



**Impact  
Report  
2022**



## About us

The Youth Sport Trust is a children's charity founded in 1995 to harness the power of play and sport in children's education and development.

### Our vision

A future where every child enjoys the life-changing benefits of play and sport

### Our mission

Equip educators and empower young people to build bright futures

### Together

We create opportunities for everyone to belong and achieve

Read our Inspiring Changemakers, Building Belonging strategy:  
[www.youthsporttrust.org/strategy](http://www.youthsporttrust.org/strategy)



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# Introduction



## Welcome to the Youth Sport Trust's 2022 impact report.

The Youth Sport Trust is the UK's leading children's charity focussed on the importance of play and sport within the education and development of young people. We are on a mission to build healthy, happier futures and help children achieve their potential in class and in life.

There is no doubt we are facing a generational crisis – every day new research reminds us of this. Young people are growing up in turbulent times: in addition to the long-term consequences of the Covid-19 pandemic, many are now being impacted by the cost of living crisis. Economic pressure, stress at home, increasingly sedentary lifestyles and social isolation exacerbated by digital technology all contribute to declining

physical, social and emotional wellbeing; which, in turn, can affect attendance, engagement in learning, progress and achievement.

The Youth Sport Trust has 27 years' experience of harnessing the physical activity, lessons, and values of play and sport to inspire learning and build skills for work and life. Our vision is a future where every child can access the life-changing benefits of PE, play and sport.

This impact report includes a summary of our work over the past year – you can read how we work in partnership with multi-academy trusts, schools and teachers to improve young people's physical and mental health, develop their character and leadership skills, foster inclusion to build empathy, and ensure no child is left behind. Information on our reach and impact, and a collection of powerful case studies bringing to life the power of sport to change lives, can be found under each of these young people outcomes.

While we pride ourselves on innovative content and world class training, central to our approach is building communities of organisations

and practitioners through networks and movements. We help unite the school sport sector in collaborative action, and work alongside the wider sport and active leisure sector to raise awareness of the most important issues. This report makes reference to the government consultations we have contributed to and the campaigns we have led.

In the pages which follow we have highlighted new partnerships and interventions which have been driven by the strategy we launched in 2022, 'Inspiring Changemakers, Building Belonging'. This has the dual aims of helping young people find their place in the world through play and sport, and galvanising influential voices and policymakers who can help amplify the importance of physical activity and fun in children's education and development. The strategy details our commitment to 'urgent action', 'generational shift' and 'societal change' between now and 2035. Sitting at the heart of this plan is a need to level the playing field and close the gaps created by disadvantage. Over the past twelve months we have redoubled our efforts to tackle inequalities through programme design and targeted implementation to meet

the needs of the most underserved young people and those facing the greatest challenges.

The Youth Sport Trust has a sister charity, Youth Sport Trust International, which takes our mission across the globe. On **pages 45-46** you can also find a summary of their work in 2022.

It is important for me to stress that nothing in this report is achieved by the Youth Sport Trust alone. We are proud and privileged to work with an enormous range of partners and funders (listed at the end of the report) and I would like to take this opportunity to express our sincere and heartfelt thanks to them all. There is so much still to do and new challenges emerge all the time, but with the help of so many supporters we are building healthier, happier lives, and transforming practice and structures so every childhood is an active one.

A handwritten signature in blue ink, appearing to read 'Ali Oliver'.

**Ali Oliver MBE**  
Chief Executive, Youth Sport Trust

## ***The challenges we face (in society)***

Too many of our children continue to face health and wellbeing challenges. **Unhappy, unhealthy children don't learn effectively.** If children don't learn, they don't achieve their potential in life and we don't have a society fit for the future.





## Physical ill health

**2.2million young people** are active for less than 30 minutes a day <sup>1</sup>

**Almost 1 in 4 Year 6** pupils are **obese** <sup>2</sup>

**Less than half (47%)** of children are meeting the Chief Medical Officer's recommended 60 minutes per day of physical activity <sup>3</sup>



## Poor mental wellbeing

**Around 1 in 16 children (6%)** aged 10 to 15 in the UK are unhappy with their lives <sup>4</sup>

**18% of children aged 7 to 16** have a probable mental health disorder <sup>5</sup>

**78% of educators** have experienced symptoms of poor mental health due to their work <sup>6</sup>

The number of children in England needing treatment for serious mental health problems has risen by 39% in a year, with **NHS mental health treatment referrals for under-18s now exceeding 1 million** <sup>7</sup>



## Disconnected

**1 in 4 children** don't feel that they belong in school <sup>8</sup>

**79% of parents believe** that their children are spending too much time online and not with each other <sup>9</sup>



## Increased inequality and cost of living challenges

**Over a quarter of parents** have struggled with the cost of PE or sports kit over the last year <sup>10</sup>

Children living in the most deprived areas were more than twice as likely to be living with obesity than those in the least deprived areas <sup>11</sup>

Children from less affluent families are less likely to be active than their more affluent peers <sup>12</sup>

## ***The challenges we face (in education)***

Schools play a unique role in being able to reach every child and shape the perception and attitudes of young people towards sport and physical activity.

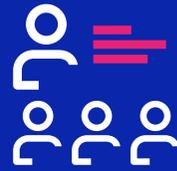
The National Curriculum states every young person is entitled to experience high quality physical education and the Government recommends schools should be providing two hours of PE per week. However, we recognise schools are still catching up and dealing with the long tail impacts of the pandemic; plus they are under increasing pressure to deliver exam results and facing significant budget and staffing constraints. In this context PE can often be deprioritised in favour of other subjects, and the past decade has seen a reduction in the total hours of PE taught and school sport delivered in schools.





# 284,000

hours of PE taught in state secondary schools in England 2021, down 13% from 2011 <sup>13</sup>



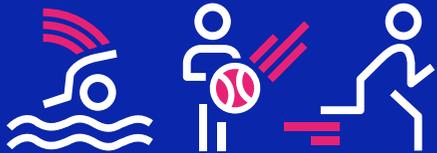
# 23,513

PE teachers teaching in England, down from 26,005 in 2011 <sup>14</sup>



# 39%

of children who attend special schools are inactive, compared with 24% in non-SEN schools <sup>15</sup>



# 86%

of young people believe PE lessons are important and 77% say they enjoy them <sup>16</sup>



# 81%

of parents believe schools should ensure every pupil is active for at least 30 minutes per day <sup>17</sup>



# 39%

of parents believe young people should get more time for play and sport during the school day <sup>18</sup>

# The benefits of PE, play and sport

Not only is physical activity, PE, play and sport vital for the future health of our nation, it is also a critical tool to improve mental, social and emotional wellbeing and academic attainment.



## Physical health

- > Cardiovascular fitness
- > Healthy weight
- > Strength
- > Co-ordination
- > Energy levels



## Mental health

- > Happiness
- > Resilience
- > Equipped to tackle anxiety and stress
- > Improved mood through release of 'feel good' endorphins



## Social wellbeing

- > Less lonely
- > More trusting
- > Improved communication and teamwork skills



## Brain function

Evidence shows being physically active impacts on progress and achievement. It improves the brain by stimulating growth in the part responsible for learning and memory. Young people's ability to concentrate also improves after physical activity.

Sport England measure the number of positive attitudes towards physical activity as an indication of their physical literacy and have found that **physically literate** children and young people *are happier*.<sup>19</sup>

**Children in Years 3-6** who report four positive attitudes score, on average, 8.1 out of 10 on happiness. This falls to 7.1 for those who report no positive attitudes.



