

# INSPIRE TOGETHER INFANT MEMBERSHIP OFFER 2023/24



We are delighted to be sharing this year's Inspire Together membership offer on the back of such a positive DfE announcement for infant & primary schools confirming the PE & Sport Premium Funding for the next two academic years. To support consistent and high-quality delivery, the Government has also shared their ambition for schools to offer a minimum of 2 hours timetabled curriculum PE to children of all ages and abilities, which Inspire Together welcomes and fully supports.

As an organisation we have enhanced our capacity to now have what we feel is a highly-skilled workforce to support the needs of our member schools across our 6 strands of focus: High-Quality Competition, Health & Wellbeing, Inclusion, Leadership, Community Engagement and High-Quality Physical Education. Our work across these focus areas supports 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.'

We continue to focus on clear outcomes for each strand of our membership matched to Ofsted descriptors and impact evaluation, to support the alignment of our offer to whole school priorities. The elements in our membership offer compliment the priorities in the DfE's PE Premium funding conditions which we anticipate will reflect the content of the long-awaited revised School Sport and Activity Action Plan.

We appreciate the challenge that schools and communities are under in regard to the cost-of-living crisis and uncertainty around staffing costs. As such we have kept membership costs the same for this the third year of our current core offer and have endeavoured to add flexibility with our additional, enhanced programmes which allows schools to shape the offer to their priorities and needs.

This membership document is complimented by our 'Intention to Engage' survey that adds detail to the membership affiliation, giving your school the opportunity to sign up for the various additional programmes and opportunities that we offer. Within this we have included: an opportunity to shape our staff CPD offer, support for curriculum PE planning and equipment hire to increase the breadth of provision in your school.





# HEALTH AND WELLBEING

Our Health & Wellbeing offer to schools is constantly evolving to meet the current needs of children & young people. The fallout of the pandemic and cost of living crisis continues to negatively impact on the mental & physical wellbeing of children, unfortunately creating greater inequalities across our communities. Delivering our targeted interventions to engage, inspire & educate the most vulnerable young people supports them to understand and enjoy the benefits of an active and healthy lifestyle.

Our programmes focus on physical & emotional literacy and key nutritional education to help develop healthier, happier young people.

## Health & Wellbeing Outcomes

### Resources

- Awareness of the importance of a healthy and active lifestyle developed.
- Whole school approaches championed on how to achieve and sustain a healthy and active lifestyle.

### Celebration Events

- Supporting the knowledge gained through intervention programmes in a fun, interactive inter-school environment to share ideas and inspire further engagement.
- A chance for pupils to reflect & showcase what they have learnt.

### Targeted programmes

- Overcome inequality in health and physical activity through a targeted approach.
- Development of fundamental movement skills to support an active lifestyle and lifelong health.
- Starting the journey of embedding lifelong health and wellbeing within the school setting.

### Continual Professional Development

- Upskill and empower staff to embed and/or sustain targeted opportunities within the school setting.

## Ofsted Alignment



*'Developing pupils' understanding of how to keep physically healthy, eat healthily and maintain an active lifestyle, including giving ample opportunities for pupils to be active during the school day and through extra-curricular activities.'*

*'Developing pupils' confidence, resilience and knowledge so that they can keep themselves mentally healthy.'*

*'The school consistently promotes the extensive personal development of pupils. The school goes beyond the expected, so that pupils have access to a wide, rich set of experiences.'*

[VIEW BALANCEABILITY INSPIRE STORY VIDEO](#)



# HIGH QUALITY EVENTS

Our focus for foundation and Key Stage 1 children in this area continues to be: inspiring participation, developing fundamental movement skills and a building a love for activity through fun, play-based festivals. We hope that this gives the opportunity for a greater number of children to represent their school at inter-school events whatever their ability, whilst ensuring that the opportunities available are appropriate to the ability and needs of the participants.



## Event Outcomes

### Inspire Events

#### Target audience

- Children of all abilities who would benefit from positive experiences in physical activity and sport.
- Pupils who benefit from an opportunity to represent their school alongside children from other schools to develop their confidence and social skills.

#### Outcomes

- A positive experience in physical activity, being involved in opportunities that build emotional, physical, and social wellbeing, inspiring further participation and raising aspiration.
- Developing character values and life skills in a supportive and non-competitive environment.
- Pupils discovering new/alternative activities within a supportive coaching environment.
- Social opportunities for pupils to engage with other pupils from across the network.

### Health & Wellbeing Celebration Festivals

#### Target audience

- Pupils who have engaged in intervention programmes to support physical, mental and emotional wellbeing.

#### Outcomes

- Reflecting and celebrating the knowledge gained.
- Developing further techniques for a healthier lifestyle.
- Promoting 60 minutes a day of activity as a minimum.
- Supporting nutritional education and inspiring positive change.

