



SPORT FOR LIFE

A vision for sport in Scotland

Sport for life

sportscotland
the national agency for sport

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*** “Creating a culture of active healthy lifestyles in Scotland will underpin a great sporting nation”**



A VISION FOR SPORT IN SCOTLAND

**Our vision is for an active
Scotland where everyone
benefits from sport.**

In an active Scotland we will all find ways to be physically active every day. Keeping moving at home and at work. Taking an active approach to getting around. Choosing to be active in our leisure time.

More of us will take part in sport because we see it being relevant to our lives. Being involved in ways that suit us. Meeting fewer barriers. Feeling more included.

We will all experience more of the benefits of sport. For some of us, by taking part. For others, through our communities.

OVERVIEW

Our vision

**An active
Scotland where
everyone benefits
from sport**

Our mission

**Help the people
of Scotland get
the most from the
sporting system**



Our principles

Inclusive

Accountable

Responsive

Person-centred

Collaborative

World class

Outcomes

**Participate,
progress
& achieve**

**Wellbeing
& resilience**

**Stay
active**

**People
& places**

**More
active**

**Physical
confidence &
competence**

**Our commitment to inclusion
underpins everything we do**



The Scottish Government has a vision for a Scotland where more people are more active more often. Alongside making improvements on poor diet and substance misuse, physical activity is vital to enabling a healthy and active population. For a more active Scotland, a variety of organisations need to work together with communities and individuals in different settings. To help focus this work, the Government has created a set of Active Scotland outcomes to which organisations can contribute. The Active Scotland Outcomes Framework is aligned with Scotland's National Performance Framework.

SPORT FOR LIFE

We want the people of Scotland to get the most out of life - and for sport to help make this happen. We all have our own reasons for taking part in sport, whether it's fun, socialising, improving our wellbeing or winning medals. Sport has the ability to change lives, so whatever gets us into it, there's always more we can get out of it.



Sport helps keep people active.

We live in an increasingly inactive world. Being inactive reduces life expectancy and is linked to serious health problems. Yet we're designed to move — from first steps to dancing and playing games. Sport builds on our natural desire to move. It gives us a sense of purpose. It lets us take on a personal challenge or play a part in a team. It makes it easier for us to make physical activity a regular habit.



Sport supports health and enhances wellbeing.

Sport helps us unwind and feel more relaxed. It's a way of making friends and becoming involved in the community. It gives us energy and confidence to think clearly and get the most out of life. It also helps us develop a stronger body and combat health issues.

By taking part in sport, we want people to enjoy as many of these benefits as possible. Even if they don't get into sport directly, everyone can enjoy the benefits it creates for our communities and Scotland as a whole.



Sport develops knowledge and skills.

Sport helps build a talent pool for employers by helping young people to develop. It keeps them engaged at school and beyond, teaching them how to communicate, lead, plan, make decisions and work in teams.



Sport helps the economy thrive.

Sports supports productivity, saves on health expenditure and helps to generate employment and tourism.



Sport strengthens communities.

Taking part in sport improves social connections and reduces social isolation. It also lowers crime rates and antisocial behaviour and helps develop a sense of civic pride.



*** “Sport can raise esteem and improve health and increase wellbeing through belonging to a community”**



SCOTLAND'S SPORTING ASSETS

Scotland offers excellent opportunities to be physically active and get involved in sport, thanks to its fantastic people, facilities and outdoor spaces.

We have talented people working in sport.

At the heart of our sporting system are the thousands of skilled staff and committed volunteers who help others take part and progress. We see them in our outdoor environments, communities, places of education and work, and in our sports clubs and performance programmes.





We want the people of Scotland to make the most use of these amazing sporting assets

We have an exceptional natural environment.

Scotland's water, air, mountains and countryside play host to a huge range of sports and activities. Whether a nature lover or an adventurer, everyone is welcome to enjoy Scotland's outdoors and access it responsibly.



We have a great range of sports facilities.

There are many places in Scotland to play sport and get active. We have facilities in communities, schools, colleges and universities. There are thousands of gyms and sports clubs plus outdoor and national sports centres. Alongside our international sports venues, these facilities help us enjoy sport at every level as well as attracting events and tourists to Scotland.



A SPORTING SYSTEM FOR EVERYONE

We believe in a world class sporting system that makes the best use of Scotland's assets and adapts to change. It helps the people of Scotland take part in sport at the level they choose.



We see people taking part in sport and physical activity across different environments.



Offer local opportunities for participants and athletes to get involved and develop in sport.



Help build competence and confidence in sport by providing positive sporting experiences at schools, colleges and universities.



Help prepare and support athletes to perform consistently on the world stage using cutting-edge expertise and technology.

The sporting system encourages these environments to work together to enable people to take part in sport at all levels.



PLAYING OUR PART

As the national agency for sport, our role is to make sure sport plays its part in a thriving Scotland. We do this by influencing, informing and investing in the organisations and people who deliver sport and physical activity.