**Children and young people in Years 7-11** who report five positive attitudes score, on average, 7.4 out of 10 on happiness. This falls to 5.5 for those who report no positive attitudes.



**Three quarters of parents of children 18 years-old or under think that sport and play helps physical health. They also recognise the impact on their children's:**<sup>20</sup>

- Fitness – **72%**
- Mental wellbeing – **74%**
- Life skills – **67%**
- Social wellbeing – **63%**
- Confidence – **61%**

**Compared to those not taking part, children playing organised group sports such as football or basketball are:**<sup>21</sup>

- **10%** less likely to suffer from depression and anxiety
- **19%** less withdrawn
- **17%** less likely to suffer from social problems
- **12%** less likely to have attention problems

Those who do more physical activity are likely to have stronger 'self-regulation' (the ability to keep themselves in check) and in particular may find it easier to control their emotions at an earlier age. Physical activities which promote self-control in this way, such as swimming or ball sports, also have positive, knock-on effects for academic attainment.<sup>22</sup>

A recent study demonstrated the beneficial effect of physical activity on depressive symptoms, such as sadness and poor sleep quality, in children. The effect appears even greater when physical activity is regular (three times a week) and for teenagers with a pre-existing diagnosis of depression.<sup>23</sup>

# Our 2022-2035 strategy for change

In 2022 we launched our new 13 year strategy *Inspiring Changemakers, Building Belonging*

The aim of the strategy is to effect change so that a child starting school in 2022 will leave the education system in 2035 having been able to access the life-changing benefits of play and sport in order to achieve their full potential.

After two years of the pandemic, we need to help young people re-engage on a human level, build friendships, work together and support their engagement back in school and into their communities.

As we move through the digital age, it's clear the unique qualities which

make us human are going to become more and more important. Play and sport can not only be the perfect antidote to some of the negative consequences of time spent online, but they offer a wonderful environment in which to foster those human skills such as empathy, compassion and teamworking.

The strategy recognises that in order to achieve this we need to galvanize more advocates, influencers and supporters, and we need to shift public perception and political thinking on the national crisis of children's wellbeing we face.



2022

2025

2030

2035

## *Urgent action*

Build back healthier, happier and more resilient young people and level the playing field for those **most disadvantaged**

To balance the demands of the digital age through the human connection of physical play and sport

## *Generational shift*

Transform society's perceptions and attitudes towards the importance of physical literacy, play and sport in the **education and development** of young people

## *Societal change*

# Our 2022-2035 strategy for change

To deliver this strategy we identified six key groups of changemakers who are best placed to help take urgent action and build belonging.

These six key changemaker audiences each align to one of our six core tactics which we have identified as key in order to achieve our objectives.

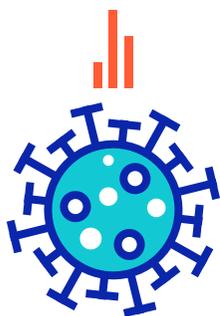


## Inspiring changemakers

Changemaker – someone who is taking creative action to solve a social problem

## Building belonging

Belonging – a sense of community and identity, where young people can be themselves



## Tactic 1

**Equip educators** to rebuild wellbeing and **level up life chances** of the young people most affected by Covid-19, and those suffering from the effect of inequalities.



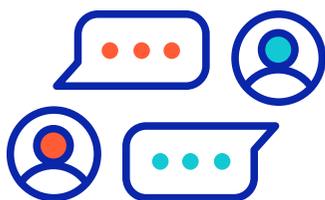
## Tactic 2

**Empower young people** by unleashing a nationwide community of young leaders who harness the positive power of play and sport to improve wellbeing, **build friendships**, and **foster understanding**.



## Tactic 3

**Unite a movement of organisations** to reclaim **play and sport at the heart of every school**, and make it fun for everyone.



## Tactic 4

**Mobilise influencers** in all areas of public life to make the decline of physical activity levels and **human connection** in a digital age matters of national concern.



## Tactic 5

**Help families** understand and **champion their children's physical literacy** and its importance to a healthy and happy childhood.



## Tactic 6

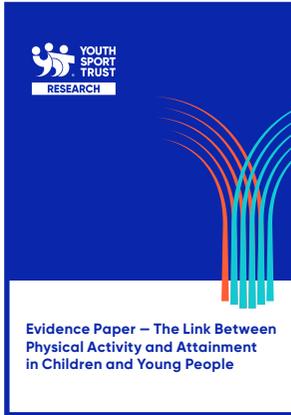
**Change from within** by increasing our impact on, connection with, and **relevance to, a changing world**.

# 2022 in review

## JANUARY

We launched our secondary research evidence paper which demonstrates the link between physical activity and attainment among children and young people

[bit.ly/YST-evidence-2022](https://bit.ly/YST-evidence-2022)



## MAY

We launched our new strategy and called for urgent action to address the health crisis amongst children

[bit.ly/YST-urgent-action](https://bit.ly/YST-urgent-action)



## JUNE

We launched National School Sport Week 2022 with the ambition to get one million children doing school sport

[bit.ly/NSSW-launch-2022](https://bit.ly/NSSW-launch-2022)



JAN

MAR

MAY

JUN

JUL



## MARCH

We hosted almost 400 delegates from across sport, education, health and youth, alongside Dame Rachel De Souza, the Children's Commissioner for England

[bit.ly/YST-conf-2022](https://bit.ly/YST-conf-2022)



## MAY

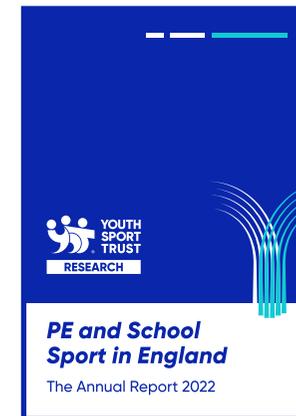
Youth Sport Trust was announced as a Sport England System Partner

[bit.ly/YST-SE-systems](https://bit.ly/YST-SE-systems)

## MAY

We released our first 'State of the Nation' annual report outlining the issues facing young people and the current state of PE, sport and play in schools. It prompted a debate in the House of Lords

[bit.ly/YST-sotn-2022](https://bit.ly/YST-sotn-2022)



## JULY

Together with sector leaders and partners we launched the 'Unlocking the potential' report, a blueprint for improving the health and wellbeing of the nation

[bit.ly/YST-unlocking-potential](https://bit.ly/YST-unlocking-potential)

## AUGUST

We launched our 60 active minutes campaign during the Commonwealth Games and used YST House to engage ministers and key influencers in the games' legacy

[bit.ly/YST-60-active](https://bit.ly/YST-60-active)



## SEPTEMBER

We hosted the School Games National Finals at Loughborough University which saw over 1,000 aspiring athletes compete across ten sports

[bit.ly/SGNF-2022](https://bit.ly/SGNF-2022)



## NOVEMBER

Our Youth Board wrote to the Prime Minister to ask that in the Autumn Statement he made good on manifesto pledges to protect investment in school sport, and our Youth Board chair appeared on the BBC

[bit.ly/YST-youth-board-PM](https://bit.ly/YST-youth-board-PM)



AUG

SEP

NOV

DEC



## SEPTEMBER

We hosted the School Sport and Activity Sector Summit and responded to the Government Budget announcement to share concern about the impact of cuts to school finances

[bit.ly/SSAS-summit](https://bit.ly/SSAS-summit)



## NOVEMBER

Radzi Chinyanganya hosted our annual 'Changemaker Awards' in a virtual ceremony which recognised the contribution of young leaders and influencers through eight special awards

[bit.ly/YST-cma-2022](https://bit.ly/YST-cma-2022)

## DECEMBER

To celebrate the men's football World Cup we launched our #HalfTimeChallenge social media campaign to get families moving and active whilst enjoying the tournament

[bit.ly/YST-HT-challenge](https://bit.ly/YST-HT-challenge)



2022 in review

## Advocacy and influence

Throughout the year we have campaigned on behalf of young people, schools and the school sport delivery network. We have worked to raise awareness of the need to tackle the decline in children's activity levels, united with partners and championed to government the importance of investing in PE and school sport.

