

Young Ambassadors Plan and Implement Tool

Bringing your ideas to life

In your role as a Young Ambassador, you will have the opportunity to make a big impact and difference in your school in the following areas:

- P.E.
- Extra-curricular activities
- School sport competition
- Links to community sports clubs
- Celebrating sporting achievements
- Leadership opportunities

You can generate some ideas on the impact you want to make and in what area, and then look at who you need to connect with to make these ideas a reality.

On your Young Ambassador journey you get to work with a variety of people who can support you to achieve your goals. These will be people you may already know, or people that you have never met before, but they will all be important in your journey. Making these connections as soon as you can is important.

Here are some tasks to help you on your journey and give you some skills to connect with the right people to help bring your vision alive.



**"If you want to go fast,
go alone.**

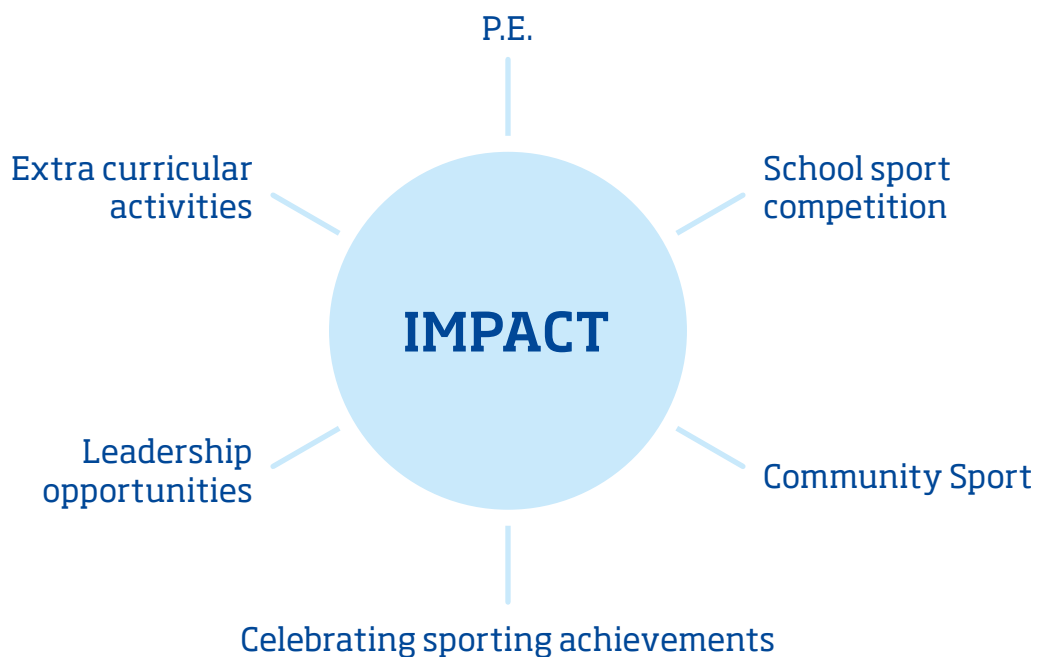
**If you want to go far,
go together"**

African Proverb



What impact could you have as a Young Ambassador?

- In our role as a Young Ambassador, it is important to plan how you can make the biggest impact.
- Now think about the impact you could have in your school and community.
- Create your own mind map to explore all the ideas that you believe you could do to make a difference in your school.
- How can I make a difference in the following areas? Remember you don't have to cover all these areas?
- In this workbook go to Appendix 1.
- You will see some real-life Young Ambassador 'Mind Map' examples. These were used by YA's previously to help achieve their goals. You can use these for inspiration and guidance for your own mind maps.



- On a blank piece of paper (or in this workbook) – create your own mind map that is relevant to you and your objectives as a YA – you can write and draw on this.
- Share your mind map with others to gain feedback and generate more ideas

What challenges might you face on your Young Ambassador journey?

