

Schools Provision

Helping young people to belong, contribute & thrive

YMCA
YMCA LINCOLNSHIRE





Our Vision

At YMCA Lincolnshire, we envision a world where every young person feels that they belong, contribute and thrive.

As an organisation rooted in values of being compassionate, brave, collaborative and supportive, we see the need to equip young people with the right resources to follow their goals and achieve their full potential.

Our ambition is to create an environment where wellbeing, opportunity, and trusted relationships help young people develop a sense of belonging, engage positively with education, and build strong foundations for lifelong health, aspiration, and achievement.

That's where our schools provision comes in.

YMCA Lincolnshire's Schools Provision supports children and young people through inclusive and person-centred practice in these areas -

- PE Delivery,
- After School Clubs,
- Educational Support,
- Support Interventions, and
- Youth-Led Projects.

We want to work alongside schools, families, and communities to remove the barriers to learning and enable young people to build the confidence, resilience, and skills needed for the positive futures they aspire to reach.

The delivery models outlined in this booklet can be tailored into a programme that directly supports the resources that the young people of your school need to thrive. Our team can deliver the programmes both onsite in your schools, or at one of our YMCA Lincolnshire sites.

We hope we can support you in the journey to build brighter futures for young people across the county.

YMCA Lincolnshire Youth Team

PE Delivery

Move To Thrive

Recognising the need for young people to increase the amount of physical activity performed, our PE delivery offers unique sporting experiences that challenge young people to develop skills in confidence, teamwork, strategy and wellbeing.

All of our PE Delivery sessions directly support the Department for Physical Education Curriculum and help schools to deliver engaging and stimulating sessions to young people.



Activity	Description	Curriculum based?
Parkour	Your students will learn rolls, vaults, jumps, balance and flow through progressive activities that build confidence, creativity and resilience.	✓
Disc Golf & Team Frisbee Golf	Develop throwing accuracy, control and strategy through skill games and challenges, promoting teamwork and sportsmanship.	✓
Archery	Engaging soft archery sessions teach safety, basic technique and target skills through fun games and challenges, building confidence, focus and teamwork.	✓
Wheelchair Basketball	Inclusive sessions introduce chair mechanics, ball skills and game play, building confidence, fitness and teamwork.	✓
Fencing	Build skills in stance, footwork, attack and defence through safe drills and supervised bouts, developing agility, coordination, strategy and respect.	✓

Activity	Description	Curriculum based?
Combat Archery	Action-packed sessions combine safe bow skills with team games using foam tipped arrows, building coordination, communication, and confidence through energetic play.	✓
SEND Inclusive Sports	Inclusive SEND sport sessions use adapted activities to develop motor skills, teamwork and confidence, promoting participation, wellbeing and success.	✓
Climbing*	Reach new heights and learn the basics of rock climbing through instructor-led sessions and improve confidence, accuracy and wellbeing.	✓

*At The Showroom Climbing Centre, our instructors can teach the Climbing Module of GCSE / A-Level PE curriculum.

After School: Beyond the Bell



After school activities are essential to give young people extra opportunities to get active and encourage wellbeing, whilst socialising with their friends in a safe and supportive environment.

We offer a variety of after school clubs for young people including:

- All PE Delivery activities.
- Generalised Youth Clubs: Safe, welcoming, and relaxed spaces for young people to unwind and socialise after the school day, offering activities such as arts and crafts, games, homework support and creative projects.
- 1:1 Revision Support: Personalised guidance to help students build confidence and reach their academic goals.



Educational Support

Pathways to Potential

Our Educational Support sessions provide support to schools in delivering their PSHE curriculum. We understand that topics in this curriculum can sometimes be hard to talk about with young people, but our sessions deliver the information in an engaging and stimulating way.

Activity	Description	Curriculum based?
Healthy Lifestyle	Self-reflective sessions based on identifying current healthy choices and recommendations to improve wellbeing.	
Financial Skills	Developing essential life skills by reviewing budgeting and sensible spending, using real life examples.	
Sex Education	Informative sessions covering puberty, reproduction and pregnancy, contraception methods and their effectiveness, STIs and prevention.	
Aspirations	Exploring personal skills and their contribution to the futures of young people.	
Work Skills	Developing essential interview skills and workshoping sessions on creating and structuring CVs.	
Anti-Social Behaviour	Identifying and recognising ASB in real life settings, whilst understanding the implications on young people's futures.	
Drug Education	Exploring physical, emotional and social effects of drug use, whilst promoting resistance to peer pressure in young people.	

