YOUTH SPORT TRUST: IMPACT REPORT 2014/15

How we are building a brighter future for young people through PE and sport

IN 2014/15 OUR WORK REACHED 519,397 YOUNG PEOPLE
WELCOME

Sue Campbell
BARONESS SUE CAMPBELL CBE
Chair
Youth Sport Trust

At the Youth Sport Trust we work tirelessly to use the power of PE, sport and physical activity to give every child a better start in life and every opportunity to succeed. From 18 months to 18 years we are dedicated to making a difference.

This Impact Report provides insight into how our work is reaching young people around the world. Through the partnerships we forge, the schools that we work with and the innovative work we deliver, we are collectively broadening the opportunities for young people to better themselves physically, emotionally, academically and socially. I am extremely proud of the achievements in this report. They demonstrate how we are changing attitudes and behaviours that are improving health, wellbeing, academic achievement and raising standards, giving the nation’s young people a platform for future success.

At the Youth Sport Trust we place great value on building a strong evidence base to understand the extent to which we are achieving our overall mission. This report sets out evidence from the 2014/15 academic year, highlighting the challenges that the organisation is helping to address, the activities we have delivered, and the benefits of our work. Most importantly, this report demonstrates how the Youth Sport Trust is building a brighter future for young people.

Barney Francis –
Managing Director of Sky Sports

We are incredibly proud of our successful long-term partnership with the Youth Sport Trust, which gets bigger and better each year. Through our shared passion for helping young people unlock their potential, and by leveraging the very best of both organisations, we are using the power of sport to help hundreds of thousands of young people across the UK and Ireland to build confidence and develop practical skills.”
As a member of the Youth Board I am delighted to see the impact the Youth Sport Trust is having on young people across the country and around the world.

PE and sport has played an important role in my life. From coaching and competing to volunteering and leading, my passion for sport has helped shape the person I have become today.

Sport and physical activity has the potential to change every young person’s life, which is the reason I believe it is vital that more young people are encouraged to take part.

There are the obvious physical benefits of being healthy and active but equally important is the confidence, self-esteem, aspirations and other wider character traits that are enhanced.

Not all young people are naturally attracted to PE and sport. That is why it is so encouraging to see the Youth Sport Trust recognise the need to engage every young person within sport and physical activity. This is shown by the variety of work in this report and how it is developing opportunities that ensure all young people are encouraged to take part.

I am proud to be a member of the Youth Sport Trust’s Youth Board and feel privileged to stand alongside an organisation that is having such a positive impact.

POPPI MARRIOTT  
Youth Board member  
Youth Sport Trust
The Youth Sport Trust is a national charity devoted to building a brighter future for young people. For over 20 years we have been improving the lives of young people through the power of PE and sport. It is our mission to improve the quality of PE and sport so it improves a young person's wellbeing, leadership and achievement.

In 2014/15 the Youth Sport Trust gave 519,397* young people across the UK the opportunity to take part in high quality and inclusive PE, sport and physical activity opportunities.

In addition, we gave 8.36 million eligible students the opportunity to participate in the School Games, which we deliver on behalf of the Department for Culture, Media and Sport and supported by Sport England Lottery funding.

We also trained over 14,600 teachers, coaches and leaders and almost 145,000 young people. This training has enhanced the provision of high quality PE and sport in schools by developing the confidence and competence of those at the heart of delivery.

WE DELIVER OUR MISSION BY

DEVELOPING THOUGHT LEADERSHIP
We work with a wide range of individuals, schools and funders to develop innovative, creative and cutting edge solutions.

MOBILISING OTHERS
Through our high quality training we inspire and share best practice with practitioners and young people in order to empower them and widen our impact.

CAMPAIGNING AND RAISING AWARENESS
As part of our mission we work with multiple stakeholders to champion the big issues facing young people today and in the future.

LEARN MORE ABOUT OUR IMPACT – YOUTHSPORTTRUST.ORG

*This figure represents the number of participants and it is possible that some of the young people participated in more than one activity.
The Youth Sport Trust knows how to harness the power of PE and sport to increase attainment and achievement across the whole school. It is our mission to do whatever it takes to improve the lives of this generation and those of the future.

Our work reaches young people across the UK and around the world. In 2014/15 our training and sports development work reached 14 countries, where we were able to provide hundreds of young people a range of training opportunities.