This policy-influencing activity built on our work during the previous 12 months to engage with the House of Lords National Plan for Sport and Recreation Committee. After our CEO Ali Oliver gave evidence, the committee's final report included several of our recommendations and called for a national focus on physical literacy. Additionally, we have worked with government officials to shape a new national strategy for sport and School Sport and Activity Action Plan, while bringing together a School Sport and Activity Forum made up of more than 50 organisations to unite the sector.

In 2022 we delivered:

**1,351**

**media articles**

covering our mission



**9,274**

**downloads** of our

**free to access** resources



**13**

**new pieces of YST Research**

published on our website



**104,084**

**engagements by**

followers on social media





**2022 in review**

# **Building sustainable structures**

At the Youth Sport Trust we believe transformational change can only be achieved through the formula of embedding innovative:

## **Content**

Developing innovative content which removes barriers and creates new approaches.

## **Delivery**

High class training and delivery which increases the capability and confidence of educators.

## **Structure**

We work through existing local structures (schools, NGBs, community groups) to ensure our work is strategically embedded within a place. Where appropriate we also build new ones, for example our members and the Lead School Network.

Our current structures of influence include:

**2,724**

member schools

**450**

School Games Organisers

**108**

multi-academy trusts engaging directly with YST

**190**

school partnerships within the Schools Active Movement

**1,524**

Well Schools

**51**

organisations within the School Sport and Activity Sector Partnership

**95**

Headteacher Ambassadors

**117**

PE CatalYSTs

## CASE STUDY

# Theale Green's story

In 2020 Theale Green School in Berkshire joined the Well Schools movement. Powered by the Youth Sport Trust, Well Schools is a 1,545-strong network of schools committed to putting the wellbeing of young people at the heart of the curriculum.

Since the Covid-19 pandemic, Theale Green managed to boost its Ofsted rating, going from 'Requires Improvement' to 'Good'. This is no mean feat, and one the school attributes to putting the Well School pillars at the heart of their improvement plan.

Staff at the school changed the way they did things to keep young people active, using PE to re-engage students in the summer term and a whole school sports day becoming a pivotal moment for the school community. The school also gave students a voice in shaping an extra-curricular programme to increase participation for disadvantaged students.

Youth Sport Trust Athlete Mentors: helped to develop life skills and increase their confidence, self-belief and motivation. They also took a proactive approach to improving the health and wellbeing of staff.

The changes the school implemented saw it win the **YST Conference 2022 Outstanding Secondary Practice Award**. The school is also a beacon of practice in the Well School community.



To be recognised for our work over the last year is a reflection of a lot of people's work and the excellent leadership and creativity of the team to connect the community and create a sense of togetherness.

**JOANNA HALLIDAY**  
EXECUTIVE PRINCIPAL  
THEALE GREEN SCHOOL

## 2022 in review

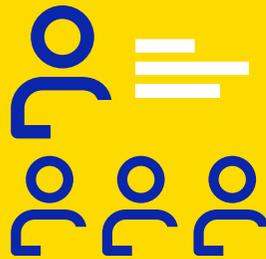
# Equipping educators

As a charity, we use a very successful cascade model for training; which builds capacity, capability and sustainability in the structures we work with.

The role of our Learning Academy of 124 tutors, trainers, coaches and Athlete Mentors is to equip educators with the skills and resources to help young people enjoy the life-changing benefits of play and sport.

We believe in the importance of developing self-sufficient young people, the need to engage youth voice and the power of peer leadership to empower young people.

In the last academic year:



# 13,203

teachers, coaches and practitioners were trained to deliver physical education, sport and play to support the development of young people

# 66%

were female

# 19%

from ethnically diverse communities

# 6%

were special educational needs and disabilities practitioners

### As a result of attending training with the Youth Sport Trust:

- 97% of practitioners felt more competent in their role
- 96% felt more confident
- 97% felt more motivated
- 94% reported that they were likely to change how they undertake their role

### Following participating in a YST programme:

- 83% of teachers said they had made improvements to their delivery

## CASE STUDY

# Louise's story

Two years ago, Bodmin Preschool attended the Youth Sport Trust's Healthy Movers Physical Literacy training and made a member of staff (Louise) a Healthy Movers Champion. Louise returned to her preschool and fully embedded Healthy Movers across the whole early years foundation stage framework.

Louise worked with other staff at Bodmin Preschool to ensure everyone was fully aware of Healthy Movers. She took baseline physical literacy data to help measure progress, including linking to improvements in other areas of the children's development such as communication and language, personal, social and emotional development.

Bodmin Preschool worked with other settings in the area to share good practice and support each other on their physical literacy journey. The school introduced parents to the programme and invited families in for 'Stay and Play' sessions, opening up lines of communication on other aspects of learning.

Ofsted visited Bodmin and praised its work in embedding Healthy Movers, mentioning the activity packs and parental engagement in the final report.

Healthy Movers at Bodmin Preschool has transformed provision and showed how the programme can improve children's physical literacy, making a significant difference to young people's lives.



We are very proud of the work that we have achieved delivering Healthy Movers to our children in the setting. Through feedback from parents and carers, we know we are making a real difference to the children's physical, emotional and overall wellbeing.

We hope that we have built the foundation for children to continue to be aware of the benefits of a healthy lifestyle. We also as a team have made changes to our own lifestyles, implementing various healthy aspects such as walking and moving more.

**LOUISE PAY**  
HEALTHY MOVER CHAMPION  
BODMIN PRESCHOOL

Bodmin Preschool won the **Outstanding Early Years Physical Literacy Practice Award** at the 2022 Youth Sport Trust Awards

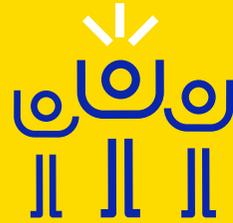
2022 in review

# Empowering young people

By building their leadership skills and improving their confidence, competence, motivation, knowledge and understanding, we empower young people to harness the extraordinary power of sport and play to change lives.



In the last academic year:



**237,981**

young people participated in an activity made possible through the work of the Youth Sport Trust

**83%**

were female

**24%**

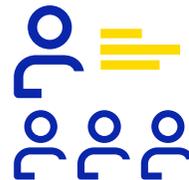
from ethnically diverse communities

**16%**

with special educational needs and disabilities

**24%**

in receipt of free school meals



**86,897**

young people were also trained through the Youth Sport Trust to become young leaders to their peers

**61%**

female

**23%**

from ethnically diverse communities

**23%**

with special educational needs and disabilities

**28%**

in receipt of free school meals

Sport and play has the power to improve physical and mental health, foster inclusion and develop character and leadership skills. As a result of taking part in our projects and programmes:

**71%** of young people reported improvements in their confidence in taking part in physical activity

**71%** reported improvements in their communication skills

**85%** believed their leadership skills had improved

**72%** felt that their resilience had improved

**76%** reported improvements in their team working skills

**71%** reported their self-belief had improved



## CASE STUDY

# Billy's story

Billy faced many challenges growing up, with early diagnosis of ADHD, Tourette's and associated learning difficulties. Following a permanent exclusion from mainstream secondary he found himself in a specialist setting which, in his own words, "changed his life". Billy's new school benefits from the Inclusion 2024 programme.

