This paper contains the main findings of the evaluation by the Policy Studies Institute of the Action Sport project which was set up and funded by the Sports Council in the early 1980’s.

The main aim of the project, which took place in areas of London and the West Midlands, was to demonstrate the value of sports leadership in ‘increasing participation in sport and recreation by those who live in the inner city’ and specifically the unemployed together with other designated ‘target groups’ (the disabled, ethnic minorities, women and those over fifty).