

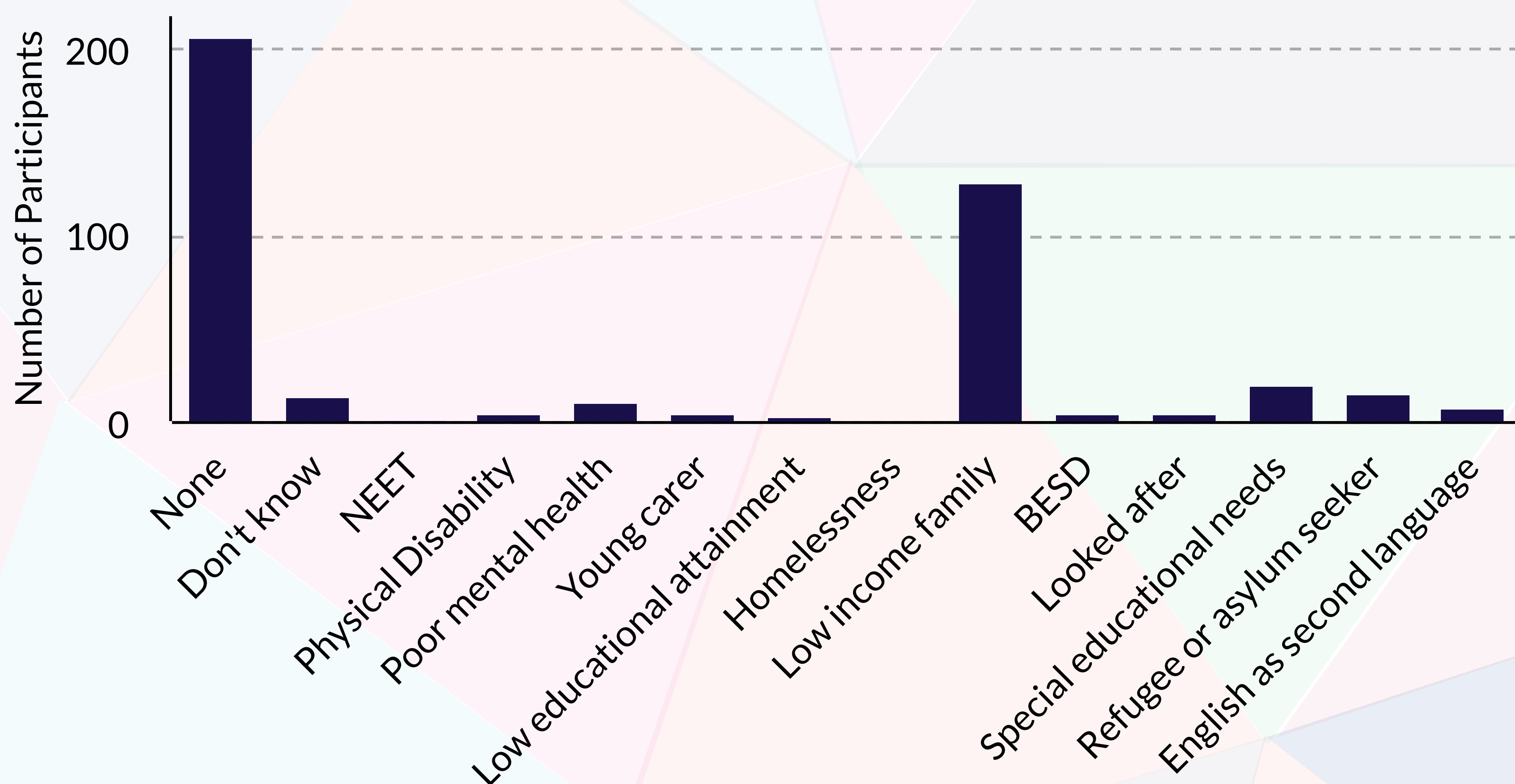


The Demographics

Understanding the Need



The average age of the young people taking part



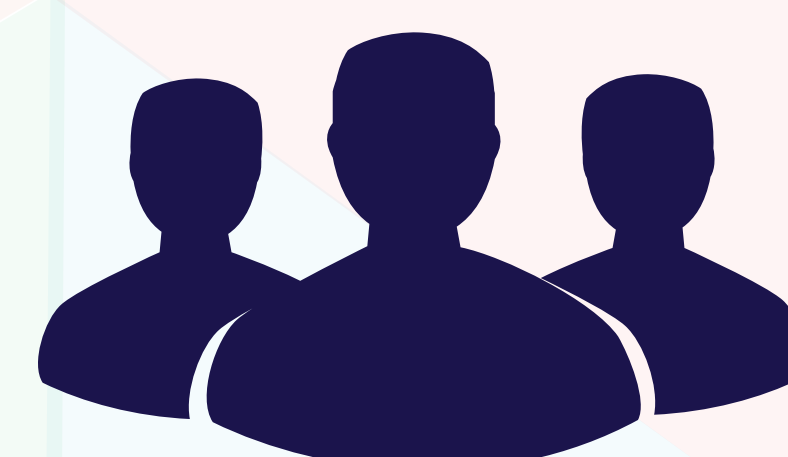
■ Need



2662
Active Hours
have been
recorded



54
Young
Leaders



398
Number of
participants

We have
supported
young
people
across

30
local
authority
areas





ACTIVE
YOUTH

Delivered by

UK YOUTH

Funded by

SPORT ENGLAND

Creating a Sporting Habit for Life



0.3

Average Active Days: Entry



5.6

Average Active Days: Exit

Why did the young people want to take part?

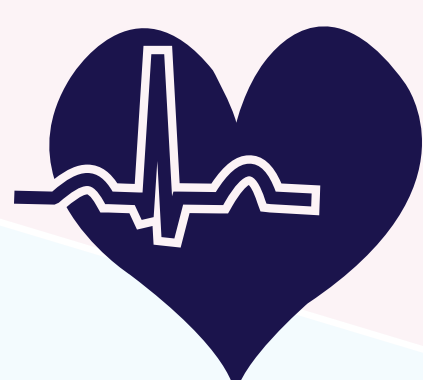


134

Recommended by a friend

123

Wanting to be more active



103

Wanting to be healthier

79

Wanting to try new activities



The feelings of the young people after taking part?