All programmes referenced in this report are either delivered solely by the Youth Sport Trust or in partnership with current funders and organisations.

Find out more about them at www.youthsporttrust.org

Diagram 1 shows the wider benefits of putting young people at the heart of the Youth Sport Trust’s work, taken from our Strategic Plan 2013-18.
## YOUTH SPORT TRUST: HIGHLIGHTS OF THE YEAR

The Sainsbury’s 2014 School Games held in Manchester was opened by Alumnus Katarina Johnson-Thompson for 1,446 elite young athletes.

Our Founder and President, Sir John Beckwith, launched our international leadership development programme (BILD) in Jamaica.

2015 marked our 20th anniversary year and we celebrated the impact we have had on millions of young people.

### £250,000 SECURED

We secured money from the Department for Education (DfE) to support our YA Peer Leaders, which is part of our Young Ambassadors programme.

### £14,000 RAISED

London Marathon runners raised over £14,000 for the Youth Sport Trust.

### 5,000 PEOPLE BENEFIT

Our Inclusive Futures programme, which is funded by Spirit of 2012 Trust, achieved its target of recruiting 1,000 young disabled and non-disabled volunteers three months ahead of schedule.

We released our Class of 2035 report that considers challenges and opportunities for PE, sport and physical activity over the next 20 years. The report received worldwide media coverage.

Milestone hit for Sainsbury’s Active Kids for All: Inclusive PE, which is delivered by us and English Federation of Disability Sport. 5,000 people benefited from teacher training since it began.
We launched our manifesto: Unlocking Potential which sets out key recommendations to decision and policy makers to ensure all children have access to quality PE and sport.

At our National Conference we shared best practice with over 430 headteachers and sport professionals.

The DfE announced a funding extension to Project Ability, an inclusive sport campaign delivered by Youth Sport Trust.

We secured one of 14 Character Education Grants from DfE to implement ‘My Personal Best’ an innovative programme that teaches life skills through PE in secondary schools.

We became a charity partner of the National Association of Headteachers as National School Sport Week kicked off.

Our partnership with Northamptonshire County Council began and focuses on improving the physical, social and emotional wellbeing of young people aged 11-18 years.

Connecting Communities, a programme funded by the People’s Health Trust and delivered by our experts, held an awards event at the House of Lords celebrating the achievements of young leaders.

WELLBEING

519,397 young people across the UK had the opportunity to take part in high quality and inclusive PE, sport and physical activity opportunities.

LEADERSHIP

96% of young people who attended our National Talent Camp said they increased their competence in their role as a young coach or official.

ACHIEVEMENT

99% of young people attending our National Talent Camp in 2014 said their awareness of the pathway to progress in their sport had improved.
THE CHALLENGE

In 2014/15 the Youth Sport Trust worked to improve the physical, social and emotional wellbeing of young people through the power of PE, sport and physical activity, but the challenge is significant.

Only 21% of boys and 16% of girls meet the minimum recommended guidelines for physical activity. 13% of young people in Years 6 and 8 have low satisfaction about their self confidence and over a third (34%) of young people reported that they felt happy only half of the time or less. Worryingly too many young people have inactive lifestyles.
TO ADDRESS THIS OUR IMPACT HAS BEEN:

94%
INCREASED KNOWLEDGE
94% of staff delivering Change4Life Clubs reported that young people had increased their knowledge of healthy lifestyles.7

91%
BETTER UNDERSTANDING
At the end of a Sporting Promise: TOPs training session, 91% of adults trained believed that their pupils were now more likely to demonstrate a better understanding of health and wellbeing.8

81%
FEEL HEALTHIER
Since taking part in Virgin Active, Active Crew 81% of young people felt healthier. These clubs are delivered in partnership with the Youth Sport Trust.9

23,500
GET ON BETTER WITH OTHERS
In 2014/15, the Sky Sports Living for Sport programme helped almost 23,500 young people to get on better with people their own age and over 21,300 young people at getting on better with teachers.10

At the start of Inclusive Futures, volunteers had lower wellbeing than the national average but after the project they reported having higher wellbeing than the national average.10

73%
BOOST IN GIRLS’ CONFIDENCE
As a result of attending the 2015 Girls Active Camp, 73% of girls increased their confidence.11

60
ACTIVE MINUTES
We have helped 33,000 extra children to achieve at least 60 active minutes every day. This is over the lifetime 2011-2015 of the Change4Life Sports Clubs programme, which is delivered by the Youth Sport Trust in partnership with the Department for Health. During this time the number of children achieving at least 60 active minutes every day by week 12 increased by 69%.7
Olympic and world cycling champion and Youth Sport Trust Girls Active Ambassador, Victoria Pendleton:

I believe in the power of sport to develop successful, well-rounded young people. The Youth Sport Trust Girls Active programme is such a great initiative, I feel honoured to be involved with it.

