

Annual report 2013-2014

Generated July2014

| Services | Description of services | Impact | |
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| <p>Continuous Professional Development</p> | <p>A comprehensive programme of primary school courses, delivered locally, aimed at supporting all school staff deliver high quality PE and Sport.</p> <p>Courses included; Gymnastics, Netball, Orienteering, Athletics, Quick Sticks, Teacher Certificate in Elevating Athletics, Table Tennis, Cheerleading, Football, Street Dance, LTA Teacher Certificate in Tennis, Zumba, ASA Teacher Certificate in Curriculum Swimming, Playground Leadership and Curriculum Games</p> <p>We also facilitated a bespoke course on engaging pupils actively in PE and sports clubs as a result of Ofsted findings, which stated that in a quarter of schools, warm ups were too short and easy, followed by long periods of inactivity.</p> | <ul style="list-style-type: none"> • We have held 57 local CPD courses • In total there have been 578 school staff attendances to the courses • 100% of teachers who attended these courses either agreed or strongly agreed to the courses equipping them to make an impact in their practice • 98% of candidates stated that the course met their needs • 98% agreed or strongly agreed to the training having an impact on their teaching practice • Key actions of teachers from courses included: <ul style="list-style-type: none"> ○ 'Ensure use of deeper cross-curricular links' ○ 'Embed PE/Sport across the curriculum' ○ 'Deliver staff training on using PE in other areas' ○ 'More structured games in the playground' ○ 'Take a lot of ideas back into own teaching' |   |
| <p>Specialist coaches</p> | <p>Inspire+ provided qualified coaching in our schools delivering a comprehensive range of activities with local, dependable, qualified and CRB (DBS) checked coaches, who inspire pupils to continue to play these sports both at school</p> | <ul style="list-style-type: none"> • Coaches have attended schools to deliver high quality PE during curriculum and afterschool sessions in various sports • Currently 43 schools have accessed a minimum of two terms worth of specialist coaching sessions as | |

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| | <p>and in the community setting.</p> <p>We currently have 22 specialist coaches that provide schools with this service and can facilitate over 17 different sports including; Athletics, Badminton, Netball, Tennis, Yoga, Multi-Skills and Dance.</p> | <p>part of their Inspire+ membership, with many of the schools paying for additional sessions</p> <ul style="list-style-type: none"> • Our specialist coaches provide teachers with the knowledge and guidance to improve and up skill their current PE experience • 15 schools have accessed specialist coaches to support the development of their teachers to deliver PE in the curriculum • Head teacher of one of our schools commended the team at Inspire+ for providing such a fantastic quality of service. <i>“The impact on staff and children has been immense and the possibilities for future development across the whole range of aspects of children’s physical development is very exciting”</i> Sue Eveleigh, Long Bennington Primary School • Our specialist coaches also identify talented participants within their sessions and promote local community sports clubs |   |
| <p>PE curriculum development support</p> | <p>We work closely with the County Council to ensure that each school can access support from the CfBT PE Team. This included:</p> <ul style="list-style-type: none"> • A PE consultant visit to support curriculum PE development • Three localised termly PE forums aimed at, Head Teachers /PE Co-ordinators <p>Education awareness training was also provided to Inspire+ specialist coaches delivering PE.</p> | <ul style="list-style-type: none"> • Support has been given to schools in Assessment, High Quality PE, Schemes of Work, new Ofsted criteria and new curriculum framework • Feedback from a Head teacher that received CfBT training; <i>‘Thank you for coming to our school to deliver on Outstanding PE Lessons to the staff of our Federation. Your training was really well received and I have seen evidence of impact already. I thought the resources you left for staff and the activities throughout the evening were excellent.’</i> Mrs Edwards, Harlaxton and Denton Head teacher |  |

Inspire+ Legacy Challenge

The Legacy Challenge has been created and published by Inspire+. Launched in 2012 with the support of Lord Coe pupils from South Kesteven embarked on a series of challenges created to realise the London 2012 pledge of 'Inspire a Generation'.

The new 2013/14 Legacy Challenge challenges pupils to be more physically active and leading healthier lifestyles.

