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What is the Youth Sport Award?

The Youth Sport Award (YSA) is a unique award scheme that puts health and wellbeing at the heart of developing young people, and rewards and celebrates young people's learning, progress and achievement in and through sport. It provides an umbrella for young people to put all their sporting activities and learning in one place, irrespective of their level of ability.

What ages of young people is YSA for?

YSA is currently for young people aged 10-24. The YSA levels have been developed for stages rather than ages, but for a rough guide please see the Targets Overview diagram.

What levels of the Award are there?

Go, Bronze, Silver, Gold and Platinum.

What's involved in each level of the Award?

The Award is split into five strands, which are:

- Wellbeing
- Achievement
- Leadership
- Reflect
- Event (only included at Gold and Platinum levels).

The activities associated with each strand (except Reflect) earn the young person points. They must achieve a minimum number of points in each strand and complete Reflect to pass their Award. The targets for each strand at each level can be viewed in the Targets Overview diagram. They can also aim higher to achieve more points and achieve a Merit in their Award.

Wellbeing

Through the Award, young people can demonstrate their responsibility for their personal physical and emotional health and wellbeing. Central to the Award is a personal commitment to making physical activity a lifestyle habit, with young people building up to the Chief Medical Officer's guidelines of 60 minutes of physical activity per day as they progress through the Award levels. Alongside this, each young person is encouraged to set additional bonus goals to build healthy lifestyle habits. **Achieving a set number of minutes per week of moderate to vigorous physical activity or achieving a bonus goal earns the young person points towards their Award.**

Achievement

Young people can achieve and collect a range of qualifications and skills across a wide spectrum of the sporting landscape. For example, they can train to become coaches, umpires, team managers, fundraisers, club organisers etc. **Each qualification or course is worth points towards their Award.**

As a centre schools and clubs can access a catalogue of qualifications available through NGBs etc. Schools and clubs can also gain recognition for their internal training (e.g. their own sports leadership training) by submitting details to the YSA team for verification and alignment against others, based on guided learning hours and complexity.

Leadership

Key to the Award is leadership, both personally and with others. Through the Award individuals explore ways to test and develop their skills in a wide variety of **volunteering** settings in and alongside sport. **Each hour of leadership experience is worth points towards their Award, and bonus points can be earned for undertaking volunteering with greater complexity e.g. working with older or younger groups, or leading a large team.**

Event

At the Gold and Platinum levels YSA includes an additional strand. The Event strand allows the young person to bring their skills and learning to life by taking responsibility for the leadership and management of a sporting event. They will develop a personal portfolio of the learning they take from it through planning, delivering and reviewing the event. **Points are awarded towards their YSA based on the learning demonstrated in their portfolio.**

Reflect

At the end of the Award, the young person will reflect back on the skills they have learnt and the attributes they have demonstrated through the Award. This reflection will guide the young person to understand how to transfer and showcase their learning in statements that are meaningful to college, university and business – helping them to articulate the skills they have learnt in a CV, UCAS personal statement or in a job interview.

What do we get if we sign our school or club up?

- Access to the national Youth Sport Award framework
- Access for young people to do the Award for 12 months.
- Official participant log books to evidence progress against Award requirements
- Personalised Certification on completion and submission of Award evidence
- Online learning and resources for Award Coordinators and Award Tutors
- Support and resources available on the YSA website
- National verification and quality assurance of YSA at each level
- Support from the YSA team at the Youth Sport Trust

How much does it cost?

Premium members

YSA is an optional benefit of your Premium membership in 2018/19, so your school can choose to access it for 35 young people at no additional charge.

School and Plus members

Please refer to the YST Resources and Learning brochure. School and Plus members are entitled to a 10% discount off the Youth Sport Award.

Non-members

Please refer to the YST Resources and Learning brochure.

Additional charges

There is a nominal charge for moderation of the Event portfolio for young people taking the Gold and Platinum levels. Moderation ensures the Award is credible and of consistently high

quality, making sure it is of value to employers, colleges and universities when they look to select individuals. The charge for moderation is £10 per young person.

There will be the option to purchase other items such as pin badges, t-shirts etc. at competitive rates.

What YSA training is available?

For availability of online and face to face training, please contact the Youth Sport Trust Membership and Network Services team by emailing ysa@youthsporttrust.org or calling 01509 226688.

Can a second person from our organisation access the training?

If you'd like to do this, please contact the Youth Sport Trust Membership and Network Services team by emailing ysa@youthsporttrust.org or calling 01509 226688.

How does the YSA differ from other award schemes?

YSA is the only award scheme which puts health and wellbeing at the heart of developing young people, and recognises their learning, progress and achievement in and through sport. This is critical at a time where physical health and emotional wellbeing are major concerns.

Is the YSA accredited?

YSA itself is not accredited. However, qualifications and training undertaken as part of the Achievement strand may be (this depends on the options selected).

Does the YSA attract UCAS points?

YSA helps young people differentiate themselves from other applicants when they are applying for jobs and further/higher education places. In their guidance to young people UCAS mention the importance of demonstrating extra-curricular activities in their application. We would suggest Award recipients mention YSA in the personal statement section of their UCAS application form.

Do GCSE PE/A Level PE/BTEC Sport/Scottish Highers count towards the Award?

The main emphasis of YSA is to demonstrate a young person's commitment beyond their academic study. In light of this the founding partners of the Award (Loughborough University and the Youth Sport Trust) have agreed that these qualifications should not count towards YSA.

How many pupils should a school do YSA with?

YSA has been designed to be flexible, so it is completely up to you. However, we would recommend not doing it with more than 35 pupils in your first year of running it, to ensure you are happy with how the Award is embedded into school life.

What counts in YSA and what doesn't?

Here are some principles to help guide you.

Wellbeing

This strand is about supporting young people to make physical activity a lifestyle habit. The strand aims to encourage the least active to explore beyond structured sport, to think about what moderate to vigorous activity means, and incorporate it into their lives. Curriculum PE does count, but only the minutes that involve moderate to vigorous movement.

Leadership

Volunteer hours are about a 'service' to sport. Any form of social action or volunteering in and around sport, dance and physical activity counts. This can be done within curriculum time, out of school time, in a community and a school setting, during term time, at weekends or during holiday time. Paid work or leading within a student's own PE lesson to their own class peers doesn't count. But leading or supporting other pupils to their benefits in a different class does count.

Achievement

This strand is supporting young people to gain qualifications and skills in and around sport. During the development of the Award consultation with Loughborough University indicated that employers and universities would be looking at 'above and beyond the curriculum', with this in mind GCSE PE, BTEC PE and A level PE do not count towards the Achievement strand. Leadership qualifications or NGB qualifications done within enrichment time does.

Event

This strand of YSA Gold is looking at the learning of project management skills as demonstrated within each young person's personal portfolio rather than the nature of the sporting event. The event must have physical activity, practical exercise or sport at the heart of it. Typical events might include sports day, primary multi sport festivals, whole school fun runs or Sport Relief. Running non-physical events like a sport awards evening or an outing to watch a sporting event do not count but organising a master class by a sporting hero where students receive expert coaching could count. When supporting your young people to decide what they want to do in their event, think how the event will help the young people to develop their skills of planning, working towards a common goal, delivering a safe and enjoyable event for their community, taking responsibility for procuring venues and equipment, monitoring of a budget (even if in value in kind from the school or club), marketing of the event and of course reviewing their personal and teams success in planning and delivery. The time taken in the planning, delivery and reviewing of the event can count as volunteer hours within the Leadership strand.