

This document is intended to give you monthly sport and physical activity sector information, split across the following sections.

1. Government
2. Key sector organisations
3. National Governing Bodies of Sport
4. Studies/Blogs/Publications

Government

All-Party Parliamentary Cycling Group

Stuck in first gear - the Government's Cycling Revolution - Parliamentarians call for more investment and more ambitious cycling targets. A report on the current state of cycling in Britain calls for 10 per cent of all journeys in Britain to be by bike by 2025 and a minimum investment of £10 per person per year, rising to £20 per person. The report of the influential All-Party Parliamentary Cycling Group (APPCG) also calls for a commitment to improve enforcement of traffic laws. Download a copy [here](#). British Cycling's view [here](#).

Key sector organisations

Sport England

Active People Survey - Latest sport stats show increase in people taking part - Boost to grassroots sport as figures reveal an extra 340,000 people getting active. Find out more about who plays sport:

- [National picture](#)
- [Local picture](#)
- [Breakdown by sport](#)

Please see [here](#) to view a presentation from Jennie Price which summarises key points of the SE strategy.

English Federation of Disability Sport

Cerebral Palsy Sport launches 'Introduction to RaceRunning' resource. Cerebral Palsy Sport is delighted to announce the launch of its first adapted sports resource: 'An Introduction to RaceRunning'. RaceRunning was developed for children, young people and adults with cerebral palsy and other physical impairments, who cannot functionally run and rely on support aids for mobility and balance. It gives those who use such supportive aids an opportunity to walk, run and race their way to achieving their sporting potential. For more information about the new RaceRunning resource and how you can get hold of a copy, [click here](#).

Sport and Recreation Alliance

Sport and recreation in the UK – facts and figures. We use facts and figures on a daily basis to shape our policy work and our arguments. On this page you can find a range of information relating to the current status of sport and recreation in the UK and the wider social and economic impact sport and recreation can have.

[View the details](#)

Youth Sport Trust

Latest edition of YST news [here](#).

British Universities & Colleges Sport

Football and Futsal Stakeholder Survey. The British Universities and Colleges Sport (BUCS) Football and Futsal Advisory Group has developed a survey that they would like all key stakeholders to complete.

The survey is aimed at English, Scottish and Welsh Universities, together with National FA's, County FA's and those Coaches within Universities to complete. The completion of the survey will provide valuable information that will both inform the advisory group of the challenges faced, but also insight into the collaborative work that currently takes place with Universities and County FA's. The information that is provided will enable the BUCS Football and Futsal Advisory Group to develop and improve the current offer available to HE institutions.

[Access the survey](#)

Calling all BUCS Universities – celebrate the International Day of University Sport - on 20 September

Following agreement by the UNESCO General Assembly, the International Day of University Sport (IDUS) is celebrated around the globe each year on 20 September! IDUS aims to promote the importance of sport in universities, and the role of universities in developing physical health in their local communities.

FISU (the International University Sports Association) invites all BUCS Universities and Athletic Unions to recognise IDUS by hosting events and activities on their campus on 20 September – perhaps as part of your Fresher's activity.

To assist you, FISU has produced some guidelines and proposed some key themes that might frame your events – you can download the guidelines [here](#)

British Heart Foundation - National Centre for Physical Activity and Health

New fact sheets <http://www.bhfactive.org.uk/early-years-resources-and-publications-results/18/index.html>

- Top tips for getting under-fives active
- Exploring... Early years physical activity guidelines
- Current levels of physical activity in the early years
- The importance of physical activity in the early years
- Sedentary behaviour in the early years

National Governing Bodies of Sport

England Athletics

- Improvements to coach level qualifications implemented [View the full news item](#)

Badminton England

- New partnership announced with Women's Institute [View the full news item](#)

British Canoeing

- New club activity assistant endorsement launched [View the full details](#)
- Get Your Nominations in for Volunteer Recognition Awards 2016 [View the full details](#)

British Fencing

- Safeguarding - British Fencing would like to bring to the attention of all members, clubs, fencers, parents and volunteers recent updates to our safeguarding policies. See [here](#) for more details.

British Gymnastics

- Get ready for International #HandstandDay on the 25th June - [View the full news item](#)

The FA

- FA Coaching Bursary Applications for the 2017/18 will open later this summer. Recipients will receive a contribution of more than 80% towards the cost of taking an [FA course](#) from 1 January 2017 through to 31 December 2018. [View the full news item](#)
- Power League introduce three exciting initiatives for women
<http://www.thefa.com/news/fawsl/2016/jun/powerleague-womens-football-initiatives-100616>

England Golf

- Women's Golf Month targets new players - Golf clubs and driving ranges across the country are backing England Golf's call to make June 'Women's Golf Month' and attract more females into the game. More info [here](#)

Amateur Swimming Association

- The ASA is supporting the Royal National Lifeboat Institution's (RNLI) Respect the Water 2016 campaign [Respect the Water Campaign 2016](#).

Studies/Blogs/Publications

Loughborough University study reveals the best way to improve muscle strength

- Engaging in short, explosive leg contractions is the most effective way of strengthening muscles, Loughborough research reveals. [View the full news item](#)

British Heart Foundation

- Over half of UK employers more likely to hire someone with experience of volunteering - BHF survey reveals the UK's attitudes to volunteering during Volunteers' Week - [View the full news item](#)

Sport and Recreation Alliance

- Leigh Thompson, Policy Manager, blogs about the **seven new investment principles** of Sport England's new strategy and what they mean for organisations looking for funding [View the blog](#)

sports coach UK

- The UK Coaching Summit 2016 final thoughts [View the blog](#)

University of Cambridge - Women and people under the age of 35 at greatest risk of anxiety

- Women are almost twice as likely to experience anxiety as men, according to a review of existing scientific literature, led by the University of Cambridge [View the news item](#)

International Olympic Committee (IOC) and World Health Organisation (WHO)

- Committed to fighting childhood obesity by promoting physical activity – report [here](#)

Child Protection in Sport unit, NSPCC - Safe use of changing facilities

- This briefing provides guidance on how to safeguard children and young people when they are using sports changing facilities, and includes recommended levels of adult supervision and examples of changing-room policies [Download a copy](#)

Funding Opportunities for Coaching in the UK, sports coach UK

- The guide provides details about funding available to support coaches [Download a copy](#)

Ramadan & Football Factsheet

- The factsheet explains how the holy month affects Muslims who will be observing Ramadan with reference to football activities prior to and during pre-season [Download a copy](#)

Cycling UK campaigns briefing

- This briefing covers: The case for cycling; How to deliver a cycling revolution in Britain through leadership and sustained investment; Consistent high design standards; Road safety measures and safety targets and positive promotion [Download a copy](#)

Small Steps Big Change, Living Streets Impact Report 2016

- This impact report tells you about what Living Streets are doing and the results they are achieving [Download a copy](#)

GM Health and Social Care Partnership e-bulletin

- Latest edition here <http://www.gmhsc.org.uk/e-bulletin/e-bulletin-issue-15/>