

Giving children and young people a sporting chance

Scotland's sport strategy for children and young people





OUR VISION:
**Scotland is a great environment
for children and young people to
embark on lifelong participation
in sport.**

KEY THEMES:



Great Opportunities

providing opportunities for children and young people to participate in sport

Great People

developing and supporting leaders and workers

Great Places

providing great places to be active through sport

Higher Profile

celebrating and communicating opportunities to take part in sport and the talents and successes of children and young people

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1. Joint Foreword

Young People's Sport Panel

It is fantastic to see Scotland's sport strategy for children and young people published, particularly in such an important and exciting year for sport in Scotland. The Young People's Sport Panel has played a central role in the strategy from the beginning, helping to shape the document and providing feedback at each stage. We wanted to represent the views and ideas of young people and are really pleased and proud to see that this is an integral part of the strategy.

One of our key roles as a sport panel is to influence and shape the future of sport – we believe that this document achieves that – and provides a strong, clear and exciting focus on sport for young people. The strategy also highlights the collective responsibility we all have to play in making it happen.

We can't think of a more exciting time to be launching this strategy – we are in a great place to make the most of all the fantastic sport opportunities in 2014 and to make sure that as a result we capitalise on this and have more young people taking part in, and enjoying sport.

We are confident in the future of sport for young people in Scotland and believe this strategy will not only increase the opportunities to participate in sport but also increase the number of leadership opportunities available for young

people – something that is really important to us as a panel of young leaders.

The Young People's Sport Panel will continue to be actively involved in the strategy and we look forward to working with you to make the vision a reality! Scotland – a great environment for children and young people to embark on lifelong participation in sport.



Katie Clucas

Katie Clucas

Scottish Government and COSLA

We are delighted to launch *Giving children and young people a sporting chance*, Scotland's sport strategy for children and young people.

The importance of being physically active is widely understood and we believe there is a particular role for sport in ensuring that children and young people develop a lifelong habit of activity. That has never been more true than in this special year when Scotland sees both the Commonwealth Games and Ryder Cup on its shores.

But sport does not just have the power to deliver better health. It can also contribute to wider wellbeing, enabling children and young people to build relationships and learn skills that they need in order to be successful, confident and responsible citizens.

It is crucial, however, that we do not assume that we know what children and young people want. The Young People's Sport Panel has played an important role in shaping this document and consultation work has been undertaken directly with children and young people by Young Scot, the Children's Parliament and Scotland's Commissioner for Children and Young People.

We have published material alongside this document which sets out the results of that work, and the more standard consultation approach, in detail. This is a fantastic resource which should help to guide the actions of all who are involved in the delivery of sport for children and young people, now and in the future. We must build on this work, ensuring that children and young people have their voices heard in the ongoing delivery of sport.

Of course we are not starting from scratch. The consultation has highlighted the positive role already being played in communities across Scotland by a wide range of partners including **sportscotland**, Education Scotland, Local Sports Councils, Scottish Governing Bodies of Sport, clubs, schools, Higher and Further Education institutions, the third sector, teachers, Active Schools staff, volunteers, parents and carers. Local Authorities and Leisure Trusts in particular make a huge contribution to the delivery of Scotland's sport,

providing sporting opportunities through a wide range of activities and provision, to achieve better health and wellbeing outcomes for our children and young people.

The consultation stressed, too, the need for greater collaboration to ensure the best possible outcomes. The Scottish Government and COSLA recognise that positive outcomes for the people of Scotland will be best delivered by working with people – drawing on the talents and abilities of our communities – rather than doing things to them. Improving on current delivery will require consistent shared endeavour by many organisations and individuals – developing and sharing knowledge on current provision, what works, and what more can be done.

This document is part of that process – setting out a vision, principles and outcomes which can guide the actions that we collectively take to deliver sport for children and young people in Scotland over the next 10 years. We look forward to seeing it happen.



Shona Robison
Cabinet Secretary for
Commonwealth Games,
Sport, Equalities and
Pensioners' Rights



Councillor Harry
McGuigan
COSLA Spokesperson
for Community
Wellbeing

2. Introduction

On 9 December 2013, we published *Giving Children and Young People a Sporting Chance – A Draft Strategy for Scotland* which we developed with a working group of key stakeholders.¹

We undertook a formal consultation on the document, and alongside that, worked with the Young People's Sport Panel, Young Scot, the Children's Parliament and Scotland's Commissioner for Children and Young People (the Commissioner) to ensure that we got the views of children and young people.

Almost 3,000 children and young people contributed their views to the consultation.

This strategy rests on the rich information which that consultation provided. A range of documents have been published alongside the strategy, including a full analysis of the consultation responses. We would urge those involved in the delivery of sport for children and young people, and those who could be, to consider how this material can help inform the work they do.

