

YST BUBBLE LEADERSHIP



This resource has been created to provide schools across the UK with guidance to support the implementation of a Bubble Leadership concept for pupils. The concept of Bubble Leadership is suitable for all schools including Primary, Secondary, Special Schools, Pupil Referral Units and Alternative Provision.

Leadership opportunities during Covid-19

We know that school life is going to look different moving forward. Social distancing measures, class and year group bubbles and restrictions on events, all pose challenges to the roll out of leadership opportunities for an unknown length of time. However, we also know that leadership and subsequent sporting activities have the power to boost wellbeing among young people and mitigate against the social and emotional impact of Covid-19. In fact, research shows that a flexible leadership model with activities that can be delivered by young people to young people, online or face-to-face, would be beneficial in the current climate (YST Youth Leadership Opportunities: Beyond Covid-19, 2020).

The Bubble Leadership concept was developed in response to this.

What is Bubble Leadership?

Bubble Leadership is an exciting new concept that aims to support, encourage and motivate pupils to take part in sport, physical activity, and play opportunities within the parameters of the Government's Covid-19 return to school guidelines. It aims to facilitate peer leadership within bubbles allowing young leaders to use their skills to support and empower young people in a new, challenging context following the impact of Covid-19.

How does the bubble concept work?

A bubble, which could also be referred to as a pod or a group, might be a whole year, class or smaller group of pupils. What your bubble looks like depends on the age of your students and your school context in relation to Government guidance. We understand that bubbles may look different depending on your school, so there is complete flexibility in how the concept is delivered in your setting.

Aim

Bubble Leadership aims to support the physical, social and emotional wellbeing of young people by supporting access extracurricular provision within bubbles on return to school with young people as the driving force. The mission is to create a movement across schools unifying young leaders who have a passion to champion sport, physical activity and play in order to improve the wellbeing of their peers during these challenging times.

Ethos



**Empowering
Leaders**

**Driving
Change**

**Enabling
Others**

Why is this important?

We know that children and young people across the UK have suffered considerably as a result of this pandemic, many of whom will have had different experiences of lockdown. According to the YST (2020) evidence paper: **The impact of Covid-19 Restrictions on Children and Young People**, it was found that:

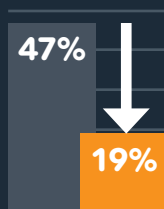
74%

of children and young people (age 8-24) reported that, during lockdown, they were missing going to school or college, with the same number saying that they had found it hard to maintain friendships during lockdown

1 in 3

At least one third of children have experienced an increase in mental health issues including stress, loneliness, and worry

(2020, **Generation Lockdown**, Barardo's)



The number of children meeting the Chief Medical Officer's guidelines (of taking part in sport or physical activity for an average of 60 minutes or more every day) has dropped from 47% to 19%. 43% are doing less than half an hour of activity and a worrying 7% are doing nothing.



16-19 year olds are worried about their future due to Covid-19 disrupting their education and wellbeing



Missing outings, trips, celebrations, sports and activities, have been cited as ways in which young people have been affected.

Within the YST 2020 Insight Report '**Youth Leadership Opportunities – Beyond Covid-19**' young leaders stated missing the intrinsic satisfaction of seeing their peers, or primary aged children enjoying the benefits of play and sport and the social connections that are built through sporting opportunities. Leadership opportunities created, driven and delivered by young people to their peers can support to address some of these challenges, rebuilding confidence and connection of the leaders and participants in this new and challenging context. This report will be made available to support the implementation of Bubble Leadership.

Leadership Framework

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.

Bubble Leadership could span across all aspects of the leadership framework, depending on the role young people want to take on or how the school chooses to implement it.

Before you get started, refer back to the Leadership Framework and reflect on it within your school. Think about each individual group of young people then ask yourself the questions connected to 'Are you ready to lead?' to explore what type of leadership opportunity might be best. Look at your existing leadership offer and identify potential gaps.



Download the full framework
www.youthsporttrust.org/leadership-framework

The power of youth voice

Bubble Leadership is intended to be owned, driven and shaped by young people for young people. Before you begin, ask yourself the following two questions:

1

How are you intending to engage young people in the planning and delivery of school sport/physical activity opportunities?

Creating a workforce of young leaders to deliver Bubble Leadership, can build upon current workforce capacity in school, help young people to gain and develop skills, and improve physical, social and emotional wellbeing. This can result in young people acting as agents of long-lasting social change in their schools and communities. In addition, reintroducing young people to a positive routine involving physical activity, will help young leaders to demonstrate behaviours of empathy and be a positive role model to those around them.

