



**YOUTH  
SPORT  
TRUST**

**MEMBERSHIP**

**JOIN US NOW**

[www.youthsporttrust.org/join](http://www.youthsporttrust.org/join)

[membership@youthsporttrust.org](mailto:membership@youthsporttrust.org)

01509 226688

## YST Products & Services

### Supporting schools in understanding, planning and delivering an appropriate and ambitious high-quality physical education curriculum

#### TOP Start

TOP Start supports primary teachers in delivering PE and developing physical literacy in children aged 4-7. TOP Start explores the development of stability, locomotion and object control through PE. TOP Start encourages children to first of all explore movement before applying their new repertoire of skills into 'games like' situations.

#### Resource card packs

The resources cards pack is made up of 28 cards, covering stability, locomotion and object control.

#### Digital resources and e-learning

With a recommended learning time of three hours across six e-learning modules, this package is a comprehensive and effective training and delivery aid for practitioners wanting to grasp the fundamentals of movement in primary aged children

TOP Start face to face CPD is also available.

#### TOP PE

TOP PE resources and training will support delivery of high-quality physical education, physical activity and school sport to young people aged 7-11. Reviewed and updated to reflect the modernised needs of practitioners and young people, the TOP PE collection includes content on athletics, dance, games, gymnastics and challenge. Used to promote a multi-ability approach across physical, thinking, social, creative and healthy themes, TOP PE will help practitioners to become confident and competent at delivering PE and tackle inactivity and physical wellbeing.

#### Resource card packs

This contains a pack of resource cards. The total number is dependent on your choice of subject. Choose from Athletics (20 cards), Challenge (23 cards), Dance (15 cards), Games (47 cards) or Gymnastics (16 cards).

With a recommended learning time of three hours across five sections, the e-learning and eight card sample digital resource pack is a comprehensive and effective training and delivery aid for practitioners wanting to deliver Key Stage 2 curriculum PE.

TOP PE Face to face CPD is also available.

#### TOP Play

TOP Play has been designed to build and develop a child's movement foundation through activities that focus on fundamental movement skills. TOP Play are resources to help deliver outstanding extra-curricular sessions in Key Stage 1. The TOP Play approach concentrates on the development of locomotion, object control and stability which builds upon the TOP Start programme. It also supports development of their wider skills, values and abilities in the creative, cognitive, social and personal areas.

#### Resource card packs

Activities included within this pack: High roller, Able to be stable, Balls and Beanies, Close control, Handy ball, Cool catcher, Hit the target, Jumping jacks, Magic mover, On the go, Rackets bats and splats, Rock and roll, Smooth mover, Step it out, Super stable shaper, Supper stepper giant jumper, Sweet feet, Team thrower and a Multi-skill festival pack which includes 12 fun multi-skill activities.

TOP Play face to face CPD is available.

#### TOP Sport

TOP Sport has been designed to focus on the development of movement and skills that are then applied to suitable small sided games that support development into the playing of all games. TOP Sport are resources to help deliver outstanding extra-curricular sessions in Key Stage 2. The cards and training focus on ideas for adapting activities to include and develop all children at a lunchtime and extra-curricular activity and can be used by young leaders who are helping with the activity.

#### Resource card packs

Choose from: TOP Play, TOP Play Invasion Games, TOP Sport Net and Wall Games, TOP Sport Striking and Fielding, TOP Play Aquatics, TOP Play Gymnastics, TOP Play Athletics and TOP Play Challenge.

TOP Sport face to face CPD is also available.



**YOUTH  
SPORT  
TRUST**

**MEMBERSHIP**

**JOIN US NOW**

[www.youthsporttrust.org/join](http://www.youthsporttrust.org/join)

[membership@youthsporttrust.org](mailto:membership@youthsporttrust.org)

01509 226688

## YST Products & Services

### Supporting schools in understanding, planning and delivering an appropriate and ambitious high-quality physical education curriculum

#### Curriculum Mapping Resource

This guidance booklet will support schools to structure a bespoke PE curriculum that is personal to the context of 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.