“Sport has played such an important part in my life and I have learned so much through being involved with sport since I was at school. The lessons you learn growing up are vital and stay with you for life. I want girls to understand the importance of being active for their life and their health, and how much fun it is.”

CASE STUDY
A SPORTING PROMISE

Elliot Hatton is one of the many thousands of young people who have had their lives transformed through the power of sport.

Elliot has been involved in Sporting Promise, a partnership between Matalan, Souluxe and the Youth Sport Trust. It puts the young person’s voice at the heart of after school-sport, re-engaging those who have become less active and attracting those not inspired by traditional sports. Elliot won the first Sporting Promise Outstanding Young Person Award, after being nominated by his teacher, Kerry Scruton: She said:

“The most rewarding part of my job is seeing transformational change in a young person. Elliot was having some difficulties at home and in school. His dad became ill and around the same time, some of his friends started bullying him. He lost all confidence and self-esteem and become very negative about school.”

“We chose Elliot to be a Sporting Promise sports leader at the school, as we thought it would help build his confidence. He was proud to have been chosen. It has rebuilt his self-assurance and self-belief and enabled him to develop positive friendships with different groups of children. The change we have all seen in Elliot since he became a Sports Leader is unbelievable. He is now communicating much better and is much more positive about school.”
It’s really helped me gain confidence in what I do, before I was a really shy person.”

Young participant, Sky Sports Living for Sport

OUR WORK
Some examples of programmes funded by our partners include:

SKY SPORTS LIVING FOR SPORT
In partnership with the Sky Academy, we developed this free initiative for secondary schools that uses sports stars and the skills learnt through sport to build confidence and develop life skills.

CHANGE4LIFE SPORTS CLUBS
Funded by the Department for Health, we have delivered this exciting programme that takes inspiration from the Olympic and Paralympic Games to engage children in physical activity.

SAINSBURY’S ACTIVE KIDS FOR ALL INCLUSIVE PE TRAINING
Funded by Sainsbury’s, this training has been developed to equip teachers with tools and practical ideas to fully include all pupils no matter their ability in the Physical Education curriculum.

ACTIVE CREW BY VIRGIN ACTIVE
Delivered by Virgin Active staff and primary ‘Active Buddies’, this programme uses innovative activity content, equipment and resources to inspire children to be more active.

GIRLS ACTIVE
Funded by Sport England, in partnership with This Girl Can and Women in Sport, this programme offers a simple flexible action planning framework to help teachers and girls work together to address their individual needs.
THE CHALLENGE

During 2014/15 the Youth Sport Trust has been at the forefront of championing the crucial role that PE, sport and physical activity have in developing the leadership and life skills that young people need to succeed.

This work has never been more important. Well over half (61%) of businesses are not satisfied with the resilience and self-management of young people, while nearly a third (31%) report poor team working skills\(^\text{14}\). Despite 66% of young people reporting that they would like to volunteer in sport more\(^\text{15}\), there are no formalised development pathways for young people in coaching, officiating and other volunteers in sport. When compared to non-disabled people, 63% of people with disabilities feel that they have fewer opportunities to volunteer in sport\(^\text{16}\).
TO HELP COUNTERACT THESE TRENDS WE HAVE:

At the Youth Sport Trust we believe passionately about the benefits of leadership for every young person and recognise the crucial and beneficial role they play in delivering school and community sport opportunities for others.

The Leadership Ladder outlines the leadership journey for young people:

- **Influencing and Advising**
- **Leading and Mentoring**
- **Leading Participants**
- **Learning to Lead**
- **Developing in a Workforce Role**
- **Learning through PE, Sport and Physical Activity**

Within each stage of the ladder, we aim to outline the learning outcomes, training and deployment opportunities.

