

Learning and evaluation plan

Project:

Date:

Project outcomes			
<i>We are changing lives through sport and physical activity through:</i>			
Outcome 1: Young people from a range of cultural backgrounds develop friendships in their local community			
Indicators	Our starting point	Tools	Timescales and scale
<i>We will know we are successfully changing lives by understanding:</i>	<i>Where we are now:</i>	<i>We will gather information through:</i>	<i>Who we will gather information from, how many and when:</i>
Number of young people attending weekly project sessions	Baseline information will be gathered from referral form Baseline information available from young people already involved in pilot project	Project monitoring data (spreadsheet) including attendance numbers and equalities monitoring information Participant referral form	Gathered on an ongoing basis – as young people join the project Reported at least 6-monthly Gathered on an ongoing basis – as young people join the project Reported at least 6-monthly
Range of cultural backgrounds of young people attending weekly project sessions	Baseline information will be gathered from referral form	Project monitoring data (spreadsheet) including attendance numbers and	Gathered on an ongoing basis – as young people join the project Reported at least 6-monthly

	Baseline information available from young people already involved in pilot project	equalities monitoring information Participant referral form	Gathered on an ongoing basis – as young people join the project Reported at least 6-monthly Gathered on an ongoing basis – as young people join the project Reported at least 6-monthly
Number of young people developing relationships: <ul style="list-style-type: none"> • Making new friends • Developing existing friendships 	Baseline information will be gathered from referral form Baseline information available from young people already involved in pilot project	Participant referral form Baseline and follow up self-evaluation tool for young people Standard measures for health and wellbeing	Gathered on an ongoing basis – as young people join the project Reported at least 6-monthly Gathered from regular participants at the start and end of each school term 6 – 9 months after the start of the project
Young people tell us that they develop new and existing friendships	No baseline information – this is a progression outcome and will be measured over time	Discussions / focus groups Case studies Photo diaries	Annually before outcomes reporting – with regular participants Annually / as appropriate with regular participants Weekly with regular participants

<p>Others (teachers, professionals, session workers, parents etc.) tell us that young people develop new and existing friendships</p>	<p>No baseline information – this is a progression outcome and will be measured over time</p>	<p>Parent meeting</p> <p>Self-assessment questionnaire for parents</p> <p>Teacher evaluation form</p> <p>Weekly observation – staff and session workers</p>	<p>Start and end of each school term; reported annually</p> <p>Gathered from parents at start and end of each school term; reported annually</p> <p>Gathered from teachers at start and end of each school term; reported annually</p> <p>Gathered weekly, reported annually</p>
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Project outcomes

We are changing lives through sport and physical activity through:

Outcome 2: Young people have increased opportunities to take part in physical activity

Indicators	Our starting point	Tools	Timescales and scale
<i>We will know we are successfully changing lives by understanding:</i>	<i>Where we are now:</i>	<i>We will gather information through:</i>	<i>Who we will gather information from, how many and when:</i>
Young people tell us that they want to get involved in more physical activity	No baseline information – this is a progression outcome	Weekly session feedback (gathered through a range of methods TBC) Photo diaries Self-evaluation tool for young people Discussions / focus groups Standard measures for physical activity Case studies	Gathered weekly from regular participants; reported annually Gathered from a sample of regular participants weekly, reported annually Gathered from regular participants at the start and end of each school term Annually with a sample of regular participants before outcomes reporting 6-9 months after starting the project As appropriate

<p>Young people tell us that they are taking part in additional physical activities</p> <ul style="list-style-type: none"> • E.g. other school physical activities / PE • Holiday clubs 	<p>No baseline information – this is a progression outcome</p>	<p>Weekly session feedback (gathered through a range of methods TBC)</p> <p>Photo diaries</p> <p>Self-evaluation tool for young people</p> <p>Discussions / focus groups</p> <p>Standard measures for physical activity</p> <p>Case studies</p>	<p>Gathered weekly from regular participants; reported annually</p> <p>Gathered from a sample of regular participants weekly, reported annually</p> <p>Gathered from regular participants at the start and end of each school term</p> <p>Annually with a sample of regular participants before outcomes reporting</p> <p>6-9 months after starting the project</p> <p>As appropriate</p>
<p>Young people feel more able to take part in physical activity opportunities (overcoming barriers to participation, e.g. cultural norms and expectations, language barriers)</p>	<p>No baseline information – this is a progression outcome</p>	<p>Weekly session feedback (gathered through a range of methods TBC)</p> <p>Photo diaries</p> <p>Self-evaluation tool for young people</p>	<p>Gathered weekly from regular participants; reported annually</p> <p>Gathered from a sample of regular participants weekly, reported annually</p> <p>Gathered from regular participants at the start and end of each school term</p>

