

Inspire+ Primary School End of Year Impact Report 2014/15

August 2015

Initiative / Services	Description	Impact	
Inspire+ Ambassadors			
<p>Sam Ruddock</p>	<p>Sam visited all Inspire+ Primary Schools, giving a half hour whole school assembly based around goal setting. He told the children of his own goal setting challenges and how if he was going to achieve his goal of a Paralympic Gold Medal he has had to change his discipline from sprinting to shot put.</p> <p>Every school received The Sam Ruddock, My Goal Challenge post cards for each pupil. The children were challenged by Sam to go away and set their own goal, write a plan of how to achieve it and then set about achieving it. Children could choose to set a personal goal, a sports goal, school goal or a goal related to something at home. In some cases the school dictated which area children were to set their goals in.</p> <p>Sam also delivered an additional 10 half-days, which schools payed for. For the half-days, schools dictated what Sam did for them. This included school assemblies, being interviewed by children and then having reports written about him, working with gifted and talented pupils and working with low confidence pupils.</p>	<ul style="list-style-type: none"> • 34 Inspire+ Primary Schools were visited and received the goal setting assembly. This resulted in around 6,000 young people being engaged • 10 additional half-day visits • Evening talks given at PGL, Specsavers and to parents from Primary Schools. <p><i>“Thank you for the assembly on Thursday - Sam was absolutely fantastic and the children thought it was great!!”</i></p>	 

<p>Sarah Outen MBE</p> <p>Inspire+ Legacy Tour 2014</p>	<p>Sarah is currently on a ground breaking expedition. London2London via the world through human power alone- kayak, cycling and rowing.</p> <p>Sarah is currently rowing back towards the UK across the Atlantic Ocean!</p> <p>This year's Legacy Tour was focused on Sarah. The assembly told children of Sarah's adventure so far, all the details involved with the adventures and shared some of Sarah's incredible stories.</p> <p>Each assembly ended with a live satellite call to Sarah where she filled the children in with where she was and the current conditions. The Bronze Young Ambassadors then facilitated questions to Sarah.</p> <p>Schools were then left with the Inspire+ bike to see how many miles they could cycle in 24 hours!</p> <p>This year's Legacy Tour was also featured on BBC East Midlands Today.</p>	<ul style="list-style-type: none"> • 40 Inspire+ schools received the assembly and live satellite call (approximately 7500 young people engaged!!!) • 8 schools requested and received extra calls with Sarah. • Schools continued to contact Sarah via her website with messages of support and questions. • Schools involved parents with the cycle relay with 1 school cycling through the night to achieve 509 miles! <p><i>"On January 29th we had our Legacy Tour Assembly. It was so special! Chris was great as usual; lots of energy and enthusiasm and perfect timing. He gave children lots of information and really inspired us all to get involved, stay healthy and keep active. We all held our breath and crossed our fingers hoping that the live link to Sarah in America would work..... and it did! We couldn't believe that we were actually talking to Sarah, live, whilst our 270 children were in the school hall together with all of our members of staff. Our Pupil Sports Council had prepared their questions and Sarah's responses were just perfect. She answered the questions honestly and in great detail. She was cheerful and relaxed and our children thought she was "awesome". A huge thank you to Chris, Sarah and Inspire+ for organising such a special event for us. It was a real highlight of our year and has inspired us all."</i></p> <p>Sue Eveleigh, Head Teacher of Long Bennington Primary Academy.</p>	 
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Leadership			
<p>Young Ambassadors (YAs)</p>	<p>After the hugely successful introduction of Bronze YAs in recent years Inspire+ & Platinum YAs facilitated training events designed to inspire Bronze YAs.</p> <p>Bronze YAs were responsible for supporting the London 2012 legacy aspirations of 'Inspiring a new generation' through our bespoke Legacy Challenge resource. This initiative supported whole school outcomes.</p> <p>This programme is aimed at pupils in years 5&6.</p>	<p>We have seen an increase in the number of Young Ambassadors at all levels within our area. We have trained 110 Bronze Young Ambassadors which have then gone on to help lead on programmes such as the Legacy Challenge, Legacy Tour and the Mini Olympics.</p> <p>The senior Young Ambassadors have also been busy helping out by organising the Legacy Tour, Mini Olympics and other events throughout the year.</p>	
<p>Playground Leaders</p>	<p>Inspire+ continued to train pupils at central venues and schools to equip young people to lead structured play at lunch times that increase physical activity levels and decrease incidents of poor behaviour.</p>	<p>4 schools were engaged in training facilitated at central venues and 9 schools accessed training on their school site.</p>	
Developing School Staff			
<p>PE & Sport Conference</p>	<p>The Inspire+ organised conference provided the platform for teachers to develop PE, Sport and Leadership provision. Workshops were run by national and local facilitators. Olympian and Tumble panellist Craig Heap was our special guest.</p>	<p><i>Our first conference attracted 60 school staff from the majority of our primary membership schools.</i></p> <p><i>Teachers believed that the conference gave them the opportunity to effectively plan the year ahead to maximise the impact of the Inspire+ services.</i></p>	

