

INSPIRE TOGETHER SUMMER 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.

 @InspireTogether  Gwendolen Road, Leicester LE5 5FT
 @InspireTogeth3r  0116 249 1032
 @InspireTogeth3r  inspiretogether@crownhills.leicester.sch.uk
 @InspireTogether  www.inspiretogether.org.uk

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

HIGH QUALITY EVENTS & COMPETITION ATHLETICS



This term saw the return of 2 of the biggest events in our calendar. The West and East Leicester Secondary Area Athletics competitions. These are excel events which aim to provide opportunities for young people who aspire towards further progression and success in sport and physical activity; either as an individual or as part of a team, through competition structures, talent pathways and performance programmes.

We had over a thousand secondary students taking part across the 2 events. It was great to see so many young people there and engaged. They took part in a mixture of track and field events, from long jump and javelin to the 400m and relays. Alongside competing the attendees showed excellent team work. They thoroughly enjoyed cheering one another on from the stands and were amicable with students from other schools.

There was such a range of talent involved. We hope that the students are inspired by a particular track or field event and that some students may go on to join clubs and develop their skills further.





HEALTH AND WELLBEING

FESTIVALS

Our Primary Health and Wellbeing Festivals are ran with the help of secondary leaders. Soar Valley 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, archery 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, it is particularly hard to lead on a Key Stage 2 festival as the children have a smaller attention span. Well done to the Soar Valley leaders for keeping them engaged.



DEVELOPING YOUNG LEADERS

WHISTLERS COURSE

This year we have delivered the Whistlers refereeing programme to several young people within our member secondary schools. Whistlers aims to help young people develop a basic understanding of football and refereeing, as well as an awareness and understanding for the need of figures of authority within sport and society.

These 2 students from Lancaster Academy have had the dedication to complete the course. They have been working on it all year and attended weekly league fixtures, even when it was freezing cold. Not only has this course given the boys a better understanding of the game but it also helps assist in reducing conflict within school and engages young people with behavioural issues in positive diversionary activity. They are excellent role models to the younger children in the league and they portray the principles of 'fair play,' and help to unify the children.

These 2 boys were the official referees at the Inspire Together Primary Football Shield Finals. They did well at staying calm and composed in a pressured environment. They were confident and ensured that the day was successful.

We will look at the next step in these leaders refereeing journey and continue with a new course next year to help take them to the next level.





INCLUSION

LEADERSHIP

This half term we had the support of 4 leaders from Birch Wood School who supported at our Inclusive Multi Sports and Health and Wellbeing Festival.

They were running 2 different stations with the children who attended who had a variety of SEND needs.

The leaders from Birch Wood School had taken part in our inclusive leadership training and this was their first time leading the younger children. They started the day off slightly nervously, it took them a while to get into a rhythm. After a few groups had had a go on their stations they relaxed and got into the swing of things. Their confidence grew more and more with every group. We were so impressed with their courage to do something like this. They have learnt a fantastic new skill of being able to lead younger children successfully.





COMMUNITY FAMILY FUN FESTIVAL

This half term we ran our first ever 'Family Fun Festival'. The aim was to get different sports and health and wellbeing providers at CHCC so families could take part in taster sessions. If they like what they tried they could then find club links. We had providers from Leicester City, Leicester Tigers, Leicester Riders, Centre for Ethnic Health, Public Health and much more!

We are pleased to say that the event was very successful, we had nearly 500 people attend throughout the day! It was fantastic to see so many families trying something new. One parent, who had made the trip especially from Loughborough, said "What a fantastic event! It was lovely for the community to be together and it was so thoughtful to be provided water and fruit. My children got to try some great activities".



INSPIRE TOGETHER



A healthier, happier, future generation



@InspireTogether



Gwendolen Road, Leicester LE5 5FT



@InspireTogeth3r



0116 249 1032



@InspireTogeth3r



inspiretogether@crownhills.leicester.sch.uk



@InspireTogether



www.inspiretogether.org.uk