Inclusion 2024 is a DfE investment aiming to increase and improve opportunities for children with special educational needs and disabilities (SEND) to engage and participate in physical education and school sport. Through our collaboration with whole school SEND, over 5,637 practitioners have been trained in inclusive PE and school sport. [www.wholeschoolsend.org.uk](http://www.wholeschoolsend.org.uk)

After discovering the power of sport, Billy has since used his own experiences to educate and inspire others: he has delivered training for senior school leaders, coached and led sports and fitness sessions for students, and recorded a podcast with Professor Barry Carpenter. In 2019 Billy competed against 200 young disabled athletes from across the UK in the National Junior Athletics Championships, winning a gold medal in the 800m and a silver in the 100m.

This summer, he fronted a campaign – **the Active Summer Challenge** – for the Youth Sport Trust, even learning some British Sign Language to make it inclusive for all.



When Billy first came to our school, he was angry with the world. He was angry with education in particular, and we gave him the chance to grow. We use sport as that vehicle to help him learn. To see Billy able to manage his confidence, manage his anger, run the teams and give back to the youngsters has just been fantastic.

**RUTH KELLOGG**  
TEACHER  
ST MARTIN'S SCHOOL

Billy won the **YST Inclusion Award (Individual)** at the 2022 Youth Sport Trust Young Changemaker Awards



Watch Billy's story – [youtu.be/3rfmoUAWlnE](https://youtu.be/3rfmoUAWlnE)

## ***Our core outcomes***

Through equipping educators and empowering young people, the Youth Sport Trust delivers three outcomes:

***Character and leadership***

***Physical and mental health***

***Inclusion***



*Our core outcomes*

# ***Character and leadership***



## Our core outcomes: character and leadership

### Set for Success

Funded by the Wimbledon Foundation, the charitable arm of the All England Lawn Tennis Club and The Championships, Set for Success is a youth leadership initiative that gives young people from disadvantaged backgrounds the opportunity to develop life and leadership skills through mentoring sessions delivered by inspirational athletes.

This year:

**133** young people from

**10** schools took part

**79%** said it had improved their teamwork skills

**61%** reported it had improved their progress at school



Everything we learned are life skills that we need every day of our life.

**YOUNG PERSON**



Her whole attitude around school changed and she turned up to every exam, which shocked everybody. I think that was solely down to the stuff she did with Tom, the athlete mentor.

**TEACHER**

### Young Ambassadors

A decade on from being established as a London 2012 legacy programme, the Young Ambassadors movement continues to be at the heart of sports participation programmes, thanks to partnerships between the Youth Sport Trust, Sport Wales and sportscotland.

With over 2,500 Young Ambassadors active across Wales, last year saw Sport Wales commission a review of the network, ten years on from its inception. Sport Wales in partnership with Youth Sport Trust Driven by the review outcomes, Sport Wales in partnership with Youth Sport Trust brought together a working group of key partners to reignite Young Ambassadors with a new vision for 2023 and beyond.

The Young Ambassador programme continues to thrive in Scotland. Driven by sportscotland, the Youth Sport Trust trained 27 young people who form the Conference Delivery Team. In September 2022, the team trained **619 Young Ambassadors** from **308 schools**.



I like being a role model! I can communicate a lot better and I'm a lot more confident to talk to other people. I think it'll help me in my future career and future goals.

**YOUNG AMBASSADOR**

## CASE STUDY

# Zoe's story

Zoe attended a Youth Sport Trust Leadership, Coaching and Volunteering (LCV) Lead School. The LCV network, part of the wider Youth Sport Trust Lead School Network, comprises of 50 schools who collectively support the Youth Sport Trust's mission to provide impactful leadership opportunities for young people. The Lead Schools are advocates for the power of leadership, coaching and volunteering opportunities for young people, and are key drivers of innovative work within this space.

During her time at the school, Zoe demonstrated an outstanding commitment to supporting active opportunities across North Worcestershire. Alongside studying for her A-Levels, Zoe supported pupils in her school to take part in a local district dance festival. Just one week before the festival, Zoe's PE teacher had to take premature paternity leave and, as the key organiser for the event, the festival was threatened with cancellation. Not willing to see hundreds of young people who had been practising for months disappointed, Zoe stepped in and convinced her school that she could take on the running and delivery of the event.

Rallying her sixth form peers, Zoe took complete control on the day, compèring the whole event with her peers, supporting and leading them all the way. Zoe has gone above and beyond this year and truly demonstrates a passion for sport.



You can see the passion for what she's doing and I think she feeds off the impact it's having on the young people she's working with. She's been the most exceptional leader and I would employ her tomorrow if she became available for a job.

**TRACEY FREER**  
SCHOOL GAMES ORGANISER  
ALL ACTIVE ACADEMY

Zoe won the **YST Young Activist Award** at the 2022 Youth Sport Trust Young Changemaker Awards



Watch Zoe's story – [youtu.be/wfVjB4K\\_Eqo](https://youtu.be/wfVjB4K_Eqo)

*Our core outcomes*

# ***Physical and mental health***



## Core outcomes: physical and mental health

# Healthy Movers

Designed to support the physical literacy, wellbeing and school readiness of two to five year-olds, Healthy Movers delivers resources and training for early years practitioners, which families can continue to use at home.

In 2021/22, **70 settings** took part in Healthy Movers and **143 practitioners** were trained.

Across Cornwall and Dorset, Bournemouth, Christchurch and Poole, **1,657 children** took part in Healthy Movers. Practitioners reported that the programme had a number of positive impacts on the children:

- 98%** had confidence to be active
- 98%** had more enjoyment of physical activity
- 98%** had improved listening skills
- 84%** had improved speaking skills



**It's amazing** – it's helped in absolutely everything. It's a way of life for us!

**CHARLIE**  
CHERRY TREE MONTESSORI NURSERY



# Sport for Good

The Lidl Sport for Good programme promotes positive mental health by focusing on the role of physical activity in improving mental and social wellbeing through the use of peer mentors. Our partnership with Lidl saw **5,217 young people** take part and the creation of **662 student mentors**.

**87% of teachers** have made some or lots of improvements to delivery as a result of the programme.



The programme has really helped with my leadership skills and confidence. I have really, really enjoyed taking part and it has benefitted me in so many ways.

**YOUNG PERSON**

## Core outcomes: physical and mental health

### Active in Mind

By harnessing the positive impact of mentoring, Active in Mind (funded by Sport England and Sport Wales) uses physical activity to improve the mental health, confidence and wellbeing of young people. The programme's content is derived from our athlete mentors, who adapt and distill some of the skills used to manage the ups and downs of their sporting career, to offer tools and techniques to help young people cope with stress, pressure and the other challenges they face.

This year saw **117 schools taking part** from England, Wales and Northern Ireland, with each school selecting up to **30 student mentors**.