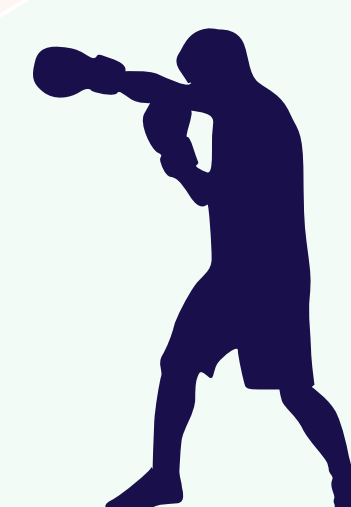


329

Feeling healthier

261

Improved wellbeing



192

Trying new activities

88

Meeting new friends

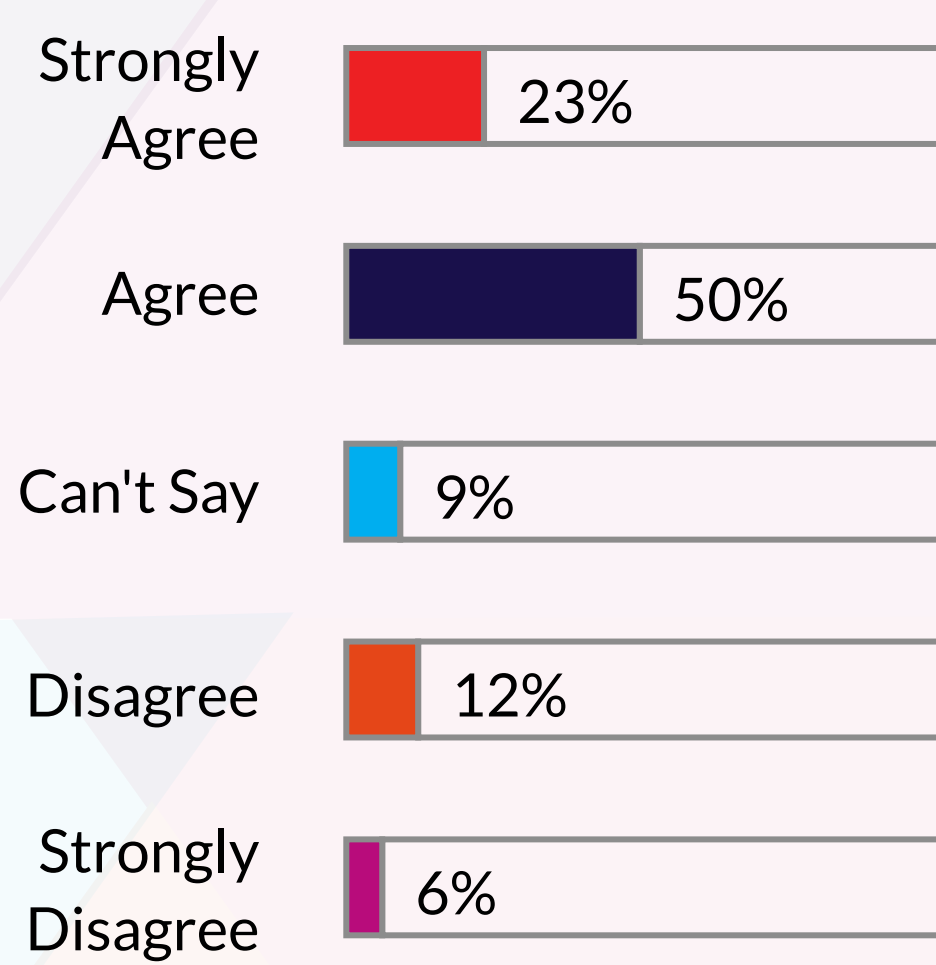




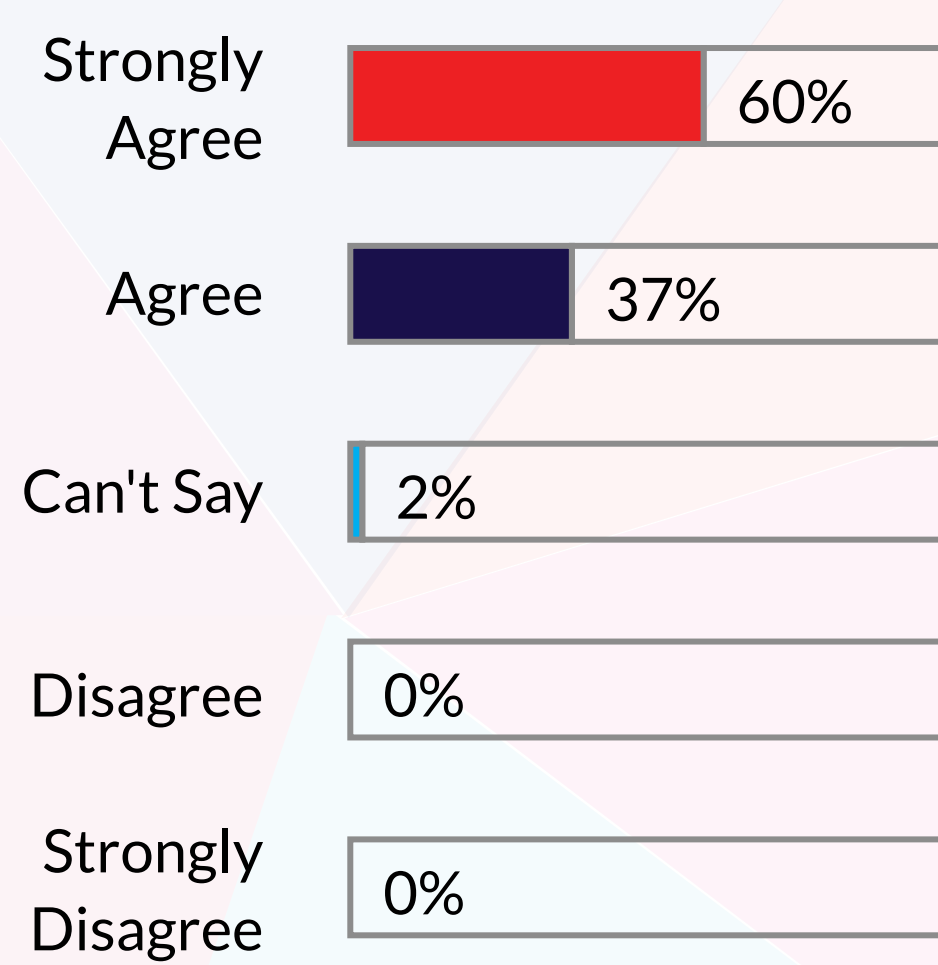