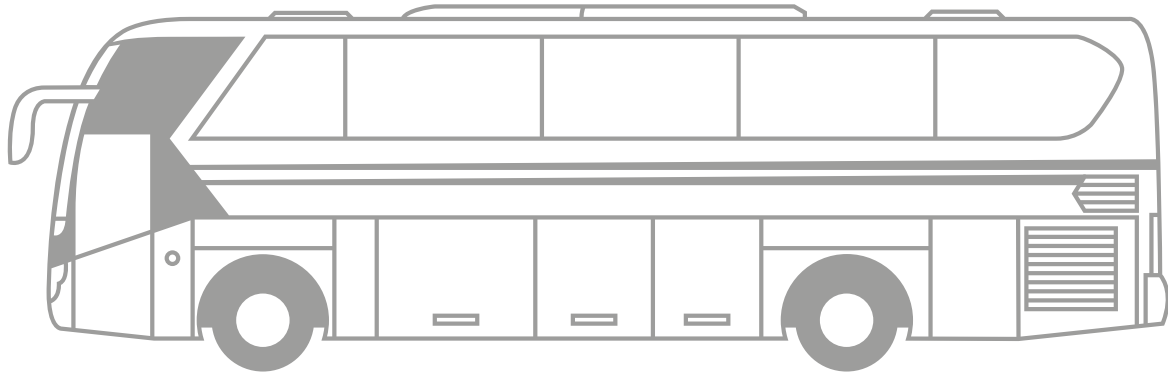
- Go to [Appendix 2](#) in this workbook.

Look at these examples of challenges that may arise in your Young Ambassador journey. Consider why some of these may happen and what you might do if they did?



- Generate some ideas for overcoming the challenge:
 - What could you do or say?
 - Who might you consult with or who might provide support?
- Identify key skills and support that may be necessary to overcome the challenge and be successful in your role.
- Can you think of any challenges that you anticipate may arise in your school?

Identify who is in your support team (TEAM YOU)



- This is your Young Ambassador team bus: everyone on the bus is helping you to get to your destination, e.g. Your Active Schools Coordinator (ASC).

TEAM YOU: this is your individual team and will vary across different Young Ambassadors.

- Who is or needs to be on your YA bus and what role do they play in helping you to achieve your goals? See list for ideas of who may be on your bus?

Potential people to invite onto your TEAM YOU bus:

- Mentor
- Active Schools Coordinator
- P.E. department
- Senior management team
- School sport committee/pupil council
- Community clubs/organisations
- Young Ambassador Delivery Team
- ASN Department
- Your Peers

- Now ask yourself:

- Are the same people on the bus all the time? If not, what changes?
- Do these people have the same support role? If not, what changes?
- When do you need each of the people on your bus the most?



- Go to **Appendix 3** of this workbook. You can use the bus picture or draw your own.
- Draw or write on your bus to show who is on your bus right now and what role(s) they play currently in supporting you in school/life/sport/PE/YA work.
- Consider how you work with these people now and colour-code the people on your bus (give them that colour top etc.):
 - Green = very well
 - Yellow = okay
 - Red = not very well

What is your current Young Ambassador goal?

- What is the vision or focus for your YA journey this year?
- Using your YA planning template in [Appendix 4](#) of this workbook input the relevant information.
- There is also an example of a populated Young Ambassadors Action Plan for inspiration.
- What is the key area where you are looking to make an impact?
- What area of your YA work in school do you feel you can influence and make a difference in now?
 - PE in school
 - extra-curricular sport provision
 - leadership opportunities for young people
 - opportunities for competition
 - celebration of pupil achievements in sport
 - links to community sport opportunities

YOUNG AMBASSADOR ACTION PLAN				
Key area	Goals - what do I want to achieve?	Action - what do I need to do?	Team - who can help?	When - timescales
PE				
Extra curricular sport				
School sport competition				
Celebrating sporting achievement				
Links to community sports clubs				
Leadership opportunities for young people				

- How can setting smaller goals help you to succeed and achieve your larger goal?
- Set aspirational goals – but be mindful of the support you need to achieve these goals.

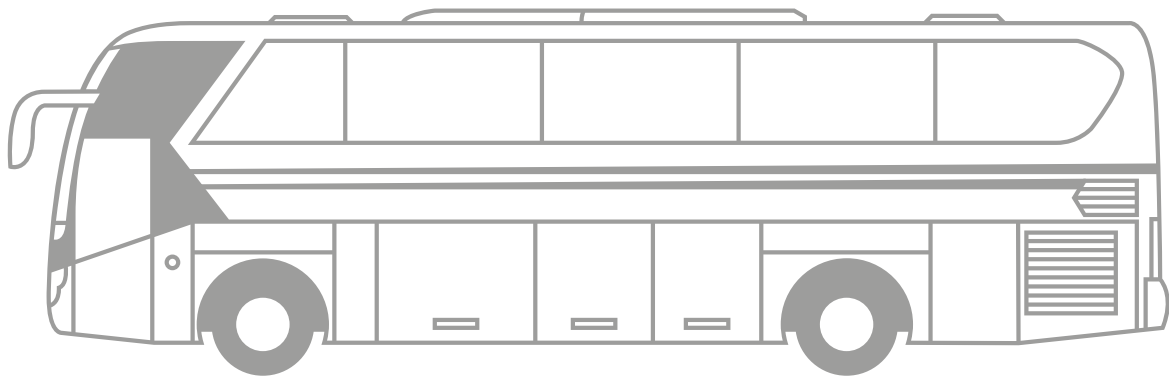


• In **Appendix 5** of this workbook, you will find a Visual Timetable like this.

