



2020 / 2021

Annual Report

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Foreword

by Andy Singleton, Chair of Trustees

This year has been another amazing year for Active Fusion, despite the obvious challenges posed by the continuation of the COVID19 pandemic.

Positive progress has been made at all levels with the delivery team focussing on maintaining our impact on children and young people, and the Senior Team and Trustees making significant progress on governance, diversity and financial resilience of the charity.

Most importantly Active Fusion had a direct positive impact on the lives of 26,908 children, young people and their families, at a time when they needed it most.

As the world changed around us the Senior Leadership Team and the Trustees aligned forces to refresh our strategy and produce a three year Strategic Plan focussing on our long-term vision and mission whilst remaining agile in our approach.

Following the 3rd lockdown in March 2021 a survey of teachers highlighted that 84% of young peoples' physical fitness had got worse, 60% of childrens' overall wellbeing had declined and 66% had put on excessive weight. For the first time ever our local childrens' life expectancy had dropped below that of their parents.

The world was becoming digital, but Active Fusion recognised the need to continue to deliver face to face provision. The impact of 12 months social isolation had a profound effect on our beneficiaries. We needed to act and fast to ensure this could be reversed.

Active Fusion continued to develop our Apprenticeship programme throughout the year. 16 apprentices were trained and placed into local schools and sports organisations, 10 of whom stayed in employment and 3 of whom went on to University as a result.

During this period we were delighted to report:

100%

of children enjoyed their Active Fusion sessions

4.6/5

schools rated 4.6 out of 5 stars for our service, planning, delivery and coaching

3,023

young people participated in Active Fusion sports days

67

teachers mentored and up-skilled

57

school supported with extra-curricular activities

496

after school clubs delivered



With funding from Children in Need we delivered a programme specifically aimed at young people with special educational needs and disabilities. The 'I Can Lead' award was at the centre of the Unified Leaders approach, using sport and physical activity to help young people 16-17 to develop key leadership skills and to increase academic performance and employability skills. 28 young people successfully completed the programme.

In addition, we remained focused on our Leadership and Volunteering programme with 207 KS1 Mini Leaders and 228 KS2 Fusion Leaders trained. We delivered Fusion Community Camps including over 20 different sports, physical activities and enrichment opportunities to over 1200 children and young people who were the most in need.

From a financial perspective, this year like for many charities was very challenging. Despite this we are pleased to be reported our most successful year to date with a 22% increase in turnover and growth on 2019/2020 figures. We appointed Becky Rose to the Senior Leadership Team as Head of Fundraising and Development, an appointment focused on supporting revenue growth and brand visibility as a charitable organisation across South Yorkshire. We continue to develop and grow our team at both delivery and management level and are currently recruiting for more quality personnel across our education and communities portfolio.

At Trustee level we strengthened the Board with the recruitment of Adam Dale and Davina Sumner, both coming from a public sector educational background. The Board of Trustees has been fully engaged in all aspects of Active Fusions' development this year via three Sub-Committees focusing on Business and Fundraising, Organisation and Governance and Education.

Active Fusion were once again shortlisted for national and local Charity Awards and, via various social media campaigns, we raised our profile throughout 2021.

The whole team should be proud of their achievements in what was an incredibly challenging year. With the charity financially secure, we move into 2021-2022 in a stable position with a surplus and healthy reserves. Our impact on children and young peoples' lives has been both positive and significant, and we plan to have even more positive impact on more lives in the year to come.

Andy Singleton, Chair of Trustees



Annual Report

As we take a deep breath, we reflect on what has been a challenging but deeply rewarding year here at Active Fusion. Over the last 12 months we have touched the lives of 26,908 children, young people and their families in a time when they have needed us the most.

Never has there been a time in our generation when children and young people's physical activity levels and mental wellbeing has seen such a major decline. With our charity first approach, we have delivered front line support to reach out and support children and young people to be healthier, happier and more active.

As the world changed around us, staff and trustees aligned to refresh our strategy and produce a 3-year plan to meet the needs of our beneficiaries. Focusing on the charities long-term vision and mission, our plan focused on remaining agile and resilient in our approach, paving way for a sustainable pathway for the future.



It wasn't nice not being able to see my friends during Lockdown. I'm a lot happier when I'm with Active Fusion on camp with my friends having fun.

