

INSPIRE TOGETHER FEBRUARY 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

BASKETBALL LEAGUE

This half term has seen the launch of our basketball competition. We have seen teams from East and West Leicester compete in several pools. We've been really impressed by the standard of play and the sportsmanship which pupils have demonstrated through their games.

Congratulations to our East Leicester finalists Linden, Abbey Mead, Wyvern, Uplands, St Josephs and St Thomas More.

Congratulations to our West Leicester finalists Christ the King, St John the Baptist, Marriott, Avenue, Shaftesbury and Montrose.

We couldn't run this league without the help of the fantastic sports leaders from the host schools, English Martyrs and Orchard Mead, who officiated the matches.



HEALTH AND WELLBEING

LUNCHTIME ENERGISERS

Spring Term has seen the launch of our Lunchtime Energisers CPD training sessions. The first school which our team went into to deliver this was Linden Primary School. Our Health, Wellbeing and Community manager went into school to up skill their current Lunchtime Supervisors.

A Lunchtime Energiser:

- Makes sure all the children are safe at break and lunch times whilst being active.
- Involves the children with physical activity at break and lunch time.
- Has fun with the children basing activities around play.
- Has a basic understanding of health and wellbeing and why being active is important.
- Works with the school to ensure quality of delivery.

Before lunch they received a training session which emphasised the importance of physical exercise and making sure children get a minimum of 60 minutes a day as well as giving them lots of resources with activities in which they can use with the children at break and lunchtime. We also spoke about the importance of different policies including a rainy day policy, a football policy and a playground policy. After the initial training session, our staff will return to work with the lunchtime supervisors and help them bring the training to life during a lunchtime!





DEVELOPING YOUNG LEADERS

UPCOMING ENHANCED LEADERSHIP DAY

Coming up...our Enhanced Leadership Training Days! We are excited for these events in Spring Term 2 for which we have nearly 20 schools signed up to attend the training across 2 different sessions.

The outcome of the Enhanced Leadership Training Days is to build on the work schools have been doing with our Virtual Primary Leadership Resources.

On the day, schools will each bring 8 pupils who will take part in a variety of activities. In the afternoon they will split into different workshops. 2 pupils, from their school, will take part in the following workshops:

- Health and Wellbeing
- Media/IT
- Playground Activators
- Eco/Green Leaders

The pupils who have taken part in the training day will then go back to school and share what they have learnt and implement their new skills to support 60 minutes of physical activity for every child.



Inspire Together Primary Leadership Academy



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INCLUSION

NEW AGE KURLING

During Spring Term 2 we held the New Age Kurling East and West Leicester Key Stage 2 qualifiers. Over the day we had 20 primary and special schools participate. Across the day we had engaged over 100 pupils! It was fantastic to see so many young people engaged.

New Age Kurling is a team sport adapted from the sport of curling to be fully inclusive for all young people. Between two and four players on opposing teams compete in a tactical game which involves sliding weighted stones towards a circular target. Children of all abilities are able to have a go which makes this event so successful. Pupils with a variety of SEND needs were fully engaged in the activity and the adaptations meant everyone could take part on an even playing field.

It was great to hear the cheering when a pupil got close to the target and the support and encouragement from their team mates when they were having a go.

Congratulations to Forest Lodge Primary School who won the West Leicester City Competition and Spinney Hill Primary School who won the East Leicester City Competition. Both teams will qualify for the county finals at the Paralympic festival at Loughborough University in April.





COMMUNITY

WINTER HAF CAMP

During the winter break Inspire Together ran a Holiday Activity and Food Camp for children aged 5-16. The camp ran at Crown Hills Community College and allowed young people who are eligible for free school meals to attend and get a paid for meal every day. As well as this they get to take part in lots of different activities, from dance to quizzes! They also enjoyed making 'winter creations' like snowflakes and paper chains. They took part in different Health and Wellbeing activities by studying different food plates.

These young people come back to the camps year after year and are inspired to join sports clubs after trying so many different sports throughout the week. Nearly 60 free school meal eligible children attended the camp over the week, each receiving lunch on every one of the five days.

A pupil with Autism Spectrum Disorder attended each day of the camp, it was important to his Mum that he could attend along with his two siblings. A specialist member of staff was employed and activities were adapted to ensure that he could join in with everything that his brothers and the other children were doing. His Mum was thrilled that he had one-to-one support throughout the week which gave her confidence that he received the care and attention that he needed to thrive at the camp.

At the end of the Inspire Together HAF Camp parents and carers were invited to join their children at Crown Hills Community College for a celebration of their week with a presentation of certificates and gifts for all participants. The children were also recognised for showing great effort, values & friendship at the camp.



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