Inspire+ has designed the resources so that young people play a big role in promoting and supporting the Legacy Challenge within their school through engaging their peers in the initiative. This leadership role has helped develop their future employability skills.

The Legacy Challenge can be used throughout the whole year or as a condensed project within the school and it is suitable for both Key Stage 1 & Key Stage 2.

Inspire+ has secured two contracts from Public Health to roll out the initiative to schools in Lincolnshire. The interest in the Legacy Challenge has also been substantial outside the county of Lincolnshire. Many School Games Organisers including those in Nottinghamshire, Rutland, Peterborough, Devon and Cambridgeshire have utilised the Legacy Challenge initiative.

- The Legacy Challenge has been successfully launched in Lincolnshire and funded by Public Health Lincolnshire
- Throughout the year we have conducted 25 centralised training events that engaged both teachers and young people
- We have trained over 500 young people to become their schools Bronze Young Ambassadors through the training. They have championed sports and physical activity through the Legacy Challenge in their school
- Currently 149 primary schools within Lincolnshire are actively engaged in the Legacy Challenge, which equates to 53% of the county's primary schools
- 30,000 primary school pupils are engaged in the Legacy Challenge. This equates to 58% of the primary school population in Lincolnshire
- The Legacy Challenge has gained national recognition from Youth Sport Trust for being the 'Best Increasing Participation Project'

Impact Quotes from Pupils:

"The Legacy Challenge just made me more sporty"

"I have become more healthy after completing the Legacy Challenge"

"The Legacy Challenge taught me about teamwork"

"It makes you a healthy person"

"The Legacy Challenge allowed me to feel a part of"



Baroness Sue Campbell, Chair of the Youth Sport Trust, Speaking at the Legacy Challenge Launch



New Bronze Young Ambassadors being trained at the Legacy Challenge Launch

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| | | <p><i>everything and get involved”</i></p> <p><i>“The Legacy Challenge taught me not to be shy and afraid of being a leader”</i></p> |  |
| <p>Young Ambassadors (YAs)</p> | <p>After the hugely successful introduction of Bronze YAs in recent years, Inspire+ & Platinum YAs will facilitate training events designed to inspire the new Bronze YAs.</p> <p>Bronze YAs are responsible for supporting our bespoke Legacy Challenge resource and encouraging their fellow pupils to be more physically active and leading healthier lifestyles. This programme is being evolved for next academic year and will continue to support Ofsted (SMSC) as well as Ofsted key findings/recommendations.</p> | <ul style="list-style-type: none"> • The Young Ambassador Programme is a Youth Sport Trust national programme which we have used to full affect in the South Kesteven District • For the past 5 Years we have had a Platinum Young Ambassador from the South Kesteven District steering group be a member of the National Young Ambassador steering group • The South Kesteven Steering Group has 16 active members which comprises of Gold and Platinum Young Ambassadors • In total the South Kesteven area has over 100 active Young Ambassadors within local Secondary schools and the community • Over 100 local Bronze Young Ambassadors have been trained this year through the Legacy Challenge training • The South Kesteven Steering Group has assisted in providing the county training for the Legacy Challenge and Bronze Young Ambassadors • The South Kesteven Young Ambassador Steering Group played a vital role in the Legacy Challenge receiving national recognition from Youth Sport Trust for being the ‘Best Increasing Participation Project’ (Pictured Right) • Bronze Young Ambassadors have taken ownership in promoting and encouraging their fellow pupils to complete the Legacy Challenge |  <p>The South Kesteven Young Ambassador Steering Group collecting the award for the ‘Best Increasing Participation Project’ from Youth Sport Trust CEO John Steele and Great Britain’s 2012 Gold Medallist slalom canoeist, Tim Baillie. <i>(Photo courtesy of Youth Sport Trust)</i></p> |

