Impact report 2018
Believing in every child’s future
The Youth Sport Trust is a children’s charity working to ensure every child enjoys the life-changing benefits that come from play and sport.

We have more than 20 years of expertise in pioneering new ways of using sport to improve children’s wellbeing and give them a brighter future.

Our charity works with more than 20,000 schools across the UK and operates on a local, national and global level. We harness the power of sport, physical activity and PE to build life skills, connections between people and support networks which increase life chances through greater attainment, improved wellbeing and healthier lifestyles.

### What we do
- **Develop** innovative resources, training, professional development modules and programmes to support young people in PE and sport.
- **Deliver** high quality events, programmes, activities, camps and experiences for young people and their wider support base such as parents and carers, teachers and coaches.
- **Disrupt** and challenge convention where there are opportunities to improve the provision, quality or approach of using sport, PE and physical activity to improve young people’s lives.

### How we deliver
- **In partnership.** We deliver impactful collaborative programmes which are funded by corporate partners, trusts and foundations, local and central government and other organisations working with us to further our shared goals.
- **On other’s behalf.** We undertake commissioned projects involving development work, delivery activities and/or research and insight. We do this with partners, businesses, national governing bodies (NGBs) and other organisations who target sporting activity at young people and want to maximise and quantify their impact.
- **Independently.** We provide innovative products and services including YST Membership for schools, individuals, NGBs and businesses; training courses including e-learning; and innovative equipment.

### Where we do it
- **We lead in schools**
- **We partner in the community**
- **We support in the home**
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Welcome

Thank you for reading the Youth Sport Trust’s Annual Impact Report for the 2017/18 academic year.

Over the past 12 months, research continued to paint a concerning picture of young people’s wellbeing. Young people were increasingly likely to be obese, to be struggling with their mental health or feeling isolated and lonely.

It was in this context that YST launched a new four-year-strategy ‘Believing in every child’s future’ which put tackling this decline in young people’s wellbeing at its heart.

This impact report sets out not just our reach but the impact our projects and programmes are having on young people’s lives – increasing their confidence, improving their relationships and making them happier.

Getting young people active is only the start. The real measure of our success lies in harnessing the power of sport and play to enhance wellbeing, to boost attainment and achievement and to help young people develop the life skills which will help them to thrive, be happy and healthy.

During this last year, our charity built on its proud history of developing and running successful programmes, continued to innovate new products and pioneered new ways of working to transform young people’s lives for the better.

It also saw us work to grow our influence as a leading voice for the power of sport and play and the need to tackle cuts to young people’s Physical Education.

In the pages that follow you will find a sample of our most impactful work from 2017/18. This included helping to pioneer a new approach to mental health in Manchester schools, our flagship Girls Active programme transforming PE for new generations of girls and a record year for the School Games which provided millions of opportunities for young people to enjoy high-quality competitive school sport.

A key ingredient across all of this work is the focus we place on empowering young people to make a change.

None of this would be possible without the networks who deliver on this shared mission every day. This is why we will always place a big focus on supporting and upskilling those who are making such a difference – from the thousands of teachers trained by YST this year to the young people who will be teaching, coaching and supporting the next generation.

It is a privilege to chair this charity and we would like to thank all of our partners, funders, supporters and everyone who makes the life-changing work of YST possible. In a year which saw a change of Chair, a huge thank you is still owed to Baroness Sue Campbell for her incredible work and passion which has made YST the organisation it is today.

Neil Davidson
Chair — Youth Sport Trust

Lauren Asquith
Chair — YST Youth Board
Our previous strategy: 2013-2018

Back in 2013 we set out an ambitious five-year plan to transform young people’s lives through the power of sport and physical activity. The Sport Changes Lives strategy set out how, between 2013 and 2018, 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**.
Our new four-year strategy: Believing in every child’s future

Believing in Every Child’s Future is our four-year strategy to turn around the decline in young people’s wellbeing.

Starting in September 2018, it sets out how, by working together, we can ensure that every child has the opportunity to fulfil their potential and enjoy the life-changing benefits that come from play and sport.

It comes at a time when we believe the power of sport and play has never been more vital. A generation is growing up ill-equipped to deal with the challenges of the 21st century. Children are struggling with their mental health, an obesity crisis, rising levels of stress and a decline in empathy and resilience.

We know that sport, play and physical activity hold the key to tackling so many of these big challenges. But young people have never been less active and those facing disadvantage are most likely to miss out.

At the heart of the six objectives of our new strategy is a goal to turn this around.

Ali Oliver
Chief Executive — Youth Sport Trust

We will measure our success in meeting these objectives over the next four years by:

• Short-term outcomes for young people including health and wellbeing through PE, physical activity and sport; participation and volunteering in PE, physical activity and sport and skills and achievement. For adults we will focus on our impact on their confidence, competence and motivation.

• The scale and reach of our activity, with a focus on the number of training, volunteering and participation opportunities we have provided for young people and the number of training opportunities for adults.

• Our long-term impact on young people’s happiness and school improvements.

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A crisis in young people’s wellbeing

Too many young people are:

- **Inactive**: 82.5% of young people are not meeting CMO guidelines of more than 60 minutes of activity every day.
- **Stressed**: 92% of 15 to 16-year-olds suffer from exam stress.
- **Lonely**: 45% of young people aged 10 to 15-years-old reported that they felt lonely either some of the time or often.
- **Lacking confidence**: One in five girls told us that they lack confidence.
- **Overweight**: One in three children are overweight or obese by the final year of primary school.
- **Unhappy**: 27% of children aged 10-15 rated their happiness as low or medium.
- **Struggling with mental health**: One in eight young people aged 5-19 has at least one mental health disorder.
- **Lacking opportunity**: 760,000 young people in the UK under 24-years-old (10.9%) are not in education, employment or training.

Evidence shows these issues are magnified for girls, young people from BAME communities and young people facing disadvantage.
How we’re tackling it

Some examples of how we worked to tackle the decline in young people’s wellbeing in 2017/18:

**Improving mental wellbeing**

- 61% of young people reached through our Active in Mind programme are now **coping better** as a result of taking part.

**Promoting healthy, active lifestyles**

- Nine in ten pupils at our Hub Schools have **tried a new sport** or activity in the past three months.

