



**YOUTH  
SPORT  
TRUST**

**MSC**

**MULTISPORT CLUB**





## Vision



Transform access to and delivery of after-school sport in secondary education to make it, inspirational, meaningful and accessible to all young people.

## Ambition



To create a youth led multi-sport club offer accessible to every secondary school across the country.

# Why?



## Physical activity levels

Less than 50% of children and young people active for 60 mins or more every day



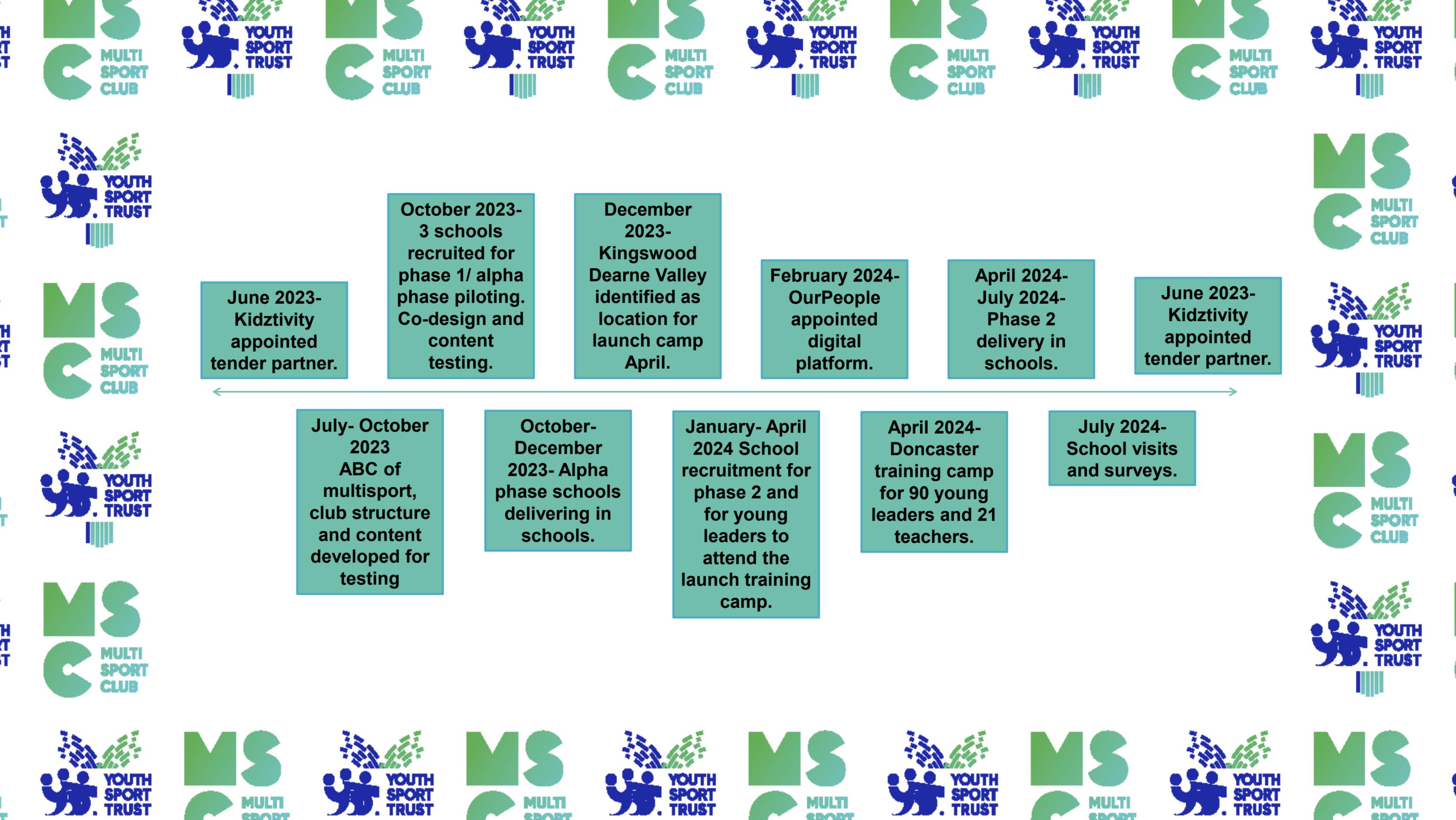
## Mental health and Wellbeing

20% of children aged 11-16 have a probable mental disorder. (NHS Digital, 2022)



## Enjoyment and Confidence

Analysis from the Children's Commissioner for England in 2022 revealed that coming out of lockdown, what children most wanted to do was play.