Our Leadership Ladder has helped thousands of young people to improve their leadership skills by mapping their journey across all the work we do with them. Examples include:

- **9,800 Young People Deployed**
  
The School Games deployed 7,000 trained young leaders and 2,800 trained young coaches in clubs.

- **99% Felt They Were Doing Something Positive**
  
99% of young volunteers involved in the Connecting Communities project, which is funded by the Peoples Health Trust, felt strongly that they were doing something positive in their area.

- **1,200 Likely to Volunteer in the Future**
  
Our Inclusive Future programme, funded by Spirit of 2012 Trust, gave over 1,300 volunteers the opportunity to volunteer in their community. Over 1,200 said they were likely to continue volunteering in the future.

- **£2,280,000 Volunteering Has Saved the Workforce**
  
Through our initiatives such as Young Ambassadors and Peers Leaders, young people have contributed 589,233 hours of volunteering, which equates to a financial value of over £2.28 million to the workforce.
DEVELOPING LEADERSHIP AND LIFE SKILLS

CASE STUDY
YOUNG AMBASSADORS DEVELOPS LEADERS

As a Platinum Ambassador, Nia has already had numerous opportunities, including becoming a member of the National Welsh Steering Group and the National Leadership Academy. This was set up in Wales to provide YA's with additional skills to help them in their roles.

Through her role as a YA Nia has also been heavily involved in the Sport Powys Sports Village at the National Eisteddfod, a key organiser of the Gold Conference in Cardiff City Stadium and she has been asked to sit on the BBC Welsh Sports Awards judging panel.

Nia adds: “Being a YA has given me so much confidence to be able to work with other YA in my area, and to be able to voice my opinions when meeting with the senior staff in my school or at other organisations.”

Richard Varey, Head teacher at Blessed Trinity RC College and one of our Member schools:

“Since being a part of the Youth Sport Trust Membership we have gathered momentum in taking the school to the next level and it has provided some great opportunities for our school to work on national projects that have given our students the opportunity to develop their leadership skills.”

The Young Ambassador (YA) programme is designed to build the leadership skills of young people and empower them to encourage their peers to become more engaged in sport.

Nia Weaver (17) is a sixth form pupil at Llanfair Caereinion High School in North Powys, Wales. She started her YA journey at the beginning of 2013 and has gone on to become a Platinum Ambassador.

Living in such a rural area means that sporting facilities are limited. Nia decided to become a YA to provide opportunities in her local area for those that don’t usually participate in sport.

She comments: “Over the past year the YA programme has a huge impact on participation in sport as well as giving me the opportunity to build an every growing skill set. I believe this will help to give me a head start when applying to university.”

YOUTH SPORT TRUST: IMPACT REPORT 2014/15
CASE STUDY
LEAVING A LASTING LEGACY IN IRAQ

Following on from our work in Iraq, schools there continue to deliver high quality PE and sport despite ongoing political challenges following the implementation of a three-year programme delivered by the British Council with the Youth Sport Trust.

Support to improve the quality of education in Iraq concluded in August 2014, however over 50 teachers from Iraqi Kurdistan have received Youth Sport Trust TOPs training already this year, delivered by a local TOPs trainer.

A core programme of the Youth Sport Trust, TOPs, provides access to quality resources and teaching/coaching materials to support the delivery of high quality and inclusive PE and sport experiences for all young people.

King Edward VI School in Suffolk, a Youth Sport Trust member school, continues to work with Kurdish Iraqi schools in Sulamanya, providing video resources filmed in UK schools and translated into Arabic, to further support and train teachers.
THE CHALLENGE

Schools rightly place academic achievement at the heart of what they do. At the Youth Sport Trust we have been able to improve pupil progress, behaviour and achievement in class through our PE and sporting activities.

There is a growing body of research, both in the UK and internationally, which has found a positive association between participation in physical activity and academic performance in young people\textsuperscript{23}. But only 14\% of young people recognise that involvement in PE, sport and physical activity can have a positive impact on marks achieved in class\textsuperscript{24}. Physical activity creates a self-reinforcing cycle of benefits. Evidence shows that children that are active have more active minds and as a result they have a greater capacity to and desire to want to learn, which creates a more positive attitude towards school. The net result is improved academic performance\textsuperscript{25}. In 2014/15 the Youth Sport Trust has campaigned with its strategic partners to demonstrate the significant contribution that PE and sport can make to pupil achievement and attainment.
WE ARE TACKLING THESE ISSUES BY:

Achievement through sport

A comparison of GCSE attainment results for 2012/13 and 2013/14 shows that schools that were engaged with us across both years moved from being in line with the national average to exceeding the national average (2% above). Over the same time period, schools that were not engaged with the Youth Sport Trust across both years, moved from being in line with the national average to falling below the national average (2% below)26.