Significant Outcomes

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

Entry Survey

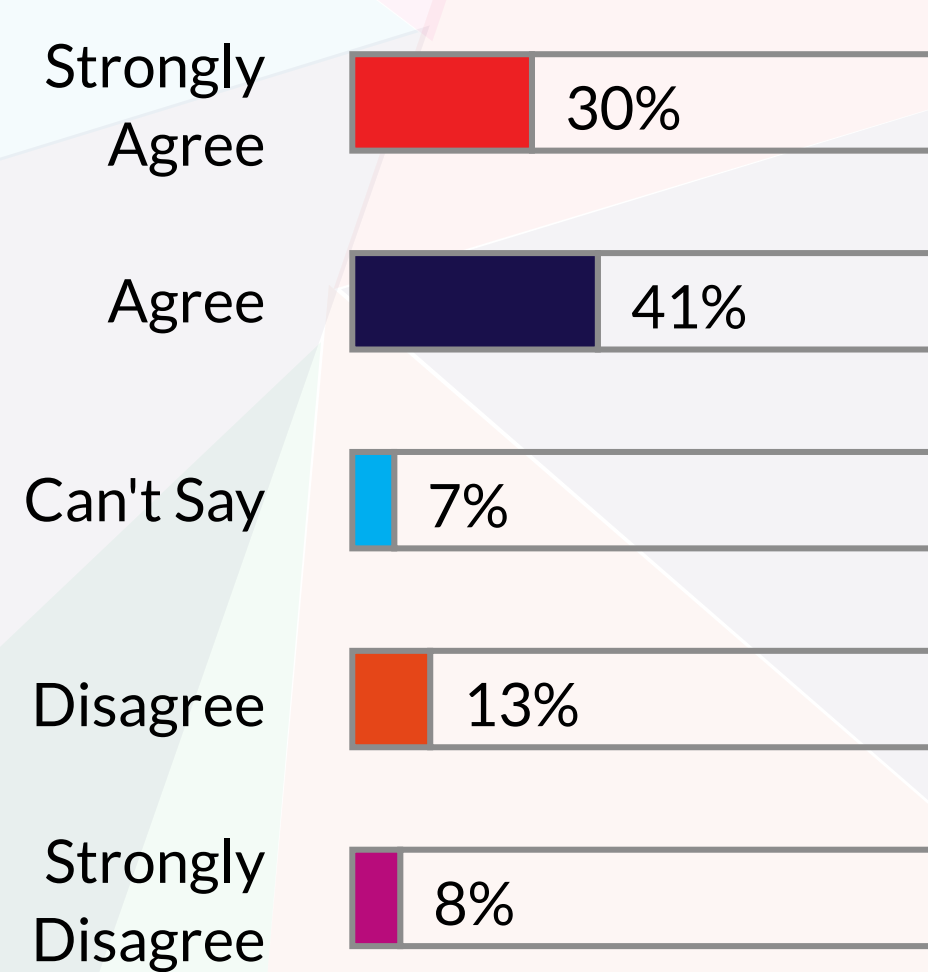


Exit Survey

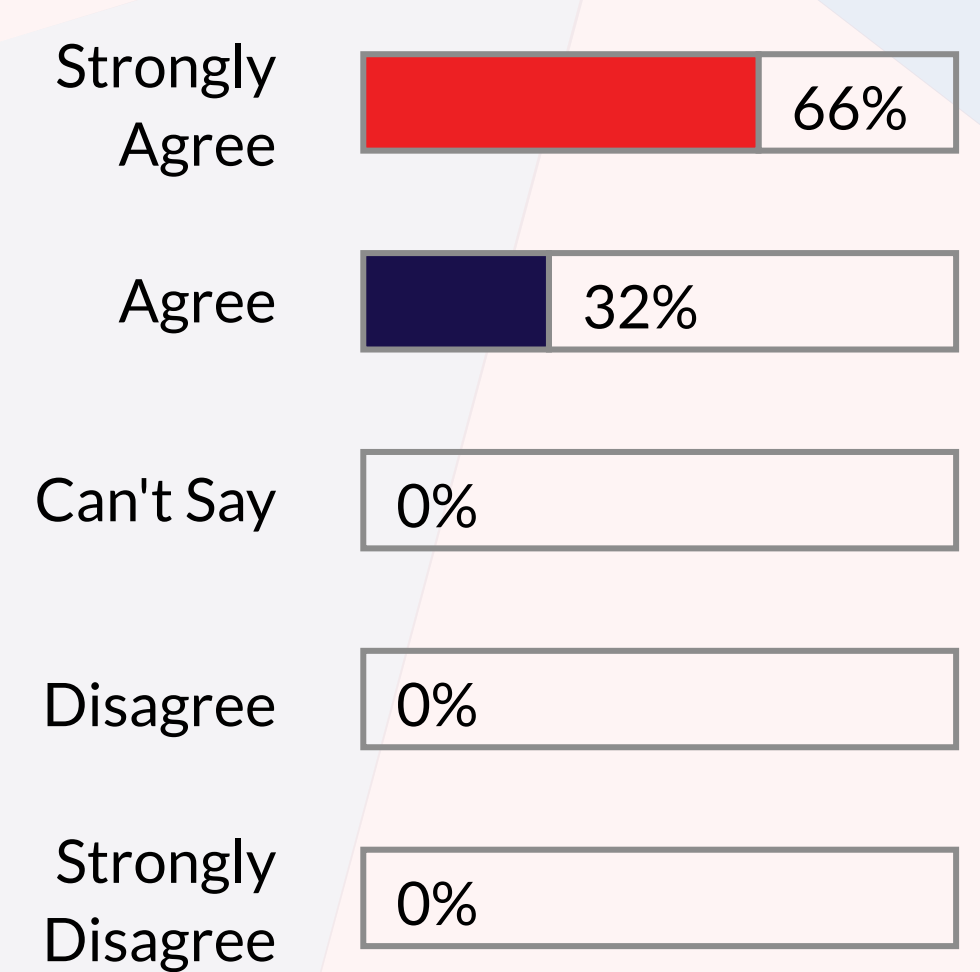


'I enjoy taking part in exercise and physical activity'