Mustafa, aged 5

Over the last 12 months we have touched the lives of

26,908

children, young people and their families in a time when they have needed us the most



Our vision

All young people to be the best they can be.

Our mission

We will help every child to develop a love for being active by creating positive habits that last a lifetime.

Our ambition

Positively impact on the lives of 50,000 young people by 2025.

Our values



joyful

We feel inner personal satisfaction



passionate

We care about you



nurturing

We help others to grow



Response to Covid

In March 2020, schools closed their doors to the majority of their pupils and further restrictions were introduced in response to Covid-19. These measures not only affected children's education, but it also meant that they missed out on many other aspects of school life such as seeing their friends, taking part in sport, accessing support services and experiencing key milestone events in their lives. It is understandable then that, aside from the obvious economic and health impacts, the restrictions have the potential to have significant repercussions on children's mental, physical and social wellbeing.

Never has there been a bigger calling in the charities history to use the power of PE, Sport and physical activity to help children overcome their challenges and to support them to re-build, re-connect and to recover.

Following the third lockdown in March 2021, a survey with teachers highlighted concerning issues relating to children's health and wellbeing reporting that 84% of children and young peoples' physical fitness had got worse; 60% children's overall wellbeing had declined and 66% had put on excessive weight.

Through the support of Get Doncaster Moving, Sport England and South Yorkshire Community Foundation, we secured funding to provide a rapid response for over 7000 vulnerable children and families. We created a unique resource 'PE Parent' which could be accessed digitally and was also physically distributed to families in need. PE Parent' is a free, easy to follow resource for parents to give their children an inclusive positive, progressive experience in PE. We also supported schools and families by proving both live and pre-recorded PE and physical activity lessons creating over 62,000 impressions through social media.

Whilst the world had gone digital, our research with local schools and young people showed that social isolation was being felt more than ever before. We delivered front line face to face provision within schools throughout the whole of the pandemic with a focus on physical health, fitness and making positive connections.

Achievements

7,000

PE pack delivered to families in need

9,200

video views

182

yoga sessions delivered to 1019 children both virtually and face to face



Year 4 have been continuing PE on Wednesdays thanks to the resources sent by Active Fusion. Thank you so much.

**Hatfield Crookesbroom
Primary Academy**



School Partnerships

This year we have been working to transform physical education in schools working with teachers to support the delivery of an active curriculum for children and young people. We worked with school partners across the academic year, delivering one to one and group based coaching with teaching staff and students.

A strong focus of our School Partnership work is on giving children and young people the very best start in life, using positive educational experiences to build habits to take into adulthood.

To deliver change, our coaches work alongside teachers to support their professional development and confidence to deliver high quality physical education and explore physical approaches to wider curriculum delivery.

We work with teachers, children and young people, parents and policymakers to maximise potential of physical education to improve children's wellbeing and academic achievement, part of our planned charitable Fusion Movement Campaign for 2021-2022.



Stephen is a fantastic coach who has taken the time to get to know ALL the children and he knows their individual needs and uses this knowledge to tailor the sessions for each class. The children really love their PE sessions with Stephen and have made great progress.

**Debbie Blakemore, Head teacher,
Sacred Heart Catholic Primary School**



I work 1:1 with a visually impaired child, every session has been adapted to make it accessible for them. In advance I have discussed with Dan what the outcomes are of sessions which has enabled me to request special equipment so she can join in. Dan is always approachable, listens to and inputs how we can assist the child to meet the National Curriculum.

**Julie Ambler, Teacher,
Arksey Primary School**

Achievements

100%

of children enjoyed their Active Fusion sessions

4.6

stars out of 5 for their high-quality service, planning, delivery and coaching

67

teachers mentored and up skilled through team teaching

100+

delegates attended the Active Fusion annual professional development conference

57

school supported with training, targeted interventions and extra-curricular support

496

after school clubs delivered



School Games

Through the delivery of our School Games programme, we inspire children and young people to be physically active for life through positive experiences through daily activity and competition. Whilst there is a strong focus on putting competition at the heart of the school, we also provide opportunities for children and young people to achieve their personal best.

Covid-19 had a major impact on delivering any face-to-face competitions, however, we continued to support the School Games ethos by delivering virtual school competitions and home-based family challenges.