**Developing life skills**

- 95% of girls trained as Football Activators through our work with the FA felt they had **developed life skills**.

**Boosting attainment and achievement**

- 96% of young people supported to become a Young Ambassador in Wales now feel **better prepared for life after school**, including further education and employment.

**Building connections between young people**

- Three-quarters of teachers said that pupils strengthened friendships and **made new friends** through inclusive festivals we delivered with Allianz.

**Enhancing support networks**

- 22,095 teachers received continuous professional development training from us to deliver high-quality, inclusive PE and sport.

www.youthsporttrust.org | @YouthSportTrust
We provided hundreds of thousands of opportunities for young people to enjoy or lead PE and sport in 2017/18. Across the UK, our work reached almost 20,000 schools and we trained over 22,000 teachers to deliver high quality, inclusive PE and sport.*

*Figures do not include the School Games

**Key**
- **YP**: Participation or training opportunities provided for young people
- **F**: Percentage of female young people
- **M**: Percentage of male young people
- **SEND**: Percentage of young people reached with special educational needs and disabilities
- **AD**: Training or volunteering opportunities provided to adults
- **SCH**: Schools engaged with one or more programmes in 2017/18

Youth Sport Trust – Impact Report 2018
Spotlight on tackling local issues

Greater Manchester – Mentally Healthy Schools

This pilot is transforming Manchester schools’ approach to mental health, with YST putting the physical into mental health. The project was commissioned by the Greater Manchester Health & Social Care Partnership and is being delivered in collaboration with Alliance for Learning, 42nd Street and Place2Be.

YST’s role has been to work directly with young people in primary and secondary schools on the cusp of a referral to Child and Adolescent Mental Health Services (CAMHS) to improve their physical and emotional literacy, equipping them with coping strategies to deal with stress and anxiety.

The project provides training, support and resources for teachers and young people to become Mental Health Champions who lead on supporting others in their schools.

Enhancing support networks:
Since becoming a Mental Health Champion, 70% of pupils in primary schools felt able to talk to their friends about mental health and 88% can now recognise poor mental health in their peers. In secondary schools, since becoming a Mental Health Champion, 65% of young people can now talk to their friends about their health.

Improving wellbeing:
Prior to the training, pupils felt moderately confident with an average score of 6.6 out of 10 (ranging from 1-10). However, following the training, their confidence in the role grew and pupils reported an average score of 9.5 out of 10.

Nurturing healthy, active lifestyles:
The percentage of primary pupils active every day increased from 38% to 50% after taking part in the programme. The percentage of pupils who stated they do more than 60 minutes of activity a day increased from 26% to 38%.

Lancashire – Active Healthy Minds

This project focuses on building resilience and life skills in young people. It used YST’s My Personal Best training for teachers to help them use PE to build life skills, leadership and employability skills in young people. Following the training, schools were able to select a programme tailored to their pupils’ needs to improve their wellbeing which included visits from YST athlete mentors.

After taking part in Lancashire Active Healthy Minds:

Improving wellbeing:
80% of young people felt they had developed skills around resilience

Developing life skills:
74% of young people felt they had developed speaking skills and 80% had developed skills around self-motivation

Improved attendance and behaviour:
For those involved in the targeted workshops led by athlete mentors, 43% of young people reporting excellent attendance at follow-up compared to 35% at baseline and 45% of young people reporting excellent behaviour at follow-up compared to 29% at baseline.
Northern Ireland: Girls Active

This year saw us roll out our pioneering Girls Active programme in Northern Ireland (more information about the wider Girls Active programme on page 16). Well established in England, Girls Active tackles the declining participation in physical activity by adolescent girls. The programme was piloted in Northern Ireland with funding from the Department for Communities through Sport Northern Ireland. Ten schools are involved in the initial pilot, delivered alongside Women in Sport.

The value of physical activity in ensuring that everyone maintains good health and a good quality of life is well documented as is the drop out of girls from sport across key life transitions. This is a great initiative which includes all girls, not just the sporty ones, and I am pleased to see that it has been piloted in our council area.”

Deputy Lord Mayor of Armagh City, Banbridge and Caigavon, Councillor Paul Greenfield

Scotland and Wales: Young Ambassadors

Funded by sportscotland and Sport Wales, we deliver the Young Ambassadors programme in Scotland and Wales. The programme is designed to develop exceptional leaders of the future. We work to build the leadership skills of young people and empower them to be the youth voice for PE and school sport in their school and community. The Young Ambassadors play a leading role in promoting the positive values of sport and increase participation opportunities for others. The programme was born in 2006 to ensure the London 2012 Olympic and Paralympic Games had a lasting legacy for young people.

Evaluation of the Young Ambassadors programme in Wales carried out in 2018 should that young people taking part felt it had helped:

- **Improve wellbeing:** 76% reported improvements in their health and wellbeing as a result of the programme. 91% felt they had improved the health and wellbeing of other young people.

- **Promote healthy, active lifestyles:** 93% felt they had increased opportunities for other young people to do sport and physical activity through the programme.

- **Develop life skills:** 98% said the programme had helped them to develop both their leadership and communication skills.

Graham Williams, Director of Community Engagement at Sport Wales
In 2017/18 our sister charity Youth Sport Trust International worked in 25 countries, delivering training and sport for development projects to improve the lives of young people through physical activity and sport.

These interventions all aspired to address the United Nations’ Global Goals for Sustainable Development – promoting good health and wellbeing, providing quality education, tackling gender inequality and reducing poverty.

**British Council**
Youth Sport Trust International continued to deliver services to the British Council. This has included supporting the Next Generation Gulf programme, delivering Youth Sport Leadership training to develop the facilitation and teaching skills of teachers and to encourage young people to take on active leadership and volunteering roles in sport.

Inclusive Physical Education training was delivered to practitioners in Qatar to improve confidence and knowledge to include all children in activities.

Also strengthening a partnership with the British Council in China ongoing since 2015, it continued to deliver interactive professional training for Physical Education teachers in Suzhou, Jiangsu Province.

**Nike**
Five training interventions as part of the Nike Community Ambassador Programme were delivered in France, Germany, the Netherlands, Russia and Spain by YST International trainers to enable store employees to become volunteers and lead sports activity sessions in their local communities.

