

INSPIRE TOGETHER WINTER 23/24 NEWSLETTER

PRIMARY AGE GROUPS



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

SPORTSHALL ATHLETICS

Our annual East and West Leicester Sportshall Athletics competition is always a hit with the young people! The event always has such a fantastic atmosphere. The Year 5 and 6 pupils took part in field events including; soft javelin, speed bounce, standing long jump and standing triple jump. They also really enjoyed being cheered on by their teammates during the track events. They love the obstacle and relay races, working together in a team.

Congratulations to our East Leicester winners, St John Fisher CVA and our West Leicester winners, Marriott Primary School who have qualified for the county finals in April. A huge well done to our 'Spirit of the Games' winners who demonstrated the school games values exceptionally at the events; St. John the Baptist, Parks, Linden and St.Thomas More primaries.



HEALTH AND WELLBEING

CELEBRATION ASSEMBLY

We have run lots of different health and wellbeing programmes this term and have really enjoyed visiting Primary Schools to deliver a variety of sessions. This half-term, Stokes Wood Primary School have taken part in 3 different programmes. Me in Mind, Sparx Club and Balanceability.

It's fantastic to have such great engagement from our member schools. Different groups of children will have learnt a wide range of skills to develop their physical, emotional and mental health. They are, as a result, hopefully more engaged with PE, physical activity and school life.

Key Stage 1 targeted Sparx Club has helped children to learn about healthy lifestyles and make meaningful changes to benefit their long-term health. Me-in-Mind has given children the opportunity to learn how to understand and manage their emotions. Balanceability has allowed Key Stage 1 children to improve their core strength and develop their skills and confidence in riding a balance bike, helping them to engage in active travel and to progress to a pedal bike.

We had a surprise for the children at Stokes Wood Primary School to celebrate their sessions this half-term. Active Anita presented them with their certificates in their celebration assembly!

We are always happy to attend assemblies with Active Anita for schools who have taken part in our Health and Wellbeing sessions, and hope to visit more schools next term! If you would like to book your school onto any of these fantastic programmes, please email Pete Thorpe: pthorpe@crownhills.leicester.sch.uk





DEVELOPING YOUNG LEADERS

KEY STAGE 1 FESTIVAL

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. Last year we committed to utilise the skills of our Primary aged Leaders to support the younger pupils. We were super impressed with the Year 6 leaders from Braunstone Frith Primary Academy who led an Infant Multi-skills festival this half term.

This was the year 6's first time leading at an event. Before the festival they had a training session with our coaches who ran through all the different activities. They learnt how to lead 'the floor is lava' game, parachute games, balloon balancing game and target practice. The leaders really came out of their shells and we were impressed with their confidence and communication skills. The Key Stage 1 children participating had a great time!





INCLUSION

POLYBAT & TABLE CRICKET

This half-term we held our first Polybat and Table Cricket inclusion event in partnership with Leicestershire County Cricket Club. The event was a fantastic opportunity for the SEND pupils who attended to try some new activities.

Both activities have been specially designed as inclusive games that people of all abilities can play on a even playing field. There were personal best and team challenges alongside the games.

Polybat endeavours to provide youngsters with more severe impairments who cannot play recreational table tennis, with a suitable bat/ball net type game. The perceptual challenges of ordinary table tennis are reduced as the ball is kept on the surface of the table during play. The table tennis table used has barriers on both sides and the net removed to contain the ball. A suitable ball is chosen for the ability of the players, with larger or slower balls available, and the mid-line of the table is used as a guide to which players shot it is.

Table cricket is an adapted version of cricket that is played on a table tennis table with teams of six taking it in turn to bowl or bat. It is a great game of strategy with different scoring zones and carefully positioned fielders around the table. Bowlers use a ramp to deliver the ball to the batter who has to hit the ball into the scoring zones, avoiding the fielders if they can! This inclusive game has been specially designed to give young people with a disability the chance to play and compete in the sport we all love, alongside their non-disabled peers.





COMMUNITY

ACTIVE 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!



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