IMPACT REPORT 2017
How we’re creating a brighter future for young people through the power of sport
WHY IT MATTERS
Too many young people are inactive

Only 22% of children aged 5 to 15 in England meet the Chief Medical Officer’s recommended 60 minutes per day of moderate to vigorous activity.¹

They are especially likely to be inactive if they...

- Have a disability
- Grow up in a disadvantaged area
- Come from a BAME background
- Are female

While young people are not getting enough physical activity:

- Childhood obesity is getting worse
- Mental health struggles are increasing
- They’re underprepared for the world of work

61% of businesses not satisfied with resilience/self-management skills

A third of businesses (31%) report poor team working skills among young people.¹³ Employers have identified that the most important factors they weigh up when recruiting school and college leavers are attitudes (85%) and aptitudes (58%), which rank well ahead of formal qualifications.¹⁴
INTRODUCTION

Between September 2016 and August 2017 we provided over 750,000 opportunities for young people to enjoy and lead sporting activities. That is over 750,000 opportunities to make a direct and tangible difference to a young person’s life. It is a fantastic statistic and one that we feel incredibly proud of.

But this is really just the tip of the iceberg. We are not just providing one-time interventions but building a movement to deliver lasting change. By building capacity and capability in schools, we hope to see generations of pupils given greater opportunities. For the young people on our programmes, we hope to see them inspired and empowered to lead change among their peers.

So while we may have worked directly with 750,000 young people and over 21,000 schools in the 2016/17 academic year, I hope that the real impact we’ve had will reverberate even more widely.

Over the past year you can’t have missed the seemingly endless conveyor belt of headlines warning about the health and wellbeing struggles of children growing up today. Levels of obesity continue to rise from a young age, teenagers are increasingly struggling with their mental health, technology poses new challenges and lifestyles have barely ever been less active.

We passionately believe that PE, school sport and physical activity – delivered in the right way – have the power to achieve a lasting positive impact which changes lives and tackles these challenges. A physically active lifestyle can transform health, mental wellbeing and cognitive ability and help young people develop the confidence and skills to succeed in the classroom and into adulthood.

This Impact Report really highlights the scale of what can be achieved as we prepare to embark on a new era for the charity in 2018.

All of this has been made possible through the support of our funders and supporters who back our mission along with the organisations and individuals who help us deliver on it. It is through this kind of partnership working that we will make physical activity and sport accessible to all and ensure that every young person is supported to achieve their best in life.

ALI OLIVER
Chief Executive – Youth Sport Trust

www.youthsporttrust.org | @youthsporttrust
Our five-year goals

The Youth Sport Trust is built on the belief in the power of sport and physical activity to transform young people’s lives. Back in 2013 we set out an ambitious plan for how we would deliver on this promise over the next five years (March 2013 – March 2018). As we prepare to launch a new strategic plan in 2018, here is how we have delivered against the current one.

WHAT WE PROMISED – we said that we would focus on three key areas

**Sporting Start**
Give every child a sporting start in life through high quality PE and sport. To achieve this we would focus on the development of physical literacy in young children. Our aim was to change the lives of **one million children**.

**Sporting Chance**
Give all young people with special educational needs and disabilities a high quality PE and sport experience. To achieve this we would transform perceptions and practice of disability in PE and sport. Our aim was to reach **250,000 young leaders, volunteers and teachers**, dedicating time to change young people’s lives.

**Sporting Best**
Support all young people to achieve their sporting best in school and their personal best in life. To achieve this we would strive to maximise the impact of sport on young people’s lives. Our aim was to have **enabled 2.5 million people to have achieved their personal best**.

WHAT WE DELIVERED – now four years into our current five-year strategy, here’s how we’re measuring up against the goals we set ourselves

<table>
<thead>
<tr>
<th>Sporting Start</th>
<th>Sporting Chance</th>
<th>Sporting Best</th>
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<tbody>
<tr>
<td><strong>Current total</strong> 1,654,203</td>
<td><strong>Current total</strong> 188,129</td>
<td><strong>Current total</strong> 2,790,896</td>
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<td><strong>Year 5 target</strong> 1,000,000</td>
<td><strong>Year 5 target</strong> 250,000</td>
<td><strong>Year 5 target</strong> 2,500,000</td>
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<td><strong>165%</strong></td>
<td><strong>75%</strong></td>
<td><strong>112%</strong></td>
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Young people of primary age we’ve helped to participate in sport/physical activity
Young people and adults we’ve trained in inclusive practice
Young people of secondary age we’ve helped to participate in sport/physical activity

YOUTH SPORT TRUST – IMPACT REPORT 2017
HOW WE DELIVERED

Being thought leaders
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.

Partnership working
We deliver leading projects, events and activities in partnership with and on behalf of our partners and supporters. We work collaboratively with a range of organisations in sport, health and education, alongside business and corporate sponsors who share our belief in the life-changing potential of sport and physical activity.

Sharing best practice to mobilise others
Through our high quality training we inspire and share best practice with teachers and young people to empower them and widen our impact.

Campaigning
As an independent charity we work to increase awareness about the power of high quality sport and PE and champion the big issues facing young people today and in the future.

Every young person’s life can be transformed by PE and sport

I feel immensely proud that the ambitious plan we set out back in 2013 has made a positive difference on such a huge scale.

Every young person’s life can be transformed by physical activity – whatever their age or ability.

By providing more than 1.5 million primary school pupils with the opportunity to enjoy high quality PE and sport, we have given them a better chance to enjoy a lifetime of physical activity and wellbeing, and the emotional and social benefits and vital life skills this will bring. In secondary schools, we’ve made a vital intervention to steer more than 2.5 million students back towards an active lifestyle, battling to buck the alarming trend which sees young people become less active as they enter their teenage years.

We know that young people with disabilities and special educational needs still miss out all too often on the opportunities their friends and classmates enjoy. By training more than 180,000 teachers and young volunteers in inclusive practice we are working towards a day when no child is made to feel that PE and sport is not for them. This will always be a huge priority.

I’m proud of what we have achieved, and equally proud of how we have achieved it. The charity we have built up over 22 years has the innovation, the networks and the delivery expertise to change lives on a massive scale for years to come.

We have done all of this by working in partnership with schools, sponsors, government, sporting organisations – and most importantly - young people.

Baroness Sue Campbell CBE
What we achieved in 2016/17

Our achievements

639,668 young people given direct opportunities to participate in high quality PE and sport

136,025 young people given training, including in coaching, officiating, volunteering and inclusive practice

25,740 teachers received continuing professional development training from us

£13.7m raised to help improve young lives through sport

Our movement

21,592 schools worked with us across all of our programmes, including 1,677 in the most deprived areas of England

4,119 schools in England were Youth Sport Trust members, joining our movement to transform PE and school sport

8.3m views of our social media posts

61,300 people followed us across Twitter, Facebook and Instagram

176,864 people visited our website www.youthsporttrust.org

YOUTH SPORT TRUST – IMPACT REPORT 2017
Our campaigning

We worked to influence investment of the doubled PE and Sport Premium funding to ensure it delivers a long-term sustainable impact. We did this through working with the Department for Education along with other national partners to produce guidance for schools and ensure effective scrutiny.

