BlazePod – The Ultimate Flash Reaction Light Training Ideal For Schools, Sports Coaches & Fitness Classes.

British Orienteering**NGB****Stand N6**

Howard Blackman
07768 334207
hblackman@britishorienteering.org.uk
www.britishorienteering.org.uk

Orienteering is a great activity that can be delivered safely in schools and can help develop a student's confidence and the ability to make decisions.

Century Tech**Stand 52**

Kiesha Lewis
0800 6126535
kiesha.lewis@cneutry.tech
www.century.tech

CENTURY is an online teaching and learning tool. Using AI and the latest research in learning science and neuroscience, it creates constantly adapting personalised pathways for students and powerful intervention data for teachers.

Chance to Shine**Stand 61**

Ian Gregory
07450 998843
ian.gregory@chancetoshine.org
www.chancetoshine.org

Chance to Shine is a national charity that aims to give all children the opportunity to play, learn and develop through cricket. We believe that cricket can help to develop the personal, social and physical skills of the 600,000 children that we work with every year.

Complete P.E.**SP****Stand 29**

David Rock
07762 615425
info@completeperesource.com
www.completepe.com

Complete P.E. is an interactive Physical Education resource designed to support the implementation of a High Quality Physical Education curriculum.

Exhibition

Exhibitor listing

Exhibition

DRUMBA®

Stand 33

Adam Rockley
07889 077585
info@drumba.co.uk
www.drumba.co.uk

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England Boxing

NGB

Stand N4

Louise Vidor
07840 856415
bac@englandboxing.org
www.englandboxing.org

The England Boxing Activator Course teaches you how to deliver a diverse, non-contact programme that includes competitive activities usable in School Games formats.

England Hockey

NGB

Stand N30

Gail Rushton
01628 897500
schools@englandhockey.co.uk
www.englandhockey.co.uk

England Hockey has a range of adapted formats and equipment, along with support materials and guidance to support the delivery of hockey in schools.

England Rugby

NGB

Stand N8

Chris Sigsworth
07872 672648
chrissigsworth@rfu.com
www.englandrugby.com/education

Want to find out about our National Touch to Twickenham event, or know more about our offer in schools – then come give us a visit.

Enrich Education

SP

Stand 26

Matthew Vaudrey
0151 4891123
info@enricheducationuk.com
www.enricheducationuk.com

Enrich Education is a Youth Sport Trust Changemaker Business and we specialise in providing creative, cross-curricular active learning experiences for schools. OAA and Quidditch!

Get Set 4 Education

Stand 40

Natalie Richardson
0203 4881798
admin@getset4education.co.uk
www.getset4education.co.uk

The MOST fun filled primary platform supporting everything you need for curriculum PE and beyond!

Golf Foundation**NGB****Stand N18**

Martin Crowder
01992 849830
development@golf-foundation.org
www.golf-foundation.org

We have a new Primary and Secondary school programme which develops pupils' mental toughness through golf. This includes new resources, training, competition and Golfway equipment.

Kingswood, an Inspiring Learning company**SP****Stand 19**

Alison Brown
07807 718438
alison.brown@inspiring-learning.com
www.kingswood.co.uk

Celebrating 40 years of award-winning adventures! 11 UK outdoor activity centres and a range of inspiring programmes to suit all age groups.

GrassBoots**Stand 50**

Mark Lycett
07852 245609
mark.lycett@everysecond.com
www.grassboots.com

A community focused funding and sustainability initiative. We provide a dedicated online marketplace for schools and clubs to donate and buy second-hand sportswear and equipment.

Lawn Tennis Association**NGB****Stand N2**

Michelle Gray
michelle.gray@lta.org.uk
www.lta.org.uk/schools

LTA Youth Schools is a free cross-curricular programme designed by teachers, for teachers. Complete the online teacher training to receive £250 for your school.

Jumping Pillows**Stand 53**

Paul Copage
07482 888660
paul@jumpingpillows.co.uk
www.jumpingpillows.co.uk

The Jumping Pillow brings a sense of fun to exercise, developing children's motor, co-ordination and learning skills through a series of educational games and tasks.

Limitless**Stand 10**

Louise Allard
01832 280011
louise.allard@limitlesskit.com
www.limitlesskit.com

Limitless is the #1 sports brand in independent schools. We create performance kit that builds confidence, allowing every young person to enjoy being active.

