



YOUTH
SPORT
TRUST

Impact report

Believing in every child's future

The difference we made to young
people's lives in 2018/19



About the Youth Sport Trust

We are a children's charity working to ensure every child enjoys the life-changing benefits that come from play and sport.

In 2020 we mark our 25th year of building a brighter future for young people.

We do this by harnessing the power of sport, physical activity and PE to increase young people's life chances through improved wellbeing, healthier lifestyles and greater attainment. In this way we are helping children to become school-ready, promoting inclusion and tolerance and giving young people a sense of belonging.

Our work reaches around 20,000 schools across the UK and we operate on a local, national and global level. We lead in schools, partner in the community and support in the home.

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 work

- **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.
- **Independently.** We provide innovative products and services including YST Membership for schools, individuals, National Governing Bodies (NGBs) and businesses; training courses including e-learning; and innovative equipment.
- **On others' behalf.** We undertake commissioned projects involving development work, delivery activities and research and insight. We do this with partners, businesses, NGBs and other organisations who target sporting activity at young people and want to maximise and quantify their impact.

Our objectives

In our 2018-2022 strategy, Believing in Every Child's Future, we set out how we intend to make the biggest difference to young people's lives by focusing our work on:

Transforming PE

Removing barriers to sport

Unlocking potential

Empowering activism

Underpinning these core objectives, we are also working to champion insight, promoting the impact of physical activity, PE and sport through research and insight, and strengthen our foundations to ensure we can sustain our mission to benefit this and future generations.

Reach of Youth Sport Trust communications in 2018/19



246,069

people visited our website
www.youthsporttrust.org



2.6 million

UK adults heard about YST
National School Sport
Week in 2019



2,733

the number of times YST and our
programmes and campaigns
were mentioned in the media.
This included 295 items of
national and broadcast coverage



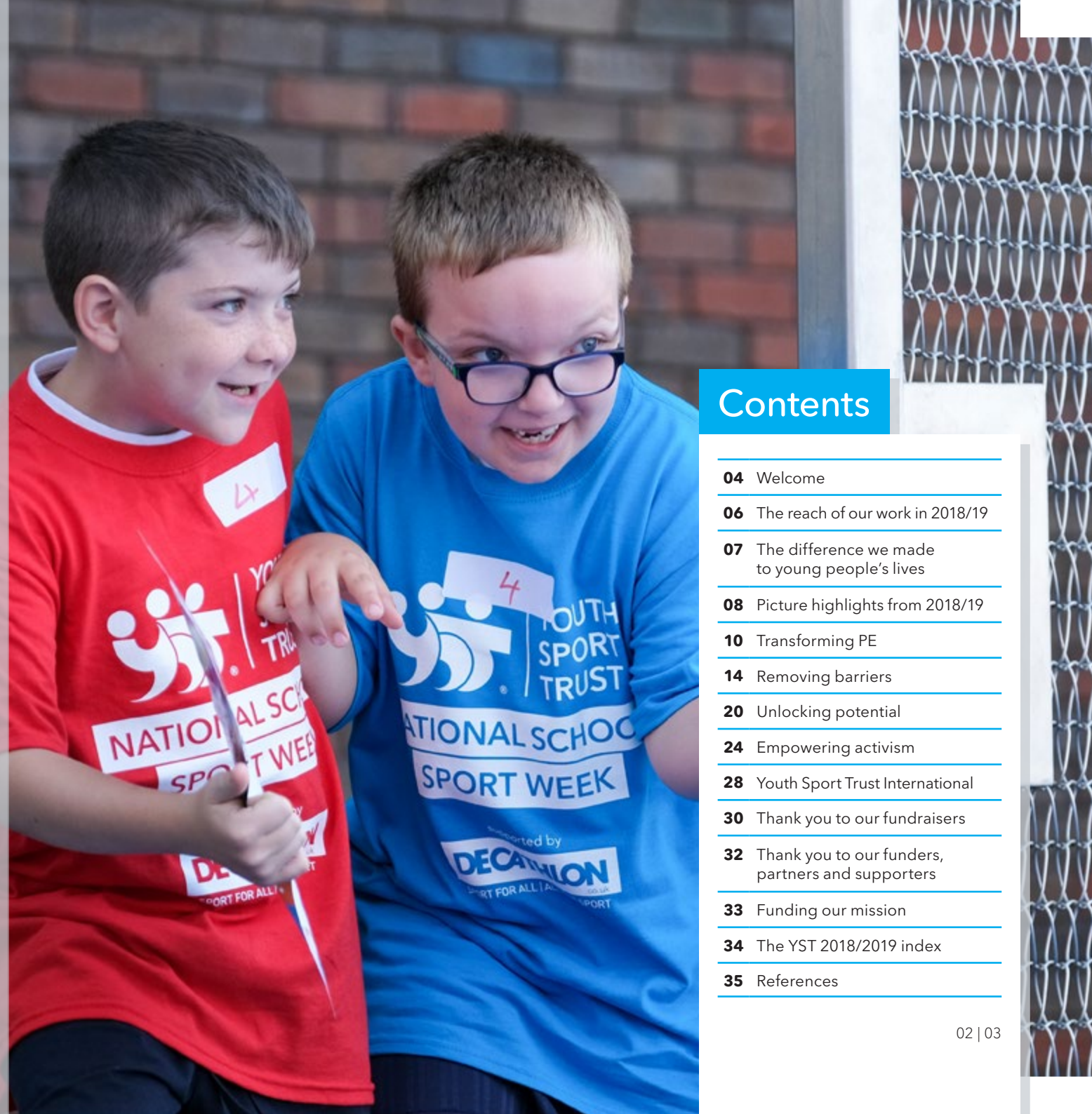
6.1 million

the number of times our social
media posts were seen



82,674

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



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Welcome



The Youth Sport Trust is built on a passionate belief in the power of sport to impact positively on young people's lives, and empower them to tackle life's big challenges. The world

young people are growing up in has changed considerably since we were founded in 1995, and I firmly believe play, sport and Physical Education are more important today than at any time in our history: increasingly sedentary lifestyles and the digital age are contributing to a wellbeing crisis for this generation.

This impact report covers 2018/19 – the first full academic year of our 2018-2022 strategy, *Believing in Every Child's Future*. Over the following pages you will see the impact of our work across our key strategic objectives. For the first time, through a new approach to how we evaluate our work, we are able to report against a set of core Youth Sport Trust outcomes which sit at the heart of all of our programmes and projects. This approach reinforces our strategic commitment to championing the positive impact of physical activity, PE and sport through research and insight.

The impact we and our partners had on young people's lives in 2018/19 reaffirms what we have long believed - that when delivered in the right way, sport can equip young people with the skills

to succeed, make them happier, more confident and resilient, and empower them to become leaders.

Young people are growing up in a digital age and a world where they are feeling isolated and disempowered. This comes at a time when we are all living increasingly sedentary lifestyles and PE and play time have been cut in too many schools. It is increasingly clear that tackling these issues, and focusing on sport's power to build empathy, tolerance and human connection, are where we need to redouble our efforts in the future, and this will be a big focus of our 25th anniversary year.

The examples of our work and young people's stories included in this report will, I hope, inspire us all to do more to give every young person the opportunity to enjoy the life-changing benefits we all know come from sport and play.

I would like to take this opportunity to offer my sincere and heartfelt thanks to all the partners, funders, ambassadors and volunteers who enable us to keep delivering on our mission.

A handwritten signature in blue ink, reading 'Ali Oliver'.

Ali Oliver
Chief Executive – Youth Sport Trust





We are living in an age when children are struggling to find their place in a changing world. In the pages that follow you will see how the Youth Sport Trust has been harnessing the power of sport to empower them to improve their own lives and the lives of others, while uniting thousands of schools and teachers behind this mission.

We passionately believe that a world where every young person has the opportunity to play and be active, is a better one. In the academic year covered by this impact report, the Youth Sport Trust's work had an impact on the lives of over 600,000 young people.

Through our campaigning in 2018/19 we continued to champion the importance of PE and school sport, galvanising the sport sector and supporting the development of government's new School Sport & Activity Action Plan.

Girls Active, one of our flagship programmes, continued to go from strength to strength, tackling the gender gap in sport and play by helping to get thousands of girls more active.