On average our member schools achieved above the national average and are 4% higher in terms of their A*-C GCSE results compared to schools that were not engaged with us27.

Supporting achievement in sport

Gold Medal success at the School Games increases the likelihood of an athlete progressing to a national squad. By 2014, 18% of the 2011 School Games competitors had transitioned to international level.28

In 2014/15, after taking part in the Sky Sports Living for Sport programme30:

- Over 11,000 young people improved their attitudes to learning.
- Almost 11,000 young people reported improvements in their grades.
- Over 9,000 young people reported increased attendance at school.
- Almost 7,000 young people reported improvements in their behaviour.

In 2014/15, 70% of school staff reported that the training they received through the Youth Sport Trust impacted young people by supporting cross-curricular learning29.

| 5 OR MORE A*-C GRADES FROM YST ENGAGED SCHOOLS | 56% |
| A*-C GRADES FROM SCHOOLS NOT ENGAGED | 52% |

| 70% |

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- Over 9,000 young people reported increased attendance at school.
- Almost 7,000 young people reported improvements in their behaviour.
Director of Sport at the GDFT Jamie Kilner said:

"The employability factor is critical as many of our pupils will not be going on to further education but looking for employment. We need to make sure they have the skills to help them be successful and are able to articulate that to prospective employers."

Head of PE at the Skegness Academy Charlotte Dunne added:

"This work adds value to PE. If I am able to teach these life skills through PE and pupils can transfer them into creating strategies to be better in mathematics and English; picking themselves up when things go wrong; being more responsible in lessons, it will put more value on the subject."

At the Youth Sport Trust we work with both individual schools but also with academy chains. One example would be the Greenwood Dale Foundation Trust (GDFT), which works in areas where it feels it can make a significant difference to a child’s life and therefore its academies, which include the Skegness Academy which is a Youth Sport Trust member school, tend to be in areas of social, rural or coastal deprivation.

The Director of Sport at the GDFT, Jamie Kilner, attended a Youth Sport Trust event at the House of Lords where he heard about the links between employability skills and PE and was keen to become involved in the Youth Sport Trust pilot of My Personal Best (My PB).

The My PB intervention programme is designed to inspire secondary PE practitioners to teach life skills explicitly in, and through core curriculum PE. It communicates a life skills approach, and with supporting resources, empowers schools to reflect upon, challenge, and refresh their practice.

A key aspect of this work for GDFT was to make PE more relevant and meaningful to the lives of young people and to develop their employability skills through increased resilience.

By developing a range of measures across the academy chain, which included embedding resilience into curriculum PE, it raised awareness among students about the importance of being resilient - and that some of them demonstrate it, without realising it, in their everyday lives outside of school.

The success of the work of GDFT was showcased at the Youth Sport Trust National Conference in 2015.
Brandon has chronic lung disease and requires 24 hour oxygen. He had previously attended mainstream school but lacked confidence and was starting to fall behind due to his serious medical needs. Brandon had played some sport but his teachers’ anxieties meant that more often he watched from the sidelines.

In September 2014, he joined Woodlands, a Youth Sport Trust Inclusion School that delivers Project Ability and offers education for children with complex physical and sensory difficulties. Project Ability has given Woodlands the status and funding to enable them to increase the provision of disability and inclusion sports.

Brandon was given the opportunity to take part in more sport and competed in a wide range of sports, including Boccia, Sitting Volleyball, Polybat, Tag Rugby and Archery. These opportunities, which have included competing in the Sainsbury’s School Games, have given him confidence in his ability to perform, despite his life-limiting illness.
THANK YOU FOR FUNDRAISING

Without the support and funding from a range of corporates, government departments, public sector organisations and individuals much of the work of the Youth Sport Trust would not be possible. In 2014/15 the Trust raised over £19,000,000 for our charitable cause – to improve PE, sport and physical activity opportunities for young people.