¹ The working group consisted of representatives from the Scottish Government, the Young People's Sport Panel, **sportscotland**, Education Scotland, ADES, COSLA, VOCAL, the Scottish Sports Association, Scottish Disability Sport, Scottish Student Sport, Youth Scotland, Young Scot, and Scotland's Commissioner for Children and Young People.

The strategy recognises the benefits that involvement in sport can bring in relation to being healthy and active, and the contribution that can make to the wellbeing of children and young people as set out in the Getting it Right for Every Child (GIRFEC) approach.



Great sporting opportunities for children are about friendship, learning, excitement, challenge, achievement and being fit and healthy.”

Children's Parliament consultation

It recognises that there is already a great story to tell. The provision of sport for children and young people in Scotland has many strengths, with many individuals and organisations willingly playing important roles in its delivery.



It reflects the strong message from the consultation that there is a need for a long-term approach, based on new and sustained collaboration and integrated working across a wide range of organisations.

It recognises that children and young people are individuals who need and want different things. It recognises that sport should be for all, regardless of age, gender, race, disability, geography or other factors which could limit participation.



Everyone's taking part should be celebrated. Even if you lose you should have a party. You should celebrate as a team."

Children's Parliament consultation

It emphasises the need to put children and young people's views at the heart of how sport is planned and delivered. Most importantly it gives us a basis for working together to achieve the vision that "Scotland is a great environment for children and young people to embark on lifelong participation in sport."



Where we are now

In many ways the experience of sport for children and young people in Scotland is already strong.

70 per cent of children in Scotland meet the recommended guidelines of being active for at least an hour a day – and most of this activity is through active play and through sport.

Delivery of sport involves a wide range of stakeholders including **sportscotland**, Education Scotland, Scottish Governing Bodies of Sport, clubs, schools, Higher and Further Education institutions, the third sector, volunteers, parents and carers, amongst others.

Local Authorities, in particular, play a key role, having the statutory responsibility to ensure that there is adequate provision of sporting facilities and undertaking significant work to ensure there are opportunities for children and young people in their local area.

Local Authorities provide nearly 90 per cent of public sector investment in sport.

There is widespread recognition of the importance of children being active from an early age, and for the need for opportunities to develop through sport in schools and into Higher and Further Education and adulthood.

Research tells us that encouraging children to be active from an early age is vital to developing a healthier lifestyle, and this is reflected in Scotland's first national Play Strategy and the associated Action Plan published in 2013.

Curriculum for Excellence, which covers children and young people from age 3-18, places a huge level of importance on physical education (PE), physical activity and sport as a key element of learning in Health and Wellbeing.

It mandates that children and young people should enjoy daily opportunities to participate in physical activities and sport at their place of learning and in the wider community. This is particularly important in the early stages of learning and is the responsibility of all staff in preschool and school environments.

To support schools to deliver high-quality learning experiences in PE, £11.6 million is being invested by Education Scotland and **sportscotland** over 2012-13 to 2015-16. This will contribute in a number of ways including through continued roll-out of Better Movers and Thinkers which develops movement, rhythm and problem-solving skills essential for participation in a wide range of sports. It will also allow for continued engagement with Teacher Education Institutions to ensure quality PE training forms part of initial teacher training.

In 2013, 89 per cent of schools were meeting the target of at least two hours of PE in primary schools and two periods in secondary schools, in S1-S4.

To ensure that teachers have the knowledge, skills and experience to include disabled young people fully in quality PE, the Scottish Government, through Education Scotland, has provided Scottish Disability Sport with £125,000 to offer both PE and classroom teachers across Scotland access to training. This PE Disability

Inclusion Training programme is giving training to up to 1,000 teachers and is a key part of the development of coaches in disability.

In recognition of the efforts of those schools who put quality PE and school sport at the heart of their planning, **sportscotland** is currently piloting the School Sport Awards initiative in three local authority areas. Following learning from the pilot and feedback from the schools and partners involved, the Awards will be further developed.

The Active Schools network, supported by up to £12 million investment by **sportscotland**, is responsible for providing opportunities for children and young people to participate in sport before, during and after school. It also plays an important role in developing effective pathways between schools and clubs – the mainstay of opportunities to develop an interest in sport.

In the 2012-13 academic year, the Active Schools programme provided 270,000 Activity Sessions in a range of over 100 different sports/activities.

Clubs are the places where time can be spent practising and playing with the support of coaches and leaders and where a sense of belonging and interest in the wider aspects of the sport can be nurtured – volunteering, leading and organising sport. Scottish Governing Bodies of Sport have a major role to play in supporting their clubs to create the right climate and opportunities for young people.

Scottish Governing Bodies of Sport support 13,000 clubs to provide local sporting opportunities across every community in Scotland.

Higher and Further Education institutions provide significant opportunities to take part in sport, as well as playing a crucial role through the provision of academic and vocational sport and exercise courses.

