

INSPIRE TOGETHER FEBRUARY NEWSLETTER



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

CRICKET & BADMINTON

This Half-term we have seen the Badminton and Indoor cricket competitions take place across Leicester City .

We have been impressed with the skills and sportsmanship demonstrated by all the schools taking part.

Congratulations to all the teams that have qualified for the badminton and indoor cricket finals!





HEALTH AND WELLBEING

BOYS MOVE A PATHWAY TO LEADERSHIP

In order to carry on with the progress Aaron made with some of the young people in his Boys Move session he chose some boys to take part in the 'Young Whistlers' programme. One student who had developed considerably throughout the sessions, was Billy. He had matured during the 6 weeks and had taken Aaron's feedback on board. He was concentrating more in lessons and was wanting to gain as much from Boys Move as he could. For this reason, Aaron asked him if he would like to take part in the 'Young Whistlers' programme. He jumped at the chance and immediately said yes.

The next week, our Inspire Together coaches went into Lancaster Academy to deliver the training to the young leaders, including Billy. Once they had done an afternoon on how to referee a match they headed down to Aylestone football club. This is where the Primary League fixtures are held every week.

Without being asked Billy went round to all the primary schools before the game started and introduced himself to both staff and students. He was polite and personable and it was great to see him making the connections.

He was a linesman for the first match and then felt confident enough to have a go at refereeing a game. It was fantastic to see his confidence and personality used in a positive way. Despite the cold weather, he thoroughly enjoyed himself. We hope he is committed to the Primary League and look forward to seeing him at more fixtures.

We recognised the potential in this student and didn't want the progress in 6 weeks to disappear. Hence, we gave him the opportunity to develop further by taking part in our leadership programme.



DEVELOPING YOUNG LEADERS

We couldn't successfully run our Inspire Together events without the help of our Young Leaders. They help to ensure everything runs smoothly and that the young people participating get the best possible experience. This half term saw the start of our Primary Basketball League. In order to run this effectively we needed the help of secondary sports leaders.



Half of the pool games were held at Orchard Mead Academy. Over the course of the half term we had 6 girls running the games. They learnt new skills, from how to officiate the game to developing their confidence. At the end of the half term we made a video with the girls to see what they had taken away from the experience. They said things like "I have learnt how to effectively interact with this age group" "I can now confidently officiate a basketball match" "I have enjoyed being a positive role model to children". It was fantastic to hear all their positive feedback and how much they have gained from being a sports leader.

To watch the full video scan the QR code!





INCLUSION

LEADERSHIP PARALLEL SPORTSHALL ATHLETICS

This half term we have ran the primary parallel Sporsthall Athletics competition in collaboration with Leicestershire Disability Athletics Development Group. The event Key Stage 2 students taking part.



We couldn't run these events and support the complex needs of the pupils taking part without the help of our secondary leaders. This half term, it was the fantastic leaders from Beaumont Leys secondary school who led our Parallel Sportshall Athletics event.

They were calm and patient with the SEND children who attended. They gave clear instructions to the pupils so they knew exactly what to do on each station. They encouraged the students to try their best and found the experience incredibly rewarding when they could see how much it meant to the young person.

COMING UP!

Our Leadership day is coming up!

We are hoping to select a minimum of 30 young leaders from various schools around Leicestershire. The idea is for them to participate in an inclusive leadership day which will be delivered by an athlete mentor from the Youth Sport Trust. This will be open to both mainstream students and students with SEND needs. We hope they will learn various leadership skills ready to deliver events to SEND children later on in the school year.





COMMUNITY

HAF CAMP & PARENTAL GATHERING

This winter Inspire Together ran a Holiday Activity and Food Camp for children aged 5-12. These camps ran at Crown Hills Community College and allowed young people who are eligible for free school meals to attend a camp where they get a paid for meal every day.

As well as this they get to take part in lots of different activities, from gymnastics to treasure hunts! 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 and making smoothies! 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.



Our Health and Well being Coach, Aaron, attended the Crown Hills parent gathering this half term. He educated parents on the importance of exercise and the benefits it can have on their families. They measured their resting heart rate and then went on a 'walk and talk'. After doing some gentle exercise they measured their heart rate again to see the impact.

If your school would like support with parent sessions, please get in touch!

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