

## James Hesling – Impact for £25,000 fundraising target.

### Youth Sports Trust - Overview

The Youth Sport Trust has over 21 years' track-record and experience of building a brighter future for young people through sport and has specifically delivering targeted interventions for young people, which has provided a significant and in-depth understanding of the poor physical, mental and wellbeing outcomes that young people from disadvantaged communities experience.

According to the Prince's Trust Youth Index (2017), the overall wellbeing of young people in the UK has dropped to its lowest level since the study was launched in 2009. More than a quarter of young people do not feel in control of their lives, and that a crisis of confidence in their own abilities and future prospects is preventing them from realising their true potential.

### THE IMPACT THAT **£25k** COULD HAVE FOR THE YOUTH SPORT TRUST:

- **£25k** would enable YST to deliver a bespoke *Healthy Movers* programme in 15 early years settings in a geographical region working with 10 children and families per setting. Supporting inactive families to take part in fun, family physical activity together.
- **£25k** would enable 25 schools in areas of social deprivation to access the support of this team of elite Athlete Mentors providing each schools with two visits per athlete.
- With **£25k** we could target support to those schools who most need it; providing training, support and advice for schools and teachers to make schools healthy and active for all pupils. - 500 schools could become level 1 members; 125 schools could receive enhanced support through level two members or 20 schools could become level 3 members receiving a premium package of bespoke support.
- **25k** would enable us to support children across our network project ability schools to increase activities and support through specialised lightweight cost effective 'sport' wheelchairs we have designed to make accessibility possible.
- **£25k** would enable Youth Sport Trust to undertake a comprehensive action based research project to progress work in key areas.

## **CASE STUDY - Supporting information for our Early Years “Healthy Movers” initiative**

### **The Challenge:**

Physical activity is fundamental in the early years of a child’s life. It helps children to: acquire a range of new skills such as language and numeracy; develop their brains; establish the building blocks for an active and healthy life into adolescence and adulthood (*Department of Health 2011*).

However, research shows that some 90% of boys and girls (aged 2-4) do not achieve the current guidelines for daily physical activity (*Health Survey for England 2012*). Moreover, 50% of children living in areas of social disadvantage start school with language that is not adequate for the next stage of learning, thinking, reasoning and communicating effectively (*Locke et. al. 2002*).

In response, YST has developed an innovative early year’s programme – *Healthy Movers* – which seeks to develop a range of thinking, social, health, physical and creative abilities in children through the medium of physical activity. Funding for *Healthy Movers* would target early years settings in areas of social deprivation, narrowing the gap in achievement between low income and high-income families. *Healthy Movers* aims to accomplish this by: helping early years practitioners deliver high quality physical activity which is both educational and inspirational for young children; providing a firm foundation upon which to build fundamental physical skills; supporting wider social, emotional and cognitive development such as cooperation, confidence and vocabulary; instilling lifestyle habits and behaviours to help young people become active and healthy adults.

### **The Impact of £25,000**

£25k would enable YST to deliver a bespoke *healthy Movers* programme in 15 early years settings in a geographical region, impacting on a minimum of 2 members of staff and 8-10 preschool children per setting. YST would seek to focus on those communities with the highest levels of deprivation as shown in the Indices of Multiple Deprivation. Each setting will receive:

- A set of equipment, including 10 carry home bags, which will enable children to share *Healthy Movers* activities and learning at home with their parents, siblings and other family members.
- A set of resources comprising: a *Healthy Movers* Handbook; 16 activity cards; 30 membership reward cards; 1 large wall hanger; 1 music CD to accompany some of the activities.
- A bespoke training course to equip early years practitioners with the competence and confidence to deliver *Healthy Movers* at their early years setting, whilst also showing practitioners how the resources can be used to bring wider educational learning for children through each activity.