



County
Durham
Sport

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COUNTY DURHAM SPORT YOUNG LEADER PILOT PROGRAMME 2015-2017



YOUTH
SPORT
TRUST

YOUNG LEADER PILOT PROGRAMME REPORT 2015-2017



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OVERVIEW

Over the last two academic years (2015-16 and 2016-2017), County Durham Sport have worked to develop, deliver and measure the impact of Young Sports Leader programmes in a range of primary schools across the county.

The Young Sports Leader pilot project was launched in September 2015 offering nominated primary schools the opportunity to receive free access to training and resources for their Young Leaders, in return for providing County Durham Sport with evaluation data and feedback for the programme.

Primary schools had a choice to pilot either the Sports Leaders UK: PlayMaker Award or the Youth Sport Trust: Young Ambassador Peer Leaders Programme both of which are certified programmes, providing an age-appropriate introduction to leadership.

AIMS

The overall aim of the Young Sports Leader pilot programme was to increase the number of primary school pupils involved in sport and physical activity across the county. This was achieved by upskilling older primary school children, enabling them to assist teaching staff with the organisation and delivery of small sports activities and games.

The additional aims of the project were to help Young Leaders develop important life skills (including leadership, communication and organisation), give Young Leaders a sense of responsibility to increase their confidence and self-esteem, helping them to make the transition between primary and secondary school and providing them with a starting point to be involved in leadership. Young Leaders were also encouraged to act as the pupils' voice in order to find out what sports activities their peers would like to participate in.



PROJECT DELIVERY

A full day of leadership training was delivered to pupils which included an introduction to leadership; focusing on communication, teamwork, creativity and building confidence as well as giving the Young Leaders the opportunity to put their skills into practice. Schools were provided with a resource pack and advice on how the Young Leaders could help to raise the profile of PE and sport within school then, throughout the year, each school received at least one visit to see the Young Leaders putting their skills into practice either when they were running a lunchtime club or helping out at a school sports competition. Schools then received a final visit at the end of the academic year to evaluate the programme where each Young Leader gave their opinions on the programme (what they had enjoyed, what could be improved, how they think it has helped them as individuals). Relevant teaching staff also provided data on the number of pupils who were engaged in extra-curricular sports activities and the number of activities offered before the introduction of Young Leaders then for each of the following three school terms.

During the two year programme, 126 upper Key Stage 2 children from 15 primary schools were been involved in the programme.

As well as providing more sports opportunities and increasing engagement in PE and school sport, the programme aimed to develop eight key skills in the Young Leaders: Leadership, Problem Solving, Creativity, Communication, Organisation, Time Management, Confidence and Teamwork which were monitored through feedback from teaching staff and self-evaluations by the Young Leaders.

Melissa Morton, Peases West Primary School

"The Young Leaders have been involved in organising Sport Relief events and intra-school competitions as well as running lunchtime clubs for other pupils. I would definitely run the Young Leader programme again as it gives the pupils a sense of responsibility and helped to increase school participation in PE."

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IMPACT

The feedback was very positive with Head teachers and PE Co-ordinators commenting that the programme has helped to develop the Young Leaders' skills as well as increasing engagement in school sport and PE.

Impact on the Young Leaders

Across the 15 primary schools, 22 members of staff, which included a combination of Head teachers, PE Co-ordinators and class teachers, completed evaluation measures for the programme.

82% of teaching staff selected 'Agree' or higher (on a 5 point scale ranging from 'Strongly Disagree' to 'Strongly Agree') when asked whether they thought the programme had improved the Young Leaders' time management skills, 95% of teaching staff selected 'Agree' or higher when asked whether they thought the programme had improved the Young Leaders' problem solving, teamwork, organisation and creativity and 100% of staff selected 'Agree' or higher when asked whether they thought the programme had improved the other three key skills among the Young Leaders' (leadership, communication and confidence).

Moreover, 73% of the teaching staff rated the overall programme as 'Very Successful' and 27% rated the programme as 'Quite Successful' in their school.

Of the 126 pupils who took part in the programme, all Young Leaders said that they had enjoyed taking on the Sports Leader role in their school and that being part of the programme helped them to improve on at least one of the eight key skills.

