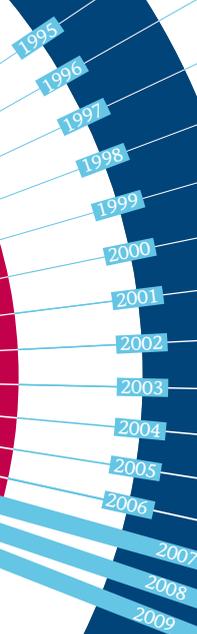


Positioning sport at the heart of school life

Building a brighter future for young people through PE and sport

2010



Youth Sport Trust

Welcome



**Baroness
Sue Campbell CBE**
Chair, Youth Sport Trust



“Fifteen years ago, with support from Sir John Beckwith CBE and Duncan Goodhew MBE, the Youth Sport Trust was established as an independent charity with a mission to build a brighter future for young people through Physical Education (PE) and sport. Working with partners across the public, commercial and charitable sectors, we set out to create a world-leading PE and sport system that reached all young people.

With support from BT, our work started with the creation of the TOP programmes — providing training, resources and equipment for primary school teachers. We welcomed the introduction of specialist schools and were delighted to be asked by Government to support the first eleven Sports Colleges, who acted as pioneers in using PE and sport to raise achievement and aspiration. The Youth Sport Trust conceptualised School Sport Partnerships which created families of schools with Sports Colleges acting as the hub. By securing investment from Government, School Sport Partnerships are now able to work with every school to drive transformation.

A decade and a half later, there has undoubtedly been a significant transformation — more young people are participating, leading and performing in school sport than at any point in our history.

Investment from central Government and lottery sources will exceed £2.4 billion between 2003–2011 and there has been significant additional resource from local councils and across the private sector.

While it is important to recognise and celebrate progress, we need to make further advances, and at a faster pace, if we are to reach every young person and ensure they experience the very best that PE and school sport has to offer.

This document sets out the next stage of our mission to create a world-leading PE and school sport system for all young people.

The Youth Sport Trust’s vision for the future is based on six key building blocks:

- **improving the PE experience for every young person**
- **using PE and sport to inspire learning and achievement**
- **enabling every young person to enjoy competition and providing support to the most talented**
- **developing a new generation of coaches working in schools**
- **connecting school and club sport**
- **supporting the development of young leaders and volunteers.**

The spotlight now shining on school sport is arguably a result of the enormous progress that has been achieved in recent years and a growing belief that PE and sport can make a major contribution to many agendas — educational achievement, public health, community cohesion and, of course, sporting performance at the highest level.

We have a solid base from which to build. There continues to be an important role for the 501 secondary schools and Academies to use their specialism in sport in developing innovative and pioneering ways to increase young people’s aspiration and achievement. Through School Sport Partnerships we are extending this principle and reaching out to every school in our drive to create a world-leading PE and school sport system for all young people.

Sport has an ability to unite, inspire, motivate, and challenge each of us. The Youth Sport Trust is committed to working with partners across the education and sporting landscapes, as well as with local and central Government and commercial organisations, to enable young people to achieve their full potential.”

Contents

- 02 Welcome
- 04 **Improving the PE experience for every young person**
- 08 **Using PE and sport to inspire learning and achievement**
- 10 **Enabling every young person to enjoy competition and providing support to the most talented**
- 14 **Developing a new generation of coaches working in schools**
- 16 **Connecting school and club sport**
- 20 **Supporting the development of young leaders and volunteers**
- 22 The last word...

Improving the PE experience for every young person



“School sport is at the heart of the 2012 legacy and what really excites me is the thought of millions of children up and down the country being inspired to play, coach, compete or volunteer in sport because of the London Games. While significant progress has already been made, there is still much to do to engage every young person. As an Olympic gold medallist and now mum of three, I want school sport to be appealing to all children, not just the talented few. By achieving this, we will have delivered a true Olympic legacy.”