3.4 million visits in 2013 to sports facilities in universities, up from 1.8 million in 2006.²

Around one-half of universities (53 per cent) organise competitive leagues/intra-mural sports programmes.²

The opportunities to take part in sport are supported by having great places to do so and great people to support children and young people.

Scotland has seen a transformation in the capital infrastructure for sport. The scale of new national, regional and local facilities for sport, combined with the school estate modernisation programme mean that we have never been as well served by great sports facilities across Scotland.

Since May 2007, over £86 million of Scottish Government and Lottery funds have been invested in sports facilities.³

All 32 Local Authorities have approved plans for a Community Sport Hub, and of 131 being developed, 61 per cent are around a school.

By March 2018, the Schools for the Future Programme will see the construction of 67 new schools built for over 46,000 pupils - with £800 million provided by the Scottish Government and £450 million by Local Authorities.

Efforts are also being made to further open and encourage greater use of the facilities that the school estate can offer. This is enshrined in the Scottish Government-COSLA School Estate Strategy *Building Better Schools: Investing in Scotland's Future*.

In addition to formal sports facilities, children and young people need a range of open and informal recreational places to play sport, such as skate parks, adventure play parks, bike trails and walking routes.

The £10 million Active Places Fund to date has supported 111 projects in 26 Local Authority areas.

The Scottish Government has provided a £3 million funding package over three years to increase free play opportunities.

Day in, day out and week after week, there are vast numbers of teachers, volunteers, parents and coaches who give their time, energy and commitment to encourage children and young people to enjoy sport, have fun and keep active.

195,000 volunteers and 90,000 coaches support delivery of sport in Scotland.⁴

² *An Audit of Sports Provision in the University Sector in Scotland: 2013 - A Report to Scottish Student Sport (SSS)*. Figures cover the nine universities that provided data.

³ This includes spend through **sport**scotland's Sports Facilities Fund, National and Regional Sports Facilities Fund and the Active Places Fund.

⁴ Figures provided by the Scottish Sports Association.

sportscotland works with Local Authorities, Leisure Trusts, clubs and the third sector to ensure there are appropriate training opportunities. These include Positive Coaching Scotland and Clubs Leaders.

In addition to this, **sportscotland** funds up to 50 per cent of the level 1 and 2 UK Coaching Certificates, and up to 75 per cent for level 3. There are a wide range of local and national funds that can support people to fund the balance.

The Commonwealth Games offer a significant opportunity for volunteering in sport but the opportunities do not end there. The 'Beyond the Games' website has been developed by Skills Development Scotland to keep interested people informed about the Games and other volunteering opportunities.

<http://www.myworldofwork.co.uk/beyond-the-games>

There are also specific opportunities for children and young people to lead through programmes such as Youth Legacy Ambassadors, Young Ambassadors and Lead 2014, which involve over 1,000 young people across the whole of Scotland.

We recognise the need to ensure that sport is accessible for all, with Local Authorities and the third sector playing a key role in this regard.

There are a variety of programmes specifically designed to support children and young people whose needs may make accessing mainstream provision less possible or enjoyable for them including Street Soccer, Jump2it and Active East.

The CashBack programme has invested £24 million on sporting activities and facilities projects since 2007, and contributed to the overall programme funding of 1.1 million activities and opportunities for young people.

This is just a small selection of the current provision of sport for children and young people in Scotland, and details on where further information can be found is set out on page 12.

Our challenge is to build on this solid framework to ensure that Scotland is a great environment for children and young people to embark on lifelong participation in sport. This document aims to provide the starting point for that to happen.



Further information on the activities of Local Authorities, **sportscotland** and Scottish Governing Bodies of Sport can be found as follows:

- Individual Local Authority websites provide details of provision at local level.

<http://www.sportscotland.org.uk/>

- The **sportscotland** website provides further information about its activities and information for those who are looking to volunteer in sport.

<http://www.thessa.org.uk/>

- The website of the Scottish Sports Association, which represents Scottish Governing Bodies of Sport, contains details of its activities and links to individual Governing Body websites.

<http://www.legacy2014.co.uk/>

- This website sets out plans to ensure that all of Scotland benefits from the Games, and how to get involved.

<http://www.volunteerscotland.net>

- The Volunteer Scotland website allows people to search for opportunities by location and keyword, such as sport.

<http://www.gamechangerawards.org/>

- These awards celebrate the contributions of staff and students in the further and higher education sectors to ensure that Glasgow 2014 is a fantastic success and will deliver an enduring legacy.

Where children and young people want us to be

The draft strategy started by setting out what the Young People's Sport Panel said was important to them: a focus not on projects, initiatives and one-offs – but sustained vibrant services and opportunities that offer them choices that are relevant to their needs as they grow up.

They told us “give us great opportunities, supported by great people, delivered in great places and help us to give what we do a higher profile”.

