IMPACT REPORT 2016
Creating a brighter future for young people through the power of sport
OUR MISSION
As an independent UK charity, the Youth Sport Trust are devoted to building a brighter future for young people. We believe every child has a right to access high quality physical education (PE), school sport and physical activity and in an ever-changing and challenging global environment we have a responsibility to support all young people.
This Impact Report provides an insightful catalogue of Youth Sport Trust achievements over the last year and demonstrates the breadth of opportunities we are giving schools and young people across the country and around the world. We are committed to building a brighter future for all young people and the evidence in this report is a wonderful reflection of how we are working towards achieving our mission.

It is important to recognise however that we are operating in an extremely challenging sector. As this report highlights, there are significant and complex challenges we, and everyone involved in PE and school sport, face if we are to create a healthier, more physically active generation. From growing concerns over the mental wellbeing of young people, to tackling childhood obesity and sedentary behaviour, the work of the Youth Sport Trust must continue to appeal to all young people and encourage them to lead healthy, active lifestyles.

The achievements of the Youth Sport Trust over the last year would not be possible without the crucial partnerships that we have formed with a wide range of organisations and individuals. It is only by working together that we will successfully address the issues facing young people today and help them to achieve their personal best in life.

Sue Campbell
BARONESS SUE CAMPBELL CBE
Chair
Youth Sport Trust
That is a 60% increase on the previous year, which signifies the real and tangible difference the Youth Sport Trust is making. It reflects our responsibility and commitment to ensuring every young person has a happy, healthy and successful start in life.

Measuring our impact is fundamental to our success. It demonstrates where and how we are making a difference and is essential to our organisational integrity. We work closely with independent research organisations to assess the impact of our work, the findings of which are used to enhance future development.

We are operating in an increasingly exacting environment and must remain steadfast in our determination to build a brighter future for all young people. With increasing levels of obesity, declining physical and mental wellbeing, and an evolving landscape of education reform, the challenges we face are significant.

It has been encouraging in recent times to see the Government’s new sport strategy (Sporting Future — A New Strategy for an Active Nation) put physical and mental wellbeing as two of its five key outcomes where sport can make its greatest contribution.

The Youth Sport Trust has tirelessly spent its 21-year history devising strategy, creating and implementing support programmes, and campaigning for PE, sport and physical activity to be used as a tool for broader development. Therefore the recognition by Government that the power of sport has the potential to enhance young people’s full wellbeing is welcomed.

As a cutting-edge innovator and a thought-leader, we will continue to remain agile in how we support and adapt our priorities to remain relevant to those we work with. The increase in multi-academy trusts, the longer school day and perceived limitations on social mobility are just some examples where we must be alive to both the challenges and opportunities ahead.

Whilst there is much to celebrate in our Impact Report, there is clearly so much more to do. Our success to date has been achieved through effective partnership working, with a wide range of dedicated organisations and individuals, who work alongside us and our mission to help make a difference and change lives.

ALISON OLIVER
Chief Executive Officer
Youth Sport Trust

This year, we gave 834,083 young people direct opportunities to participate in high quality PE and sport.
We delivered 60 different programmes and interventions to support schools and young people through PE and sport.

79% of pupils taking part in the Youth Sport Award say that their confidence in leading and influencing other young people has increased.

Since being in the Virgin Active Crew Club, 95% of participants felt fitter / healthier, 93% felt happier, 87% felt more confident and 79% made new friends.

94% of young people attending the 2015 National Talent Camp felt more inspired and motivated to achieve their Sporting Best.

79% of pupils taking part in the Youth Sport Award say that their confidence in leading and influencing other young people has increased.

87% of School Games alumni indicated that the event had a positive impact on their sporting careers.

85% of girls report that their confidence delivering physical activities for young people increased as a result of attending Girls Active Camp.

85,904 members of the school workforce were given continuing professional development training by the Youth Sport Trust.

4,412 schools were Youth Sport Trust member schools. That is over 20% of all state-funded schools in England.

This year, the Youth Sport Trust gave 834,083* young people direct opportunities to participate in high quality PE and sport.