2

How are you giving young people the opportunity to shape their offer and experience?

We know that using the voice of young people can be a powerful force of social change. Peer leadership programmes can also help students gain important skills to become role models within their schools and communities. By empowering students to lead and giving them a voice to share and lead solutions, they can influence peer attitudes and behaviours in a positive way, and therefore use their leadership skills to drive change in their schools and communities.

To promote inclusive delivery, Chateez Cards are a valuable tool in allowing young people to express how they feel in a fun and creative way. This is a resource that all Youth Sport Trust member schools can receive for free as part of your membership package. Please contact the membership team for more information.

www.youthsporttrust.org/chateez-cards

Benefits of the Bubble Leadership concept

For young people:

- Opportunity to develop and learn new skills e.g. communication, leadership, organisation, and teamwork, and transfer these skills to other school experiences and life outside of school.
- Opportunity to reconnect with peers, meet new people and gain new friends (particularly where young people are worried by splitting of friendship groups).
- Appreciate and respect individual differences and learn how to engage all.
- Improved character, mental health and wellbeing by developing confidence and self-esteem through helping others.
- Opportunity to gain leadership work experience to add to CV, UCAS form or future job application.

For the school:

- Gains in student physical, social, cognitive and emotional development.
- Improvements in student learning, school attendance and academic performance via the transfer of skills to other areas of school life/ cross curricular application.
- An extended workforce of passionate young people who can support extracurricular physical activity delivery.
- Young people who are role models and ambassadors that represent the school.
- Opportunity to engage new and different young people in sports leadership.

The bottom line:

Peer leadership programmes like Bubble Leadership can promote positive changes in leaders, their peers, and in the school where the leadership takes place.



Leader specification and roles

Leaders should be young people who enjoy helping others and are enthusiastic about promoting sport/physical activity and all its associated benefits such as health and wellbeing. Leaders do not need to be part of a sports club, nor do they need to be talented at sport, they just need to demonstrate a willingness to inspire and influence others to drive change in their school.

With Bubble Leadership, there isn't a one size fits all approach. There are different roles students might undertake depending on their skills/interests.



*Potential connection to where this might link to on the Leadership Framework. Where it connects will be driven by what you or the young people want to achieve, but this provides a prompt to support this thinking.

Ambassador



Role:

Champion and promote the importance and positive values of sport and physical activity throughout school. Connect with the other leaders to provide up to date student voice to support influencing and creating change.

How?

- Deliver an assembly
- Create an inspirational video
- Create a newsletter article
- Present to SLT
- Create a school sports council or sit on an existing one
- Be a positive role model in and around school
- Be the young person's voice for PE and school sport and connect with the PE subject lead/PE department
- Chair Bubble Leadership meetings

Ideal for:

Students who are role models and ambassadors for the school, have an ability to influence and inspire others, will proactively spread the Bubble Leaders ethos and who will have an ongoing positive impact within their bubbles.

Marketeer



Role:

Consult with their peers and find out what they would like to do. Collate ideas and promote/market the activities or sessions. Connect with the Activity Organisers to share research and insights to support the planning/scheduling of activities.

How?

- Create posters
- Undertake a survey
- Develop a promotional video
- Social media presence (i.e. create a Bubble Leaders twitter feed) and maintain
- Develop an article for the school newsletter/website
- Take photos and videos to evidence sessions
- Create an inspirational PE/ school sport notice board
- Create a blog
- Produce reports and case studies to highlight the success of Bubble Leadership

Ideal for:

Students who enjoy designing, being creative, those with excellent IT and media skills, and those who have an ability to think outside the box.



Activity Organiser



Role:

Organise and manage the sessions, participants and equipment. Connect with the deliverers to share research and insights to support the delivery of activities.

How?

- Manage and organise the activities
- Work with teacher to ensure the group are adhering to guidelines
- Ensure activities are set up correctly
- Ensure that activities are inclusive so that everyone can take part
- Supervise participants in activities to ensure they are safe
- Co-ordinate leader meetings
- Organise leaders or staff
- Keep a register to track and reward engagement

Ideal for:

Students with excellent organisational skills, planning and time management skills, and those who might like to help organise the equipment for a session or set up the technology.

Deliverer



Role:

Lead activities, sessions, clubs and/or events for the participants. Connect with other leaders to ensure that the offer meets the needs of their peers. Liaise with school staff to support activity delivery.

How?