The consultation work which has been done with children and young people by Young Scot, the Children's Parliament and the Commissioner, builds on those original needs and has given us some really rich information about what children and young people want; information that has helped shape this final strategy.

The information was gathered from a number of sources including surveys, workshops, focus groups and completed activity sheets. It came from a range of ages, both those who play sport and those who don't, and from those in underrepresented groups.

The reports submitted to us by each of these organisations have been published on the Scottish Government website. Further reports by the Children's Parliament and the Commissioner can be found on their own websites.

Collectively they provide us with some great food for thought. Some of their key messages were:

- A wide range of activities are currently undertaken, both formal and informal, in a wide range of venues.
- Key associations with sport include friendship, learning, fun, being fit and being healthy.
- Children and young people want to be offered a wide range of different sporting opportunities and the chance to try new or different sports. They also want to have a wide range of different venues and to have improvements made to current facilities.
- Barriers to taking up opportunities include time, lack of transport, travel distance, disability, location, cost and lack of volunteers/coaches.
- Parents and teachers play a key role in introducing children and young people to sporting opportunities, as do youth workers and community organisations.
- Children and young people are keen for higher profile to be given to sporting activities, and their successes and achievements including through advertising, leaflets, information in venues, social media and hearing from role models.



This strategy should be like a tree with long roots, many branches and a long life."

Young People's Sport Panel Member



Playing sports is like having a common language. You speak with your feet and your body. Sport can bring people together."

Children's Parliament consultation



3. Vision, principles and outcomes

Our vision for this strategy is that “Scotland is a great environment for children and young people to embark on lifelong participation in sport”.

Hosting the Commonwealth Games and Ryder Cup in 2014 gives Scotland the opportunity to inspire and motivate children and young people – and attract a new generation of sporting participants including those with disabilities and those who are currently disengaged from sport.

We recognise that sport is part of a spectrum of physical activity encompassing active living (e.g. DIY and gardening), travel (walking and cycling), recreation (exercise and dance) and informal and formal sport.

However, we believe there is a particular role for sport, both formal and informal, in helping people, and especially children and young people, to lead active and healthier lives – and to have fun.

Importantly, we also recognise children and young people’s participation in sport as an expression of their rights. Through the Commonwealth Games we have established a partnership with UNICEF which will promote the positive role that sport can play in promoting those rights, both in Scotland and around the globe.

By creating opportunities for young people to participate in sport, we are supporting their right to participate in recreational activities; to be healthy; to build relationships and associate themselves with like-minded people and organisations; and to learn the

range of skills that they need in order to be successful learners, confident individuals, responsible citizens and effective contributors, both now and in the future.

All of these factors are key to ensuring our children’s broader wellbeing, meaning they are safe, healthy, active, nurtured, respected, responsible, included and can achieve – the eight indicators which define wellbeing in the Children and Young People (Scotland) Act 2014.

Promoting, supporting and safeguarding wellbeing is at the heart of the GIRFEC approach and will be a key aim of children’s services planning at the local level, as a result of the new legal requirements being introduced through the 2014 Act.

The strategy builds on the foundations provided by Reaching Higher, our sport strategy. It aims to complement and contribute to the agenda set out in *A More Active Scotland*, Scotland’s first Physical Activity Implementation Plan as well as Curriculum for Excellence, GIRFEC, the Early Years Framework, the Play Strategy for Scotland, the National Youth Work Strategy and the National Parenting Strategy.

Working towards the vision will contribute to the purpose of the Scottish Government and a number of the National Outcomes which underpin it, including:

- We live longer, healthier lives.
- Our children have the best start in life and are ready to succeed.



SCOTTISH GOVERNMENT PURPOSE:

To focus Government and public services on creating a more successful country, with opportunities for all of Scotland to flourish, through increasing sustainable economic growth.

Principles

We know that this document is only part of a process. Delivering its vision will require consistent and sustained effort by many people and organisations, building on the valuable work that already takes place.

However, a number of principles emerged during the consultation which we believe will help us get there.

1) Hearing the views of children and young people

The response to our consultation has given the message loud and clear that the voices of children and young people must be heard in decision-making.

This is consistent with the right of a child to be heard under Article 12 of the UN Convention on the Rights of the Child.

The work done by Young Scot, the Children's Parliament and the Commissioner has given us a snapshot of views, set out in detail in the reports published alongside this strategy.

[Children] liked the idea of adults talking to them about their experiences, opportunities and aspirations. Indeed, children were very positive about this consultation seeking out their views.

Analysis of consultation responses

Equally, there are a number of existing channels through which the views of children and young people are heard including the Young People's Sport Panel.

However, we recognise the need to build a strong platform to ensure we can engage directly with children and young people. We will continue to work with the Young People's Sport Panel, Young Scot, the Children's Parliament, the Commissioner and others on how that can best be achieved.

The Young People's Sport Panel will also develop a version of this document for children and young people.