We gave briefings on the Soft Drinks Industry Levy to MPs ahead of Westminster Hall debates and to our Head Teacher Ambassadors ahead of ministerial roundtables to campaign for the levy to be spent on improving young people’s health and wellbeing through physical activity.

We provided evidence and support to the All Party Parliamentary Group for a Fit and Healthy Childhood which helped inform its report on PE, hailed as ‘the most comprehensive blueprint for PE for a generation.’

We submitted evidence to the Health and Education Select Committees to promote the preventative role of PE, sport and physical activity in achieving physical and mental wellbeing for young people.

We briefed MPs for Westminster Hall debates on mental health to make the case for the emotional wellbeing of young people being maximized through physical education, activity and sport.

We worked to raise awareness among MPs and ministers of the decline in PE curriculum time in secondary schools.
**Bikeability cycles past 2 million**
Since 2008, 2 million young people have been trained through Bikeability, a programme designed to give young people the skills and confidence to ride, especially on roads.

**#Bikeability**

**JANUARY**

**TeamUp to transform women’s sport**
The Youth Sport Trust partners with three sports to maximise the legacy of three home Women’s World Cups in cricket, hockey and netball.

**#TeamUp**

**OCTOBER**

**Inclusive PE celebration**
Paralympic champion Ellie Simmonds was among the guests at the House of Lords, celebrating the success of Sainsbury’s Active Kids for All Inclusive PE training.

**#InclusivePE**

**NOVEMBER**

**Rio success inspires School Games athletes**
1,600 of the country’s best young athletes, inspired by Team GB success at Rio 2016, took part in the 2016 School Games at Loughborough University.

**#2016SG**
youtu.be/aru9CIsJ66s

**SEPTEMBER**

**Cockroft opens Talent Camp**
Multiple world and Paralympic champion Hannah Cockroft opens the YST National Talent Camp, a residential event to develop the next generation of athletes, coaches and officials.

**#TalentCamp**

**DECEMBER**

**Developing Future Sport Leaders**
The Future Sport Leaders event in Manchester brought together 90 young people from Black, Asian and Minority Ethnic backgrounds to become leaders in their communities.

**#FutureLeaders17**

**FEBRUARY**

**Bikeability cycles past 2 million**
Since 2008, 2 million young people have been trained through Bikeability, a programme designed to give young people the skills and confidence to ride, especially on roads.

**#Bikeability**
A year of Play Unified
YST and Special Olympics Great Britain celebrated one year of Play Unified, a campaign aimed at ending intolerance towards young people with intellectual disabilities.

# PlayUnified
youtu.be/DtU7aFcAZgY

MARCH

Developing role models at Girls Active Camp
The third Girls Active Camp in Loughborough inspired over 150 girls to become role models and advocates of physical activity in their schools.

#GirlsActive
youtu.be/7MaJm6u9L4c

APRIL

Girls Active wins national award
The Girls Active programme won the ‘Most inspiring national initiative’ at the Women’s Sport Trust’s prestigious #BeAGameChanger awards.

#BeAGameChanger
youtu.be/qYPcTktX58c

MAY

JULY

Young people Dare to Believe with Allianz
The Dare to Believe festivals with Allianz brought inclusive sport to hundreds of young people, with volunteering support from sports leaders and Allianz staff.

#DareToBelieve
youtu.be/fbCVoLB3aE8

AUGUST

NSSW partnerships with FA and PJ Masks
Over 5,000 schools took part in National School Sport Week, which this year partnered with the FA for a girls’ football focus, and TV superheroes PJ Masks for early years fun!

#NSSW

FEBRUARY

YST celebrates inspiring and leading change
The YST Conference recognised the work of outstanding young people, teachers and schools at the awards evening, including Beckwith Award winner Harry Nugent.

#YSTconference

JUNE

JULY

AUGUST

Sporting icons launch 2017 School Games
Cricket World Cup winner Charlotte Edwards, and Olympic hockey champ Alex Danson led a masterclass for athletes at the 2017 School Games.

#2017SG
youtu.be/s91mVBc9Teo
Driving improvements in young people’s wellbeing

The opportunity

**Physical health:** 60 minutes of physical activity a day improves cardiovascular health; helps individuals maintain a healthy weight; improves bone health; and improves our immune systems and sleep patterns. In children, physical activity is also critical for motor development and cognitive improvement. Active children are more likely to become active adults, and therefore less likely to suffer the consequences of ill health in their lifetime.

**Mental health:** Physical activity can have a positive impact on mood; help reduce levels of stress and anxiety; and — through the development of new skills and interaction with others — boost confidence, self-esteem and overall happiness. With good mental health, children and young people do better in every way. They are better equipped to enjoy their childhoods, learn, deal with stress and difficult times, navigate the complexity of the online world and enjoy friendships and new experiences.

**Social wellbeing:** Social connectedness is important to children’s health and happiness. Evidence shows a positive link between sport, physical activity and the social development of young people. Opportunities to participate in sport can provide popular and engaging settings for social interactions. Joining sports teams, clubs, or participating in sporting events can give children and young people a sense of belonging and the opportunity to make new friends, offering additional social circles beyond school and the home.

What we’re doing

Girls Active

Girls Active supports more than 50,000 girls in 200 schools (since September 2014) to understand what motivates girls to take part in physical activity. It enables teachers to work with the girls — through consultation and leadership — to make the necessary changes to their physical education (PE), sport and physical activity provision, to address barriers to participation.

Before taking part in the project, girls aged 11 - 15 years old took part in 60 minutes or more of physical activity on an average of 3.0 days per week but after two years of being involved in Girls Active, this had increased to 3.64 days per week. Students reported greater opportunities to participate in a more relevant selection of activities, plus a more inclusive and welcoming environment both in PE and in extra-curricular lessons with girls-only PE, revised PE kits and the introduction of peer-led warm-ups at many schools.

For schools which joined the programme in 2016/17, participation in daily physical activity increased most for BAME girls — from 69 minutes to 75 minutes.
Girls Active Camp

The Girls Active Camp trained a network of girls – Girls Leadership and Marketing Squad (GLAMS) – to act as role models in their schools and communities. GLAMS are supported to use leadership, mentoring and peer marketing to empower girls to influence PE, sport and physical activity in their own and other schools, increase their own participation, develop as mentors and role models and ‘sell’ PE, sport and physical activity to other girls. After attending camp:

“It’s saying girls can be as good as everyone else. We can be just as good as the boys.”

GLAM, Girls Active

“I’ve became much more confident. I’ve got anxiety and when I was in Year 9, I wouldn’t get up and speak. I’ve now done a whole assembly in front of year each group and I would have never done that before.”

GLAM, Girls Active

“I could see it’s made a difference in some of my friends. They have quite a low self-esteem and they’ve done it and then felt better about their body and stuff. They feel better changed in front of people in PE and doing activities like long jump or something in PE they find that easier after this Girls Active has started.”