<p>CPD Courses</p>	<p>A comprehensive programme of primary school courses, delivered locally, were coordinated for member schools. Courses were aimed at supporting all school staff deliver high quality PE and Sport.</p> <p>Courses included; Sport specific, Gymnastics, Dance, PE Curriculum, PE Coordinator training, Assessment, Physical Literacy, Early Years & Leadership.</p>	<ul style="list-style-type: none"> • This year 41 CPD courses have been held • A total of 576 staff members applied for places on the courses • Comments from the course evaluations that were mentioned: <ul style="list-style-type: none"> ▪ “Really enjoyed the course. The tutor had an excellent cross-curricular knowledge” ▪ “Can’t wait to show/share with colleagues and change some lessons” ▪ “Very keen to put things into action” ▪ “A positive and accessible way to develop our new teaching style” ▪ “Informative and supportive session...” ▪ “Great! Fun and helpful!” 	
<p>PE forums, Development Days & In school support</p>	<p>The school were able to access support for PE from the CfBT PE Team (later in the year Allison Consultancy). This included:</p> <ul style="list-style-type: none"> • A PE consultant visit to your school to support with curriculum PE • PE forums & Development Days aimed at Head Teacher/senior teacher level/PE Co-ordinator level 	<p><i>20 schools accessed this support and areas such as High Quality PE, assessment, OAA and support for the PE Coordinator.</i></p>	
<p>Parent Volunteer Programme</p>	<p>Inspire+ provided an induction event for parents and gave access to basic sports training to enable parents to assist sports clubs at their child’s school.</p>	<ul style="list-style-type: none"> • <i>15 parents attended the initial training evening.</i> • <i>7 of these parents became active; attending CPD courses, helping in school and helping at Inspire+ events.</i> • <i>1 parent has become a qualified swim school teaching assistant and 1 parent is under-taking his level 1 and 2 coaching qualifications with the aim to then be able to work for Inspire+ under the specialist coach programme.</i> 	

Gifted & Talented

Years 3&4

Children that were identified by their school as being gifted and talented in sport were able to access termly sessions in Grantham and Stamford.

The 6 sessions focused on:

- Communication
- Team Work
- Diet & nutrition
- Psychology
- Fitness & exercise
- Game play

Sessions were practical with theory built in and some small tasks to take away and complete between sessions. Parents were able to stay and watch the sessions and hand outs were also provided with the information from the sessions for children to take home with them.

- 80 year 3/4 pupils engaged through the 3 termly sessions (Stamford, East Grantham, and West Grantham).
- 43% of the children said they had continued using skills and techniques they had learnt from the sessions in their own sports.
- 79% of the children said that their sporting skills and ability had benefitted from the sessions.
- 95% of the children said they had enjoyed all the termly sessions.



Years 5, 6 & 7

This programme was run in partnership with the University of Lincoln. The programme consisted of two trips to the University and two twilight sessions of which parents are asked to attend.

The sessions included:

- Psychology
- Biomechanics
- Strength & conditioning
- Adaptive game play
- Diet & nutrition
- Fitness testing

Children accessed the Universities high quality equipment. This also gave them an early insight into Universities.

Transport to the University was provided by Inspire+.

- 48 year 5/6/7 pupils engaged in programme
- 89% of the pupils said they had enjoyed all of the sessions
- 95% of the pupils said they had learnt something new from the training.
- 61% of the pupils said they have continued using techniques and skills learnt from the sessions in their sports.
- 78% of the pupils said the sessions had helped to improve their sporting ability and performances.

"A huge thanks for the Gifted & Talented programme. Annabel Roberts attended all the sessions and thoroughly enjoyed them. It was really interesting, as a parent, to attend the 2 evenings at Belton Lane school, and the Lincoln University trips sounded excellent.