Entry Survey

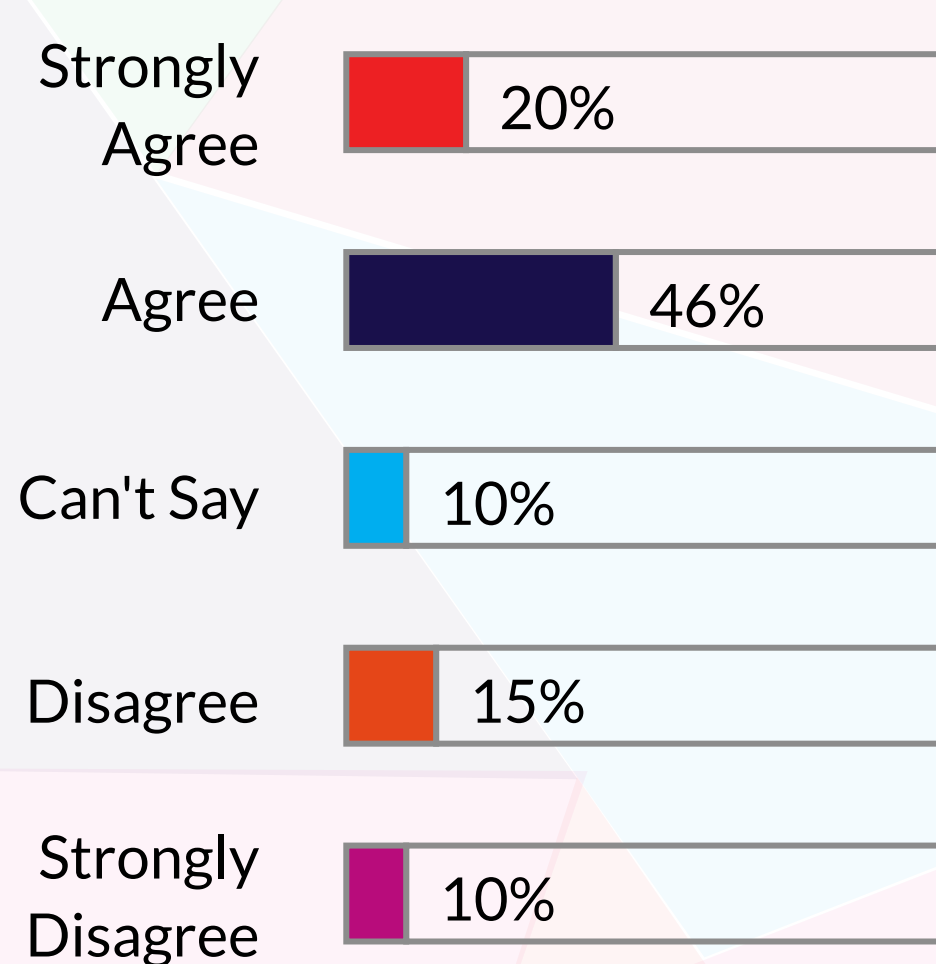


Exit Survey

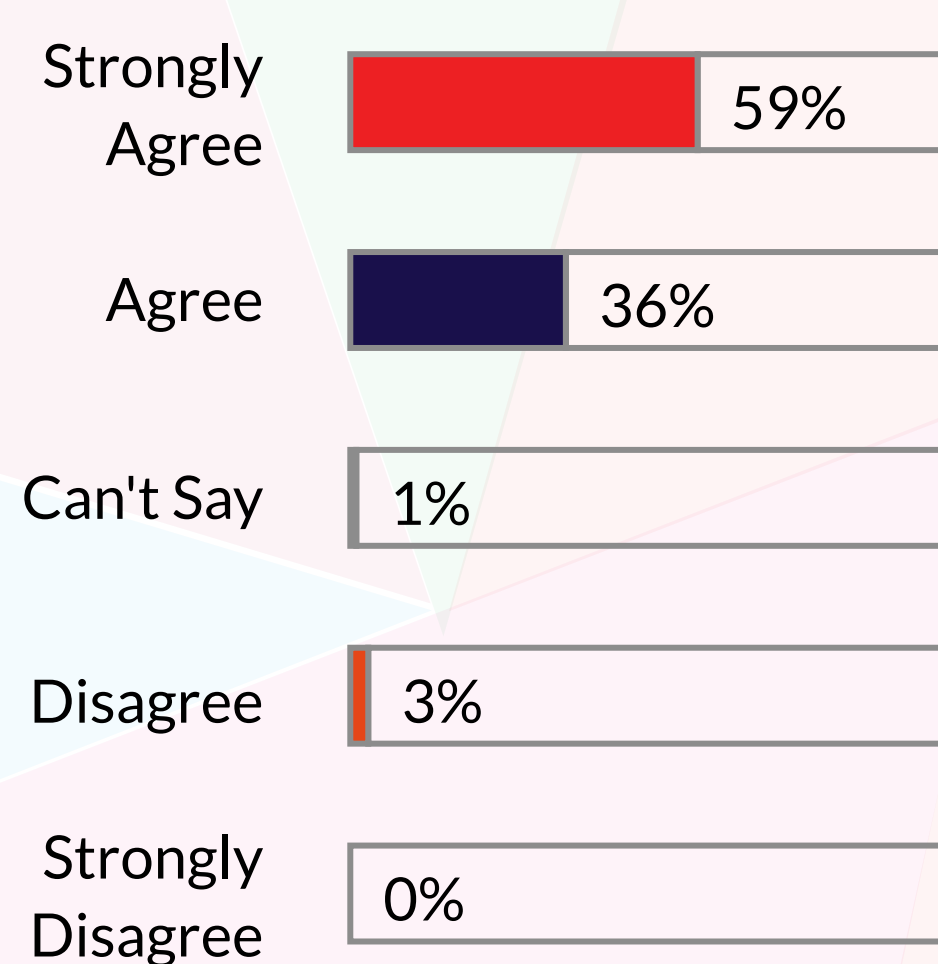


'I feel confident when I take part in exercise and physical activity'