Looking to the future, we launched a new intergenerational project – Active Across Ages – to tackle isolation and bring young and old together.

A decade on from its launch, the School Games provided 4.7 million opportunities for young people to participate in competitive school sport. Importantly, the #ReframeCompetition campaign we launched last year as part of this government-led, Sport England National Lottery-funded programme is tackling the negative experiences which can become a barrier to competitive sport for some young people.

It remains a privilege to chair this charity and we would like to thank all of the partners, funders and supporters who made the Youth Sport Trust's life-changing work possible in 2018/19.

Neil Davidson
Neil Davidson
 Chair – Youth Sport Trust

Lauren Asquith
Lauren Asquith
 Chair – YST Youth Board



The reach of our work in 2018/19



630,000

young people benefited from training and opportunities to participate in and lead high quality inclusive sport and play

152,122

young people trained

64%

were female

478,758

young people participated

58%

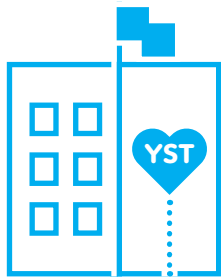
were female

26,771

adults trained

58%

were female



18,420

schools reached through our programmes*

18%

were Black, Asian or Minority Ethnic

16%

were Black, Asian or Minority Ethnic

10%

were Black, Asian or Minority Ethnic

21%

had Special Educational Needs or Disabilities

18%

had Special Educational Needs or Disabilities

97%

thought the content was good or very good

The difference we made to young people's lives

Young people who participated in our programmes in 2018/19 told us that the experience had improved their wellbeing and helped them develop important life skills.

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I wasn't a very confident person but nowadays I'll walk up to anybody really and have a chat. It just builds inside you in a way I didn't think was possible, and it gives you a different perspective on things."

Young Person

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I am lonely outside school and I only do stuff with my family. This was the best day I have had at school and I am going to be a leader when I leave school."

Young Person

Important life skills

94%

of young people said the experience helped them develop at least one of the following life skills

Communication

86%

of young people said their communication skills were better

Leadership

87%

of young people said their leaderships skills were better

Teamwork

86%

of young people said their team-working skills were better

Improved wellbeing

89%

of teachers said a YST programme had a positive impact on young people's health and wellbeing

Confidence

77%

of young people reported their confidence had increased

Empathy

80%

of young people said their empathy had improved

Resilience

80%

of young people reported they felt more resilient

Improved outcomes in schools

77%

of teachers said they had seen at least one of the following positive benefits for pupils within school

Attainment

59%

of teachers reported a positive impact on attainment in their school

Attendance

52%

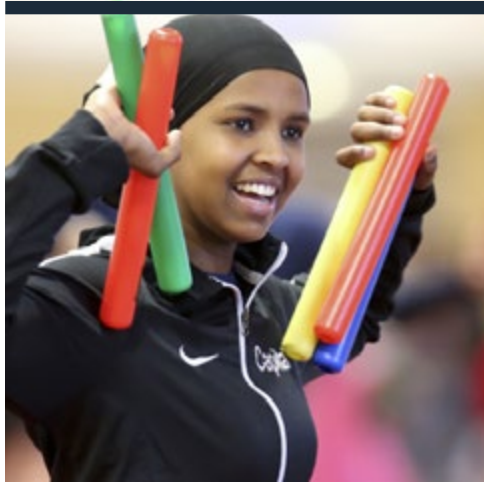
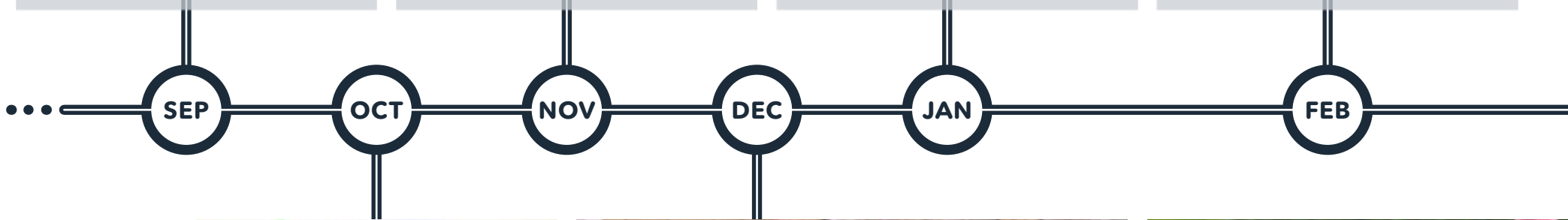
of teachers reported a positive impact on attendance

Behaviour

74%

of teachers reported a positive impact on behaviour

Picture highlights from 2018/19





SEPTEMBER

School Games National Finals

More than 1,000 talented young athletes compete at the UK's biggest youth multi-sports event

OCTOBER

Local People Project nominated for Charity Film Award

The 'Grow, Live, Work' film celebrates sport building social connections

NOVEMBER

Breaking Boundaries

Programme to bring people together through cricket kicks off in five cities

DECEMBER

Active Across Ages

Launch of our intergenerational project to tackle isolation

JANUARY

Inclusion 2020

Inclusive sport festivals announced to increase opportunities for young people with SEND

FEBRUARY

YST Annual Conference 2019

Ofsted Chief Inspector Amanda Spielman and Tracey Neville address more than 600 delegates

MARCH

Healthy Movers

Helping to develop early years physical literacy in West Somerset

APRIL

Girls Active Coaches Camp

150 girls aged 15 to 17 attend the three-day camp to develop their confidence and expertise as coaches

MAY

Birmingham Connect

We prepare to launch a project to improve social mixing in Birmingham schools, in the build-up to the 2022 Commonwealth Games

JUNE

National School Sport Week 2019

Themed around the Five Ways to Wellbeing, 4,397 schools, 111 organisations and 74 MPs joined our awareness week

JULY

Girls' Football Youth Leadership Camp

Lioness legends among those supporting the next generation of female football volunteers and coaches

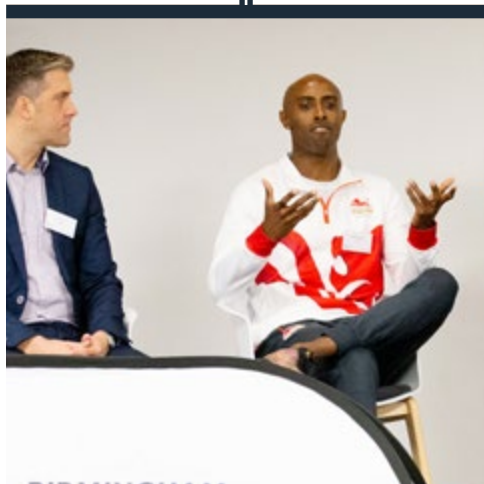
MAR

APR

MAY

JUN

JUL



Transforming PE

We are working to transform PE's place in the curriculum, putting it at the centre of wellbeing and achievement in education. We're doing this by working with teachers, young people, parents and policymakers to maximise PE's potential to improve children's wellbeing and achievement.

The big challenge

52,228 hours of PE lost

from state-funded secondary schools in England between 2010 and 2018.¹

3.8 million

young people (53%) do not meet the Chief Medical Officer guidelines of **an average 60 active minutes a day.**²

29%

of young people (2.1m) average **fewer than 30 minutes a day.**²



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Physical literacy changes with age: As children and young people grow older, they report lower levels of enjoyment, confidence, competence and understanding."

Sport England Active Lives Children and Young People Report – 2018/19

What we did in 2018/19



Campaigning for PE's place in the curriculum

We commissioned research which found that **64% of UK adults agreed that PE should be a core subject** on the curriculum alongside English, maths and science.

We fed into Ofsted's consultation on its new inspection framework, championing the importance of inspectors recognising the essential role that PE, sport and physical activity play in a good and well-rounded education. Ofsted Chief Inspector Amanda Spielman addressed our annual conference in February 2019.

Our 2019 **YST National School Sport Week brought together 4,397 schools** to champion the important role of PE and school sport in improving young people's wellbeing.

TRAINING TEACHERS

26,771 adults trained in 2018/19

95% felt more competent

97% felt more motivated

94% felt more confident

Teachers and coaches reported positive outcomes immediately after attending YST training;

92%

reported that they were very likely or likely to change the way that they undertake their role as a result of the day's support.