129,553 young people were given training opportunities through the Youth Sport Trust, which included coaching, officiating and volunteering. 31% of those trained received training in inclusive practice.

92% of young people, after attending the 2016 Inclusive Futures Camp, indicated that their thoughts and feelings on their life/future have changed for the better.

94% of young people report feeling happier as a result of their participation in the YST Hub Schools programme. It is also effective in terms of increasing confidence and enjoyment of sports and physical activity.

Since being in the Virgin Active Crew Club, 95% of participants felt fitter / healthier, 93% felt happier, 87% felt more confident and 79% made new friends.

*This figure represents the total number of participants and it is possible that some young people participated in more than one activity.
Sporting Start
To give every child a sporting start in life through high quality PE and sport, through a right to physical literacy. At a time of increasingly sedentary behaviour – with younger generations becoming obese at earlier ages and staying obese for longer – our work with primary schools to improve physical literacy and give every child a sporting start is therefore crucial now and in the future. By giving young people the opportunity to learn fundamental movement skills and an understanding of wellbeing, we are laying the foundations for an active and healthy future lifestyle.

Sporting Chance
To give all young people with special educational needs and disabilities a high-quality PE and sport experience, through reduced inequality. Participation in physical activity is essential for a healthy, happy life. We are determined to increase equality of opportunity in PE, physical activity and sport, so all young people have a sporting chance. Our work is breaking down barriers to participation, by transforming attitudes, perceptions and the practice of inclusive PE, physical activity and sport.

Sporting Best
To ensure all young people achieve their personal best in life through the development of creativity, aspirations, resilience and empathy. We want all young people to achieve their personal and sporting best in life by developing their creativity, aspirations, resilience and empathy. We maximise the impact of sport on young people’s lives so that when they leave education they can be successful in work and in life.

The way we work

We have an outstanding track record in improving the lives of young people, working with and alongside primary, secondary and special schools. We are experts in creating solutions that improve health, attendance, academic achievement and raise whole school standards, providing all young people with skills for life.

We focus on three key ambitions which underpin everything we do

**Sporting Start**
To give every child a sporting start in life through high quality PE and sport, through a right to physical literacy.

**Sporting Chance**
To give all young people with special educational needs and disabilities a high-quality PE and sport experience, through reduced inequality.

**Sporting Best**
To ensure all young people achieve their personal best in life through the development of creativity, aspirations, resilience and empathy.

To deliver our ambitions we use the following strands of work

**YST SOLUTIONS**
Innovative programmes and interventions
To realise our ambitions we offer innovative solutions, resources and original programmes designed to equip schools with the tools they need to encourage young people to lead and benefit from healthy and active lifestyles.

**YST LEARNING**
Continuous Professional Development (CPD)
Training has been in our DNA since day one. We are developing the school workforce by delivering a wide range of CPD courses, resources and events. All designed to support educators to deliver high quality PE and school sport and broaden their understanding of how PE and school sport can improve health, wellbeing, raise standards and boost whole school attainment. Additionally, we have a learning academy of 300 tutors and trainers.

**YST NETWORK**
Membership and strategic partnerships
We work in partnership with a large network of schools, corporate sponsors, government, sport and education stakeholders, as well as local community organisations to help us increase the number of people that have access to high quality PE, sport and physical activity opportunities.
The experiences (with the Youth Sport Trust) have enhanced my CV and provided me with lots of examples that I can draw upon in job and undergraduate placement opportunities."

Laura Graves – Team Leader and Young Ambassador 2009-2016

The work of the Youth Sport Trust has been pivotal to my own sporting success and I am extremely proud to be an ambassador. Visiting schools and attending events, such as National School Sport Week, I am lucky to see first-hand the positive difference the Trust is making to the lives of young people.

Hannah Cockroft MBE
5 times Paralympic Champion, 7 times World Champion and Youth Sport Trust Ambassador

"There’s absolutely no doubt in my mind that without the Youth Sport Trust, I would definitely not be where I am today."