GOALS FOR THE YEAR		
Month	What I want to acheive	When?
August		
September		
October		
November		
December		
January		
February		
March		
April		
May		
June		
July		

- Fill this out to align with your goals and when you want to achieve them.
- Don't forget to find out which holidays, In-service days and exam days you have at your school so you can plan your meetings and YA activities around this etc.
- Remember - some terms are smaller than others.

Recognise who you will need on TEAM YOU (your bus/support team) to achieve your Young Ambassador goal right now



Now that you have set your YA goals, you should decide what you will do to achieve these goals. What other people might you invite onto your **TEAM YOU** bus who can support you in this process.

- Look at your **TEAM YOU** bus picture: Who can support you to succeed with these specific goals?
- Look at your timeline plan – how will you achieve this in these timelines?
- Is there anyone you need to add to your bus to help you to reach your goal and help you get to your future destination?
- Pick up to six of your support team (you may just wish to focus on one or two); based on their earlier colour-coding, what could you do to work more effectively with these people?
- Where and when may you need others?
- Where and when might others need you?
- Why is it important for everyone to help each other to overcome challenges and celebrate success?
- How can others share in your success and vice versa?

How to connect with the people you want on your bus to achieve your Young Ambassador goal right now



Now that you have set your Young Ambassador goals and know the people that you want to invite onto your **TEAM YOU** bus – how can you connect with these people?

- Mentor
- Active Schools Coordinator
- P.E. department
- Senior management team
- School sport committee/pupil council
- Community clubs/organisations
- Young Ambassador Delivery Team
- ASN Department
- Your Peers

Peers:

It is important to look at how you connect with your peers as young people feel more comfortable talking about issues and feelings with people their own age.

Young people led conversations can improve the quality and relevance of what you are trying to do as a YA.

This might be to gain an understanding of issues that negatively influence young people's involvement in PE and school sport. By talking to young people and gaining their insight, this can inform ideas and activities that fit better with young people's interests.



Think about a time you have supported a friend, how did they feel, how did this make you feel, was this worthwhile?

This has an empowering effect not just on YA's but also on their peers they connect with as they feel heard and valued. This can enhance their motivation to contribute to changing things for the better.



I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

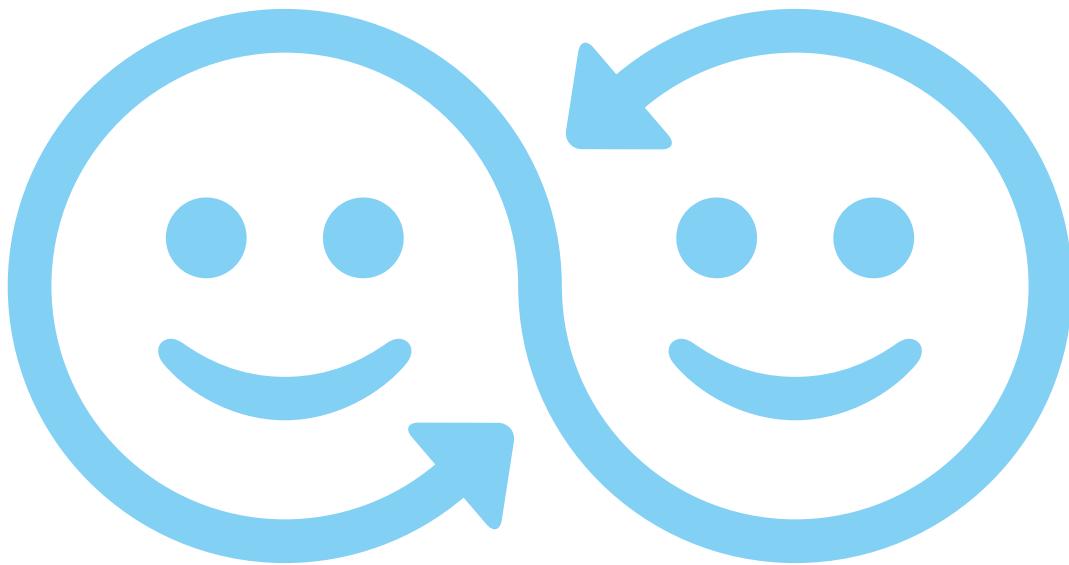
Maya Angelou

Some ideas for connecting with your **TEAM YOU**:

- Meetings (face to face or virtual) – what would work best for your school?
- Networking – can you set up a mini networking or info session that might attract new people to come to?
- Emails (how to do this professionally) – this is always a great skill to know for life.
- Connect via Social Media? What works in your school? What are your school policies related to social media?
- When you have connected successfully with the people that you would like to help you achieve your goals – you can work together using your planning template to decide how best to move forward towards achieving that goal.

Some ideas for creating meaningful connections and partnership working:

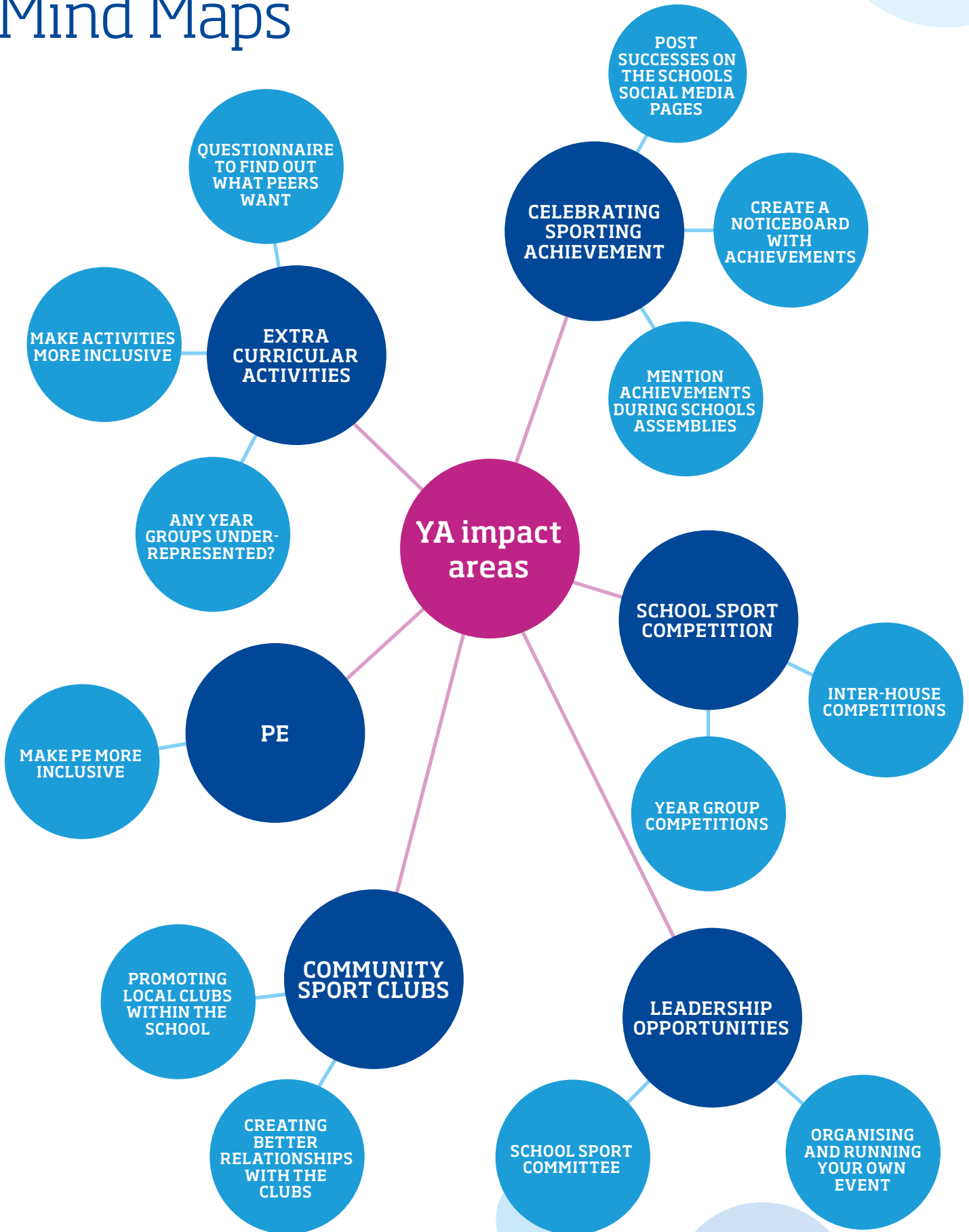
- Make sure everyone on your **TEAM YOU** feels valued.
- Connect meaningfully with people on your **TEAM YOU** - show compassion and empathy by having a non-judgemental attitude and actively listening in conversations. Find out their preferred methods of communication.
- Be aware and respectful of people's time when talking to them and at meetings.
- Ensure that meetings have an agenda and roles are clear and actions points are written down, shared and checked for understanding by everyone.
- Remember to show kindness to everyone.