#### Chateez Cards & Webinar

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. There are endless ways in which they can be used, and this flexibility is why they deliver such effective results. There are a series of webinars which outline the Background and Context to the cards- how to use the Chateez Cards- Film 3 How to use Effective Questioning to maximise student voice and examples of how mainstream and special schools have used the resource.

#### Elements Resource

The 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 called 'Elements'. 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 for practitioners, there is also a Home Learning/Activity pack to encourage parents/carers to continue to build on the activities within their homes and communities.

### Supporting schools in using PE, sport and physical activity to improve personal development and wellbeing outcomes

#### Personal Development Posters

1 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 mentioned in the personal development section of the Ofsted common inspection framework.

#### Personal Development Toolkit

A colourful A2 poster that acts as an advocacy tool to summarise the toolkit, complement the young people posters and show all school staff how personal development relates to learners' lives. 12 A4 cards, structured around the Ofsted 3 I's, that support staff to adopt a whole-school approach to personal development (drawing on approaches developed through PE, sport and physical activity): 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.



**YOUTH  
SPORT  
TRUST**

**MEMBERSHIP**

**JOIN US NOW**

[www.youthsporttrust.org/join](http://www.youthsporttrust.org/join)

[membership@youthsporttrust.org](mailto:membership@youthsporttrust.org)

01509 226688

## YST Products & Services

### Supporting schools in using PE, sport and physical activity to improve personal development and wellbeing outcomes

#### Healthy Movers

The Healthy Movers range has been designed to support the development of physical literacy in children aged 2-5. It consists of physical resources and training to develop the knowledge, skills and confidence young children need to develop physically, socially and emotionally.

#### Healthy Movers Toolkit

Ready-made for any practitioner working in an Early Years Setting and complements the Early Years Foundation Stage Framework. Includes:

Practitioner handbook, handy hints and tips to maximise delivery, 16 resource activity cards and reward stickers, EYFS wall hanger for your setting, Music CD to accompany activities.

#### Face to face training

One-day practical course designed to help practitioners deliver fun and meaningful physical activity.

#### Practitioner e-learning

Modules include: Healthy eating and active lifestyles for pre-school children and their families, Physical development in the early years, Level 3 accredited qualification for physical development in the early years

#### Healthy Movers at home pack for parents:

Resources to help develop balance, movement and object control. Includes: Children's backpack, parent resource cards, Bean bag, Soft touch ball, Water bottle and sticker pack.

#### Examples Packages - baseline 10 schools

##### Package 1

- CPD 1 day
- Healthy Movers practitioner toolkit
- Healthy Movers wallchart

##### Package 2

- CPD 1 day
- Healthy Movers practitioner toolkit
- Healthy Movers wallchart
- Healthy Movers At Home - parent resource pack
- Practitioner e-learning

#### Healthy Lifestyle Champions

This programme offers secondary schools an innovative approach to engagement of students using the power of peer leaders, non-traditional sporting activity and YST Athlete Mentor led training to create behaviour change and increase wellbeing. By placing peer leadership at the core of delivery and the development of leadership, coaching and activist behaviours of Healthy Lifestyle Champions, the programme aims to create behaviour change of students and increase wellbeing. The programme includes Athlete Mentor training for young people as peer leaders, staff CPD and resources.

#### Active 30:30

Active 30:30 has been developed to help schools reduce sedentary behaviour and increase physical activity in young people outside of timetabled curriculum PE. Made up of 10 sequential steps, the Active 30:30 resource helps practitioners to create an active school which supports the principles of learning already established. Included in the resource is a step-by-step practitioner resource, providing a robust evidence base with guidance and tips to maximise impact. It also includes sample resource cards, review templates, planning documents, certificates and a variety of free downloadable resources to support the delivery of daily physical activity within school.