I was interested to read Annabel's sheet from the last session at Lincoln which consisted of 'My Plan for Success'. The short term to long term goals are so important and that combined with a visit from Sam Ruddock to Ropsley School (although not part of the Gifted & Talented Programme) really put all they were learning on the programme into perspective and to show that it is achievable, not necessary instantly but over time and with commitment. Annabel's primary sport is swimming and in her 'Plan for Success' she wrote that she wanted to win the Primary Schools National Relay Final. The team didn't win but as an individual, Annabel did achieve the fastest backstroke time of the day (so I think this counts!). Thank you so much for putting together this programme. I feel that it is hugely beneficial for a lot of children who do not get the opportunity to do sport out of school and who do have a talent and



		<i>also the passion & enthusiasm. I think that inspire+ is such a worthwhile charity and I look forward to seeing you roll it out nationwide maybe (short term to long term goal!!)."</i>	
Gifted and Talented Grant Scheme	Inspire+ supported pupils identified by the school as Gifted and Talented if kit, transport, club membership fees were a barrier to reach their potential.	During the past academic year Inspire+ has approved 12 applications from 7 member schools. Total funding approved was £1484.	
Swimming support			
TOP Swimming	This initiative funds 50% of an additional qualified school Swim teacher to work with non-swimmers to ensure children meet the KS2 requirement.	18 staff attended the module 1 course and 17 attended the module 2 course. This has help to enable the highest quality teaching on poolside	
Teacher swim qualification	ASA swimming teachers courses were organised to support the development of staff that teach on poolside.		
Transport			
Mini Bus	Inspire+ secured access to a mini-bus to ensure pupils can access sports fixtures/events.	7 schools accessed this support which included 5 schools that haven't accessed this service before	
Funding			
Workshops / Advice in writing & preparing applications	Inspire+ conducted two events for schools to highlight funding opportunities available from Big Lottery and provide support in the application process.	19 schools attended the workshops that could result in upto £190,000 of funding being secured for the development of sport and physical activity!	

Community Sporting Opportunities

Olympic Sports Holiday Camps

Holiday sports camps aimed at introducing young people to Olympic and Paralympic Sports.

Over the 2014/15 academic year Inspire+ ran 30 camp days, held at:

- Belton Lane Primary Sch, Grantham
- Huntingtower Community Primary Academy, Grantham
- The Bluecoat Sch, Stamford
- Long Sutton Primary Sch

The charity have increased the amount of sports they deliver to include:

- Wheelchair basketball
- Lacrosse
- Tri-golf
- New age curling
- Tchoukball
- Olympic tournaments

Our camps also give our Young Ambassador and Sports Leadership Academy volunteers the chance to gain valuable experience working with young people in a sports camp environment. This includes group management and assistant coaching.

- 30 days of camps have seen over 1100 attendances!

"I just wanted to say a HUGE thank you for what my daughter told me was "the best day ever"!!!! She has never been to a sports camp before and was very nervous when I dropped her off this morning but she has thoroughly enjoyed the day. She has not stopped talking about it since I collected her so thank you so much for making her day so special. I know she will want to be part of the camp if it happens again.

She said that everyone (all staff) were kind, friendly and helpful when doing the activities and she has even been teaching me how to use a wheelchair this evening. I know that this type of event does not happen without a lot of hard work from the staff so thank you so much for all the organising and preparation that you have obviously done."

"I wanted to email and say how much my son Harry has enjoyed the sports camp at Huntingtower School this week. When I picked him up on Tuesday he was asking if he could come again in February."



Encouraging pupils to be more physically active and lead healthier lifestyles

Inspire+ Legacy Challenge

Launched in 2012 with the support of Lord Coe pupils embark on a series of challenges created to realise the London 2012 pledge of ‘inspiring a generation’.

The Legacy Challenge is totally bespoke and designed by the charity to encourage our young people to be inspired towards a lifetime of sport, culture and healthy living.

The Legacy Challenge was used by schools throughout the whole year or as a condensed project.

