

# Learning from Investing in Active Play and Youth Sport

## THE CURRENT PROBLEM

18% of young people have no positive role model in their lives <sup>3</sup>

### Physical inactivity

is the fourth leading cause of death worldwide <sup>2</sup>

### High Levels Of Sedentary Behaviour

76% children watch 2 hours+ a day of TV <sup>5</sup>

30% of young people don't feel happy and confident in their community <sup>4</sup>

### Low Physical Activity Levels

64% adults in Scotland are overweight <sup>7</sup>

**High Child Obesity**  
29% children overweight/obese <sup>6</sup>

**50%** of young people do not reach the minimum levels of physical activity per day



## THE IMPACT

- Less able to reach potential
- Less physically active
- Limited confidence
- Non engagement with sporting activity
- Lack of positive social networks
- Poor health
- Poor mental health and well-being
- Lack of community awareness



Look to the learning about what works



#1

Delivered the right way, Free Play, Physical Activity and Sport are powerful tools to engage young people and achieve wider social outcomes.



#2

Getting children to engage in play, physical activity and sport can require a trusted local organisation working in that community.



#3

High quality free play, physical activity and sport provision brings people and communities together and can lead to people accessing other types of support.



#4

Free Play in the early year's stage is the critical first step on a pathway to a physically active life.



#5

Adopting a Youth Work approach within a sport setting can be effective in engaging disadvantaged young people who would not otherwise choose to participate in sport.



## CONTRIBUTES TO NATIONAL OUTCOMES

- Longer, happier healthier lives
- More active nation
- Young people achieve their potential
- Happy healthy and confident children
- Engaged connected communities



# Learning from Investing in Active Play and Youth Sport

The learning in this paper is based on the considerable knowledge and expertise that The Robertson Trust and Inspiring Scotland have gained from funding, evaluating and working in partnership with projects that use play, physical activity and/or sport as vehicles to achieve wider social outcomes for children, young people and families.

In particular, the paper draws on Inspiring Scotland's learning from its involvement in Play, which aims to improve children's health and well being and specifically develop their fundamental movement skills through accessing free play opportunities and from The Robertson Trust's long term investment in Sport for Development, which uses sport as a tool to help young people to develop key life skills and engage in other positive opportunities.

## References

1. British Heart Foundation Evidence
2. Age UK
3. Princes Trust- survey of young people
4. Princes Trust – survey of young people
5. Active Healthy Kids Scotland
6. Better Health for Scotland's Children - Childhood Obesity Evidence Assessment
7. The Scottish Health Survey for 2013 found 65% of the population weighed too much



## About The Robertson Trust

The Robertson Trust is the largest independent grant-making Trust in Scotland. Every year the Trust funds a wide range of charitable projects across Scotland. In 2013/14, the Trust awarded over £16.5 million to recognised charities throughout the country. In addition to providing funding in a wide range of areas through its main grant scheme, the Trust also works proactively within a small number of Development Areas which include Community Sports. Within these areas, we aim to make a significant investment in programmes and projects over an extended period of time to develop the evidence-base about what works, what doesn't work and why.



## About Inspiring Scotland

Inspiring Scotland is a venture philanthropy organisation which uses money, skills and tailored development support to unlock the greatest possible social impact and create lasting transformational change. This rigorous and indepth approach involves working closely with the voluntary sector to tackle social issues in a different way. Through our Go Play and Go2Play investments supported by Scottish Government, we have invested in 49 Scottish charities focused on delivering outcomes for children and families and communities through access to free play in all its forms. Our aim is to change people's lives for the better through building the capacity and capability of Scotland's charities.