#YSTConference

Exhibition

Exhibitor listing

Exhibition

Moki Health

Stand 48

James Huggins
07796 227722
james@moki.health
www.moki.health

Moki gets schools moving more. Moki is a wearable wristband and desktop app that measures and motivates the movement of every child in your school.

MPCT Young Leaders

Stand 60

Sarah Hulme
sarah.hulme@learningcurvegroup.co.uk
www.mpctyoungleaders.com

Young leaders, is a primary and secondary focused provision, which delivers in-school programmes, developing values, virtues and character education, through an active and physical curriculum.

NIKE – Made to Play

Stand 3

Kate Thornton-Bousfield
07885 865023
kate.thornton-bousfield
@youthsporttrust.org
www.youthsporttrust.org

A games-based tool to develop and assess movement skills for children aged 8-12 years. Developed by Youth Sport Trust with the support of Nike.

OCR

Stand 45

Subject Advisors, PE and Sport
01223 553998
pe@ocr.org.uk
www.ocr.org.uk/sport

OCR is a leading UK awarding body providing general and vocational qualifications. Our CEM assessments empower teachers to understand and support students' progress and wellbeing.

Ortus Energy

SP

Stand 22

Peter Daley
07546 693 832
peter.daley@ortusenergy.co.uk
ortusenergy.co.uk

Ortus Energy specialises in funding and delivering solar energy projects which save our clients' money, reduce their carbon footprint and improve their energy security.

Pearson

Stand 38

Penny Lewis
0333 0164100
teachingpeandsport@pearson.com
<https://qualifications.pearson.com/en/subjects/physical-education-and-sport.html>

Please contact Penny if you need any support in the delivery or assessment of any BTEC Sport and Physical Activity qualifications.

Play Innovation Ltd**Stand 38**

Marco Boi
0203 4095303
marco.boi@playinnovation.co.uk
www.playinnovation.co.uk

We design, build and energise recreational spaces to create playgrounds and games for people of all ages, abilities and backgrounds.

Primary PE Subject Leader Research – Sheffield Hallam University**Stand 32**

Kim Longbon
0114 2252806
k.longbon@shu.ac.uk

Learn more about a research project specifically focussed on Primary PE Subject Leaders' workload and priorities taking place with Sheffield Hallam University.

Pure Ionic Water**SP****Stand 24**

Wayne Thomas
07305 851120
wayne@pureionicwater.com
pureionicwater.com

Pure Ionic delivers the best possible water solution for hydration and recovery whilst eliminating single use plastic through our Elite and Environmental partnerships programs. Come and find out how!

Sporting Futures Training UK Ltd**Stand 49**

Jill Eaton
07901 603292
jilleaton1@sportingfutures.com
www.sportingfuturestraining.co.uk

Sporting Futures Training Outstanding Ofsted September 2021. AAC 2022 Provider of the Year Education/Childcare. Bespoke Apprenticeships across Schools, Academies, Multi-Academy Trusts and Settings.

Sports Slam by Sports Direct**SP****Stand 1**

sportstartshere@frasers.group
www.sportstartshere.com/events/sports-slam

Sports Slam by Sports Direct, in partnership with Youth Sport Trust, is back with new ways of inspiring kids to get 60 active minutes a day.

Sports Directory**SP****Stand 36**

Jamie Stewart
01322 311233
sales@sportsdirectory.com
www.sportsdirectory.com

Sports Directory are the leading supplier of sports and PE equipment to schools and academies throughout the UK.

Exhibition

Exhibitor listing

SportSmart

Stand 56

Stephen Jones
07968 194829
stephen.jones@podiumanalytics.org
www.podiumanalytics.org

SportSmart: Delivering Safer Sport and Physical Education. A Podium Analytics programme providing staff, schools and clubs with the tools to monitor, manage and reduce injuries.

Swim England

NGB

Stand N14

Lorna Goldie
07581 029683
lorna.goldie@swimming.org
www.swimming.org/swimengland

Swim England is the only recognised national governing body for swimming in England. We help people learn how to swim, enjoy the water safely, and compete in all our sports.

Teach Active

SP

Stand 21

Jon Smedley, Founder and Managing Director
01244 735110
info@teachactive.org
www.teachactive.org

Teach Active is an online resource which provides teachers with lesson plans and resources to deliver the English and Maths curriculum through active learning.

Teen Yoga

NGB

Stand N16

Charlotta Martinus
01761 470658
charlotta@teenyogafoundation.com
www.teenyogafoundation.com

Teen Yoga is a charity that aims to improve the mental health and capacity of young people to help them learn how to prosper.

