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Resource	Type	Audience	Subject
Key Stage 2 Swimming A new requirement for reporting on Primary PE and Sport Premium includes schools publishing how many pupils by the end of Key Stage 2 are meeting the national curriculum requirements.	Update	Primary	High quality PE
The Impact of Pupil Behaviour and Wellbeing on educational outcomes A paper by Leslie Morrison Gutman and John Vorhaus, Institute of Education, University of London.	Paper	Primary / Secondary	Inactivity, physical and emotional wellbeing
Case study - Pleckgate High School YST Schools Network Director, Stuart Kay visited Pleckgate High School which is a YST Level 2 member school with a silver Quality Mark.	Case study	Secondary	High quality PE
School Sport in England This briefing paper provides more information on school sport policies and more recent developments in the provision of PE and sport in schools.	Paper	Primary / Secondary	High quality PE
Healthy Pupils Capital Funds The Healthy Pupils Capital Fund is intended to improve children's and young people's physical and mental health.	Update	Primary / Secondary	Inactivity, physical and emotional wellbeing
Re-imagining the Future of Secondary PE YST's response to the decline of physical education as a curriculum subject.	Update	Secondary	High quality PE
PE2020 Active Healthy Minds Between September 2015 and July 2017 the Youth Sport Trust (YST) implemented the PE2020 Active Healthy Minds approach across secondary schools in Northamptonshire.	Executive summary	Secondary	High quality PE

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<p>Primary PE and School Sport Premium Funding The Youth Sport Trust's Development Manager Kate Thornton-Bousfield outlines a three step approach to ensuring that your Primary PE and Sport Premium funding creates sustainable outcomes for your whole school.</p>	Blog	Primary	High quality physical literacy
<p>Guidance on assessment: PE expert group This guidance has been developed by members of the Physical Education Expert Group and highlights key assessment principles outlined in the publication Assessment Principles (DfE, 2014).</p>	Guidance	Primary / Secondary	High quality physical literacy / PE
<p>Power of PE This paper examines how significant time and resource devoted to Physical Education, School Sport and Physical Activity can result in greater achievement for a school.</p>	Guidance	Secondary	High quality PE
<p>Developing 'battle ready, fighting fit young adults Sam Smith, PE CatalYST at Fowey River Academy in Cornwall, has the vision of using the power of physical education and activity to raise attainment, aspirations and passion.</p>	Case study	Secondary	High quality PE
<p>Evidencing the impact of the primary PE and sport premium The Youth Sport Trust and the Association for Physical Education (afPE) have been commissioned by DfE to collaboratively produce new guidance and a template to support schools in evidencing the impact of the Primary PE and Sport Premium.</p>	Guidance	Primary	High quality physical literacy
<p>NGB leadership pathways The Youth Sport Trust has worked with 36 National Governing Bodies (NGB's) of sport to make clear the training pathway for young people. This document will help individuals responsible for organising clubs and competitions identify appropriate training opportunities for young people to develop in workforce specific roles.)</p>	Guidance	Secondary	Life skills, leadership / employability
<p>Junior Club Champions programme Setting up the Junior Club Champions programme in your school will establish a young person-led engagement pathway for 'school to community' links, which builds upon and uses the energy, passion and insight provided by your Junior Club Champions (JCCs).</p>	Guidance	Secondary	Life skills, leadership / employability

