On track to
ACHIEVE

DAME KELLY
HOLMES TRUST

A CHAMPION IN YOUR CORNER

A wellbeing programme for 11-19 year olds delivered by Dame Kelly Holmes Trust Athlete Mentors who use their unique experience and skillset from the world of elite sport to support and develop young people.

EACH PROGRAMME HAS A DEDICATED ATHLETE MENTOR WHO WILL WORK WITH YOUR STUDENTS AT ALL SESSIONS.

www.damekellyholmestrust.org/schools-based-programmes

For young people, including Children With Social Workers; Pupil Premium; Children with Social Emotional Mental Health; and Harder to Engage Children who would benefit from the support of a role model to improve:

CONFIDENCE

RESILIENCE

SELF-ESTEEM

**Unlocking these key skills in young people, increasing teachability.**

- *Strong focus on their own personal development*
- *Promotes positive behaviours and attitudes*
- *Sets them up to achieve in education, work and life*

Motivating and aspirational
Develops character and promotes growth mindset
Helps build healthy relationships in school and with the wider community through social action projects
Highlights the importance of physical and mental wellness
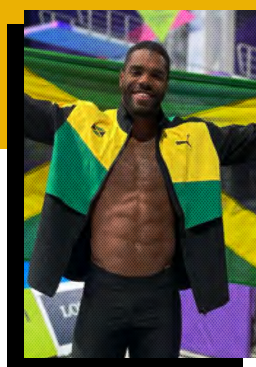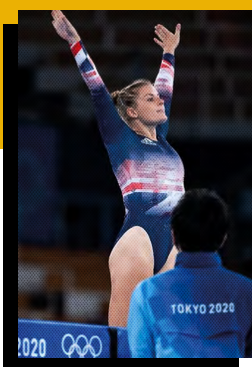
PROGRAMME DETAILS

For young people aged 11 – 19 years old
Up to 20 young people per programme
24 hours of learning over 8 sessions
Session frequency to fit school timetable
Social action project engaging with local community
Includes a 'Dream Big' full school assembly from your Athlete Mentor

COST

£5500*

 4 - 20 students
*£275 per student (20 students)
*£34.50 per student per session (20 students)

> ## IT'S BEEN ONE OF THE BEST THINGS I'VE EVEN SEEN HAPPEN IN A SCHOOL. IT'S HONESTLY BEEN ONE OF THE HIGHLIGHTS OF MY TEACHING CAREER.

Teacher feedback

> ## I HAVE SO MUCH CONFIDENCE NOW. I FEEL LIKE I HAVE AN ACTUAL PERSONALITY AND CAN SHINE, NOT JUST THIS LITTLE PERSON IN THE CORNER.

Student feedback

Dame Kelly Holmes Trust is a registered UK youth development charity.
Charity number 1128529

OUTCOMES

→ **IMPROVED ATTITUDES TOWARDS LEARNING**

→ **RELATIONSHIP BUILDING, WITH PEERS AND ADULTS**

→ **IMPROVED TEAMWORK AND LEADERSHIP SKILLS**

STUDENTS & TEACHERS REPORTED

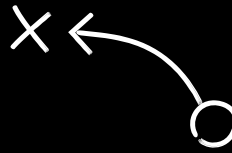**62%** *Increase in confidence about achieving goals*

28% *Increase in motivation to do well at school*

56% *Increase in confidence in own ability*

PROGRAMME CONTENT

SHOULDER TO SHOULDER WITH YOUNG PEOPLE SHOULDER

SESSION 01 —
INTRODUCTIONS & TEAM BUILDING

In this first session, the students get to know their athlete mentors and through physical activity and group exercises, and start to build positive relationships within the team. The group will also set goals for the rest of the programme and incorporate activity and wellbeing targets ahead of the next session. All subsequent sessions will then have time built in for physical activity and wellbeing to help achieve these goals.

SESSION 02 —
UNDERSTANDING WELLBEING & SOCIAL ACTION

Through a physical activity session, the athlete mentor will introduce the concept of the Five Ways to Wellbeing to the group. The group will also learn how to support their own wellbeing and mental health. Following this the athlete mentor will lead a discussion around community, active citizenship and how you can make a change using positive social action. Students will reflect on past actions and start to discuss plans for a social action project of their own.

SESSION 03 —
UNDERSTANDING YOURSELF & SOCIAL ACTION

In this session through a series of exercises, the students start to understand more about what has shaped them to this point and what their aspirations are for the future. This will lead on to a discussion around what issue they want to tackle for their social action project and by the end of the session they will have the beginnings of a project plan to deliver this.

SESSION 04 —
SOCIAL ACTION & PROJECT MANAGEMENT

Following on from the last session, the group will develop a project plan to deliver their social action project. The athlete mentor will help the group develop their 30 second elevator pitch to help them 'sell' their project to other people. This session is a great opportunity to develop new skills like creating pitches, leading a team and developing presentation skills.

The On Track to Achieve curriculum is aligned to the *Ofsted* inspection framework in the areas of Behaviours and Attitudes and Personal Development.

In particular the programme impacts positively on students':

→ CONFIDENCE

→ SELF-ESTEEM

→ RESILIENCE

→ TEACHABILITY

→ CHARACTER

→ ASPIRATIONS

→ MOTIVATION

→ ACTIVE CITIZENSHIP

→ PHYSICAL WELLBEING

→ MENTAL WELLBEING

PROGRAMME CONTENT

SESSION 05 —
DRAGONS DEN

In this session, the students are given the opportunity to present their social action project plans to a Dragons Den style panel. The students will develop confidence from delivering their plans to an audience and following this the athlete mentor will lead the group in reflecting and refining their plans.

SESSION 06 —
FINAL PREPARATIONS FOR SOCIAL ACTION PROJECT

Students take ownership of their Social Action Project, working independently within the team. This is the opportunity for young people to demonstrate the leadership skills they have developed across the programme to ensure the social action project is ready to go.
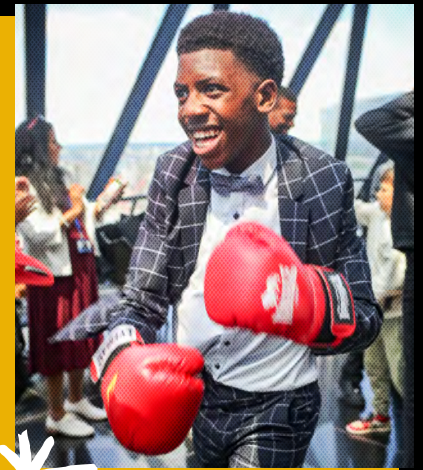
SESSION 07 —
DELIVERY OF SOCIAL ACTION PROJECT

This is the session when all the planning comes together and the group deliver their social action project. The group take on roles and responsibilities to stretch and challenge themselves which builds character and improves confidence. By delivering their Social Action Project, participants demonstrate active citizenship. At the end of the session, they will review how the day went and celebrate the success.

SESSION 08 —
REVIEW & CELEBRATION

Students undertake a formal review of the project and personal performance. The group produce a poster, PowerPoint presentation or information board to showcase the project to others in the school. Led by the athlete mentor, students reflect on their growth throughout the programme and discuss how to transfer the skills and behaviour learned to the next phase of their lives and set goals for the future. Celebrate the achievements of the students across the eight sessions.

For more information, contact the Trust on schools@damekellyholmestrust.org