**88%**

**of mentors** felt their leadership skills had increased

**85%**

**of teachers** believe the programme had a positive effect

### Ruby's story

Following a family bereavement, Ruby was reserved, shy and struggling to adjust when starting secondary school.

Ruby's teachers put her forward to take part in the Youth Sport Trust Active in Mind programme to help build her confidence, self-esteem and communication skills.

Since taking part, Ruby has become fully engaged during PE lessons and has gained the confidence to work and communicate within a team. Ruby has also been nominated as her form representative and works within the student parliament – something she would never have dared to do in the previous year.



Since completing the Active in Mind programme, Ruby is a completely different person. She's bubbly, full of confidence and her self-esteem has improved. She's engaging with peers in her class and opening up her feelings. She's just happy.

#### MEGAN CAPLE

PE TEACHER AND STUDENT VOICE COORDINATOR  
PEN Y DRE HIGH SCHOOL

Ruby won the **YST Physical and Mental Health Award** at the 2022 Youth Sport Trust Young Changemaker Awards



Our core outcomes

# Inclusion



## Our core outcomes: inclusion

# Breaking Boundaries

Funded by Spirit of 2012 and delivered in partnership with Sporting Equals and a consortium of partners, Breaking Boundaries brings young people, their families and communities from different ethnicities and cultures together through cricket and multi-sport activities.

Working with community groups and city cohesion teams, the project engaged over **5,000 participants**, with outcomes including improvements in partnership working, wellbeing, community participation and social connectedness.



We've used sport and cricket to bring different groups together.

**IJAZ KHAN**  
COMMUNITY LEADER, SMCA

# Inclusion 2024

Designed to increase the opportunities for children with special educational needs to engage in PE and school sport, Inclusion 2024 is a collaboration between pupils, schools, practitioners and partners.

In 2021/22, **1,398 schools received specialised advice, training and guidance, and 4,050 school staff were trained** through a network of lead schools.



We're now using PE to address all our pupils' needs through embedding it in everything we do.

**SCHOOL PARTNER**

# Girls Active

Using a delivery model of collaboration with local partners, and with a focus on tackling inequality, Girls Active helps schools to understand what motivates girls to take part in PE and sport, and works with them to make the necessary changes to provision.

An exciting partnership with The Sweaty Betty Foundation targeted the least active girls in schools in London, Leeds and Glasgow; using boxing, yoga, dance and musical theatre (all delivered by Sweaty Betty instructors) to engage the girls.



It helps with communication and collaboration. It helps for the future.

**YOUNG PERSON**



The girls now feel listened to in regards to their anxieties and worries about taking part in PE.

**LEAD PRACTITIONER**



It's like an upper spiral: when they improve in their physical activity, they become more confident and competent, which then increases their self-confidence.

With increased self-confidence, their social confidence also increases.

**LEAD PRACTITIONER**  
SWEATY BETTY PROGRAMME

## CASE STUDY

# Alfriston School's story

Alfriston School is a day and boarding school for girls catering for pupils with a wide range of special educational needs and disabilities, between the ages of 11 and 18.

In March 2022, ten of its students were recognised for creating an accessible, inspiring and meaningful PE and school sport offer, to ensure peers at their school with autism were listened to and felt able to access sport in school. The pupils contributed to the roll out and development of the 'Supporting Girls with Autism' toolkit.

The group carefully created a light-hearted and unhurried atmosphere in PE lessons and extra-curricular activities to ensure enjoyment and confidence in their least active peers.

The young people involved offered to lead transition workshops to support upcoming Year 6 girls, acting as role models for those starting secondary school. Outside of school, the pupils worked tirelessly to share learnings on these core values across the county of Buckinghamshire.



We worked really hard with the girls to give them a voice in shaping their PE and school sport curriculum and offer. We wanted to introduce them to sport in a positive way. The links we have with the Youth Sport Trust to deliver this and within the school sport network is so important. It is a fight to give all young people equal access to sport and PE, but we will keep fighting to provide opportunities and maintain the profile of sport for young people with special educational needs and disabilities.

**RACHEL HUTCHINSON**  
PE INCLUSION LEAD AND SCHOOL GAMES ORGANISER

## National programmes

# Barclays Girls' Football School Partnerships by England Football

The FA's vision is to ensure that every girl has equal access to football in school and clubs by 2024, with the goal of **90% of schools nationally** offering girls equal access to regular extra-curricular football and **75% of schools nationally** offering girls equal access to football in PE lessons.



Driving this vision is Barclays Girls' Football School Partnerships by England Football, a nationwide scheme to mainstream football in school for girls.

The Youth Sport Trust provides the day-to-day coaching and support of the network of local strategic leads and equips them with programmes, such as Disney inspired Shooting Stars by England Football and Barclays Game On part of England Football, alongside training for girls and their teachers.

By the end of 2022 we were approaching confirmation of the full national **network of 300 partnerships** and their dedicated expertise, knowledge and understanding to bring football to life for girls in their local area. We continue to work with The FA towards achieving equal access to football for girls in PE and extra-curricular sport in schools.

By 2022 in PE

**67%**

of schools achieved equal access in PE

Disney inspired Shooting Stars by England Football

**3,390**

primary schools now have teachers trained

By 2022 in extra-curricular

**46%**

of schools achieved equal access in extra-curricular

Barclays Games On part of England Football

**90%**

of schools were offering girls extra-curricular football

## National programmes: Barclays Girls' Football School Partnerships by England Football



**65,109**  
girls participated in  
Girls' Football School  
Partnerships in 2022

**23%**

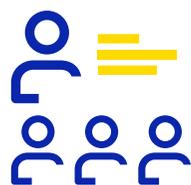
from ethnically  
diverse  
communities

**11%**

with special  
educational  
needs and  
disabilities

**20%**

in receipt of  
free school  
meals



**1,695**  
girls were trained through  
Girls' Football School  
Partnerships in 2022

**24%**

from ethnically  
diverse  
communities

**10%**

with special  
educational  
needs and  
disabilities

**20%**

in receipt of  
free school  
meals

**Barclays Game On** part of England Football is designed to support secondary schools to engage girls in curriculum physical education through a life skills approach, using football as the vehicle. The curriculum training is complimented by peer leadership training for girls' football activators who are given the tools to deliver extra-curricular opportunities for their peers. **98% of teachers involved rated Game On as "good" or "very good"**.



I had one girl who suffers massively from anxiety, and yet she's come and been part of the programme and has been an absolute credit. She's not a sporty kid but she was involved and a part of something and it's worked really, really well.

**TEACHER**

**Disney inspired Shooting Stars** by England Football helps girls aged 5-11 to develop their speaking and listening skills through creative play and storytelling; as well as developing their physical literacy and introducing them to football. Using the inspiration of Disney stories, girls are encouraged to get active and engage with their friends, giving them a positive introduction to sport. **83% of the girls enjoyed taking part** in the programme and **78% said they felt more confident** as a result.



(I'm) more active and (play) more sport. Before we started the club it was just boys playing matches and now there are a few of us that play with them, and we start our own matches. It's encouraged us to play football more than other sports – we used to play football the least.

**YOUNG PERSON**

## CASE STUDY

# Leah's story

Leah is a pupil at Veritas Primary Academy in Stafford. As a school with 25% of students from military homes, there is a lot of fluctuation with student numbers, so teachers are keen on involving students in different opportunities and experiencing variety.