GLAM, Girls Active

Girls Active transformed Gracie’s life

Gracie Rowe (14) from Hoddesdon won the Girls Active Award for Wellness Transformation after making a huge transformation in her life and learning to love physical activity through the Girls Active programme.

She said: “Just the very thought of sport used to make me feel bored and uncomfortable and I didn’t want to take part in anything in year 7. All my friends hated PE just as much as I did. Now I’m involved with Girls Active, it makes me feel good mentally and physically and I am way more confident and happy.

It led to me working with the other GLAMS (Girls Leadership and Marketing Squad) in my school to set up and join a 5-a-side football club for girls only and it is now my favourite sport. Getting involved has helped me to actively participate in PE and attend other sports clubs like tennis and rounders.

I feel empowered now to influence other girls who were like me by showing them that there is no limit to what you can do. It doesn’t matter on your size, age or ability level. Start with what you are comfortable with and push those boundaries.”
Driving improvements in young people’s wellbeing

Smart Start Clubs, funded by Active Cumbria, aimed to develop fundamental movement skills among children in early years settings in Cumbria. Before the clubs, practitioners estimated that on a typical day, an average four-year-old spent 80 minutes doing physical activity in their centre. At the end of the project this had increased to 96 minutes. 86% of practitioners also felt that children’s enjoyment of physical activity had increased since the introduction of Smart Start clubs.

Hub Schools is a programme, funded by Sport England, which works closely with 45 of our member schools to get students who are not involved in physical activity involved in a non-traditional sporting offer that meets their needs. The programme, which works with students aged 11 to 14, is due to be rolled out to more schools next year.

“I think we’ve hooked a lot of them in with the experience they’ve had.”

Teacher, Hub Schools

Our award-winning My Personal Best support package is designed to inspire secondary PE teachers to confidently teach life skills through core curriculum PE. It helps students to develop vital character traits such as empathy and teamwork which enhance social wellbeing as well as building their resilience and leadership skills.

Our annual Step into Sport camps bring together young disabled leaders and non-disabled leaders who want to provide more opportunities for young disabled people in sport, to help develops their skills as leaders and role models.

“I have one particular child who really struggles with friendship groups; he’ll say openly ‘I haven’t got any friends, nobody listens to me.’ When he comes here he says ‘they all listen to me and I feel important’, which says it all really.”

Teacher, Step into Sport
**Lancashire Active Healthy Minds**

The Lancashire Active Healthy Minds programme was initiated in September 2016, working with 40 secondary schools across the county. The aspiration of the programme is to provide support to staff and students, to improve wellbeing through physical activity. Each school has access to the YST My Personal Best programme, to explicitly teach vital life skills such as resilience, integrity and self-management. This process is delivered through PE. Where schools have a lead for health and wellbeing, PE teams are now working closer and more collaboratively with them. Where schools don’t have a health and wellbeing lead, PE is now fulfilling that role.

**Virgin Active Crew Clubs**

Virgin Active Crew Clubs brought a worthwhile gym experience into schools for the least active children aged 9-11 years old. After being part of the project, 93% of buddies – pupils who supported the delivery of the clubs - felt happier.

**Mental health**

93% Felt happier

Our Get to the Start Line package of support aims to help young people build their confidence and manage emotional wellbeing. As part of its PE2020 programme in Northamptonshire, a total of 288 young people were engaged in this programme, and 24 teachers trained in this approach.
Supporting the development of young people’s life and leadership skills

Involvement in sport and physical activity can positively support the personal development of young people by providing opportunities to develop and enhance valuable life skills. Research has shown that sports participation can enable young people to develop social skills; time management skills; self-discipline, commitment and motivation; integrity and respect for rules; initiative and leadership. These transferrable skills and values significantly benefit young people as they transition into adulthood and help equip them for the world of work.

Project Ability

Project Ability aims to increase the access of young people with special educational needs and disabilities (SEND) to a wider range of sporting and leadership opportunities. It is delivered through our network of 60 YST Lead Inclusion Schools from across England. A key component of the programme was the ‘Step into Sport’ Inclusive Leadership events, which enable young people with and without SEND to become confident and competent participants, leaders and advocates. In 2016/17:

- 2,239 young leaders were trained, 59% of whom had SEND (1,330)
- These young leaders went onto work with a further 5,997 young people (70% with additional support needs)
- 173 role models with SEND supported delivery of events
- Lead Inclusion schools – through whom the programme was delivered – offered inclusive CPD opportunities to over 6,000 (6,212) members of the school sport workforce.

Since taking part in Project Ability:

- Around three quarters said they played more sports and games than before (75%) and wanted to play more sports and games (73%) than before
- Around half said they led more sports and games than before (53%) and said they were a more confident leader (51%).

Since taking part in Step into Sport:

- Around three quarters of young leaders said they felt more confident to take on new challenges (71%) and learn new things (75%)
- Around three quarters also said they believed they could make activities fun (74%), change activities so everyone can take part (72%) and make others feel welcome (77%).

“"The leadership element of Project Ability definitely helps in raising aspirations, developing confidence, and helps the children in becoming more independent; to give them skills for when they are going to need it.”

PE Leader, Chadsgrove School, Project Ability
CASE STUDY

Play Unified has helped break down the barriers of isolation for my brother Will

Teenager Jemima Browning’s younger brother has Down’s syndrome. She worked alongside her headteacher with support from the Youth Sport Trust to develop Play Unified at their school - Tadcaster Grammar School.

Jemima said:

“Will attended a mainstream primary school, which was great for his self-esteem, friendships and social skills. Because he had known all his friends since nursery, he was a person first: a person who just happened to have Down’s syndrome. However, as he got older, the gap between Will and his peers has grown. The differences between him and his friends have become more apparent and opportunities for Will to take part in sport have declined. He began to feel different and isolated and was starting to feel that he couldn’t do it.

“I heard about Play Unified through social media and since getting involved have set up a Play Unified project in my school.

“Play Unified is inspired by a simple principle: training together and playing together is a quick path to understanding, acceptance and friendship – a principle that we have seen come to life as Tadcaster Grammar School through our involvement in the initiative.

“People now accept Will more and allow him to join in. He jokes with his friends and I truly believe they do not regard him as a ‘disabled person’, they see him as Will. Play Unified has helped break down the barriers of isolation Will had previously experienced, and provides an inclusive opportunity to take part, something that has not always been the case for him.”

Students from Highfields School, Derbyshire

“We are immensely proud of the progress our pupils have made and the way in which they have embraced the values of Play Unified.

It’s been wonderful to see the way in which our Young Ambassadors have grown in confidence, taking responsibility for planning and seeing projects through to completion with a real ‘can do’ attitude.”

Teacher, Park Community School, Havant
Supporting the development of young people’s life and leadership skills

Girls Lead the Field
Girls Lead the Field develops girls’ key life skills and builds their confidence to grow as great leaders through sport through an enhanced understanding of resilience, teamwork, communication and aspiration. Following a one-day Girls Lead the Field Training Camp, the proportion of young people with confidence in their personal skills increased from 46% at the start of the training to 73% at the end of the training.