Denise Lewis OBE | School Sport Ambassador

Where are we now?

An initial focus of the Youth Sport Trust was to improve the quality of PE in primary schools, where the confidence and ability amongst many teachers was limited. There was an urgent need to ensure that teachers had the skills, resources and equipment to enable them to deliver a high-quality experience that engaged all young people and supported their physical development.

At the same time as improving the quality of PE and school sport, the Youth Sport Trust was focused on increasing levels of participation. In 2002, Ofsted confirmed just 25 per cent of young people participated in two hours of PE and sport each week, but within six years, this figure has grown to over 90 per cent. An Ofsted report published in 2009 examined the quality of PE in schools and concluded that there was

an improving trend in standards, achievement and overall provision. Sports Colleges, in particular, were praised by Ofsted for leading the way in providing opportunities for young people to evaluate and give feedback on the quality of their PE.

For many schools, PE is now positioned at the heart of school life and is recognised as an important element in supporting young people to lead a healthy and active lifestyle. The Youth Sport Trust has focused on helping schools to reach out to every young person by redesigning PE and school sport to engage those not currently engaged. Equally, we have focused on driving improvements in providing a meaningful PE experience for young people with disabilities — and this will require a sustained focus as we move forward.

The Youth Sport Trust's vision for the future

Our vision is to position PE and sport at the heart of school life. There needs to be a particular focus on the quality and quantity of PE and sport within primary schools. This is essential if we are to support all young people to lead a healthy and active lifestyle.

Actions required

- We need a greater investment in initial teacher training to enable primary school teachers to teach high-quality PE.
- We need to ensure PE remains a central part of curriculum.
- We need a greater commitment and focus on PE for 14–19 year olds to support young people to progress from PE in schools to sport in the community.
- We need to ensure the professional development of PE teachers continues to be innovative if we are to attract and deploy staff with the right skills and abilities to engage all young people.



“Research has shown time after time that sport can be incredibly powerful in transforming the lives of young people. Not only does it help keep them fit and healthy, but it builds confidence and crucial life skills. That’s why we’ve been working with the Youth Sport Trust for the past seven years on Sky Sports Living for Sport. So far, the initiative has helped over 20,000 young people to overcome personal challenges and reach their full potential. It has proven to me how much positive change can be achieved through sport.”

Jeremy Darroch | **Chief Executive, Sky**

“The Youth Sport Trust is doing a great job in promoting sport for all. Children should be able to take up a sport either at their own level, or competitively. NAHT wholeheartedly endorses their work and looks forward to closer collaboration in the run-up to the 2012 Olympic and Paralympic Games.”

Mick Brookes | **General Secretary, National Association of Head Teachers**

Using PE and sport to inspire learning and achievement



“King Alfred’s has been transformed since becoming a Sports College in 1999. The specialism has led the way in transforming and personalising our curriculum for all students. Our results are now in the top three of state schools in Oxfordshire. We offer extensive leadership opportunities and a greatly extended curriculum, including many international links with schools in the developing world. In turn, when they become parents, our students will want to encourage their children to participate and lead a healthy lifestyle. This is a long-term project!”

Nicholas Young | **Principal, King Alfred’s Sports College, Oxfordshire**

Where are we now?

At the core of the Youth Sport Trust’s work is supporting the 501 Sports Colleges and Academies to use their specialism to inspire learning and achievement across the whole school. Sports Colleges have improved the attainment in 5+ A*–C, including English and maths, in each of the last four years, and at a faster rate than the national average.

The sport specialism has demonstrated that it can have a profound impact on school standards and young people’s achievement. Using a specialism in sport can be applied to all schools including primary, special, and those schools in challenging circumstances, as well as selective schools.

By placing Sports Colleges at the centre of the School Sport Partnerships’ infrastructure, many schools are now using PE and sport to raise standards in English, maths and science as well as improve behaviour, attendance and aspirations.

