

Summer term 'soundbites' -

"Moves [a grass routes dance project] was one of the best days of my life. It was amazing having my friends and family watch me on stage, something that I thought would never happen. The costumes looked great and I enjoyed meeting lots of other dancers. The dance class at Kinsley is fun and keeps me out of trouble. Hailey [the dance teacher] is really nice and kind" **Hannah, age 12, participant.**

"To get 50 kids on a field who really haven't accessed much sport in the past is just fantastic. They are buzzing, they absolutely can't wait until next weeks session." **Danny Thorrington, Coach, Suffolk Multi Sports Project.**

"I was so scared at the start, I didn't think I would like it, but it was amazing, I learnt a lot and it was fun". **Participant from the 'Ready Steady Ride' project, WESPORT**

"The key exciting difference is that DJs play at the side of the courts to create an informal vibrant atmosphere. The DJs are young people too" **Organiser, Sound Basketball in London.**

Joined up delivery

Sport Unlimited delivery during summer 2009 took a greater focus on working with NGBs. The examples below highlight how NGBs helped to incentivise projects and work with CSPs to ensure the participants also had the opportunity to develop their skills and be rewarded by obtaining level 1 awards. Projects promoting the wider benefits of sport are showcased below, in particular the impact on providing accessible opportunities for young people with disabilities to develop fundamental life skills and projects which have enhanced community cohesion at local levels. One recent case study has highlighted the potential for success by linking up with youth clubs and enhancing the mix of sport and social opportunities for young people.

Focusing on... NGBs

Northumberland Sport teamed up with the Golf Foundation and the PGA Tour event to offer 24 young golf enthusiasts who attended 100% of their Sport Unlimited sessions the chance to take part in a golf clinic. They received a 45 minute tuition session from a Tour Pro looking at putting, chipping and driving as well as the chance to meet some of the players and get photographs and autographs. They also received a 4-day pass for the tour event as well as 2 tickets for parents / guests. Tour player Andrew Murray said: *"It's very important to encourage youngsters and these clinics are also very enjoyable for us too. Golf has offered us a great life and if we tour players can put something back and help to inspire a new generation of golfers then we are only too happy to help the Golf Foundation in this way."*



Focusing on... disability sport

Herts Sports Partnership and the Herts Netball Association, established an 8 week netball training programme for young people aged 12+ with disabilities. The programme was promoted through 12 School Sports Partnerships and also through partners such as MENCAP, local colleges and disability forums. The sessions encompassed a mixture of indoor skill based training and outdoor match practice. The training sessions led to all of the girls having the opportunity to become a member of the Herts squad and represent Hertfordshire County at the National Marion Smith Learning Disability Championships in



June. The programme achieved a 100% retention rate which was put down to the fact that the girls had a competition to aim for. None of the girls had ever played a full game of competitive netball before and exceeded their coach's expectations. *"I am really proud of the team considering they had never played a competitive game before. I was especially impressed with their energy, determination and team work displayed in every game!"* Carina Page, Head Coach

Active Dorset worked with Rockley watersports to deliver sessions for young people with severe learning difficulties. The group of students involved had the chance to try out a variety of physical activities via taster sessions and identified that watersports was their favourite. Consequently a 10 week block of watersports activity was planned and delivered for them. With the nature of the activity being a bit different to anything the students had done in the past, the students were able to experience the need to be responsible within their environment and really gained a sense of achievement in mastering some of the activities. They experienced independence in an age appropriate activity. Some of the students were initially scared of entering the water, but finished the course feeling much more confident. The sessions received a 100% retention rate and due to the success of the sessions another block has been planned for the autumn term for students with severe learning difficulties.

Focusing on... ethnic groups

Birmingham Sports Partnership has teamed up with Saheli Women's group to offer sporting opportunities to Asian girls. Saheli set up an out of school activity for year 9 girls from Parkview School, an inner city school based in Alum Rock. Somalian, Kurdish and Pakistani young people came together to take part in skiing sessions at Ackers dry ski slope. *"There were many falls, screams and more screams and even more shouts, but they all got there in the end. At school you laugh if someone falls over. On the ski slope the girls learnt to encourage each other not to give up and to keep trying. For many this was a real challenge, but by the last session most of the group managed to get to the top of the slope."* Naseem Acktar, Project Manager. The real achievement was how much confidence, laughter and fun they had in a very short space of time. The school has reported the significant levels of progress made and highlighted how greatly they value these sessions.