Entry Survey



Exit Survey



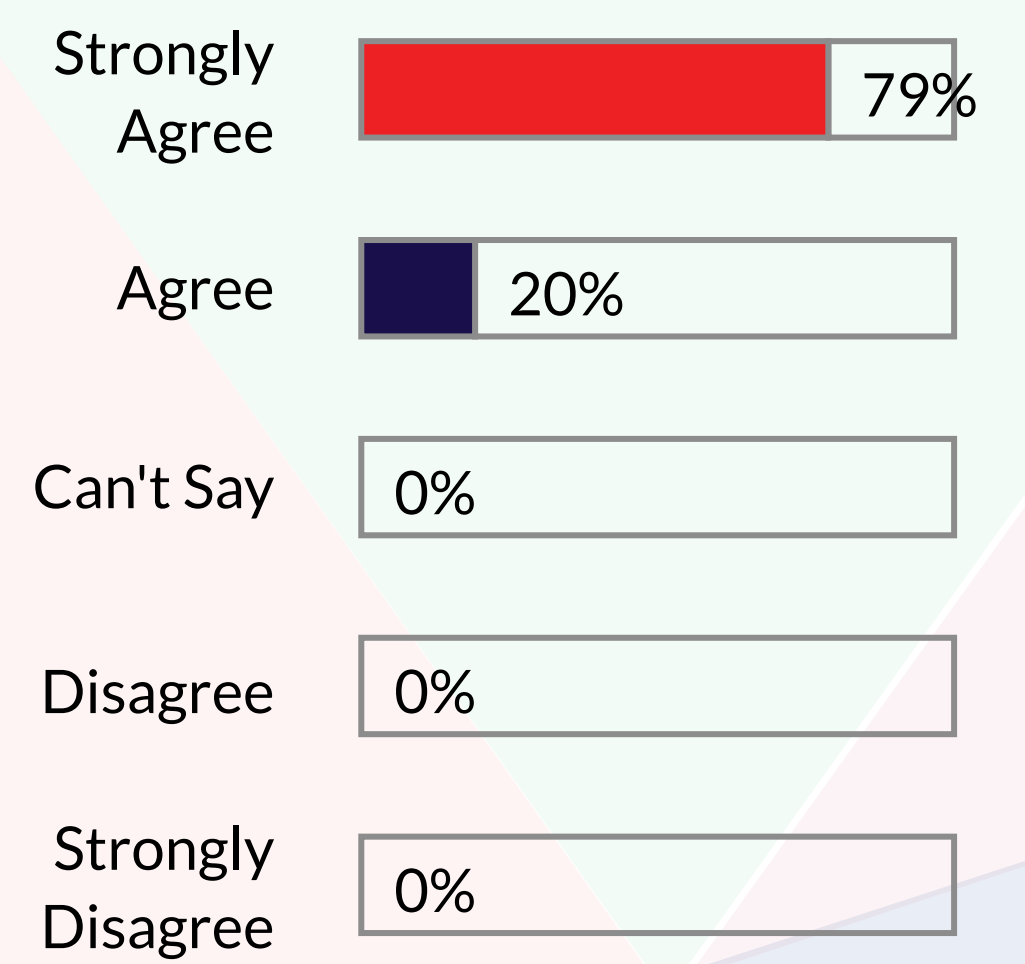
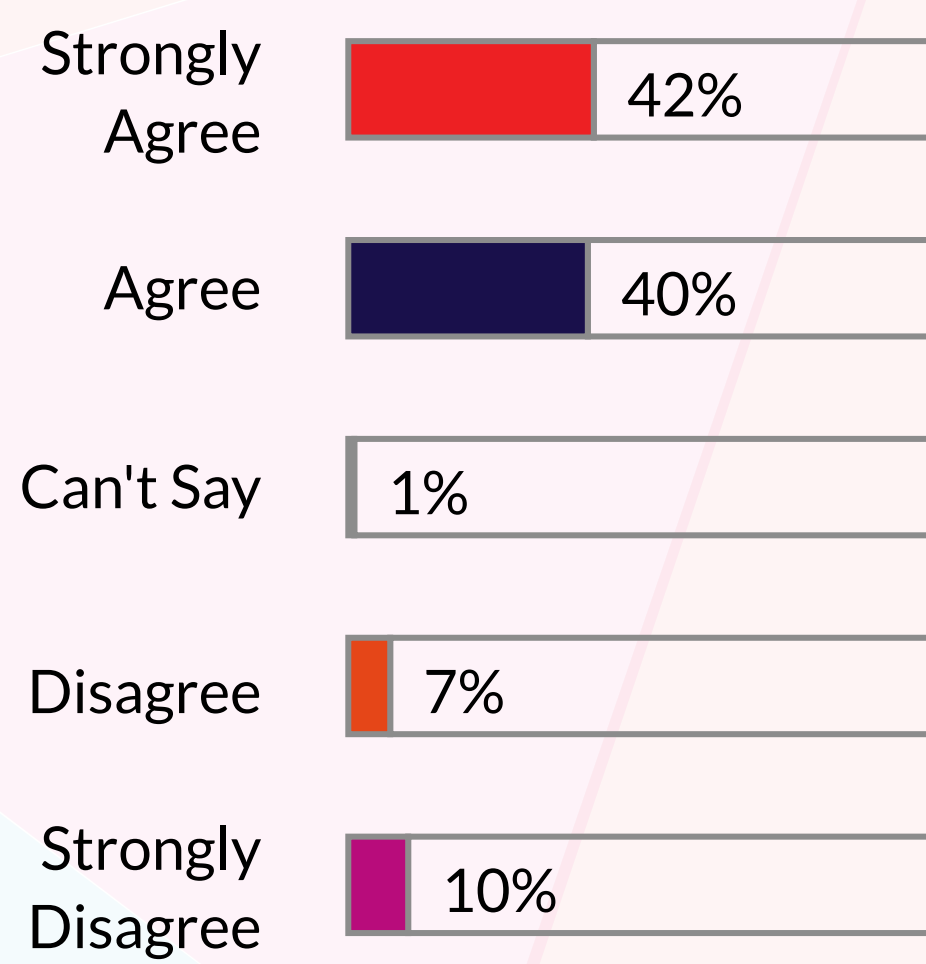


