

INSPIRE TOGETHER MAY NEWSLETTER



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

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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HIGH QUALITY EVENTS & COMPETITION

FUTSAL INSPIRE STORY

It is really important to us that we demonstrate the positive impact our events have on young people. Below details the experience of a Year 7 student who was new to secondary competition. The student voice shows what a positive experience she had at our Futsal 'Excel' event.



Pre-event

This is an excel event, a competitive event, how do you feel leading up to the event today?

I'm feeling nervous, I've never played futsal before. I'm feeling some pressure to not make a mistake.

What are your expectations of the event today?

It's something new- the team has not trained or played before, so it is going to be hard. Hopefully we score lots of goals and it should be fun.

During Event

How are you feeling now the event has started?

Good - we have won all our matches so far. We have good teamwork and sub-rotations. I feel happy, the team are playing well.

Is the event going as you expected?

No - it is going a lot better than expected as we are winning games. I thought it would be bad because we have not played or trained before.

Post-Event

How are you feeling now the event has finished?

Happy as we won the trophy and qualified for the county finals. I had so much and I really enjoyed it.

What have you gained from taking part in today's competition?

Teamwork- we work well as a team. I have learned a lot about the game as I had never played before.

What have you learnt today that will help you to do better next time?

Accurate passing and learning to look up with the ball.

Would you play Futsal again?

Yes.





HEALTH AND WELLBEING FESTIVALS

Our Primary Health and Wellbeing Festivals are ran with the help of secondary leaders. Crown Hills Community College leaders helped at one of our festivals this half term. 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, creating shoe towers 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 had a particularly busy festival on this day as Mayflower Primary School bought a whole year group! This didn't phase our leaders and they coped with the busy environment and worked well under pressure.

We were impressed with how the leaders have conducted themselves, it is particularly hard to lead on a Key Stage 1 festival as the children have a smaller attention span. Well done to the Crown Hills leaders for keeping them engaged.



DEVELOPING YOUNG LEADERS

BEAUMONT LEYS



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, leaders from Beaumont Leys have been busy supporting at several of our events. Including, football and inclusive table cricket.

One event they helped out at was the inclusive table cricket event. Inclusive events need a calm and patient leader. It can often be quite overwhelming for leaders to work alongside the young people with SEND needs. The leaders from Beaumont Leys took it in their stride and were excellent role models. They encouraged the participants and kept score, they helped the day to run smoothly.

Another event they lead at was the FA girls football. This was part of our competition strand but was an 'Inspire' event. This means it was with girls who needed inspiring to take part and become more involved with sport. It is with the help of the Beaumont Leys leaders that they got so much out of the session.



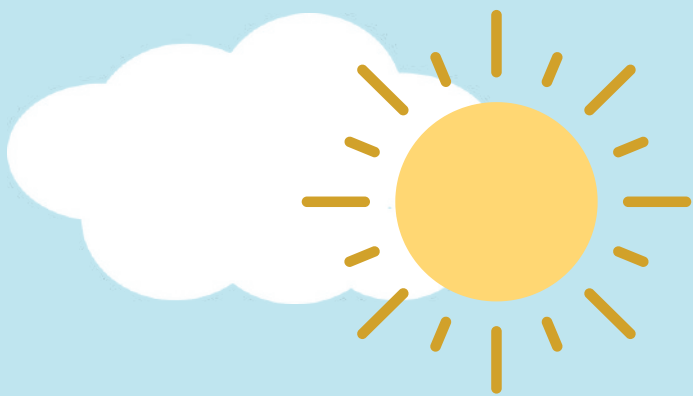


INCLUSION

DISABILITY ATHLETICS

This half term we supported the Leicestershire Disability Athletics Development Group to run the East Midlands Outdoor Disability Athletics Championships and Inspire Festival. Athletes braved the rain, with some outstanding performances all round! Some shots here of the howler, javelin, wheelchair athletics and wheelchair slalom in action! Great stuff!





**FREE OF
CHARGE!**

FAMILY FUN FESTIVAL

SATURDAY 17TH JUNE 10AM-2PM

COME AND HAVE A GO AT...

- **FENCING**
- **LEICESTER TIGERS RUGBY**
- **HEALTH ADVICE AND GUIDANCE**
- **LEICESTER RIDERS**
- **BOXING**
- **LCFC HEALTHY GOALS**
- **CYCLING**
- **GOLF**
- **SPORTS AND WELLNESS**
- **ARCHERY**
- **LCFC WALKING FOOTBALL**

SUITABLE FOR ALL AGES

**INSPIRE
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**CROWN HILLS
COMMUNITY COLLEGE**
A Specialist Sports College

IN COLLABORATION WITH...



SCAN THE QR CODE FOR MORE INFORMATION

Crown Hills Community College, Gwendolen Road, Leicester LE5 5FT



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