The Youth Sport Trust’s vision for the future

Our vision for the future is one where every school can successfully use PE and sport to maximise the learning experience for young people, enabling them to enjoy learning and achieve their very best.

Actions required

- We need all Sports Colleges to become centres of excellence: offering the very best quality PE, using their specialism to drive achievement across the school and fully committed to working with partner schools to achieve similar improvements.
- We need to enable primary schools to adopt a specialism in sport to drive improvements in PE and use sport to raise achievement.
- We need School Sport Partnerships to lead the way in supporting all schools to use positive mentors, such as sporting role models, coaches and others to inspire learning and achievement.

Enabling every young person to enjoy competition and providing support to the most talented

Where are we now?

Sport by its very nature is competitive and the Youth Sport Trust has worked with governing bodies of sport and schools to widen the opportunity for young people to compete within, and between, schools. However, it continues to be the case that our competitive sport system often provides activities for a small number of talented young people and does not enable many others to experience and enjoy regular competition.

If organised effectively, competition offers young people an opportunity to learn many life skills — dealing with success and failure, working as part of a team, self-reflection and self-discipline. The experience can help young people develop social skills, break down cultural barriers, help young people learn to take risks and provide a forum for self-expression and a sense of achievement.

The Youth Sport Trust conceptualised the School Sport Partnership network and led the recruitment and deployment of 225 local competition

managers, working across all parts of England to reinvigorate competitive school sport and improve the alignment with the governing bodies of sport pathways. Competition managers have a remit to increase the number of young people taking part in competitive sport through the delivery of a National Competition Calendar which has been developed by the Youth Sport Trust working in partnership with national governing bodies of sport. Last year over 2.7 million pupils aged 5–16 regularly participated in competition between schools.

In addition, the Youth Sport Trust has been helping to put intra-school competition back at the heart of schools. Our innovative ‘yoUR Sport’ programme helps schools establish inter-house and inter-form leagues and events under the leadership and management of pupils working as part of School Sport Organising Committees. This model also contributes to the development of school ethos and pastoral systems.

“High quality PE and school sport continues to be the starting point for all aspiring volleyball players to begin their journey from the school setting into the community club environment and beyond to regional, national and international competition. Volleyball England has worked closely with and fully embraced the impressive School Sport Partnership network that enable, inspire and support our future, players, coaches, officials and volunteers.”

