

**TOTAL  
SPORTS**  
COACHING

A man with a beard, wearing a blue Total Sports Coaching jacket and shorts, is holding a large gold trophy and smiling. He is standing in front of a classroom. To his left, a woman in a blue jacket is clapping. In the foreground, the backs of several children's heads are visible, looking towards the man. The background features a bulletin board with a bar chart and a map of the UK, and a sign that says 'Beating Heart'.

# **STRONGER FUTURES PROGRAMME**

**Total Sports Coaching  
Stronger Futures Information**



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# **STRONGER FUTURES PROGRAMME**

**Total Sports Coaching**  
**Stronger Futures Information**

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## Developing 6 Skills:

**EMOTIONS  
TEAMWORK  
COMMUNICATION  
MINDSET  
RESILIENCE  
CONFIDENCE**

# About the Programme

The Stronger Futures programme helps young people to understand and develop their mental strength through sport, giving them lifelong skills to improve their physical and mental wellbeing.

This programme has been designed by Total Sports Coaching, Changing Minds Kent CIC (Mental Health Specialists), Qualified Therapists who work with children to improve their resilience and Spots Connect (Education Provider).

Research has shown that looking after our mental wellbeing can help us deal with pressure and improve our ability to cope with life's ups and downs.

At the beginning and end of the program, all participants will complete a questionnaire. Additionally, participants will use weekly tokens to express their feelings at the start and end of each session.

This process helps us gauge the children's self-perceptions and mental resilience, as well as track the program's impact over time. The initial questionnaire is filled out after the first session to ensure they have some context regarding mental strength skills.

The results are shared with the school at the end, so they have measurable results and can use this to help inform their understanding of the individual children.

The role of the coach is to lead the sessions and encourage young people to think about their mental strength skills and how they can develop them, lessons are interactive with children taking a large role in leading discussions and sharing their thoughts, rather than the coach dictating what they should be doing.





# How the Programme Runs

The 6 week programme combines physical activity and multi skills based coaching with discussions, group and individual activities and questionnaires/tokens to continually assess the children's understanding and emotions.

The programme works on developing 6 skills, these are: understanding emotions, teamwork, communication, mindset, resilience, confidence. The programme is delivered in this order as the structure allows for the development of the 6 key mental strength characteristics.

There is a questionnaire that all participants will fill out at the start and end of the programme, as well as weekly tokens that are used by the participants so they can express how they feel at the start and end of the session. This allows us to understand how the children feel about themselves and their mental strength and

how the programme has effected them throughout the period that we run sessions. This questionnaire is filled out after the first session, so they have some experience of thinking about mental strength skills first. The results are shared with the school at the end so they have measurable results and can use this to help inform their understanding of the individual children.

The sessions have been designed by sports coaches and experts in children's mental health. The role of the coach is to lead the session and encourage young people to think about their mental strength skills and how they can develop them, lessons are interactive with children taking a large role in leading discussions and sharing their thoughts, rather than the coach dictating what they should be doing.





# How the Tokens Work

The tokens are used every session, this measures how the children feel before the session starts and after the session finishes.

To measure this we use the 3 tubs and tokens. The tubs have 3 emojis on:

- Excited
- Apprehensive (not sure)
- Worried

At the start of the lesson each participant gets a red token and puts it in the tub that best represents their feelings, at the end of the lesson the receive a yellow token and place this in the tub that represents how they feel now.

This allows us to measure each lesson the impact on the participants.







# Questionnaires

Questionnaires are given to every participant at the end of the first and last session. The questionnaire measures one of each of the mental strength skills we work on, as well as how much physical activity the participants usually take part in. This is to see if there is a correlation between how mentally strong they perceive themselves to be and how much physical activity they do.

The questionnaire has emojis rather than number, this is to help young people express themselves easily. There are also no negative emojis on there, ranging from not sure up to very positive, this is to start to create a positive mindset and focus on positives which is a recurring theme of the programme.

Children will add their initials and not their full name to give them anonymity when giving the answers. Once the children complete the questionnaire we will add their results to a spreadsheet. This will automatically compare the results from the start of the programme to the end.







# Feedback

We completed a 6 week block with a year 5 group at Garlinge Primary and their Head of PE, watched the programme be delivered and gave us the following feedback.

**Did the programme help engage the young people in physical activity?**

Yes the games that were included got the children taking part in lots of various physical activity, it was accessible for them all to get involved how they wished as well.

**Did the programme improve their understanding of their mental wellbeing, can you give an example?**

The programme definitely provided them with an awareness around mental wellbeing and perhaps also an insight into what mental wellbeing includes. The emotions side of wellbeing would have definitely made them think more into it and also showed them that the openness around wellbeing was also ok.

**What do you feel the biggest benefits of the programme were for the young people involved?**

The awareness of different factors and exploring their own emotions, experiences etc further were really insightful. Doing this through physical activity definitely helps explore the differences and similarities at so many levels and also the outcomes that follow are very relatable, for example the work done around famous sports people quotes and relating to themselves is a powerful message.

**Do you think the young people benefited from the programme?**

Yes I think there was a lot of discussions about the different areas of focus.



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\*Special Offer is available to all new Schools to the programme

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