Outdoor Life

Ramblers Scotland has developed the Outdoor Life project in partnership with Newbattle High School to embed walking within the curriculum.

This has involved engaging young people, who are turned off traditional sports, in physical activity through running a walking programme during PE sessions.

This has enabled these young people to take part in physical activity, get to know the local area better and develop social skills through the activity. Ramblers Scotland have linked in local Ramblers groups, who have mapped the routes for the children to follow.

This project is best demonstrated through the video that has been produced, letting the children explain it themselves. This can be accessed at: <http://www.ramblers.org.uk/scotland/what-we-do/promoting-walking/outdoor-life.aspx>

2) Collaboration is crucial

The response to our consultation highlighted that the draft strategy did not fully recognise the role of a variety of organisations in delivering sport for children and young people, notably the crucial role played by Local Authorities, and the third sector. It also highlighted the need for effective collaboration between all involved in the delivery of sport for children and young people.

The Scottish Government recognises that positive outcomes for the people of Scotland will be best delivered by working with people – drawing on the talents and abilities of our communities – rather than doing things to them.

To deliver positive change and improvement we must collectively draw on available research, test new ideas, and share learning about the impact of activity, even where success isn't clear.

There is a good deal of collaboration already including between the Scottish Government, **sport**scotland, Education Scotland, Local Authorities, Scottish Governing Bodies of Sport, and the third sector on a wide range of issues.

As just one example, Education Scotland and **sport**scotland have been working together, and with Local Authorities, around the delivery of the PE target and improving the quality of the learning experience in PE. This has led to closer working between Active Schools and PE staff at local level, leading to an integrated approach to PE, physical activity and sport, improving pathways to participation in sport and physical activity. We know that PE in schools is making a difference to children's activity levels in Scotland.

Collaborative work is also being undertaken by the Scottish Government, **sport**scotland, COSLA and relevant Councillors to investigate issues relating to travel costs for athletes in remote and island communities.

The National Strategic Group for Sport and Physical Activity provides a forum to build on current collaboration, bringing key delivery partners together to deliver a shared strategic approach to sport and physical activity.



Family Splash

Community consultation within the local community ward of Lochee in Dundee highlighted a strong message that residents would like the opportunity to take their family swimming and access more affordable leisure and play activities together with their child. Family Splash was born and created as a test of change within the Early Years Collaborative Improvement Methodology.

Family Splash is targeted specifically at families with a young child living in the Lochee ward of Dundee who have an identified health or social need. Families are referred by partner agencies into the Family Splash programme.

All aspects of the programme encourage parents and children to play and connect together to encourage attachment in a fun environment.

The programme has three defined areas:

Family Splash fun sessions

The sessions cost £1 for the entire family. Swimming costumes, nappies, goggles and towels are provided free, with a range of fun, colourful toys in

the pool to encourage play. Staff are on hand to help support the families and show them how to play with their children in the pool.

Public swimming times

All Family Splash families can access any public swimming session throughout the school holidays or term-time for £1 for the entire family.

Early Years swimming lessons

All Family Splash families can access early years swimming lessons for £1 with parents accompanying their child in the water for the lesson.

Partnership working has been key to the success of the programme with partners identifying, referring and supporting families to participate and delivering fun parenting sessions after the swim, such as healthy eating, dental care and family literacy.

Further details of the project, including a short video, are available at:

http://www.educationscotland.gov.uk/earlyyearsmatters/f/genericcontent_tcm4829142.asp

3) There must be a focus on reaching children and young people who are disengaged

The response to our consultation highlighted a strong consensus that there must be a focus on reaching children and young people who are not currently engaged in sport.

It also suggested that there are opportunities to use sport to make a difference to the lives of children and young people beyond the direct benefits in relation to health.

We recognise that a narrow understanding of 'sport' doesn't help reach those currently disengaged and it is not one we subscribe to. We think of sport, formal and informal, as encompassing a range of activities – from cycling to football, swimming to playing rounders in the park, orienteering to skateboarding. We know the wider the range of opportunities, the more likely those currently disengaged will find something that appeals.

The types of things we need to do to reach those who are currently disengaged are likely to be different to the things we do to sustain and deepen participation. Striking the balance between opportunities that are fun, welcoming and sociable, and those that enable progression and competition, is key.

Reaching children and young people who are disengaged is already a focus for many organisations and there are a range of specific programmes which address this such as Street Soccer, Jump2it and Active East.

In addition to this, the Scottish Government and Sport Relief have jointly announced a £1.5 million programme which will focus on using sport as a tool to help improve health and wellbeing and deliver positive social change. This will be delivered during the second phase of the Legacy 2014 Scottish Sport Relief Home and Away Programme, part of the Government's commitment to secure a lasting legacy from the 2014 Commonwealth Games, both at 'Home' in Scotland and 'Away' in other parts of the Commonwealth.

We must build on this activity, developing our shared understanding of the barriers faced by those who are currently disengaged and how we can work together to reach everyone.