Focusing on... community cohesion

West Yorkshire Sport funded a 'Streetball' project in Wakefield, led by Pawel Szafraniec, a Basketball coach and former Polish International Basketball player. Pawel's experiences and understanding of community cohesion motivated him to organise a 'street' basketball league that brought together groups of individuals from diverse backgrounds. The project had a small budget attached (£360) which included purchasing medals for all participants. The tournament ran on Saturdays throughout the summer starting at 1pm (due to the Lithuanian teams working night shifts on Fridays.) Ten teams entered the tournament including two Lithuanian teams, one from Korea and a team made up of people originating from the Philippines. The success of the event has attracted attention and further funding which has enabled the league to move indoor via the local sports centre during the autumn and winter months. The photo shows the finalists of the summer 2009 inaugural Streetball event.



Pro-Active North London has worked in partnership with the Enfield Youth and Partnership department of the Met Police and Tottenham Hotspur FC to deliver boxing sessions by Edmonton Eagles boxing club. The programme was aimed at 12-18 year olds and its objectives focused on promoting positive attitudes, self esteem, self control and improving overall wellbeing.

Student Voice

Continued 'student voice' consultation has been undertaken by CSPs to inform and develop delivery plans for year 3.

CSW Sport commissioned a consultancy 'Sport Structures' to undertake research with participants of their Sport Unlimited programmes. The following were highlighted as potential ways in which the projects could be improved. However, the consultation found that in most cases the sessions exceeded the expectations of participants, a quarter of whom intended to continue taking part.

Feedback from participants on potential ways to improve projects:

- more small games as part of learning new stuff - a chance to compete more often - same coach each week - learn more about the sport - have more fun - not doing the same things every week - by being outside more the weather stopped the session some weeks - a break during the session for food and drinks - complex skills not just the basics - more time on new skills - more sessions 8-10 weeks too short - nothing - chance to gain awards - Inclusive (cater for disabled participants) - more coaches - bigger venue - newer equipment - better venue - Make it more challenging each week - better hall and more equipment - more participants - specialist coaches - sessions run year round - more funding

Greater Sport has been working closely with Manchester Leisure to develop a warm up game which is helping to determine how sporty the young people taking part in activity are. The 'Win and Learn SU Warm Up Game' encompasses a number of questions which are asked during a warm up exercise, the results are helping inform the future targeting of their Sport Unlimited sessions to ensure the semi sporty are being reached.

Active Dorset has been working with media students at Bournemouth University to capture some of the Sport Unlimited activities going on in the region. The activities have ranged from basketball and climbing, to skateboarding and kickboxing. A short DVD was created by the students showcasing the Sport Unlimited activity, along with some of the young people's views and opinions of taking part in the sessions. Active Dorset reported: *"this has been a great success for us here in Dorset, to evidence what has been taking place, gain feedback from the participants and also create a marketing tool to use to promote the programme and hopefully engage new partners for the remainder of Years 2 and 3."*

Activities Framework

The range and scope of activities on offer through the Sport Unlimited project has continued to impress! Summer 2009 saw the introduction of a range of 'summer' sports and activities, such as the beach sports hosted in Brighton, Sussex. Watersports have been increasingly popular and more traditional sports with a twist (such as Sound Basketball) have proven successful. Delivery on Friday and Saturday nights is also a growing area, with the aim to combine sport and physical activity with safe social opportunities. The chance for young people to work towards a clear goal, such as a competition, dance performance or running event, has also helped to retain participants in their chosen activities.

Sussex County Sports Partnership Trust has been working alongside NIVEA SUN Yellowwave, the UK's only permanent beach sports venue of its kind, offering beach sports activities to all ages and abilities. The facility is located on the famous Brighton seafront and has been a hugely popular venue for a Sport Unlimited junior beach volleyball course. *"The youngsters have really enjoyed learning beach volleyball skills and have come on no end, lets hope we can keep them playing and who knows*

maybe we'll have a future Olympic champion amongst them" Spencer Mintram, Yellowwave Director.

