



The PE and Sport Strategy for Young People

OSF are fully supportive of the government's *Every Child Matters: Change for Children* strategy which aims to ensure that every child, whatever their background or circumstances, has support to:

- be healthy
- stay safe
- enjoy and achieve
- make a positive contribution
- achieve economic well-being

Participation in sport and sporting activities has been identified as having a unique role in supporting improved outcomes for children and young people. Sport plays a very positive role in the lives of children and young people, supporting them to stay healthy and develop important social and life skills.

The PE and Sport Strategy for Young People aims to offer children and young people in England at least five hours of high quality PE and sport every week



Breaking the Cycle of Violence

We believe that sport can be instrumental in helping to steer young people away from the lure of crime, violence, and towards more constructive ways to fulfil their true potential.

Our view is substantiated by many research projects but none more significant than the report *Breaking the Cycle of Violence* commissioned by the Laureus Sport for Good Foundation.

This report provides clear and undeniable evidence of the social benefits of sport to young disadvantaged people. The great Olympic Champion Edwin Moses, Chairman of Laureus said.

"The report provides compelling arguments that sport and physical activity has been proven to have a beneficial impact on people's lives. The huge numbers of young people interviewed from disadvantaged areas confirmed this overwhelmingly."