- Deliver purposeful fun playground activities at break and lunchtimes
- Set up a breakfast club, e.g. Wake Up, Shake Up or the Daily Mile
- Set up a new lunch time or after school club, e.g. can a taster session of a new sport or activity be introduced?
- Run a school sports event or competition, e.g. an intra form tournament (this could be virtual)
- Deliver warm up and cool down activities
- Officiate, umpire or referee games and activities
- Keep track of scores and time
- Support teachers in the delivery of PE lessons
- Provide praise and encouragement to others

Ideal for:

Students with excellent leadership skills, communication skills, and an ability to motivate and enthuse others.

Motivator



Role:

Help to create a great atmosphere and supportive environment across anything implemented through the Bubble Leadership concept.

How?

- Support for their peers (leaders and participants)
- Keep an eye on the wellbeing of all their peers within the bubble in connection to activities planned, delivered or executed
- Offer encouragement for those taking part in activity
- Cheer everyone on during activity
- Build confidence of peers by asking engaging questions throughout activity

Ideal for:

Young people with excellent communication and empathy skills. Those who are approachable with an ability to look out for welfare of others and motivate them.

This list is not exhaustive.

Leaders are encouraged to be creative and to come up with their own ideas of what would be most effective in their school.



How to get started

1

Select your leaders

We encourage you to be inclusive in your selection of leaders and include young people with a special educational need or disability as part of the selection process. In addition, leaders should reflect differences in gender, religion, ethnicity and abilities. Think about how the uniqueness of your opportunity could provide a way for new leaders to emerge.

2

Support the leaders to create an identity for themselves

They could be called Bubble Leaders, Peer Activity Leaders (PALS), Change Makers, etc. These are just a few suggestions. The choice is theirs but use it as an opportunity to connect and unify leaders across the school to create a movement.

3

Help your leaders to understand their new role

This includes understanding the parameters of the Covid-19 guidelines, so they know how to work safely and effectively within their bubbles.

4

Conduct some consultation

Leaders should find out what activities young people would like to do within their bubbles and what motivates them. By involving the participants in the consultation phase, they will be more inclined to attend the sessions and, more importantly, keep coming back.

5

Develop an offer that meets the needs of what their peers want to do

This could include an after school club with a fitness focus, weekly drop in taster sessions, a multi sports event, informal and fun games at lunchtime, or quick bursts of activity that can be used to energise pupils on the playground at break time. The choice is yours and flexibility is key here. This does not have to be a club or formal activity. Empower your leaders to build physical activity within their bubbles during the school day.

Virtual delivery



If face-to-face sessions aren't possible, virtual and digital delivery may be an appropriate alternative. A blended learning approach combining face-to-face and virtual delivery may be preferred.

We understand that there might be nervousness around involving young people in virtual delivery, but most young people have a skillset here which you can capitalise on. There are lots of platforms available and lots of resources to help you get started with this.

Here is an overview of some virtual engagement tools and their uses to help you when planning your virtual delivery with your leaders. This list is not exhaustive, please refer to your school policy when considering which platform is going to be most appropriate and ask your young people which platforms they prefer using most.



Delivering online meetings and training

Virtual Tool	Overview	Features
Zoom	One of the leading video meeting and training tools	<ul style="list-style-type: none">• Interactive sessions• Breakout rooms• Screen sharing• Video calling• In-meeting chat• Recording• Mobile app available
Skype	Free online calls, messaging, affordable international calling to mobiles or landlines	<ul style="list-style-type: none">• Interactive sessions• Screen sharing• Video calling• In-meeting chat• Recording• Mobile app device
Microsoft Teams	Host audio, video and web calls with small or larger numbers	<ul style="list-style-type: none">• Interactive sessions• Screen sharing• Video calling• Integrates with over 250 applications• In-meeting chat• Recording• Mobile app available

Secondary schools

Messaging services and informal chats

Virtual Tool	Overview	Features
Facebook Messenger	Instant messaging. Can send text, photos or videos	<ul style="list-style-type: none">• Free and user friendly• Used for instant messaging and videoing• Most people have a Facebook account• Share files, images and links• Make quick phone calls
WhatsApp	Instant messaging, video calling and group chats	<ul style="list-style-type: none">• User friendly• Share live location• Audio and visual calling• Imports contacts automatically• Smart phone required• Has a smart reply function
Snapchat	A messaging app that lets users exchange pictures and videos (called snaps) before they disappear	<ul style="list-style-type: none">• User friendly• Add filters, lenses or other effects to photos/videos• Photos and videos disappear after they are viewed• Friends can view stories for 24 hours• Voice and video call functionality• Offers group texting and group sharing so everyone in the group can contribute