Before getting involved in the Disney inspired Shooting Stars programme at school, Leah was very anxious and shy. The school had employed various initiatives to engage with Leah, including picture cards in lessons to help her explain how she was feeling and help her communicate, but teachers felt she was still not reaching her full potential.

Leah's PE teacher, Kelly, had recently started playing football herself and noticed how few girls played at school. Kelly wanted to change that, so took part in the Disney inspired Shooting Stars training programme. Kelly introduced the programme as a nurture group for quieter girls within the school to attend at lunchtimes with the storytelling resources, with Leah being one of the first to take part in.

Since taking part in the programme, Leah now has much more confidence, attending regularly and also joining an external club. Both the school and her family have put this change in Leah down, in part, to her discovering a love of football.



I like football because it's really fun to play and my dad really likes it. Me and my sister play it all time.

LEAH



Leah has definitely improved in confidence – football has brought it out... finding something that she enjoys and seeing that confidence is amazing.

KELLY  
PE TEACHER

We also support other girls' football initiatives around the UK.

## BE Football

In partnership with the Football Association of Wales, BE Football aims to develop girls' self-esteem, confidence and skills through football activities, curriculum learning with trained PE staff, and extra-curricular clubs led by trained football influencers.

Across 38 schools, 48 teachers and 82 influencers were trained, with 99% of the football influencers feeling that they had improved their team working skills.



The best thing about taking part was feeling more comfortable playing football because we are all girls.

YOUNG PERSON

## National programmes

# School Games

Supported by Sport England and the National Lottery and delivered on behalf of the DCMS.

The School Games aims to:

**Make a difference** by putting physical activity and sport at the heart of schools, providing opportunities for young people to compete and achieve their personal best.

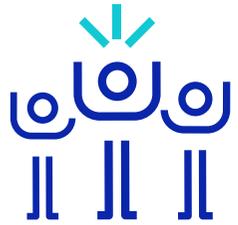
**Provide every child with a positive experience** in an environment where the young person's motivation, competence and confidence are at the centre of the competition.

**Tackle inequalities** that exist and targets new and different young people to have a positive impact on their lives.

You can read more about the School Games here:  
[www.yourschoolgames.com/about/who-we-are](http://www.yourschoolgames.com/about/who-we-are)



## National programmes: School Games



**25,000**

School Games events were hosted in 2021/22 though a network of delivery partners, including:

**450**

School Games Organisers

**42**

Active Partnerships plus London Youth Games

**48**

NGBs and National Disability Sports Organisations

**49**

School Games Organiser inductions

**46**

host sites recruited



**2.2million**

competitive participation opportunities for young people

**50%**

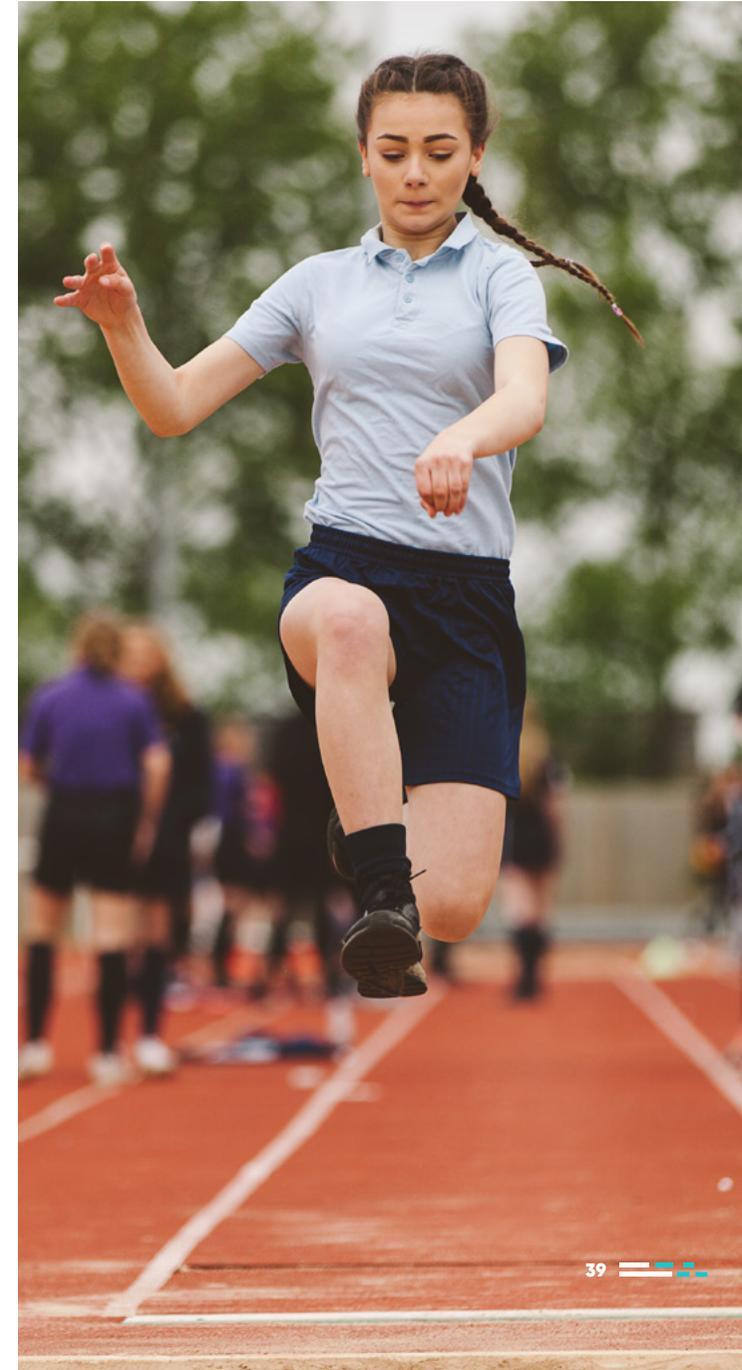
were female

**25%**

from ethnically diverse communities

**13%**

with special educational needs and disabilities



## National programmes: School Games

# 1,929

School Games events were held as part of the Commonwealth Games legacy and funding, providing opportunities to **211,411 young people**.

# 7,981

Schools submitted an application for the **School Games Mark** which rewards 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.

Supported by Sport England and the National Lottery, Planet Earth Games Trust and Youth Sport Trust collaborated on a three-pronged programme across the School Games network. Activities included:

- **Creating a new green value** to embody the School Games
- **Training 38 Active Partnership areas and 450 School Games Organisers** on sustainable delivery, including tailored area plans
- **Developing a training module** to empower Young Leaders to deliver sustainable sport

This initiative was given the award for **Social Impact – Education at the 2022 British Sustainable Sports Awards**

The prestigious award recognises the work that has taken place this year to deliver a green legacy for school sport in England from the Birmingham Commonwealth Games.

## School Games Organiser survey – Green Leaders

# 3,622

young people trained

**62%** were female  
**25%** from ethnically diverse communities  
**12%** with special educational needs and disabilities

# 2,224

green event leaders

**55%** were female  
**30%** from ethnically diverse communities  
**10%** with special educational needs and disabilities

# 9,084

young people participated

**41%** were female  
**24%** from ethnically diverse communities  
**10%** with special educational needs and disabilities

## National programmes: School Games



CASE STUDY

## Bolton Alternative Provision's story

When SGO Bernadette O'Hare noticed that only six Alternative Provision (APs) and Pupil Referral Units (PRU) were engaged with the School Games, she immediately wanted to change that in her area. She identified two local AP boys' schools to contact and set out to deliver a unique programme over three days. One focussed on coaching new young leaders and the other on a chance for pupils to experience Panathlon training.