Activity	Description	Curriculum based?
Body Confidence	Promoting confidence in young people by encouraging acceptance of others and removing preconceived thoughts on body types.	✓
Communication in Relationships	Interactive sessions to understand the correct terms that can be used when discussing difficult themes in relationships.	✓
Emotional Wellbeing	Exploration of mindfulness and wellbeing, demonstrating techniques and guidance to overcome barriers to emotional wellbeing.	✓
Online Safety	Informative sessions identifying how to recognise online safety risks, prevention measures, and courses of action.	✓
Maths & Literacy Interventions	Through small-group sessions and personalised activities, children receive focused instruction tailored to their learning needs.	✓

“Such supportive staff for all children regardless of ability. A great place for a school visit in Lincolnshire”.

– Branston Junior Academy

Enquire today:



youthservice@lincsymca.co.uk



07540 115806



Projects

Impacted by Youth

We believe that young people are not just the leaders of tomorrow, they are powerful changemakers today.

Our Projects place young people at the centre of action. Each programme is designed to amplify student voice, build practical skills, and create opportunities for meaningful social impact. Whether through peer mentoring, community campaigns, or student-led initiatives, we equip young people with the confidence and tools to support one another, tackle challenges, and shape the world around them.



Youth Board

Youth Boards provide a platform for students to share their voices and empowers them to take an active role in shaping initiatives that affect their time at school. The sessions encourage students to become young leaders and share ideas, discuss interschool issues, and influence decision-making.

Peer Mentoring

Empowering the next generation of leaders through dynamic peer-mentoring training. These sessions equip young people with the skills and confidence to support their friends, helping them grow in self-belief, develop new abilities, and navigate the challenges of school and life.



Social Action Projects

Our Social Action projects are student-led initiatives that put young people at the heart of change. Students identify an issue they care about in their school or local community, and are supported to turn their ideas into meaningful action. Through the process they develop leadership, team work, and problem-solving skills, while seeing first-hand that their voices and actions can make a real difference.