98%

of practitioners – following completion of a YST programme – reported that they had made improvements to delivery as a result.

TRAINING TEACHERS

Delivering Sport England's specialist teacher training

Sport England's Specialist Teacher Training programme has been developed to increase the number of secondary school pupils who have a positive attitude towards sport and physical activity. The Specialist Teacher Training is an opportunity for new ways of working to be trialled in schools that will improve young people's experiences of, and attitudes towards, sport and physical activity and decrease the number of young people who are physically inactive.

Our role has been to support senior leaders in schools to develop plans to prioritise and develop their PE, physical activity and sport programmes to meet the needs of all students. We helped them to raise the profile of PE across the school as a tool for whole school improvement.

In 2018/19 we rolled the training out to **769 secondary schools**, working with **76 Teaching School Alliances**.

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The project has been successful as we can clearly see from our registers that our participation numbers increased. This is predominantly down to the instalment of our Handball goals and purchased balls which created an excitement around the school and gave our students a sense of realism when participating. This led to further enjoyment and in turn led to increased participation."

James Hornsby School

The link between activity and achievement

Studies show a positive relationship between being active in school and other outcomes. A systematic review by Singh et al (2012[1]) identified studies which suggested physical education, physical activity and sport may enhance classroom behaviour, contributing to the enhanced academic achievement of pupils (Mahar et al., 2006); and that physical education, physical activity and sport have the potential to impact on school attendance (Long et al., 2002) which in turn could impact on academic achievement.



Transforming PE



Delivering life skills through PE

We developed **My Personal Best** to inspire PE teachers to teach life skills through PE. It develops attributes such as empathy, teamwork and resilience, helping young people to transfer these to other lessons and their lives in and out of school.

My Personal Best has been delivered in the Lancashire region for the past two years as part of the Lancashire Active Healthy Minds Programme.

47 schools received My Personal Best training. An independent evaluation (Shephard & Moyes, 2019) found that as a result of the programme:

94% of young people made a positive progression against at least one indicator of resilience.

81% of young people are enjoying PE more because of engagement in My Personal Best.

Teachers reported My Personal Best worked to increase physical activity because it helped young people succeed even when not good at sport.

Youth Sport Trust – Impact Report 2018/19



We have observed greater willingness of non-sporty young people to get involved in activities that link with a life skill which has in turn resulted in greater team work and collaboration with young people who would not normally gravitate to each other in PE lessons."

Teacher



It has changed not just the sport department but the whole school – the way the Senior Leadership Team look at sport and the opportunities that are there for sport and the investment in sport. It's changed us completely and I would definitely recommend any school to get involved."

Teacher



Maximising the impact of the PE and Sport Premium

In 2018/19, primary schools in England received £320 million government funding to improve their provision of PE and sport. In research carried out by the Department for Education on the primary PE and Sport Premium, YST was cited by schools as one of the top sources of advice and expertise on how to invest the money.

Working with the Association for Physical Education we have continued to provide guidance to schools on evidencing the impact.

We have also encouraged and supported schools to invest the funding to up-skill teachers and make sustainable improvements to PE for all young people.

CASE STUDY

Digby C of E School in Lincolnshire

The school invested the funding to focus on active learning. Using the YST Active School Planner they identified a correlation between pupils with low levels of physical literacy and low attainment in maths and then developed a whole-school improvement plan focusing on active maths, with the support of Teach Active's Active Maths resources (formerly known as Maths of the Day).

Deputy head teacher
Donna Winters said:



We worked with the Youth Sport Trust and our School Sport Partnership to train our teachers with a focus on the 'Power of An Active School' and achieving 30 active minutes of activity a day for all our pupils.

Thanks to the primary PE and Sport Premium funding, staff now have the skills to plan and deliver active elements of the national curriculum including intervention and whole class-based activities. The children have embraced this new approach and it has resulted in fewer occurrences of low-level disruption."

How our PE CatalYSTs are transforming PE in their schools

Our PE CatalYSTs are a national network of committed, passionate and progressive leaders of secondary PE who advocate the impact of physical education on young people. In some schools, PE CatalYSTs are transforming their PE departments into departments of health and wellbeing.

Sophie Newman is head of PE at Hartshill School, Warwickshire. She worked to advocate the value of PE to senior leaders with a focus on developing employability skills in lessons.

Using the YST Curriculum Blueprint, Hartshill School re-developed their PE curriculum to focus on two strands; core skills and life-readiness. This created a more purposeful and relevant focus for PE.

"We needed to evolve PE from being seen as a 'bucket list' of sports so developed a PE intent statement which said we aimed to "develop the full potential of every student at Hartshill School through high quality physical education within academic and sporting environments." It added: Physical education is a cornerstone in developing healthy, academic and well-rounded young people today and for life."

Kate Blackburn is Director of Health and Wellbeing at Penryn College, Cornwall and a lead PE CatalYST. The school has repositioned PE to focus on improving wellbeing by amalgamating the subject with PSHE to develop a 'lifestyle curriculum'.

"The theory behind this curriculum is strongly aligned to the principles of the YST Curriculum Blueprint. It aims to develop understanding of the importance of physical activity, health and wellbeing; provide a variety of activities to promote lifelong learning and develop personal, social and thinking skills."

This applied curriculum model has led to increased physical activity levels amongst students, including increased participation within extra-curricular 'lifestyle' activities."



Championing insight

Our **Healthy Active Lifestyle** research tool enabled schools to take pupil progress and attendance data and link it to a new measure which rated pupils' attitude and engagement in PE, sport and physical activity.

Pupils were assessed by their PE teachers on a 4-1 scale based on engagement in PE and school sport. The ratings were anonymised and returned to YST along with progress and attendance data which allowed us to collate and analyse a large dataset of around 7,000 pupils.

KEY FINDINGS

- Pupils who were more engaged in PE, sport and physical activity produced significantly higher Progress 8 scores and attendances levels.
- The biggest increases in Progress 8 scores and attendance levels occurred between those who had 'poor' engagement in PE and those with 'satisfactory' engagement.

The Healthy Active Lifestyle levels are a subjective measure applied by teachers to their pupils and could therefore suffer from bias. Next year we will be building on this initial work to link more objectively-measured levels of physical activity to pupil progress and attendance.

Removing barriers

We are harnessing global best practice to ensure youth sport in the UK is inclusive, accessible and fun. We are doing this by supporting schools, clubs and families to remove the causes of negative experiences for young people.

The big challenge

Girls, young people with **SEND**, those from **BAME** communities and those from areas of disadvantage face the biggest barriers.

Only 43%

of girls aged 3-11 strongly agree that they **enjoy taking part in exercise and sports**. Enjoyment levels for girls and boys decrease with age.²

Children and young people with a disability or long-term health condition are less likely to enjoy taking part, feel confident or understand why it is good for them.²

Just 25%

of adults know children and young people should be active for 60 minutes every day.³

Barriers to sport and play for girls in school

PRIMARY



I don't like getting hot and sweaty (23%)

I am not confident (22%)

I am not good at it (20%)

SECONDARY



I am not confident (30%)

I don't like other people watching me (28%)

When I have my period (28%)

What we did 2018/19



Influencing the School Sport and Activity Action Plan

In October 2018 government announced its intention to develop an action plan to give more young people the opportunity to enjoy 60 minutes of sport and activity every day.

Working closely with three government departments we fed into the development of the outline plan which referenced our work including the School Games and Girls Active.

We led the sport sector's response to the plan, bringing together 40 national governing bodies of sport to call for improved support for school sport from government.



Girls Active

Our award-winning Girls Active programme is a partnership between teachers and girls working together to understand what makes girls engage in PE, sport and physical activity. Young leaders and role models are empowered to provide inspiring and relevant opportunities for all girls in their schools. Through this approach we've been able to increase girls' participation, raise self-esteem and increase the value they place upon being physically active.

CASE STUDY

Louisa McClintock (17) from Lancaster Girls' Grammar School in Lancashire

Louisa won the Girls Active 'Personal Growth' award at the 2018 awards ceremony. She was nominated by one of her friends in recognition for her effort and accomplishments through her involvement with Girls Active.