		Discussions / focus groups	Annually with a sample of regular participants before outcomes reporting
		Standard measures for physical activity	6-9 months after starting the project
		Case studies	As appropriate
Others (teachers, professionals, session workers, parents etc.) tell us that young people have increased opportunities to take part in physical activity	No baseline information – this is a progression outcome	Parent meeting	Start and end of each school term; reported annually
		Self-assessment questionnaire for parents	Gathered from parents at start and end of each school term; reported annually
		Teacher evaluation form	Gathered from teachers at start and end of each school term; reported annually
		Weekly observation – staff and session workers	Gathered weekly, reported annually

Project outcomes

We are changing lives through sport and physical activity through:

Outcome 3: Young people improve their health and wellbeing

Indicators	Our starting point	Tools	Timescales and scale
<i>We will know we are successfully changing lives by understanding:</i>	<i>Where we are now:</i>	<i>We will gather information through:</i>	<i>Who we will gather information from, how many and when:</i>
Number of health and wellbeing interventions delivered through project sessions	Baseline information available from pilot project	Project monitoring data (spreadsheet) including attendance numbers	Gathered on an ongoing basis; reported annually
Number of young people who improve their confidence and self esteem	No baseline information available – this is a progression outcome	Self-evaluation tool for young people Standard measures for health and wellbeing	Gathered from regular participants at the start and end of each school term Gathered from participants 6-9 months after starting the project
Number of young people who improve their resilience / ability to regulate emotions	No baseline information available – this is a progression outcome	Self-evaluation tool for young people Standard measures for health and wellbeing	Gathered from regular participants at the start and end of each school term Gathered from participants 6-9 months after starting the project
Number of young people who enjoy project activities	No baseline information available – this is a progression outcome	Self-evaluation tool for young people Standard measures for health and wellbeing	Gathered from regular participants at the start and end of each school term Gathered from participants 6-9 months after starting the project

<p>Number of young people who get out more / experience reduced social isolation</p>	<p>No baseline information available – this is a progression outcome</p>	<p>Self-evaluation tool for young people</p> <p>Standard measures for health and wellbeing</p>	<p>Gathered from regular participants at the start and end of each school term</p> <p>Gathered from participants 6-9 months after starting the project</p>
<p>Number of young people who develop / improve their life skills (e.g. making more positive life choices, improved social skills, feel more involved in the community)</p>	<p>No baseline information available – this is a progression outcome</p>	<p>Self-evaluation tool for young people</p> <p>Standard measures for health and wellbeing</p>	<p>Gathered from regular participants at the start and end of each school term</p> <p>Gathered from participants 6-9 months after starting the project</p>
<p>Young people demonstrate increased awareness of / access to information about healthy lifestyles and other support services</p>	<p>Referral form</p>	<p>Referral form</p> <p>Self-evaluation tool for young people</p> <p>Standard measures for health and wellbeing</p>	<p>Start of project</p> <p>Gathered from regular participants at the start and end of each school term</p> <p>Gathered from participants 6-9 months after starting the project</p>
<p>Young people tell us that their health and wellbeing has improved</p>	<p>No baseline information available – this is a progression outcome</p>	<p>Weekly session feedback (gathered through a range of methods TBC)</p> <p>Photo diaries</p> <p>Self-evaluation tool for young people</p>	<p>Gathered weekly from regular participants; reported annually</p> <p>Gathered from a sample of regular participants weekly, reported annually</p> <p>Gathered from regular participants at the start and end of each school term</p>

