

EUPALS - why create a physical activity label for schools?

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YOUTH SPORT TRUST
INTERNATIONAL





www.youthsporttrust.org



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Believing in every child's future



Youth Sport Trust/International

- Youth Sport Trust in UK and sister charity Youth Sport Trust International (overseas) believe in every child's future
- Power of sport to improve young people's lives
- Support young people to become the best that they can be
- Key focus on developing life skills through sport



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Time for Physical Activity

A



B



C



D



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What is the proportion of people in Europe who never exercise or play sport?



26%



36%



46%



56%



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Lack of physical activity contributes to diseases which cost Europe how much every year?



€60 billion



€80 billion



€100 billion



€150 billion



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Big Issues



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European Physical Activity Label for Schools (EUPALS)

- Hungarian School Sport Federation
- Youth Sport Trust International
- Estonian School Sport Union
- European Physical Education Association
- International Sport and Culture Association
- University of Luxembourg
- University of Ljubljana



Why develop a physical activity label?

- To improve quality and quantity sport and physical activity programs
- To enable schools to reflect on their provision for young people
- To increase participation of pupils in physical activity programs in European Union member states



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Why develop a physical activity label?

- To benchmark their provision and progress against other schools across their country and Europe
- To identify areas for development and improvement
- To celebrate and label success



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Youth Sport Trust Quality Mark

- Online self-review tool which provides schools with a nationally recognised badge of excellence for PE and school sport
- The tool supports schools to audit their PE provision and identify priorities for their development plan
- Quality Mark status is valid for two years from the point of submission





EUPALS - UK consultation with schools

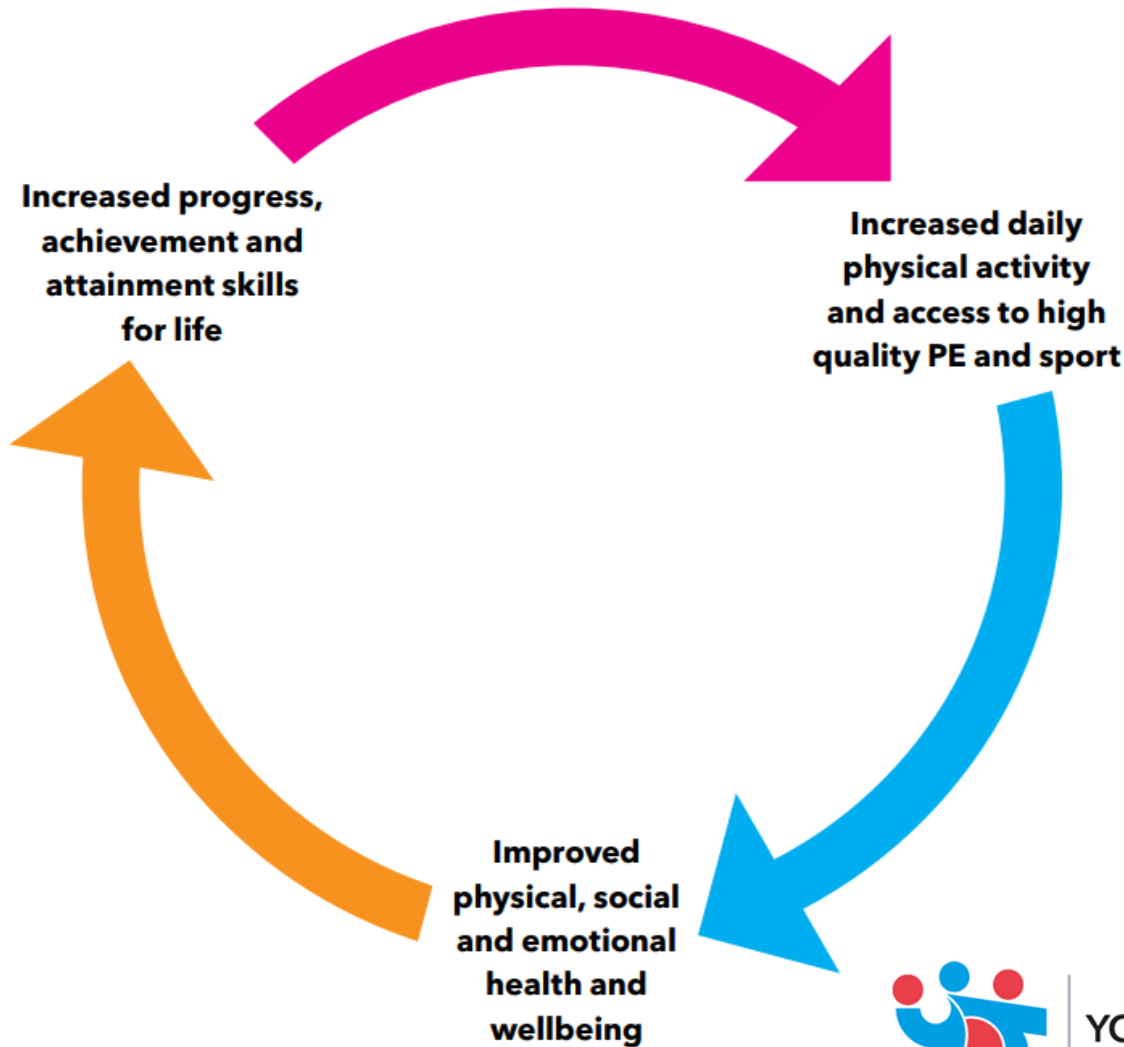
- 4 schools – two secondary, one middle and one special
- Positive towards concept, liked links with schools across Europe
- Different viewpoints re time allocation and incremental levels
- Need for own country recognition of merit having EUPAL
- Challenge to create a label relevant to all schools
- Need to be a European Award rather than an EU Award



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Benefits of Physical Activity, Physical Education and Sport



The challenge



The opportunity

We use the power of:

SPORT

PHYSICAL EDUCATION

PHYSICAL ACTIVITY

To build:

INDIVIDUAL LIFE SKILLS

- Confidence
- Resilience
- Teamwork
- Creativity

CONNECTIONS BETWEEN PEOPLE

- Community cohesion
- Inclusive opportunities
- Equality of access

ENHANCED SUPPORT NETWORKS

- Young people
- Teachers/schools
- Families
- Community partners
- Decision makers and researchers

Increasing life chances through:

Greater attainment and achievement

Improved physical, social and emotional wellbeing

Healthier lifestyles

Better friends, family and neighbours



**HAPPIER,
HEALTHIER
YOUNG PEOPLE
ACHIEVING THEIR
POTENTIAL**



Better employees, colleagues and citizens



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Thank you



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