**European Union**
Working across Europe has continued to be a priority, sharing practice at conferences and working collaboratively with organisations in 15 countries on European Commission Erasmus+ sport-funded projects which:

- Empower sporting organisations to become active partners for schools to increase physical activity and healthy lifestyles;
- Develop a European School physical activity label to recognise good practice and encourage engagement;
- Look at the competencies gained through physical literacy and their contribution to education, the sustainable development goals and lifelong learning.

**FISA**
Youth Sport Trust International worked with the World Rowing Federation to integrate the Olympic Values Education Programme (OVEP) into their existing Coach Education/Learn to Row activities to help them with promotion of the sport. Training was provided to support coaches with use of the resource, which they are now using worldwide.

**Beckwith International Leadership Development Programme**
Funding for the Beckwith International Leadership Development (BILD) programme in St Lucia came to an end in 2018. We are delighted that the St Lucian Government has recognised BILD as a critical intervention to enhance the skills, competencies and pathways for young people and has taken the decision to continue with the programme.

**Outputs:**
- Island-wide coverage with 8,000 children and young people reached through sports festivals and a total of 85,000 people reached as a result of volunteering events.
- Each of the 545 young sports leaders who have been trained aim to give 100 hours for volunteering at local and national sporting events.

**Outcomes:**
- National governing bodies for sport now approach the BILD programme for volunteers at their events, enhancing the skills of the young sport leaders by providing additional training in officiating.
- The programme will continue to be led by the Department of Youth Development and Sports within the Ministry of Equity, Social Justice, Empowerment, Youth Development, Sports, Culture and Local Government as a way to increase aspirations amongst the young people on the island.

Thank you to our fundraisers. None of the work of Youth Sport Trust International would be possible without the tremendous support from donors and funders.
Campaigning for every child’s future

At a time when young people are leading increasingly sedentary lifestyles and hours of Physical Education are being squeezed, it has never been more important to champion the importance of sport and play.

In 2017/18 we advocated on behalf of our schools and teachers by raising awareness of cuts to PE and campaigning for a more joined-up approach to PE and school sport from government. We continued to support school-to-school improvement, sharing success stories from schools, teachers and sector leaders and championed the power of PE and school sport to improve young people’s lives.

We created national headlines, advocated in Parliament, responded to government consultations and continued to work closely with government to maximise the impact of the primary PE and Sport Premium.

Reach of YST communications in 2017/18

72,110 people followed us on social media across Facebook, Twitter, Instagram and LinkedIn

9.2 million the number of times our social media posts were seen, receiving more than 176,000 likes, shares and engagements

3,051 the number of times YST and our programmes were mentioned in the media. This included 170 items of coverage in national and broadcast news outlets

192,830 people visited our website www.youthsporttrust.org
Raising awareness of PE cuts

In early 2018 we carried out and published new research warning that almost two-in-five (38%) secondary schools had cut timetabled Physical Education for 14-to-16-year olds since 2012. Working with our network of PE CatalYSTs, the research drew responses from almost 600 PE teachers. It showed the amount of PE on the timetable decreasing as young people progress through school.

National media coverage on the week of release reached an estimated audience of 11 million. BBC Radio 5 Live Breakfast made PE the subject of their phone-in and the Daily Telegraph, Guardian and TES all ran the findings which continued to be referenced in media coverage throughout the year.

We reached an audience of over 560,000 on social media with the likes of Duncan Goodhew, Sharron Davies and Joe Wicks sharing the findings and commenting on the need to give greater recognition to the importance of PE.

Championing the power of sport

5,551 schools enrolled in our 10th annual National School Sport Week in summer 2018, celebrating the role of play and sport in education. We secured the support of partners including Entertainment One’s PJ Masks, the BBC and Premier League and the FA who between them provided resources for schools, nurseries and early years settings and supported our efforts to raise awareness of the wider benefits of play and sport in schools.

The National School Sport Week hashtag #nssw was seen 22 million times on Twitter. Schools, media outlets, government departments and ministers were among those sharing our calls for young people and schools to take part.

In February 2018, we brought Professor John Ratey – a leading Harvard Medical School academic – to our annual conference to share his pioneering research on how physical activity boosts brain power and helps reduce stress, anxiety and maintain creativity.

Maximising the PE and Sport Premium

We highlighted examples of how primary schools were spending their PE and Sport Premium to achieve lasting impact, promoting these success stories in high profile national media work.

We continued to work with the Department for Education, Association for PE and other national partners to produce guidance for schools around the Premium to ensure it delivers a long-term sustainable impact.

We provided evidence to the All Party Parliamentary Group on a Fit and Healthy Childhood’s inquiry on the Premium, making the case for effective accountability to ensure the funding has a long-term impact.

Advocating for a joined-up approach to wellbeing

In summer 2018 we launched Believing in Every Child’s Future in the House of Commons, bringing government ministers, MPs and peers together with our Youth Board, head teachers and young beneficiaries of our programmes.

10 MPs signed up to become YST School Sport Champions in 2017/18, committing to using their voice to champion the importance of PE and school sport.

We responded to four government consultations making the case for the role of sport and play in tackling obesity, improving mental health, tackling loneliness and building community cohesion.

I am proud to be the Member of Parliament for the Youth Sport Trust. Its new strategy sets out a bold and exciting vision for using the power of sport and play to tackle some of the big challenges facing children today.”

Rt Hon Nicky Morgan MP
Former Education Secretary
Improving mental and physical wellbeing

Tackling the decline in young people’s wellbeing through sport and play is central to our Believing in Every Child’s Future strategy.

Wellbeing in decline

Young people’s mental wellbeing decreases as they get older. Sport England’s Active Lives – Children and Young People report1 shows that when asked to rank happiness out of 10, average scores reduce significantly as young people get older:

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Nearly a quarter of children in England are obese or overweight by the time they start primary school aged five, and this rises to one third by the time they leave at the age of 11, the National Child Measurement Programme5 shows.

Active children are happier

Sport England’s Active Lives report found a positive association between engagement in sport and physical activity and levels of mental wellbeing.

Evidence shows that physical activity can improve physical, mental and social wellbeing. Active children are more likely to become active adults, and therefore less likely to suffer the consequences of ill health.