The majority of participants have continued participating in the new Yellowwave Juniors' Club, where they receive a Yellowwave Juniors 'DIG IT' t-shirt and get coaching every week for just £1 per session. The course will be repeated in the 2009 autumn term.

Kenilworth Sword Fencing Club (KSFC) has delivered an eight week fencing course aimed at increasing the uptake and retention of girls in sport, the programme which was supported by **Coventry, Solihull and Warwickshire Sport** saw the girls take part in a mini competition and the presentation of the British Academy of Fencing (BAF) Bronze Awards during the final session which the girls had been working on throughout the course.



WESPORT have been running a funky roller disco programme for young people in and around the Knowle West area of Bristol. The project was run by Positive Futures young leaders, alongside senior staff. The young volunteers organised the lighting and music equipment for each session, whilst others took registration details and dealt with skate hire. A total of 32 young people took part in the programme, many of whom would not necessarily get involved in traditional sporting activities. Since the sessions there has been interest from young people about a roller hockey team, the feasibility of which is now being considered.



In **North Yorkshire** a popular cheerleading programme was delivered during the spring term and the girls involved went on to perform at the area cheerleading competition and won! They have recently represented the district of Harrogate at the prestigious Leeds Trinity North Yorkshire Youth Games in June, all thanks to Sport Unlimited. Nine of the participants have now been selected to join the Harrogate Hornets 'Squad' cheerleading club as a direct result of the project. The Hornets compete at a national level and 'cheer' at a number of sport and community events in the local area.



North Somerset Council in partnership with a number of agencies has been delivering Free Running sessions in Weston Super Mare on behalf of **WESPORT**. The class has been so popular that they are now developing a club 'The Campus Free Runners'. Summer clubs are also now being developed off the back of Sport Unlimited funding. *"The Campus Free runners are great guys and girls who train together in a sport they are passionate about" Sharon Behham, Head Coach.*

Wigan Council's Outdoor Education Team are working closely with **Greater Sport** to deliver a 'Water Crew' project, an opportunity for young people to participate in kayaking, sailing and windsurfing activities over a 10 week period. The programme is offering British Canoe Union and Royal Yachting Association routes to accreditation and if young people attend all 10 sessions they will attain 1 star canoeing and level 1 sailing accreditation. Some young people have already begun to access additional activity and as the project develops throughout the rest of the term they will be signposted into a range of ongoing activity based events and opportunities.

The 'sport and social' mix - Friday and Saturday night delivery

Pro-Active Central London has launched 'Sound Basketball' - an informal basketball club run after school at two school sites around Southwark. The concept is to have popular music at the sessions played by a DJ at the side of the court or get young people themselves involved in the DJing. By doing this the club attracts a positive mix and integration of keen basketball players and young people who are there more for the music. They all have the opportunity to take part in a sport in a non threatening environment. Young people turn up put their names on a board and as soon as there's a team ready to go, they play. Its winner stays on for a max of three wins. The young people

have taken ownership of the session and it essentially runs itself with 50-75 young people at each session. The clubs are two hours long and run for ten weeks, they are open to all pupils at secondary school level. Last year's activities (Year 1 of SU) attracted a staggering amount of young people mainly due to the influence that the music and DJ have as a tool to encourage young people to participate. In addition, a spin off event akin to the NBA All stars has been created from this. Its called 'Rising Stars' and 2-3 talented young people (male and female) from each secondary school took part in a tournament attracting 200 -300 spectators and creating considerable interest amongst their peers. The deliverers have worked hard to develop appropriate exit routes as participants are looking for something more informal and flexible than a standard club structure.

West Yorkshire Sport's 'Friday Night Project' (FNP) continues to grow, with a new session now taking place at Armley Leisure Centre in Leeds. The project aims to provide activities at times and in places where anti-social behaviour is at its highest. The FNP is an opportunity for young people to engage in positive activities and active lifestyles and also gives them a place to socialise and meet friends. The project works with different agencies local to the area and other agencies support the FNP through funding or by providing staff. *"There are a range of activities in sports, music, dance and arts on offer to young people aged between 8 and 16"* said Laura Hobman, FNP Project Coordinator. *"It is a great opportunity for young people to become involved with their local sports centre and engage in active lifestyles"*. The Armley Friday Night Project has included rock climbing and abseiling activities, teaching young people new skills and enabling them to access a new sport. The sessions were introduced as a result of discussions with young people regarding what activities they would like to do, and they are provided by external specialised coaches via the Lazer Centre.