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| | | <p>Impact quotes from Young Ambassadors:</p> <p><i>"I have helped to encourage more children to be active"</i> <i>"I love being a Young Ambassador"</i> <i>"I've enjoyed taking part in the Mini Olympics and being a role model"</i> <i>"Being a Young Ambassador has really helped me to be more brave"</i></p> |  <p>A Platinum Young Ambassador training the new Bronze Young Ambassadors</p> |
| <p>Gifted and Talented in PE/Sport</p> | <p><u>Year 5, 6, 7 Programme</u> After consulting with local teachers, Inspire+ developed a new initiative during the 2012/13 academic year aimed at supporting young people who are recognised by teachers as being Gifted & Talented in PE/Sport. In 2013/14 we have organised opportunities for pupils in years 5, 6 & 7 to gain more knowledge about being Gifted and Talented. Pupils participated in workshops including Psychology, Diet & Nutrition, biomechanics and Long Term Athlete Development. Parents were invited to join pupils at these workshops.</p> <p>This project was run in conjunction with the University of Lincoln and young people had access to their state of the art facilities.</p> | <p><u>Year 5, 6, 7 Programme</u></p> <ul style="list-style-type: none"> • 37 children from across year 5, 6 & 7 have been engaged in this programme • We have had two day trips to the University of Lincoln where children took part in practical workshops in Biomechanics, Exercise Physiology/Strength & Conditioning and Sports Psychology • Feedback from parents has been really positive stating that their children have really gained in confidence and awareness of their body in relation to performance in sport following these two trips. • 81% of parents strongly agreed that their children had enjoyed it, 96% of parents said their children had learnt something from the training and 81% of parents told us that their children had carried on techniques from the training • The two twilight sessions saw all parents accompany their children to workshops from the University lecturers in Diet & Nutrition, Sports Psychology and Strength & Conditioning |    |

Year 3 & 4 Programme

Inspire+ has established a termly club for Gifted and Talented pupils in Year 3 and 4. These sessions will cover skill development, team work, communication and confidence by engaging young athletes in a variety of activities led by Inspire+ staff.

- One parent told us about his son; *"It has made him think more about how he can improve himself in the sports he participates in. Thank you for giving him the opportunity!"*
- One child who left straight from the University sessions to compete in a dance competition won her first ever gold medal putting into practice the techniques learnt from the day. Her Dad Mick Oliver, assistant Head teacher at Priory Ruskin Academy, Grantham stated: *"Just want to say Beth got loads out of yesterday at Lincoln. She went straight into her festival competition (dancing and drama). She's never been 'placed' before but she got silver and gold! The psychology session really made a difference. She went in full of positive thinking. Thanks again - the Inspire+ team is doing a great job!"*

Year 3 & 4 Programme

Sessions included: Nutrition, communication/problem solving, goal setting, athlete development, fitness training and psychology.

41 children in total took part in the programme, feedback that was given (see below) gives a real sense that all the children were able to get something out of the sessions no matter what their chosen sport and talent:

"Made me eat more healthily and think about my food"

"Really enjoyed the sessions – I think I can run faster"



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| | | <p><i>now I think about what I'm doing"</i> <i>"The quiz made me think about the session – really enjoyed as my team won"</i> <i>"Used my smart goals for gymnastic training"</i> <i>"I would like to do more strength work so I can improve"</i> <i>"It has helped me understand different food groups and what they do"</i></p> <p>Moving forward Inspire+ would like to open up the gifted and talented sessions to key stage 1 to also work on communication, multi-skills, functional movement and development.</p> |  |
| <p>PGL Half day access</p> | <p>Each school had the opportunity to take 12 pupils to PGL Caythorpe for team building exercises designed to raise confidence and self-esteem.</p> <p>Emphasis was placed around extending PE opportunities (OAA) outside of school giving pupils access to outstanding facilities and instructors.</p> | <ul style="list-style-type: none"> • 29 schools to date have accessed PGL activities for half a day • Many schools have paid for more children to access the programme • These sessions have been accessed regularly throughout the year |  |
| <p>PGL Access Weekend</p> | <p>Inspire+ organise and staff a special weekend at PGL. Full board and accommodation is provided.</p> <p>Schools have the discretion on which pupils they choose. This could be those that are a Young Ambassador, have good attainment, good behaviour, students who have low self-confidence/esteem or students who have never experienced this type of activity before possibly</p> | <ul style="list-style-type: none"> • This year's PGL access weekend was held in April and was attended by 67 primary school pupils from 28 Inspire+ member schools • The PGL access weekend allowed pupils to mix and make friends from the different schools • Pupils were given the opportunity to try various activities which they might not have done before including archery, abseiling and sensory trail • Pupils were grouped into the secondary schools they would be attending in September to provide |  |

due to financial restrictions.

