

INSPIRE TOGETHER EASTER 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

GYMNASTICS

During Spring Term we hosted the first ever E.L RISE Gymnastics competition with the support of the New College leaders. This is always one of our popular Primary competitions and it was great to see the children giving the new syllabus a go. We had 2 competitions, East and West Leicester. Across the 2 days we had nearly 400 children competing!

There was 1st, 2nd and 3rd place medals for each of the 4 levels, for both teams and individuals. Congratulations to all the teams and individuals who managed to secure a medal or a trophy! We couldn't run this league without the help of the fantastic sports leaders from the host schools, New College Leicester, who helped to judge the different events.



HEALTH AND WELLBEING

COMING UP...PROGRAMME FESTIVALS

For the 23/24 academic year we will be offering festivals as 'celebratory festivals' for children who have completed one of our Health and Wellbeing programmes. Our programmes can be found under the our programmes tab on the right hand side.

We have had the pleasure to deliver our Health and Wellbeing programmes in lots of different Primary schools so far this academic year. Programmes include:

- Balanceability
- Specialised Fundamentals
- Sparx Club
- Energise Club
- This Girl Can
- Me in Mind

During Summer Term 1 we will be launching these new festivals. All Primary schools who have completed one of the above programmes will be invited to a festival. For example, if your school has completed 'Me in Mind' this academic year, the group of children that took part in the programme will be invited to a 'Me in Mind Festival'. We can't wait to launch these new celebration festivals!





DEVELOPING YOUNG LEADERS

ENHANCED LEADERSHIP DAYS

Our enhanced leadership training days took part during spring term 2. we have nearly 20 schools signed up to attend the training across 2 different sessions.

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

On the day, schools brought 8 pupils who took part in a variety of activities to develop their leadership skills. In the afternoon they were 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 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.





INCLUSION

KEY STAGE 2 PARALLEL SPORTSHALL ATHLETICS

During Spring Term 2 we held the Key Stage 2 Parallel Sportshall Athletics Competition at Crown Hills Community College in partnership with Leicestershire Disability Athletics Development Group.

This event gives the opportunity for SEND pupils from across Leicester, Leics. & Rutland to compete in an adapted indoor athletics format. The Key Stage 2 qualifying event was 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 run at the end of the event giving a chance to every athlete to run or push in races for their school.



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