

Leadership: for every young person

Through a range of leadership experiences, young people can acquire skills and learn behaviours which not only develop them as individuals but as drivers of change for others. The YST leadership framework has been designed to help reflections, advocate impact and recognise leadership development.

We believe that every young person should be supported through PE, sport and play to develop their personal leadership qualities. Over the last five years our Leadership Ladder enabled schools to offer young people appropriate leadership pathways through sport. We have taken the decision to develop this model to diversify the pool of young people that access leadership pathways and also to reflect the increasing desire of young people to drive social change.

We know that through a range of leadership experiences young people can acquire skills and learn behaviours which enhance their personal development. According to statistics gathered through the Young Ambassadors programme:



Young people benefiting from leadership experiences can also become drivers of change for others, improving the physical and mental health of their peers through encouraging their participation in sport or through using sport as a vehicle for social change.

The YST Leadership Framework has been produced through extensive consultation with partners in the sector to add clarity to the leadership pathway. Whilst the path is not linear, a young person's leadership journey would follow a pattern of learning to lead, exploring skills, demonstrating skills and then influencing. Young people may then be equipped to develop role specific skills as a coach, or to drive change through becoming an activist.

The Leadership Framework can also be used by practitioners as a tool to enhance the quality of young people's leadership experiences.

The key skills and behaviours under each stage (found online on the reverse side of the framework - link opposite) can be used to help practitioners plan for delivery, providing a check and challenge to ensure that their young people are supported with relevant training to succeed as leaders.

Young people themselves can use these skills and behaviours to reflect on their involvement and achievements through different leadership settings.

Please use the framework as a model to reflect on your current leadership offer. Through connecting the language of the framework to the education sector and Ofsted we are proud to be able to support you to evidence how leadership opportunities can supplement the intent, implementation and impact of your curriculum.

The Youth Sport Trust believes every young person should be supported through PE, sport and play to develop their personal leadership capabilities. Through a range of leadership experiences, young people can acquire skills and learn behaviours which not only develop them as individuals but as drivers of change for others.

ARE YOU READY TO LEAD?

Prior to leadership consider within all young people their:

- Confidence
- Motivation
- Self esteem
- Sense of belonging
- Feeling of value
- Relationships
- Support networks

WHERE AND WHEN?

Leadership can take place in and through:

- All educational settings
- PE
- Extra-curricular activities
- Competition
- Clubs
- The community
- Home
- Work



OUTCOMES

Leadership offers improved personal development for young people which prepares them for:

The next stage

Spiritual, social, moral and cultural understanding

Active citizenship

> To view the skills and behaviours associated with each stage of leadership on the framework please visit www.youthsporttrust.org/leadership-framework