Lisa Wainwright | Chief Executive, Volleyball England

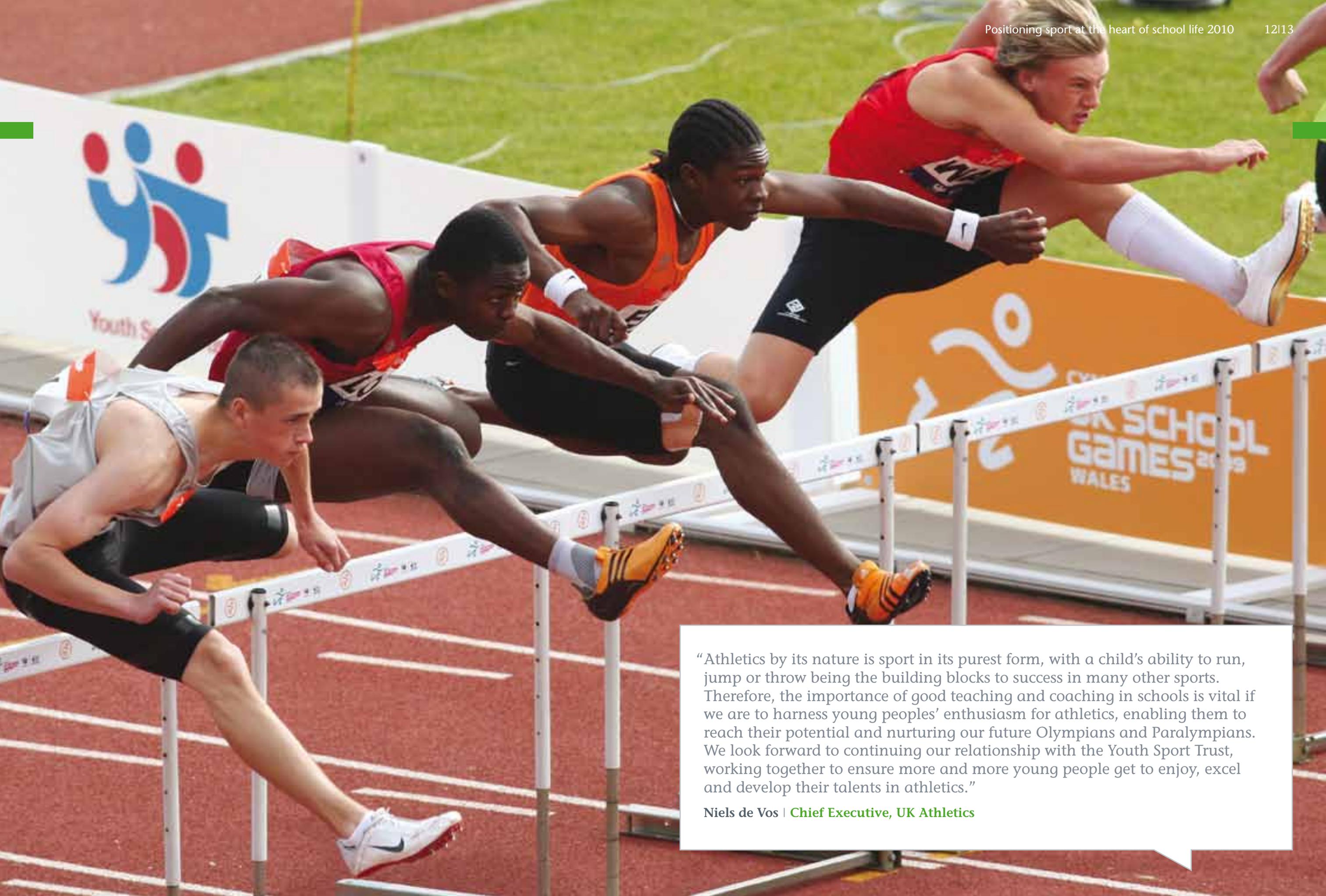
The Youth Sport Trust’s vision for the future

Our vision is one where all young people can learn, enjoy and achieve through competition. While continuing to value successful school teams and ensuring that talented individuals are supported, schools should be encouraged to provide a range of competitive opportunities for young people regardless of their age or ability.



Actions required

- We need schools to think creatively about how they structure, stage and present competitions, so that they do not exclusively serve the most talented young people while leaving others on the sideline.
- We need schools to adopt intramural sport to make competitive sport exciting, fun and inclusive. The Youth Sport Trust has developed ‘yoUR Sport’ to achieve this very aim.
- We need greater opportunities for young people to become coaches, officials and volunteers. This has been a priority area for the Youth Sport Trust and it will require a sustained focus to broaden competitive opportunities.
- We need continued investment in the development of competitive pathways within school sport for young disabled people.



“Athletics by its nature is sport in its purest form, with a child’s ability to run, jump or throw being the building blocks to success in many other sports. Therefore, the importance of good teaching and coaching in schools is vital if we are to harness young peoples’ enthusiasm for athletics, enabling them to reach their potential and nurturing our future Olympians and Paralympians. We look forward to continuing our relationship with the Youth Sport Trust, working together to ensure more and more young people get to enjoy, excel and develop their talents in athletics.”

Niels de Vos | [Chief Executive, UK Athletics](#)

Developing a new generation of coaches working in schools



“We need to create a world-leading school sport system embracing every young person, no matter what their ability may be. As 2012 comes ever-closer, we need to redouble our efforts to transform PE and school sport across the country. The Youth Sport Trust has been driving improvements across school sport over the past 15 years and has a clear vision of the remaining challenges and how to tackle them.”