# The ABC of MSC

**A**

**ACTIVE**

**B**

**BELONGING &  
BEING**

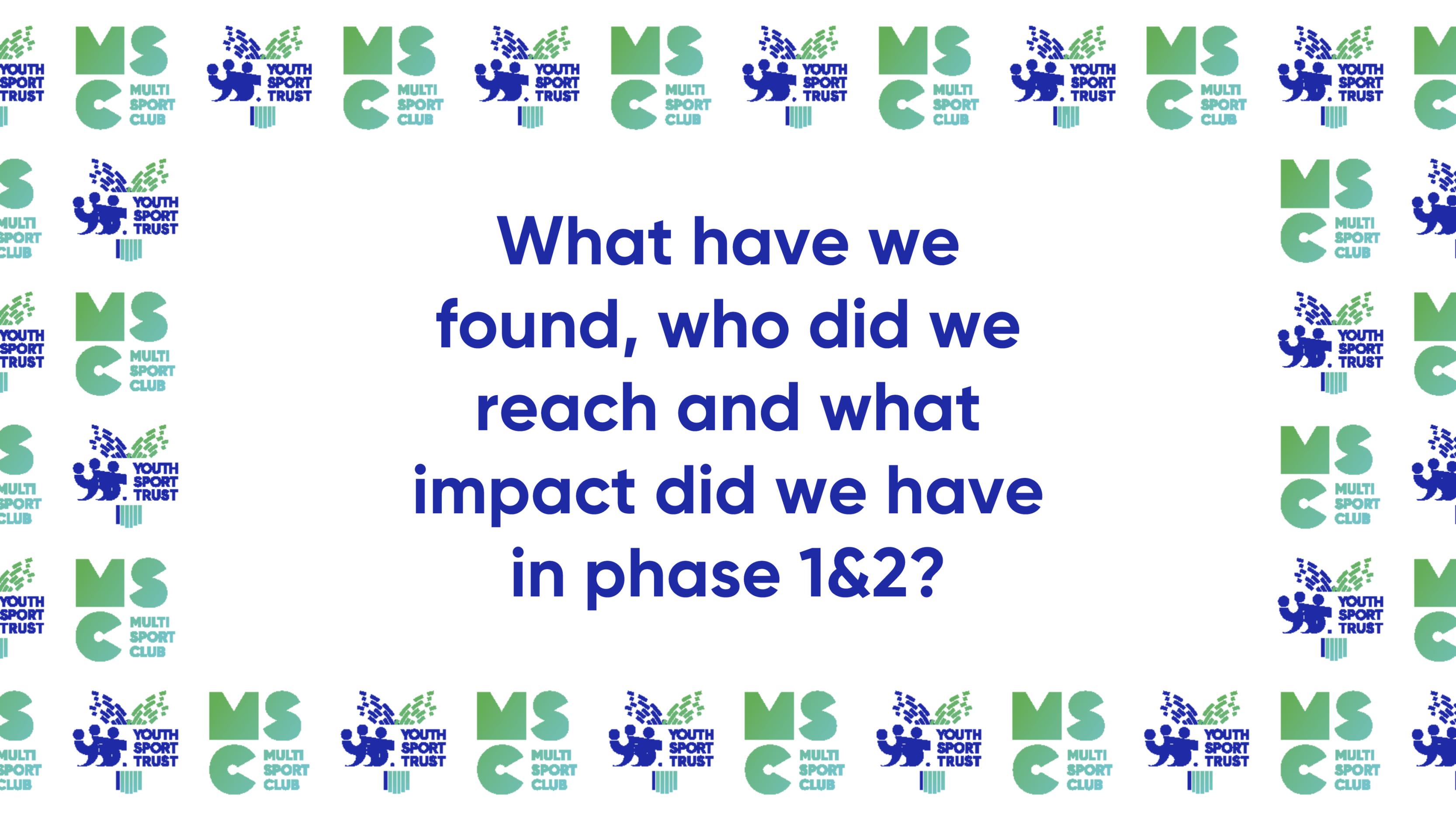
**C**

**CONNECTION  
CONFIDENCE  
CULTURE  
CHALLENGE**

# MSC Residential Camp Doncaster April 2024







What have we  
found, who did we  
reach and what  
impact did we have  
in phase 1&2?