Future Sport Leaders
After taking part in Future Sport Leaders Training, which trained 81 young people from Black Asian and Minority Ethnic (BAME) communities, 62% of young people said they lead more sports and games in school than before and 57% said they want to lead more activities outside school than before.

“At my school I became a leader because when I look around all the leaders were white and mainly boys so I personally wanted to change that.”

Young Leader, Future Sport Leaders Training

Local People
This programme, funded by the People’s Health Trust, is empowering young people in five neighbourhoods in Brent, Hull, Dorking, Milton Keynes and Swansea to design and lead physical activity based interventions that make their area better places to live, work and grow up. It builds on the success of the Connecting Communities programme, another partnership with the People’s Health Trust, which resulted in 240,000 hours of volunteering time being committed across 12 communities.

Watch the Connecting Communities video – youtu.be/mtjOanShTT8
Young Ambassadors

Our Young Ambassadors programme is designed to build the leadership skills of young people so that they are empowered to be the youth voice for PE and school sport in their school and community, helping to increase participation opportunities and promote the positive values of sport.

Helping others to build their confidence and building my own

Jordan Rosser (18) is a Gold Young Ambassador from Rhondda Cynon Taff. The Young Ambassador Programme is run in partnership between Sport Wales, the Youth Sport Trust, local authority and national governing body of sport development teams.

Jordan said:

“Being a Young Ambassador is a brilliant opportunity. It’s a chance to promote sport and physical activity to others, get young people more involved in sport, and teach others the benefits while being a positive role model.

I feel happy knowing I’m helping others to build their confidence and try new things, while building my own confidence. I’m giving back as sport and volunteering has given me so much.”
The opportunity

Sport and physical activity, delivered in the right way, can help young people achieve more off the field as well as on it. Our programmes have helped improve exam results and raise standards across the school as well as supporting talented young athletes to achieve their sporting potential.

There is now a growing body of evidence which identifies a positive association between young people’s participation in physical activity and their academic performance. Recent systematic reviews of evidence have demonstrated positive associations between physical fitness, cognition and academic achievement.21

Academic achievement has been linked to good attendance and behaviour, and there is evidence to suggest that initiatives which increase pupil engagement and improve behaviour can have a positive impact on educational outcomes.22

There is also a clear link between poor attendance at school and lower levels of academic achievement.23

Put simply: a child must be present, ready and willing to learn if they are to achieve. Notably, sports-based interventions not only contribute to physical fitness levels among children and young people, but can also have a positive impact on school attendance, behaviour and attitudes towards learning.

What we’re doing

Living for Sport

Living for Sport uses the power of sport to boost confidence, change behaviour and support young people to achieve their personal best in life. Using our team of world class elite athlete mentors, Living for Sport helps schools to identify a selected group of students to embark on a project over a number of weeks. Students are coached using a ‘six keys to success’ framework; the top six skills athletes have identified as important to achieving success in sport and life.

The programme reached 128,819 students in 2016/17. Among teachers engaged in evaluation throughout the year, 99% stated that the project was successful or very successful.
What we’re doing

Living for Sport: Improvements in school

Lead teachers were asked, as a result of Living For Sport, the extent to which (on a 10 point scale) students had shown improvements across the following:

Engagement in student life – 81% gave a score of between 7 and 10
Attitudes towards other pupils – 81% gave a score of between 7 and 10
Attitudes towards school staff – 81% gave a score of between 7 and 10
Engagement in learning – 79% gave a score of between 7 and 10
Behaviour in school – 71% gave a score of between 7 and 10
Attainment – 70% gave a score of between 7 and 10
School attendance – 66% gave a score of between 7 and 10

“We have seen numerous pupils’ attainment levels increase, with more pupils engaging with physical education as a result of the delivery of the six keys to success.”

Lead teacher

Living for Sport: Raising life skills and ambitions

Lead teachers were asked, as a result of Living For Sport, the extent to which (on a 10 point scale) students had shown improvements across the following life skills, which are crucial for preparing young people for the world of work:

Communication skills – 89% gave a score of between 7 and 10
Teamwork – 88% gave a score of between 7 and 10
Social skills – 85% gave a score of between 7 and 10
Resilience – 83% gave a score of between 7 and 10
Planning – 72% gave a score of between 7 and 10

“I have been inspired to do more out of school hours to help improve myself as a student and as a person to work harder. I have understood to improve myself I have to put in a lot of work, even in my own free time so I know as I keep trying that over time of continuous hard work I can achieve anything, even if everyone doesn’t think I can.”

Student

Lead teachers were also asked, as a result of Living For Sport, the extent to which (on a 10 point scale) students had shown improved attitudes towards their future as a result of Living for Sport: 81% gave a score of between 7 and 10.

Many students felt the programme had had an impact on their ambitions beyond school.
Raising the achievement of young people

Sporting achievement

National Talent Camp

We supported 286 young elite athletes, coaches and officials to find out how to reach their potential in the sporting field at the Youth Sport Trust National Talent Camp. The event, opened by World and Paralympic Champion Hannah Cockroft, was supported by Sport England through National Lottery Funding, and delivered in partnership with Loughborough University.

- **92%** of athletes, coaches and officials at Talent Camp noted *improvement in their skills* (of these, 53% indicated substantial improvement).
- **97%** of athletes, coaches and officials at Talent Camp *improved their confidence* as an athlete, coach or official.
- **94%** of athletes, coaches and officials agreed that they have *learnt about opportunities to develop* as an athlete/coach/official that they *did not know before*.

There is such a wealth of athletic, coaching and officiating talent in this country and it’s amazing that Youth Sport Trust is able to give young people the chance to focus on their sport, to learn how they can maximise their potential and to help pave the way for their active futures.”

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

How YST membership is supporting academic achievement

Holy Family Catholic Primary School in Surrey has achieved some of its highest ever academic results by enhancing the profile of exercise, diet and fresh air in improving the physical and mental health of all the children and adults within its school community.

Steve Tindall, head teacher at the school, said:

“Attainment has been exceptionally high in the school over the last three years and the 2017 KS2 results put the school in the top 5% nationally. Our PE & sports programme has contributed fully to this success as we merge and utilise key sporting values and principles within our academic curriculum. Children who enjoy sport are positive and this leads to a resilience and determination in class.

“Becoming a Youth Sport Trust member and subscribing to the Active Maths programme has helped us to support children in their academic progress through participating in sport.

“One student left Holy Family in 2016 having scored 40/40 in the KS2 arithmetic paper. That child attributed her success to increased confidence that she developed during netball and athletics alongside the active ‘Maths of the Day’ sessions and I know it has helped many of our students achieve similar results.”

Holy Family pupil Olivia (10) said:

“Sport makes me feel really happy because when I’m doing it, I don’t think about anything else. It helps me clear my mind and stay positive. I love aiming for my goals and every time I reach a goal my confidence goes up. PE & sport has helped me believe in myself more because I don’t think I do that enough. I love it!”

CASE STUDY

How multi-academy trusts are benefiting from YST membership

Fowey River Academy is a secondary school in Cornwall which is part of the Adventure Learning Academy Trust, made up of 16 academies.