Significant Outcomes



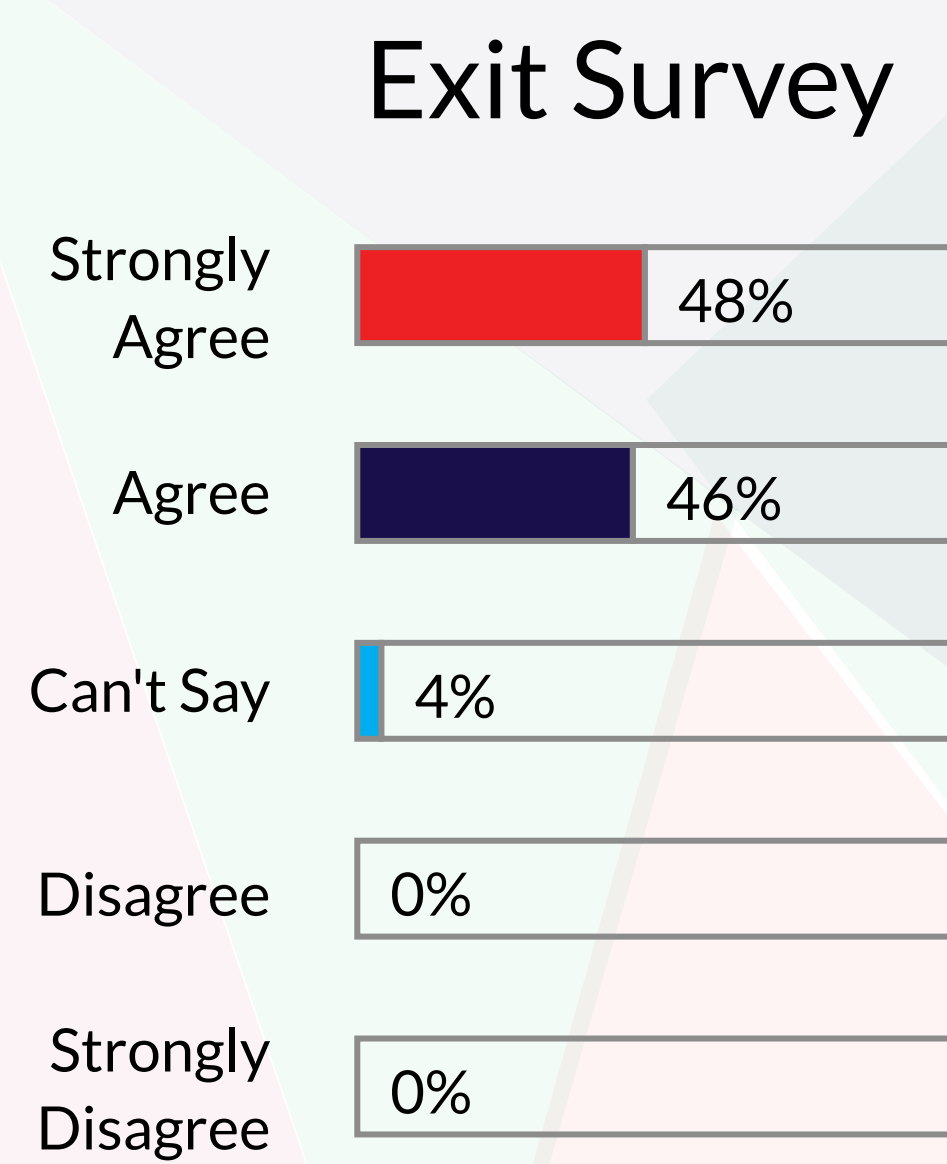
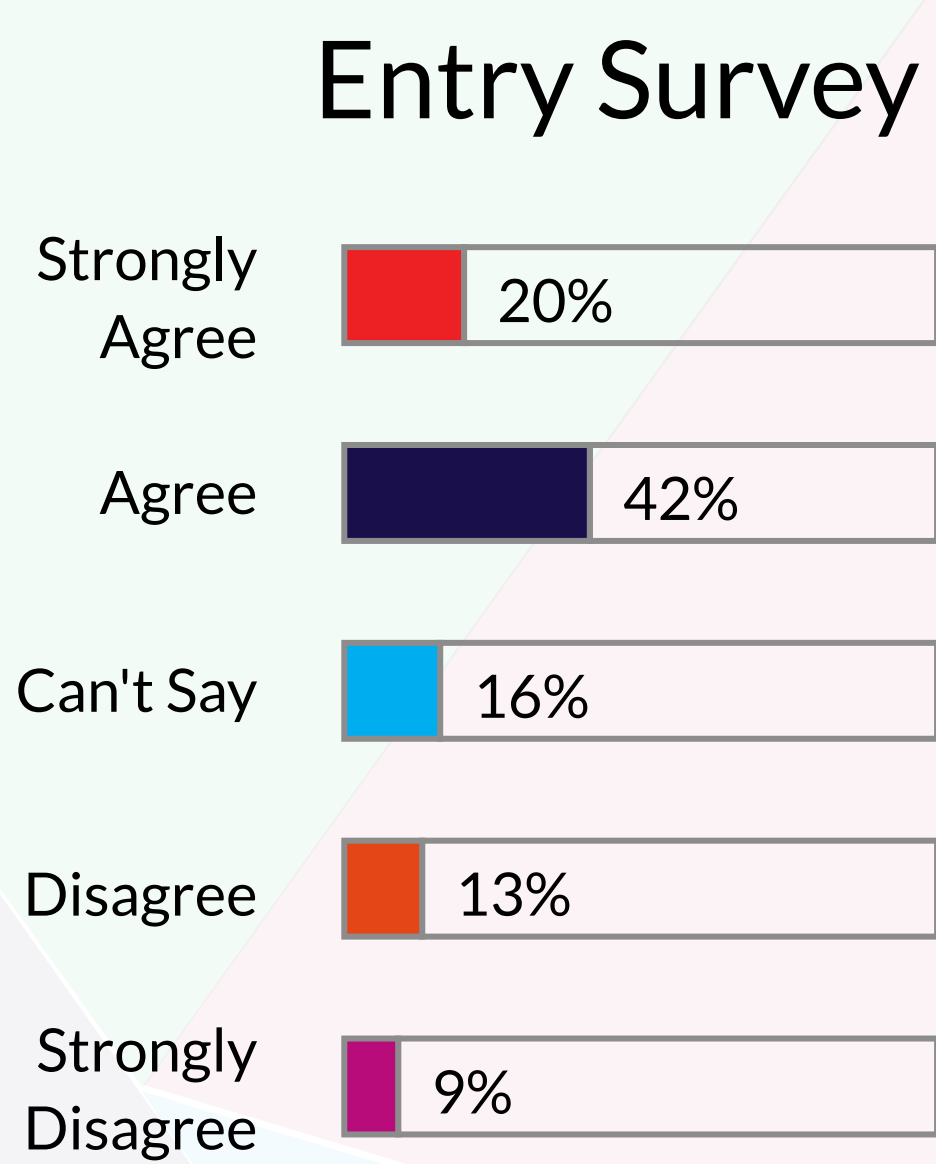
'I understand why exercise and physical activity are good for me'