In collaboration with the Greater Manchester Active Partnership, the two participating schools, and Bolton Wanderers FC, Bernadette was able to craft a hyper-targeted programme,

which not only identified those in greatest need and provided positive experiences of sport to a completely new audience of children and young people, but also benefited the schools through better engagement and belonging. By offering new opportunities to the boys, it also succeeded in opening up potential new career paths and ambitions, with one boy even asking for advice on how to become a coach in the future.

Bernadette won the **School Games Impact Awards – Those in Need Award** which recognises interventions targeting young people facing the biggest inequalities and challenges when it comes to their access, confidence, competence or motivation to take part in physical activity and school sport.

## Spotlight on **Birmingham 2022 Legacy**

To harness the excitement of the Birmingham 2022 Commonwealth Games, we collaborated with partners to create programmes designed to bring diverse communities of young people together.



## Spotlight on: Birmingham 2022 Legacy

# Birmingham Connect

The Birmingham Connect programme used the excitement of the Games to promote social integration amongst 12 to 14 year-olds from very different communities within the city. Young changemakers used the power of sport to bring people together.

Funded by the Commonwealth Sport Foundation via Birmingham 2022 and Sport England, **12 schools participated**, with **83 Connectors trained** and **1,581 students taking part**.



Watch the film – [youtu.be/vuVh485HFxM](https://youtu.be/vuVh485HFxM)

The impact on the young people was clear:

**94%** of **Connectors** agreed they had a **good understanding** of different cultures and

**66%** of **young people** said that their feeling about **belonging** to their school had increased



The biggest success would be the relationship that the Connectors have got, not just from my school but with others as well. The way that they talk together and work together; just seeing that relationship gradually mould, that's been really lovely to watch.

**SARAH CROSS-FELLOWS**  
HEAD OF PE, QUEENSBRIDGE SCHOOL



Definitely do it, it's worth your time!

**LAWSON AKHATOR-ENEKA**

Lawson (pictured) explained that he usually does not talk to many pupils from a white background at school, however as a result of Birmingham Connect, he met someone who is white British who he perceived to be "quite cool" – positively changing his attitudes and perceptions.

## Spotlight on: Birmingham 2022 Legacy

# Commonwealth Connections

The programme created a sense of belonging by twinning **60 schools** from the West Midlands with schools from **ten Commonwealth nations**. Youth Sport Trust Athlete Mentors helped young people to learn about each other's cultures and develop leadership skills, delivering sports clubs and festivals linked to the country they had been twinned with.

Commonwealth Connections was launched with a live link-up between Thorns Collegiate Academy in Brierley Hill and Kotagaloluwa Sri Jinarathana Junior School in Sri Lanka.

The young people took turns to perform demonstrations over a live video link, with the pupils in Sri Lanka

showing off their martial arts skills, while those in the UK performed a fusion dance.

They were joined by Commonwealth Games gold medallist Tom Davis and Paralympic gold medallist Liz Johnson – both Athlete Mentors for the Youth Sport Trust – along with Birmingham 2022 mascot Perry the Bull!



All of these children who've been part of the project, they're going to be more empowered citizens through a wider connection with other people in this world, and I think that's the most important thing.

**JULIE WARD**  
PROJECT MANAGER  
BIRMINGHAM EDUCATION PARTNERSHIP



Sport has such power to bring people together and break down barriers. I'm so excited to be involved in this programme and to share my experiences with young people across the Commonwealth. They will have the amazing opportunity to connect with others who go to schools elsewhere in the world and live completely different lives to them. This programme is a timely reminder of the important and powerful role sport can play in young people's lives, fostering inclusive environments, building connections between schools, and developing empathy and trust among young people.

**LIZ JOHNSON**  
PARALYMPIC GOLD MEDALLIST AND  
YOUTH SPORT TRUST ATHLETE MENTOR

# Youth Sport Trust International

2021/22 was a year of reconnecting, restarting and rebuilding for YST International.

After further developing our online training offer during the pandemic, the easing of travel restrictions enabled the team to resume the delivery of face-to-face training overseas.

We remain committed to the effective use of play, physical activity and sport to achieve the United Nations Sustainable Development Goals (SDGs) and in 2021/22 our programme of work focussed specifically on four of those goals.

## CASE STUDY

### Shah's Story

Capacity building and sustainability are two key priorities for Youth Sport International when delivering sport for development interventions overseas. Our bespoke training courses focus on developing the skills, knowledge and expertise of in-country practitioners. Those who demonstrate the most ability and commitment are selected for further training so that they can progress to become national trainers themselves.

Shah is a brilliant example of how the capacity building model has worked effectively, as he has progressed from being a course participant himself in 2019 to becoming the full time Project Manager for Youth Sport Trust International's PE and sport programme in Karachi, providing opportunities for young people to take part in regular sporting competition. Shah has become responsible for school recruitment, training teachers and organising competition fixtures in cricket and rounders. He supported the training of **30 teachers from 13 schools** in November 2021.



It was a great experience to see teachers who had no sports background supporting children to play small-sided sport competitions on their own. The competitions allow children to enjoy themselves and improve at the same time.

**SHAH AFZAL**  
PROJECT MANAGER,  
YOUTH SPORT TRUST INTERNATIONAL  
RANGOONWALA FOUNDATION SPORT  
PROJECT IN KARACHI, PAKISTAN

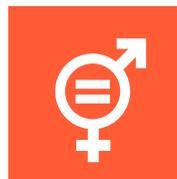
## Youth Sport Trust International – Sustainable Development Goals



### **SDG 4 Quality Education**

Thanks to generous funding from the Rangoonwala Foundation, we provided training to upskill Physical Education teachers as part of a six-month pilot in 13 schools in Karachi, Pakistan. These provided regular sporting competition opportunities for girls and boys aged 8-14 years and led to over 2,000 children participating in weekly games. Plans are now underway for a rollout of the programme to a further 100 schools.

The National Olympic Committee in Lithuania commissioned Youth Sport Trust International to develop an Early Years/Primary Physical Literacy Framework and provide training for practitioners to help them put the framework into action.



### **SDG 5 Gender Equality**

Building on previous work to promote girls' participation in physical activity and sport, we ran online workshops to introduce the Nike Girls Coaching Guide to female practitioners in Saudi Arabia and Bahrain as well as supporting TAFISA (The Association for International Sport For All) with online workshops for Europe, Africa and China. Other work with Nike included working alongside Leeds Beckett University to support the development of an online forum for young coaches, and embarking on a new programme to develop a group of coach educators across six European cities.



### **SDG 10 Reduced Inequalities**

As a preferred sport partner for the British Council, we developed bespoke training courses to support teachers, athletes and coaches in Bahrain in the delivery of inclusive youth sport leadership for young people with and without disabilities.