Programme: Girls Active

Girls are significantly more likely to be inactive than boys. Since 2013 Girls Active has helped identify the barriers to girls participating in physical activity and supported teachers to work with the girls to overcome them by working together to improve their PE, sport and physical activity provision.

In 2017 the programme expanded into primary schools through Stepping Up for Change. This sees secondary school-aged girls trained to become role models who engage primary school pupils in physical activity. Initial evaluation shows this is increasing the capacity of schools to engage girls. Where activities had been running for a while, teachers are seeing the confidence, resilience and motivation of the Girls Active leaders develop.

Reach in 2017/18

21,422 young people reached
286 schools worked with
323 teachers trained

Impact

94% of secondary Girls Active leaders felt they could inspire other girls to be more active, after receiving training
92% of primary Girls Active leaders felt more enthusiastic about being active
91% of teachers said they were inspired to make changes in the way PE was delivered in their schools

Case study: Girls Active

Cariad Lucas (16), from Great Marlow School in Buckinghamshire won the Girls Active Award for Leader of the Year and the Girls Leadership and Marketing Squad (GLAM) group award. She led a transformation of physical activity for girls in her school and three local primary schools and helped set up an after-school Girls Active club.

She said: “Girls Active has changed me as a person; I am more confident and have been on an incredible journey which I only hope will continue. I have received countless opportunities to test myself and try new things, made new friends and inspired new girls. For all of that I can only say thank you to everyone involved.”
Programme: **Active in Mind**

Active in Mind focuses on improving children’s mental health. The project has seen 250 young people, aged 15 to 18, act as mentors to 750 young people experiencing mental wellbeing issues, supporting them in becoming physically active. These mentors are in turn supported by a lead adult Wellbeing Champion.

(We have) gained a deeper understanding of issues facing our young students and how these mental health issues impact on their self-confidence, interaction with others around school and in lessons.” **Teacher**

**Impact**

**Improved physical wellbeing**

78% of mentees reported that the project had increased the amount of physical activity they did in an average week.

56% of mentors stated they were much more active by the end of the project.

**Improved social wellbeing**

68% of mentees agreed that they now felt more confident talking to others than they did before taking part in the project.

63% of mentees agreed that they now felt more confident meeting new people.

**Improved mental wellbeing**

Mentees reported feeling more confident and relaxed. They are thinking more clearly and feeling more positive overall as a result of taking part in the project.

70% agreed they had become more confident

71% felt more relaxed

61% said since taking part, they felt they were coping better

In the last few weeks since I have done this project I have started to do a lot more physical activity and I am happier. It stops me feeling stressed and worried.” **Pupil**

**Case study: Active in Mind**

King Edward VI School in Bury St Edmunds, Suffolk, empowered Year 11 mentors to create, design and implement a range of mental health interventions for a nurture group of Year 7 and 8 students recruited by the school’s pastoral leaders. It contained students with low to moderate-level mental health issues. The nurture group worked well alongside older students and grew in confidence, with the mentors accountable for tangible targets.

Year 11 pupil Finn McGoochan, who became a mentor, said: “Mental health can have such a damaging effect on students, and this project aimed to tackle it. It was hard at first, as the nurture group were very nervous, but by our second session they had become used to us and really had fun with some of our ideas.”
Promoting healthy and active lifestyles

Hub Schools

Our hub schools provide a non-traditional sporting offer tailored to targeted groups of young people disengaged from sport and physical activity. The project is part of a portfolio of work funded by Sport England working with young people through schools and it measures success through impact on aspirations, participation and achievement. Hub schools specialise in themes including: Discipline and Self Control; Wind and Wave Sport; Extreme/Park Sport; Outdoor Adventure; Wheelchair Sport and Team Sport.

Reach

6,433

In 2017/18, 54 Hub schools engaged 6,433 young people. 22% of them had special educational needs or disabilities. 12% were from a black, Asian or minority ethnic background.

Impact

88%

have tried a new sport or activity as a result of the programme

80% say they now take part in sport and activity clubs outside school

It’s not just a one chance residential trip, it gives them a chance to become well-rounded individuals.”

Teacher

I’ve learnt I can do things I thought I’d never be able to do.”

Pupil

Once you try something new the more you like it.”

Pupil

Lead schools: Active in Health

We worked with 25 of our Lead Schools (see page 24) to increase physical activity and reduce sedentary behaviour among inactive 11 and 12-year-olds. Innovative sport and physical opportunities tailored to the young people were co-ordinated and supported by Healthy Lifestyle Coaches (non-teaching staff such as coaches, apprentices and sports technicians) and pupils who became Healthy Lifestyle Champions.

Impact

71%

of young people were doing at least 30 minutes coaching or delivering sport or physical activity inside school on a weekly basis as a direct result of the programme. Almost 21% were delivering at least 3 hours.

50%+

Over half of Healthy Lifestyle Champions felt that their confidence (53%) and communication skills (51%) had increased.

I love seeing the way that people change. Seeing how nervous they are when they are first getting into new sports and then seeing how happy they are once they have done it and how much they have enjoyed it, makes you happy.”

Healthy Lifestyle Champion

I feel that being a Healthy Lifestyle Champion has been the best thing that has happened to me. I feel much more confident now and feel I have improved as a person.”

Healthy Lifestyle Champion
A record year for the School Games

YST delivers high-quality and inclusive competitive sport to young people in 20,851 schools through the School Games, a government-led programme funded by the National Lottery through Sport England.

We co-ordinate a national network of 450 School Games Organisers (SGOs) and Local Organising Committees (LOCs) which work alongside National Governing Bodies of Sport to create an annual calendar of intra and inter-school competition.

Increasing participation

4.2 million participation opportunities were provided for young people to take part in competitive school sport, from major county-level events to smaller competitions between and within schools.

Improving quality

9,326 schools submitted an application for the School Games Mark — the awards scheme which rewards schools for their commitment to the development of competition across their school and into the community. It allows schools to evaluate their PE provision and assists them in developing an action plan for future progress.

Promoting inclusion

394,228 participation opportunities were provided for young people with Special Educational Needs and Disabilities (SEND).

9,956 schools were supported through the Inclusive Health Check to self-review how inclusive their School Games provision is. The free resource, designed in partnership with Activity Alliance, provides schools with a personalised action plan and top tips to improve.