Jay Roper – Team Leader and Young Ambassador 2008-2011

Al Sadiq and Al Zahra School an independent Islamic faith school in the London Borough of Brent and is attended by around 400 pupils, largely from the Iraqi community. Students follow all areas of the National Curriculum to GCSE level as well as having Islamic and Arabic studies.

Historically, PE and sport for girls had not been priorities at the school. The girls perceive PE lessons to be an opportunity to play fun games rather than to learn a core subject and saw PE and sport as having little relevance to their lives. There are some exceptions, where girls identify themselves as being “good at football” or “good at martial arts”, but, mostly, sport is not valued as being for anything other than having fun.

However, the school has now signed up for the Youth Sport Trust’s Girls Active programme which is funded by Sport England in partnership with This Girl Can and Women in Sport. Girls Active has triggered a promising change to both the girls’ attitudes and their participation in physical activities. It has helped the girls to understand the value of PE and sport to their lives in terms of learning and employability skills and inspired them to be more physically active. The programme has enabled the girls to develop their leadership, team work, creative and other life skills through PE and sport and generated more opportunities for the girls to become well-rounded people both physically and academically.

MINI CASE STUDY
Success in Rio
Youth Sport Trust Ambassador Hannah Cockroft and 13 Athlete Mentors travelled to Rio to take part in the 2016 Olympic and Paralympic Games. They achieved four golds and one silver.

Girl Power – epic rowing challenge
The first ever female crew (featuring our own Guin Batten) to row across the Atlantic smashed two world records, whilst raising valuable funds for Youth Sport Trust International.

Jessica Ennis-Hill delivers surprise
Jessica surprised Aston Academy student Chris Badger by presenting him with the Sky Sports Living for Sport Student of the Year for England.

Fun and games at National School Sport Week (NSSW)
Over 4,500 schools took part in NSSW, a chance for young people to try non traditional sports and games.

Play Unified Launched
The Youth Sport Trust partnered with Special Olympics GB to break down barriers for young people with intellectual disabilities through the Play Unified programme.

More active girls
Created and developed by the Youth Sport Trust, in partnership with This Girl Can and Women in Sport, Girls Active addresses the challenges faced by declining motivation levels amongst teenage girls.
Camps provide inspiration
Nearly 300 young people travelled to Loughborough to develop their leadership skills at the Girls Active and National Inclusive Futures camps.

Bupa Start to Move
Teachers and pupils attended a reception at the House of Lords to celebrate the success of Bupa Start to Move, which has enabled primary teachers become more confident and competent in teaching PE.

Easah Suliman, BEDSA Young Person of the Year
Aston Villa and England U17 Footballer Easah Suliman was awarded the Youth Sport Trust Young Person of the Year at the British Ethnic Diversity Awards.

Kimberly Wyatt joins Youth Sport Trust
Former Pussycat Doll Kimberly Wyatt becomes a Youth Sport Trust ambassador, focusing on encouraging primary school children to embrace dance as a fun, healthy activity.

Providing Paralympic Inspiration
Daniel Sturridge joined Jonnie Peacock to launch the Sainsbury’s Active Kids Paralympic Challenge, an initiative to get young people involved in inclusive sport ahead of Rio 2016.

Sports clubs extend their reach
The number of young people to benefit from Change4Life Primary School Sports Clubs, a programme aimed at engaging schools’ least-active students passed 270,000.

School Games
For the past 10 years, we have delivered the School Games, with National Lottery funding through Sport England. The annual national event in Loughborough saw 1,600 of the finest young sports stars compete across 12 sports. Across the country over 21,000 schools took part in intra- and inter-school competition and county-wide festivals.
Our children are growing up in an increasingly pressurised world, which is having a detrimental impact on their wellbeing. The challenges to overcome this situation should not be underestimated. We know that regular high quality PE, sport and physical activity improves the mental and physical wellbeing of young people, yet the reported current situation is bleak. Nearly a third of children aged 2 to 15 are overweight or obese. Mental health problems in young people are on the increase with children as young as eight reporting anxiety issues. Children with special educational needs and disabilities (SEND) are less likely to describe themselves as happy in the UK (59% compared with 67% of children without SEND).

