



YSA INTRODUCTION

Rewarding and celebrating young people's learning, progress and achievement in and through sport

Award Coordinator Guide

This paper is an introduction to the Youth Sport Award and is aimed at organisations that are thinking of starting the Youth Sport Award in their school or community club.

CONTEXT

The Chartered Institute of Personnel and Development say that 67% of employers report that young volunteers entering work demonstrate more employability skills¹ than their peers.

“A rounded candidate who shows commitment, academic skills and a wide range of interests is a hugely attractive prospect to an employer, and the attributes gained from participating and volunteering within sport are transferable across many industries.”

Paul Szumilewicz, Director of Retail Banking and Wealth Management at HSBC

We know that there are hundreds of thousands of young people engaged in physical activity and sport (as participants, leaders and volunteers) in school and in the community. Through their involvement they are learning valuable life skills and positively developing themselves, yet not all can articulate this learning to potential employers and higher education institutions.

¹ Chartered Institute of Personnel and Development (2015) A guide for employers July 2015 - Unlock new talent. London.

“By volunteering early in life people acquire the experience and skills that lay the ground work for volunteering in later life.”²

Marc Musick, Author

Almost a third of all young people have never undertaken social action and when asked why, they say it had never occurred to them or they don't know how to get involved.³ Research shows that young people who take part in social action projects are strongly motivated to volunteer in the future.⁴

As part of the Youth Sport Trust's 20th anniversary we took a detailed look into what life will be like for a young person in 2035, their expectations and aspirations, all through the lens of the rapid growth in accessibility to technology. We reviewed what was out there, we spoke to headteachers and young people, to employers and to universities, and each time we were steered towards a single solution: a young person driven journey that has 'gamification' theory at its heart. The more you do the more reward you get.

THE YOUTH SPORT AWARD

The Youth Sport Award (YSA) is an award scheme for 10 -24 year olds that allows young people to collect and evidence skills through their experiences in and around sport that helps them grow their leadership skills, enhance their wellbeing and achieve in life.

The Award is flexible and has a range of levels so that the targets can be positioned against each learner's needs and interests, from the most active to the least active.

For the most active young people the YSA will enable them to evidence what they have achieved in PE, physical activity and sport.

For the less active it provides a progressive pathway to motivate and challenge young people to do more.

THE FIVE STRANDS OF THE AWARD

WELLBEING

Through the Award young people will be able to demonstrate their responsibility to their personal, physical, emotional and mental health and wellbeing. Central to the Award is a personal commitment to making daily physical activity a lifestyle habit. This will build towards the Chief Medical Officer's recommended activity levels. (CMO 7x60min)⁵.

ACHIEVEMENT

Through the Award young people can achieve and collect a range of qualifications and skills across a wide spectrum of the sporting landscape. For example, they can learn to become coaches, umpires, event managers, team managers, fundraisers, sporting activators, club organisers etc.

² Musick & Wilson (2007) *Volunteers: A Social Profile*. Indiana University Press

³ Ipsos Mori (2015) *Youth Social Action in the UK – 2015*. London

⁴ Behavioural Insights Team (2015) *Evaluating Youth Social Action* interim report.

⁵ www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx

LEADERSHIP

At the heart of the Award is Leadership, both personally and with others. Through the Award individuals will explore ways to test and develop their skills in a wide spectrum of experiences in, and alongside, sport. The Leadership theme will be linked closely to volunteering and 'service' to sport; the experiences will be graded by complexity, commitment and duration.

REFLECT

The young person will reflect on the skills they have learnt and the attributes they have demonstrated through the Award. The reflection will aim to guide the young person to understand how to transfer and showcase their learning in both written and verbal statements that are meaningful to college, university and business.

EVENT

At YSA GOLD the Award has an additional module, the management of a sporting event. Young people will bring their skills and learning to life by taking responsibility for leading and managing an event. Each young person will develop a personal event portfolio (PEP) of their learning from it through planning, delivery and reviewing.

BREATH AND FLEXIBILITY OF THE AWARD

The Award embraces the range of sporting qualifications and activities from across the sporting landscape, from the traditional to the extreme. It provides an umbrella for young people to put all their activities into one place, irrespective of their level of sporting ability.

The Award offers a high degree of flexibility and can be achieved in a range of settings in school or in a community club.

QUALIFICATIONS AND COURSES

School and clubs will draw their achievement elements from either the regulated qualifications framework or from established courses offered by credible organisations (i.e. NGB's of sport). Centres of learning like schools are able to use bespoke in-school training courses that have been agreed with the Youth Sport Award team.