#### Active 30:30 champions workshop

Active 30:30 Champions uses the inspiration of elite Athlete Mentors to bring the Active 30:30 resource to life and help young people develop life skills. Our Champions will inspire and guide primary schools and families to commit to 30 minutes of physical activity during the school day and 30 minutes at home. This programme draws on the latest behaviour change theory. Schools will receive an initial support visit from the Athlete Mentor to work with teachers and pupils to understand the principles to encourage behaviour change and establish active lifestyle habits. During the programme schools will receive a second support visit from the Athlete Mentor.



**YOUTH  
SPORT  
TRUST**

**MEMBERSHIP**

**JOIN US NOW**

[www.youthsporttrust.org/join](http://www.youthsporttrust.org/join)

[membership@youthsporttrust.org](mailto:membership@youthsporttrust.org)

01509 226688

## YST Products & Services

### Supporting schools in understanding, planning and delivering an appropriate and ambitious high-quality physical education curriculum

#### **My Personal Best primary & secondary resources**

My Personal Best promotes a whole school approach to teaching and learning in PE, where life skills and values such as cooperation, 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. To best support effective implementation for whole school impact, we offer a range of CPD options which can be tailored to the needs of your school or cluster. My Personal Best Primary is also available as an embedded planning and assessment resource through Complete PE, to support high quality teaching and learning across the PE curriculum.

#### **Primary Resource Cards**

Includes 16 teacher and learner cards for ages 4-7 and 27 teacher and learner cards for ages 7-11, covering social, thinking, physical, creative and healthy themes.

#### **My Personal Best Secondary E-learning and resources**

The e-learning course is designed for secondary school practitioners to develop life skills, leadership and employability skills in young people through PE; it contains 5 sections across 4 modules, and you will be provided with digital resource cards: a set for the teacher, and a set for the young people being taught.

#### **Get Exam Fit**

Get Exam Fit is a package of support to help students build in confidence, manage their physical and emotional wellbeing and achieve their potential in school exams.

Through our research, one in three teachers cited exam pressures as a reason for reducing the amount of curriculum PE time. Get Exam Fit however uses this time to target this pressure and ensure young people are well equipped to deal with these stresses.

The initiative supports progress and attainment across the whole school and tackles declining emotional wellbeing and resilience to enable young people to manage stress effectively. Using high profile athletes and supporting resources, Get Exam Fit aims to create a behaviour change in young people. It utilises the athletes' experience of managing high pressured situations and developing strategies to alleviate stress and anxiety.

You will receive four half-day athlete mentor workshops plus practitioner, parent and young person resources.

#### **Girls Active**

Throughout our history the Youth Sport Trust has sought to find ways to ensure that physical education (PE), sport and physical activity are relevant and motivating for girls. The award-winning Girls Active was created on the back of a 12 month action research project conducted by the Youth Sport Trust, aimed at tackling the negative attitudes that girls have towards their body image, improve their attitude towards PE, sport and physical activity, and to work with schools to make sport more relevant to girls' lives.

**Primary or secondary 2 hour CPD session** - supports schools to understand how they can introduce Girls Active as a model of delivery to engage girls and increase participation using the peer leadership model, supported by a copy of the Girls Active Resource and access to the self-review tool .

#### **Girls Active package for a network of schools**

- One day professional development for 1 teacher per school, delivered by YST tutor
- ½ day peer-review professional development for 1 teacher per school, delivered by YST tutor
- 1 copy of Girls Active resource (and online content)
- Termly Girls Active newsletter with updates and inspiration

#### **Girls Active - Stepping up for Change Leadership day**

This package includes a workshop for teachers, facilitated athlete mentor sessions for girls and access to Girls Active resources and self-review for schools.

#### **Young Mental Health Champions**

This programme delivers mental health and emotional wellbeing support to children in response to rising mental health struggles in young people. Through YST Athlete Mentors & tutors, students are supported to build their confidence and reach their full potential; coached in key life skills such as growing their self-esteem, learning creative thinking skills and coping strategies for challenges. School staff will be trained to understand and spot the signs of mental health issues in children and young people such as anxiety and stress. Teachers will be supported to work more effectively with children and young people experiencing mental health problems. The programme includes student and staff resources.