# Reach – Young Leaders

The reach and demographics of the Young Leaders engaged in the programme

\*National SEND  
Average: 18.4%

9% with  
additional  
support  
needs  
(including  
SEN)

4% Asian or  
Asian British  
Background/  
Race\*

4% Mixed  
or Multiple  
Ethnic  
Group/  
Race\*

78% White  
(British or  
Irish)

\*National EDC  
Average: 37%

13% Black,  
Black British,  
Caribbean or  
African  
Background/  
Race\*

74\* young  
people were  
Young  
Leaders

49% in  
receipt of  
free school  
meals

\*National FSM  
Average: 24.6%

53%  
females;  
47% males

7% aged 16+

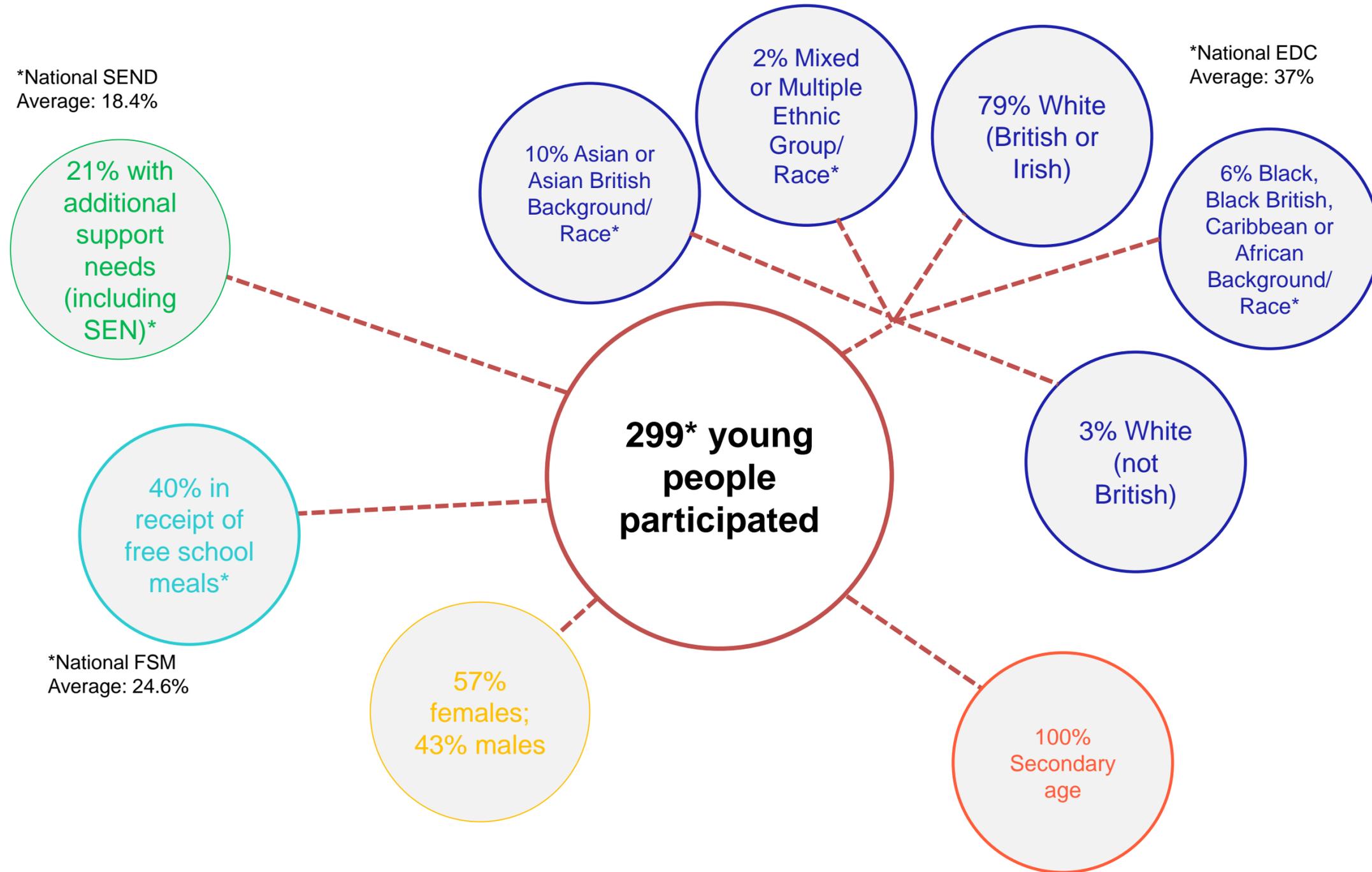
93%  
Secondary  
age

\*These figures have been inferred using the data collected from 11 out of 18 schools that completed delivery of the programme.

11 schools provided reach and demographic data through their survey responses. Therefore, demographic breakdowns are based on 11 schools' data only and so may not be entirely representative.

# Reach – Participants

The reach and demographics of the participants engaged in the programme