We are determined to make a difference through our work and are passionate about giving young people the opportunity to improve their physical and mental wellbeing. We can clearly demonstrate our work is having a significant positive impact on young people’s physical and mental wellbeing, including those with SEND, higher levels of deprivation and girls.

Our impact on mental wellbeing is also well documented across our work, and 71% of young people feel their involvement with YST has had an extremely positive impact on their life.

We know the important role that PE, school sport and physical activity can have in developing young people’s character, leadership and employability skills and are resolute in our support to help them succeed. Whilst UK unemployment overall is at 6%, for young people, however it remains high, at 17%. Employers are clear that first and foremost, they want to recruit young people with attributes such as resilience, enthusiasm and creativity. They are not selecting solely based on academic ability.

Volunteering is a key driver for young people to develop leadership and wider social skills and a quarter (25%) of 14-19 years old volunteer in sport. Our work here is focused on ensuring we help young people articulate this into employability.

Our work is giving young people a stronger platform to succeed in life and evidence suggests we are helping young people of all abilities to become happier more confident leaders. For example after taking part in the Young Ambassador Peer Leader Conference almost all pupils (99%) thought they were a more confident leader and know how to be a better leader.

Global and UK-specific research confirms the positive association between participation in physical activity and academic performance in young people and our work is driven by this belief. Young people who are fit and healthy have higher academic scores specifically in mathematics and reading. Participation in extra-curricular activities also has a positive effect on attainment. Pupils engaging in self-development activities (including sport and physical activity) achieved 10-20% higher in GCSEs.

Through our flourishing network of 4,412 member schools, we are working to help young people perform better in PE as well as across the whole school. Committed to ensuring all schools understand the wider benefits of regular physical activity and sport.

The difference in GCSE performance between 2011/12 and 2014/15 for schools who had been Youth Sport Trust members continuously during this period was 7% better than schools who had never been Youth Sport Trust members.

In 2015-16 evidence suggests that participation in one of our programmes with a leadership focus has allowed young people to better understand how PE, Sport, Sports Leadership and volunteering can help them develop relevant skills whilst improving their confidence and aspirations. For example, 66% of young people taking part in our Sky Sports Living for Sport programme said their involvement has had a sustained impact on their education and employment goals.
MINI CASE STUDY

Conway Primary School

A large, multi-cultural school in South East London, with three-quarters of pupils from minority ethnic groups.

The original Change 4 Life (C4L) after school club was set up to support a cohort of KS2 children with low self-esteem who were working below Age Related Expectations in core subjects. One of the common factors was a lack of participation in physical activity.

First and foremost, the club provided them with an opportunity to increase their physical activity and develop an appreciation for how enjoyable exercise is. As a result they are healthier, fitter with a better understanding of how to keep their bodies healthy and active. Feeling like a valued club member has provided the children an environment where they feel safe to take risks and try new things which, has given them confidence to apply this to their learning in the classroom. For these children, committing to attend the club regularly has been a positive experience and teachers report that their perseverance and “have a go” attitudes in lessons have improved too.

The C4L after school provision is now extended to other KS2 year groups. The children that have been regular members from the start are now leaders within the club and take responsibility for organising equipment, games and helping other children.

Using resources we were sent, the children also have set up a Change 4 Life “10 minute shake-up” in the playground at playtimes, aimed at KS1 children.

Headteacher, Yalini Carlsson-Ruban “We are very pleased with the impact this programme has had on raising children’s self-esteem in their own ability and how this has been transferred to their learning in the classroom”.

The Change 4 Life club provision has now been extended to other KS2 year groups. The children that have been regular members from the start are now leaders within the club and take responsibility for organising equipment, games and helping other children.

Participants report enhanced social and emotional skills and attributes after 12 weeks of the programme, and also increased awareness of broader health and wellbeing. Furthermore, there is evidence of sustained impact, with the Change 4 Life School Sports Clubs cohort predicted to do around an hour more of physical activity at ages 13-15 than today’s 13-15 year olds.
MINI CASE STUDY

Clare Mount Specialist Sports College

Clare Mount Specialist Sports College in the Wirral is a special school and Youth Sport Trust Lead Inclusion School. It has been involved in Play Unified, a programme delivered by Youth Sport Trust in partnership with Special Olympics GB that aims to end injustice, intolerance and inactivity of young people with intellectual disabilities.