Street Soccer Scotland is a non-profit social enterprise that delivers a range of football-related services to socially disadvantaged adults and young people across Scotland. The case study below sets out just one example of how its services have helped a young person (whose name has been changed).

Zoe was a pupil at secondary school. She was living in a secured care accommodation after the breakdown in her relationship with her family, and started getting into trouble at school and outside school. Whilst at school, she found out about Street Soccer Scotland which allowed her to gain education using football-related learning. At first, it was difficult to engage with Zoe but she soon started to open up and engage in what the Street Soccer staff were delivering and teaching.

Zoe was so motivated by the course that she asked to visit the local college and find out about future education after school. She now attends College four times a week and volunteers with Street Soccer on a Wednesday at a session for players with supported learning. Further details of Street Soccer Scotland's programmes are available at: <http://www.streetsoccerscotland.org/>

2014 Sporting Chances was a joint project between Glasgow Sport and Glasgow City Council Social Work Department. This four week sports programme aimed to provide young people looked after by Social Work with the opportunity to take part in sport at the Emirates Arena.

Young People were given the opportunity to take part in a tour and induction of the Emirates Arena. From this, a sports programme was put in place to include track cycling, badminton and basketball.

Over four weeks, groups of young people had the opportunity to take part in these sports in a fun and structured environment. Working with small groups meant that quality time was spent with young people, ensuring they felt valued.

Glasgow Sport Modern Apprentices supported the programme throughout to assist with coaching, registration and being a positive role model to the young people involved.

A feedback survey was given to both partners and participants with 100 per cent of participants surveyed indicating that they had enjoyed the programme. One partnership organisation noted that "It has given our young people an opportunity to try sports that they perhaps wouldn't have done on their own."



4) Sport for children and young people must be fun

Our consultation with children and young people highlighted that sport must be fun and that they want to learn from coaches who are strict but also fun and challenging.

Children and young people want to learn from older young people. They also want coaches who are strict but fair, who don't shout and who have fun themselves. They also said it is important that parents and other adults support children and young people who want to take part in sports.

Analysis of consultation responses

While this will already be a strong focus for those involved in delivery of sport, our consultation response highlights the importance of ensuring it is central to the delivery of sport for children and young people.

Participation is crucially dependent on the individuals who deliver sport, and in particular, volunteers. It is important also that appropriate training is available to meet identified needs and demand and, in particular, that there are clear pathways for children and young people to develop as leaders.

Positive Coaching Scotland

Positive Coaching Scotland (PCS) is delivered by **sportscotland** in partnership with Winning Scotland Foundation and local and national partners.

The programme is about creating a positive environment in youth sport – one which focuses on encouraging effort and learning, improving performance and fostering competition.

This focus helps young people to understand the importance of effort rather than winning at all costs.

The programme involves key influencers in a young person's life – coaches, teachers, parents and club leaders.

sportscotland's website provides information for each of these influencers as well as videos from athletes and coaches across the country about their thoughts on Positive Coaching Scotland and the principles:

http://www.sportscotland.org.uk/about_us/what_we_do/people/coaching/our_programmes/positive_coaching_scotland/



Outcomes

In the draft of this strategy published in December 2013 we set out four asks identified by the Young People's Sport Panel: great opportunities, great people, great places and higher profile. The response to our consultation confirmed that these are important and provided further information on what children and young people, and those involved in the delivery of sport, think is important. We have used the consultation response to outline a number of outcomes under each of the four asks.

Great Opportunities

Providing opportunities for children and young people to participate in sport by:

- **learning and developing**
- **having fun**
- **taking part in events and competitions**
- **leading**
- **celebrating and watching**

Children and young people will have opportunities to participate in sport in their early years, at school, in clubs and groups and informally with their friends and family.

Outcomes

- Children and young people have access to a wide range of sports, formal and informal, at a range of different times.
- Children and young people have a strong voice in how, when and where sport is delivered.
- Sport for children and young people is accessible, equitable and inclusive – as well as being fun.
- There are pathways for progression through sport.
- Sport forms an important part of the school curriculum.
- Children and young people have opportunities to take up leadership roles.

Great People

Developing and supporting leaders and workers who are:

- **capable and confident**
- **recognised and valued**

Children and young people will be supported by a range of people who are competent at the level they need, who can keep them safe, whilst working on the right kind of activities and in the right places.

Outcomes

- Parents and carers understand the value of sport and encourage and support participation.
- Those who work with children and young people are valued and supported to develop the skills needed to work effectively with children and young people, including working with those who face particular barriers or challenges.
- There is greater awareness of opportunities to volunteer in sport for children and young people and support to enable volunteers to do so.



Great Places

Providing great places to be active through sports which are:

- **accessible**
- **affordable**
- **welcoming**



Children and young people will have a more accessible network of places where they can take part in sport and physical activity and those places will better meet their needs and expectations.