The FA Girls' Football

Stand 8

The FA Girls' Football
01509 462900
fagirls@youthsporttrust.org
www.girlsfootballinschools.org

Find out more about developing girls' football in schools and how to access free CPD, resources and support through England Football and the Youth Sports Trust.

Uniplay

Stand 31

Victoria Walmsley
0333 3216699
victoria@uni-play.co.uk
www.uni-play.co.uk

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YST

Youth Sport Trust

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Stand 17

James Craig or Harry Brown
07702 687290
James.craig@britishfencing.com or
harry.brown@britishfencing.com
www.weareforgingfutures.com

Harnessing the exciting world of swordplay and fencing as part of a distinctive learning journey that inspires more young people to engage in lifelong learning.

YHA School Trips

NGB

Stand N32

Mike Sabin
01629 592700
groups@yha.org.uk
groups.yha.org.uk

With over 90 years of experience and a network of centres based throughout England & Wales, YHA provides a range of exciting educational and activity trips.

Youth Sport Trust Athlete Mentors

YST

Stand 5

Shaun Marsden-Heathcote
07826 552383
shaun.marsden-heathcote@youthsporttrust.org
www.youthsporttrust.org/our-athlete-mentors

Since 2003 YST has pioneered the inspirational use of elite athletes developing a compelling evidence base for the impact Athlete Mentor programmes have on changing lives.

Youth Sport Trust My Personal Best

YST

Stand 3

Kate Thornton-Bousfield
07884 865023
kate.thornton-bousfield@youthsporttrust.org
www.youthsporttrust.org

Designed to support your planning and delivery of a life skills PE curriculum that enables all young people to flourish in PE, school and life – now and in the future.

Youth Sport Trust The PE Life Skills Award

YST

Stand 3

Kate Thornton-Bousfield
07884 865023
kate.thornton-bousfield@youthsporttrust.org
www.youthsporttrust.org

The PE Life Skills Award allows teachers to formally recognise pupils' learning in physical, social, emotional and cognitive domains through evidence-based assessment in PE.

Youth Sport Trust Youth Board

YST

Stand 9

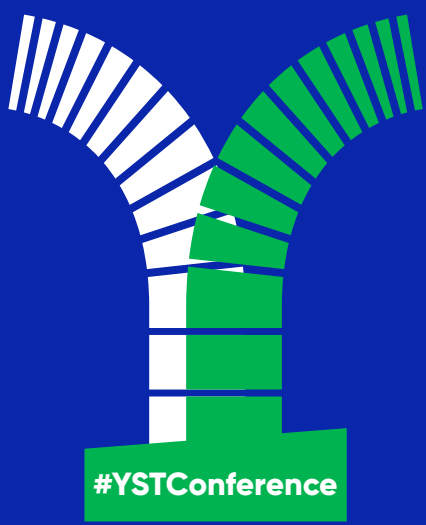
Hazel Williamson
01509 462914
hazel.williamson@youthsporttrust.org
www.youthsporttrust.org/about/our-people/our-youth-board

Come and meet the Youth Board who can offer you practical advice to help put youth voice at the heart of your organisation or school.

Exhibition

Demo Zone 1

| TIME | TITLE AND SYNOPSIS |
|---------|--|
| ALL DAY | Sports Directory Located next to the Sports Directory stand, the Sports Directory challenge zone will offer you the opportunity to take part in a series of sporting challenges for the chance to win either PE equipment vouchers for your school or a pair of tickets to this year's Wimbledon Tennis Championships. |



Exhibition

Demo Zone 2

| SESSION | TITLE AND SYNOPSIS |
|--------------------|---|
| 09:00–09:15 | Complete P.E. Complete P.E. will be showcasing activities from their new Quidditch units of work which are now live on their platform. There will be free sample resources available for anyone who would like to come and find out more. |
| 11:20–11:35 | Enrich Education A workshop to enthuse, encourage and inform participants about the potential of orienteering and outdoor learning to provide excellent learning experiences, not only in PE and School Sport, but also within several other curriculum areas. |
| 11:45–12:00 | Idema Learn and move at the same time with the LÜ Interactive projecting system. Come and try out the apps of the system to combine learning and physical activity. |
| 12:20–12:35 | Active in Mind The YST Active in Mind Athlete Mentor programme uses qualified athletes to support targeted groups of pupils who are struggling to engage with learning and school life and with their physical and mental health. The demo session will introduce delegates to some of the athlete mentor led activities that support this programme. |
| 13:20–13:35 | Golf Foundation An introduction to the Golf Foundation's 'Unleash Your Drive' programme and new Golfway equipment. Unleash Your Drive is a golf-based life skills programme for schools that develops golf skills and measures and develops mental toughness in individuals and groups. |
| 14:00–14:15 | Drumba A fitness class, featuring your school, drums and epic music. Drumba is a cross-curricular class offering music and physical education in one lesson, come and see us in action and have a go too! |
| 15:40–15:55 | Ortus Energy 'I have the Power' Youth Leadership Pilot, in partnership with Ortus Energy. A showcase of the recent youth leadership pilot programme, involving activities that use the inspiration of YST's Athlete Mentors to empower young leaders to improve the wellbeing and sense of belonging of younger students. |