### **SDG 17 Partnerships for the goals**

We continued to work with a range of European partners on a number of Erasmus+ sport funded projects related to the SDGs:

- Intercultural Sport Challenge to support the integration of refugees in sport and to promote community cohesion
- Grassroots Exchange and Mobilities in Sport to develop expertise in educators from Eastern and Western Europe through an exchange programme of visits to learn from best practice in different countries
- European School Sport Day to celebrate and increase participation in physical activity and sport in schools to promote good health and wellbeing

## Funding

### 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 and 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

	2020/21	2021/22
Trusts and foundations	695,779	770,697
Fundraising and donations	408,861	170,242
Corporate partnerships*	(322)	318,055
Membership income	558,952	595,338
Commissioned development work	1,905,890	2,067,263
Research	18,005	5,400
Central government contracts	602,863	374,425
Sport England**	3,826,828	6,521,273
Local government contracts	221,741	360,541
Home Nations	198,922	280,641
Commercial events and activities	116,935	185,134
Miscellaneous	50,694	42,986
<b>Total</b>	<b>8,605,148</b>	<b>11,691,995</b>
<i>Youth Sport Trust Enterprises***</i>	<i>62,471</i>	<i>52,274</i>

#### Figures above are for the financial years ending March 2021 and March 2022

Furlough income included in the Statement of Financial Accounts for 2020/21 and 2021/22 excluded from the above table.

\* Corporate Partnership income for 2020/21 includes a refund of £80,322 to LIDL (received in 2019/20) due to the programme not being completed as a result of Covid-19

\*\* 2021/22 income includes funding for the School Games National Finals

\*\*\* Youth Sport Trust Enterprises is a trading subsidiary of the Youth Sport Trust

## Funding

# Fundraising and partnerships

The support of fundraisers and corporate partners is vital to the sustainability of our charity. This year, many have given amazing support; continuing to help us raise crucial funds in what has been another very challenging period for the young people, schools and communities that we serve.

## TCS London Marathon

Lucy Horsely ran the London Marathon in 2021, raising over £3,000 for the Youth Sport Trust. She chose to support us because, **“as a PE teacher, I recognise the importance of sport and understand first-hand how it helps to achieve and maintain good physical and mental wellbeing”**. Lucy even managed to arrange a ‘mini-marathon’ event in her school just before the main event, which provided some fantastic motivation as well as a boost to her fundraising total.

“It actually really helped to inspire me, as the children were amazing. So many of them took part and completed the 2.6 miles. One boy fell over and bumped his head but just kept on running. True resilience and determination! I really did enjoy running the London Marathon and it was great to be part of #TeamYST.”

## Paddy's Project 52

Patrick Traylor is a children's physiotherapist, passionate about increasing young people's involvement in sport and physical activity. Throughout 2022 he completed 52 events in 52 weeks to raise money for the Youth Sport Trust; including parkruns, ultramarathons, sprint triathlons, adventure trips and many other endurance challenges. By the end of his epic year of events, Paddy had smashed his target, raising over £11,000.



Watch Paddy's film – [youtu.be/6mGkXwu1PzI](https://youtu.be/6mGkXwu1PzI)

## Funding

### Corporate Giving

As well as funding a range of projects and programmes, we are grateful to receive corporate funding from a number of organisations. These include:

#### The Sweaty Betty Foundation

Have contributed over £86,000 in 2022, funding our programmes and supporting our work.

#### Pour Moi

Youth Sport Trust were one of the benefiting charities from this year's #GetYourWiggleOn campaign by Pour Moi, helping their customers kick off the new year with fun and exciting challenges. By taking part in the squat challenge, Pour Moi customers raised a brilliant £12,500, getting our 2022 fundraising year off to a great start.

#### hasta World

Are committed to community and charity, seeing the Youth Sport Trust as a powerful ally in empowering young people across the nation and giving them the tools to succeed through the medium of sport. As one of their charitable partners, we received £15,000 from hasta World in 2022. Our local community projects form a natural partnership, providing the opportunity to raise vital funds through events including The Curling Club. This partnership runs through everything we create and will see tens of thousands of pounds raised to help the Youth Sport Trust at our events.

## Get involved

A big thank you to everyone who has raised vital funds. Your support helps us to improve the lives of more young people through sport.

**There are lots of ways you can become a changemaker and fundraise for us, including:**

- organising your own fundraising event
- taking part in one of our challenges
- making a donation
- leaving a gift in your will

MORE INFORMATION

[www.youthsporttrust.org/support-us/fundraising](http://www.youthsporttrust.org/support-us/fundraising)

GET IN TOUCH

[supporters@youthsporttrust.org](mailto:supporters@youthsporttrust.org)

# Thank you to our funders, partners and supporters

We'd like to thank every one of the individuals and organisations that have supported our mission and helped us to improve young people's lives through sport and play in 2021/22.



A special thank you to the National Lottery for the funding from our partnership with Sport England which continues to support our work making a difference to children's lives on a huge scale.

### Strategic Partnerships

- Activity Alliance
- Active Partnerships
- Alliance for Learning
- Anna Freud National Centre for children and families
- Association of School and College Leaders
- Association for Physical Education
- Belong
- Bite Back 2030
- British Paralympic Association
- British Universities and Colleges Sport
- Chance to Shine
- Chartered College of Teaching
- The Children's Society
- Comic Relief
- Commonwealth Games England
- Confederation of School Trusts
- Education Support
- Gregson Family Foundation
- Independent Association of Preparatory Schools
- Inspiring Leaders
- Loughborough University
- Nasen (National Association for Special Educational Needs)
- National Governance Association
- NSPCC Child Protection in Sport Unit
- Oak National Academy

- PRUsAP
- Schools Active Movement
- The Space Between Sports Ltd
- Sport and Recreation Alliance
- Sport England
- Sport for Development Coalition
- Sporting Equals
- Sports Leaders UK
- Teaching Schools Council
- ukactive
- UK Anti-Doping
- UK Coaching
- What Works Wellbeing
- Whizz Kidz
- Women in Sport
- Young Minds
- Young People's Foundation Trust

### Trust and Foundations

- Bupa Foundation
- Co-op Foundation
- Commonwealth Sport Foundation
- Edith Murphy Foundation
- Garfield Weston Foundation
- James Weir Foundation
- John Armitage Charitable Trust
- Sir John Beckwith Charitable Trust
- John Lyons Charitable Trust
- Mills and Reeve Charitable Trust
- Prism Charitable Trust
- Spirit of 2012
- Sweaty Betty Foundation

- Tides Foundation & Zoom Cares Fund
- Wimbledon Foundation

### Commissioned Work

- Active Cornwall & Cornwall County Council
- Andrew Rose Childminding (Somerset)
- Birmingham Education Partnership
- The British Council
- Buckinghamshire Council
- Catalyst Stockton on Tees Ltd
- Central Bedfordshire Council
- Cherwell District Council
- Department for Digital, Culture, Media & Sport
- Department for Education
- The FA
- Football Association of Wales
- Haringey Council (HAF)
- hasta World
- Headmasters' and Headmistresses' Conference
- Welsh Government
- Hull City Council
- Laureus Sport
- Liverpool College
- London Borough of Hillingdon Council
- The LTA
- Major League Baseball Europe Ltd

- National Football league
- Nike
- Rugby Football Union
- Pour Moi Ltd
- Sigma Teaching School Alliance
- Southwark Council
- Sport Wales
- sportscotland
- Street Games
- Suffolk County Council
- Sussex Council (HAF)
- TBI Media
- Wales FA Trust
- Wiltshire County Council
- Somerset County Council

### Corporate Partners

- Complete P.E.
- Decathlon
- Enrich Education
- HSBC
- Hodder Education
- Kingswood
- Lidl Ireland
- Limitless
- Nexa Properties
- Nexus Education
- Ortus Energy
- Sky Cares
- Teach Active
- Warner Bros. Entertainment UK Ltd

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