It is using its networks to educate and inform other schools about its own best practice in creating better pupil wellbeing and leadership through PE, sport and physical activity.

Sam Smith, PE teacher at Fowey, said:

“At Fowey, we deliver training in active learning, health and wellbeing, and physical literacy for all primary staff. The secondary and primary schools take part in joint training sessions and share resources.

“We make good use of programmes offered through the Youth Sport Trust to maximise our impact. We are currently using programmes like Girls Active, Sky Sports Living for Sport, Beyond the Baseline, Water Sports Hub, and National School Sport Week to name a few to ensure an enhanced sport programme. This focuses on offering something for every pupil and enabling everyone.

“Across the school we have seen pupils’ confidence and participation levels increase leading to higher aspirations and levels of attainment beyond PE. More girls have found their ‘reason to be active’ and we have increased the number of non-PE staff delivering extra-curricular sport and activity.

“My journey has not been without its challenges but through sharing best practice as a multi academy trust – I hope to help other schools achieve the results we are seeing.”

Get Exam Fit

Get Exam Fit is our package of support delivered by YST athlete mentors to help students build confidence, manage their physical and emotional wellbeing and achieve their potential in exams. Throughout 2016/17, the programme ran extensively across schools in Northamptonshire and Lancashire.

Active Literacy and Numeracy

Active Literacy uses the context of PE and sport alongside practical active learning approaches to support the teaching of English across the school while our Active Numeracy training has supported teachers to use PE and physical activity to raise achievement in maths. These programmes support progress and attainment across the whole school.

Through our network of over 4,000 member schools we are working to help young people perform better in PE as well as across the whole school. We’re committed to ensuring all schools understand the wider benefits of regular physical activity and sport.

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We provided **775,693** opportunities for young people to enjoy or lead high quality PE and sport.

Total participation or training opportunities provided for young people in the 2016/17 academic year.

**KEY**

**YP** Participation or training opportunities provided for young people

**SCH** Schools engaged with one or more programmes in 2016/17
In 2016/17 Youth Sport Trust International delivered training and sport for development projects in 28 countries. All this work aims to improve the lives of young people through sport and seeks to address at least one of the United Nation’s Global Goals for Sustainable Development:

**GOAL 8 – Decent work and Economic Growth**

The **Beckwith International Leadership Development (BILD)** programme entered its fourth year of delivery in St Lucia. Working via the Ministry of Equity, Social Justice, Empowerment, Youth Development, Sports, Culture and Local Government, BILD aims to support young people’s potential through leadership training and volunteering, thereby developing their employability skills and improving life chances.

Over the four year period BILD St Lucia has trained over 500 young leaders in every education district on the island. It has provided paid employment opportunities for young people and created a workforce of high quality lead trainers and local tutors to sustain the programme for years to come.

**Goal 5 – Gender Equality**,
**Goal 8 – Decent work and Economic Growth**,
**Goal 10 – Reduced Inequalities**

Youth Sport Trust International was appointed a partner by the **British Council** in the **Next Generation Gulf programme**, funded by the Cabinet Office’s Integrated Activity Fund. During the year scoping visits were undertaken in Bahrain, the Kingdom of Saudi Arabia, Kuwait, Oman and Qatar to determine how best young people in the region can be supported to take part in physical activity.

**Goal 3 – Good health and wellbeing**

Youth Sport Trust International has been supporting the **Nike Community Ambassador programme** by delivering training to Nike store employees to enable them to become volunteers and lead sport and activity sessions in their local communities.

**Goal 17 – Partnerships for the Goals**

Youth Sport Trust International’s work continues throughout Europe, working collaboratively with organisations in 17 countries on Erasmus+ funded projects, which aim to:

- Increase the physical activity levels of young people with special educational needs.
- Empower sporting organisations to become active partners for schools.
- Develop youth leadership and volunteering skills in young people.
- Promote physical activity on an international level.

This year Youth Sport Trust International was honoured to be partnered with the **Archie Lloyd Charitable Foundation** to offer a football coaching scholarship to a young person. The scholarship was won by Keon Richardson travelled to China in the summer of 2017 and with the help of British Council participated in their **Premier Skills programme** and other Football activities around China.

Keon said: “I have learnt a lot about how to structure my coaching sessions and how to organise better and progress myself and my teams. A big thing for me was to understand not to make sessions too complicated. On the other hand I have learnt a lot in terms of how to be myself and feel confident – I think that was one of the biggest learning curves.”

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.
Partnering for impact

Our movement is built on working in partnership with like-minded individuals and organisations who share our passion for improving young lives through sport. It is only through working together with businesses, national governing bodies, other charities and government that we have been able to achieve a lasting positive impact on young people’s lives. Examples of some of our partnerships are highlighted here.

Sky Sports

Living for Sport

539,392 young people

128,819 students were reached during 2016/17 through this free initiative for secondary schools which uses sport stars and skills learned through sport to help young people develop confidence and life skills. The programme ran over 14 years and reaching 539,392 young people during that time.

“We’re incredibly proud of the successful long-term partnership we formed with the Youth Sport Trust over 14 years. Through our shared belief in the power of sport, we helped more than 500,000 young people build confidence and develop the practical skills to unlock their potential.”

Jeremy Darroch, Chief Executive, Sky PLC

Sport England

School Games

20,000 schools in England

We deliver the School Games, a government-led programme, funded by the National Lottery through Sport England, which is designed to deliver competitive school sport to all young people.

A network of School Games Organisers (SGOs) and Local Organising Committees (LOCs) have worked alongside us in delivering three distinct levels of competition since the Games’ inception in 2010 – ranging from intra – inter school activity, in addition to the National Finals, which is supported by national governing bodies of sport.

In 2016/17 more than 20,000 schools in England were registered with the School Games and 2.2 million competition opportunities for young people were provided as part of School Games events. The School Games National Finals, held at Loughborough University, saw 1,600 young athletes compete across 12 different sports during the four-day multi-sport event.

Watch the video – youtu.be/IZZFlgl6g_M

Department of Health

Change4Life Sport Clubs

9,500 school-based Sport Clubs

Funded by Department of Health, we continue to deliver this exciting programme which takes inspiration from the Olympic and Paralympic Games.

It aims to encourage less active children to take part in more physical activity and to engage in school. To date, we have developed a network of over 9,500 school-based Change4Life Sports Clubs in England; which have reached approximately 190,000 young people.

Watch the video – youtu.be/WqPOhnZQC5Q
Towards the end of the year we started a partnership with Allianz which will see almost 3,000 school children with and without Special Educational Needs and Disabilities (SEND) participating together in inclusive sporting festivals, supported by 149 Allianz volunteers and 361 young leaders.

Funded by National Lottery money through Sport England, in partnership with This Girl Can and Women in Sport, this programme works to get girls more engaged in school sport and PE by working to understand what motivates them and enabling teachers to work with girls to shape the provision of physical activity in their schools. More than 200 schools are now part of the Girls Active network.

A new partnership with Entertainment One saw popular children’s TV show PJ Masks become a brand ambassador for our work with young people. The initiative saw the introduction of an Early Years day to our popular annual National School Sport Week which was rolled out to around 5,000 schools and early learning venues across the UK in the summer of 2017.