THE FOUR LEVELS OF THE AWARD

The Award levels have been specifically designed to be used at various ages and stages; but as the Award Coordinator you have the flexibility to position the Award levels at the most appropriate young people. The older the young person, the more options of Award levels there are. There is no requirement to start at YSA GO.

Schools and clubs might find that YSA GO and BRONZE are best suited for older less active young people; while the more active may wish to take on the challenge of YSA GOLD. This learner flexibility is one of the key selling points of the Award. It is worth noting that YSA GOLD is aimed at the most committed young people and is the Award level that will have the most traction with employers and universities.

LEVEL	DURATION	SUGGESTED AGE AND STAGE	
	(4-10 WKS) WITHIN 12 MONTHS	Transition 10yrs+	Supporting young people with the challenges of transitioning from primary school; building personal responsibility and empowerment.
	(10 WKS – 12 MONTHS) WITHIN 12 MONTHS	KS3 11yrs+	
	(10-12 MONTHS) WITHIN 12 MONTHS	KS4 14yrs+	Supporting young people to recognise and build positive lifestyle habits, skills and behaviours.
	(12-18 MONTHS) WITHIN 18 MONTHS	KS5 16yrs+	Supporting young people to build and articulate their life skills ready for life after school.

THE TARGETS

Below is a table of the starter targets at each level. These are minimum targets for each strand and young people can do more and earn more points. Each level has a minimum number of points to achieve the Award and a stretch target of points for the most active young people to reach.

Youth Sport Award - Targets Overview

	10yrs + (Trans')	11yrs + (KS3)	14yrs + (KS4)	16yrs + (KS5)	Minimum points required*	
	WELLBEING 1 week 120min/week	1 week 120min/week	1 week 120min/week	1 week 120min/week	10	➔ GO PASS: 30 MERIT: 50
	ACHIEVEMENT 2+ hrs of training	2+ hrs of training	2+ hrs of training	2+ hrs of training	8	
	LEADERSHIP 10+ hours of volunteering in sport	10+ hours of volunteering in sport	10+ hours of volunteering in sport	10+ hours of volunteering in sport	10	
	WELLBEING 4 weeks + 180min/week	4 weeks + 180min/week	4 weeks + 180min/week	4 weeks + 180min/week	20	➔ BRONZE PASS: 80 MERIT: 112
	ACHIEVEMENT 5+ hrs of training	5+ hrs of training	5+ hrs of training	5+ hrs of training	20	
	LEADERSHIP 25+ hours of volunteering in sport	25+ hours of volunteering in sport	25+ hours of volunteering in sport	25+ hours of volunteering in sport	25	
	WELLBEING 6 weeks + 300min/week	6 weeks + 300min/week	6 weeks + 300min/week	6 weeks + 300min/week	30	➔ SILVER PASS: 150 MERIT: 210
	ACHIEVEMENT Sporting qual's RQF L1 or equivalent	Sporting qual's RQF L1 or equivalent	Sporting qual's RQF L1 or equivalent	Sporting qual's RQF L1 or equivalent	50	
	LEADERSHIP 50+ hours of volunteering in sport	50+ hours of volunteering in sport	50+ hours of volunteering in sport	50+ hours of volunteering in sport	50	
	WELLBEING 12 weeks + 420min/week			12 weeks + 420min/week	60	➔ GOLD PASS: 400 MERIT: 560
	ACHIEVEMENT Sporting qual's, RQF L1, L2 or equiv.			Sporting qual's, RQF L1, L2 or equiv.	100	
	LEADERSHIP 100+ hours of volunteering in sport			100+ hours of volunteering in sport	100	
	EVENT			Event & Portfolio	100	

WELLBEING: 1 week of target minutes of moderate to vigorous activity = 5 points. Points for extra weeks beyond the goal count, and Bonus goals can be achieved to add further points.

ACHIEVEMENT: Qualifications and courses have different points values, which can be added up to achieve the goal.

LEADERSHIP: 1 hour of volunteering = 1 point. Bonus points can be achieved based on the complexity of the volunteering.

*Bonus points from one or more strands of the Award are required to reach the minimum number of points to pass, and the Reflect strand must also be completed.

THE YOUNG PERSON JOURNEY

The young people will journey through the Award using log books where they will explore, plan, record, reflect and showcase their engagement.



Young people will own their log books, allowing them to update their progress in and out of school in their own time.

The Award Coordinator will set bespoke parameters of the Award for their own young people, limiting or widening the options as required.