School Games National Finals

The 2018 School Games National Finals, a four-day multi-sport event for the UK’s elite young school-age athletes, was staged by YST on the campus of Loughborough University. More than 1,000 young athletes competed across 11 sports, following in the footsteps of an illustrious School Games alumni which includes the likes of Dina Asher-Smith, Jonnie Peacock and Hannah Cockroft. The event is supported by National Lottery funding from Sport England.

Of the athletes who competed in 2018:

56% were female
13% were disabled
11% were from BAME backgrounds
89% attended an Athlete Education Programme workshop.

Case study: Sport outside school

In Nottinghamshire, SGOs Nicola Biggs, Simon Mitchell and Michala Swales formed a partnership with the Forestry Commission to encourage young people to use their natural environment to be active. They held a Change4Life Summer Fest at Sherwood Pines with schools invited to send children who didn’t usually take part in sports competitions. Activities were tailored to suit young people’s motivation and confidence including Zumba, orienteering and shelter building. Its success led to further events with a wide variety of competitions now being held in partnership with the Forestry Commission targeted at groups of young people who would previously have had little engagement in competitive sport.

Case study: Volunteering

YST opens up opportunities for hundreds of young volunteers to get involved in helping to run the School Games National Finals. 14-year-old Cameron Hanna volunteered at the 2018 event and credits sport with making him more confident and supporting his mental health.

He said: “I’m usually quite shy but the thing that stood out for me at the School Games is the fact that people have really come out of their ‘anti-social’ shell. People will come over to you and start a conversation and encourage you to speak. It’s good, it really is, there’s something for everyone here no matter what background you come from.”
Developing life skills

Two-in-five businesses are not satisfied with the aptitude and readiness for work of young applicants (44%) and broader skills such as communicating and problem-solving.

What we’re doing

Our work uses the power of sport and play to help young people develop attributes like teamwork and resilience, leadership and communication skills which will help them to thrive in other areas of their lives.

Programme: Game of Our Own

We deliver Game of Our Own in partnership with the FA, which funds the work as part of its strategy for women and girls’ football.

We focus on introducing more girls to football by teaching leadership skills, which the girls can then apply back in their schools to engage their peers. It also supports schools and teachers to have a better understanding of barriers to participation and how to engage girls.

The programme trains girls as activators who are supported to lead and deliver the programme in their school. Its impact goes much wider than football with many school leads stating that it has led to an increase in confidence and volunteering.

Impact

5,537 girls enabled to take part in football activities, 48% of whom had not played football before

95% of Football Activators developed life skills and 90% increased confidence through the programme

91% of schools saw increased student leadership within their school and 77% reported an increase in volunteering

Character education skills learnt by Football Activators

<table>
<thead>
<tr>
<th>Character Education Skills</th>
<th>Percent of Activators</th>
</tr>
</thead>
<tbody>
<tr>
<td>Innovation</td>
<td>56%</td>
</tr>
<tr>
<td>Empathy</td>
<td>67%</td>
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<tr>
<td>Speaking</td>
<td>72%</td>
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<tr>
<td>Self-motivation</td>
<td>78%</td>
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<tr>
<td>Integrity</td>
<td>78%</td>
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<tr>
<td>Responsibility</td>
<td>83%</td>
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<tr>
<td>Resilience</td>
<td>89%</td>
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<tr>
<td>Self-management</td>
<td>94%</td>
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<tr>
<td>Listening</td>
<td>94%</td>
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<tr>
<td>Evaluation</td>
<td>100%</td>
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<tr>
<td>Collaboration</td>
<td>100%</td>
</tr>
<tr>
<td>Motivating Others</td>
<td>100%</td>
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</tbody>
</table>
Case study: **Southfield School, Kettering, Northamptonshire**

Girls’ football was added to the PE timetable after the Head of Sport Development and a PE teacher attended Game of Our Own training. We provided them with training and resources for delivering girls’ football lessons in curriculum that focus on character skill development as the learning outcome. Four pupils then attended a one-day Game of Our Own camp where they were trained to become Football Activators who recruited other girls in school to join a girls football club.

The teacher leading the project said: “Game of Our Own has given a set of skills to girls and staff in how football is delivered to make it more attractive.”

Girls who took part in the new club reflected an increase in confidence from taking part in girls’ football as well as a boost in teamwork and social skills. They also related the life skills in the football club to their school subjects. One said: “We can learn how to play as a team and communicate. With football you have to earn your goal, like in school subjects.”

Projects like Game of Our Own help develop different skills which could be crucial in girls’ futures – there is so much you can learn from sport that can help you in the wider world. Providing the right environment is key, especially for those who have never played the game before and I have witnessed first-hand how this initiative is helping to improve that.”

Rachel Yankey – Former England international footballer

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**Product: Youth Sport Award**

We created the Youth Sport Award to support and inspire young people to develop their leadership skills through physical activity and sport. More than 1,000 young people have completed the award which rewards them for collecting and evidencing the skills they build through their experiences in and around sport. It encourages the types of skills, attitudes and behaviours that employers and educational institutions are looking for in applicants. An evaluation of the award scheme found that participation in it led to an increase in rates of volunteering among those taking part, as well as boosting confidence, raising participation in physical activity and improving attitudes to their health and wellbeing.
Building connections between young people

Young people feel disconnected, isolated and lonely and are less happy with their friendships than previous generations. Four-out-of-five adolescents report feelings of loneliness at some time, and almost a third describe these feelings as persistent and painful. Feelings of isolation can be exacerbated for young disabled people, who are among the most likely to feel excluded and can also have fewer opportunities to be physically active. There are around 770,000 children with disabilities living in the UK – around 1 in 20.

What we’re doing

Evaluation of our work shows that giving young people the opportunity to take part in sport can help provide a sense of belonging and the opportunity to make new friends.

Impact

2,580

The festivals brought together 2,580 young disabled and non-disabled people to enjoy Paralympic sports like boccia and seated volleyball.

Three quarters of teachers reported that the festivals had helped their young people to make new friends or strengthen existing relationships.

88% of teachers reported that their young people now better understood the importance of inclusive activity.

Project: Allianz Dare to Believe Festivals

Building on the legacy of the Paralympics and a proud history of supporting inclusive sport, Allianz partnered with us to deliver a national series of 24 mixed sport festivals for over 100 primary schools across England. The events challenged attitudes and perceptions to special educational needs and disabilities among young people and within their local communities.