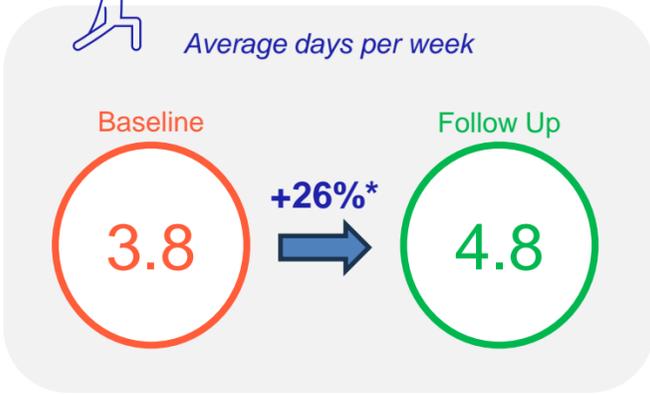


\*These figures have been inferred using the data collected from 11 out of 18 schools that completed delivery of the programme.

11 schools provided reach and demographic data through their survey responses. Therefore, demographic breakdowns are based on 11 schools' data only and so may not be entirely representative.

# Young Leaders

“On how many days did you do 60 mins of PA?”

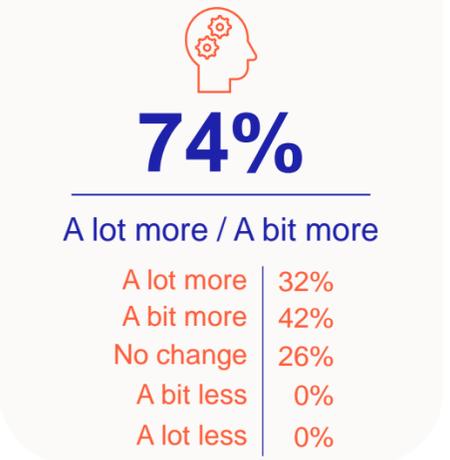


\*Statistically significant change, medium effect.

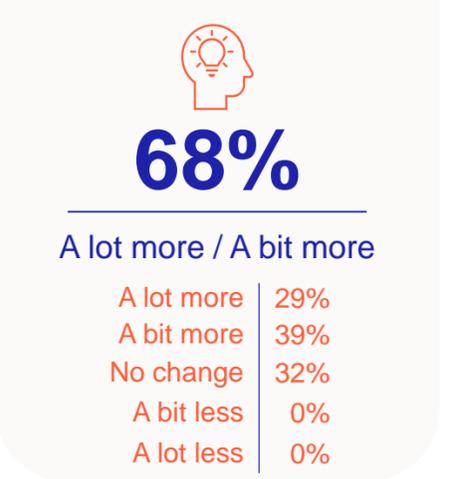
“Have you joined any other school sports clubs?”



I know how to get involved and improve my skills in different types of physical activity and sport



I understand why physical activity and sport are good for me



“To be stern with your boundaries but also balance that with being happy in order to make others happy.”

“Resilience is key for sessions to run smoothly.”

“How to connect with the young people.”

“How to be confident and change the plan at the last minute.”