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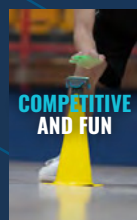
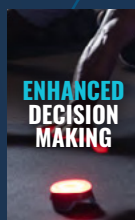
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Many of the 5-a-day Fitness routines are available in French, Spanish and Welsh to help promote cross-curricular language learning. Use the online tracking system to allow pupils to compete on an individual basis, within a class, and against other class teams in inter-school competitions.



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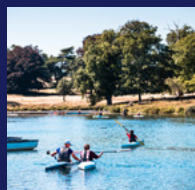
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- Helen Richardson-Walsh
- Karen Greig
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Secondary Teacher Training

The Secondary Teacher Training (STT) programme has worked with over 2,500 secondary schools across England to drive meaningful change in the provision of Physical Education, School Sport and Physical Activity (PESSPA) by supporting teachers to put the needs and voices of young people at the heart of PE, school sport and physical education. The programme has generated a huge amount of insight and learning which has the potential to shape the delivery of PESSPA to be a more enjoyable and inclusive experience, meeting the needs of all young people.

Are you really listening?

Listening to all of your students helps you to understand the attitudes and barriers causing a lack of participation

Our research shows:

1. The least active students don't recognise opportunities to be active at school as easily as more active peers
2. Girls report feeling more self-conscious and having less confidence than boys
3. Attitudes towards PE, school sport and physical activity vary between students from different ethnic backgrounds
4. Disabled students enjoy PE, school sport and physical activity less than their non-disabled peers, and feel less confident and less included in the opportunities available

What can you do?

1. Create opportunities for a wide range of students to help shape the PE, school sport and physical activity provision in your school
2. Encourage open communication and allow students to express their feelings in fun and creative ways
3. Ask your students questions that lead to clear recommendations

Use this to inform your curriculum design

*Based on a study by Sheffield Hallam University of 81,773 students and 10,285 staff

Get your school behind PE

activity alliance | disability inclusion sport | Sheffield Hallam University | SPORT ENGLAND | YOUTH SPORT TRUST

80%

of our least active students* are now more active and they feel more capable and confident

in their abilities to be physically active, the other 20% stating that they are similar to before the programme started. Consequently, they have been accessing more physical activity, less of them perceive PE negatively and staff have an increased focus towards the least engaged.

*in the target group



Find out more, scan the QR code:



SPORTS
DIRECT



SPORTS SLAM



EVERLAST

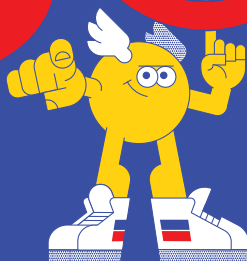
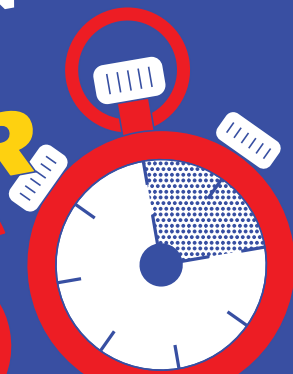


PUMA



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FOR**

60



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FUN, FREEDOM AND CREATIVITY.**

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Active Skills for Life includes a range of resources for children, clubs, organisations and schools, supporting them to be active and learn valuable skills that will last a lifetime.

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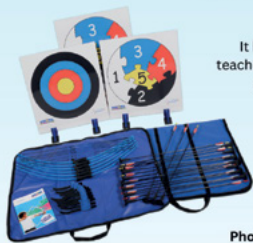
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Arrows was created to enable primary schools to introduce archery to pupils in a fun and safe way.