Outcomes

- Facilities are welcoming for children and young people, and meet the needs of a wide range of different users including those with disabilities and hard-to-reach groups.
- A wide range of venues are available for use including the community and school estate and outdoor spaces, and there is increased awareness of what is available.
- Children and young people are involved in the design and operation of facilities.

Higher Profile

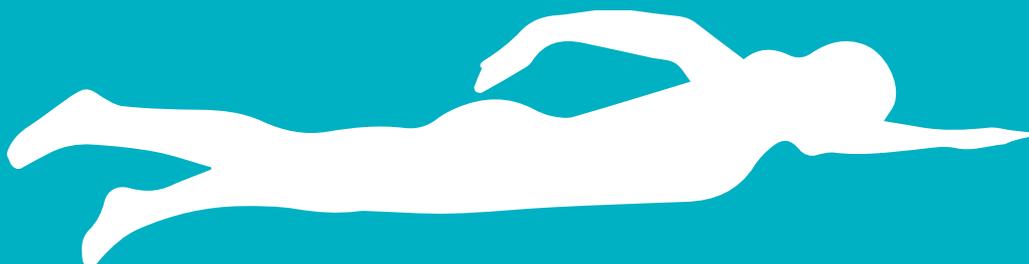
Celebrating and communicating opportunities to take part in sport and the talents and successes of children and young people:

- **achievements at local, national and international level**
- **inspirational young coaches and leaders**
- **events for young people in the community**

Ensuring that the talents and success of all children and young people in sport are celebrated and communicated.

Outcomes

- There is better awareness of sporting opportunities.
- The achievements of children and young people in sport are celebrated - and not only in relation to success in competition.
- A wide range of information channels are used, with schools and local authorities playing a role in providing information.



4. Next steps

The response to our consultation gave us the message loud and clear that children and young people's views need to be at the heart of delivery of sport, and that there must be effective collaboration by those involved in delivery. The Scottish Government recognises that positive outcomes for the people of Scotland will be best delivered by working with people rather than doing things to them. Improving on current delivery will require consistent shared endeavour by many organisations and individuals – developing and sharing knowledge on current provision, what works, and what more can be done.

The themes and outcomes above reflect the views set out in the response to our consultation and we propose that they guide the actions that we collectively take to deliver sport for children and young people in Scotland over the next 10 years. We have set out in the annex some actions which will start us on that journey but they represent just part of the wider collaborative effort which must take place. The annex reflects actions already being taken forward through other strategies or plans, ensuring that we collectively ensure the best possible outcomes.

The National Strategic Group on Sport and Physical Activity chaired by the Cabinet Secretary for the Commonwealth Games, Sport, Equalities and Pensioners' Rights will monitor the ongoing delivery of this strategy.



5. Annex – Actions



Action	Theme	Strategy/Plan	Who
Support continued delivery of at least two hours of physical education in primary schools and at least two periods of PE in secondary schools for pupils in S1-S4 and the development of high-quality learning experiences in PE, with continued investment of £5.8 million over 2014-15 to 2015-16 through Education Scotland and sportscotland .	Great Opportunities	Sporting Chance	Education Scotland sportscotland Schools Local Authorities Scottish Government
Continue to work together to deliver high-quality learning experiences through the PEPAS and Community Sport agendas – ensuring that there are effective pathways between the school setting and community sport.	Great Opportunities	Sporting Chance	sportscotland Education Scotland Scottish Government Local Authorities Active Schools Coordinators Scottish Governing Bodies of Sports Clubs PE Teachers Sport Development Officers
Work together to better reach disengaged and at-risk children and young people, helping to achieving positive outcomes and social change.	Great Opportunities	Sporting Chance	sportscotland Local Authorities third sector, including the Robertson Trust
Share the lessons from pilot work undertaken by sportscotland in relation to the delivery of intra and inter school sport competition with eight Local Authorities, and across Tayside and Fife Region.	Great Opportunities	Sporting Chance	sportscotland Local Authorities and Leisure Trusts
Work together to ensure there are clear pathways for children and young people to develop as leaders from the primary setting through to secondary and onto Higher Education/Further Education and the community. As part of this, sportscotland , Local Authorities and Leisure Trusts, clubs and the third sector will work together to develop and support stronger youth involvement in Community Sport Hubs.	Great Opportunities	Sporting Chance	sportscotland Local Authorities VOCAL – Voice of Culture and Leisure Managers Further and Higher Education institutions Community Sport Hubs Clubs
Major sporting events will be part of overall plans for sport and for the city/ area, ensuring that opportunities to develop the sport are maximised. Events will be used to inspire and create a platform for future engagement of participants, coaches, officials and volunteers.	Great Opportunities	Sporting Chance	Scottish Governing Bodies of Sport Event Organisers Local Authorities sportscotland EventScotland