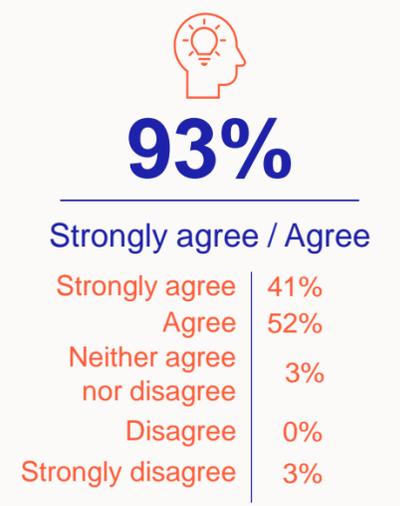
“Teamwork and how to make people feel like they belong.”

“Communication is very necessary.”

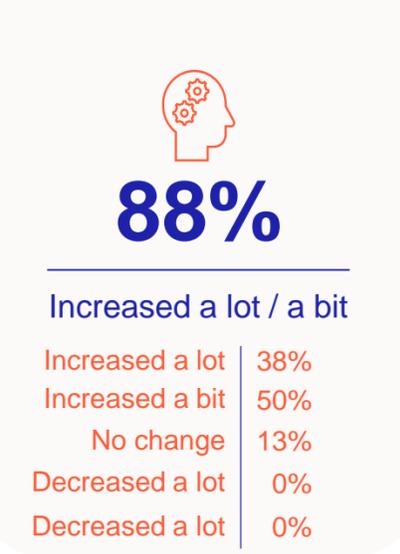
“To be confident and push yourself out your comfort zone.”

“You dont have to be an adult to lead a session.”

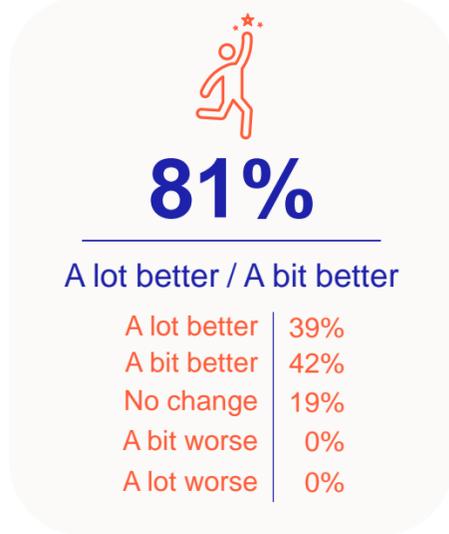
I feel proud to be a part of a Multisport club



I belong to my multisport club



Self-belief\*



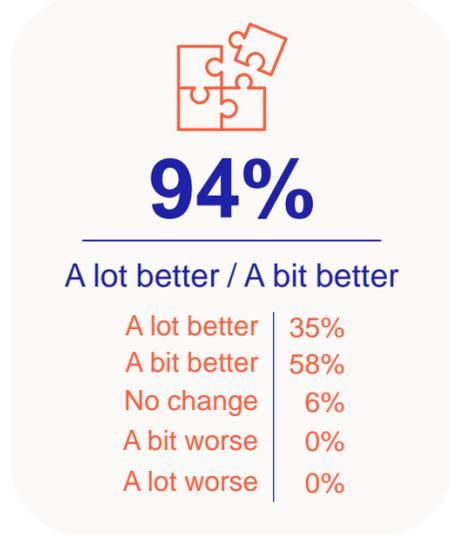
\*I feel confident in my own abilities

Leadership skills\*



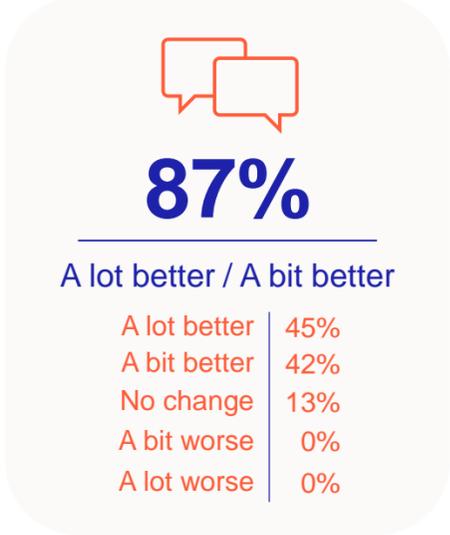
\*I feel confident to lead a team to achieve something

Teamworking skills\*



\*I can work together with others as a group

Communication skills\*



\*I can talk to other people and share my ideas



# Participants

## “Physical activity alone”



\*Statistically significant change, small effect.

