

Wednesday 24th January, 2024

WEEKLY UPDATE

ALL SCHOOLS



School Games - Positive Experiences for all

A useful tool for teachers when thinking about competition and events. Our key focus at events is to provide a positive experience for all, whether it be at an *Inspire*, *Develop* or *Excel* event. The 'Road to competition' framework is designed to guide staff/teachers through a self-review process. From the pilot insight the three key areas were; Selection, Preparation and Support to young people. Please click [here](#) to find more information around this.



Free Virtual Workshop for Teaching Hockey

England Hockey is offering teachers a free virtual CPD workshop that aims to help give support, knowledge and confidence to ensure teachers can deliver fun and engaging hockey sessions. [Book your place](#) today.

Sir Mo Farah announced as the Youth Sport Trust's National School Sport Champion

The Youth Sport Trust are excited to announce Sir Mo Farah as our new National School Sport Champion. Following his retirement from athletics in 2023 the four-time Olympic champion is launching 'Mo's Mission' to get more children in the UK physically active. He [appeared on BBC Breakfast](#) last week alongside our CEO Ali Oliver to launch his mission and encourage kids across the UK to achieve '60 minutes a day - of PE, sport and play.'



[Read more about this exciting news here.](#)

Inclusion 2024 Live - one week to go!

Inclusion 2024 Live is an interactive online week of free to access, virtual Special Educational Needs and Disability (SEND) Inclusion webinars. The week provides the opportunity for teachers, school staff, community providers and sports organisations to listen to and learn from experienced practitioners and young people. Running from 29th January - 2nd February 2024.

[To access the overview of the week with booking links please CLICK HERE.](#)

Iannis FC

Iannis FC are recruiting girls of all ages and abilities to join their football development centre girl's sessions bi-weekly. They are based at The Grove Community Hub. Please see the flyer for more information [here](#)

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PRIMARY AGE GROUPS



School Games Case Study – Changing Behaviour through 60 Active Minutes



Each year Inspire Together are tasked to find great examples of schools using the resources and principles of the School Games to make a difference to the lives of children and young people within their school. Below via the link is a great example of a proactive school in another area who have committed to putting the health & wellbeing of their pupils at the heart of school life. Please take a few minutes to look at the case study.

Changing Behaviour through 60 Active Minutes by Andy Tennyson is an excellent primary-focused example of a whole school approach, which examines how increasing activity in the school day through playground leaders, playground zones, and extending the school day can lead to positive behaviour changes.

If your school is innovative in supporting the health & wellbeing of your pupils across the school week, please get in touch as we would love to create a case study such as this to share nationally with colleagues to inspire others: inspiretogether@crownhills.leicester.sch.uk



British Triathlon's Free CPD Webinar

British Triathlon is hosting a free online workshop to familiarise primary school teachers and SGOs with the fundamentals of swim, bike, run for children aged 7-11 years-old. [Register now.](#)



Free Early Years CPD

Early Years Physical Activity: Messy Play Matters Workshop

How to promote an inclusive environment for all children through sensory play.

- Location: Glenfield Parish Council, Park House, Stamford Street, Glenfield, Leicestershire, LE3 8DL
- Contact: Lucy Baginskis / l.baginskis@active-together.org / 01509467472

[For more information and to book a place please click here.](#)

New Resources for PE teachers

The Youth Sport Trust is absolutely delighted to have supported PE Scholar colleagues to produce a comprehensive suite of resources for PE teachers. The content is grounded in evidence, yet super accessible. Best of all, thanks to the legacy of Sport England Secondary Teacher Training project, it is absolutely, totally and utterly free. [Download yours today](#) and please share far and wide – this is what modern, high-quality and inclusive practice in PE looks like. Let's make PE for everyone.



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WEEKLY UPDATE

SECONDARY AGE GROUPS



The Lord-Lieutenant's Young Person of the Year 2024 - Applications now open

The Lord-Lieutenant of Leicestershire has launched his 2024 awards designed to showcase and celebrate the achievements of young people aged 13 to 19 across the city and county.

Family, friends, teachers, and other professionals and community leaders who see the best the young people of Leicester and Leicestershire have to offer are being urged to nominate inspiring young people in their communities for this year's Lord-Lieutenant's Award. The four categories for this year aim to celebrate the very best examples of effort and achievement. People can nominate for; Young Person of Courage, Young Volunteer, Young Leader, and Young Artist. The award scheme is open to all 13 to 19-year-olds. Nominations can be made by other young people, their school, parent or carer, as well as any other agency or individual. For more information on the criteria and how to apply please click [here](#)

Tennis: New Red Ball Secondary Competition

The Lawn Tennis Association (LTA) is proud to announce their new Red Ball format for secondary settings. [Access the formats](#) here.



England Volleyball Membership

Volleyball England has a schools and colleges offer alongside its free membership. Sign up in January to get a 10% discount at VolleyStore and access to schools and colleges tailored opportunities and support. [Get affiliated](#) now.

Multisport Programme Pilot

We are currently recruiting for secondary schools for our new youth-led multisport offer, designed with young people, for young people. The programme aims to transform the access to and delivery of after-school sport to deliver inspirational, accessible and meaningful provision for all young people. The first 30 schools to sign up to the pilot will receive: £300 towards the running of the club, four young leader places at our National Training Camp (16-18 April 2024), Staff CPD at our training camp on Thursday 18 April. Don't miss out on the opportunity to be one of the founding schools in this new national extra-curricular sport movement, click below to find out more.

Castle Mead's first Health and Wellbeing Week was a huge success!

Last week we were able to support Castle Mead with their first ever Health and Wellbeing Week. With Mock exams taking place and restricting hall space for lessons Tom Gardener Head of PE decided that they would use this time in an innovative way and working with us asked us to support in the delivery of Health and Wellbeing week. The week saw workshops delivered every day around key health factors - Sleep, Stress Management, Exercise and Physical activity, team building and connection, and Nutrition. Students across the whole school got to take part in activities and were given a Health and Wellbeing journal to reflect on their own habits and activity across these areas, for example students completed sleep and food logs to identify their own patterns. The smoothie bike was also on site all week for students to create their own tasty, and nutritious recipes. The model for workshops used was a pilot and all new content was created for the week. These were enjoyed by students throughout the week and gave them the chance to reflect on their own current routines and practices. We have now created a resource pack for this, and it is available on the website for members to use. We were able to support the school with some delivery of sessions across the week. If you are interested in putting on your own health and wellbeing week, or a version of it please get in touch with Pete who will happily discuss how we might be able to support this.



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