Entry Survey	Exit Survey
Strongly Agree 42%	Strongly Agree 79%
Agree 40%	Agree 20%
Can't Say 1%	Can't Say 0%
Disagree 7%	Disagree 0%
Strongly Disagree 10%	Strongly Disagree 0%



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

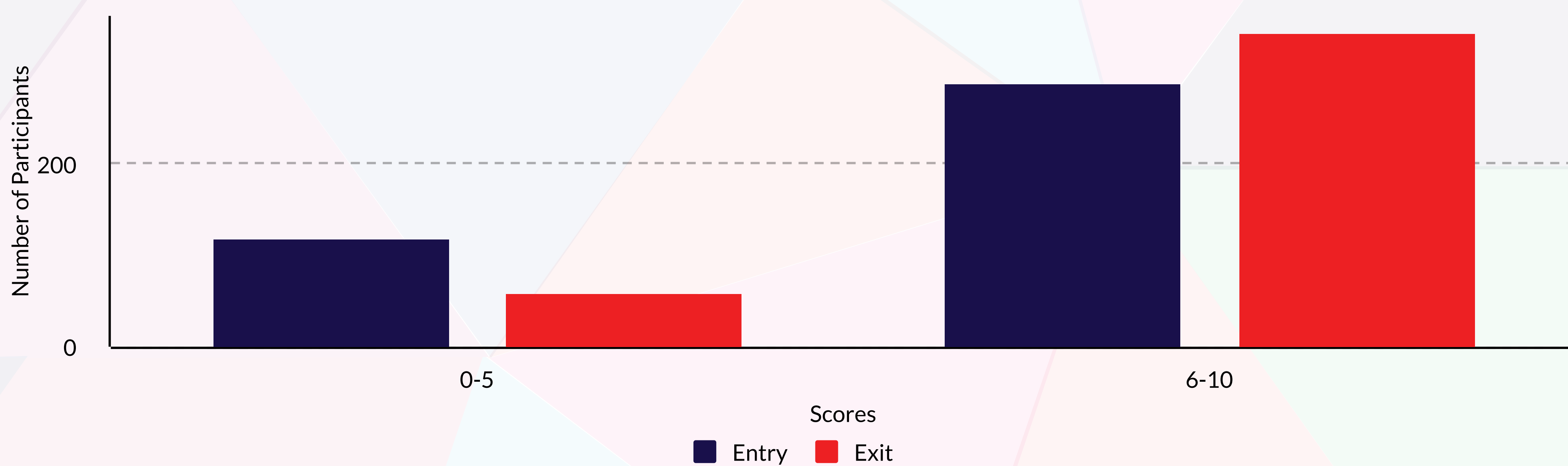
Entry Survey	Exit Survey
Strongly Agree 20%	Strongly Agree 48%
Agree 42%	Agree 46%
Can't Say 16%	Can't Say 4%
Disagree 13%	Disagree 0%
Strongly Disagree 9%	Strongly Disagree 0%