Weekend

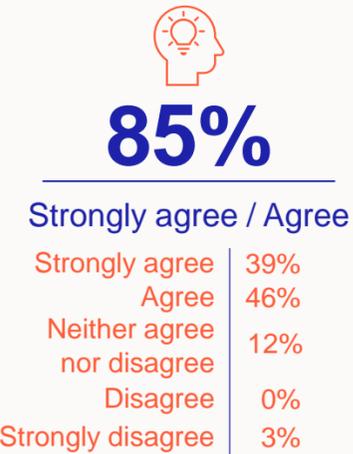
## “Physical activity with others”\*\*



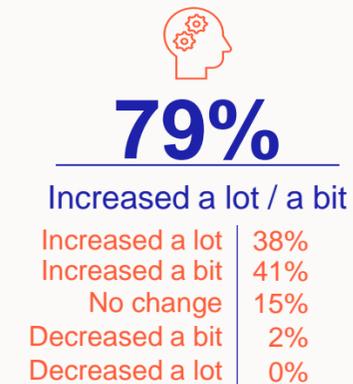
\*\*Statistically significant change, small effect.

Weekday

I feel proud to be a part of a Multisport club



I belong to my multisport club



## Resilience\*



### 77%

A lot better / A bit better

A lot better	41%
A bit better	36%
No change	23%
A bit worse	0%
A lot worse	0%

\*If I find something difficult, I keep trying until I can do it

“For me it was getting to take part in fun sports and lots of different games and give myself more of a chance to do more exercise while having lots of fun.”

“I think it os a pretty good programme because it can help with your mental health and your physical health.”

“Doing activities was fun with different ones every time.”

“Seeing friends and being able to do sports with people I wouldn't usually.”

## Happiness



### 82%

A lot better / A bit better

A lot better	32%
A bit better	50%
No change	16%
A bit worse	2%
A lot worse	0%

## How connected I feel to other people



### 73%

A lot better / A bit better

A lot better	27%
A bit better	46%
No change	26%
A bit worse	1%
A lot worse	0%

## How, if at all, has Multisport changed the following?

### Confidence of taking part in sport and physical activity



### 84%

A lot better / A bit better

A lot better	43%
A bit better	41%
No change	15%
A bit worse	2%
A lot worse	0%

### Enjoyment of taking part in sport and physical activity



### 86%

A lot better / A bit better

A lot better	41%
A bit better	45%
No change	15%
A bit worse	0%
A lot worse	0%



# Teachers

"We can't wait to get started again in September when our students return to school, they are excited about restarting their club for our new Y7 students to help them settle into our school."

"The young leaders doing the starter fun games worked well. It got them engaged and working well with the students. The young leaders always used music in the club which again helped to engage the students and keep them motivated and enjoying the sessions. The young leaders always did a different activity each week and tried to stay away from the traditional sports and do something different, which again worked well with the students."

"We struggled with indoor space over this summer term with exams and the weather so the multisport club was not as successful as it could have been. Students kept turning up which shows they have enjoyed it in some way."

## Did Multisport have any impact on the following areas for young people?

### Confidence to take part in sport and physical activity



**100%**

9 out of 9 practitioners

#### Very positive / Positive

Very positive	78% (7 out of 9)
Positive	22% (2 out of 9)
No change	0% (0 out of 9)
Negative	0% (0 out of 9)
Very negative	0% (0 out of 9)
Don't know / N/A	0% (0 out of 9)

### Enjoyment of taking part in sport and physical activity



**100%**

9 out of 9 practitioners

#### Very positive / Positive

Very positive	78% (7 out of 9)
Positive	22% (2 out of 9)
No change	0% (0 out of 9)
Negative	0% (0 out of 9)
Very negative	0% (0 out of 9)
Don't know / N/A	0% (0 out of 9)