		Discussions / focus groups Standard measures for health and wellbeing Case studies	Annually with a sample of regular participants before outcomes reporting 6-9 months after starting the project As appropriate
Parents demonstrate increased awareness of / access to information about healthy lifestyles and other support services	Referral form	Referral form Parent meeting Self-assessment questionnaire for parents	Start of project Start and end of each school term; reported annually Gathered from parents at start and end of each school term; reported annually
Others (teachers, professionals, sessions workers, parents etc) tell us that the health and wellbeing of young people has improved	No baseline information available – this is a progression outcome	Parent meeting Self-assessment questionnaire for parents Teacher evaluation form Weekly observation – staff and session workers	Start and end of each school term; reported annually Gathered from parents at start and end of each school term; reported annually Gathered from teachers at start and end of each school term; reported annually Gathered weekly, reported annually

Project outcomes

We are changing lives through sport and physical activity through:

Outcome 4: Families and the local community are better connected

Indicators	Our starting point	Tools	Timescales and scale
<i>We will know we are successfully changing lives by understanding:</i>	<i>Where we are now:</i>	<i>We will gather information through:</i>	<i>Who we will gather information from, how many and when:</i>
Number of families (parents and young people) who attend family meetings, meals, festivals, matches etc.	Baseline information available from pilot project	Project monitoring data (spreadsheet) including attendance numbers	Gathered on an ongoing basis about regular participants and parents; reported annually
Number of other services that families (parents and young people) are involved with (including schools)	Referral form	Project monitoring data (spreadsheet) including attendance numbers	Gathered on an ongoing basis; reported at least 6-monthly
		Referral form	Start of project
		Parent meeting	Start and end of each school term; reported annually
		Self-assessment questionnaire for parents	Gathered from parents at start and end of each school term; reported annually
		Teacher evaluation form	Gathered from teachers at start and end of each school term; reported annually

<p>Young people tell us that they feel more able to connect to the local community / involve with other services (e.g. improved confidence, self-esteem, opportunities, awareness, information)</p>	<p>No baseline information available – this is a progression outcome</p>	<p>Weekly session feedback (gathered through a range of methods TBC)</p> <p>Photo diaries</p> <p>Self-evaluation tool for young people</p> <p>Discussions / focus groups</p> <p>Standard measures for health and wellbeing</p> <p>Case studies</p>	<p>Gathered weekly from regular participants; reported annually</p> <p>Gathered from a sample of regular participants weekly, reported annually</p> <p>Gathered from regular participants at the start and end of each school term</p> <p>Annually with a sample of regular participants before outcomes reporting</p> <p>6-9 months after starting the project</p> <p>As appropriate</p>
<p>Parents tell us that they feel more able to connect to the local community / involve with other services (e.g. improved confidence, self-esteem, opportunities, awareness, information)</p>	<p>No baseline information available – this is a progression outcome</p>	<p>Parent meeting</p> <p>Self-assessment questionnaire for parents</p>	<p>Start and end of each school term; reported annually</p> <p>Gathered from parents at start and end of each school term; reported annually</p>
<p>Others (teachers, professionals, sessions workers etc.) tell us that families are more connected to the local community / involve with other services (e.g. improved</p>	<p>No baseline information available – this is a progression outcome</p>	<p>Teacher evaluation form</p>	<p>Gathered from teachers at start and end of each school term; reported annually</p>

confidence, self-esteem, opportunities, awareness, information)		Weekly observation – staff and session workers	Gathered weekly, reported annually
Families (parents and young people) are more involved in community activities	Referral form This is a progression outcome and most evidence will be gathered as project progresses	Referral form Parent meeting Self-assessment questionnaire for parents Weekly session feedback (gathered through a range of methods TBC) Photo diaries Self-evaluation tool for young people Discussions / focus groups Standard measures for health and wellbeing Case studies	Start of project Start and end of each school term; reported annually Gathered from parents at start and end of each school term; reported annually Gathered weekly from regular participants; reported annually Gathered from a sample of regular participants weekly, reported annually Gathered from regular participants at the start and end of each school term Annually with a sample of regular participants before outcomes reporting 6-9 months after starting the project As appropriate

<p>Others (teachers, professionals, session workers etc.) tell us that families are more involved in community activities</p>	<p>No baseline information available – this is a progression outcome</p>	<p>Teacher evaluation form</p> <p>Weekly observation – staff and session workers</p>	<p>Gathered from teachers at start and end of each school term; reported annually</p> <p>Gathered weekly, reported annually</p>
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