**YOUTH  
SPORT  
TRUST**

**MEMBERSHIP**

**JOIN US NOW**

[www.youthsporttrust.org/join](http://www.youthsporttrust.org/join)

[membership@youthsporttrust.org](mailto:membership@youthsporttrust.org)

01509 226688

## YST Products & Services

### Supporting schools in understanding, planning and delivering an appropriate and ambitious high-quality physical education curriculum

#### Power of Enrichment Resource

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

#### Governor & Senior Leaders' Toolkit

School governors and trustees play a crucial role in improving school performance by providing support and challenge to the headteacher and their leadership team. 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.

### Supporting schools to use PE, sport and physical activity to contribute to whole school wellbeing and achievement outcomes

#### YST Talent Packages:

##### Package A:

#### YST Talent Online Athlete E-learning

Licences to access YST Talent which includes the below modules for a group of 20 athletes:

- Athlete Mental Wellbeing
- Life Alongside Sport
- Performance Improvement

#### YST Athlete Mentor Sessions & Mentoring

- Delivery of two face to face hour long workshops - Topics: Time Management & Goal Setting.
- Performance Parent Workshop (1 - 1hr 30mins) Suggested to run as a twilight session.
- Delivery of one two hour face to face workshop - Topic: Team You (Maximising your support team).
- Six small group mentoring sessions (3/4 athletes each have 30mins to discuss existing challenges and create an action plan utilising the expertise of the YST Athlete Mentor).
- Take part and lead presentations on progress an achievement of athletes (1 hour).

#### Athlete Support Pack

Athletes will receive a foam roller and a notepad to log all of their notes and progress from the first to the second day of delivery.

##### Package B:

#### 4 Athlete Mentor full day visits across the year

- Athlete mentor chat with programme lead about the goals of the programme
- Specific modules chosen that best fit the needs of your students. Available modules: Communication, Goal setting, Performance Improvement, Performance Parent, Planning, Team YOU, Time Management
- Group mentoring with students
- Performance Parent app (free)



**YOUTH  
SPORT  
TRUST**

**MEMBERSHIP**

**JOIN US NOW**

[www.youthsporttrust.org/join](http://www.youthsporttrust.org/join)  
[membership@youthsporttrust.org](mailto:membership@youthsporttrust.org)  
01509 226688

## YST Products & Services

### Supporting schools to use PE, sport and physical activity to contribute to whole school wellbeing and achievement outcomes

#### **Athlete mentor - full day and part day workshops**

Athlete mentor 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.

Since 2003 the Youth Sport Trust has been pioneering the effective and inspirational use of elite athletes in schools. Our team of Athlete Mentors, which includes a host of Olympic, Paralympic, World Championship and Commonwealth medallists, have a wealth of experience providing inspiration through the sharing of their journey and personal stories of struggle and success.

Our world class athletes can help to tackle declining emotional wellbeing and resilience in young people and attitudes to learning.

#### **How it works**

The athletes can visit your school to deliver assemblies, workshops and masterclasses working with targeted pupil groups. They can also deliver motivational speeches, host awards ceremonies, events, sports days or provide a taster of a YST Athlete Mentor programme.

#### **Athlete mentor videos packages**

Designed to be accessed remotely or as part of school-based learning, our suite of 30-minute athlete mentor videos cover a range of hot topics and themes. Packages of 5 or 10 videos are available.

- Inspiring athlete biographies and personal journeys of struggle and success
- Developing Resilience - supporting the development of character skills to help pupils to adapt to changing circumstances and challenges.
- The Importance of Being Active - the benefits of physical activity and tips for remaining active at home.
- Raising Aspirations - How can sport and physical activity can help you to boost your confidence and achieve your potential.
- Improving Wellbeing - how being physically active can support your physical and emotional wellbeing, with simple strategies to help improve your wellness.
- Staying Motivated in Sport - Support to stay focused on your sporting goals in the face of difficult circumstances or challenges.
- Primary specific workshop focusing on the importance of being active for wellbeing and the power of sport to help you to be your best.