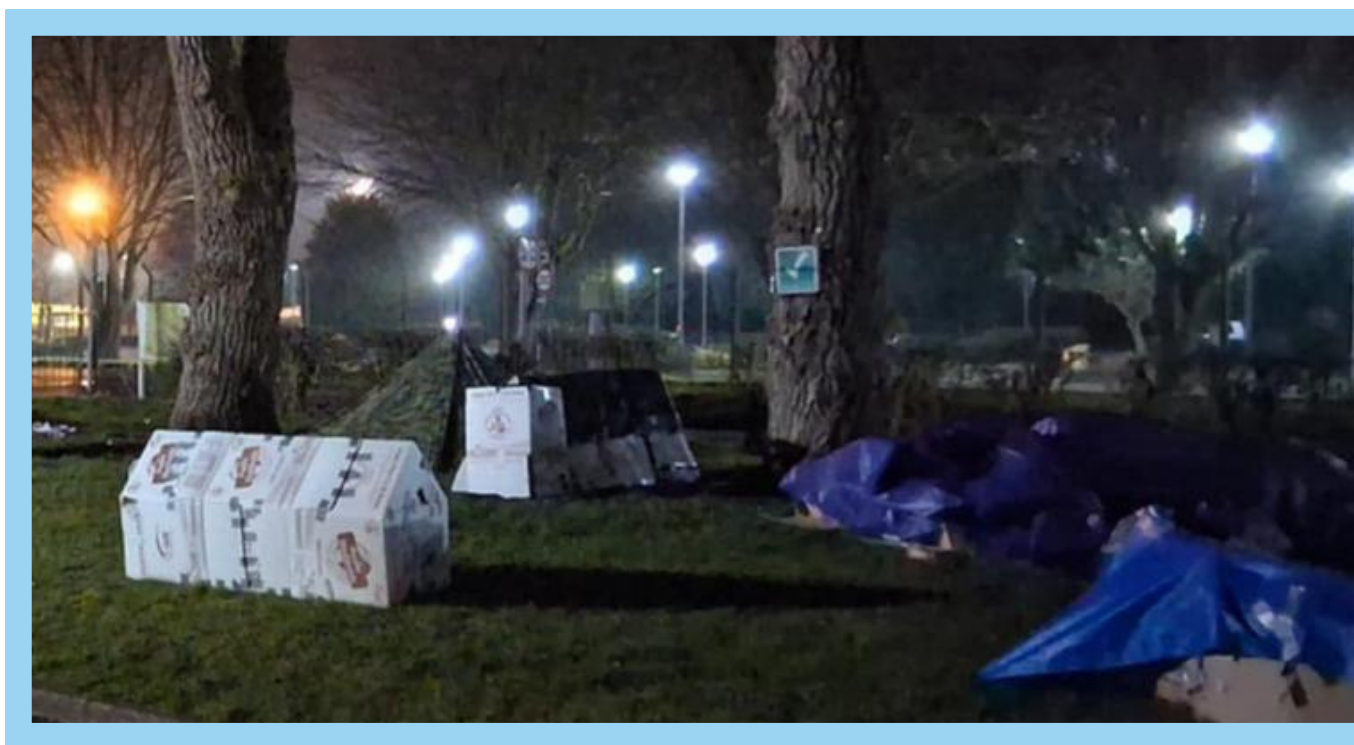


Social Action Project Case Study

– Sleep Out Fundraisers

After learning about our charitable efforts at YMCA Lincolnshire, several schools and youth groups have chosen to support us by hosting their own Sleep Out fundraising event as their Social Action Project, in line with our charity's annual flagship fundraising event.

Homelessness is a topic that many students feel strongly about. By choosing to run a sleep out, young people were able to respond to a real local need while supporting a charity that specialises in tackling homelessness. Planning the event encouraged students to take responsibility, work as a team and communicate with confidence as they promote the activity, organise sponsorship and reflect on the experience.



The project is effective because it combines learning with action. Students gain a better understanding of the challenges faced by those experiencing homelessness, while also developing practical skills such as leadership, budgeting, problem-solving and event management. Seeing the funds they raise contribute directly to YMCA Lincolnshire's services helps them recognise the impact their efforts can have.

Schools and groups have found that Sleep Outs create a strong sense of community and empathy. They give young people a voice, show them how collective action can bring about change, and leave them with a lasting belief that they can contribute to a fairer, kinder society. As a Social Action project, the Sleep Out not only benefits YMCA Lincolnshire but also supports students to grow as active, compassionate individuals.

Support Interventions

Balance & Belonging

Our support interventions help young people overcome barriers to learning by building confidence, resilience, and a positive sense of belonging through personalised and inclusive support. Across Lincolnshire, we also provide schools with high-quality resources that enable meaningful, peer-led discussion and promote emotional wellbeing and personal growth.

Wellbeing 1:1s

Unlock every learner's potential through a personalised, strengths-focused approach. We identify barriers to learning and transform them into clear opportunities tailored to the needs of individual students. By developing key skills, encouraging active participation, and celebrating progress, we help pupils build genuine confidence and resilience.

School Counselling

Through understanding and consistent support, we help young people navigate personal and home difficulties while developing confidence and emotional resilience. Our approach includes ongoing review and reflection, ensuring every young person receives the right guidance to move forward positively.

