



**YOUTH
SPORT
TRUST**

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State of the Nation

Rebecca D'Arcy



In Memoriam

**Her Majesty
Queen Elizabeth II
1926 – 2022**

Summer of Sport



Dear Rishi Sunak and Liz Truss,

On Sunday evening history was made. The dreams of 23 women came true. England became European champions for the first time in history.

Throughout the Euros, we as a team spoke about our legacy and goal to inspire a nation. Many will think that this has already been achieved, but **we see this as only the beginning**. We are looking to the future. We want to create real change in this country and we are asking you, if you were to become Prime Minister on 5 September, to help us achieve that change.

We want every young girl in the nation to be able to play football at school.

Currently only 63% of girls can play football in PE lessons. The reality is we are inspiring young girls to play football, only for many to end up going to school and not being able to play.

This is something that we all experienced growing up. We were often stopped from playing. So we made our own teams, we travelled across the country and despite the odds, we just kept playing football.

Women's football has come a long way. But it still has a long way to go.

We ask you and your government to ensure that all girls have access to a minimum of 2hrs a week PE. Not only should we be offering football to all girls, we also need to invest in and support female PE teachers too. Their role is crucial and we need to give them the resources to provide girls' football sessions. They are key role models from which so many young girls can flourish.

We have made incredible strides in the women's game, but this generation of school girls deserve more. They deserve to play football at lunchtime, they deserve to play football in PE lessons and they deserve to believe they can one day play for England. We want their dreams to also come true.

This is an opportunity to make a huge difference. A change that will impact millions of young girls' lives. We – the 23 members of the England Senior Women's EURO squad – ask you to make it a priority to invest into girls' football in schools, so that every girl has the choice.

Regards,

The 2022 UEFA Women's EURO England Squad



BIRMINGHAM
2022
commonwealth
games



National School Games Final



#SGNF2022 isn't just about competing! We also aim to nurture our young athletes & prepare them for their potential future careers! All athletes had an opportunity to take part in mock press conferences & media training with @MontyTrackStar! @BritWheelBBall athletes in action!



Political Landscape

Prime Minister - Liz Truss

Secretary of State:

- Education - Kit Malthouse
- Health and Social Care - Dr Thérèse Coffey
- Culture Media and Sport - Michelle Donelan





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CONFERENCE
2022

Class of 2035

A child entering reception in **2022**, will leave school in **2035**.



Our children have just one childhood

The Covid-19 pandemic has made things worse for a generation who were already struggling with low levels of health and happiness.

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

One in four year 6 pupils are obese. 2.4 million young people are active for less than 30 minutes per day

[\(NHS/Sport England\)](#)



Poor mental wellbeing

53% of parents believe that their children's social wellbeing has been negatively impacted by Covid-19

[\(YST/YouGov\)](#)



Lonely and disconnected

83% of parents believe children are spending too much time online and not enough time with each other

[\(YST/YouGov\)](#)



Increased inequality

Children from disadvantaged backgrounds are less likely to access and understand the benefits of sport and play

[\(Sport England\)](#)

Youth Sport Trust Strategy 2022 – 2035

Inspiring Changemakers, Building belonging

Starting locally and building momentum, we will galvanise and **inspire changemakers** to transform attitudes, improve practice and drive policy change.

Together we will harness the power of play and sport to **build belonging** for a generation, improving their health, fostering inclusion and developing character and leadership.

2022

2035

Urgent action

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

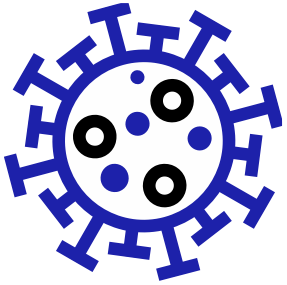
Generational shift

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

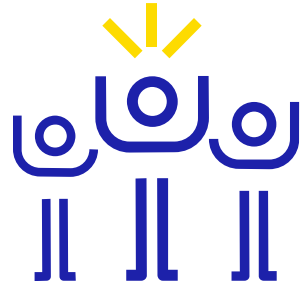
To transform **society's perceptions and attitudes** towards the importance of physical literacy, play and sport in the **education and development** of young people

Societal change

Tactics



Equip educators to rebuild wellbeing & level up life chances of young people most affected by covid19, and those suffering from the effect of inequalities

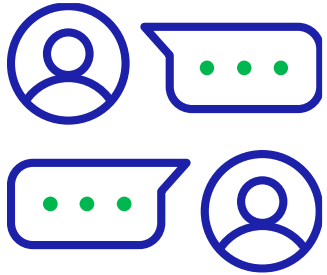


Empower young people by unleashing a nationwide community of young leaders, who harness the positive power of play and sport to improve wellbeing, build friendships, and foster understanding

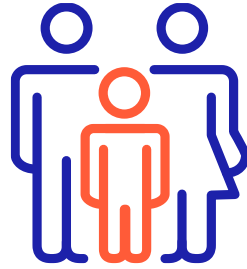


Unite a movement of organisations to reclaim play and sport at the heart of every school, & make it fun for everyone

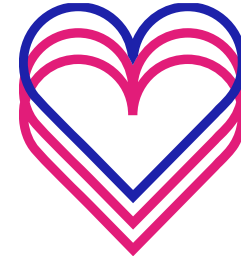
Tactics



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



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



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

Youth Sport Trust – Key Asks

- Increased awareness and a high-profile national ambition for every child to be active for 60 mins a day with a clear gold standard for schools to deliver a minimum of 2 hours of PE a week.
- To halt the squeeze of PE across secondary schools (42,000 hours lost in last decade) and make a concerted effort to build back healthier, happier, fitter and more resilient young people.
- To resource a national PE professional development programme to establish the highest standards of teaching and physical development.

- Funding and policy which supports a free to access extended school day to protect children from low income families missing out on after school sport (much has become a paid for child care/ club) and level the playing field for the most disadvantaged. This must include new models which increase access to school sports facilities in the evenings, weekends and holidays.
- Build on the success of the School Games by extending the reach and impact of the School Games Organiser network guaranteeing opportunities and pathways for those with talent and ambition for underrepresented groups.

- Reinvigorate the Young Sports Ambassador movement which was so successful in the lead up to London 2012 - building character and employability skills in young people and inspiring participation in sport and physical activity

Key dates this term:

- National Fitness Day - 21st September, this year coinciding with UN World Peace Day
- Launch of the Play Their Way campaign – October
- Rugby League World Cup
 - 18th October – 19th November – England
- World Gymnastics Championships
 - 29th October - 6th November 2022 – Liverpool
- Football World Cup
 - 20th November – 18th December – Qatar



*Shape
the world,
one game
at a time*