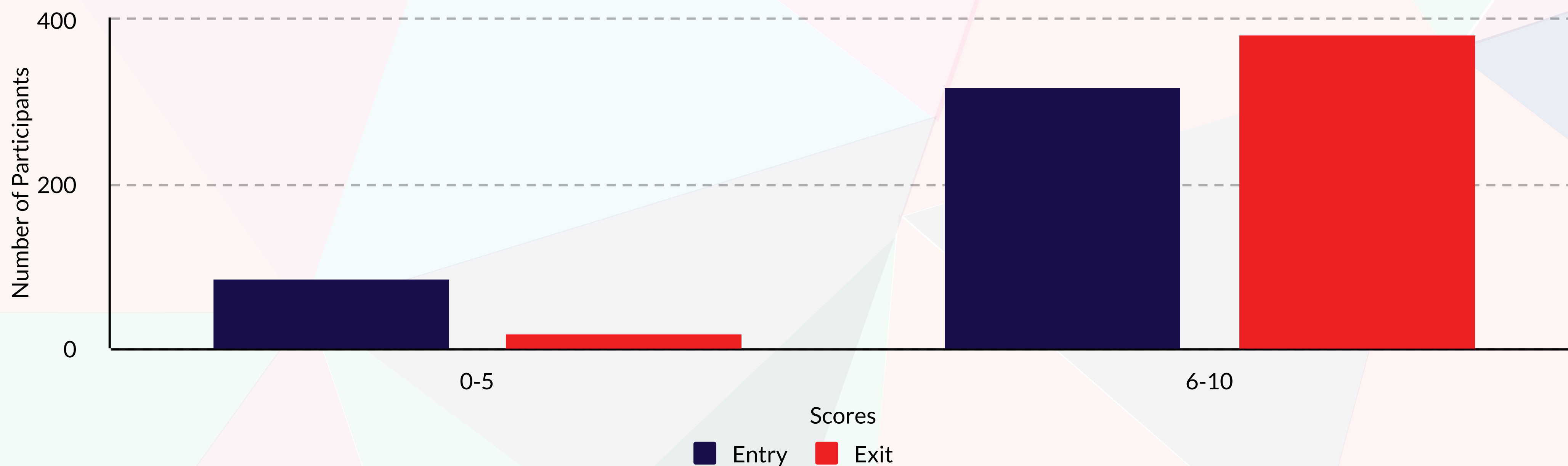


Significant Outcomes

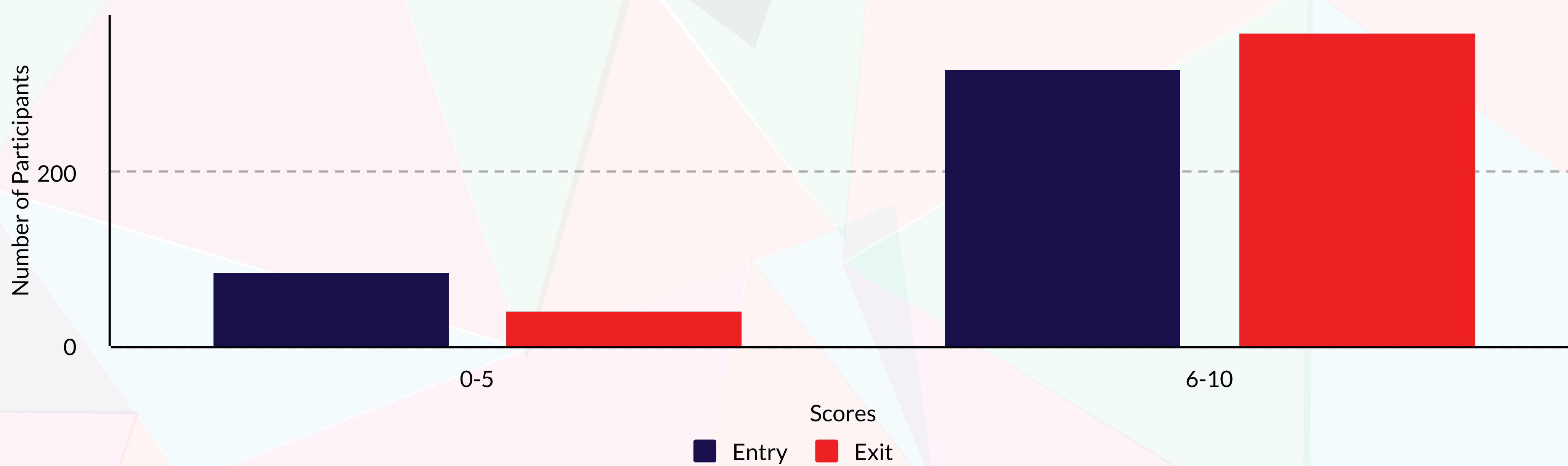
'I am able to motivate and influence other people'



'I feel confident at having a go at things that are new to me'



'I can do things as well as most other people'





Case Studies

Young Person 1



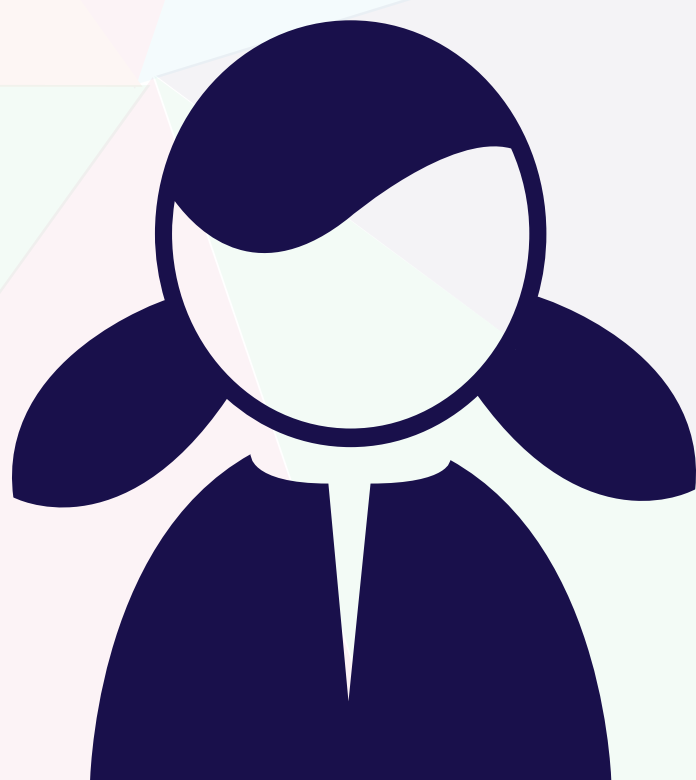
'I heard about active youth through attending sessions with Sporting Communities. I got involved because I love fitness myself and wanted to encourage others to get involved because I know the importance of sports for mental health. It brings people together. I wanted to gain leadership and organisational skills from taking part to build my confidence in these areas.'

Young Person 2

'I always use to be active growing up playing badminton and enjoyed the gym however since covid and lockdown I stopped and have struggled to be active. I feel this has given me the motivation and brought back the enjoyment of physical activity and now cant wait to play again.'



Young Person 3



'I took part in active youth as a challenge for myself and also my friends to try and work on our activity levels. I wanted to use my skills as a leader and motivator to help them achieve their goals and also work on my own. I have found it has given me an extra bit of motivation to keep on track with my goals. It has challenged me when feeling down to keep going and always been on my back on my mind when I've struggled.'

Young Person 4

'I have learnt new leadership skills, this programme has made me so much more confident as a person. I was quite shy at meeting new people but now I am not. My confidence has also increase by using a public facility, it can be quite scary if you don't know any but the staff has made me feel really comfortable.'