Inclusive Group Support

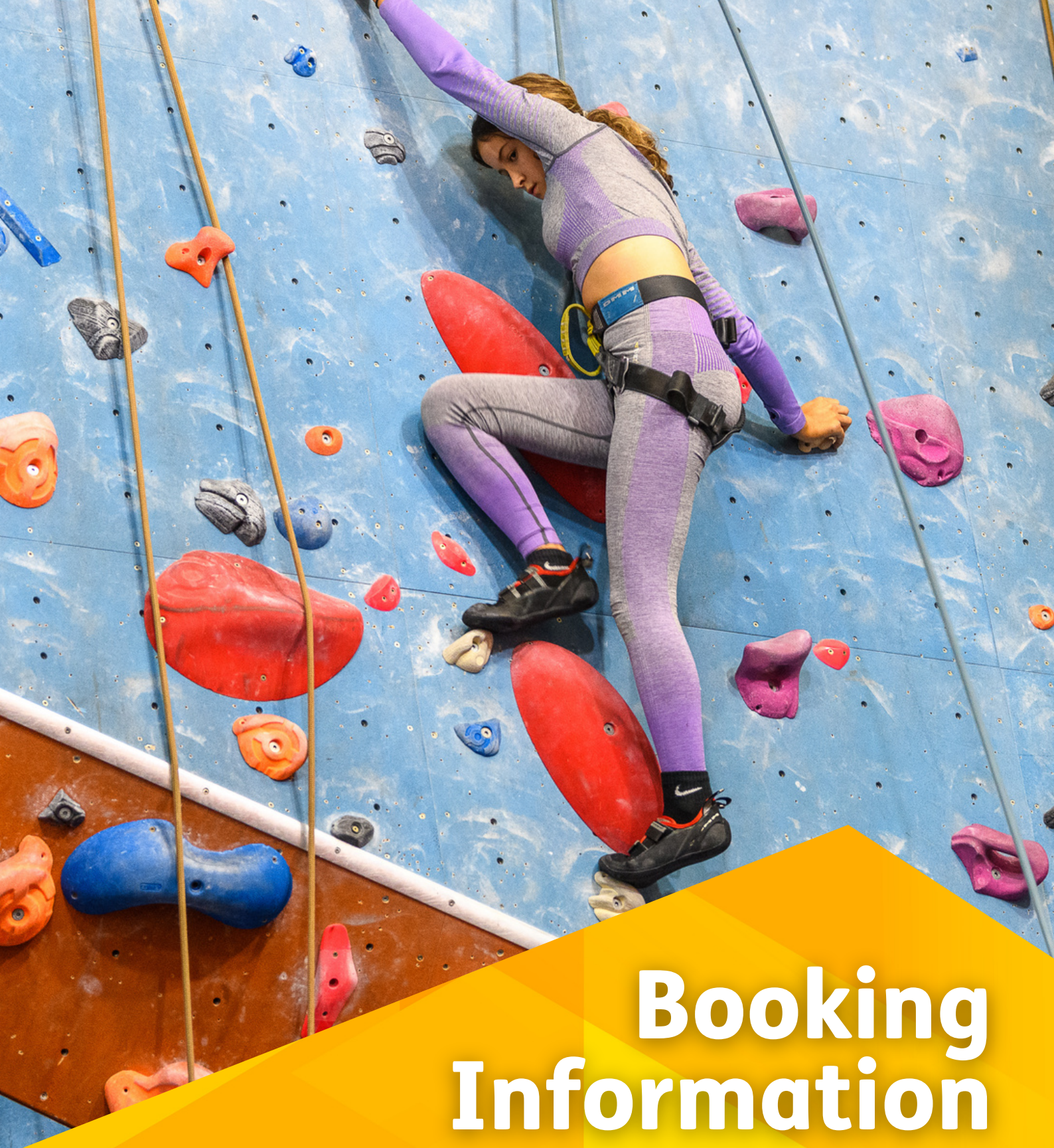
Our small-group approach promotes connection and belonging, with carefully adapted activities, calming safe spaces, and movement breaks to support engagement. A personalised progress tracker for each young person helps highlight growth, boost motivation, and reinforce positive development.

JUST Learning Online Portal & Youth Ambassador Programme

JUST Learning supports the growing need for peer-led conversations and positive discussion in schools across Lincolnshire. The online portal gives teachers ready-to-use resources and lesson plans based on real lived experiences, enabling structured, discussion-led sessions with pupils. With a range of age-appropriate materials tailored to each school's needs, it provides an all-in-one approach to exploring important topics in a meaningful way.

For longer-term impact, the Young Ambassador programme mentors learners to become informed leaders of change, supporting their personal development and empowering them to make a positive difference in their communities.





Booking Information

For booking enquiries, please contact us via email or telephone to arrange a meeting.



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