Within Play Unified is the project Unified Sports, funded by The One 4 All Foundation, the school has had 10 pupils involved with Unified Sports football (on the field) and 10 pupils involved in Play Unified (off the field, planning Unified Sports projects).

Partnering with a mainstream secondary school where there have been incidents of bullying and certain negative perceptions of disability. Play Unified and Unified Sports brought the pupils to work together and have been addressing separateness and fear of others, as well as addressing intolerance.

The project has had significant impact on the school as a whole and young people have become catalysts for change and positive role models. One pupil, Josh, has had challenges around his behaviour in school and felt there was a stigma attached to being a special school pupil.

The school was able to use Play Unified as a motivator and to show that being in a special school does not mean exclusion from activities that take place in mainstream schools, in fact, quite the opposite.

Wellbeing and Leadership

Active Kids Paralympic Challenge created the opportunity for 2.5 million young people in 8,000 schools to be inspired by, be active through, and have increased awareness and understanding of Paralympic sport.

Since 2012 over 5,500 teachers and support staff within primary and secondary schools have attended Sainsbury’s Active Kids for All Inclusive PE Training, with teachers reporting significant and sustained improvements to confidence and competence after attending the training.

Attending Sainsbury’s Inclusive PE Teacher Training Programme enhanced participants’ overall sense of self-efficacy by 11% that is participants’ belief in the capability to design, deliver, modify, adapt, support, assess and progress pupils of all abilities to provide a high quality inclusive PE experience. This enhanced sense of self-efficacy was sustained over time after attending the programme.

89% of young people at the Inclusive Futures Camp agreed they feel more positive about their abilities and themselves after attending the Camp, and 94% have a more positive view of disabled people.

“I can’t believe how much it has changed me as a person in such a short period. I am now much more positive and I have more confidence in myself and for that I am so grateful to the camp...I’ve also learnt so many valuable life skills and am much more educated on how to support those with disabilities.”

Young person – Inclusive Futures Camp.
MINI CASE STUDY

Southfield School for Girls

Dr Hartley, the Health and Wellbeing Champion at this Kettering school wanted to offer a more holistic leadership pathway for pupils. “Although students have lots of opportunities to lead and coach, we looked to the Young Ambassadors Peer Leaders programme as a great way to develop more transferrable leadership skills” (Dr Hartley, Programme Lead).

Emily was chosen by Dr Hartley to become a Peer Leader, hoping the programme would help get her ‘back on track’ academically. Emily had started to have some issues with behaviour and attendance, which Dr Hartley attributed to a lack of focus: “She is a lovely girl but she didn’t really have anything to keep her focused… her behaviour was slipping and she was missing a lot of time” Emily has been involved in every Peer Leader session to date, and has gradually become one of the more enthusiastic leaders in the programme: “She has come on leaps and bounds… she is great with the younger pupils, and she is always offering to do more sessions” (Dr Hartley). Emily’s attendance and behaviour have improved since becoming a Peer Leader, which Dr Hartley believes is due to an improved sense of purpose: “She has found something she loves, and that is something she was lacking before” Emily recently signed up to a separate leadership programme at the school and is hoping to start her journey towards becoming a PE teacher: “I have always been interested in PE but I have never really thought about teaching. From doing this it showed me that I would really enjoy it… and I think I would be pretty good!” (Emily, Year 10 Peer Leader).

Leadership

The Young Ambassador programme is designed to build the leadership skills of young people and as a result they are empowered to encourage their inactive peers to become more engaged in sport.

There are over 12,000 Young Ambassadors across the UK, embedded within schools and community structures. This programme identifies, trains, deploys and celebrates outstanding sports leaders who have stepped up to become ambassadors for PE and school sport.