## Ofsted Alignment



*'Developing pupils' character, which we define as a set of positive personal traits, dispositions and virtues that informs their motivation and guides their conduct so that they reflect wisely, learn eagerly, behave with integrity and cooperate consistently well with others.'*

*"Developing pupils' character, which we define as a set of positive personal traits, dispositions and virtues that informs their motivation and guides their conduct so that they reflect wisely, learn eagerly, behave with integrity and cooperate consistently well with others."*

*'The curriculum provided by schools should extend beyond the academic, technical or vocational.'*

[VIEW INSPIRE STORY](#)



# KEY STAGE 1 INSPIRE STORY 'SPECIALISED FUNDAMENTALS'

The Specialised Fundamentals programme has been created to help the growing numbers of children whose delayed physical development is a very real barrier to listening and concentration, learning success and appropriate behaviour. It helps children who struggle with fundamental movement, fine or gross motor skills, co-ordination and core strength.

When this Key Stage 1 pupil joined the first session she struggled to sit up straight and keep still. When asked if she could do certain movements like 'rolling like a dolphin' she lay on her back and wouldn't even try to roll over. But, with a little help and coaching from our specialist Health & Wellbeing Coach, Jen, her confidence grew and her skills began to develop. In the final session of the programme she was noticeably more energetic and enthusiastic. Her core development and concentration skills were demonstrated as she sat still and listened during instructions throughout the session.

However, the biggest improvement of all though came when she again tried the fundamental movements she had attempted in the first session. She was able to recognise what was required, get into position and roll over unassisted. She also managed to successfully complete a sequence of other moves which were beyond her in earlier sessions. Her smile throughout the final session clearly demonstrated the positive impact that the programme had on her confidence and self-esteem.



## INCLUSION

Targeted work to support the health and wellbeing of our most disadvantaged children is vital. We are committed in supporting schools to provide high quality provision appropriate for all children regardless of their background or ability and raising awareness of barriers to living an active, healthy life.

To support this we have taken on the Youth Sport Trust 'Lead Inclusion School' role for Leicester, Leicestershire & Rutland, and have employed an Inclusion Development Officer to support this key area.

### Inclusion Outcomes

- Challenging inequality for vulnerable & minority groups.
- Creating equal opportunities for all young people.
- Young people experiencing and accepting the diverse range of needs and ability within their community.
- Raising the profile of disability sport & opportunities

### Ofsted Alignment



*'Disadvantaged pupils and pupils with SEND acquire the knowledge and cultural capital they need to succeed in life.'*

*'Promoting an inclusive environment that meets the needs of all pupils, irrespective of age, disability, gender reassignment, race, religion or belief, sex or sexual orientation.'*



# HIGH QUALITY PE

Physical Education has a unique role in the learning, development and achievement of children and young people. Because of this, we believe that high quality Physical Education should be at the heart of school life, and of whole-school development.

## High Quality PE Outcomes

- Skilled staff to deliver High Quality PE, school sport & physical activity.
- Best practice examples shared across the network.
- The skills of the network utilised to support other staff.
- High Quality CPD opportunities available to upskill teachers and school support staff.

## Ofsted Alignment



*'Teachers have expert knowledge of the subjects that they teach. If they do not, they are supported to address gaps in their knowledge so that pupils are not disadvantaged by ineffective teaching.'*

# COMMUNITY ENGAGEMENT

We recognise that educating and inspiring children to live a healthy active lifestyle is just one part of the solution to young people to make lifelong changes, which will have a positive and meaningful impact on their physical, mental and social health. Engaging with, and educating, parents, guardians and the wider community is vital to making a sustainable change.

## Community Outcomes

- Links with local clubs and sport/physical activity providers to promote further engagement outside of the school gates.
- Engaging parents/carers in health, wellbeing and nutrition programmes to support family health.
- Links to LCC community programmes to support participation outside of school for young people and their families.

## Ofsted Alignment



*'Developing responsible, respectful and active citizens who are able to play their part and become actively involved in public life as adults.'*

*'Willingness to participate in a variety of communities and social settings.'*

[VIEW HAF CASE STUDY](#)



# 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

# INSPIRE TOGETHER MEMBERSHIP AFFILIATION

## Infant School Membership

Numbers on roll	Cost per Academic Year
Under 200	£800
200+	£1,000

**Please return to confirm continued membership by Wednesday 28th June**

### School Details

Name of School:.....

Head Teacher/Principal name:..... Email address:.....

PE Subject Lead name: ..... Email address:.....

School Type	Numbers On Roll (excluding pre-school FS1)
Infant	
Inspire Together Membership Affiliation cost per year (as per pricing structures on membership document)	

☐ I agree to the cost of the Service Level Agreement for the above 2023/24 Inspire Together Membership to be invoiced directly:

☐ In July 2023                      Or                      ☐ In September 2023

☐ I have read/my safeguarding lead member of staff has read and printed the 'Inspire Together Child Protection & Safeguarding Plan' and the 'Inspire Together Media Policy' and agree to share with staff who attend Inspire Together events.

☐ I have read and agree to the 'Inspire Together Code of Conduct' and will share with all relevant colleagues attending Inspire Together events and competitions.

Signed by Headteacher/Principal.....

Date.....

Please return your completed affiliation form to:  
Inspire Together, Crown Hills CC, Gwendolen Road, Leicester LE5 5FT  
inspiretogether@crownhills.leicester.sch.uk / 0116 249 1032