School Games has been a central part of P.E and physical activity at Auckley School for many years. It has enabled our children to engage in full range of sports in a supportive, yet competitive atmosphere. Through regular competitions and festivals, they have become more confident, adventurous and eager to participate in physical recreational activities. Through the opportunities our children have experienced with School Games, they have developed key life skills such as: sportsmanship, commitment, resilience and leadership

Simon White, Teacher, Auckley Primary School



Achievements

8,211

participants in virtual competitions

10

virtual competitions, including:

- SEND Festival
- Gymnastics
- Tennis
- Doncaster to Tokyo Challenge
- Y6 Transition Event

3,023

young people participated in Active Fusion sports days



Girls Football

This year the charity has worked in partnership to increase the number of girls engaging with football. Our role to advocate and support schools to access training to develop targeted provision in schools to engage those girls least engaged in sport.

The FA funded Game of Our Own delivered a programme aimed at developing character education in girls through a life skill approach to the delivery of football in curriculum PE lessons to change perceptions.

The FA Shooting Stars programme, inspired by Disney and working in collaboration with the Youth Sport Trust and the National Literacy Trust, uses Disney storytelling to inspire girls to get physically active.

This programme aims to capture Key Stage 1 & 2's girls' imaginations while developing their fundamental movement and speaking and listening skills. Supported by the National Literacy Trust, these sessions provided the opportunity to achieve the learning objectives which are based on the national curriculum for Key Stage 1 English and PE. Participants working towards advancing their journey into a girls-only after school club, where they will learn basic footballing skills while engaging in imaginative play.



As a result of the training the girls in our leadership academy and developed girls football as an extra curricular provision. They continue to lead football and promote sporting values which has resulted in 15-20 girls regularly attending at our football club. This has developed the girls' leadership skills and also provided the players with opportunity to represent the Academy and participate within interschool competitions in the wider community.

Kat Fewster, Secondary Head of PE

Achievements

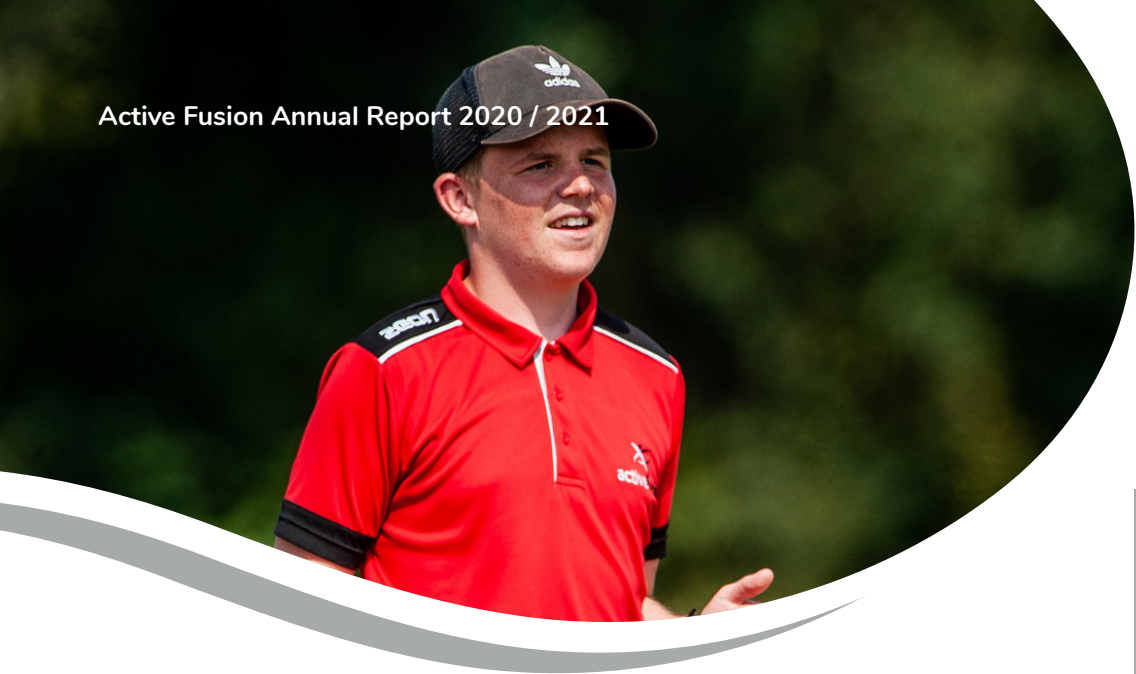
9

primary schools trained

5

secondary schools trained





Apprenticeships

Active Fusion are one of the fastest growing providers of PE, Sport and Community Health apprenticeships and has been delivering apprenticeships for 6 years. We deliver the Level 2 Community Activator Coach and Level 3 Community Sport and Health Officer apprenticeships.