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<p>Inclusive volunteer guidance</p> <p>This document aims to raise awareness of good practice and act as guidance for sports clubs, sport event organisers and other sport settings to support them to offer inclusive volunteering opportunities for people with additional needs.</p>	Guidance	Secondary	Life skills, leadership / employability
<p>Leadership Ladder</p> <p>The YST Leadership Ladder outlines the leadership journey for young people, ensuring a pathway for the development of leadership skills.</p>	Presentation	Secondary	Life skills, leadership / employability
<p>Girls Active pre-intervention survey report</p> <p>Participating schools in the Youth Sport Trust Girls Active programme were sent an online pre-intervention questionnaire designed to provide school-level insight into the motivations, barriers and current levels of physical activity of girls in their school.</p>	Report	Secondary	Inactivity, physical and emotional wellbeing
<p>Engaging less-active girls aged 8-10 in physical activity</p> <p>This action research report provides suggestions for schools to consider when seeking to engage less-active 8-10 year old girls in physical activity. It is complemented by a practical toolkit for school leaders, teachers and support staff, which aims to translate the key findings into practice.</p>	Report	Secondary	Inactivity, physical and emotional wellbeing
<p>Maximising the Primary PE and Sport Premium through effective professional learning</p> <p>Together with the, PE and sport premium national partners, including Sports Coach UK, afPE and the CSPN, we have developed a series of posters offering guidance for schools. This poster focuses on how effective professional learning can maximise the Primary PE and Sport Premium.</p>	Poster	Primary	High quality physical literacy
<p>The employment and deployment of coaches</p> <p>This poster focuses on how the employment and deployment of coaches can help you maximise the Primary PE and Sport Premium.</p>	Poster	Primary	High quality physical literacy
<p>Coaches in primary schools self-review tool</p> <p>This poster focuses on important guidance for Headteachers and PE Subject Leaders/ Coordinators on the effective and sustainable use of Coaches.</p>	Poster	Primary	High quality physical literacy

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<p>Girls Active self-review</p> <p>Girls Active supports schools 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. This self-review document will help you to benchmark your school's provision for girls.</p>	Self-review	Secondary	Inactivity, physical and emotional wellbeing
<p>The Youth Sport Trust Guide to the Primary PE and Sport Premium</p> <p>As featured in the Spring 2017 edition of the Youth Sport Trust INSPIRE magazine, this article features latest policy, hints, tips and advice for schools.</p>	Guide	Primary	High quality physical literacy
<p>Primary PE and Sport Premium Case Studies</p> <p>These case studies showcase effective use and how to plan, monitor and report on the impact of the PE and Sport Premium.</p>	Case study	Primary	High quality physical literacy
<p>An evolving offer for Wyre and Fylde School Sport</p> <p>Gordon Kidd, Head of PE at Garstang Academy, Lancashire talks about how he changed the Wyre and Fylde School Sports Associations' Inter School Sports Offer (ISSO). In this blog, he highlights when his philosophy towards the schools extra-curricular offer changed, the changes made and the impact this had on the curriculum and student participation.</p>	Blog	Secondary	High quality PE
<p>Maths of the Day</p> <p>Headteacher Steve Tindall has implemented 'Maths of the Day' across the whole school after trialling the resource with Years 5 and 6, resulting in notable improvement in both attitude and attainment in maths. In this case study, he discusses why 'Maths of the Day' has added value to the curriculum and how teachers, support staff and young people are benefitting.</p>	Case study	Primary	Progress and attainment
<p>Want a world leading PE department?</p> <p>Will Swaites, Head of PE and Achievement at the Youth Sport Trust, shares his thoughts on creating a world leading PE department in 10 simple steps.</p>	Blog	Secondary	High quality PE
<p>Get Exam Fit</p> <p>Chris Wright, Head of Wellbeing at the Youth Sport Trust, shares his thoughts on the declining allocation given to physical activity in schools and the consequences on students mental wellbeing. Includes an introduction to the Youth Sport Trust programme, Get Exam Fit, which aims to build confidence and help alleviate the stress young people face in preparing for exams.</p>	Blog	Secondary	Inactivity, physical and emotional wellbeing