Alongside the rest of the GLAM squad (Girls' Leadership and Marketing) at Lancaster Girls', Louisa held focus groups with her peers to understand what barriers were preventing them from taking part and achieving.

Louisa focused on encouraging and promoting dance, particularly for the girls who lacked confidence or did not have the same opportunities as others, weaving in key goals learned through the focus groups.

Throughout the school year, Louisa delivered dance workshops of all styles, celebrating sports week, International week and also started a dance fitness club.

Her biggest achievement has been a dance showcase, working with girls in year 7 to produce a piece of dance and sharing her own experiences of mental health to deliver a speech about the impact of sport on mental health.

Stepping up for change: Primary to secondary school

We are focusing on tackling the drop-off in physical activity as girls transition from primary to secondary school. The Stepping Up for Change strand of Girls Active works with girls aged 7 to 14.

9,993
girls now more active (of 15,071 reached)

1,728
girls trained as leaders, role models, influencers and advocates

207
schools and 363 teachers engaged

Among girls who were trained to become Girls Active leaders, independent evaluation from Chrysalis Research found they had:

- Increased participation in, and enjoyment of, physical activity
- Improved wellbeing (physical, mental, social) including improved self-esteem and body confidence
- Developed leadership and marketing skills
- Increased readiness for further education, employment and/or sporting roles.



Removing barriers



GIRLS IN FOOTBALL: Game of Our Own

In 2018 the Football Association (FA) commissioned us to grow and develop girls' football in schools.

Game of Our Own develops character education in girls through a life-skill approach to the delivery of football in curriculum PE lessons. This is complemented by girls being trained as Football Activators to deliver extra-curricular clubs to their peers. It aims to improve opportunities to participate and change perceptions and social barriers.

In 2018/19:

24,048
girls played football
during curriculum PE

2,000+
girls attended an extra-
curricular football club

Through the programme **we engaged 160 schools, trained 147 teachers** to support the delivery of curriculum girls' football **and 746 girls** trained as Football Activators to lead extracurricular clubs.

60%
of girls who attended the Activator-run football clubs report that they currently **play more football**.

85%
of teachers believe being involved in Game of Our Own has **contributed to a positive shift in girls' perceptions** with more girls seeing football as a sport for them.

77%
of Football Activators are now confident or very confident in their ability to lead or influence their peers in football.



GIRLS IN FOOTBALL: Inspiring young leaders

Around 100 girls attended a three-day residential Girls' Football Leadership Camp in summer 2019 designed to empower and inspire the next generations of women and girls' football leaders. They were joined by Lionesses legends to help accelerate their leadership learning.

Four in five girls who attended said it had inspired them to make improvements to girls' football in their school 'a lot'. A follow up evaluation is due to be carried out during the 2019/20 academic year.



GIRLS IN FOOTBALL: Primary schools

In partnership with the FA, we developed resources to help girls aged five to eight develop physical competency, speaking and listening skills through creative play and storytelling. **The FA Active Play Through Storytelling (APTS)** uses stories developed with the National Literacy Trust. In summer 2019 Disney versions of the resources were created and piloted.

Girls participating in the APTS Disney session were inspired by the characters and motivated to increase the intensity of their activity.

In 2018/19 we trained 1,124 primary staff to deliver Active Play Through Storytelling. 78% of teachers felt that the training had helped them to feel a lot more competent in their role.

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I now feel like I can get girls active in sport in a new fresh innovative way."
Teacher



Supporting schools and families to get children cycling

HSBC UK Ready Set Ride is a simple learn to ride programme for young people aged 18 months to 8 years created by British Cycling together with the YST. The programme aims to work with schools and families to introduce pedalling at playtime and help them become confident and happy cyclists for life.

In 2018/19:

10,109

children were engaged in HSBC UK Ready Set Ride through schools and 4,522 children registered on the HSBC UK Ready Set Ride website.

1,001

parents were engaged through schools

371

teachers were trained

71%

of teachers said that they **would not have delivered any cycling activities** without the programme.



Supporting young coaches

One of the best ways to remove barriers is to increase the diversity of young people leading sport and physical activity for their peers.

Through our Leadership, Coaching and Volunteering programme we trained 1,533 female secondary students with limited prior experience of leadership to convene and deliver events for their peers in 371 schools across England.

87%

of schools staff felt that Young Coaches and Activators have increased the diversity of young people taking part in physical activity 'a lot' (37%) or a 'bit' (50%).

8,454

young people engaged in clubs run by Young Coaches and Activators trained through the programme. 62% of them had previously done less than 60 minutes exercise per day.



Inclusive opportunities for young people with SEND

Our network of **Lead Inclusion Schools** champion what high quality, meaningful and inclusive PE and school sport should look like for every child.

In 2019 we were commissioned by the Department for Education to lead the Inclusion 2020 project, which is working through our Lead Inclusion Schools to increase opportunities for young people with SEND to enjoy Physical Education, school sport and physical activity.

We are aiming to reach **tens of thousands of pupils, 2,800 schools** and train **6,000 teachers and coaches** ahead of the 2020 Olympic and Paralympic Games.

YST is leading a consortium of organisations including Activity Alliance, the British Paralympic Association, Nasen (National Association of Special Educational Needs) and Swim England.

The project involves primary, secondary and special schools across England organising inclusive countrywide 'Learning and Discovery' sport festivals ahead of summer 2020. At the events, 3,000 pupils of all abilities are experiencing a variety of Para sports and getting the opportunity to compete. The programme also includes character education through My Personal Best, the delivery of 30 active minutes everyday through young champions and a focus on increasing opportunities for young people with SEND to progress in swimming and water safety.

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An amazing opportunity for our students to interact and engage with peers of varying abilities. They are all on a level field with sport as a common goal without the need for adult support. You can't measure the benefits of days like this. The opportunities to improve self-esteem and confidence is outstanding." **Teacher**

Removing barriers

Another record year for the School Games – **we delivered high-quality, accessible and inclusive competitive sport to young people in 17,880 schools** through the government-led programme which is funded by the National Lottery through Sport England.



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

Reach in 2018/19

INCREASING PARTICIPATION

4.7million 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

10,160 schools submitted an application for the School Games Mark – the most successful year since the award scheme was introduced. The School Games Mark recognises 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

484,062 participation opportunities were provided for young people with Special Education Needs and Disabilities (SEND).

CASE STUDY:

School Games and Community Partners

In Cumbria, SGO Oliver Carswell formed a partnership with South Lakes Safari Park to host the Safari Orienteering Adventure, providing more opportunities for the least active young people. The event focused on teamwork and social interaction, allowing the young people to develop new skills.

Young people worked in teams of six, each having a unique role, ranging from team leader to fact finder to photographer. Teams had to use the zoo's map to find certain animals and make sure all tasks were completed. The event was created aligning to the School Games Principles of Competition ensuring the motivations, competence and confidence of the young people were at the centre of the event.

The Orienteering Adventure has led to increased community engagement at South Lakes Safari Park as participants and their families from the event are now visiting the Safari Park, continuing wider learning opportunities. The success of the Orienteering Adventure has led to greater participation from schools across wider School Games competitions and more and different young people having the opportunity to take part in appropriate school sports competitions.

SCHOOL GAMES Reframing Competition

Our **#ReframeCompetition** campaign is tackling some of the negative experiences that exist within competition when there is an over-emphasis on a single outcome – most goals, fastest time or furthest distance. We know these issues are prominent in school sport competitions and in some cases, have negative effects on young people taking part in school sport.

The YST Research and Insight team led a research project and utilising the findings, the YST, funded by the Sport England National Lottery, launched a pilot project involving 10 SGOs, NGBs and one Active Partnership. The pilot evaluated the feasibility of conducting alternative competition formats through the School Games Organiser network with the aim of increasing young people's participation in sport and physical activity.

Young people involved in the alternative competition formats pilot reported increased engagement and enjoyment, increased skill development and quality of game play, increased confidence to take part in sport, and more of an inclusive atmosphere created with increased participation for all.

Three-quarters of the young people involved said they **would like to use the new approaches** all the time.

The pilot was followed by the launch of a free toolkit and campaign to help schools reframe competition.



Engaging vulnerable young people in Alternative Provision schools

One in every 200 young people in England are educated outside mainstream or Special schools. Young people being educated in Alternative Provision including Pupil Referral Units are statistically much more likely to be in care, grow up in poverty, have a special educational need or a mental health problem. We found that out of 352 alternative provision schools in England, only six were actively engaged in the School Games.

