

# INSPIRE TOGETHER WINTER 23/24 NEWSLETTER

## SECONDARY AGE GROUPS



# 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

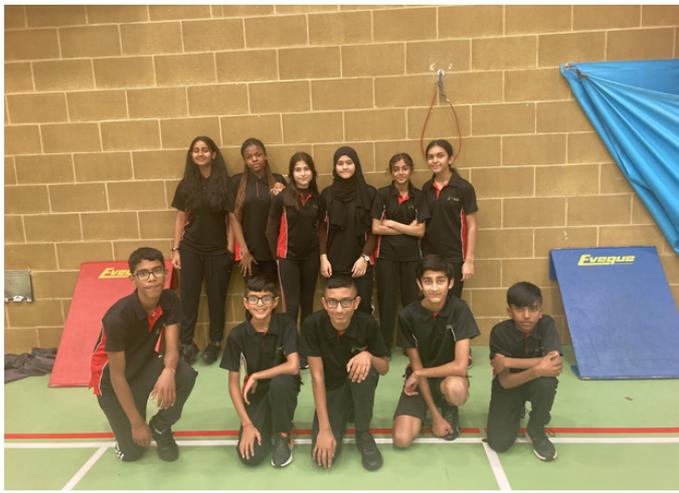
**INSPIRE  
TOGETHER**   
A healthier, happier, future generation

# HIGH QUALITY EVENTS & COMPETITION

## SPORTSHALL ATHLETICS

Our annual East and West Leicester Sportshall Athletics competition is always a hit with the young people participating! The event always has such a fantastic atmosphere. The Year 7 and 8 pupils took part in field events including: shot, speed bounce, vertical jump and standing long jump & triple jump.

They also love being cheered on by their teammates during the track individual events and relays. Congratulations to the winning schools who will go through to represent the city at the county finals in April: East Leicester, St. Paul's x 4 teams & West Leicester, Sir Jonathan North College x 2 teams, Fullhurst & Lancaster Academy.





# HEALTH AND WELLBEING

## ACTIVE IN MIND

Active in Mind is a Mental Health intervention in partnership with the Youth Sport Trust aimed at secondary aged children. As part of the programme an athlete mentor provides training for a selected group of 5-10 student mentors (year 9/10 students) to be able to support a nurture group of 15-20 selected learners in their school from year 7 or 8 who have low level anxiety or stress as identified in school.

The athlete mentor supports the mentor group in a range of mental health support techniques which will enable them to run a 6-week activity based programme for the selected nurture group to manage their experience in school more positively. The athlete mentor will then return for a half-day follow-up celebration with all of the learners involved.

[Click here for more information](#)

If you would like to book your school onto this programme, please email Pete: [pthorpe@crownhills.leicester.sch.uk](mailto:pthorpe@crownhills.leicester.sch.uk)



# DEVELOPING YOUNG LEADERS

## PRIMARY EVENTS

We couldn't successfully run our Inspire Together events without the help of our fantastic 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 The City of Leicester College have been supporting our events, including our Development event based on Friendship which targets primary aged pupils who need some motivation and support to become more engaged in physical activity, whilst having the opportunity to develop teamwork skills and to make some new friends.

The City of Leicester College Leaders engaged really well with the primary school pupils, being great role models for the participants. The leaders took a lot of valuable skills away from the experience themselves, developing their communication skills and confidence, relishing the chance to share their passion for physical activity with the primary school children.





# INCLUSION

## PARALLEL SPORTSHALL ATHLETICS

During the Autumn term we have supported the Disability Athletics Development Group with their series of Parallel Sportshall Athletics events. The events give the opportunity for SEND secondary aged students from across Leicester, Leics. & Rutland to compete in an adapted indoor athletics format. The Key Stage 3 & Key Stage 4/5 qualifying events were both hosted in the fantastic sports hall facilities at Crown Hills CC and supported by their excellent leaders.

Athletes attending rotate through the six athletic field disciplines: Speed Bounce, High-Stepper, Long-jump, Soft Javelin, Target Throw and Chest Push. The atmosphere at these events is always second to none, with fantastic support given to each athlete from participants from all teams. This is particularly noticeable in the relays at the end of the event giving a chance to every athlete to run or push in races for their school.

Teams qualifying from the events went on to represent their area at the county final at Aylestone Leisure Centre in December where Crown Hills CC (KS3), Soar Valley College (KS4/5) & Babington Academy (KS3 & KS4/5) represented the city areas.

Overall county winners at the final were: Maplewell School (KS3) & Forest Way School (KS4/5).





# COMMUNITY

---

## LIBRARY SESSIONS

During October half-term we collaborated with Leicester Library Services to run some physical activity sessions during their parents and child drop in sessions.

We had a fantastic day running fun fencing taster sessions in two local libraries: Rushey Mead Library & Recreation Centre and St. Barnabas library. These were supported by Leicester City Councillors through local Ward funding contributions.

Activity can happen anywhere with some imagination and clever collaborations. It was great to have the parents there so they could get involved in the session with their children if they wished too. We hope to do more collaborative work like this during the school holidays in the future!



# 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**