



#TeamPlayerScot

THE BOYS' BRIGADE
> the adventure begins here



WWW.BOYS-BRIGADE.ORG.UK/SCOTLAND

BACKGROUND



Background

Following on from events such as London 2012 and Glasgow 2014, considerable efforts have been made to ensure there's been a lasting legacy in Scotland's communities – and, very importantly – that more children & young people participate in regular sporting activity.

A UK government survey indicated that over one third of 5-15 year old young people engage in competitive sporting activity outside school. Despite efforts to promote sporting activity and healthy eating, however, nearly 20% of UK 10/11 year olds are obese.

A recent survey from *The British Journal of Sports Medicine* suggests that children go off the idea of exercise from as young as seven years old. The findings indicate that there is a sharp decline between the ages of seven and nine, with a further drop as children move into their teenage years.

At the age of seven, the average boy was moderately or vigorously active for one hour 15 minutes a day, dropping to one hour 10 minutes by the age of nine, and just an hour by the age of 12. By the age of 15, the figure is just 51 minutes.

An interim report (3 May 2017) by The Scottish Parliament's **Health and Sport Committee** indicated that there are still too many barriers to participation in sport. In one of its observations, the committee acknowledged the importance of schools, and in particular, the **Active Schools Programme** in delivering pathways for greater participation in sport.



Our Call to Action

The Boys' Brigade is challenging politicians from across the political spectrum in Scotland to support its **#TeamPlayerScot** campaign and work together to recognise the vital role that youth work and specifically, **youth organisations**, have in promoting sport and play opportunities for young people.

We're calling for a team-based approach to encouraging participation in sports that:

- Recognises that youth organisations play an important role in offering regular opportunities in play, sport and recreation
- Offers regular sport and play opportunities which are critical for children and young people's health, tackling childhood obesity and helping bridge the educational attainment gap
- Facilitates greater collaboration between The Boys' Brigade and sporting bodies
- Encourages schools and local authorities to do more to support youth organisations to deliver engaging, fun and worthwhile sporting opportunities



FINDINGS

What have our groups told us?

All BB sections were asked to participate in our 'Get Active 2017' survey. This survey aimed to measure the extent that BB provides regular opportunities for children and young people to participate in sport. In addition it has provided an up-to-date picture of the variety and popularity of sporting activities in The Boys' Brigade. The survey received responses from nearly 200 sections which equates to more than 1500 young people.

KEY FINDINGS

78% of BB sections provide at least half an hour of sport each week

£103

The average spend on sports facilities by BB sections annually



Amongst the most popular physical activities BB offers its members... football, dodgeball, table-tennis, badminton and swimming



1/4 Non-competitive sports accounts for 1/4 or all physical activity in the BB



£120



Sections spend an average of £120 on sports equipment annually

AGED 8-18



Over half of BB members aged 8-18 experience an annual residential event, such as camps or overnights at activity centres, on top of expeditions and hikes



Just under one quarter of BB sections deliver over one hour of physical activity every week

Our findings indicated that participation levels are relatively consistent across the organisation. The responses showed that the older the age group section, the greater amount of time spent participating in sport. In most cases, expenditure on facilities and equipment is low, as the majority benefit from church-based premises and shared-use of equipment. Whilst the youngest section (Anchors) spend less time on physical activity, their participation is proportionately high, as their average weekly meetings last 1 1/4 hours.



Barriers to further participation in sport

Our groups cited several obstacles to providing additional opportunities, most notably:

- Availability of accommodation
- Skill-set and available time of adult volunteers
- Working with children with mixed abilities
- Cost of facilities

Adult Leader with 65th Edinburgh, based in Currie, on why sport plays such a part in our programmes:

"The programme is wide and varied and it is important to include all aspects. Physical activity is vitally important for the health and future well-being of our young people."

What is The Boys' Brigade doing?

Recreation, sport and play have always been and will remain key pillars of programmes across all age-groups. Our new programme materials (currently under development) will all include new ideas to support our groups in delivering even more participation in physical activity. Our highest award, the **Queen's Badge**, will continue to require a participant to develop skills in a sport or physical activity over several months.

Our **Get Active Roadshow**, being piloted in England, aims to engage a new generation of BB members and give adult volunteers new and imaginative ideas to delivering play and sport at local level.

The Boys' Brigade is committed to providing competitive and non-competitive physical activities for its members and aims to reach even more children and young people from a wide-range of abilities and backgrounds.

Case Study

1st Greenock company, based in the town's Kelly Street, offers its Junior Section members a minimum of an hour's participation in sport every week. Currently the 19 members (in P4 to P6) participate in a wide variety of sports, including: football, swimming, basketball. Thanks to support from the local authority and church, the BB section has relatively little expenditure in meeting cost for facilities.

Karen Glen, Leader-in-Charge:

"Sport is vital in the BB programme because it encourages participation and team working.

"Inverclyde Council has a waiver system in place so that all youth groups get facilities free for under 16 kids. At the moment we benefit from free use of outdoor football parks (3G pitches included) and we also use a local High School for badminton one night per week. All primary school kids in Inverclyde also get free access to the swimming pool."



Andy Butchart, current Scottish 5,000 metre record holder and Team GB member from 2016 Summer Olympics in Rio, shared how BB membership has helped in his current career:

"I think being part of the 'BB family' is quite similar to the athletics world. It's similar in the sense that everyone gets along, there's good banter and camaraderie."

The Boys' Brigade

The BB is a Christian youth organisation committed to providing a fun and safe learning environment for children and young people from age five. From its founding in Glasgow in 1883, The Boys' Brigade has grown into a worldwide youth movement.



Find out more about us...

Visit our website <http://boys-brigade.org.uk/scotland/>

Email us scottishhq@boys-brigade.org.uk

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- Timing of the decline in physical activity in childhood and adolescence: Gateshead Millennium Cohort Study | British Journal of Sports Medicine (2017) <http://bjsm.bmj.com/content/early/2017/02/05/bjsports-2016-096933>
- Taking Part 2015/16: UK Government (2016) <https://www.gov.uk/government/statistics/taking-part-201516-annual-child-release>
- Sport for Everyone Interim Report: Scottish Parliament (2017) <https://digitalpublications.parliament.scot/Committees/Report/HS/2017/5/3/Sport-for-Everyone-Interim-Report>