#### **Living for Sport**

The Living for Sport programme has been proven to tackle declining emotional wellbeing and boost confidence and resilience in young people.

Since its launch in 2003, our acclaimed Living for Sport programme has used world class athlete mentors to inspire over half a million young people. By helping develop vital character and employability skills it encourages improvement in behaviour and attitude to achieve their personal best in life. Included:

- Initial half-day visit by your athlete mentor – inspirational assembly, meet the team, project planning
- Full day visit post submission of project plan to work with target group, leading activities and group work on the six keys to success

#### **Youth Sport Award**

The Youth Sport Award is a unique award scheme that puts health and wellbeing at the heart of developing young people, ensuring a brighter future for generations to come.

The Youth Sport Award is a reward and celebration scheme which helps young people to evidence their learning, progress and achievement in and through sport and physical activity. It also supports them to demonstrate the impact their involvement in sport has had on their personal development, including leadership skills, health and wellbeing and wider life skills. Targeted at 10-24 year olds, it aims to build positive lifestyle habits and behaviours and empowers young people to take ownership of developing their own skills. There are five different levels of the Award; Go, Bronze, Silver, Gold and Platinum.

Founded with partners Loughborough University, this programme is the first of its kind to develop and grow leadership and management skills using the power of sport. It helps to support wider academic achievement and improve physical and emotional wellbeing by incentivising physical activity.



**YOUTH  
SPORT  
TRUST**

**MEMBERSHIP**

**JOIN US NOW**

[www.youthsporttrust.org/join](http://www.youthsporttrust.org/join)  
[membership@youthsporttrust.org](mailto:membership@youthsporttrust.org)  
01509 226688

## YST Products & Services

### RESPONSE TO COVID-19 SUPPORT

#### Adapting to Covid-19 webinar

A 30-minute webinar focussing on how schools should support young people's physical wellbeing, mental wellbeing and physical development/literacy post COVID19.

#### Adapting to Covid-19 consultancy phone call

Bespoke 30-minute conversation with a primary/secondary/special school specialist to review your 'recovery curriculum' and help you to support children to acclimatise to a 'new normal'.

### CONSULTANCY SUPPORT & TRAINING

#### YST Quality Mark including YST Subscription membership

YST's online self-review tool that provides you with a nationally recognised badge of excellence for PE and school sport. This easy to use tool will support you to:

- reflect on all aspects of your offer encouraging a thorough reflection of practice
- highlight the strengths of PE in the school
- help identify and prioritise further developments

Including YST Subscription membership - newsletters and publications: including landscape and policy updates, helping you to stay up to date with topical issues as they arise to inform and transform your practice.

#### Consultancy support & Keynote speakers

Support from YST experts to develop your PE and school sport provision and help you maximise your YST membership benefits. Consultancy support can be tailored to meet your needs and can be delivered both face to face and remotely.

Our expert keynote speakers can also be provided to inspire your audience at conferences and events.

#### YST Training

With a range of full day, part day and one-hour workshops on offer, and with both face to face and remote opportunities available, YST's broad range of professional development is flexible enough to meet the needs of all schools and networks of schools to improve their PE, school sport and physical activity provision.

We recognise there are increasing pressures on all areas of the curriculum and schools are facing an extremely challenging landscape with competing priorities and rising pressures.

To help support teachers and schools tackle these challenges, we have used our knowledge of policy, expertise in education and passion to drive improvements in health and wellbeing to create a range of professional development & training opportunities to help position movement at the heart of achieving whole school outcomes.

A full list of training opportunities is available separately.

### SHARING BEST PRACTICE

#### YST National conference - delegate place

A flagship event for the Youth Sport Trust that showcases evidence and examples of how member schools from across our network are transforming the lives of their students through the strategic and innovative use of PE, sport and physical activity.

#### YST National conference - awards dinner place

Join us for our annual awards dinner, celebrating the best of PE, school sport and physical activity during 2020-21.