In 2018/19 we produced new guidance to help School Games Organisers and Local Organising Committees engage with Alternative Provision schools. Four counties led by YST Lead Inclusion Schools were identified to design, develop and deliver inspiring and accessible interventions for young people in alternative provision to engage in the School Games. It included advice on how to meet the needs of vulnerable young people, make them feel safe and build a sense of belonging.

Unlocking potential

We are working to unlock sport's potential at every stage of a child's life, especially where they face inequality and disadvantage. We're doing this by closing the gaps created by inequality and disadvantage, particularly at key transitional moments in a young person's life, like starting or changing school and preparing for employment.

The big challenge

44%

of UK businesses feel schools and colleges are not equipping young people with an aptitude or readiness for work.⁴

83%

of school leaders say there is an issue with school readiness.

Children are arriving at primary school under-developed in self-care, communication, emotional and physical skills.⁵

How we tackled them in 2018/19



85% of teachers reported a positive impact on potential

Across our work, 85% of teachers reported that a YST programme had a positive impact on young people's ability to achieve their potential.



Raising aspirations of teenage girls

Through the **Empowering Girls** programme we're tackling disadvantage among vulnerable girls and young women between the ages of 11 and 15. It is being delivered in partnership with Twenty Twenty and funded by the Department for Digital, Culture, Media and Sport (DCMS) through government's Tampon Tax fund.

The programme is delivered by our inspiring Athlete Mentors and is helping to improve life chances, build aspiration and break the often-generational cycles of low expectation. It is helping vulnerable girls and young women improve their body confidence and self-esteem, develop emotional resilience and feel a greater sense of empowerment about their relationships and sexual health.

2018/19 was the second year of the three-year project and saw us work in four schools with 72 girls and young women.

76%

of girls said that being part of Empowering Girls had **increased** their **confidence** and **teamwork**.

74%

of girls reported that after taking part in Empowering Girls, they **feel happier**.

72%

said that being part of Empowering Girls had **increased the amount of physical activity that they do**.

Improving school readiness in the early years

We are bringing parents and early years teachers together to help them use play to develop pre-school children's communication skills and school-readiness.

West Somerset is the country's lowest ranking district for social mobility. As a result, the West Somerset Opportunity Area received funding through the Department for Education, with Somerset County Council commissioning us to deliver our Healthy Movers programme alongside Futures for Somerset.

Through our training, the programme is helping children develop a good level of physical literacy and giving them the foundations and confidence they need for lifelong participation in physical activity. Structured play is helping to get children ready to learn when they start school by improving their ability to concentrate, move a pen across a page, communicate and have better wellbeing and confidence.

Reach

We worked with 15 early years settings across the district in 2018/19, engaging 431 children, 46 practitioners and 135 parents who attended sessions.

Impact

70% of children **improved** their **physical literacy**.

64% of children demonstrated **improvements in understanding**.

57% demonstrated **improvements in listening and attention**.

55% demonstrated **improvements in speaking**, along with **managing relationships**.

100% of practitioners said it had **improved their own confidence in delivering physical development** and physical activity to early years children.

CASE STUDY Healthy Movers

Clare*, a mum of two in West Somerset, has been attending Healthy Movers stay and play sessions. Her four-year-old daughter Chloe* was born prematurely and struggled with her physical development. Clare previously had low self-esteem and tended to keep herself to herself. By attending the sessions, she has gained new ideas for activities to do with her children at home. The support offered through YST has meant that Chloe doesn't need dedicated one-to-one support at pre-school to help develop her physical skills and confidence as the activities are suitable for children of all abilities.

Vikki, the manager at Little Berries Pre-School where Chloe goes to nursery, said Chloe now enjoys physical activity more and is actively taking part with all the other children.



We're in a society where parents feel the pressure that they are doing their children a disservice if they haven't made time to play with them. Giving them information and the chance to come and do fun things with their children through this initiative will help them so by the time their children come to school and need help with their homework, parents will be able to engage better."

Vikki – Manager, Little Berries Pre-school

*name of case study changed.

Unlocking potential

Unlocking potential for girls with autism

Girls and young people with disabilities are among those most likely to miss out on the life-enhancing benefits of sport and play.

Through our **Find Your Tribe** innovation project we helped to address this issue for girls diagnosed with autism who weren't participating in extracurricular sport and PE and were struggling with curriculum PE. Working with nine of our Lead Inclusion Schools the project gave 11-to-16-year-old girls a voice and brought them together to 'find their tribe' in a safe and empowering environment.

By consulting with the girls and making them feel valued the project helps to:

Increase confidence: Girls, who at the outset would not have been able to perform in front of an audience, put on a dance performance in front of parents and peers by the project's end. Focus groups supported improved self-confidence amongst participants and their responses revealed inherent value and impact on their confidence speaking to staff and engaging with others. The experience of spending time with girls from other schools boosted a sense of self-worth and confidence in their social skills.

Boost communication: The project led to a greater interest among some young participants in sharing their opinions, and a sense of worth born from the empowering experience of being listened to. Among students able to do so, the project increased their propensity to voice

their opinion. The process supported the ability of some students with more severe autism to reflect on and communicate their emotions through Chateez emoji cards.

Create connections: School staff in two regions, each working towards a dance event, both noted increased propensity amongst participating girls to identify with one another outside lesson time and in the playground and to be aware of their peers' needs. In both instances, group discussion revealed improved relationships, improved empathy and an ability to build on one another's comments. Girls with more severe autism demonstrated greater awareness of their female peers and greater ability to interact with them.

“It makes me feel like I matter.”
Young participant

Getting students 'Fit 4 Work'

Working with Pret a Manger, we've been equipping young people with the skills they need for work. Athlete mentors ran workshops in four London schools to inspire students to raise their aspirations for the future and learn vital skills. Young people particularly noted that the programme had a positive impact on their teamwork skills and resilience, with 84% saying these had improved.

Focusing on boys' mental health

In the 2017/18 academic year, there were 7,905 permanent exclusions across England, of which 77% of exclusions were boys.⁶ Whilst anxiety and emotional disorders are higher in girls, boys have a much higher prevalence of behavioural and hyperactivity disorders.⁷ It is therefore important to better understand the precursors to such alarming statistics and make interventions and programmes for boys' mental health a high priority. In 2018/19 we started work with schools on co-creating a programme to focus on supporting boys to tackle these challenges, with a national pilot due to launch in 2020.

Transitioning from primary to secondary school

Through our TOP Transition course we're bringing together secondary school PE departments and PE leads in their feeder primary schools to help them collaborate and plan for a seamless approach to recognising pupils' progress from upper key stage 2 to key stage 3.

It's helping teachers recognise the social and emotional needs of young people moving from primary to secondary education.



Increasing young people's resilience

Changing Lives is a three-year project funded by John Lyon's Charity, which aims to increase young people's resilience through four of our Athlete Mentor workshops delivered in a school.

One school being supported is Hurlingham Academy in Parsons Green, London. They were visited by athlete mentor Mike Mullen – the 2017 UK BMX Pro Halfpipe champion – who delivered workshops to 23 young people who lacked confidence, had poor emotional wellbeing and low resilience.

Evaluation found that the key benefits the young people reported from the sessions were:

- Increased resilience
- Improved social mixing
- Opportunity to try new sports
- Improved sleep.

“I've learnt to never give up on anything you want to achieve.”
Young participant

Support for young people experiencing mental health difficulties

One in 10 children have a diagnosable mental health disorder – that's roughly three children in every classroom.

Our **Active in Mind** programme offers peer mentoring support to young people experiencing mental wellbeing issues and creates innovative sport and physical activity opportunities for a targeted group of young people – increasing levels of activity in a safe and supported environment.

The Active in Mind national pilot was funded by the National Lottery through Sport England. It was piloted by 25 schools who each helped roll the programme out to partner schools in January 2019.

The programme is targeted at young people who are experiencing low-level mental health issues and are part of a wellbeing support programme within the school.

Student teams of Young Mental Health Champions receive advanced training in developing strategies to improve mental wellbeing and reduce stress and anxiety in their peers, while each school also has a member of staff designated as a Wellbeing Champion.