In 2015/16 the Young Ambassador Peer Leader programme engaged over 9,800 young people including almost 1,300 young people with SEND in peer led activities. Evidence suggests Peer Leaders are happier, more confident leaders; they are aspirational, show creativity, resilience and empathy, and understand how being a leader can support their development.35

Sporting Best

Delivering results through our programmes
Former Youth Sport Trust Young Ambassador, Sophie Brown has had an incredible year which included her running with the Olympic torch in Rio. As a Young Ambassador, who sat on the national steering panel (2009-2011), Sophie has seen first-hand how the work of the Youth Sport Trust supports and inspires young people.

She attended her first Young Ambassador conference at York Racecourse in 2009, and was completely inspired from the very first Young Ambassador speaker, who spoke with such confidence and conviction, that she knew from that moment she wanted to be a part of the movement.

Becoming a Young Ambassador with the Youth Sport Trust gave her the tools and confidence to spread her learning and leadership out to her School Sports Partnership. She strongly believes that the power of sport can change lives and because of this she is determined to get more people involved, whether it was taking part in sport, or providing them with the tools to become a sports leader.

Being a Young Ambassador gave Sophie different opportunities, from coaching sport sessions to leading VIP tours at the School Games. It gave her the confidence to travel, as well as speak up in meetings with a variety of stakeholders from different organisations.

Sophie has gone on to work for London 2012 and has since worked on international sporting events including the Glasgow Commonwealth Games in 2014, Rugby World Cup in 2015 and the Rio Olympic and Paralympics Games in 2016.
Informed by investigative research conducted by the TOP Foundation, Youth Sport Trust worked with 25 schools reaching over 5000 young people from three academy trusts to develop a nationally replicable approach to character development. The 12-month pilot funded by the Department for Education used secondary curriculum PE to teach young people vital character traits including resilience, responsibility, self-motivation, collaboration and empathy to help them succeed in education, work and life.

How does the programme work?

Through professional training, resources (the My PB Pack) and follow up support, all members of a PE teaching team reflect upon, challenge and refresh their own practice. Each teacher then takes an action research style approach to reposition the purpose of PE, embedding the My PB approach with a focus on the experience being more relevant to all young adolescents today.

Impact

Since the delivery of MY PB, teachers reported an improvement across all twelve life skills in their pupils.

The top three greatly improved or improved life skills were:

1. Resilience (76%)
2. Communication: listening (67%)
3. Responsibility (65%)

More than 90% of teachers felt that the MY PB approach develops pupils’ life skills to be better prepared for adult life. This demonstrates the potential impact MY PB can have on pupils and potentially their later life and future employment opportunities.

Since My PB, pupils’ engagement and behaviour in PE lessons and their participation and enjoyment of physical activity have all improved.

Sky Sports Living for Sport

Youth Sport Trust Changing Lives athletes work has been going on for over 15 years, currently funded by Sky Sports, Living for Sport (SSLFS), is a free initiative for all secondary schools that uses sports stars and the skills learnt through sport to build confidence and develop life skills in thousands of young people.

Participating schools receive free t-shirts and two free visits from one of our world class Athlete Mentor team who have been selected for their ability to engage with young people through their own stories of struggle and success, including challenges they have overcome such as bullying, dyslexia, exclusion and living with a disability.

Impact

2,137 SSLFS projects ran in 1,770 schools, reaching a total of 114,576 students. Participation in SSLFS encourages students to think beyond their previous ambitions, and sometimes to develop ambitions for the first time. 82% of teachers said that students’ attitudes towards their future had improved because of SSLFS and 88% said that students’ confidence had increased because of SSLFS.

The impact SSLFS has on our pupils has been outstanding. They now have the confidence in themselves to do things that they never would have dreamed of before. They can place themselves in situations that are stressful and require leadership to be successful. The progress they have made as a group is immeasurable.”

Lead Teacher SSLFS

The amazing part for our students is having the chance to work with the most fabulous role models ever!! As a teacher, I can try to motivate our young people every day but hearing inspirational messages from athlete role models is the best.”

