

INSPIRE TOGETHER EASTER NEWSLETTER



VISION AND VALUES

OUR VISION

that every young person enjoys being active so they have the long-term benefits of a healthy, happy lifestyle.

OUR MISSION

to provide health, wellbeing and physical activity opportunities to inspire the young people of Leicester and give them the knowledge they need to lead a healthier, happier future.

INSPIRE

To encourage future generations to participate in and learn through sport, physical activity and healthy opportunities, promoting physical, social and emotional wellbeing.

DEVELOP

To target inequalities, giving all young people the opportunity to learn and develop their physical skills and character, building self-belief, determination and resilience.

EXCEL

To provide young people with opportunities they can aspire towards, equipping them with the skills and knowledge needed to achieve success and be the best they can be.

COLLABORATE

Working within a professional network to maximise physical activity wellbeing opportunities for children and young people, through shared expertise and best practice.

Supporting the community and families, enabling them to create a positive environment for children and young people to be active, healthy and happy.

ENJOY

Fun is at the heart of everything we do. We know positive experiences make sport, physical activity & wellbeing opportunities enjoyable for young people, enabling them to develop a lifelong positive attitude towards health & wellbeing and a determination to achieve.

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**INSPIRE
TOGETHER**
A healthier, happier, future generation



HIGH QUALITY EVENTS & COMPETITION

DEVELOP WHEELCHAIR BASKETBALL



Our competition strand is made up of three event types. Inspire, Develop and Excel. This half term, an example of one of our Develop events was Wheelchair Basketball at Judgemeanow Community College.

We had a group of students from 4 different schools. When asked at the start of the sessions if any of them had tried a wheelchair sport before none of them put their hands up. They were so excited to get started and watched the demonstrations in awe.

They started out by learning chair safety, how to move and turn. They played several fun games whilst they got to grips with the chair.

Once they were more comfortable they got to try a game of wheelchair basketball. They realised how hard it is to use your upper body strength in a game like this.

The children all left with new skills and a love for a new sport, exactly the aim of a develop event!





HEALTH AND WELLBEING FESTIVALS

Our Primary Health and Wellbeing Festivals are ran with the help of secondary leaders. This half term the festivals have been ran by Babington, Orchard Mead and Avanti Fields. Before the day starts the leaders get to take part in some training. They are trained on each of the stations which the primary school children will be taking part in. Once they have an understanding of each station they get to choose which one they would like to be in charge of for the day.

Stations include, trying healthy foods, food plates, yoga bingo, boxercise, blind football and more! Once the leaders have had time to practise their stations on one another its time for the children to arrive!

The children are split into small groups and rotate round all the different activities. It is the leaders job to clearly explain what they want the children to do and most importantly ensure that they are having fun whilst learning!

We were impressed with how the leaders have conducted themselves this half term, they have really made a difference in a young persons life. Even if they have got them to try a smoothie for the first time. The leaders felt a sense of reward after the event had finished.



DEVELOPING YOUNG LEADERS

NEW COLLEGE



We couldn't successfully run our Inspire Together events without the help of our Young Leaders. They help to ensure everything runs smoothly and that the young people participating get the best possible experience. This half term saw our West Leicester Primary Gymnastics Competition take place. We were incredibly lucky to be able to use the facilities at New College again. In order to run this effectively we needed the help of their sports leaders.

The New College leaders had the big responsibility of judging! They got to judge floor events including body management. They also got to judge the beam and vault events. Some of the students got to work alongside professional judges. They gained so much from this hands on experience.

They were fantastic role models for the younger students and were extremely efficient. In order for this event to run well the scores need to be accurate and entered into the system quickly. The leaders ensured that this happened and were a big part of another successful event.

We can't wait to work with them again for our East Leicester Primary Gymnastics Competition!





INCLUSION

GIRLS BIGGEST FOOTBALL EVENT EVER

The FA Girls Biggest football event ever is a national event. From Northumberland to Cornwall, sessions took place all over the country to signify the importance of unlocking equal opportunities for girls to play football in their schools and communities. This year over 285,000 girls took part nationwide. We were responsible for about 250 girls who attended our events.

This was such an inspiring event despite the snow. Some of the girls who attended had never played football like this before. They left feeling so proud of themselves. We hope our event, along with the national movement for Women's football that the girls are inspired to carry it on in the future.





COMMUNITY EVENT

This half term we attended the active communities event at What A Goal Leicester, this event was a chance for community members to meet a range of providers and community groups who offer sport and physical activity sessions for adults. We took part in walking, Cricket and walking Football sessions and were able to share advice and guidance on Health and Wellbeing to the attendees on the day.



COMING UP

Holiday Activities and Food Programme

This Easter holiday Inspire Together are running 2 Holiday Activity and Food Camp's. For the first time, we are running a secondary camp aimed at ages 12-15.

These camps run at Crown Hills Community College and allow young people who are eligible for free school meals to attend a camp where they get a paid for meal every day.



Department
for Education



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