Aimed at pupils in year 6. This weekend also supports transition from primary school to secondary school.

- them with an opportunity to get to know other pupils that will be starting at the same school
- 98% of the children who attended enjoyed the weekend experience. 76% told us that it had helped them meet people they would be going to secondary school with. 90% of the children achieved something positive during the weekend

Impact Quotes from Pupils:

"It was amazing to be able to make new friends overnight!"

"It has helped me make new friends and they are going to the same schools as me"

"We worked as a team, which I haven't really done before"

"The sensory trail made me feel how hard it was to be blind"

"It was awesome, I loved it!!"



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| <p>Olympic Holiday Sports Camps</p> | <p>Holiday sports camp aimed at introducing young people to Olympic and Paralympic Sports. The camps that were introduced in 2012/13 academic year have proven to be very popular with hundreds of pupils attending since their inception.</p> <p>Parent and pupil feedback is always very positive.</p> | <ul style="list-style-type: none"> • By the end of the August 2014 we will have facilitated thirty day camps • We have to date averaged 45 children aged 6-11 years old per day camp • Total of 113 children have accessed the camps to date this academic year |  |
| <p>Parent Volunteer Programme</p> | <p>Inspire+ will provide an induction for parents with CfBT and provide access to basic sports training to enable parents to assist sports clubs at their child's school.</p> <p>This year a grant has been accessed by Inspire+ to allow parents to access NGB coaching awards free of charge for those parents who show commitment.</p> <p>Inspire+ will offer to mentor parents throughout the year.</p> | <p>Over 200 parents trained to date. 30 parents registered in 2013/14 academic year.</p> <p>Throughout the year we've had some great responses to the parent volunteer programme with 18 parents actively volunteering within schools.</p> <p>A large range of clubs and extra-curricular lessons are being developed through parents, from tag rugby, gymnastics, multi-skills to extra maths and literacy.</p> <p>We even had a parent offered a paid job after volunteering at the school through the programme.</p> |  |
| <p>Mini Olympics</p> | <p>Nationally acclaimed event organised and run by our local Young Ambassadors (with a little help from Inspire+!).</p> <p>Mini Olympics is aimed at years 3&4s, giving them an opportunity to participate in Olympic and Paralympic activities. It is expected that over 1000 young people will participate this year.</p> | <p>The seventh annual Inspire+ Mini Olympics was held on the 26th June at the Grantham Meres Athletics Stadium. This year the event was re-named the Mini Commonwealth Games to celebrate the forthcoming Glasgow 2014 Commonwealth Games. 32 local schools took part, with a record number of participants (nearly 1000 year 3&4 pupils) taking part in 14 Olympic and Paralympic sports and getting to meet sporting celebrities including, local Winter Paralympian star Jade</p> |  |

The 2013 Mini Olympics saw 37 primary schools from across South Kesteven take part involving 60 teams and 730 primary school children. In addition to this, 68 Bronze Ambassadors attended from their primary schools and 50 secondary school Young Ambassadors and Sports Leaders.

This totalled 848 young people there on the day all inspired by eight sports celebrities including Sam Ruddock and Hannah Cockcroft.

Etherington whilst taking part in their own opening ceremony. Each school represented a Commonwealth Country which they researched as part of the charities 2014 Legacy Tour.

The event was organised by the Young Ambassador Steering group, with a further 50 Young Ambassadors and Sports Leaders from local secondary schools helping on the day. The day was opened and closed by the charities Ambassador, Paralympian Sam Ruddock. Pupils were treated to a surprise display of sky divers to close the event.

