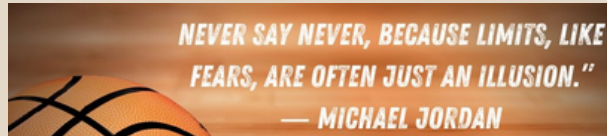


Wednesday 24th April, 2024

# WEEKLY UPDATE



## ALL SCHOOLS



### New non-statutory guidance for PE and school sport



Ahead of a big summer for sport, the Department for Education has released new non-statutory guidance for schools titled 'Enhancing PE provision and improving access to extracurricular sport in school'. The guidance will support schools to offer equal sporting opportunities for girls and boys, alongside a minimum of 2 hours of PE per week. Drawing on case studies from across the country and citing examples from the LIS network, the guidance also provides inspiration for schools to offer all students inclusive, high-quality PE.

[Click here to read](#) Youth Sport Trust CEO Ali Oliver's response to the news and to download the guidance.

### Leicestershire Disability Athletics - Good Practice Nationally



#### Recognised

Leicestershire Disability Athletics Development Group (LDADG) has been recognised as an organisation which provides outstanding opportunities for disabled children and young people across Leicestershire & Rutland. The organisation's events are especially well attended by city athletes, highlighting the strong focus that city schools have in ensuring that all children and young people in their care have high quality opportunities to participate in sport and physical activity.

The LDADG report has been recognised as an example of best practice by the Youth Sport Trust who featured the group's annual report in their monthly inclusion Newsletter.

[CLICK HERE](#) to access the Leicestershire Disability Athletics Development Group's annual report for 2022/23.

### Changing Children's Lifestyles

#### CPD Training Course



This course provides learners with the knowledge; understanding and skills to promote the health and wellbeing of children and young people so that lifestyles can become healthier. The course examines the issues surrounding childhood obesity and possible contributory factors. It will develop leadership skills needed to deliver health and wellbeing sessions to children. It explores a wide range of appropriate activities used to increase nutritional knowledge and increase physical activity levels. The course also focuses on how to increase self-esteem and confidence and looks at strategies to encourage children and young people to change their lifestyle to a healthier one.

for more information please contact:

Hazel Shaw on 07951627334 / [hazel@shawcontrol.com](mailto:hazel@shawcontrol.com) or alternatively you can book online by at [www.shawcontrol.com](http://www.shawcontrol.com)

**TRAINING COURSE**  
**CHANGING CHILDREN'S LIFESTYLES**

**Who is it for:**  
This course is suitable for individuals who are interested in supporting the Health and Wellbeing of children. It may be appropriate for community workers, teaching assistants, fitness professionals, parents and anyone aspiring to be a health and wellbeing leader or advocate.

**Venue:** The Grove Community Hub  
Cort Crescent, Leicester LE3 1QZ  
**Date:** Thursday 13th June  
**Time:** 9am - 4pm

**Course Content**

- UNDERSTANDING CHILDHOOD OBESITY**
  - Statistics for childhood obesity in the UK
  - Examine children's lifestyle habits - physical activity and nutrition
  - How can we make a change - Changing children's lifestyle
- THE ROLE OF A HEALTH AND WELLBEING LEADER**
  - Instilling change
  - Supporting children in changing their lifestyle
  - Leadership skills
- INTERVENTION AND PREVENTION PROGRAMS**
  - Examples of activities
  - Increasing the physical activity levels of children and nutritional health
  - Emotional Wellbeing
  - Engaging their family
  - Monitoring and evaluating

**40% Discount for students**

For more information Contact Hazel Shaw  
07951627334 [hazel@shawcontrol.com](mailto:hazel@shawcontrol.com) You can book online at [www.shawcontrol.com](http://www.shawcontrol.com)

### School Games Mark Application 2023/24

- Guidance document for schools & special schools now live
- Application Window opens on 01 May 2024
- Closes 26 July 2024
- Platinum Application Questions included in guidance/criteria document
- Support for Leicester schools available from the Inspire Together team
- Contact Charlotte if you would like support [cspencer@crownhills.leicester.sch.uk](mailto:cspencer@crownhills.leicester.sch.uk)



To submit your application please [LOG IN](#) to you School Games account

For the criteria link [PLEASE CLICK HERE](#)

Wednesday 24th April, 2024

# WEEKLY UPDATE

## PRIMARY AGE GROUPS



### FREE Governor Training

### PE & Sport Premium New Conditions & Reporting 2023/24

Free training is available from Inspire Together to support Governors and Senior Leaders in understanding the latest conditions and reporting criteria for the PE & Sport Premium funding which will come under closer scrutiny from the Department for Education during the next two reporting windows.