In 2018/19 the programme ran in 69 schools, reaching 2,534 young people.

Evaluation of the programme carried out by Leeds Beckett University found that

Young Mental Health Champions developed significant skills in leadership, planning and organisation. The mentees they supported enjoyed building social relationships with their peer mentors, were more confident in trying new activities and were more physically active at the end of the intervention.

95%

of the young people involved said that they were more aware of the value of physical activity in promoting and maintaining good mental health.

73%

of mentees were more confident in trying new things.

67%

of mentees said that they were more confident in building social relationships.

All schools who ran the programme in 2018/19 were planning to repeat it in 2019/20.

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I never used to be that confident. I was never that strong to talk to other people, but now it's like a therapy to me, it's like I feel more confident and I feel more open."
Young mentee



Empowering activism

We are empowering young people through sport to become local activists, tackling the issues of their generation. Harnessing the life-changing power of sport and play, we are equipping them with the skills, confidence and opportunities to lead change in their communities.

The big challenges

Young people in the UK have among the lowest rank of any country when it comes to life satisfaction or feeling they have meaning in their lives.

53%

of students reported that they were **satisfied with their lives**, compared with 67% on average across other OECD countries.⁸

36%

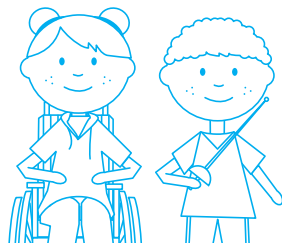
of young people aged 16 - 25 say they **do not feel in control of their lives**, up from 28% in 2017.⁹

71%

of young people report feeling that **their opinion is not heard** or does not help to make a change.¹⁰

How we tackled them in 2018/19

78% improved their self-belief



Across our work, 78% of young people said that a YST programme had a positive impact on their self-belief

Young people boosting community cohesion

Breaking Boundaries is a three-year programme funded by Spirit of 2012 to boost community cohesion through cricket. Working alongside Sporting Equals we are bringing together communities of different faiths and ethnic backgrounds in areas of Manchester, Birmingham, Bradford, Slough and Barking & Dagenham in London.

The project is fostering mutual respect and friendship among young people, their families and communities through playing, spectating and volunteering in cricket.

In 2018/19:

143 young people aged 14 to 25 were recruited and trained as Community Champions. They **volunteered 869 hours** to support the programme.

2,961 individuals took part in **40 community events**.

Evaluation suggests young Community Champions have increased their volunteering in events outside of Breaking Boundaries, and community participation is increasing.

"This was a wonderful opportunity for people from different faiths and backgrounds to get together in a spirit of friendly sporting rivalry and to forge new friendships on and off the pitch. All those who took part soon realised how much they had in common and how united they were in their enjoyment of the game of cricket."

Councillor Abdul Jabar, Bradford Council



CASE STUDY

The Al Madina Mosque in Barking and Dagenham is a large mosque with a faith school and community centre.

Through Breaking Boundaries, it worked directly with the local authority for the first time. Two young people from the mosque were trained as Community Champions and started to run twice-weekly mixed cricket sessions for girls and residents from different communities.

The success of the session has led to Al Madina extending its offer of sporting activities for girls and working with the local authority to attract more non-Muslim residents to use its sports facilities.

Breaking Boundaries has developed the Champions' skills to enable them to reach new participants and to bring different groups together. The Champions have also boosted their own confidence and social skills, becoming much more skilled in delivering physical activity sessions for young people.



Developing exceptional leaders of the future

We created the **Young Ambassadors** programme to build the leadership skills of young people to encourage their peers to become more engaged in sport.

We continue to support its delivery in Scotland and Wales, with funding from sportscotland and Sport Wales.

In Wales we celebrated 10 years of Young Ambassadors in 2019. In that time over 20,000 Young Ambassadors have been empowered to become role models encouraging others to share their love of sport in school and the community.

In 2018/19 there were over 2,800 active Young Ambassadors in schools, colleges and Universities across Wales. Evaluation of the programme's delivery found it was helping young people to become confident role models, increasing levels of volunteering and preparing them for life after school.

RHYS JONES

Among the former Young Ambassadors who credit the programme for giving them the tools to succeed is Rhys Jones, from the Rhondda. His ambassador journey began as a painfully shy child whose best friend was his Playstation.



I wouldn't look anyone in the eye, and hated speaking in front of a crowd of people. Being put forward as a Young Ambassador literally changed my life. I owe the scheme so much. It gave me the courage and confidence to show what I could do. Sport has given me a life, and the Young Ambassadors programme gave me the confidence I needed. If it can do it for me then it can do it for others too."

KEIRA DAVIES

Keira Davies, 22, from Skewen, said:



I always liked playing sport at school but was happy to coast along, and didn't really challenge myself. I was so shy and quiet, and never wanted to be the centre of attention."

Since becoming a Young Ambassador at Neath Port Talbot College, Keira has flourished. Her confidence has soared, she loves coaching netball and other sports, and is now Vice President of the Student's Union at Cardiff Met.

Keira added: **"I'm so grateful that someone saw a spark in me. Becoming a Young Ambassador has opened up so many opportunities that I have been keen to grab. My grandparents say I am a completely different person now."**

IAN RAE

Ian Rae became a Young Ambassador at secondary school and is now giving back to the scheme as a mentor.

Ian, a PE teacher at Stonelaw High School in Rutherglen, said:



Young Ambassadors inspired me to look into PE teaching as a possible career and spurred me on to start coaching outside of school - all of which gave me increased confidence."

"Seeing the opportunity it gave me and the impact my mentor had on my life, made me want to have that positive influence on others. All of my passion for coaching and teaching started there and it's come full circle as I see the next generation of Young Ambassadors flourish."

Empowering activism



An intergenerational approach to tackling isolation

Active Across Ages is a YST innovation pilot funded by YST International and the Sir John Beckwith Charitable Trust delivered in five locations in England. We're tackling isolation by bringing together the two loneliest generations - young and older people - to play sport and get active.

Ten primary, secondary, and special schools are working in partnership with 10 older people's settings including care homes, community groups and day centres. Pupils in each school are being trained as Activity Buddies who volunteer their time to run a programme of activity with their older people's partner.

In Derbyshire, school children have learnt about playground games of the

past, changed attitudes and developed positive relationships with one another.

In Dorset, a GP surgery is now prescribing walks with young people to older adults at risk of loneliness, following the success of the project.

In 2018/19:

127 young people have been trained as Activity Buddies.

776 hours of social action have been undertaken.

69% of Activity Buddies said it had helped them feel happier.

85% of Activity Buddies said they felt they were doing something valued by others.



I am lonely outside school and I only do stuff with my family. This was the best day I have had at school and I am going to be a leader when I leave school."



I never thought the older people could teach me so much."



It's all humbling and warms you in a way. You're now the role model, getting looked up to - it changes you to be like that, you act responsibly and give it more."

Quotes from Activity Buddies



Promoting social benefits of sport

The Local People 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. We deliver the project in five areas on behalf of the People's Health Trust.

One of the five areas is east Hull, where the project is working in two neighbourhoods - Southcoates East and Marfleet, where rates of male suicide are high. Over the past year the project has focused on men's mental health, connecting with community groups including local rugby teams to raise awareness of male suicide and the support available to local men.

Young people played a central role, with children of the project's steering group invited to join and develop their own ideas. The project has involved the delivery of events like Friday Family Fun days which have brought together the community and given young people an opportunity to take action on issues that matter to them.



Tackling segregation in inner-city schools

Capitalising on the excitement around the 2022 Commonwealth Games being held in Birmingham, we are working to empower young people to build connections among peers from diverse and segregated communities in the city.

Birmingham Connect is encouraging social integration by partnering pupils aged 11 to 13 with students in other schools across the city to help them connect through sport. 100 young people have been supported to lead the project across 20 schools identified as highly segregated, either through ethnicity, deprivation or disability.

It was launched in partnership with Team England with the support of National Lottery funding through Sport England, the Ministry of Housing,

Communities and Local Government and delivered with support from Inspire Activity Ltd, Culture Central and Birmingham Education Partnership.