Sir John Beckwith CBE | President, Youth Sport Trust

Where are we now?

There has been an increase in the quality and quantity of coaches working in school sport but there remains a significant demand for additional coaches — both in a paid capacity and on a voluntary basis. Coaches are vital to introduce young people to sport and to sustain their involvement by making the experience safe, enjoyable and rewarding. Coaches also help to support young people to progress towards competition and clubs.

The Youth Sport Trust has developed and delivered training and support across all School Sport Partnerships in the area of coach management and deployment.

This has equipped schools with the knowledge and understanding needed to source high-quality coaches and deploy them both in sport and more widely across other areas of the school. This enables the skills of a coach or the sport they deliver to act as the vehicle to achieve broader outcomes for the whole school.

Developing a new generation of coaches working in schools is a huge challenge, requiring sustained emphasis and investment.

The Youth Sport Trust’s vision for the future

Our vision is to secure a large increase in the number of young people able to access high-quality coaching. To do this we need to make it easier for schools to recruit, manage and maximise coaches as an embedded part of their workforce to enable coaching to be available in the immediate post-school period.

Actions required

- We need to prioritise the recruitment and training of more coaches in Olympic and Paralympic sports to meet the demand that schools will face from September 2012.
- We need specially trained coaches in primary schools to support the delivery of high-quality PE and to help build confidence and expertise among primary teachers.
- We need to simplify the step from being a young sports leader to becoming a sport coach and there should be a targeted annual campaign to bring more young people into coaching.
- We need schools to incentivise the existing school workforce to become sport coaches.
- We need Sports Colleges to work with neighbouring schools to recruit and manage coaches and ensure they are embedded within the school workforce.

Connecting school and club sport

Where are we now?

Strengthening the links between schools and sports clubs helps to create a culture of participation from a young age. When school club links are organised effectively, it can make a positive connection between what young people learn at school and what they experience in a club environment. Clubs provide a pathway to sustained participation for young people and also give many young people an important sense of belonging.

Many schools now work effectively with sport clubs to ensure that young people benefit from a co-ordinated experience. Schools in England report that they have more than eight links with local clubs, on average.

Some community sports clubs can be inaccessible to young people for a number of reasons — including cost, location and culture — and where good junior clubs exist they are often oversubscribed with capacity limiting their further reach. In order to address this challenge the Youth Sport Trust is working with schools and governing bodies of sport to establish

new clubs on school sites. This is not only addressing the accessibility issues, but it is also helping to ‘open up’ schools to their local community and providing access to potentially under-used facilities.

The Youth Sport Trust started Multi-skills Clubs which provide regular opportunities for primary-age young people to take part in a wide range of activities outside of school hours. Working in partnership with the Premier League and Sport England, the Youth Sport Trust has developed a partnership connecting the 20 football clubs with community sport clubs to attract young people to take up badminton, judo, volleyball and table tennis. This innovative programme helps to build links between school and community sport and in doing so reduce the drop-off when young people leave school.

The Youth Sport Trust has also pioneered the development of a new network of pan-disability multi-sport clubs designed and developed to provide a high-quality first club experience for young disabled people.



Actions required

- We need to develop junior sports clubs on school sites to increase the number of young people progressing from school to club sport.
- We need to use the model of Multi-skills Clubs to develop pan-disability opportunities in all schools.
- We need to create clubs for young people in Olympic and Paralympic sports to respond to the expected demand from young people following the games in London in 2012.
- We need schools and community sport clubs to develop and deploy young leaders and volunteers as part of their workforce plans.

The Youth Sport Trust's vision for the future

Our vision is to secure a significant increase in what sport clubs offer to young people. There will undoubtedly be, particularly in Olympic and Paralympic sports, an increased demand for access to clubs following London 2012. There is an opportunity to think differently about how clubs are structured and how satellite sites, including schools, can be used to host junior clubs enabling progression from school to community sport.