Inspire+ Legacy Coordinator supported schools embed the resource in schools

- *County resources which was launched this year by Olympian Craig Heap*
- *Trained over 300 bronze Young Ambassadors to go lead and promote healthy lifestyles to their fellow pupils*
- *95 Schools engaged throughout the county*
- *150 teachers trained to embed the programme within their schools*
- *Over 18,000 pupils engaged in the Legacy Challenge*
- *16 new schools engaged with the programme*

“Through pupil voice, displays (photos and evidence), the website and the ethos of the school in general our inspector was very impressed with how the Legacy Challenge and the enthusiasm of the Bronze Ambassadors seemed to be affecting the general atmosphere in the school. As many of our children spoke with such passion about their roles in school, leadership and volunteering and the challenges they set themselves through the Legacy Challenge the inspector ended up asking for a copy of the Legacy Challenge and has made reference to it in our final report.

He could see there was a clear link between the children’s general behaviour and attitude to work and the work we do with them through the Bronze Ambassador training and the Legacy Challenge. The inspection process does now look very closely at SMSC in schools and the Legacy Challenge appears to have ticked a box for them in my school.

Thanks again for this wonderful toolkit and producing something that addresses a large number



		<p><i>of SMSC areas through sport, healthy lifestyles and values.”</i></p> <p>Mr Clack, Headteacher, Great Ponton Primary School</p>	
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Learning through OAA

<p>PGL Half day access</p>	<p>Schools had the opportunity to take a minimum of 12 pupils to PGL Caythorpe for team building exercises designed to raise confidence and self-esteem in targeted pupils.</p> <p>Emphasis was placed around extending PE opportunities (OAA), giving pupils' access to outstanding facilities and instructors.</p>	<ul style="list-style-type: none"> • Over 23 member schools accessed PGL Caythorpe for half a day. Normally Schools would not be able to access PGL for only half a day, this is thanks to their Inspire+ membership • As a result of these over 512 pupils got to visit PGL Caythorpe to experience the great outdoor adventure facilities they have. 	
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PGL Access Weekend (year 6-7 transition)

Schools chose two pupils to attend a special weekend at PGL staffed by Inspire+.

Schools had the discretion on which pupils they chose ranging from being a Young Ambassador, attainment, good behaviour, students who have low self-confidence or students who have never experienced outdoor education before and this may have been due to financial restrictions.

Aimed at pupils in year 6. The weekend also supported transition from primary school to secondary school.

- 96% children enjoyed the weekend experience
- 90% agreed or strongly agreed that they achieved something positive
- 88% of children made new friends
- 59% indicated that the weekend had helped them meet new friends that they will go to secondary school with in September



Specialist Coaches

<p>Specialist coaches</p>	<p>Inspire+ help to provide quality coaching at schools through a comprehensive range of sports, to support increased OHSL and support the up skill of teachers delivering PE curriculum.</p>	<ul style="list-style-type: none"> • A total of 34 Primary Schools and 6 Secondary Schools have accessed the specialist coaching service, normally receiving a minimum of two terms worth of sessions free as part of their Inspire+ membership • Schools consistently and regularly request additional coaching services. • Our specialist coaches provide teachers with the knowledge and guidance to improve and up skill their current PE experience • One school feedback that “We are really enjoying the enthusiastic lessons and the children love the class!” 	
<p>Inspire+ mentor programme</p>	<p>Our mentor provided support and guidance to young people with the aim to help remove barriers to learning in order to support effective participation, enhance individual learning, raise aspirations and achieve full potential.</p> <p>The mentoring programme is first and foremost for young people who have a genuine interest in sport. Schools identified 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 	<ul style="list-style-type: none"> • 22 Inspire+ schools accessed the mentoring programme. • 69 primary school pupils engaged. 	

PE Development-Disability Awareness			
<p>Wheelchair basketball</p>	<p>Working alongside Lincolnshire Sport, schools can access wheelchairs and training that can be utilised in PE and OSHL setting.</p>	<ul style="list-style-type: none"> • 10 schools accessed the programme throughout the year • All schools had positive feedback on the programme 	
<p>Mini Olympics</p>	<p>The 8th annual Inspire+ Mini Olympics saw just under 1,000 primary school children taking part in 14 different sporting zones which included dance, rugby, wheelchair basketball, boccia and badminton. This year's event at the Grantham Meres Sports Stadium celebrated the upcoming England and Wales Rugby World Cup 2015. Every school that entered represented a different country that would be competing at the World Cup and to fit in with the rugby theme all the children performed a mass Haka during the closing ceremony. The Mini Olympics could not have run without the support of its sponsors and the secondary school volunteers from the Sports Leadership Academy and Young Ambassadors. Over 60 of these volunteers were there on the day and the Young Ambassador steering group play a vital role</p>	<ul style="list-style-type: none"> • 34 Inspire+ Primary Schools attended • 74 teams of approximately 12 children • 888 year 3&4 pupils taking part • 85 Primary School Bronze Young Ambassadors • 75 Secondary School Young Ambassadors and Sports Leadership Academy Students • 14 Sport zones • 5 celebrities • 9 Sky Divers • 50 VIPs <p><i>'Cheers for all your hard work from yesterday! My kids are BUZZING and all came leaping into my room this morning to tell me all about it!! So thanks ever so much!!'</i></p>	