“What is different about Birmingham Connect is that we are learning through sport and not coming together to compete but to socialise and enjoy playing sport together. We didn’t have the opportunity to mix before. It has made me feel like we have developed a friendship instead of wanting to beat one another in a netball game. It has brought us closer together. I have always been really sporty, when I’m active and doing sport that is my comfort zone but being part of Birmingham Connect has made me more confident and helped me to develop my confidence to try new sports like boxing, yoga and gymnastics outside of what I would usually do.”
Ashaunti Mufchett, year 9 student at Holyhead School, Birmingham



Mentally healthy schools in Greater Manchester

Through the **Mentally Healthy Schools** programme we are helping to transform Manchester schools’ approach to mental health. The project was commissioned by the Greater Manchester Health & Social Care Partnership and we are delivering in collaboration with Alliance for Learning, 42nd Street and Place2Be. Our 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.

After being piloted the previous year, the programme expanded to 64 Schools in 2018/19.

320 students were trained as Young Mental Health Champions, taking a lead on improving the mental health of their peers in school.

900 Year 5 Primary children and 510 Year 10 secondary pupils were engaged in the programme.

10 schools developed a physical and emotional curriculum for PE.

Youth Sport Trust International

The focus of our sister charity, Youth Sport Trust International, is on delivering sport for development interventions overseas which help to achieve the United Nations' Global Goals for Sustainable Development. In 2018/19, either by training in country or collaborating with partner organisations, our international arm worked with 25 different countries on a range of physical activity and sport-based projects to promote health and wellbeing, improve education and reduce inequality.

Partnership working is critical to the sustainability of our work and our valued partners over the past year have been a mix of government, voluntary sector and corporate - the key stakeholders being British Council, Nike and the Rangoonwala Foundation.

British Council

Since 2017 Youth Sport Trust International has been contracted to deliver the sport strand of the British Council's Next Generation Gulf programme. Teachers and young people have been trained in youth sport leadership in six Gulf countries - Bahrain, Kingdom of Saudi Arabia, Kuwait, Oman, Qatar and United Arab Emirates. The Youth Sport Award has also been introduced to inspire young people to take part in more physical activity and to become volunteers in sport. In February 2019, we hosted a week-long incoming Study Visit from the Kingdom of Saudi Arabia, arranging school visits for 20 teachers and officials, both male and female, so that they could observe quality practice in the UK.

Building on a previous training programme to upskill teachers in Iraq, in 2019 two international consultants travelled to the Lebanon to deliver inclusive training to practitioners from Iraq to develop further their skills. Supporting equipment packages for schools were sent direct to Iraq but it was considered too dangerous to deliver the training there.

Youth Sport Trust International were also contracted in 2019 to undertake a scoping visit to Tunisia to assess the potential to develop and introduce a sport-based programme to engage young people there not in education, employment and training (NEETs). We also continued our annual pedagogical training for Physical Education teachers in Suzhou, Jiangsu Province, China.



European Union

Knowledge exchange and sharing experience with European partners in 10 countries has continued to be a key feature of our work in 2018/2019. We have collaborated on a range of European Commission Erasmus+ sport strand funded projects:

European School Sport Day (ESSD) – promoting physical activity in schools on an international scale

Physical Literacy (PhyLit) – promoting the importance of physical literacy for life-long learning

European Physical Activity Label for Schools (EUPALS) – developing a pan European award for schools to recognise good practice.

Nike

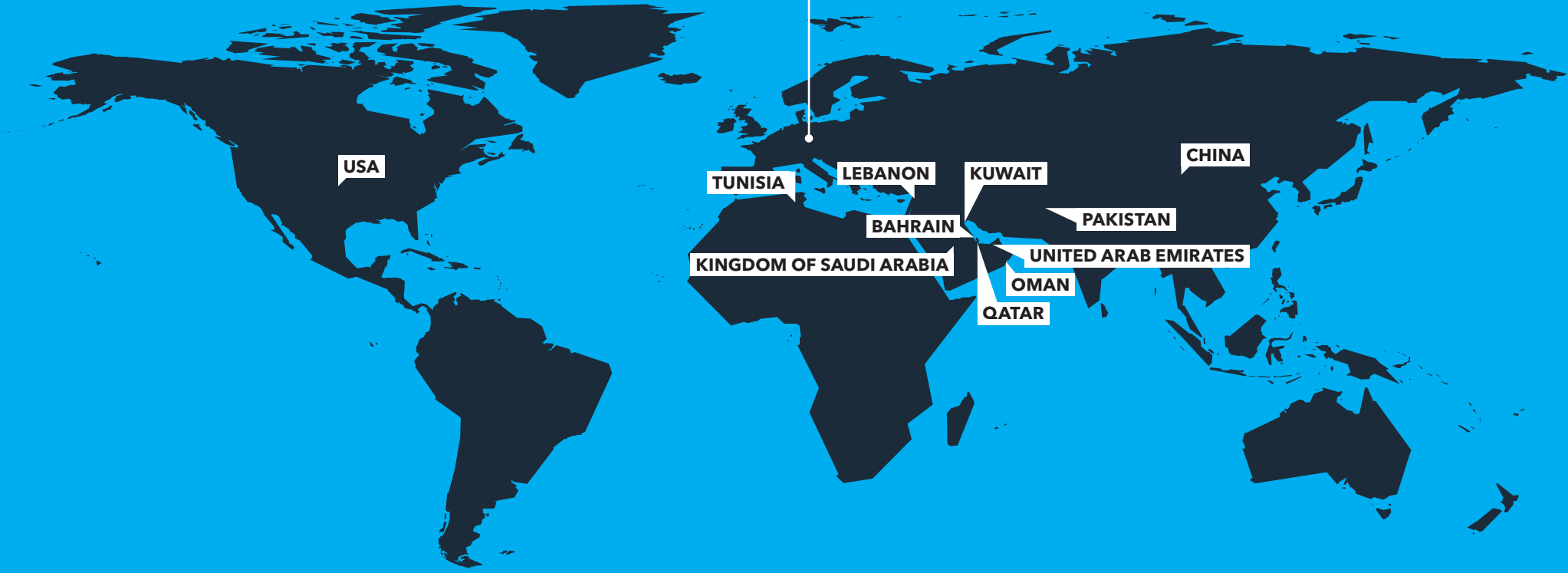
We are working as a training partner for Nike to support their Community Ambassador Programme by helping to train their staff to become volunteer coaches in their local communities. Sessions were delivered in France, Germany, Italy, the Netherlands and the UK. An additional piece of work was undertaken in Berlin to train young coaches to work with refugees and upskill teachers.

Rangoonwala Foundation

In January 2019 international trainers delivered youth sport leadership and TOP programme training to teachers in Karachi, Pakistan.

We are grateful to all these funding partners for their continuing support.

EUROPE – BULGARIA, DENMARK, ESTONIA, FRANCE, GERMANY, HUNGARY, ITALY, LITHUANIA, LUXEMBOURG, NETHERLANDS, POLAND, PORTUGAL, SLOVENIA, SWITZERLAND



Thank you to our fundraisers

The support of schools, communities, families and individuals to fundraise for our charity is vital. Known as Tribe YST, our fundraisers have done some amazing things over the past year in acting out our values and raising crucial funds. They've run marathons, navigated obstacle courses, races and sport days and got out their baking tools in support of us. We are incredibly grateful to everyone who chooses to fundraise to support our mission.

Virgin Money London Marathon 2019

In April, #TribeYST took on the Virgin Money London Marathon 2019 and our amazing nine runners raised £23,646 for us.

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When I came across the Youth Sport Trust, I thought that would have been exactly what I would have needed in school to give me an extra push to get involved in sport in some capacity – even if I didn't feel like I was the strongest, fastest or otherwise. Looking back on it now – I regret not picking it up earlier and I think had I come across this charity before it could have completely changed my outlook on sport so much earlier!"

Claire Nicholson, who ran the London Marathon for YST in 2019

Our staff took on The Wall

In June, 12 members of YST staff took on 'The Wall' challenge, a 69-mile Ultramarathon from Carlisle to Gateshead. The team raised over £4,000 for the charity.

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One of the key features of being part of the YST family is our dedication to the mission of the charity. It's great to be part of a team who are prepared to take on such a significant challenge to raise funds in support of the young people who benefit from our work in schools and the community."