EMERGING INSIGHTS

An investigation⁶ conducted on the 800 young people from the pathfinder locations⁷ highlighted a number of emerging findings of the potential benefits of the Youth Sport Award on young people.

EMERGING INSIGHTS¹

 YSA PROVIDES AN UMBRELLA FRAMEWORK ACROSS THE WHOLE OF PE, SS & PA	 YSA IS COMPLIMENTED BY AND COMPLIMENTS OTHER PROGRAMMES
 YSA HAS THE POTENTIAL TO MOTIVATE LOWER ABILITY STUDENTS TO BE BETTER ENGAGED IN PE, SPORT AND RELATED VOLUNTEERING.	 YSA HELPS YOUNG PEOPLE TO SEE THE RELEVANCE OF PE, SPORT AND VOLUNTEERING ON DEVELOPING SKILLS
 YSA HAS A POSITIVE IMPACT ON PHYSICAL ACTIVITY FOR THE LEAST AND MOST ACTIVE	 YSA ENCOURAGES YOUNG PEOPLE TO REFLECT ON THEIR SKILLS
 YSA ENHANCES CONFIDENCE AND INDEPENDENCE	 YSA HELPS DEMOCRATISE LEADERSHIP OPPORTUNITIES FOR ALL YOUNG PEOPLE
 YSA CAN ACTIVELY SUPPORT THE CRITICAL PRIMARY TO SECONDARY TRANSITION	 THROUGH THE YSA YOUNG PEOPLE DO MORE VOLUNTEERING AND ARE MORE LIKELY TO DO SO IN THE FUTURE

¹ S Tanner (2016) Evaluation of the Youth Sport Award (YSA) Pathfinder Pilot Final Report. Aug 2016.

⁶ S Tanner (2016) Evaluation of the Youth Sport Award (YSA) Pathfinder Pilot Final Report. Aug 2016.

⁷ The schools were targeted to be part of the pilot based on the experience of their school PE department. In this respect they are not a typical subset of schools.

In 2016/17 a national YSA project began, engaging over 1,900 young people. An independent investigation⁸ into the benefits of YSA was also carried out for this project. As part of this investigation, young people were asked about their YSA experience. Almost three quarters (74%) of young people rated their YSA experience as 'excellent' or 'good', and over half (56%) said that it contributed 'a lot' or 'completely' to improving their confidence.

"I liked doing the festivals a few weeks ago. I liked how I was leading a group of people at dance, because I would normally not do it or be afraid to do it but now I do it every time I go."

Young person

"A parent rang saying their son had been struggling with confidence and that the Award is 'the best thing the school has ever done for him' which is amazing to hear and shows the type of impact that the YSA can have!"

Alex Evans (Assistance Head of House and PE teacher, St. Luke's Science and Sports College)

"When you look at them when they came to us they were very immature... we never would have been able to let them just go and lead something without us stepping in. They have become much more mature and a lot more confident."

Award Coordinator

HOW DO I GET STARTED?

Please call 01509 226688 or email ysa@youthsporttrust.org if you would like more information on the Award and how to access it.

HOW WILL IT WORK IN A SCHOOL OR CLUB SETTING?

Once registration has taken place each school or club will nominate one or more individuals to do Award Coordinator training, either by attending a face to face workshop or online. Workshops will be delivered by experienced YST tutors and both methods of training will provide all the information needed to plan and set up the Award in your school/club.

On completion of the Award Coordinator training, you will receive your Youth Sport Award Participant Logbooks. In addition, you will have access to online resources, which include refresher training, a launch presentation and ideas, case studies, parent letters and guides to delivering each of the strands.

Once your young people have completed their Awards, please contact us at ysa@youthsporttrust.org to arrange for us to provide their personalised certificates.

⁸ Research as Evidence, Evaluation of the Youth Sport Award: National Pilot. February 2018.

ARE THERE ANY ADDITIONAL COSTS?

To keep the cost to schools and clubs low, pin badges have not been included in the Award fees. Pin badges can be purchased at £3 per item. Other items such as t-shirts and hoodies can be quoted for on request. Any profits made from these items are returned to charity and supporting the development costs of the Award. If you are interested in purchasing pin badges or any additional items please contact ysa@youthsporttrust.org.



For the highly committed young people who take YSA GOLD they will submit a personal event portfolio for moderation. There is reasonable nominal charge for this of £10 per portfolio.

For more information please contact the team at ysa@youthsporttrust.org or call 01509 226688.