Signposting - taster sessions

In terms of signposting young people into Sport Unlimited and from Sport Unlimited sessions into continued participation, Lincolnshire Sport have focused their efforts on providing taster sessions. This approach has provided young people with the opportunity to try out activities for themselves before joining up to a 10 week course or before joining a club.

Lincolnshire Sport funded the first under 11 girls' school festival in Sleaford in July 2009. In total 80 girls took part from local primary schools as part of a drive to kick-start the 'under 11' local league football and celebrate a school coaching programme. Matthew Evans, the project organiser, hosted the event at Carre's Grammar School after obtaining Sport Unlimited funding via the Lincolnshire Sports Partnership, to offer local Primary Schools ten "Girls Only" football coaching sessions. The tournament, which eventually crowned Navenby Primary School as the winners, brought together numerous schools all of whom have committed to offering girls football opportunities. The event was used to provide all girls with a taster of football and all were subsequently signposted to the new football coaching sessions.

Lincolnshire Sport funded 10 weeks of multisport activity at Lincoln University during the summer term. Without Sport Unlimited funding the 10 week taster events would not have taken place and generated the demand to support the establishment of a club. The sessions provided a number of young people with the chance to participate in sport alongside their family and friends. 'Powerchair Football' and 'Zone Hockey' were put on for the 2 hour sessions, the young participants also got to try Boccia and New Age Curling. After the 10 weeks of sessions a club was established to deliver regular activities from September onwards.

Sustainability Update

The Sport Unlimited evaluation is taking an increasing focus on measuring the sustainability of projects to generate robust evidence to showcase the longer term impacts of the project. From the autumn term 'sustainability tracking' will commence. The examples below provide details of small scale sustainable outcomes and good practice, plus showcase the results of the summer term measurement of 'sustainability intentions'.

West Yorkshire Sport have reported that of the 11 participants that sailed at Pugneys during Autumn 2008, 7 of these participants returned in Spring 09, along with some more new sailors from their school for a further 6 week course. This time the sessions were paid for by parents. Furthermore 5 participants have also been taking part in sailing activities over the summer including a trip to sail at Bridlington as part of the OnBoard project.

Sport Essex has been running a hugely successful mountain biking project with young people from 10 secondary schools, supported by the Colchester Blackwater School Sport Partnership. An instructor from the local county outdoor education centre delivered the sessions and was also responsible for bike maintenance on the 12 bikes that were acquired for free to run the course. The sessions were progressive starting on school premises working on mountain biking skills and then going off road in local public parks. Other sessions included essential maintenance, grass track cycling, cyclo-cross and speedway, linking up with local community providers. All participants were encouraged to cycle whenever possible and a significant increase has been seen in the number of students that have started riding to school as a result of participating in the club. The club will continue to run over the next academic year as a sustainable pathway has been secured with funding and support from the PCT for an extra trailer and an additional 16 bikes.



Sport Essex and the Chelmsford Athletics Development Officer have worked together to attract over 200 young people to 12 different athletics activity sessions. The clubs consisted of 8 weeks of different athletics events and a competition on the final day. The different athletics events were sprinting, hurdles, relay changeovers, discus, shot putt, javelin, long jump and triple jump - all schools worked to the same session plan to prepare their students for the competition.

The courses were offered for free during the initial period to ensure that interest was generated however a charge was subsequently introduced to ensure that the clubs could continue to run on a sustainable basis. The course focused on individual skills being taught to help those semi sporty people that are maybe not so confident to join in sports normally. The course enabled them to become more confident to work with others and to start learning the core skills that can be transferred to other sports. The clubs achieved great numbers through working in partnership and making the sessions fun for athletes to keep coming back to learn more skills. In addition to the continuation of the clubs, additional incentives were provided for continued participation including free vouchers to join clubs at Chelmsford Sport and Athletics Centre and places on summer holiday courses.