“...a great fit for PJ Masks as kids love replicating the athletic abilities of Catboy, Owlette and Gekko in the show."

Rebecca Harvey, Head of Global Marketing at Entertainment One Family

Virgin Active Crew Clubs is a programme for schools which teams Virgin Active with the Youth Sport Trust to bring a very real and worthwhile gym experience right into school for the least active 9-11 year old children. It has supported 325 children since September 2015, including the training of 120 primary school children to be ‘Active Buddies’.

Virgin Sport worked in partnership with us on three Festivals of Fitness – an outdoor fitness-meets-festival experience. The financial support of Virgin Sport and the generosity of their participant enabled us to further extend our reach, and support local communities in keeping young people active, engaged and excited by PE, physical activity and sport.

*Allianz*  
**Dare to Believe**

2,941 school children

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**Sport England and Women in Sport**  
**Girls Active**

200+ schools part of the GA network

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Watch the video [youtu.be/7MaJm6u9L4c](youtu.be/7MaJm6u9L4c)

**ESPO**  
**Active Schools**

Established with ESPO in 2017, will see ESPO customers and Youth Sport Trust member schools given exclusive access to guidance about being an active school over the coming academic year.

**People’s Health Trust**

**Local People**

We are being funded by the People’s Health Trust’s Local People Programme using money raised by society lotteries through the Health Lottery to support the health and wellbeing of communities in Brent, Hull, Dorking, Milton Keynes and Swansea. We are connecting schools and communities and helping local people to create new opportunities for their local neighbourhoods to get active.

**Entertainment One and PJ Masks**

National School Sport Week

51,600 children in early years

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“The partnership with Youth Sport Trust is a great fit for PJ Masks as kids love replicating the athletic abilities of Catboy, Owlette and Gekko in the show.”

Rebecca Harvey, Head of Global Marketing at Entertainment One Family

Watch the video — [youtu.be/TnE8IP0nz3k](youtu.be/TnE8IP0nz3k)

**Virgin Active and Virgin Sport**

Virgin Active Crew Clubs

325 children since September 2015

Virgin Active Crew Clubs is a programme for schools which teams Virgin Active with the Youth Sport Trust to bring a very real and worthwhile gym experience right into school for the least active 9-11 year old children. It has supported 325 children since September 2015, including the training of 120 primary school children to be ‘Active Buddies’.

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**People’s Health Trust**

**FA Girls Football/ Talent Portal**

Our extensive work with the FA includes being a delivery partner for the FA Girls Football programmes, working to increase girls’ participation in football. We were also commissioned by the FA to develop their Talent Portal to support the education of young athletes, coaches, officials and parents.

**Virgin Sport**

**ESPO**

**Active Schools**

Established with ESPO in 2017, will see ESPO customers and Youth Sport Trust member schools given exclusive access to guidance about being an active school over the coming academic year.
Our work in 2016/17: glossary

Our key networks
PE Catalysts
Connecting a national network of leaders of PE to raise the profile of the subject and reverse its marginalisation.

Head Teacher Ambassadors
A national network of headteachers which influences and informs our strategy and future direction and as well as being able to influence national policy makers in education, sport and health.

London Headteachers Alliance
"An alliance of London Headteachers determined to see young people across the capital provided with high quality PE and school sport opportunities."

YST Connect
Brings together individuals who have been impacted by our programmes or camps and who still support our work to use the power of PE and sport to positively change young people's lives.

YST Lead Schools Network
A national movement of schools that drive individual and whole school improvement through three different specialist areas: Inclusion, LCV (Leadership, Volunteering & Coaching) and Health & Wellbeing.

YST Membership
YST membership offers schools a wide range of solutions, networking and learning opportunities to help teachers use PE and school sport to improve outcomes for all young people no matter what their ability.

Our signature programmes
Active Literacy
Active Literacy uses the context of PE and sport alongside practical active learning approaches to support the teaching of English across the school.

Active Maths
Active Maths uses PE and physical activity to raise achievement in maths. It helps to support progress and attainment across the whole school and raises aspirations to narrow the learning gap.

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

Girls Active
Girls Active enables schools to understand what motivates girls to take part in physical activity. It supports teachers to work with the girls - through consultation and leadership - to make the necessary changes to their physical education (PE), sport and physical activity provision.

Girls Lead the Field
Developing girls' key life skills and growing great leaders through sport. It works to enhance girls' understand of resilience, teamwork, communication and aspiration.

Healthy Movers
Developing physical literacy in Early Years, focusing on agility, balance and coordination.

My Personal Best
Aims to develop life, leadership and employability skills in young people. This award winning support package is designed to inspire secondary PE teachers to confidently teach life skills through core curriculum PE.

National School Sport Week including Power of 3 and Early Years Day
Our annual National School Sport Week sees thousands of schools take part in encouraging young people to be more active and celebrate PE. In 2017 Entertainment One’s PJ Masks became a brand ambassador for the campaign, supporting the introduction of an Early Years’ Day and the production of a Power of 3 activity guide.

Youth Sport Award
A reward and recognition scheme for young people aged between seven and 24 years-old to evidence their learning, progress and achievement in and through sport. It aims to build positive lifestyle habits and behaviours and empowers young people to take ownership of developing their own skills while building their emotional resilience and wellbeing.

YST Talent
Our online talent portal supports schools to help young athletes, coaches and officials to achieve their sporting and academic potential.

We developed or delivered in partnership
Active Healthy Minds
A trailblazing programme which seeks to transform how schools impact on students’ mental wellbeing through PE, sport and physical activity. Delivered across 40 schools in Lancashire with funding from Fylde and Wyre Clinical Commissioning Group and Lancashire Sports; and funded in Northamptonshire by Northamptonshire County Council and Northamptonshire Sport.

Active Kids For All Inclusive PE Training
Equips trainee and qualified teachers with tools and practical ideas to fully include all pupils in curriculum Physical Education, and ensure that all are appropriately challenged. Funded by Sainsbury’s and delivered in partnership with the English Federation of Disability Sport.

Active Kids Paralympic Challenge
Inspiring schools and young people to learn and take part in Paralympic Sports. Funded by Sainsbury’s and delivered in partnership with the British Paralympic Association.

Active Schools Partnership
Partnership with ESPO to raise the profile of PE in schools and deliver innovative and inspiring physical activity.

Beyond the Baseline
Former and current professional tennis players are trained as mentors to work in disadvantaged schools to inspire young people and help them fulfil their personal potential. Funded by the Tennis Foundation.

Bikeability
Bikeability is designed to give young people the skills and confidence to ride and aim to sustain participation in cycling in England. It is delivered through a range of partners and we support schools to deliver the programme. Funded by the Department for Transport.

Change4Life Sports Clubs
Change4Life Sports Clubs aim to encourage less active children to take part in more physical activity and to engage in school. To date, we have developed a network of over 9,500 school-based Change4Life Sports Clubs.

Dare to Believe Festivals
Launched in June 2017, Allianz and the Youth Sport Trust partnered to deliver 20 ‘Dare to Believe’ Festivals, to build awareness of para sports and challenge the attitudes and perceptions of young people with Special Educational Needs and Disabilities.