40% of the Young Leaders reported that being involved in the programme helped them to improve their communication skills, 37% said that their leadership had improved as a result of being involved in the programme, 35% reported improvements in their problem solving, 31% said that their confidence had improved throughout the duration of the programme, 35% commented that their organisational skills had improved, 30% said that they were now better at teamwork, 28% thought that they had improved their creativity and 37% of the Young Leaders reported that their time management had improved as result of being part of the programme.

As well as the eight leadership skills included on the profile wheel, Young Leaders also commented that the programme had helped to improve their decision making as they had to make quick decisions about organising groups, it had improved their resilience and perseverance with tasks, it had helped them to speak calmly and control their temper, it has given them experience of managing groups and controlling behaviour, it had made them fitter as they were taking part in more sports activities and had allowed them to learn about new sports that they had never tried before.

Young Leader Comments

"I think I got better at problem solving because I learnt that you have to see both points of view."

"Sports Leaders has helped me with my communication because I had to explain instructions for different activities."

"It gave me more independence because we plan a lot of activities ourselves."

"Leading the Year 5 warm up helped to increase my confidence because I was nervous before but I realised I could do it."

"I have become more resilient by being a sports leader because I have tried new things and been encouraged by the other sports leaders to keep going and not give up."

"My fitness has improved because I have been doing more activities in and outside school."



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Teaching Staff Comments

"The programme has been a huge success! I have noticed a huge change in the confidence, leadership and communication skills of the Young Leaders."

"Young Leaders has provided the school with a structured system to organise break/lunch time games, intra-school competition and the Young Leaders have gained confidence and independence as well as leadership and organisational skills."

"Sports leaders have loved the responsibility of the role and they've become increasingly independent at organising activities."

"It helped the Young Leaders to develop their confidence and teamwork as well as enabling them to extend their knowledge of sports and games."

"Children are communicating more and working co-operatively. Discussion is more effective and listening to each other is much improved."

Impact of the Programme on Engagement in School Sport and PE, Available Opportunities & Pupil Enjoyment

100% of the teaching staff reported that the Young Leader programme had provided more opportunities for pupils in their school to take part in sport and physical activity and 95% thought that the introduction of a Young Leader programme had increased the number of pupils participating in sport and physical activity in school.

401 pupils ranging from Year 1 to Year 6 who had taken part in activities run by the Young Leaders also gave their opinions on the programme. 72% said that the Young Leaders told them more about different sports they could play at school, 69% thought that having Young Leaders in their school had given them more choice of the sports they could take part in, 77% reported that the Young Leaders made them want to play more sport at school, 73% said that the Young Leaders made them want to try different sports, 68% said that activities delivered by Young Leaders had helped them to feel more confident when they were taking part in sport, 84% reported that the Young Leaders made them have more fun when playing sport and, finally, 80% of the pupils said that having Young Leaders in their school had made them enjoy PE and school sport more.

SUSTAINABILITY & FUTURE PLANS

In future years, County Durham Sport will continue to offer the Young Leader programmes at a subsidised rate to other primary schools with the pilot primary schools offering additional knowledge, support and resources to the wider primary school network.

The programme will be advertised as a package with an initial consultation with the Head teacher/PE Co-ordinator to discuss the programme and decide on the best plan of action for the school, training for the Young Leaders, a resource pack provided for the school, Sports Leader t-shirts and personalised Leadership Journals for all pupils, at least one visit throughout the academic year to see the Young Leaders in action and monitor their progress and a full programme evaluation with an impact report produced for the school at the end of the academic year.

Teaching Staff Comments

Sharon Walker, Witton-le-Wear Primary School -
"The interaction between the different age groups has provided great benefits for both the Young Leaders and other pupils as I have seen increased confidence in all pupils."

Nicola Mawson, Tow Law Millennium Primary School -
"Reception and Year 1 pupils are now receiving extra guidance in PE lessons, extra activities to choose from at playtime/lunchtime and an exciting carousel of sports day activities, all provide by the Young Leaders."