Active Fusion has an excellent reputation for its professional delivery of high-quality apprenticeship programmes and exceptional support provided for the apprentice employers.

Whilst schools and communities' benefit from apprentices who inspire those around them to engage in positive physical activity, High Quality PE and improve mental wellbeing.

We are also creating a life changing learning experience for a motivated and passionate local workforce looking for a stepping-stone into a career in teaching and coaching.



I knew the apprenticeship would be a good opportunity as it would be beneficial not only for my CV but to gain real-life coaching experience.

Hunter Gadd, Former Active Fusion Apprentice



Achievements

16

apprentices trained with places in local schools and sports organisations

10

apprentices stayed in employment

3

apprentices progressed to University



Unified Leaders

This Children in Need funded project helps provide young people with special educational needs and disabilities with transferable skills that can be used to help them be better engaged socially and within education by developing confidence and skills such as organisation and communication.

The 'I Can Lead' award uses sport and physical activity to help learners develop key leadership skills and increase academic performance. The award focuses on personal development and not just sporting ability.



I am more confident and can talk up in class.

Student,
Northridge School



It has helped me learn more about leading a sports session.

Student,
Northridge School



I am more engaged with sporting activities.

Student,
Coppice School



Achievements

28

learners have / will have successfully completed the course

100%

said they are now more willing to give things a try

90%

said this program has helped them with their overall self-esteem

54%

said their Mood has improved since the start of the course

100%

said their confidence improved since the start of the program

63%

said their resilience/anger has improved since the start of the program



Leadership & Volunteering

Active Fusion prides it's on providing a leadership and employability pathway from aged 5 right into adulthood. We have developed and delivered leadership development training programmes for KS1 (Mini Leaders) and KS2 (Fusion Leaders). These programmes support to develop confident, healthy leaders through sport and physical activity.

At secondary level we deliver a range of accredited Sports Leaders UK programmes where young people will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community. All students have individually volunteered between 10-100 hours each of delivering social good in the Doncaster area.



Our tutor has given me the confidence and knowledge to lead independently to small groups of people of all ages. Before I started the course, I had low self-belief and was not confident in my own ability. I am happy with how I have developed and now feel comfortable delivering.

Level 3 HSLA student



We have trained 46 different Year 9 and 10 pupils this year. Dan has been really supporting and even though he has managed large numbers has managed to get the best out of our students. We are now providing placements for our students in local primary schools who will go and showcase their skills.

Gerry, Teacher, Hall Cross Academy

Achievements

207

KS1 Mini Leaders trained

228

KS2 Fusion Leaders trained

99

secondary students in Sports Leaders UK accredited qualifications

28

young people with special educational needs trained in the Sports Leaders UK 'I can Lead' award

38

volunteers provided with mentoring through work placements



Fusion Community Camps

Fusion Camps have evolved incredibly over the last year to provide children and young people with a wider range of opportunities with the intention of igniting their passion for something that they love. The programme provided fun activities, learning opportunities and healthy food to disadvantaged children across deprived communities in Doncaster.

Funded through the Department for Education's holiday activity fund and Opportunity Area Funding and working in collaboration with Doncaster Council. We supported over 12 voluntary and community sector organisations to bring a diverse range of expertise from music, drama, arts, cooking and nutrition, photography and elite sport master classes.

Community camps are a tale of two halves, with one being the incredible benefit young people experience through being a part of camp life, and the second being the work experience opportunities we provide for the dedicated team of volunteers, apprentices and Kickstart individuals who give their time unconditionally.

Why? Because young adults want to give something back and make a difference in their local communities and we hope to support them in their pathway into education, training and employment in the future.



It was great to see my son happy. After being at home alone for the past year, this has been a great confidence boost and helped him get fitter again.