SKDC's portfolio holder for leisure, arts and culture Cllr Bob Adams said: *"This was another fantastic day at the Meres that gave just under 1,000 children from South Kesteven the opportunity to experience the true spirit of an Olympic style day. We're pleased we could again support the event and my congratulations go to Inspire+, the Young Ambassadors, sporting celebrities including Paralympian stars and 1Life staff at the Meres for helping to make this another special occasion for so many youngsters."*



Inspire+
Legacy Tour
2014

Three tours have been organised by Inspire+. In 2011/12 the Olympic and Cultural Tour focussed on raising awareness of the Olympic and Paralympic Games.

In 2012/13 the Legacy Tour focussed on disability sport and encouraging 'Sport for All'. Each school received free Boccia kit worth £120.

This year the Inspire+ team has again led an assembly at every school in the district that sees pupils and teachers visit other schools.

- Focus of the 2014 tour was the Glasgow Commonwealth Games and importance of regular physical activity for children.
- Each school received a blind football and 20 blind folds
- The Bronze Young Ambassadors from each school wrote a message of good luck to Team England to pin to Clyde the Glasgow Commonwealth Mascot which will be presented to Team England before the Commonwealth Games
- A relay baton with the motto 'On fire with desire to inspire' was created through a competition and was taken by Young Ambassadors to each school

- This year's tour took place in 43 Primary Schools across South Kesteven
- Assemblies were delivered with the assistance of the schools Bronze Young Ambassadors who then presented the tour to the next school
- As well as the tour focusing on the Glasgow 2014 Commonwealth Games and encouraging everyone to complete the government recommended amount of 60 minutes physical activity, the Tour also looked at the Tour De France and each school had a bike for the day for them to hold their very own time trials
- This year's Tour encouraged cross-curricular activities. At each assembly the school selected their Commonwealth Country for the Mini Commonwealth Games. They were then tasked with making a poster to represent their country and show facts linked with athletes from the country, the countries geography, local food, culture, music and the countries national sport
- A quote from a Deputy Head teacher following their Legacy Tour assembly *"Thank you for your really SUPER assembly – it was very well presented and inspiring for us all!"*



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| <p>Inspire+ mentor programme</p> | <p>The mentoring programme is first and foremost for young people who have a genuine interest in sport. Schools will identify young people who are not maximising their potential specifically in the following areas:</p> <ul style="list-style-type: none"> • Not applying themselves academically • Gifted and Talented • Young people with behavioural issues • Low confidence children <p>The programme begins with an assembly for Key Stage 2 pupils in an attempt to make a wider impact. The assembly focuses on 'Talent Versus Effort'. Selected children have three one-to-one sessions with the Inspire+ mentor on a fortnightly basis. The mentor will help remove barriers to learning in order to support effective participation, enhance individual learning, raise aspirations and achieve full potential. Between each session the children are set a pledge for them to attempt to achieve.</p> | <ul style="list-style-type: none"> • 17 schools have accessed the mentoring programme • Through use of the pledge cards there has been improvement shown from children as a result of the mentoring <p>One PE Coordinator from a school that had received the mentoring programme told us: <i>"Both years 5 & 6 teachers said the assembly was very interesting and liked how the mentors own experiences where shared putting talent verses effort into real context. The children had continued discussing it in class and also applying it to other parts of their life, brilliant!"</i></p> <p>The teacher went onto say regarding a child being mentored: <i>"I have seen a marked improvement in her willingness to take part in class. All three are enjoying the sessions but with this one girl especially it is really making a difference."</i></p> |  |
| <p>Inspire+ Ambassador Sam Ruddock</p> | <p>2012 Paralympian Sam Ruddock delivered whole school assemblies at schools that focussed on his special journey to becoming an athlete at the London Paralympic Games.</p> | <ul style="list-style-type: none"> • Sam has completed 32 assemblies in our Primary Schools across South Kesteven to date • In addition to these assemblies Sam has also presented to our gifted & talented pupils, Young Ambassadors, Children & staff at PGL and South Kesteven District Council. • We have received messages from schools almost instantly following his assembly including these quotes |  |

"It was brilliant, what an inspiration to everyone!"

"Just had to drop you a line to say how inspirational Sam Ruddock was this afternoon. You could have heard a pin drop in our hall, as he held the children spell-bound. The children didn't want it to finish!"

