



New for 2019

YST

MY PB

YSA

YOUTH
SPORT
AWARD

The My Personal Best and Youth Sport Award Package

Developing life skills and celebrating the progress of young people in and through PE and school sport.



YOUTH
SPORT
TRUST

The personal development of young people is an overarching priority for schools.

The Youth Sport Trust is delighted to be offering the complementary benefits of two of our highly rated programmes in a single package.

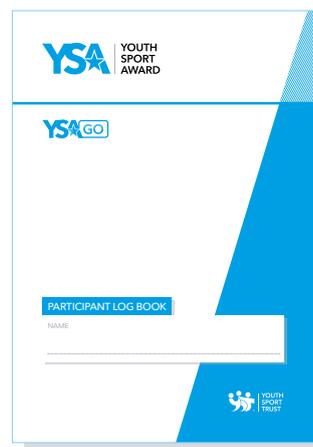
How do the programmes work?

My Personal Best is an award-winning support package that enables schools to deliver life skills learning such as co-operation, responsibility and resilience, to entire cohorts through the medium of PE and physical activity. It is the ideal tool to support the outcomes of the Youth Sport Award.

The Youth Sport Award, available to individuals aged 10-24, is a flexible framework enabling schools to evidence learning, progress and achievement in and through sport. Through personal reflection, it supports young people to build positive lifestyle habits and behaviours and empowers them to take ownership of developing their skills.

My Personal Best and the Youth Sport Award, when used in conjunction will allow schools to create an ethos in which personal development is championed and taught explicitly, giving clear intent to the PE and sport approaches in your school.

Schools using these strategies in tandem will create a powerful and broad-based platform on which to build both student engagement in physical activity and the resulting positive outcomes on daily life, leading to enhanced wellbeing, confidence and feelings of empowerment.



My Personal Best is comprised of e-learning and digital resources

- Module 1: Introduction to My Personal Best
- Module 2: The principles of My Personal Best
- Module 3: Learner outcomes
- Module 4: My Personal Best in practice

Practitioners also have access to digital resource cards: those for the teacher and for the young person.

Youth Sport Award

The Award comprises registration, support, online training and resources for the organisation.

In addition, each Award participant will receive a log book, and a certificate and pin badge on completion of their Award.

Package from £444*

- YSA Go – Annual Award Centre fee + 20 YSA Go Award participants £395
- My Personal Best – e-learning + digital resources £49 (RRP £99)

For more information contact the solutions team:

E: solutions@youthsporttrust.org | T: 01509 226600

“Being able to lead and reflect on what you have done in sport still counts even though you’re not the fastest runner. Learning how to lead will not only help in sport but in other areas such as employability.”

YSA Award Coordinator.

“the...students now see greater value and purpose in PE and seem more willing to take up physical challenges when associated with a life skill.”

Teacher describing the effect of My Personal Best.

SportPark
Loughborough University
3 Oakwood Drive
Loughborough
Leicestershire LE11 3QF

T **01509 226600**
E **solutions@youthsporttrust.org**
W **www.youthsporttrust.org**

 **[@youthsporttrust](https://twitter.com/youthsporttrust)**

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