Amy, Parent, Edlington Camp



I want to get fitter and more active. Camp has taught me a lot about healthy eating and how to look after myself.

Harry, Participant, Age 9

Achievements

100%

parents from one of the camp locations said it had improved their mental health and increased their physical activity levels

Camps were delivered in every holiday period achieving the following engagements;

October 2020

139 participants **443** attendances

Christmas 2020

25 participants **67** attendances

February 2021

195 participants **736** attendances

Easter 2021

434 participants **1,717** attendances

Summer 2021

1,200 participants **4,185** attendances



Summer Schools Secondary Transition

Ask one of many students what they experienced this summer but be prepared for a long answer. With over 20 different sports, physical activities, elite athlete master classes, first aid, cooking, nutrition, literacy, drama, music, arts and crafts, inflatables and dance making up the programme. Dig a little deeper and you will hear about how the newly formed relationships and lasting friendships have helped them feel more confident about their transition up to secondary school.

The transition camps focused on using physical activity to improve the way young people think and feel enabling them to start the new academic year feeling less anxious and with a positive mind set to learn. Combining positive social interactions, personal progress, fun, friendship and fitness.

Transition outcomes included;

- Making a positive transition from primary to secondary
- Taking part in enriching activities which develop character, resilience and wellbeing
- Increasing confidence and self esteem
- Encouraging creativity and physical activity
- Building new relationships with peers in a safe and engaging environment



We've enjoyed all of it and it's not just all sports. We have learned positivity and improved our sleep from all of the exercise. I feel proud when I get home knowing I've worked out and done lots of exercise.

Sophie & Lauren, Campsmount Academy



My son had fun had a safe place to play and mentally feels better about himself whilst learning new skills.

Parent, Hungerhill School

Achievements

100%

of students said they would be more active because of transition camps from Hungerhill School

100%

of students said they came to camp to build friendships from Campsmount Academy



Yoginis

Yoga is the perfect platform to teach children the tools they need to live and succeed in this modern world.

Children and young people we work with learn about themselves, their bodies, breath, mind, emotions and important life lessons including; kindness, resilience, acceptance, tolerance, confidence, friendship, setting boundaries, self-regulation, uniqueness and equality.

We have delivered blocks of Yoga from 3 – 6 weeks from EYSF to Y6 teaching level 1 (Yoga poses) and level 2 (Breathing Techniques) and level 3 (Brain Activity).



I can calm myself down using breathing techniques before I express how I feel.

Primary school participant



Because I have not been able to tell others how I feel before now I feel like I can speak to anyone.

Primary school participant

Achievements

182

sessions delivered

1,019

children across the Doncaster area

93%

stated that they felt more comfortable speaking to others about their feelings and was able to express themselves





Small scale and targeted programmes

Active Start

We have worked with 153 children in our Active Start project designed to enhance the physical, social and emotional development of early years children and their families. Play is an important part of a child's early development helping young children's brains to develop and for their language and communication skills to mature.

Funetics

Working with 449 children and young people to develop their learning and physical ability in running, jumping and throwing through providing the England Athletics programme. This inclusive programme enables young people to be confident movers for the future.

Get Girls Active

The Sport England Funded Girls Get Active project targeted 259 girls who were transitioning from primary to secondary school. The programme reduced inactivity of girls in year 6. Trained secondary students in sports leadership to provide community physical activity sessions. The sessions supported young girls to improve their confidence, leadership and team work skills and enabled them to develop friendships with other girls from other schools.

Taekwondo

With the diverse range of interests in sport that young people have we also provide alternative sports one of which is delivered by our taekwondo expert. We have worked with 340 young people using the sport to develop confidence, concentration, focus, leadership skills, self-discipline and physical fitness.

Targeted Community Interventions

The Hexthorpe Project funded by the Violence Reduction Unit aimed to engage teenagers at risk of engaging in anti-social behaviour through football and football leadership.

Active Fusion coaches teamed up with the Hexthorpe Community Project to provide opportunities for 20 young males aged 13 – 18 years through organised football sessions. Once the relationship was established the young people were offered the opportunity to undertake an "I can lead" Sports Leaders course.

The relationships established allowed those young people to lead small sessions to younger participants in their community and act as role models to their peers.

support us



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