Case study: Local People Project

This project connects schools and communities to unlock the social benefits of sport and physical activity in local neighbourhoods, fostering a sense of pride in the community. Fatima Hussein is an 18-year-old Muslim woman from a Somali community in the London borough of Brent. Through the Local People Project, delivered by YST on behalf of the People’s Health Trust, she has been given training and support to develop her confidence and aspirations to make a change.

One of my SEND children was so positive about the experience that she had with the Dare to Believe programme that she is now attending further extracurricular clubs at school and her confidence has rocketed in her class and PE lessons. She is now a role model for other children in giving things a go."

Teacher at a primary school engaged in Dare to Believe

Through my involvement in the Local People Programme, I have developed skills to support more young Muslim girls to get active in the community. I now regularly lead football sessions and give a voice to girls in my community. What I believe matters is that a person can show empathy, friendship and a sense of humanity. Sport does just this." Fatima Hussein
Boosting levels of attainment and achievement

Research shows a positive association between participation in physical activity and young people’s academic performance.

Professor John Ratey MD, Associate Clinical Professor of Psychiatry at Harvard Medical School, gave a keynote speech at the YST 2018 Annual Conference. His research shows that physical activity boosts brain power, supports creativity and reduces stress and anxiety.¹⁴

Case study: YST Membership
Moseley Park School – Meg Jacobs, PE Lead

We work with our members to help drive understanding of the wider benefits of sport and play – including on attainment. Moseley Park School in Bilston, Wolverhampton is one of more than 4,000 YST member schools.

It is a comprehensive school based in an ethnically diverse area which ranks higher than average for the percentage of pupils with SEND, and pupils supported by the pupil premium. Its Progress 8 score of +1.0 ranks it as one of the top performing state schools in the country.

“Right at the heart of our school’s ethos is a belief in sporting opportunities across a wide range of disciplines.

“Using many of the principles of YST’s blueprint and their My Personal Best approach, the PE curriculum is made accessible for all types of learners and allows every student to succeed irrelevant of their competency level. We have found that kit issues and non-participant rates have decreased drastically due to the ownership of the curriculum based on the child-centred approach.

“We have been a member of YST for three years. We have made the most of this membership and supported it by achieving Silver Quality Mark status, actively participating in Game of our Own and the FA’s active literacy programmes. We are an active hub school and have been part of the ‘Girls as Activators’ programme. All of these support and strengthen our ethos and contribute to the key role PE and sport plays.”

Case study: Young Ambassadors

The Young Ambassadors programme (see page 12) helps develop exceptional leaders of the future. Being part of the programme has a big impact on ambassadors’ aspirations and achievement.

96% thought it would help or has helped them when they leave school, in further education, work or other volunteering opportunities

93% said it had increased their aspirations

Cerys Vick is a year 12 student at Creuddyn School in Llandudno and a Young Ambassador. She was instrumental in bringing girls rugby into the school, even helping to access funding.

People who get on in this world are not those that sit in front of a box all day. They may have the academic skills, but if you want to be an all-round person, you’ve got to have other skills and the sports hall is the best place to get started.”

Cerys Vick
Developing enhanced support networks

Families, teachers, coaches, friends and peers all have a significant part to play in giving a young person the best start in life. Where these networks fail, children’s wellbeing can suffer.

Among children with low wellbeing, 28% never or hardly ever talk to their family about things that matter to them.

We know that a good quality physical education improves young people’s wellbeing, but almost one in three primary school teachers don’t feel comfortable teaching PE.

What we’re doing

A huge focus of our work is on enhancing these support networks to give them the best opportunity to make a positive impact on young people’s lives.

- Across all of our programmes in 2017/18 we provided high quality continuous professional development training to 22,095 teachers – supporting them to make PE and sport more inclusive, accessible and fun.

- We supported our nationwide network of 450 School Game Organisers to engage 20,851 schools in the School Games.

- Our 200-strong Learning Academy network spent 2,495 days in schools delivering our support, training and events to teachers and young people.

Developing young coaches to support others:
Girls Active Coaches Camp

At the inaugural Girls Active Coaches Camp in 2018, 100 girls aged 16 to 18 attended workshops with female role models including tennis coach Judy Murray. They learned about how to support other girls to use the power of their voice, celebrate one another’s talents, and engage their least active peers.

The event is part of a portfolio of work funded by Sport England working with young people through schools. It was delivered by the YST, in partnership with This Girl Can, Loughborough University, Women in Sport, with funding from Sport England National Lottery. It was also supported by a host of National Governing Bodies.

I want to give back to my community and make sure other people with a disability are involved."
Rebecca Cavanagh (18), Girls Active Coach

Impact

85% reported having a better understanding of what their strengths and weaknesses were as a coach as a result of the programme

79% felt more confident in delivering physical activity sessions as a coach

85% indicated that they intend to continue their role as a coach throughout their time in education and 62% stated they intend to continue their role as a coach throughout adulthood

Supporting schools: Lead Schools

Our lead school network is a national movement of schools which drives improvement and supports other schools to adopt new ways of working. We work across three specialist areas: Inclusion, LCV (Leadership, Volunteering & Coaching) and Health & Wellbeing.

These schools create and deliver innovative solutions and support other schools to use the power of sport, PE and physical activity to tackle challenges in their areas.

I want to give back to my community and make sure other people with a disability are involved.”
Rebecca Cavanagh (18), Girls Active Coach

Emma Atkins, Director of Coaching at UK Coaching

Rachel Grimwood – Headteacher, Durham Trinity School and Sports College

00 Projects such as this help to address the gender balance across the whole of the coaching community and ensure we have a diverse workforce that can meet the needs of a wide range of participants, to provide them with the best possible experience in sport and physical activity.”

00 Our role as a Lead Inclusion School is such an important one in the local authority, supporting schools and pupils who have special educational needs and lack in opportunities to compete or engage in any sort of meaningful sport.”