CLIMBING MOUNT TOUBKAL

A group of five intrepid climbers, aged 18-60, set off from Gatwick at the end of July 2015 to take on the Youth Sport Trust’s first ever overseas challenge in Africa. At 4167m altitude, Mount Toubkal or Jebel as known locally, is the highest mountain in North Africa. Its peak stands in the High Atlas mountain range in Morocco between the coast and the Sahara desert. The group, which included two members of the Youth Sport Trust Youth Board, reached the summit in one day in the blistering heat and were rewarded with amazing views of the Sahara from the top. Over £5,000 was raised for the Youth Sport Trust by those taking part.

A MARATHON EFFORT

In April 2015, 11 runners took part in the Virgin Money London Marathon for the Youth Sport Trust. Not only did they all complete the 26.2 miles with flying colours but they also raised funds in excess of £20,000 for the Trust. Roberta Allen (pictured) was among the runners and raised over £3,000.

HARRY MILLS FOUNDATION

We continue to receive donations from the Harry Mills Foundation for an award at our National Talent Camp. Harry died tragically at 11 years of age from meningitis in 2007. He was an excellent young sportsman and his family chose to raise money in his memory for the Youth Sport Trust. Pictured here school friend Alice Denton presented the award at the camp in 2015.
To those who have fundraised for us and completed inspiring events in order to raise money for us, on behalf of all the young people we have been able to reach as the result of your generosity, we thank you.

The Youth Sport Trust would like to thank all our funders for their continued support:

- Baily Thomas Charitable Fund
- British Canoe Union
- British Olympic Foundation
- British Rowing
- Bupa
- Cadbury Foundation
- Department for Culture, Media and Sport
- Department for Education
- Department for Transport
- Department of Health
- Education Endowment Foundation
- England Rugby 2015
- English Federation of Disability Sport
- Glasgow 2014
- James Weir Foundation
- John Armitage Charitable Trust
- Loughborough University
- Matalan/Sporting Pro
- Northamptonshire County Council
- One for All Foundation – Play Unify
- People’s Health Trust
- PiXL
- Primary Science Teaching Trust
- RFU
- Sainsbury’s
- Sky Sports
- Special Olympics GB
- Spirit of 2012 Trust
- Sport England
- Sport Scotland
- Sports Council for Wales
- Tennis Foundation
- UK Sport
- Virgin Active

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**CITY QUIZ SUCCESS**

For the third consecutive year, we received £8,000 in April from the City Quiz, an annual event held at The Alice Bar in London. 220 insurance sector guests took part in a quiz, raffle and silent auction, which included a badminton masterclass with our ambassador and Olympic badminton silver medallists Gail Emms and her mixed doubles partner Nathan Robertson.

**VITALITY BRITISH 10KM LONDON RUN**

In July six dedicated runners took part in the Vitality British 10K London to raise funds for us. This included one of our Athlete Mentors Tim Prendergast, who is a visually impaired Paralympian, competing mainly in middle distances at Athens 2004, Beijing 2008 and London 2012 Paralympics. Tim took part in the 10K to inspire young people to succeed.
I am exceptionally proud to lead the Youth Sport Trust. Supported by our many partners we are making such an important contribution to improving the lives of young people.

We know the impact high quality PE, sport and physical activity can have on young people. It enhances physical health, boosts mental wellbeing and builds resilience, and at a time when young people are facing more external pressures than ever this is so important. PE and sport contributes to academic achievement across the whole school; we know physically active children perform better in class, and it also offers life lessons and gives young people the life skills they need to succeed.

As this report shows we are offering schools and young people support and providing new ways to maximise the power of PE and sport. We are working in partnership with others and developing networks of experts and like-minded individuals that are creating a movement for change underpinned by our mission. We are also using our experience and evidence base to raise important issues and campaign for PE and sport to remain a top priority.

While there is much to celebrate in this Impact Report there is also more work still to be done. With 20 years experience we have a strong track record of developing innovative ways of using sport for the development of young people and our Class of 2035 report, released in 2015, highlights the growing challenges and influence of technology. We are committed to embracing the digital revolution, understanding how it can be used to enrich the lives of young people and promote physical activity rather than drive sedentary, isolated behaviours.

