



Sport and Physical Activity Strategy

2020-2025

Our Vision

To provide sustainable excellent Sporting & Physical Activity opportunities, enhancing both the student experience and overall wellbeing of our students and staff at the University of Plymouth.







“We all have bad days where we struggle with our degrees and battle ourselves, but being able to participate in sport, has helped me to calm down and cope at the most stressful times in my degree”

Fencing Captain and Chair

Wellbeing

We aim to:

- Recognise and promote that Sport & Physical Activity helps students and staff relieve stress and improve their overall wellbeing
- Grow the opportunities available through the Social Sport pathway and the links to improving mental health
- Work collaboratively cross-campus and within residences on all aspects relating to Sport, Physical Activity and wellbeing of the University community



“Being involved in the University Sailing and Powerboat club has been a fantastic part of my university experience, throughout the years I have found it has really helped develop my objectivity, confidence and decision making skills”

Sailing and Powerboat Club Committee Member

Participation

We aim to:

- Encourage students to understand the benefits of participation in Sport & Physical Activities, the opportunities available and the life skills they can gain
- Ensure that resources are in place for students that want to compete at a competitive level
- Promote the geographical location and the unique opportunities this provides for our students studying in Britain's Ocean City next to Dartmoor, in particular Water based activities connecting to our excellence in Marine and Maritime



“I feel like it’s an amazing experience to go away for a weekend with a group of mates and experience a national university competition. It’s also just an awesome chance to get to know everyone in the club”

BUCS Clay Pigeon Shooting Competitor

Facilities

We aim to:

- Create, review and grow the facility partnerships across the city and beyond
- Optimise the space utilisation on campus in current and future builds to meet the physical activity needs of both students and staff, with formal and informal sports
- In partnership with the SU ensure that Sports Clubs have the opportunities and facilities to compete and practice



Communities

We aim to:

- Seek opportunities to integrate the Sports Clubs into the local community through volunteering and fundraising
- Ensure the successes of our Sporting communities are recognised and celebrated to enhance reputation, recruitment and retention
- Provide opportunities for our students regardless of age, gender, race, religion, ability to participate and location, to feel part of a physically active community

"Volunteering with MGA has completely changed my University experience. The student community is fantastically diverse and being able to give back to my community is very much a gift."

*Louise Crichton, MGA (Motivate, Generate, Activate)
Volunteer (2018/19)*

2018/19

Social Sport Programmes

These offer students the opportunity to try something new, learn new skills and to meet new people without the commitment of signing up for a membership.

700

students took part in
Give it a Go
sports across

196

sessions delivered

500+

students took part in
Intramural Sports
across

5

sports, within

20

teams

500+

students took part in
weekly activities through
the (MGA)

**Motivate, Generate,
Activate**
programme

30+

students involved in (BARS)

**Be Active,
Reduce Stress**
wellbeing programme

2018/19

Sports Clubs

UPSU Sports clubs are led by students for students and aim to improve the student experience at the University of Plymouth.

They offer you the opportunity:

- to join a community where you are guaranteed to have something in common
- to play sport in a social environment
- to represent the University of Plymouth at both a regional and national level
- to compete with Plymouth Marjon University at multiple sports as part of Varsity

3500+

Sports Club members

60+

Sports Clubs

250

students took part in
Varsity 2019 raising

£15k

for charity

1000+

hours of volunteering by
Sports Clubs

£20k

raised through Sports Club
charity events

3000+

members signed up at the
UPSU Sports Fair

2018/19

BUCS

British Universities and Colleges Sport (BUCS) offers the opportunity to compete for the University of Plymouth on a regional and national level. The weekly fixtures take place on Wednesday afternoons alongside competitions over some weekends.

BUCS final position

48th

out of

159

institutions nationwide

BUCS Nationals

6

Gold medals

5

Silver medals

7

Bronze medals

500+

students took part in
BUCS competitions

30+

BUCS teams

2018/19

Water based Sports

Studying in Britain's Ocean City gives students the amazing opportunity to get involved in a range of water based activities in stunning locations.

**BUCS
Fleet**
**Nationals
Hosts – Nov
2019**

500+

attendees take part in
water based activities
each month

11

water based sports clubs
at UPSU including:

**Yacht
Club**
won the
**Student
Group of the
Year Award**

Yacht Club
Sailing Club
Swimming & Waterpolo
Canoe
Stand Up Paddleboarding
Underwater Hockey
Surf