"Just to say how brilliant Sam was today – awesome talk that inspired staff as well as children. Fabulous!"



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| <p>Inspire+ Ambassador</p> <p>Sarah Outen</p> | <p>Sarah Outen MBE, British Adventurer has recently joined Inspire+ as our new Ambassador. She is currently undertaking the amazing journey / adventure of travelling London to London via the world by human power (kayaking/ biking/ rowing). Sarah held a special presentation for all children within the Inspire+ programmes, demonstrating the importance of determination, courage, belief, confidence and leadership to achieve and develop. Sarah will be linking with each school for satellite calls throughout 2014-2015 and assemblies when back.</p> <p>Sarah is currently on her kayaking stint around the Aleutian Islands. She has completed over 150miles with some difficult conditions – a note that Sarah sent to us describes what she’s up against</p> <p><i>“I have an Inspire + sticker on the deck of my boat in front of me so I can see it when paddling. I certainly thought of you guys during our last day on the water this week - it was brutal, 15 hours of madness trying to cross a 25-mile pass. We made it in and are now having a few days off. Hooray!”</i></p> | <p>Currently:</p> <ul style="list-style-type: none"> • Sarah has been launched throughout every school • Flag competition is in process – in the hope to get the Flag out to Sarah before the New Year • Weekly updates of Sarah and her progress • Young Ambassador meeting – Where the Young Ambassadors were introduced to Sarah and asked for their help to launch Sarah and keep their school updated • Extra-curricular resources and packs are being supplied to schools from September to allow for wider learning e.g. Geography, Science, Health |   |
| <p>Guinness World Record attempt</p> | <p>Following on from last year, Inspire+ have once again arranged a world record attempt that will increase physical activity levels. Last year’s record was titled ‘Most people</p> | <ul style="list-style-type: none"> • Last year’s attempt was held across our schools in South Kesteven and over 2700 people participated • This year the attempt will be open to all primary schools across Lincolnshire | <p>This year’s attempt has had to be postponed due to a change in requirements from Guinness World Records regarding the eligibility of witnesses.</p> |

running 100 metres in a 1 hour relay (multiple venues)'.

- It will also support the pupils achieve the 'My Challenge' of the Legacy Challenge

Inspire+ are working with Guinness World Records to resolve this issue. We hope to be rescheduling the attempt during term 1.

Pictures below from last year's attempt



Sports Leadership Academy

Nominated students had the opportunity to become part of the Sports Leadership Academy. At the launch students met NGB development officers who gave them an insight to their work.

Every student accessed two NGB Leadership bolt on awards free of charge and the opportunity to be mentored by the Inspire+ team throughout the year.

Inspire+ ensured access to high quality

76 active pupils within the SLA programme.

Students volunteering hours (10 hours minimum) through after school clubs/ lunch time clubs/ breakfast clubs/ competitions/ Inspire+ holiday camps.

Many of the students are also part of the Young Ambassador programme- working hard to develop their leadership and organising skills, which will be invaluable to their employability development.



opportunities for young leaders to volunteer in events that took place at schools, SKDC, sports clubs and PGL.

Students accessed unique Sports Leadership Academy kit.

One student who utilised his training and regularly volunteered has now been offered a job at PGL with support from Inspire+.



Tour De SK

Inspire+ have partnered up with South Kesteven District Council, Sustrans and local cycle club Witham Wheelers to hold the Tour de SK on the 7th July. This is to celebrate the Tour de France starting in the UK.

A team of 2 boys & 2 girls from years 4, 5 & 6 participated in a time trial & festival at the Meres Leisure Centre.

- To support schools select their team, each school had the use of a road bike on a turbo machine the day they hosted the Legacy Tour
- The bike has been thoroughly enjoyed by all schools and even saw a teacher competition taking place!
- Many schools have been able to timetable so that all of their classes get a turn on the bike giving some children their first experience of cycling!
- The Tour De SK was attended by 19 schools and was won by Allington & Sedgebrook Primary School
- We hope to make the Tour de SK an annual event