Secondary schools

Video sharing and delivering live activities online

Virtual Tool	Overview	Features
Instagram Live	Instagram Live is a feature of Instagram Stories that allows users to stream live videos to followers	<ul style="list-style-type: none">• Cost-effective way to produce content• Engages in real time with audience• Track engagement and viewer metrics• Increase interactions with followers and can help expand reach to more young people• Film in blocks of one hour• The stories disappear after 24 hrs
Facebook Live	Create, broadcast and save live videos from mobile app or desktop	<ul style="list-style-type: none">• Videos can be saved as permanent posts• Can download and use on other platforms• Used to build engagement with current contacts• Involves live filming, edits can't be made once filming starts
YouTube	Upload, view, share, comment on videos and subscribe to other users	<ul style="list-style-type: none">• Video sharing• An easy way to get information across (most videos are on YouTube)• Can interact with others• Has its own live streaming service

Primary schools

Video editing and movie making apps can help children write narratives, create storyboards, pre-record videos, and collaborate with peers. They can provide a good cross curricular link and provide a purposeful ICT lesson in addition to getting young people active. There are lots of different apps or programmes that young people can use but below you'll find a few suggestions.

Video editing

App	Overview	Features
iMovie	iMovie is a free video editor for kids on iPhone, iPad and Mac.	<ul style="list-style-type: none">• Basic video editing• Create videos• Browse and play projects in the Marquee view• Share finished projects to the social media platform straight from iMovie
Windows Movie Maker	Windows Movie Maker is a movie making and editing app.	<ul style="list-style-type: none">• Easy to use• You can create your own movies with photos or videos you have taken• You can add titles, credits, and include animated writing on the pictures or videos you have uploaded• You can also import music into the movie to make it more interesting, and 'split' the music so it starts and finishes at the places you would like

You could also consider use of this software for Secondary age pupils.



How do I know which software/ technology is right for me?

Key considerations:

- Does it allow private communication between staff and young people, or between young people? This can be a safeguarding risk.
- Does it require young people to have an online account? This may be an issue for young people below the age of 13 in which case parent or carer involvement will be necessary.
- Does it need to be installed on young people's devices? This may be an issue for young people without administrative rights to their devices.
- Does it work on multiple operating systems and web browsers and is it free to use?
- What is the limit on the number of participants?
- What is the time limit on the length of the session?
- What is your school policy and how will you ensure safeguarding guidance is followed during use?
- Ensure whatever you choose is inclusive and accessible.



When using online platforms, please refer to the **NSPCC website** for good practice guidance on safeguarding and protecting young people online.

Virtual delivery Ideas for Bubble Leadership

Here are some ideas to help your leaders get started. Mark off each activity once completed. See if leaders can complete all 12!



Create some video-based sports and physical activity challenges to inspire others to get active



Create a group on social media to post weekly group challenges and activities



Support social communication (via Whatsapp, Zoom, or Skype) to sustain engagement and interest in keeping participants active



Use Personal Best leadership boards to increase motivation and add a competitive edge to the activities



Create an intra-house, intra school virtual sports competition



Create a YouTube channel to post regular sport and physical activity sessions



Use breakout rooms as part of video conferencing to promote interaction and include active games and icebreakers to encourage movement



Encourage young people to create and design their own activities to try at home and get their family and friends involved too



Use social media to introduce a daily activity challenge (see Complete P.E. activity cards)



Live delivery of physical activity sessions using Instagram Live or Facebook Live



Deliver virtual Bubble Leaders training to reflect and review delivery model and share best practice



Create a Kahoot sports/wellbeing quiz

Ensure that with any of the above you fully consider the Safeguarding procedures in line with your school policy.



Resources

We want to encourage and inspire young people to be creative and come up with their own ideas, but to support Bubble Leadership in getting started the Youth Sport Trust have gathered a host of free resources that you or your young people might find useful. You'll find these located on the Bubble Leadership page on the Youth Sport Trust website. We will continue to add to this, so keep checking back here regularly.

www.youthsporttrust.org/bubble-leadership

Finally, remember...

Great leaders don't set out to be a leader.
They set out to make a difference. It's never about the role, always about the goal.

Good luck!

Youth Sport Trust
SportPark
Loughborough University
3 Oakwood Drive
Loughborough
Leicestershire
LE11 3QF

T **01509 226600**
E **info@youthsporttrust.org**
W **www.youthsporttrust.org**

 **@youthsporttrust**
 **@youthsporttrust**
 **@youthsporttrust**

Registered charity number **1086915**
Registered company number **4180163**