## Did Multisport have any impact on the following areas for young people?

### Engagement with school



**89%**

8 out of 9 practitioners

#### Very positive / Positive

Very positive	11% (1 out of 9)
Positive	78% (7 out of 9)
No change	11% (1 out of 9)
Negative	0% (0 out of 9)
Very negative	0% (0 out of 9)
Don't know / N/A	0% (0 out of 9)

### Behaviour at school



**55%**

5 out of 9 practitioners

#### Very positive / Positive

Very positive	11% (1 out of 9)
Positive	44% (4 out of 9)
No change	44% (4 out of 9)
Negative	0% (0 out of 9)
Very negative	0% (0 out of 9)
Don't know / N/A	0% (0 out of 9)

### Resilience



**67%**

6 out of 9 practitioners

#### Very positive / Positive

Very positive	0% (0 out of 9)
Positive	67% (6 out of 9)
No change	33% (3 out of 9)
Negative	0% (0 out of 9)
Very negative	0% (0 out of 9)
Don't know / N/A	0% (0 out of 9)

### Happiness



**100%**

9 out of 9 practitioners

#### Very positive / Positive

Very positive	67% (6 out of 9)
Positive	33% (3 out of 9)
No change	0% (0 out of 9)
Negative	0% (0 out of 9)
Very negative	0% (0 out of 9)
Don't know / N/A	0% (0 out of 9)

### Connectedness to others



**100%**

9 out of 9 practitioners

#### Very positive / Positive

Very positive	11% (1 out of 9)
Positive	89% (8 out of 9)
No change	0% (0 out of 9)
Negative	0% (0 out of 9)
Very negative	0% (0 out of 9)
Don't know / N/A	0% (0 out of 9)



# School Story 1

Teign School, where the young leaders enthusiastically shared their activities. The session began with a warm welcome, as young leaders greeted students. A video showcased previous club activities, followed by engaging group activities like a reaction board and a pirate-themed scavenger hunt with tea-stained maps and sweets. The young leaders created a holiday camp atmosphere, taking on various roles with a strong sense of engagement and youth-led initiatives. They actively sought feedback, enjoying the responsibility. Although the session structure wasn't strictly followed, the 4 C's were still discussed, with digital elements like videos and reaction boards enhancing the experience.



# School Story 2

The session at Outwood Bydales involved quieter leaders and participants, but the year 7 students were very active and engaged. Participants enjoyed the club, appreciating that it wasn't led by teachers, which contributed to a fun atmosphere. Instead of following a structured session, a participant choice approach was adopted. The young leaders, all from year 9, required substantial support from teachers to successfully manage the club in the early sessions but as the weeks went on they became more independent. Belonging was referenced by young leaders and participants.





# Phase 3 Plan





## What?

Cascade training approach, delivering content to support schools in training their young leaders in the YST leadership framework and MSC content.

This is designed to help with the sustainability of the Multisport approach.





## Who?

In person training is aimed at teachers and school staff. This does not need to be a PE teacher; it needs to be the person who will be working with the young leaders across the programme.

The young leaders should be aged 14-17. We have found the younger end will have the most time to be able to deliver clubs as they are not contending with exams, they may however need more teacher support.

The participants of the club will be aged 11-13.





## Where?

5 areas in England:

- Bournemouth, Christchurch and Poole
- Devon
- Cornwall

1 area in Scotland:

1 area in Wales:

- Wrexam



# Regional teacher training

- Delivering modules for teachers on:
  - × Empowering staff to train young leaders to be excellent and inclusive activity leaders.
  - × Providing an understanding of the ABC of multisport and ensuring staff understand the why, what, and how these are embedded into the MSC clubs.
  - × A focus on how to support young leaders to create an environment that is welcoming and promotes a sense of belonging.
- Providing training modules for students on:
  - × Introduction to MSC.
  - × ABC introduction.
  - × Belonging and Being.
  - × How to deliver activities effectively- what does it mean to be an activity leader.
  - × How to create an environment that is inclusive and promotes a sense of belonging.



# Key dates

- October 2024 Cascade training begins in 5 areas in England, 1 in Wales and 1 in Scotland. 5- 8 schools per area.
- January 2025 All new clubs must have begun delivery.
- April 2025- July 2025 Review of phase 3 begins.
- September 2025 Current MSC club launches nationally.
- December 2025 review and development of MSC+ and MSC transition clubs begins.

