

SKY 'Living for Sport'

Using the spirit of adventure and creativity that sport provides to re-engage young people who are struggling at school, through a structured programme of sport activity



Project Outline

- A training day and action plan for teachers
- Intervention with a group of young people over 1-3 terms of the school year
- Activity sessions and leadership skills
- Organisation and management of a sports event
- Celebration of achievements

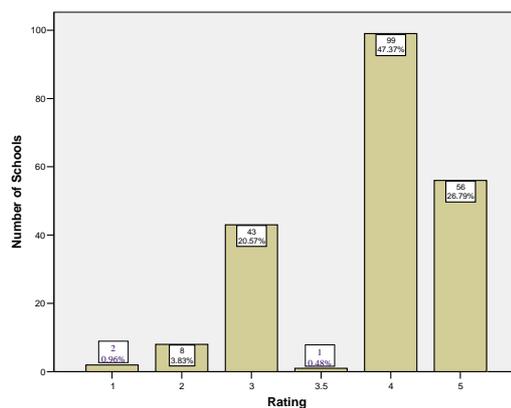


Roll out of the Programme

- Pilot year with 25 schools
- Development of the programme and roll out to 100 schools
- Presently in 600 secondary schools
- 17000 pupils involved
- Future development of an interactive web site to reach all 3,600 secondary schools



Impact Data: Overall Evaluation



- Teachers were asked to evaluate: 'How successful has your project been in achieving its original aims?'
- Rating scale of 1 (not at all successful) to 5 (extremely successful)



Impact Data: Enjoyment, Engagement and General Benefits

"This course is awesome; I never thought I would get to do something new like this at school"

"This is brilliant, can we do this all the time?"

"LFS has helped me, I've actually started to enjoy coming to school"



Impact Data: Self-esteem / Confidence / Social Skills

"The programme improved the pupils' confidence and self esteem. There was evidence of significant weight loss and improved knowledge of health, hygiene and diet"

"I feel as though if I put my mind to something - I can do it"



Impact Data: Behaviour

“There was improved behaviour exhibited by all Living For Sport students in all classes, so that less disruption occurs around the school. OFSTED were impressed with our facts and figures”

“They have developed in confidence and it has helped them to mature into young adults. They are getting into less trouble with the number of reportable incidents reducing by 67%”



Impact Data: School Attendance

“Attendance on LFS days has certainly improved”

“I now take my work more seriously and my attendance in school has improved”

“It has increased the attendance levels, not only in PE, but in the school”



Athlete Role Models: The Teachers' Views

- **Deploying some of Britain's most successful world class athletes as mentors into the Living for Sport schools to motivate and engage young people**
- **Have athlete role models had a positive impact on the pupils involved?**
 - Yes: 95.12%
 - No: 2.44%
 - Yes/No: 2.44%



Role Models Key's to Success

- **Mental Toughness:** Coping with hard times and still making it.
- **Hunger to Achieve:** The desire to make it, to dream, to still want it even after disappointments.
- **People Skills:** Emotional understanding, respect of yourself/others. Teamwork and leadership.
- **Sports and Life Knowledge:** Understanding the rules so you can make informed tactical decisions about your life.
- **Breaking Barriers:** The ability to do things other people haven't done. First person in your family. To make history.
- **Planning for success:** The ability to plan and prioritise life, to be prepared, to set goals and get a balance in your life.



Athlete Mentor Visits: Teacher Comments

"We've had great support from a very knowledgeable mentor. Please keep programme running!"

"I think what is offered is good and of a high standard. A well thought out and thorough approach to engage the pupils"

"The fact that the students realise that the athlete often comes from a similar background to them, often spurs them on to work at their skills"



Athlete Mentor Visits: Pupil Comments

"He was awesome"

"He was cool"

"He was a legend"

"He's really cool and down to earth, just like us"

"She never gave up did she?"

"inspirational"



Sustainability Of Impact

- Findings indicate that where pupils had shown an initial improvement, this is maintained (in approximately 90% of cases)