As a public body funded by Scottish Government and the National Lottery, we report through Scottish Ministers to the Scottish Parliament.

For more information on exactly what we deliver, please see the **sportscotland** Annual Review at sportscotland.org.uk





OUR MISSION

Our mission is to help the people of Scotland get the most from the sporting system.

We have more impact by working together across and beyond sport

Our partners in the sporting system are public, private and voluntary organisations. These range from local authorities and sports governing bodies to charities and the education and health sectors.

Together with these partners we create Scotland's sporting assets — planning, building and running sports facilities, making the most of our outdoor spaces. We also use our expertise and resources to develop the skilled people who make sport happen.

sportscotland helps organisations inside and outside the sporting system make the best use of the money, time, expertise and information invested in sport. This means having the right partnerships working together in the right way.

We make sport more accessible for people who don't take part

Whether it's performing on the world stage, or communities looking for ways to come together, the starting point is getting people involved in sport.

The sporting system gives people a choice of how they take part. Sport happens across different environments, from schools, colleges and universities to sports clubs, communities and performance sport, with people choosing the one that suits them best.

However, not everyone feels included in sport, and we want that to change. By listening closely to what matters to people, the sporting system creates opportunities in sport that really meet people's needs.

sportscotland works with partners, sports clubs and communities to gain insights and make it easier for people to take part in sport. We use these insights to make sport more inclusive, with some opportunities tailor-made for specific needs.



We are clear about how people can progress to the level they choose

We want everyone to take part in sport at whatever level they choose. This could mean pulling on trainers for the first time, or moving from recreational to competitive sport. For some it will even be about performing consistently on the world stage.

Using development and performance pathways helps people progress to their chosen level, supported on their journey by people and resources.

sportscotland helps sports develop robust pathways which enable people to progress to their desired level, take on different roles and potentially move across sports. Working closely with our partners, we ensure resources are suitably aligned across all environments.

We lead the sporting system to contribute to the Active Scotland outcomes

The system illustrates the powerful role that sport plays in delivering an Active Scotland, alongside health, transport, education and the environment.

Sport is key to getting more people more active more often. Helped by places and people, it's the main way that many choose to be active. Sport helps some people step out of inactivity and others to stay active throughout their lives. It helps build physical confidence from an early age and also brings communities together, creating wider benefits.

sportscotland leads the sporting system to demonstrate its contribution to the Active Scotland Outcomes Framework. We show our contribution to the outcomes through a set of performance indicators (see measuring performance). We also encourage our partners to demonstrate each of their contributions to an active Scotland.

We celebrate how sport benefits people's lives

By encouraging people to take part in sport at all levels, the sporting system creates wider benefits in areas such as health, education, communities and the economy. These benefits can be either inherent or intentional. Either way we want people to be aware of them.

sportscotland works with partners to promote how sport benefits people's lives to key stakeholders inside and beyond sport.

These are just some of the ways **sportscotland** can help people get the most from the sporting system. to find out more please visit sportscotland.org.uk



* “Not everyone in Scotland will be sporty but everyone can be active in some way”

OUR APPROACH

We want to use the best approach to deliver the benefits of sport to the people of Scotland. To do this, we're guided by six key principles:

Inclusive

We understand the barriers people face and proactively address them so everyone has the opportunity to get involved in sport and physical activity.

Person-centred

We listen to people and put their voices at the heart of our thinking.

Accountable

We plan well, we measure our performance and we are accountable for delivering outcomes.

Collaborative

We develop and strengthen partnerships and collaborations across the public, voluntary and private sectors.

Responsive

We adapt what we do based on how we're doing and what's happening around us.

World class

We do everything to the highest possible standard, while seeking to continuously improve.

MEASURING PERFORMANCE

We show how **sportscotland** is contributing to the Active Scotland outcomes using indicators below.

Participate, progress & achieve	We improve opportunities to participate, progress and achieve in sport	Number of people taking part and achieving through our programmes
Wellbeing & resilience	We support wellbeing and resilience in communities through physical activity and sport	Percentage of people in our programmes with increased sense of wellbeing and connection to their community
Stay active	We encourage and enable the active to stay active throughout life	Age breakdown of people taking part in our programmes and how long they have been involved in sport
People & places	We improve our active infrastructure – people and places	Impact of coaches/facilities on people's activity
More active	We encourage and enable the inactive to be more active	Percentage of people no longer 'inactive' after taking part in our programmes
Physical confidence & competence	We develop physical confidence and competence from the earliest age	Percentage of people in our programmes with increased confidence or new skills
Inclusion	Our commitment to inclusion underpins everything we do	We will collect equalities data across the indicators



* The quotes in this publication were taken from members of the public who contributed to our Corporate Plan Public Consultation.

Find out more at sportforlife.org.uk

#SportForLife

The **sport**scotland group is made up of **sport**scotland and the **sport**scotland Trust Company (National Training Centres). **sport**scotland incorporates the **sport**scotland institute of sport, the high performance arm of **sport**scotland.

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