Lead Teacher SSLFS
MINI CASE STUDY

Sky Academy Ambassador and Rugby World Cup winner Jonny Wilkinson surprised Kirk Hallam Community Academy students with the Sky Sports Living for Sport Project of the Year award – delivered in partnership with the Youth Sport Trust – during a school trip to Twickenham Stadium.

The group were doing their best impression of England’s record points scorer on the ‘Big Kick Simulator’ at the home of rugby when the real-life Jonny Wilkinson popped out to surprise them with their award, which was broadcast on Sky Sports News HQ.

Kirk Hallam Community Academy set up their SSLFS project to help improve the attainment levels of their pupil premium students. The core objectives for the 17 participating Year 10 girls were to increase self-esteem, attendance and career aspirations – all of which saw significant improvements by the end of the 12-week project, which culminated with a Celebration Day at Loughborough University.

Athlete Mentor and former international heavyweight boxer Dermot Gascoyne visited the students throughout the project to offer guidance and inspiration to the group and he was amazed at the improvements they had made from start to finish. After some initial hesitations, they threw themselves into the weekly activities, which involved sessions in 11 different sports – from kickboxing to fencing.

Research following the project found that there had been a significant rise in attendance, academic performance and self-esteem amongst the group.
Over the past 20 years Youth Sport Trust International has inspired young people in over 60 countries across all five continents.

In 2015/16, Youth Sport Trust International has worked in 25 countries across four continents and used the power of sport to inspire thousands of children and young people.

BILD
The Beckwith International Leadership Development (BILD) programme has now entered its third year of delivery, and is continuing to engage with the children and young people of St Lucia, teaching valuable leadership skills through sport that will enhance their future prospects. Throughout the last academic year, the BILD programme has expanded across the nation, reaching more children and young people than ever before.

- The programme is now implemented across all eight education districts
- 92% of all secondary schools in St Lucia have Young Sports Leaders in attendance
- 3,923 young people have participated in BILD festivals

Working with the UN
Youth Sport Trust International’s partnership with the United Nations Office on Sport for Development and Peace (UNOSDP) has seen the delivery of four Youth Sport Leadership Camps in Sweden, Germany, Japan and America. These camps bring together some of the best youth leaders from across the globe to learn how sport can be used as a tool for good.

This year:
- 100% of participants reported improving their conflict resolution skills
- 97% of participants benefitted greatly from gaining knowledge relating to using sport for social good
- 87.5% of participants greatly improved their leadership skills

Making an impact around the world

EUROPEAN UNION

- Sweden
- Finland
- Denmark
- Lithuania
- Netherlands
- Poland
- France
- Germany
- Austria
- Hungary
- Slovenia
- Switzerland
- Italy
- Austria
- Hungary
- Finland
- Portugal
- Poland
- Lithuania
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- Hungary
- Finland

FRANCE
ITALY
BELGIUM
NETHERLANDS
DENMARK
FINLAND
SWEDEN
LITHUANIA
POLAND
BELGIUM
FRANCE
SLOVENIA
SWITZERLAND
AUSTRIA
ST LUCIA
USA

EUROPEAN UNION
EU partners
Youth Sport Trust International’s work across Europe has seen collaboration with thirty organisations in seventeen countries as part of the Erasmus + project, which aims to:
- Increase the physical activity levels of disabled children
- Promote physical activity on an international level
- Empower sporting organisations to become active partners for schools
- Build the capacity of community sport organisations

Youth Sport Trust International became a key partner in European School Sports Day which attracted over one million participants from twenty countries.

Contracted work
This year, Youth Sport Trust International’s relationship with the British Council has continued to flourish and provide more opportunities to impact on the lives of young people.

Working through the Suzhou Teacher Development Centre (STDC), Youth Sport Trust International and the British Council have delivered interactive professional training courses for local PE teachers, training approximately 210 Chinese practitioners across seven courses.

Via the British Council and Ministry of Education in Qatar disability training to female PE practitioners has been delivered and the final stage of planning the same delivery to a male cohort is planned.

Thank you to our international fundraisers
None of the work of Youth Sport Trust International would be possible without the tremendous support received from donors. Together they have run, baked, quizzed, raffled and gifted funds to enable the important work undertaken across the globe to continue.