	<p>in helping to plan the event and then overseeing it during the day. This year's celebrities who attended the event were Paralympic powerlifter Clive Wright, GB badminton player Chris Adcock, former Leicester Tigers and England player Louis Deacon, Inspire+ Ambassadors Paralympian Sam Ruddock and GB swimmer Sophie Allen.</p>	<p><i>'A huge thank you for a great Mini Olympics event once again. The children thoroughly enjoyed themselves and are exhausted from all the sports! Credit to your staff and the sports leaders for all their help throughout the day.'</i></p>	
<p>Specsavers</p>	<p>New business sponsors of Inspire+, Specsavers Grantham, offered schools their interactive assembly to educate the child on the importance of their eye health, caring for their eyes and having regular eye tests.</p> <p>As part of the assembly, the children got to try equipment used in eye testing and schools also received a number of educational resources for teachers and parents.</p>	<ul style="list-style-type: none"> • 15 Inspire+ Primary Schools accessed the assembly throughout the year. • Specsavers Grantham has seen a 27% increase in under 16's coming in for eye tests since starting the assemblies. 	

<p>Change4Life</p>	<p>20 Change4Life bags were accessed by schools in the South West Lincolnshire area and the interest from schools in the area far exceeded the resources. This led to several schools running a Change4Life club without the bags but taking on the ethos of Change4Life programme to help children in their school engage in physical activity.</p>	<p>24 Change4Life clubs with 253 targeted children participating. Over 100 young leaders having received training and 30 members of staff. There have also been two festivals which have seen over 120 children participate in a variety of Change4Life activities.</p> <p>“Change4life has been really good. I get to play fun activities that I don't normally play with my friends and the year 5 girls who run it have been very friendly and helpful. I hope I can do it again next year.”</p> <p><i>Pupil from Ropsley CE Primary School</i></p> <p>“Serving a ward of high deprivation, Change 4 Life club and the Legacy Challenge have been invaluable to the school and community. We have engaged both children and parents in our change for life club including some parental cooking healthy dinner demos. As well as Sam Ruddock (Paralympian) working with the key stage 2 children to set goals for them to persevere and build their own personal resilience. We have used the basis of both of these elements to create a Growth Mind-set in both the school and community. Without the training, support and guidance none of these would have been possible”</p> <p><i>Zara Harrington Principal, The West Grantham Academy St Johns</i></p>	
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<p>Tour De SK</p>	<p>The Tour De SK 2015 took place on the 10th of July in partnership with SKDC and Sustrans.</p> <p>The Tour is held to coincide with the Tour De France, which the children attending get to learn about through an interactive quiz.</p> <p>Using the charity Sustrans equipment the teams also made their own smoothies through a blender fixed to the back of a bike.</p> <p>Schools also got the use of the Inspire+ bike during this year's Legacy Tour to help them select their teams.</p>	<ul style="list-style-type: none"> • 12 teams from Inspire+ Primary Schools entered the competition to cycle over 2000 metres in a relay race, which comprised of teams of 4 pupils. • Schools raced side-by-side to add an extra sense of competition with each bikes progress being shown on a big screen. • Barrowby Primary School was this year's winner completing the 2000 metres in 6 minutes 38 seconds. 	
<p>Website</p>	<p>New website created in the summer of 2014. The website contains information about all Inspire+ services and initiatives.</p> <p>Schools can inform parents of their PE and Sport provision to pupils by linking the Inspire+ website to the schools website.</p> <p>www.inspireplus.org.uk</p>	<ul style="list-style-type: none"> • New look website has been up and running for a year • Many schools have created accounts to access the teacher zones etc <p>Online booking for courses and sports camps will be up and running shortly</p>	