Youth Sport Trust – Impact Report 2018
Supporting teachers and parents: **HSBC UK Ready Set Ride**

This programme is run in 204 schools by the YST on behalf of HSBC UK and British Cycling with the aim of ensuring that every child in the UK is given the opportunity to learn to ride a bike. It supports teachers and provides resources to parents to help improve their confidence and knowledge in teaching children to cycle. Research ahead of the pilot found that 43% of teachers lacked the skills and confidence to teach cycling.

Schools are engaging parents by sending letters home, inviting them in to attend sessions, signposting to the Ready Set Ride web link and promoting Ready Set Ride on their own websites, social media and in newsletters.

**Impact**

83% of teachers say Ready Set Ride has increased their knowledge and skills supporting children to cycle. 80% said it had improved their confidence.

76% say that they are now more motivated to sustain children’s cycling activities.

82% of schools report that Ready Set Ride has added value to their PE provision.

54% say it has increased their community links.

As one of the 43% who was not confident in how to teach children to cycle, it was something I desperately wanted to change. The skills and experiences children develop while learning to cycle can be hugely beneficial and we are already seeing a positive impact on our pupils’ focus, concentration and behaviour in the classroom.

“Many children do not get the opportunity to learn to ride a bike at home and I feel we can support parents with this.

“Taking part in the activities has improved participation in physical activity and inspired children to become more active outside of school. We have seen groups of children start to cycle to and from school and hopefully, we have enthused children about cycling for life.”

*Liane Kelly – Reception Teacher, Manor Lodge Primary School, Sheffield*
Thank you to our funders, partners and supporters

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 2017/18 academic year.

**Commissioned Work**
- Active Cumbria
- Active Lancashire
- Active Partners Trust
- Activity Alliance
- Armagh City Banbridge & Craigavon Borough Council
- Bikeability Trust
- Birmingham Education Partnership Board
- Boccia England
- Brent Cross South Limited Partnership
- British Cycling
- Chance to Shine
- Challenge Sophie
- Cornwall Sports Partnership
- Coventry, Solihull and Warwickshire Sport
- Department for Communities, Northern Ireland
- Department for Digital, Culture, Media & Sport
- Department for Education
- Department for Transport
- Department of Health and Social Care
- East Midlands Pathways
- England & Wales Cricket Board, England Hockey and England Netball
- Futures for Somerset
- Fylde & Wyre Clinical Commissioning Group and Lancashire Sports
- Greater Manchester Health & Social Care Partnership
- Higher Horizons+
- International Cricket Council
- Lancashire Resilience Board
- Leap – Bucks and MK Sport and Activity Partnership
- Liverpool City Council and Liverpool Clinical Commissioning Group
- Premier League
- Special Olympics GB
- Sport Wales
- Sport Northern Ireland
- sportscotland
- Tennis Foundation
- The FA

**Strategic Partnerships**
- 42nd Street
- Achievement 4 All
- Alliance for Learning
- Association of Colleges Sport
- Association of School and College Leaders
- Association for Physical Education
- BBC
- 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 University
- National Association of Headteachers
- National Citizenship Service
- National Governing Bodies of Sport
- NSPCC Child Protection in Sport Unit
- Professional Association of Directors of Sport in Independent Schools
- Public Health England
- Social Sense
- Sport & Recreation Alliance
- Sporting Equals
- Step up to Serve
- Teaching School Council
- TwentyTwenty
- UK Anti-Doping
- UK Coaching
- UK Sport
- Whizz Kidz
- Women in Sport
- YHA
- YMCA
- Young Minds

**Corporate Partners**
- Allianz
- Diddi Dance
- Entertainment One
- ESPO
- Hasbro
- Lidl
- Nike
- Kappa
- Pret a Manger
- Virgin Active
- Virgin Sport

**Trust and Foundation Grants**
- Allegra’s Ambition
- Comic Relief – Communities and Sport for Change
- Eileen Alexander Legacy Fund
- Heathrow Communities Fund
- John Armitage Trust
- One4All Foundation
- Rangoonwala Foundation

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

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.
Spotlight on some of our partnerships

A range of organisations help us deliver our mission. These include corporate partners, whose funding makes our work possible, and our strategic and delivery partners who help us to maximise our innovation and reach.

Pret A Manger: **Fit 4 Work**

Our work with Pret a Manger is equipping young people with the skills they need for work like communication, problem solving, teamwork and leadership. Fit 4 Work is currently being delivered in London schools where our athlete mentors run workshops to inspire students to raise their aspirations for the future and learn vital skills.

**Department of Health and Social Care: Change4Life**

Funded by the Department of Health and Social Care, we continue to deliver this programme which takes inspiration from the London 2012 Olympic and Paralympic Games.

It encourages less-active children to take part in more physical activity and to engage in school. To date, we have developed a network of over 10,500 school-based Change4Life Sports Clubs in England which have reached approximately 190,000 young people.

**Brent Cross South Limited Partnership: The Big Outdoors**

On behalf of the partnership we staged a community sport festival for residents of Brent Cross, London during the 2018 summer holidays.

In partnership with some of our national governing body members we helped engage the community in sport and activity and consulted them on what future provision they would like as part of the regeneration of their local area.

**Special Olympics GB: Play Unified**

Play Unified was developed by Special Olympics GB in partnership with us. It uses sport as the foundation for inclusion and equips young people with tools and bespoke leadership training, enabling them to create inclusive environments in their schools and communities that improve attitudes and behaviours towards disabled people.

The partnership has been running since 2016 and reached more than 30,000 young people across 200 schools.
Thank you to our fundraisers

We rely on the support of schools, communities, families and individuals to fundraise for us and act out our values. People from across the UK have done some amazing things over the past year to raise vital funds for YST; marathons, treks, obstacle course races and sports days. We are incredibly grateful to everyone who chooses to fundraise for us.

Parents and children – Diddi Dance’s Super Dance Party

As part of our partnership with Entertainment One, Diddi Dance Centres across the UK held a Super Dance Party where dance routines were adapted to the PJ Masks theme to inspire children to take part in daily activity. Across a week of events, 25 centres raised £2,800.

Schools – National School Sport Week

Many schools organised fundraising events during our 10th annual National School Sport Week. Hawkedon Primary School in Wokingham put on daily active workshops and a staff sports day, raising almost £400. King Edward VII Academy in Norfolk raised £250 with a sponsored walk which saw students walk a total of 1,877 miles – the distance to Moscow.

