

Appendix 4 - Case Study

Sports Leaders Level 1 Course Summer 2013 in partnership with the Suffolk Youth Offending Service (Lowestoft)

In June 2013 Suffolk Youth Offending Service commissioned Suffolk Positive Futures to deliver a Sports Leaders Level 1 Qualification course to 8 young men ranging from 14 to 19 years old.

It was decided the course would be delivered over the School Summer holiday with 2 sessions taking place per week. The summer holiday period was specifically chosen as it was seen as key time to provide meaningful and fulfilling activities to a group of quite vulnerable young people who were currently involved with the Youth Offending Service.

Scott Reynolds (Practitioner from the Suffolk Youth Offending Service) commented “The main factor was that a group of our young people that were at risk of offending had something constructive to attend over what can often be a boring time for them. It kept them busy and more importantly built on their interpersonal skills and sporting ability.”

The Sports Leaders Course requires participants to develop all of the skills required to assist an experienced sports coach delivering sessions in a range of sports. The 6 units of work are:

1. Plan, Lead and Review a Sports Activity.
2. Developing Leadership Skills.
3. Lead an Activity That Promotes A Healthy Lifestyle (looking at the effects of substance misuse on a person fitness)
4. Fair Play in Sport.
5. The Role of the Official.
6. Opportunities in Sport and Recreation.

Each unit consists of both practical and theory tasks which challenge a young person’s teamwork, organisation, self-awareness, control and leadership skills.

Throughout the sessions young people are encouraged to lead warm up’s, cool down’s and small games and drills to improve confidence and leadership techniques ahead of the final delivery of a 20 minute sports session.

Each 2 hour session was split into practical and theory sections with young people needing encouragement, support and guidance to complete all units. Positive Futures staff had to ensure the participants understood the aims of the course and the importance of understanding all aspects in order to deliver a safe and fun sporting activity. With the course providing challenges in different units for young people our staff were able to build relationships whilst giving guidance that then allowed challenging behaviour and beliefs on crime, the police and substance misuse to be discussed openly. As well as challenging their behaviour and beliefs Positive Futures staff also had to work to change the young people’s attitudes when it came to work and effort when they could be sat at home. This attitude as demonstrated by many of the young men also showed a lack of aspiration to find employment or gain qualifications that can lead to employment.



Some of the group with the 'Code of Conduct' they produced and agreed to.

With 8 young men starting the course all of whom were currently or had previously been open cases within the Youth Offending service, it was hoped most of these would continue engagement on the course with at least half of these achieving the award. However, the actual result was even more positive.

Scott Reynolds , YOS Practitioner stated *"The programme was a resounding success and allowed us to get 7 young people through it, all achieving a Level 1 Sports Leader Award. I was involved with the programme through transporting young people to and from the venue and managed to observe some of the sessions whilst there. I was really impressed by the way these were delivered and how the Positive Futures staff engaged with our young people"*

With 7 out of 8 young people achieving the qualification, this course has not only provided activities during a time when young people are bored and looking for something to occupy their time, but has also greatly enhanced young people's attitudes and skills as well as future opportunities. We would strongly encourage all young people who achieved the award to continue volunteering within a sports club as the skills they develop shall enhance their ability to gain work or education placements in all fields.

Outcomes:

- **7 out of 8 young people achieving qualification.**
- **0% Re-offending rate since the start of the course in July 2013.**
- **100% returned to Education after course (College, School or PRU).**
- **Improved behaviour noted in 7 out of 8 young people.**
- **Improved levels of Health and Fitness**
- **1 Young Person volunteering with YOS and Positive Futures Kick smart Project.**

“Our young people have given positive feedback from their involvement with the programme and a few have expressed the desire to complete their Level 2 or go on to complete their Level 1 FA Coaching Badge in the future. None of our young people who completed the programme have re-offended since it began on 30/07/2013 and I feel their involvement with it contributed towards this positive outcome. Their involvement with this has re-enforced some of our young people’s engagement with other constructive activities that YOS and Positive Future collaboratively deliver such as Kick Smart, a weekly football group that has been running for well over 3 years. We would definitely like them to deliver the Sports Leader Award again in the future.” Scott Reynolds, YOS Practitioner.

One of the young men - Ben aged 19, who took part in the course, said *“The Sports Leaders course gave me something to do during the summer before I started my college course in September. The course gave me the chance to enhance my sporting knowledge especially in setting up and running sessions for other young people. As we had to work as a team to gain the qualification we had to show understanding of the others on the course and use communication skills whilst controlling our behaviour. I am now volunteering on the Kick Smart project and hope to continue doing so and help other young people that are in a situation I have been in before.”*



Dylan delivering a Tennis session to the rest of the group



Tyrone overseeing his planned warm up.