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<p>YST Talk – The APPG Report: What it means for you</p> <p>Provides bitesize content on the All-Party Parliamentary Group (APPG) Report on a Fit and Healthy Childhood. This report, released in October 2016 was hailed as the ‘most comprehensive blueprint for PE for a generation’. It aims to recognise the vital importance of PE to health and to create an environment that will reverse the recent trend of reduced physical activity. The report provides a series of recommendations to increase the delivery of high quality PE in schools.</p>	Webcast	Primary and secondary	High quality PE
<p>Childhood Obesity Plan</p> <p>A summary paper outlining the Youth Sport Trust’s position on the Childhood Obesity Plan (launched August 2016) and the implications for all schools.</p>	Summary paper	Primary and secondary	Inactivity, physical and emotional wellbeing
<p>Alternative accreditations in PE</p> <p>A summary paper allowing a comparison of the Awarding Organisations (AO’s) alternative Level 2 qualifications in PE. It supports teachers to make a considered judgement on which qualification is suitable for their learners.</p>	Summary paper	Secondary	High quality PE
<p>Social media impact in PE lessons</p> <p>Aaron White, North East Partnership SCITT student describes the project he completed in his placement school: How can social media impact on pupil learning and progress? A flipped learning approach to practical physical education lessons.</p>	Video	Secondary	High quality PE
<p>Numeracy across the curriculum</p> <p>A North East Partnership SCITT student describes the project she completed in her placement school: A look at numeracy across the curriculum. Can it be incorporated successfully in to physical education lessons? She explains active learning and how it was introduced and impacted on a group of Year 10 girls.</p>	Video	Secondary	Progress and attainment
<p>New technology in PE</p> <p>Tom Bodley, North East Partnership SCITT student describes the project he completed in his placement school: A look at how new, digital technologies can be used to aid the teaching of physical education with EAL students in schools. Rob explains how he used technology with a group of students and its impact.</p>	Video	Secondary	High quality PE

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<p>Improving literacy and numeracy through PE and sport This resource is designed for primary schools to show how PE and school sport can support the teaching and learning of literacy and numeracy. It contains case studies from primary schools that have successfully used PE and school sport to improve standards, highlighting what the schools did and the difference it made to their children.</p>	Booklet	Primary	Life skills, leadership / employability
<p>Sport for faith communities This booklet outlines challenges that may arise when engaging young people from faith communities in PE and sport out of school hours learning (OSHL). It suggests positive ways in which mainstream sport providers, co-ordinators of OSHL activities, and all those working across the school sport network, can address these issues positively.</p>	Booklet	Primary and secondary	Inactivity, physical and emotional wellbeing
<p>Primary PE and sport premium case studies Examples of good practice from a range of schools on their use of the Primary PE and Sport Premium. Case studies cover: health and wellbeing, high quality PE, increasing participation, use of coaches and using PE and sport to support wider whole school issues.</p>	Case study	Primary	High quality physical literacy
<p>2014 and Beyond: Innovative approaches to curriculum design This resource will support PE departments in implementing the primary and secondary curriculum for PE. It highlights the scope for creative and innovative practice, alongside monitoring and evaluating the impact for all learners.</p>	Booklet	Primary and secondary	High quality PE
<p>A guide for Governors: Maximising the impact of the primary PE and sport funding This guide aims to give primary governors information and advice about how to maximise the impact of the Government primary investment in PE and school sport.</p>	Booklet	Primary	High quality physical literacy
<p>The Class of 2035: Executive Summary An executive summary of the full report which looks ahead to what young people's relationship with PE and school sport might look like 20 years on from now.</p>	Summary paper	Primary and secondary	Inactivity, physical and emotional wellbeing
<p>The Physical Education and Sport Premium A series of case studies showing how schools are using the PE and Sport Premium to maximise outcomes for young people.</p>	Booklet	Primary	High quality physical literacy

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<p>Secondary School Governing bodies: high quality PE A series of questions aimed at the Link Governor, designed to encourage professional dialogue about the key issues and strengths of the PE department and the contribution PE and school sport makes to whole school outcomes.</p>	Booklet	Secondary	High quality PE
<p>Primary school governing bodies: PE and School Sport A series of questions aimed at the Link Governor, designed to encourage professional dialogue about the key issues and strengths of the PE and school sport offer and the contribution PE and school sport makes to whole school outcomes.</p>	Booklet	Primary	High quality physical literacy
<p>Health and wellbeing: using physical activity to improve pupils' health, wellbeing and educational outcomes This resource will support primary schools to consider how they can improve pupils' health and wellbeing through physical education (PE), sport and recreational activity and so improve pupils' educational outcomes.</p>	Booklet	Primary	Inactivity, physical and emotional wellbeing
<p>Effective practice: Raising achievement levels in Key Stage 4 PE A series of case studies from specialist sports colleges outlining effective practice in raising attainment in Key Stage 4 PE.</p>	Case study	Secondary	High quality PE