

## OVERVIEW

The Youth Sport Trust is excited to launch YA Peer Leaders, an extension to the esteemed Young Ambassador Programme.

The intervention is funded by the Department for Education and aims to provide schools with the opportunity to increase the activity levels of the least active young people in their school through the delivery of inclusive, engaging activity led by Young Ambassador Peer Leaders.

The resources and training are designed for young people at Primary, Secondary and Special schools. YA Peer Leaders may be existing Young Ambassadors or excellent Sports Leaders (role description below). These YA Peer Leaders will be provided with training, either through a regional conference or online to improve their leadership skills and deliver activity to their peers and younger pupils not engaged by the current sport offer. A Peer Leader will go through the following journey on the programme:

### YA Peer Leader Journey



- Primary YA Peer Leaders- year 5 and 6 (academic year 15-16)
- Secondary YA Peer Leaders- year 8 and 9 (academic year 15-16)
- Special Schools - can nominate 5 or 10 young people

Each YA Peer Leader will be tasked to deliver 12 weeks/sessions of lunchtime activity (or at another time during the school day) to 10 pupils who have been identified by their teacher as not currently being engaged by the current sport offer. The participants selected will go through the following journey on the programme:

### Participant Journey



- Primary participants- year 3-6 (academic year 15-16)
- Secondary participants- year 7-9 (academic year 15-16)
- Special Schools - as above

The programme aims to increase the activity levels of young people in KS2 and KS3 and provide them with the motivation to seek further opportunities in both leadership and school sport. To ensure schools are supported the regional conferences and online content and resources will provide training for teachers to:

- Offer effective support to YA Peer Leaders and participants
- Create or develop a clearer leadership pathway
- Ensure there continues to be accessible opportunities for all young people to participate in PE and school sport

## Connectivity to existing Youth Sport Trust programmes

The YA Peer Leaders Programme will provide a starting block to a number of our current programmes and initiatives. Feedback from PE and school sport colleagues has highlighted a gap in training and opportunities for students entering the leadership journey at KS3 and formal training at KS2. This programme will provide leadership opportunities in these two areas but also target the least active young people in these age groups- which can be linked to the C4L programme. Evidence suggests that drop off in participation at transition points is high and therefore targeting young people just before and after this time we hope will increase their motivation to participate.

**Step into Sport** - The next step for a YA Peer Leader may be to attend a Step into Sport one day county event which will support them to develop into further workforce roles.

**Change 4 Life Champions** - The next step for a YA Peer Leader in Primary school may be to take on the Change 4 Life Champion role to further develop their leadership skills.

**Young Ambassadors** - the YA Peer Leaders programme supports Young Ambassador training at the silver and bronze levels. We understand that nominating 10 YA Peer Leaders may be a high number to also associate with title 'Young Ambassador' in your school, therefore we would encourage you to use the term as you wish. We will refer to these young people at the conferences and in all communications as YA Peer Leaders and they will receive 'YA-Peer Leader' polo shirts at the conference.

## Role Descriptions

The role descriptions below is a guide for schools and does not take into account individual leadership structures, PE and school sport opportunities or existing programmes. Therefore please use your own judgement when applying the criteria to ensure the programme benefits your school and compliments existing initiatives.

### YA Peer Leader Role Description

YA Peer Leaders should be identified for their motivation and enthusiasm to work with other students, to lead and deliver activities and to improve PE and School Sport within their school.

A YA Peer Leader should demonstrate:

- Commitment
- Motivation to help and support others to achieve
- Enthusiasm for leading, organising and delivering activity
- Good communication skills
- An ability to work effectively in a team
- Creativity to generate new ideas and ways of working

## Participant Role Description

Participants should be selected based on their current levels of physical activity and the aim of the programme is to increase these levels and expose each participant to a wide range of opportunities which will engage and inspire them to become more active, more regularly. Participants should:

- Not currently be engaged in the PE and school sport offer at the school.
- Not currently be meeting the Chief Medical Officer (CMO) guidelines or recommended amount of physical activity per week

### Chief Medical Officer (CMO) Guidelines

1. All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.