



# NATIONAL SCHOOL SPORT WEEK 2022

**Belonging** – a place  
in sport for every child

**20-26 June 2022**

@YouthSportTrust | #NSSW2022

**Be a Changemaker**  
Resource pack



# Welcome

Thank you for pledging your support to join our charity's annual National School Sport Week campaign. In this pack, we hope you will be given the tools you need to become a changemaker (someone who is taking creative action to solve a societal problem), and inspire other changemakers, to shout about sport and its importance. We also hope it will help you to have some fun and move more by trying out the '1 a Day' Challenges!

## Why it matters

School sport should be an important part of every child's education and development – every child should feel they have a place to belong. But for too many children this isn't happening. They are left feeling alienated by sport, that it isn't for them and they don't have a place within it.

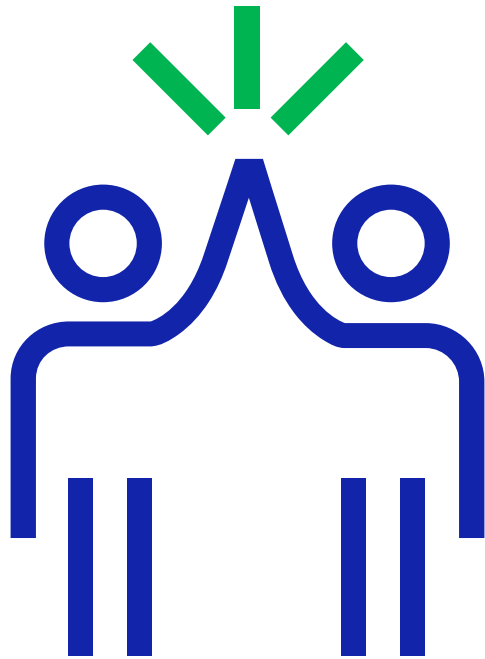
After the huge disruption of the past two years, the inequalities in young people's health and activity levels have got worse. There is so much that all young people can gain from school sport – connecting with others, developing important life skills and improving both their physical and mental health.

Between 20 and 26 June, join us this National School Sport Week in our drive to make sure that, when it comes to school sport, there is a place for every child.



# Become a Changemaker this National School Sport Week...

Help us campaign to ensure there is a place for every young person to belong in school sport



A significant majority of parents are concerned that **young people are not getting enough physical activity (81%)** and **83%** believe they are **spending too much time online and not enough time with each other**

**48% of UK adults** believe that sport and play help young people to improve their **concentration** and **ability to learn**

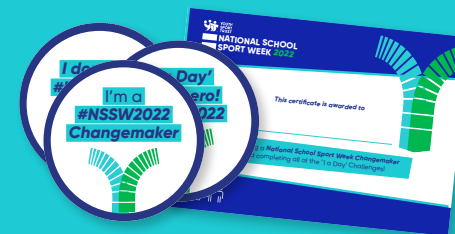
**Two thirds (66%) of adults** agree that sport and play help young people's **social wellbeing**



# What's happening on the week?

Join us to guarantee there is a role for every young person in a school sports day this summer.

**Let's celebrate – print your own certificate and collectable tokens to mark your achievements across the week**



Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
<b>Try this!</b>						
The '1 a Day' Challenge begins – get ready to give the 'Around the World' card a try.	It is Day 2 of the '1 a Day' Challenge – try the 'Speed Bounce' card.	Day 3 of the '1 a Day' Challenge – Look out for sports stars attempts at the 'Catch and Clap' card and join in.	It's Day 4 of the '1 a Day' Challenge – keep going, try the 'Tap up Tennis' card.	It's the final day of the '1 a Day' Challenge – today we're doing the 'Fast Feet' card. Did you manage to complete them all?	Completed the '1 a Day' Challenges? Why not create your own and share it with us using #NSSW2022.	
<b>Nationally</b>						
National School Sport Week launches with an event at Sutton Park Primary School in Birmingham.	Our Youth Board join a roundtable with the Children's Commissioner on the theme of 'Belonging'.		Today is also Olympic Day – Team GB is supporting the week with athlete visits in schools to mark 10 years since London 2012.	Team YST set off to climb the Three Peaks – please cheer us on and follow our journey <a href="#">here</a> .		
			MPs around the country visit schools to see what they have planned for National School Sport Week.			

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# '1 a Day' Challenges

## – how to take part

Every morning at 8.30am the Youth Sport Trust will post a 60 second challenge on its social media channels. We know these challenges may appeal to the youngest children, but we encourage all ages to give them a go. Consider how older children can support younger peers to take part.

1. **Give it a go** as a class or with family and friends at home. Take photos or a video of your attempt
2. **Post** your attempt on social media using **#NSSW2022** @**YouthSportTrust** and **nominate** another school or person to beat your score by tagging them
3. **Donate** to the Youth Sport Trust **here** to help us continue our mission. All contributions are voluntary.

You can download the challenges and access more [here](#).



# How you can help...

## Be a changemaker!

### Media

Contact your local newspaper or radio station to tell them what you are doing for National School Sport Week. We've included a template press release for you to use which can be sent out a few weeks before.

[Click here to download an editable press release template](#)

### Social media

Use **#NSSW2022** and tag us in **@YouthSportTrust**, why not:

- Post about registering for NSSW and why
- Post about your plans for the week as they develop
- Share updates throughout the week and your attempts of the '1 a Day' Challenges

[To help you there are downloadable graphics here.](#)

### Be a changemaker

Start a conversation with your friends, family, pupils, teammates, MP/local councillor, and neighbours about school sport. What does it mean to them, why is it important, how can we stop young people feeling alienated through sport and instead make them feel that they belong. Challenge them to think differently and give something new a try between 20 and 26 June.





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