It has been designed to be delivered by teachers and sports coordinators who have no archery experience or qualification.



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*Limited to one per school



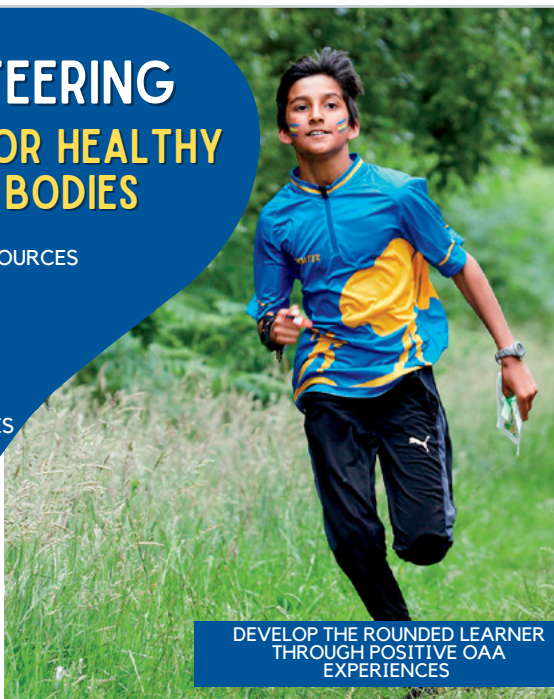
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The **Power Purchase Agreement** (PPA) is a solution provided by Ortus Energy, which enables organisations to make the switch to low-cost, clean energy, without any capital expenditure and with the added benefit of having the system maintained.

The Ortus PPA typically lasts between 20-25 years and provides clean electricity at a much reduced rate in comparison to a school's current prices. Ortus and Fiera take care of all insurance, operations and maintenance for the lifetime of the agreement.

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LARGE SOLAR INSTALLATION

Solar Energy Generated (Year 1):
738,301 kWh

Year 1 CO₂e Savings: 156.76 tCO₂e*

1st Year Savings: £92,288

25 Year Savings: £5,168,301

SMALL SOLAR INSTALLATION

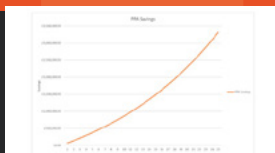
Solar Energy Generated (Year 1):
357,913 kWh

Year 1 CO₂e Savings: 76.00 tCO₂e*

1st Year Savings: £44,739

25 Year Savings: £2,505,486

PPA Savings
Over 25 Years



Meet Us At:

The Ortus Energy
Stand

Stand 22 (behind the
registration desk)

[12.15pm - onwards]

Find out more and speak to
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SportSmart

INTRODUCING THE SCHOOLS AND CLUBS PROGRAMME FROM PODIUM ANALYTICS

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Your team can **LOG AND MONITOR** all sports injuries on the go

Seamless **INTEGRATION WITH MIS**, including timetables and student and staff data

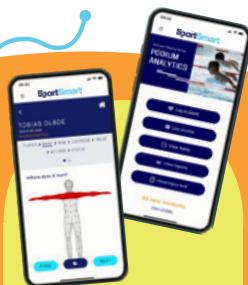
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Injury **DATA INSIGHTS** about your organisation to track over time (e.g. number of A&E visits, players missing lessons, concussions)

All at **NO COST** to schools and clubs

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Apprenticeships in Schools

Teachers Training Team

Ofsted September 2021 - "Apprentices at SFT strive and achieve the highest professional standards. They show outstanding enthusiasm and commitment in their job roles. They understand superbly their position as role models for the children in their school and their community."

Come and Speak with our Team STAND 49
We can work with your School, Academy, Multi-Academy Trust or SGO to create a bespoke Apprenticeship programme

Contact:

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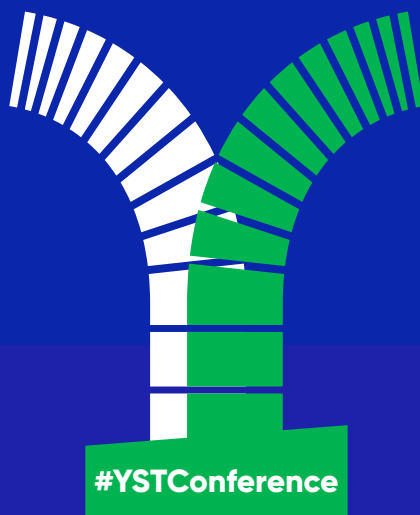
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