Engaging those on the Edge of Participation: Champion Sport
Supporting schools to create a quality assured, child centred approach with multi sport content and training which equips coaches, teachers and others with the knowledge, skills and understanding to develop basic competence and engineer fun into every session. Funded by Sport England.

Fit4Girls
Increasing girls’ participation in PE, physical activity and sport in Scotland. Funded by sportscotland.

Hub Schools: including Combat, Cycling, Extreme/Park, TeamUp, Watersport, Wheelchair Sports and Wind/Wave
Schools work with a specific target group of disengaged young people to provide them with a non-traditional sporting offer that meets their personal demands. The programme measures success through the impact on aspirations, participation and achievement of students in school. Themes include: Discipline & Self Control Sport Hubs; Wind & Wave Sport Hubs; Extreme/Park Sport Hubs; Outdoor Adventure Hubs; Wheelchair Sport Hubs and Team Sport Hubs. Funded by Sport England and delivered in partnership with British Rowing & British Canoeing Union.

Leadership Academies (delivered by School Games Organisers)
Guidance & targeted support to develop a diverse leadership workforce. Funded by Sport England.

Local People
This People’s Health Trust programme aims to engage and empower five targeted neighbourhoods - Brent, Hull, Dorset, Mitten, Keyenes and Swansea - to design and lead physical activity based interventions that make their area better places to grow, live and work.

Pathways to Health
Creating a movement of young health ambassadors who are life-skilled, aspirational and ready for employment in the NHS and wider health sectors. Funded by NHS Health Education England and delivered in partnership with Sport Leaders UK and the Healthy Futures Network.

PE and Sport Premium Support for Primary Schools: Coach Mentors
A mentoring programme for coaches working alongside teachers in primary schools to support them in delivering physical education. Funded by Sport England.
Play Unified
Play Unified is a global movement aimed at ending the injustice, intolerance and inactivity of young people with intellectual disabilities, by building a unified generation through sport. A Special Olympics GB Programme, delivered by the Youth Sport Trust, is aimed at young people in secondary and special schools. Funded by Special Olympics GB and the Department for Digital, Culture, Media and Sport.

Project Ability (delivered by YST Lead Inclusion Schools)
Designed to improve and extend the provision of high quality PE, sport, leadership and advocacy opportunities for young people with Special Educational Needs and Disabilities (SEND). A key aim of the programme is to enable young people with SEND to access to a wider range of sport and leadership opportunities than might otherwise be available. Funded by the Department for Education and Sport England.

School Games Levels 1-3
The School Games is a government-led programme designed to deliver competitive school sport to all young people. This network currently services in excess of 25,000 registered schools who compete across School Games’ competitions. Funded by Sport England and delivered in partnership with the Department for Digital, Culture, Media and Sport, Team GB and the British Paralympic Association.

School Games National Finals
This annual four day multi-sport event is hosted between late August and early September in elite sporting venues across the country. As of the end of the 2017 event, 19,200 young athletes have competed in the School Games National Finals. Funded by Sport England and delivered in partnership with the Department for Digital, Culture, Media and Sport, Team GB and the British Paralympic Association.

School Games Mark
A government-led awards scheme launched in 2012 to reward schools for their commitment to the development of competition across their school and into the community. Participating in this process allows schools to evaluate their PE provision and assists them in developing an action plan for future progress. Funded by Sport England.

School Games Organisers Regional Conferences and National Summit 201
These events provide the national network of School Games Organisers (SGOs) with the opportunity for training to develop their skills and knowledge. Funded by Sport England.

School Sport Clubs (delivered by SGOs)
Developed in partnership with National Governing Bodies, school sport clubs support young people to develop essential life skills and support them to confidently move from school sport into community sport. Funded by Sport England.

Skills2Play / Skills2Play Sport
Working with partners we have developed Skills2Play for Key Stage 1 (5-7 year olds) and Skills2Play Sport for Key Stage 2 (7-11 year olds). These are designed to help develop movement skills, concentrating on the development of locomotion, object control and stability which builds upon the Start to Move programme. Funded by Sport England and delivered in partnership with National Governing Bodies of Sport and the County Sport Partnership Network.

Sky Sports Live Events
We supported the delivery of school sports festivals led by Sky Sports in primary schools. Funded by Sky Sports.

Sky Sports Living for Sport
Living for Sport uses the power of sport to boost confidence, change behaviour and support young people to achieve their personal best in life. Funded by Sky Sports.

Smart Start Clubs
A programme aimed at pre-school children, to develop fundamental movement skills, as well as thinking, social, health, physical and creative abilities through the medium of structured play. Funded by Active Cumbria, county Sports Partnership.

Sporting Promise TOP Sport
Provided a framework for non-traditional sports, such as Ultimate, to be introduced into schools to create opportunities for young people to take part and become a part of something new or different. Funded by Matalan.

Talent Camp
The National Talent Camp offers a unique experience for to help promising young athletes, officials and coaches of the future fulfill their potential. Funded by Sport England.

Talent Inspiration Programme
Brings together young aspiring county and regional level athletes from across the country to participate in a residential learning experience. Activities are designed to engage and inspire aspiring young athletes and encourage them to think about how they can reach their sporting potential and the impact that will have on their personal development. Funded by Sport England.

Targeted Populations Leadership Interventions: Future Sport Leaders and Leadership Insight Projects (BAME strand): Primary Active Leaders, Step Into Sport Inclusive, Young Leader Training (EAL Strand)
Working with partners across the education and sport landscape to deliver targeted interventions to provide all young people with the opportunity to receive leadership training. This includes working with Sporting Equals to support more young people from Black, Asian and Minority Ethnic (BAME) communities to take on decision making roles within sport. Funded by Sport England.

The FA Girls Football Programmes: Game of Our Own, Youth Sport Award, Athlete Appearance Programme, Mini Soccer Centres and FA Active Literacy
Delivery partner for the FA’s campaign to increase girls’ participation in football.

The FA Talent Portal
We were commissioned by the FA to develop their Talent Portal to support the education of young athletes, coaches, officials and parents.

Unified Sports (delivered by YST Lead Inclusion Schools)
Unified Sports see young people with and without intellectual disabilities train and compete alongside one another in meaningful competition. Unified Sports is funded through The One 4 All Foundation (led by Thierry Henry) and Special Olympics.

Virgin Active Crew Clubs
A programme to bring a very real and worthwhile gym experience right into school for the least active 9 to 11-year-old children. Funded by Virgin Active.

Young Ambassadors: Scotland and Wales
Designed to build the leadership skills of young people and as a result they are empowered to be the youth voice for PE and school sport in their school and community, promote the positive values of sport, be a role model and champion for PE and school sport and increase participation opportunities and healthy lifestyles for everyone. Funded by sportscotland and Sport Council Wales.

SportsScotland: Competition Organiser Training Conferences
Competition Organiser training is offered as part of sportscotland’s contribution to help develop young people as leaders in sport.