“We are very happy to be working with Youth Sport Trust International in supporting community sport development in China. We look forward to continuing our work together and creating more opportunities for people from UK and China to engage with each other through the language of sport.”

Jazreel Goh – Director for Education Marketing and Sport, British Council China
The incredible achievements of our fundraisers

Throughout the year some truly exceptional people have gone to incredible lengths to raise money for the Youth Sport Trust and help us make a difference to the lives of young people. Thank you for all the support. Here are some of their amazing achievements.

**London Marathon 2016**

In April, nine runners took part in the Virgin Money London Marathon to raise funds for the Youth Sport Trust. Among the runners were NAHT President, Tony Draper; Assistant Head Teacher Rachel Costello and sibling quartet the Coleman family. The combined efforts from all marathon runners raised over £22,000.

**Pedal Power**

A group of riders (including Youth Sport Trust Chief Executive Alison Oliver), took part in a demanding cycle challenge that saw them riding a route stage from the 2014 Tour de France in London. Culminating with a lap of honour around the Lee Valley Velopark at the Queen Elizabeth Olympic Park, riders could select the length of their challenge from between 42 to 117 miles.

Financial services firm ICAP, who were the headline sponsors of this year’s L’Etape cycling event, chose the Youth Sport Trust to be the charity to benefit from the money raised. 200 ICAP employees, clients, friends and family took part, as well as 14 Youth Sport Trust members of staff.

**Active Inspiration Week**

Active Inspiration Week in July encouraged Virgin Active Clubs across the country to organise fundraising activities within their clubs. In total, they raised over £18,500 for the Active Crew programme, a programme aimed at helping the most disadvantaged children all over the UK to have fun getting active, delivered directly into schools by the Youth Sport Trust.

**Over £8,000 Raised**

**Calum Johnston Scholarships**

Family and friends of Calum Johnston, who sadly passed away in 2005 aged 14 following a short illness, raised over £8,000 through a number of fundraising events in May. Money raised has helped to support three young athletes by offering grants to support them in achieving their best in their sport.

**Fundraising challenges**

Over the year, the Youth Sport Trust’s supporters from across the UK including schools, teachers, young people, parents, and not to forget Youth Sport Trust staff have all got involved in a range of fundraising activities including half marathons, marathons, treks, obstacle course races, sports days, trail runs, fun runs and bike rides to raise money.
LOOKING AHEAD

Whilst there is much to celebrate from 2016, we know there is still a lot of hard work ahead. We know that the mission of the Youth Sport Trust has never been more important.

Young people have increasing obesity levels, declining emotional health and wellbeing and youth unemployment is higher than it has ever been.

We have three key priorities for the coming year.

First of all, we want to make sure that young people's first experiences of physical activity, physical education and sport are as good as they can be, to help every young person fall in love with moving, and to that end we’ll be working hard to ensure the government’s investment in the Primary PE and Sport Premium is maximised.

Secondly, we want to continue our journey of revolutionising and refreshing secondary physical education ensuring that it really delivers improvements in young people’s physical, social and emotional health and supports their wider achievement in school.

And thirdly, we want to reach out to those young people whose need is the greatest, whether they have low aspirations or have become disengaged from sport. We want to reach out to them to help them unlock their potential.

Thank you to all of our partners and supporters throughout 2016, we look forward to working with you again but importantly reaching out to new agencies and organisations who can bring complementary skills and help us make a bigger difference to even more young people.

ALISON OLIVER
Chief Executive Officer
Youth Sport Trust
To evaluate our work we collect quantitative monitoring output data and where appropriate we commission a robust evaluation of each programme.

Each evaluation is accompanied by a logic model, which clearly articulates the context in which the programme is delivered, and demonstrates how programme activity is expected to deliver relevant outcomes, both in the short and long-term. Our evaluations provide evidence of the outcomes achieved and highlight key lessons learnt to support the ongoing development and improvement of our work. In 2015-16 academic year, we worked with 8 academic institutions and 8 research agencies to independently measure our impact.

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