To enquire further or to book the training as a standalone course or as a slot on a Governance or SLT meeting please contact Dan directly - [dhewins@crownhills.leicester.sch.uk](mailto:dhewins@crownhills.leicester.sch.uk).

### Online Primary Disney Shooting Stars SEND Training

The final online SEND Shooting Stars training for school staff working in primary schools is now available to book. This is an opportunity to improve your inclusive delivery skills and to be part of the fantastic Disney Inspired programme designed to engage pupils of all abilities in fun, active activities based around Disney themed story telling - great fun for deliverers and children!

THE FINAL ONLINE COURSE OF THE YEAR IS ON THE 14TH MAY, 3.30-5.30PM. PLEASE CLICK ON IMAGE TO REGISTER.



### This Girl Can Primary Festival 2024

This Girl Can... Create Change! is a resource for girls. We believe girls can be truly effective at helping more girls to get active - in ways that are right for them.

If you would like to attend on the date below please confirm your place by emailing our Female Engagement officer - Jen [JGadsby@crownhills.leicester.sch.uk](mailto:JGadsby@crownhills.leicester.sch.uk)

Thursday 23rd May - Primary (year 5 & 6)

10am to 2pm

Leicestershire Tennis & Squash Club

4 Westernhay Road, Leicester LE2 3



"Girls who believe in themselves can achieve anything."

### New Female Engagement Section on Inspire Together Website

Primary Girls Football - Please [click here](#)

Resources

Online CPD for Teachers

Shooting Stars & after school girls club CPD

### Bike Fest 2024

Join us for Bike Fest, a free monthly pop-up event brought to you by Ride Leicester and British Cycling. Experience the thrill of cycling on a traffic-free circuit at the Leicester Cycle Circuit. The event is open to all ages and abilities. Whether you're a child on a balance bike or a grandparent rediscovering the joy of cycling, everyone is welcome. The circuit is designed for easy riding, making it perfect for families. Ride as many laps as you want, at a pace that suits you. Don't worry, our friendly volunteers will be on hand throughout the event, ensuring your peace of mind and safety. Our team will be at the circuit from 1pm to 4pm. Experienced HSBC UK Go-Ride coaches are ready to help improve your cycling skills and local ride leaders who will provide information about led rides and women-only rides in your area.

**Event Details: Dates: Saturday 27th April - Saturday 25th May - Saturday 29th June - Saturday 27th July - Saturday 31st August - Saturday 28th September - Saturday 26th October - Time: 1pm to 4pm - Location: Leicester Cycle Circuit, New College Learning & Sports Village, Glenfield Road, Leicester**



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[inspiretogether@crownhills.leicester.sch.uk](mailto:inspiretogether@crownhills.leicester.sch.uk)



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# WEEKLY UPDATE SECONDARY AGE GROUPS



## New Female Engagement Section on Inspire Together Website

[Secondary Girls Football - Please click here](#)

**Game On-Go Teach & Resources (curricular)**

**Go on - Go Play training & Resource pack (extra-curricular)**

**Extra curricular toolkit**

**Game on-Go Lead (Leadership)**

**Whistlers (officiating)**

## Secondary Athletics dates

- East Area Athletics - Tuesday 14th May at Saffron Lane Athletics Stadium
- West Area Athletics - Thursday 16th May at Saffron Lane Athletics Stadium

If you haven't already done so, please can East Leicester schools confirm your attendance to SPinel@st-pauls.leicester.sch.uk and West Leicester schools confirm to aslater@crownhills.leicester.sch.uk



## This Girl Can Secondary Festival 2024

This Girl Can... Create Change! is a resource for girls. We believe girls can be truly effective at helping more girls to get active - in ways that are right for them.

If you would like to attend on the date below please confirm your place by emailing our Female Engagement officer - Jen [JGadsby@crownhills.leicester.sch.uk](mailto:JGadsby@crownhills.leicester.sch.uk)

Wednesday 19th June (year 7 & 8)

10am to 2pm

Leicestershire Tennis & Squash Club

4 Westernhay Road, Leicester LE2 3



*Believe in yourself.*

## Bike Fest 2024

Join us for Bike Fest, a free monthly pop-up event brought to you by Ride Leicester and British Cycling. Experience the thrill of cycling on a traffic-free circuit at the Leicester Cycle Circuit. The event is open to all ages and abilities. Whether you're a child on a balance bike or a grandparent rediscovering the joy of cycling, everyone is welcome. The circuit is designed for easy riding, making it perfect for families. Ride as many laps as you want, at a pace that suits you. Don't worry, our friendly volunteers will be on hand throughout the event, ensuring your peace of mind and safety. Our team will be at the circuit from 1pm to 4pm. Experienced HSBC UK Go-Ride coaches are ready to help improve your cycling skills and local ride leaders who will provide information about led rides and women-only rides in your area.

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