

inspire+ Impact Report 2019/20

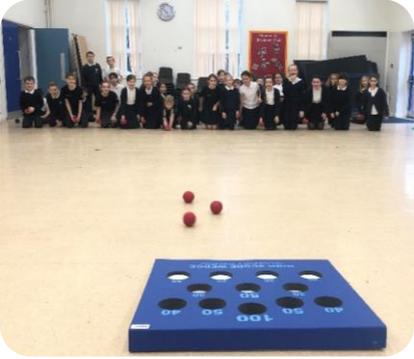
Initiative / Services	Description	Impact	
YOUNG PEOPLE			
<p>inspire+ Ambassador Sam Ruddock</p>	<p>Sam's visits have this year focused on his recent exploits in track cycling, telling the children all about his experiences at the 2020 World Championships in Milton, Canada.</p> <p>Sam delivered his new secondary school intervention called "Aspire to Inspire" to three schools during 2020. It has been created to help those that are struggling in school, to positively change behaviour, attitudes, emotional well-being and self-esteem in Key Stage 3 and Key Stage 4.</p> <p>During lockdown, Sam also conducted virtual assemblies with Year 6 "bubbles" that were in school. He focused on transition from primary to secondary, reminding pupils to be brave for the future. He also challenged pupils with the musical, literacy skills with Sam's Rap Jam challenge!</p>	<p><i>"The children have spoken really positively about their sessions and in my afternoon PE session some were teaching the rest of the class what they had learnt, which was great to see."</i></p> <p><i>"Thank you so much for an incredible afternoon. The children that went from my class came back thrilled and full of tales of the fun they had with you."</i></p> <p>About the virtual transition assemblies –</p> <p><i>"Children really enjoyed it. Pitched perfectly for the year 6 transition which is exactly our aim for the last remaining weeks with them."</i></p> <p><i>"I thought the messages you gave the children were easy to follow, powerful and so relevant."</i></p> <p><i>"I enjoyed listening to Sam this morning, this has helped me gain confidence about going into Year 7. It's good to know that everyone is worried about the same things as me."</i></p>	 

<p>inspire+ Ambassador Sophie Allen</p>	<p>This year, Sophie visited our newer core schools. Each school received a half day session which was focused on Girls in Sport, Achieving your Goal. Sophie has led on the inspire+ Gifted & Talented programmes alongside the inspire+ mentoring programme(s) working with specific groups of children. Sophie also led the fitness mentoring programme, focusing on components of fitness to get children active. This programme involved 6 visits per school for 6 children of the school's choice. Alongside the mentoring programme she also delivered the FRIENDS wellbeing programme for the first time in both KS1 & 2. Sophie Also assisted with the launch of our new termly Fitness videos! During Lockdown, Sophie delivered Fitness mentoring & virtual assemblies focusing on the 5 steps to wellbeing for the KS1 'bubbles'</p>	<p>Sophie delivered online assemblies to 28 of our schools during the lockdown period. She focused on the 5 steps to wellbeing for KS1</p> <p><i>"Thank you so much for the assembly on Wednesday. It was lovely to meet you and it was very uplifting. We all really enjoyed it and the children have a good understanding of the points that you made. It was lovely to have a "visitor!"</i></p> <p><i>"Thank you so much for our virtual assembly this morning! The kids loved it and the staff have all come and said to me how amazing you are and that it was brilliant so thank you! (Some of the teachers have learnt something new this morning - how to use Teams!) Once again, thank you, we can't wait for you to come into school and meet all the children in person."</i></p> <p>She also led 10 schools through the Fitness Mentoring programme . As well as 10 schools through the Well-Being mentoring programme</p> <p>She delivered the FRIENDS wellbeing programme to 27 pupils across KS1 & 2.</p>	
<p>inspire+ Ambassador Ben Smith</p>	<p>Before lockdown descended upon us, Ben was in training to complete the next stage of his 401 Challenge, which was to cycle between all 50 states of America, 14,000 miles in 104 days!</p>	<p>The attempt to trek the USA has been postponed until next year but Ben was still able to engage with our schools with his own message, to ask children to reach out to their friends and find ways of talking and working with each other from home.</p>	

<p>inspire+ Ambassador Sarah Outen MBE</p>	<p>Sarah has been incredible during lockdown, engaging children with tours of her own home and farm, teaching about finding fun in workout outdoors.</p> <p>Using her own Instagram and Twitter accounts, has been conducting her own assemblies on being calm and present, using the many stories she has about her adventures.</p>	<p><i>“Sarah has an amazing impact on the children, she has a very natural way of connecting with the children and capturing their attention, she has them in the palm of her hand.”</i></p>	
<p>inspire+ Ambassador Jonathan Broom-Edwards</p>	<p>As well as his own assemblies in the autumn and winter term in 2019, Jonathan has been proactive in setting the children challenges during the 2020 spring and summer terms during lockdown. This was specifically a competition to design a logo for his new mascot called “Torch”. The winners would receive signed GB kit from Jonathan and the winner of the winners would have their design printed on Torch’s T-shirt</p>	<p>Jonathan’s interactive assembly this year were themed on body language and how we can use body language to understand how friends might be feeling and offer them support.</p> <p>Unfortunately, Jonathan’s tour of schools was cut short by lockdown where his competition took over. Many schools took this as a whole school project to come up with their own logo designs.</p> <p>Chloe from St. John’s was one winner and she earned herself a signed Great Britain t-shirt, which was virtually presented to her by Jonathan himself!</p>	
<p>Young Ambassador Programme (YAs)</p>	<p>The Young Ambassador Programme ranges from Bronze YA’s in Key Stage 2 through to Platinum YA’s in Key Stage 5.</p> <p>We are proud to deliver all aspects of this programme, which actively engages young people from Year 5 all the way through to Year 13 and forms a comprehensive part of our leadership pathway.</p>	<p>We have seen an increase in the number of Young Ambassadors at all levels within our area. We have trained over 190 Bronze Young Ambassadors which have then gone on to help lead a variety of activities within their schools such as looking after equipment, assisting with lunch time clubs, and helping set up for PE sessions.</p> <p>The Bronze Young Ambassadors also deliver the legacy tour assembly within school.</p> <p>The BYA programme this year was developed by work booklets that helped</p>	