Young Coach & Official Academies (delivered by YST Lead LCV Schools)
Academies creating a clearer pathway between the development of young coaches in schools to the community setting. Funded by Sport England.

We collaborated on
Chance to Shine: Primary School Learn & Play
We provided consultancy & content development.

Making Equals
The Sporting Equals ‘Making Equals’ project works to engage and attract diverse young people through sport.

Premier League Primary Stars Events
Premier League Primary Stars provides free, flexible & easy-to-use curriculum-linked teaching resources for schools.

Schools Rowing Review
We supported British Rowing with research to better understand how to support and grow school rowing.

TeamUp
We developed two training resources and a Young Champions Toolkit for the TeamUp portal launched by the England and Wales Cricket Board, England Hockey and England Netball. It provides teachers with the tools to deliver high quality team sports to schoolgirls.

Get Out, Get Active
Supports disabled and non-disabled people to enjoy being active together. All partners are focused on getting some of the UK’s least active people moving more through fun and inclusive activities. Funded by Sport of 2012 and the English Federation of Disability Sport.

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Thank you
Funders and Supporters in 2016/17

We would like to thank every one of the many individuals and organisations who have supported our mission and helped us make an impact on young people’s lives in the 2016/17 academic year.

Commissioned Work
- Active Cumbria (CSP)
- Birmingham Education Partnership Board
- British Canoeing
- British Rowing
- Buckinghamshire Learning Trust
- Chance to Shine
- Department for Digital, Culture, Media & Sport
- Department for Education
- Department for Transport
- Department of Health
- England & Wales Cricket Board, England Hockey and England Netball
- English Federation of Disability Sport
- Fylde & Wyre Clinical Commissioning Group and Lancashire Sports
- Hertfordshire County Council and University of Hertfordshire
- International Cricket Council
- Lancashire Sports
- Leap – Bucks and MK Sport and Activity Partnership
- NHS Health Education England
- Northamptonshire County Council
- Premier League
- Special Olympics GB
- Sport Council Wales
- Sport Northern Ireland
- sportscotland
- Tennis Foundation
- The FA

Lottery Awards
- People’s Health Trust
- Sport England
- Spirit of 2012 Trust

Trust and Foundation Grants
- Comic Relief – Communities and Sport for Change
- Eileen Alexander Legacy Fund
- John Armitage Trust
- One4All Foundation
- Primary Science Teaching Trust
- Rangoonwala Foundation

Corporate Partners
- Allianz
- Boots
- Diddi Dance
- Entertainment One
- ESPO
- Hasbro
- Matalan
- Sainsbury’s
- Sky Sports
- Virgin Active/Virgin Sport

Strategic Partnerships
- Achievement 4 All
- Association of Colleges Sport
- Association of School and College Leaders
- Association for Physical Education
- British Paralympic Association
- British Universities and Colleges Sport
- Citizenship Foundation
- County Sport Partnership Network
- English Institute of Sport
- The Girls Schools Association
- Health Education England
- Independent Association of Preparatory Schools
- Jubilee Centre
- Loughborough Centre
- National Association of Headteachers
- National Citizenship Service
- National Governors Association
- National Governing Bodies of Sport
- Peoples Health Trust
- Professional Association of Directors of Sport in Independent Schools
- Sport + Recreation Alliance
- Sporting Equals
- Sport Wales
- Step up to Serve
- Teaching School Council
- UK Anti-Doping
- UKSport
- Women in Sport
- YMCA
- Youth Sport Direct

A special thank you to the National Lottery for the funding through Sport England which continues to support our work making a difference to children’s lives on a huge scale.
Fundraising highlights

Over the year, our supporters from across the UK including schools, teachers, young people, parents, and our own 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.

London Marathon 2017
In April, nine runners took part in the Virgin Money London Marathon to raise funds for our mission. Among the runners was Youth Sport Trust team member Jennie Jordan and members of the Virgin Active team who collectively raised over £20,000.

Virgin Active – Active Crew
Our ongoing fundraising partnership with Virgin Active has raised over £10,000 for the delivery of the Active Crew programme, a programme aimed at helping the most disadvantaged children all over the UK to have fun getting active, which we deliver directly into schools.

Superhero Tri Series 2017
In August 2017, we took part in the inaugural Superhero Tri Series Event - the UK’s only disability sports series for the ‘Everyday Superhero’ and their family and friends. Our teams from Halsbury Sport and Fairfield Farm College took part alongside Youth Sport Trust’s Athlete Mentors Claire Cashmore and David Hill; and were fantastic in raising funds for the Youth Sport Trust.

GET INVOLVED

We need a tribe of passionate and enthusiastic people to join us on our mission to transform young lives through the power of sport. Our fundraisers are vital to our success and there are lots of ways for you to get involved. You can:

- Fundraise
- Take on a challenge event
- Make a regular donation
- Use Payroll Giving
- Get your workplace involved
- Be an Influencer

Not only will you learn new skills, achieve new challenges and make new friends, you will help the Youth Sport Trust change lives. Visit our website and download our fundraising pack full of inspiring ideas or contact our fundraising team on 01509 226 667.
Looking ahead

I’d like to thank all our partners and supporters for working with us this year. To all of you who have fundraised for us, backed our mission and working alongside us in schools and in the community – we couldn’t have done it without you.

The Youth Sport Trust has been evolving ever since its inception in 1995 to ensure we continue to be best placed to deliver on our mission. 2018 sees the arrival of a new chair in Neil Davidson. We’re thrilled he’ll be joining the charity and bringing his wealth of experience and immense passion for the power of sport to change young people’s lives.

We will also launch a new strategy. This comes at a time when our cause has never been more important given the physical, social, emotional and digital pressures young people face today.

There is still so much more for our movement to achieve if we are to fulfill the transformative, life-changing potential of sport and physical activity.

The doubling of the Primary PE and Sport Premium funding offers a once in a generation opportunity to radically transform children’s first formative experiences of Physical Education. It is imperative we maximise that investment to transform the place of PE forever in our primary schools so that children develop physical literacy skills alongside numeracy and language literacy.

We know that once children reach secondary school, curriculum time is becoming increasingly pressured and PE is dropping off the curriculum at Key Stage 4. We must aim to reposition the subject so it addresses the declining wellbeing issues and employability challenges that young people face.

There are still too many children who, whether because of a disability, their gender or their background, feel that sport and physical activity is not for them. We need to work to improve practice so that PE is inspiring, meaningful and accessible to every child.

As we look ahead to the future, no one embodies YST’s ongoing mission more than our outgoing Chair Baroness Sue Campbell, who has established, grown and led our charity over the past 22 years. To her, and to everyone who makes up our movement, we owe a huge thank you.

ALI OLIVER
Chief Executive – Youth Sport Trust
References

Research Partners 2016/17

- Chrysalis Research
- Edge Hill University/Liverpool John Moores University
- Free Thought Research
- Leicester University
- Loughborough University
- Northumbria University
- Research as Evidence
- Shephard & Moyes
- SIRC
- SPEAR
- The Research Base
- University of Birmingham
- University of Northampton
- Women in Sport

17. http://www.youngminds.org.uk/about/whats_the_problem