Individual membership 2020/21
- Premium members receive all the benefits included in Plus and Core Levels
- Plus members receive all the benefits included in Core Level

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<td><strong>Curriculum mapping guide</strong>&lt;br&gt;This guidance booklet will support schools to structure a bespoke PE curriculum that is personal to your school and the needs of your pupils. It provides a flexible framework, allowing you to reflect on your PE curriculum’s intent, implementation and impact to review and revise as you see appropriate.</td>
<td><strong>Curriculum Blueprint Webinar</strong>&lt;br&gt;This webinar brings to life our curriculum mapping guide. Using as a base our curriculum blueprint which considers the real purpose of PE, the webinar will take you through the implementation and impact stages of your curriculum mapping process.</td>
<td><strong>PE curriculum consultation</strong>&lt;br&gt;Book in 30 minutes of focused time with our PE specialists specifically to look at reviewing your PE curriculum.</td>
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**My Personal Best Resource Cards**<br>My Personal Best promotes a whole school approach to teaching and learning in PE, where life skills and values such as co-operation, responsibility and resilience are taught explicitly through PE. It explores these life skills practically, helping children to recognise and transfer them to other lessons, to life in school and to their wider lives.

**Webinar – Implementing My Personal Best**<br>This webinar brings to life the My Personal Best resource and demonstrates how schools can implement My PB within their PE and wider school curriculum.

**Chateez Cards**<br>Chateez cards are a modern take on traditional flashcards, featuring the popular emoji design. They encourage communication, allowing for children and young people to express their feelings in a fun and creative way. Each pack comes with an A5 example of how they can be used. The cards are a thought-provoking and versatile resource for young people of any age, and they can be used in endless ways to enable young people to open up about how they feel about PE and school sport.

**Webinar – Chateez Cards**<br>There are endless ways in which Chateez Cards can be used, and this flexibility is why they deliver such effective results. We have produced a series of webinars to give you some ideas.

**Elements Resources**<br>Elements cards are a set of physical activity and movement resource cards and videos for school-based practitioners to use with their profoundly disabled students. These take the four elements of water, air, fire and earth as themes on which to base activities and sensory experiences which encourage interaction and movement. In addition to these resources, there is also a Home Learning/Activity pack to encourage parents/carers to continue to build on the activities within their homes and communities.
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<td><strong>Personal Development Posters</strong></td>
<td><strong>Personal Development Toolkit</strong></td>
<td><strong>Athlete Mentor Visit</strong></td>
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| One set of 12 A2 printed posters aimed at young people enclosed in a paper wrap around wallet with further guidance for use. Each poster covers a key life skill/value/quality as referred to in the personal development section of the Ofsted common inspection framework. | The toolkit consists of a colourful A2 poster that acts as an advocacy tool to summarise the toolkit and 12 A4 cards, structured around:  
  • **Intent** – 4 cards: Sharing a vision for personal development outcomes.  
  • **Implementation** – 4 cards: Sharing strategies to enable learners' personal development  
  • **Implementation/Impact** – 4 cards: Sharing ideas to provide personal development opportunities and to evidence their impact. | Our Athlete Mentors are highly skilled and experienced practitioners whose visits can be designed to help tackle complex and demanding challenges across the whole school, empowering young people to transform aspirations, boost confidence and self-esteem, change behaviours and achieve their personal best in life. |
| **Power of Enrichment Resource**         | **Webinar – Using Competition to Achieve Wider Outcomes** |                                                          |
| Is your enrichment provision engaging all young people or is it just for the few? This resource will provide examples of how you can enable, enhance and enrich your provision to engage more young people. | When competition is designed with a clear purpose it can achieve wider outcomes. This webinar will explore both domestic and global research to understand different approaches to competition that help achieve impact for all young people. |                                                          |
| **Webinar Series – Power of a Well School Module 1** | **Webinar Series – Power of a Well School Modules 1 and 2** | **Webinar Series – Power of a Well School Modules 1, 2 and 3** |
| This series explores how the power of a well school can improve the wellbeing of pupils and help them to reach their potential. It focuses on the physical, social and emotional wellbeing outcomes that can be derived from placing PE, sport and physical activity at the heart of the school. | **Module 1** (See Core)  
**Module 2 – Local and Curriculum, Culture, Capital and Connections** covers understanding and applying an intent, implementation and impact model for wellbeing; contribution of PE, school sport and physical activity to cultural capital; identifying good practice and support. | **Module 1 and 2** (see Core and Plus)  
**Module 3 – Ideas into Action** Importance of robust planning and evidence; creating and applying a local research, action planning and evidence based model for a Well School. |
| **Module 1 – National and Local Landscape for Wellbeing** | | |
| Wellbeing and the Ofsted Framework; whole school approach to wellbeing. | | |
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**Supporting schools to use PE, sport and physical activity to contribute to whole school wellbeing and achievement outcomes**

**Webinar – Relationships and Sex Education (RSE) and Health Education**
RSE and Health Education Curriculum will be compulsory from September 2020. This webinar discusses the implications and opportunities for physical education, sport and wellbeing.

**Governors/Trustees Toolkit**
This toolkit is designed to support both governors and trustees and includes guidance around PE, school sport and physical activity, a set of effective questions that can be utilised at Board level as well as high quality information for link governors on what is likely to be beneficial for whole school outcomes based on current examples.

**Webinar – Parental Engagement**
Beyond the School Gate – this webinar will provide top tips on how to engage with parents and influence healthy active lifestyles beyond the school gate. We will explore practical solutions that will help you raise awareness of the importance of an active lifestyle and support families through establishing community links to become more active together.

**Response to COVID-19 Support**

**Webinar – reintroducing young people back into the school environment through PE**
Principles and ideas for both supporting the return of pupils to the school environment and supporting teachers in providing appropriate PE delivery to aid this.

**A webinar focussing on how schools should support young people’s physical wellbeing, mental wellbeing and physical development/literacy post COVID-19.**

**Consultancy – phone call to discuss reintroducing young people back into the school environment through PE**
Conversation with a primary/secondary/special school specialist to review your ‘recovery curriculum’ and help you to support children acclimatise to a ‘new normal’.

**Consultancy Support**

**Quality Mark**
An online self-review tool to support you to audit your PE provision and identify priorities for your development plan. This will come with printed results.

**Consultancy – phone call with local Development Manager**
Phone call with your local YST Development Manager to support the school with an area of development arising from the quality mark self review, (not applicable for Premium Members).

**Development Visit**
Visit from your local YST Development Manager to support the school with an area of development they or the quality mark have suggested and/or gain an understanding of the membership benefits can be positioned to help drive, develop and profile PE, sport and physical activity.

**Sharing Best Practice**

**E-Comms**
Bi-monthly e-newsletter and termly ‘INSPIRE’ magazine, which includes articles from industry experts, YST staff and member schools on impact of PE, physical activity and school sport innovations.

**Practice Support Portal**
Through years of experience and as a result of working in partnership with schools, Youth Sport Trust has developed a wide range of resources to help schools harness the power of PE and school sport. Currently included in the portal are:
- Updates on key elements of the PE and Sport Premium funding
- Papers written by industry experts on school sport and physical activity
- Case studies from existing YST Member schools
- Executive summaries on Youth Sport Trust programmes and activities
- Guidance documents around certain aspects of your role within school
- Blogs written by the Youth Sport Trust or associated partners.

**YST Conference Place**
Our highly recommended annual event including high profile speakers and a huge variety workshops and CPD opportunities, as well as networking and exhibition.