A More Active Scotland, Scotland's Physical Activity Implementation Plan sets out a range of commitments which will help to deliver better opportunities for children and young people.	Great Opportunities	A More Active Scotland	See A More Active Scotland for further detail on these commitments.
Play Strategy for Scotland: Our Action Plan sets out a range of practical steps to support play in the home, nursery and school, the community, and in relation to positive support for play through the professional workforce, third sector and the media.	Great Opportunities	Play Strategy for Scotland: Our Action Plan	See Play Strategy for Scotland: Our Action Plan for further details.
sportscotland will continue to support Local Authorities, Trusts, clubs and the third sector with appropriate training opportunities such as Positive Coaching Scotland, Clubs Leaders and will develop further training in response to identified needs and demand.	Great People	Sporting Chance	Delivery is underway and ongoing – by sportscotland supported by Local Authorities, Leisure Trusts, clubs, and third sector organisations.
All equality characteristics should be adopted and incorporated into relevant continuing professional development for those working with children and young people in sport. As part of this approach the sport inclusion model from Scottish Disability Sport should be widely adopted and incorporated into continuing professional development.	Great People	Sporting Chance	All involved in the delivery of sport for children and young people. Scottish Disability Sport
More volunteers and coaches will be involved in getting people active.	Great People	A More Active Scotland	Detailed delivery plan will be developed by dedicated Programme Board to achieve delivery by the end of 2014.
The coach and volunteer workforce will have the knowledge and skills to promote increased physical activity.	Great People	A More Active Scotland	Detailed delivery plan will be developed by dedicated Programme Board to achieve delivery within five years of the 2014 Commonwealth Games.
We want to raise the profile of the people who make sport happen and will look at ways for our young people to connect via social media to say a simple thank you to their volunteers.	Great People	Sporting Chance	Scottish Government Education Scotland sportscotland

Action	Theme	Strategy/Plan	Who
Education staff have the appropriate knowledge and skills to promote increased physical activity.	Great People	A More Active Scotland	Detailed delivery plan will be developed by dedicated Programme Board to achieve delivery within 5 years of the 2014 Commonwealth Games.
Task a working group to review current levels of play training provided to school and nursery staff and to recommend how elements of play rights, theory and practice could be incorporated in both the initial professional training and career-long professional learning and leadership.	Great People	Play Strategy for Scotland: Our Action Plan	Delivery will be in the medium term (approximately 1-3 years) - by the Scottish Government, Play Scotland, partners (e.g. Scottish Qualifications Authority, Scottish Social Services Council, Further and Higher Education institutions and the National Implementation Group for Outdoor Learning).
Those involved in the delivery of sport should aim to reach children and young people within their own community setting at a venues that create a conducive environment for children and young people to take part in sport, including through Community Sport Hubs.	Great Places	Sporting Chance	All involved in the delivery of sport for children and young people.
sportscotland will work with local partners to sustain and improve the existing school-based hubs and to grow more, with an aim of reaching a position where every secondary school which wishes to can either have access to or be a Community Sport Hub.	Great Places	Sporting Chance	sportscotland Local Authorities Community Sport Hubs Clubs
sportscotland will have earlier and ongoing involvement in the design of new schools to be delivered within the Scottish Government school building programme, Scotland's Schools for the Future.	Great Places	Sporting Chance	sportscotland Scottish Futures Trust Local Authorities
Develop and share best practice in relation to availability of the school estate and programming of community sport activity in schools, drawing on sportscotland research on the school estate.	Great Places	Sporting Chance	sportscotland Local Authorities

Consider how the Young Scot Card can be fully exploited to improve access and participation, simplify prices for young people and ensure affordability.	Great Places	Sporting Chance	Young Scot sportscotland Local Authorities
All places of learning can demonstrate the use of their estate and green space for physical activity.	Great Places	A More Active Scotland	Detailed delivery plan will be developed by dedicated Programme Board to achieve delivery within five years of the 2014 Commonwealth Games.
Audit current levels of community access to school grounds (including the wider school environment of streets and routes to school) and identify key influencing factors. Consider options for increasing community access to school playgrounds out of school hours. Put forward recommendations for piloting, evaluating and sharing good practice.	Great Places	Play Strategy for Scotland: Our Action Plan	Delivery will be in the medium term (approximately 1-3 years) - by the Scottish Government, Local Authority Asset Managers, Grounds for Learning, Planning Aid for Scotland, Scottish Out Of School Network, Living Streets and other partners.
The Young People's Sport Panel will develop proposals on how the involvement of children and young people in sport can be given a higher profile.	Higher Profile	Sporting Chance	Young People's Sport Panel sportscotland
All organisations engaged in the delivery of sport will develop a more proactive approach to promoting the successes and achievements of children and young people.	Higher Profile	Sporting Chance	All involved in the delivery of sport for children and young people.



**The Scottish
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Riaghaltas na h-Alba

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