The coming year also presents an opportunity to build on the Government’s investment in the Primary PE and Sport Premium ensuring it’s impact increases children’s physical literacy levels and there is sustained improvements in provision. At secondary school level we believe there is a need to refocus PE on the development of emotional and social literacy (including character education) using physical activity and sport as the context for this learning. We know with pressure on the curriculum PE faces the challenge of being squeezed from the timetable and so in 2015-16 we will be championing the wider benefits of PE and physical activity to attainment in the classroom and across the whole school. We will also be working closely with our alumni, YST Connect, to capture more fully the difference our work is making into adulthood, specifically around sustained participation, wellbeing and employability.

In finishing I would like to once again thank our funders, partners and schools who have contributed to delivering the impact reported here: every fact and figure is contributing to improvements in the lives of young people.
<table>
<thead>
<tr>
<th>References</th>
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<tbody>
<tr>
<td>3 The UK Chief Medical Officers state that young people aged 5 – 18 years old should undertake at least 60 minutes of moderate to vigorous intensity physical activity every day, incorporating muscle strengthening activities on at least three days a week. They should also minimise the amount of time spent sitting for long periods of time</td>
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<tr>
<td>6 Youth Sport Trust (2015) YST Youth Board Survey (based on 326 survey responses from young people aged 11-18 years old)</td>
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<tr>
<td>7 Sport, Physical Education and Activity Research, Canterbury Christ Church University (2015) Lifetime Evaluation of the Change4Life Primary School Sports Club Programme</td>
</tr>
<tr>
<td>13 Sporting Promise is delivered in partnership with the Youth Sport Trust and Matalan and aims to support sport and PE activity in schools in order to get more young people taking part in more sport. Case study produced by the Youth Sport Trust</td>
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<tr>
<td>15 Youth Sport Trust (2015) YST Youth Board Survey (based on 326 survey responses from young people aged 11-18 years old)</td>
</tr>
<tr>
<td>18 D.Haskins and Youth Sport Trust (2015) Evaluation of Connecting Communities</td>
</tr>
<tr>
<td>19 on Youth Sport Trust monitoring data and LKMco (2015) Inclusive Futures: Lead Your Generation Final Evaluation Report 2014-15 (note: this evidence is only based on 75 deliverer surveys, which is considered to be a small sample size)</td>
</tr>
<tr>
<td>20 Calculation is based on a minimum hourly wage rate of £3.87 for under 18 year olds for 2015</td>
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<tr>
<td>22 Case study produced by the Youth Sport Trust</td>
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<td>24 Future Foundation (2015) The Class of 2035: Promoting a brighter and more active future for the youth of tomorrow</td>
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<tr>
<td>26 910 secondary schools were engaged with the YST in 2012/13 and 2013/14, which includes those that were YST members and/or delivering at least one of 20 YST programmes. 2,896 secondary schools were either engaged with the YST in one year only or not at all. Special schools and alternative provision have been excluded. At the time of the research, final attainment data for 2014/15 was not available.</td>
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<td>27 In 2013/14, there were 1,552 secondary schools engaged with the YST, which includes those that were YST members and/or delivering at least one of 20 YST programmes. Special schools and alternative provision have been excluded. The national average for young people achieving 5+ A* - C grades at GCSE, including maths and English, in 2013/14 was 53%. At the time of the research, final attainment data for 2014/15 was not available.</td>
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<tr>
<td>28 Sport Industry Research Centre, Sheffield Hallam University (2015) Sainsbury’s 2014 School Games, Summary Report</td>
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<td>31 Case study produced by the Youth Sport Trust</td>
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Nigel Walker – National Director, English Institute of Sport

“Working with the Youth Sport Trust on the School Games since 2009 has enabled the English Institute of Sport to provide a level of support to a critical tier of athletes that we would not otherwise have been able to reach.”
YOUTH SPORT TRUST: 
Wellbeing. Leadership. Achievement.

The Youth Sport Trust is a national charity that is building a brighter future for young people through the power of sport. We believe every child has a right to be physically active through high quality PE and sport, helping them to be healthy and happy, succeed in life and contribute to society.

With over 20 years’ experience we have developed best practice programmes, resources and training courses to help primary, secondary and specialist schools improve the wellbeing, achievement and leadership skills of all students.

Debbie Lye –
Chief Executive of Spirit of 2012

“ Our work with the Youth Sport Trust on the Inclusive Futures initiative, which is empowering disabled and non disabled people to participate on equal terms, is having an incredible impact across the country and making a real difference to communities. I am extremely proud of our partnership with the Trust.”