Individuals – London Marathon 2018

In April nine runners completed the marathon, raising £25,000 for us. YST team member Lucie Fenton took part, along with Stuart Hill (right). Stuart ran in memory of a friend and raised £5,000.

The marathon experience is hard to put in to words; it’s possibly the most challenging thing I’ve ever done but hands down the most rewarding. The support from the spectators really is something to behold and the encouragement from the YST team really spurred me on along the way.”

Stuart Hill

There are many ways to join #TribeYST and help us to continue transforming the lives of children and young people through the power of sport and play.

• Make a donation
• Organise your own fundraising event
• Take part in one of our challenges
• Make a gift in your will

Please contact us for more information
01509 226658 | fundraising@youthsporttrust.org
www.youthsporttrust.org/support-us
References


Research Partners 2017/18

- Chrysalis Research
- Free Thought Research
- Wavehill Ltd
- Research as Evidence
- Shephard & Moyes
- Leeds Beckett University
- Loughborough university
- SIRC, Sheffield Hallam University
- SPEAR, Canterbury Christchurch University
- University of Manchester
- Women in Sport
Our key networks

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

Headteacher Ambassadors
A national network of headteachers which influences and informs our strategy and future direction, 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 from across the capital provided with high quality PE and school sport opportunities.

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 Learning Academy
To support us in achieving our vision and mission we have over 200 licensed consultants who deliver our programmes, courses and interventions to schools, practitioners and organisations as well as directly to young people through camps and events. The network includes: Tutors, Athlete Mentors, Development Coaches and Team Leaders. Learning Academy Licence holders delivered a total of 2,495 days of support, training and events in 2017/18.

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 in Mind
A national initiative to improve the physical, social and mental wellbeing of secondary school children initially piloted in 25 schools across the country and evaluated by academics at Leeds Beckett University.

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. This year it was rolled out to Northern Ireland, extended into primary schools (Stepping Up for Change) and included a Girls Active Coaches Camp held at Loughborough University. The programme is delivered in partnership with Women in Sport with funding from Sport England.

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

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

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.

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 2018 partners supporting National School Sport Week included Entertainment One and PJ Masks, the BBC and Premier League and the Football Association.

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.

Projects we developed or delivered in partnership

Active Healthy Minds
A trailblazing scheme 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 Activity Alliance.

Action to Achieve
In partnership with Young Minds with funding from Sport England, this project delivered a new approach to increase social action amongst boys aged 10-14 from black and minority ethnic communities in Haringey, London, as a means to improve emotional resilience, and mental health and wellbeing.

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 aims 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.

Breaking Boundaries
Funded by Spirit of 2012, the programme is delivered by the YST and Sporting Equals and supported by the England and Wales Cricket Board. It uses cricket to bring different ethnic and faith communities closer together, fostering mutual respect and friendships.

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 in England. Originally funded by the Department for Health and delivered in partnership with School Games Organisers.

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 Paralympic sports and tackles 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.

Empowering Girls Project
The project aims to improve the life chances of vulnerable and deprived girls and women. It uses inspirational Athlete Mentors to work with small groups of 11 - 16 year old vulnerable girls on the themes of empowerment, leadership and personal health through a series of workshops and small group sessions. It is funded by the government’s Tampon Tax and through the Department for Digital, Culture, Media and Sport and run by YST and Twenty Twenty.

Fit 4 Girls
Increasing girls’ participation in PE, physical activity and sport in Scotland. Funded by sportscotland.

Fit 4 Work
A pilot project with Pret a Manger being delivered in London schools to equip young people with the future skills they need to enter the world of work and understand the importance of communication, problem solving, team work and leadership.

Hub Schools: including Combat, Cycling, Extreme/Park, TeamUp, Watersport, Wheelchair Sports and Wind/Wave Hub 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.

Youth Sport Trust – Impact Report 2018
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, Dorking, Milton Keynes and Swansea – to design and lead physical activity based interventions that make their area better places to grow, live and work.

Mentally Healthy Schools

Launched in Greater Manchester schools to deliver mental health and emotional wellbeing support for children in response to rising mental health struggles in children, and young people. It is a collaboration between YST, Greater Manchester Health and Social Care Partnership, the Alliance for Learning Teaching School (part of Bright Futures Educational Trust), 42nd Street and Place2Be.

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, it 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 sporting and leadership opportunities than might otherwise be available. Funded by the Department for Education and Sport England.

Ready Set Ride

A programme run in schools by the YST on behalf of HSBC UK and British Cycling with the aim of ensuring that every child in the UK is given the opportunity to learn to ride a bike.

School Games

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 20,000 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 biennial 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 2018 event, over 20,000 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

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.

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.

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 persona development. Funded by Sport England as part of the School Games National Finals.

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 decision making roles within sport. Funded by Sport England the Department for Education.

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.

TrailBlazers

YST teamed up with Sophia Radcliffe, adventure athlete, blogger and now, youth mentor on a new innovative programme to boost confidence and self-belief among teenage girls. TrailBlazers is aimed at helping young girls develop the confidence and skills to navigate their own path and live courageously.

West Somerset Early Years Physical Literacy Project

A physical activity project which aims to plug the educational gap for the UK’s most disadvantaged children and help them to become school ready. The YST in partnership with Somerset County Council and Futures for Somerset, are taking a new approach to tackling a 30-million-word gap in the early years settings. Through active play and a focus on healthy and active lifestyles.

Unified Sports

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.

Sportsotland: 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 LCY 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

Becchia England – Boccia Skill Awards

Brent Cross South – Summer Series

Chance to Shine: Primary School Learn & Play

We provided consultancy & content development.

East Midlands Pathways – National Collaborative Outreach Programme YSA Go Camp

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 Activity Alliance.

Lidl Serious Support

Inspired by Gaelic football stars Carla Rowe and Cora Staunton, the programme is helping to build confidence, create aspirations and help teenage girls in Ireland to understand the value of participating in sport alongside healthy eating to support their overall wellbeing and life chances. The Lidl Serious Support programme is a partnership between Lidl Ireland, Ladies Gaelic Football Association (LGFA) and YST.

Liverpool Physical Activity and School Sport Strategy 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 promote free, flexible & easy-to-use curriculum-linked teaching resources for schools.

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.

UK Coaching – Coaching Children Behaviour