Will Roberts – YST Chief Operating Officer and 'The Wall' Runner



Get involved

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



USA2020 Challenge – fighting for all young people’s wellbeing

Our big campaign in our 25th anniversary year will see endurance runner and founder of The 401 Foundation Ben Smith run a marathon in each of the 50 states in the USA and then cycle between them. Ben is aiming to complete the 14,001 mile adventure in just 104 days - starting at the beginning of July and returning home in October. During this epic challenge, with the help of schools, organisations and individuals all around the UK and further afield, Ben is aiming to raise £1million for two charities: The 401 Foundation and Youth Sport Trust, supporting our work which uses physical activity to improve young people’s mental health and wellbeing.

If you want to join the fight for all young people’s wellbeing then head to www.youthsporttrust.org/usa2020

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 2018/19 academic year.

Commissioned Work

- Active Cumbria
- Active Lancashire
- Active Partners Trust
- Activity Alliance
- Armagh City Banbridge & Craigavon Borough Council
- Birmingham Education Partnership
- Boccia England
- Brent Cross South Limited Partnership
- British Cycling
- 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+
- Lancashire Resilience Board
- Leap – Bucks and MK Sport and Activity Partnership
- Liverpool City Council and Liverpool Clinical Commissioning Group
- Ministry for Housing, Communities and Local Government
- Special Olympics GB
- Sport Wales
- Sport Northern Ireland
- sportscotland
- The LTA
- The FA

Strategic Partnerships

- 42nd Street
- Achievement 4 All
- Active Partnerships
- 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
- Commonwealth Games England
- English Institute of Sport
- The Girls Schools Association
- Health Education England
- Independent Association of Preparatory Schools
- Jubilee Centre
- Loughborough University
- Nasen (National Association for Special Educational Needs)
- National Association of Headteachers
- National Governors Association
- National Governing Bodies of Sport
- NSPCC Child Protection in Sport Unit
- Place2Be
- 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

- Decathlon
- Complete PE
- Enrich Education
- ESPO
- Go Faster Food
- Halsbury Travel
- Hasbro
- Lidl
- Nike
- Kappa
- PGL
- Pret a Manger
- Study Experiences
- Teach Active
- 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
- John Lyon's Charity
- One4All Foundation
- People's Health Trust
- Rangoonwala Foundation

Lottery Awards

- National Lottery through Sport England
- Spirit of 2012



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.

Funding our mission

We raise funds from a number of sources in order to deliver our mission: we bid to other charities, trusts and grant giving bodies, we apply to lottery distributors, we tender for government contracts and we work in partnership with businesses through sponsorships and corporate social responsibility projects.

We are also lucky enough to benefit from a number of passionate fundraisers who every year take part in numerous challenges to raise funds to support our work.

Like many charities we also have a wholly owned trading subsidiary, Youth Sport Trust Enterprises (formerly known as Youth Sport Direct). Its purpose is to generate unrestricted income for the charity through commercial activity. At the end of each financial year 100% of the surplus generated by the trading company is gift aided to the charity to support its activities in the following year.

Our income in 2018/19

In total, the Youth Sport Trust secured funding of **£10,911,000** to improve young people's lives through sport and play in the 2018/19 financial year. This was made up of:

Trusts and Foundations	£792,000
Fundraising and Donations	£70,000
Corporate partnerships and sponsorship	£180,000
Membership income	£756,000
Commissioned development work including from the FA and other National Governing Bodies	£1,547,000
Commissioned research	£50,000
Central government contracts	£396,000
National Lottery funding through Sport England, including delivery of the School Games	£6,076,000
Local government contracts	£430,000
Home nations sports councils	£403,000
Commercial events and activities	£150,000
Miscellaneous including bank interest	£61,000

In addition to this, our not-for-profit trading subsidiary Youth Sport Trust Enterprises donated its surplus from commercial trading activity which amounted to **£69,491**.

The YST 2018/2019 index

Our key networks

YST Ambassador Schools

A movement of schools supporting us to advocate the power of PE, school sport and physical activity to impact on wider school achievement.

YST 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.

YST Connect

Brings together individuals who have been impacted by our programmes or camps and who still support our work to use the power of PE and sport to positively change young people's lives.

YST Lead Schools Network

A national movement of schools that drive individual and whole school improvement through three different specialist areas: Inclusion, LCV (Leadership, Coaching and Volunteering) and Health and 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 3,748.75 days of support, training and events in 2018/19.

YST Membership

YST membership offers schools and individuals 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 Across Ages

An action-based research project which uses physical activity as the catalyst to bring generations together. With funding from YST International and Sir John Beckwith Charitable Trust, Active Across Ages is supporting 10 primary, secondary and special schools working in partnership with 10 older people's settings including care homes, community groups and day centres.

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 PE, sport and physical activity provision. There are specific versions of the programme for girls in primary and secondary schools and a Girls Active Coaches Camp held at Loughborough University. The programme is supported by Women in Sport with funding from Sport England, Sport NI and a range of local partners.

Girls Lead the Field

Developing girls' key life skills and growing great leaders through sport. It 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.

Healthy Lifestyle Champions

A national initiative that upskills young people as peer mentors to improve the physical, social and emotional wellbeing of their peers. The programme built on learning from 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.

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 primary and secondary PE teachers to confidently teach life skills through core curriculum PE.

YST National School Sport Week

Our annual National School Sport Week sees thousands of schools take part in encouraging young people to be more active and celebrate PE. In 2019 partners supporting National School Sport Week included Ben Smith and the 401 Foundation, David Lloyd, DC, Decathlon and Everything Branded. The week is run in association with European School Sport Day.

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

In 2019 we provided a unique education programme for young athletes and parents across 11 sports. The outreach programme saw a training camp and in-competition support delivered to hundreds of beneficiaries and our complementary online talent portal supporting 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.

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 LTA.

Birmingham Connect

In partnership with Team England, this project is encouraging social integration among young people across Birmingham. Building on the excitement of the city hosting the 2022 Commonwealth Games, it is bringing together 20 city schools. Birmingham Connect has received National Lottery funding through Sport England and support from the Ministry of Housing, Communities and Local Government as part of the Integrated Communities Innovation Fund (ICIF). It is being delivered with support from Inspire Activity Ltd, Culture Central and Birmingham Education Partnership.

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.

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 to 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 fund 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.

Inclusion 2020

Inclusion 2020 is the umbrella term for the Youth Sport Trust delivery of an initiative that sits within the Department for Education SEND Inclusion in PE, School Sport and Physical Activity grant. Working with our Lead Inclusion Schools, we are leading a consortium of organisations to increase opportunities for young people with special educational needs and disabilities (SEND) to enjoy Physical Education, school sport and physical activity.

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.

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 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 H.S.B.C 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. It includes the School Games Mark, a government-led awards scheme funded by Sport England 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. We bring School Games Organisers together through regional conferences and a national summit.

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 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.

Secondary Teacher Training Programme

This Sport England programme is designed to provide teachers with access to professional development, as well as put pupil's enjoyment and whole-school outcomes at the heart of PE and school sport. We are working alongside the Association for Physical Education over three academic terms to provide support to schools planning a project based on the needs of their staff and students.

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.

Targeted Populations Leadership Interventions: Step Into Sport Inclusive Leadership

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, specifically focussing on young people with SEND. Funded by Sport England.

The FA Girls Football in Schools

We are the partner for the FA in the education sector, in support of their aspiration to double the number of women and girls taking part in football. Our role includes structure building through 100 FA Girls Football School Partnerships, building leadership capacity in the leads of these partnerships (to strengthen relationships with schools) whilst delivering a range of successful interventions. Though the FA Girls Football Partnerships in the 2018/19 academic year we implemented the Youth Sport Award, Athlete Appearance Programme, Game of Our Own, and Active Play through Storytelling.

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.

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, promoting 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. In Wales the partnership has been extended with Citizen Wales to develop a new activism training opportunity. Funded by sportscotland and Sport Wales.

Young Coach Academies (delivered by YST Lead LCV Schools)

Academies creating a clearer pathway between the development of girls as young coaches in schools to the community setting. Funded by Sport England.

We collaborated on

Boccia England – Boccia Skill Awards

Brent Cross South – Summer Series.

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 Spirit 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.

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. We delivered a TeamUp teacher conference for secondary school practitioners in London.

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