“For many the first step into learning to swim comes through school and learning to swim is a ‘magic moment’. However, this is just the start as swimming opens up an opportunity for young children to develop and move on to competition, or simply to have fun in the pool regularly. I would urge all politicians to support the Youth Sport Trust in ensuring all children get access to quality PE, supported by quality coaches and quality time in every way but particularly in the pool.”

David Sparkes | [Chief Executive, the ASA](#)

Supporting the development of young leaders and volunteers



“Sport brought about a remarkable change in my life and transformed me from someone who had no desire whatsoever to participate to the individual I am today; someone who is far healthier, far more active and, most of all, far happier as a result of having sport as part of life. The diversity of roles that now exist in sport ensures everyone has the opportunity to succeed. Sport breaks boundaries and brings people together in a way that nothing else can. My one hope for the future is that other young people can gain as much enjoyment through sport as I have.”

Ollie Hooper | **Young Ambassador, Brookfield Community School**

Where are we now?

Sport in the UK relies on more than 1.5 million volunteers, officials, coaches, administrators and managers. The Youth Sport Trust developed TOP Link which encourages secondary school students to organise and manage sport festivals and competitions for primary or special school pupils. It was designed to recruit, train, deploy and support young sports leaders. One in five young people are now performing leadership roles such as coaches, officials and event organisers.

The Youth Sport Trust has worked in partnership with a number of cities across England who host major sporting events to recruit volunteers from local schools running sports leadership programmes.

We have developed a network of Young Ambassadors which sees 14–19 year old young people becoming role models who advocate the benefits of sport and health to their peers. These young people are involved in a range of activities, including organising sports festivals, leading school assemblies, coaching, mentoring and inspiring thousands of young people through sport.

Young officials have been deployed in a number of major sporting events over the past year and many governing bodies of sport now have a Young Officials programme.

The Youth Sport Trust’s vision for the future

Our vision is to ensure young people are able to lead and organise sport for their peers. This includes simplifying pathways into coaching, creating opportunities for them to officiate and identifying meaningful opportunity for young people to organise competitions and events.

Actions required

- We need young people to have a say in how PE is delivered and organised.
- We need to develop leadership opportunities for primary age children.
- We need focused attention and energy on improving the diversity of young people actively involved in leadership and volunteering.
- We need to create more opportunities for young people to progress as officials in their sport.

The last word...



Steve Grainger MBE
Chief Executive, Youth Sport Trust

“Over the last 15 years, despite significant change across both the education and sport landscapes, the Youth Sport Trust has remained resolutely focused and committed to its mission of building a brighter future for young people through PE and sport.

Whatever change occurs over the next 15 years — the one certain thing is that there will be a lot of change — we will continue to stick to our mission to develop a world-leading PE and school sport system.

To achieve this and to ensure delivery of the commitments outlined in this publication we remain committed to working in partnership across the public, corporate and voluntary sectors. We will seek to strengthen our relationships with Government (locally and centrally), deepen our partnerships with National Governing Bodies of Sport, extend our range of corporate relationships and sustain our strong partnerships with Sports Colleges and School Sport Partnerships. At the same time we will continue to develop new relationships and build partnerships with organisations that can help us in our continued drive to improve opportunities for young people through PE and sport.

The Youth Sport Trust’s core values of trust, integrity and responsibility, in addition to partnership working, will remain central to how we focus our efforts over the next 15 years to build on the significant success we have enjoyed since 1995.

Our aims are simple — to ensure all young people experience and benefit from high-quality PE, to build on this to create more and better opportunities for them to participate, perform and lead in sport and to position sport at the heart of school life.

We know that when PE and sport is good, the gains for young people and for our society at large are significant — improved health, more confident young people, improved academic achievement and enhanced community cohesion.

This publication outlines the key areas that need our sustained and co-ordinated efforts and investment to make this a reality for the next generation of young people. We look forward to working with you to bring the vision alive.”



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