Always show more kindness than seems necessary, because the person receiving it needs it more than you will ever know.

Colin Powell

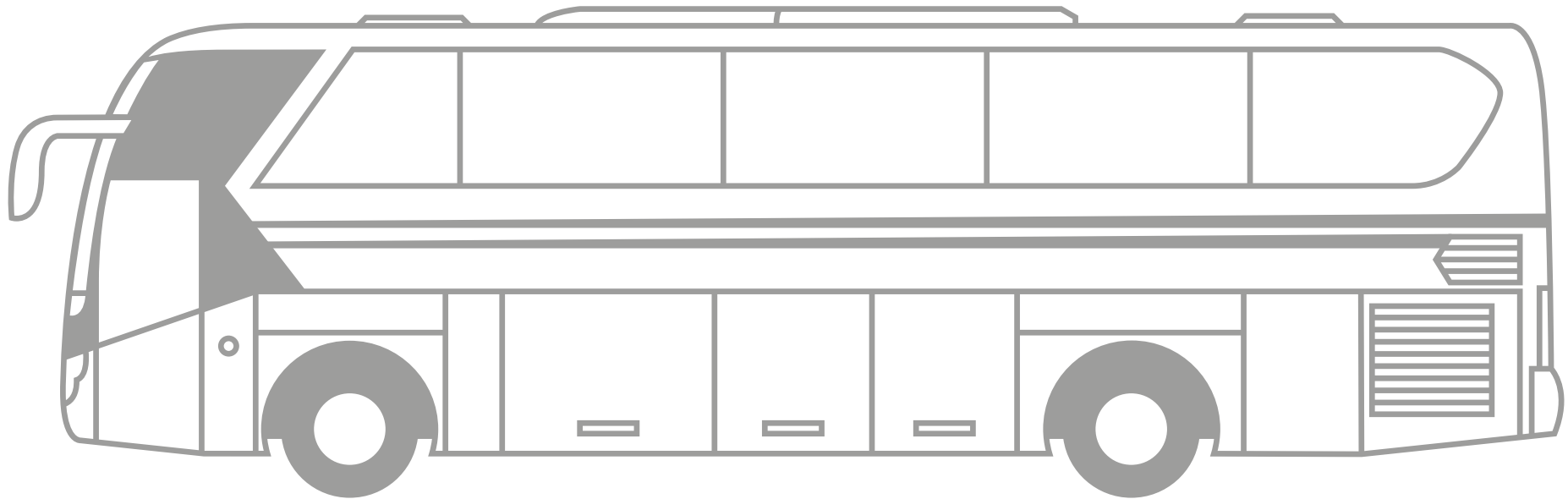
Mind Maps



Potential Young Ambassador Challenge Scenarios

- You are struggling to balance planning and running your events, alongside all your school work and social time. What could you do?
- Pupils have come up with a great idea that you would like to take forward, but you need help from the teacher to achieve it. What could you do?
- Your mentor is very busy and difficult to get regular meetings with. What could you do?
- You've spent a lot of time organising taster sessions for your favourite sport but only 3 people have turned up. What could you do to find out why more people haven't attended and how to get more people to attend?
- There are not enough sports leaders and coaches to run all the after-school clubs. How might you recruit more?
- There are very few girls attending your after-school clubs. How could you increase participation of girls?
- A fellow Young Ambassador appears to be upset/not turning up for meetings/stressed with exams. How might you support this person?
- You are coaching a pupil who is not in the correct sporting attire. When you speak to that pupil, they confide in you that they can not afford trainers or sports clothes. What could you do?
- One of the pupils has an additional support need and doesn't want to work with others. How could you help?
- You are at a rural school and the buses leave at 3pm so after school club attendance is very low. What solutions may you have to run your extracurricular activities so more people can attend?
- You attend a school in the middle of a city or large town. You do not have a lot of facility time or space for extracurricular activities. What could you do to adapt for this?

Who is aboard the Team You bus?



YOUNG AMBASSADOR ACTION PLAN

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