	<p>Bronze Young Ambassadors support their pe coordinators deliver initiatives to their class mates, lead assemblies, advertise new clubs, health initiatives and report on school team results.</p>	<p>shape the programme for the pupils to plan and evidence the work they do in school supporting the fellow pupils. Senior Young Ambassadors this year have been trained and delivering the Sports Cadets Pilot from Youth Sport Trust, this has run successfully with consistent attendance from both young children and Senior Young Ambassadors alike.</p>	
<p>KS1 Gifted and Talented Programme</p>	<p>The third year of the Gifted & Talented Programme for KS1 pupils, delivered by our extremely experienced athletics and FUNdamentals coach, was held in three locations to provide opportunities to as many children as possible.</p> <p>Each course consisted of 6 sessions and parents were invited to stay to view the sessions, assist their children and learn about the importance of FUNdamental movements.</p> <p>The programme is based around a set of 12 core activities which are designed to test and develop a child's ability in the following important areas (as well as others): Balance, Control and Stability, Leaping and Landing, Coordination and Rhythm, Single Arm Throwing, Speed, Foot-Eye Coordination, Hand-Eye Coordination, Spatial Awareness, Two Arm Throwing, Agility. Sporting values of Teamwork, Respect, Honesty, Passion, Determination & Self-</p>	<p>Lisa Ashcroft led the KS1 Gifted & Talented Programme across 2 venues this year – Grantham & Stamford.</p> <p>In total 20 pupils attended across the 2 venues focusing on the FUNdamental movements. Parents of the children were also invited to stay and learn, getting involved with their youngsters!</p>	

	<p>Belief are also explored and elaborated.</p>		
<p>Years 3 & 4 Gifted & Talented Programme</p>	<p>Children that were identified by their school as being Gifted & Talented in sport were able to access the training sessions across terms 2, 3, & 4</p> <p>The 5 sessions focused on: Communication, Teamwork, Diet & Nutrition, Biomechanics, Fitness & Exercise and Game Play.</p> <p>Sessions were both practical and theory based. Parents were able to stay and watch the sessions, and handouts were provided with the information from the sessions for the children to take home.</p>	<p>The year 3 & 4 programme was led by both inspire+ ambassadors; Sophie Allen & Sam Ruddock across 4 venues, Grantham, Peterborough, Stamford and Spalding.</p> <p>In total 89 pupils accessed the programme.</p>	
<p>Years 5, 6 & 7 Gifted and Talented Programme</p>	<p>This Gifted and Talented Programme follows a similar format to what is offered to Year 3 & 4, with the content being delivered to a standard that is engaging yet challenging for participants.</p> <p>The sessions included: Psychology, Biomechanics, Strength & Conditioning, Adaptive Game Play, Diet & Nutrition and Fitness Testing.</p>	<p>This programme was again led by both inspire+ Ambassadors, Sophie Allen & Sam Ruddock across 2 venues, Grantham and Stamford. In total 27 pupils accessed the programme.</p> <p>The 3rd and final session saw a full day trip during February half term at Walton Girls School, Grantham. Roots to Food delivered a cookery lesson, focusing on nutrition for sport, Sam & Sophie also delivered a physiology workshop in the afternoon, using British Cycling testing equipment, such as</p>	

<p>Gifted and Talented Grant Scheme and Get Active Grant Scheme</p>	<p>inspire+ support pupils identified by the school as Gifted and Talented. If kit, transport, or club membership fees were a barrier to reach their potential then schools were able to access funding support for the child's family to help get them physically active and achieving their potential.</p>	<p>speed gates and counter-movement jump mats.</p> <p>This year, 6 pupils accessed the gifted & talented grant scheme to help with sporting equipment, club fees and transport to competitions.</p>	
<p>Paralympic Half-days</p>	<p>The aim of these sessions is to give pupils a chance to try a new inclusive sport.</p> <p>These sessions are also designed to promote inclusion for all in a fun and interesting way as well as raising awareness of the Paralympics. These sessions were delivered by Carl, our inclusive sport coach.</p>	<p>In the academic year of 2019-20 there were 90 Paralympic half days booked with 42 of these being completed.</p> <p>Around 3,135 pupils took part in these 42 sessions. Of the 3,135 only 470 said they had heard of either Boccia or New Age Kurling (NAK). That therefore means that 2,665 pupils have taken part in a sport that they said they have never heard of.</p> <p>Out of the 42 sessions that were completed there were 22 Boccia sessions and 20 NAK sessions.</p>	

Mini Olympics

Whether it's rain or a global pandemic, the Mini Olympics always goes ahead! This year, the 13th inspire+ Mini Olympics was delivered virtually via the website and our social media channels. With the help of all of our staff and coaches, we were able to provide one of our best Mini Olympics ever!

This was the first time that the event was made available to all, with all content made accessible for an entire week on our website. It was an incredible success and we were staggered by the response from everyone.

Our team and our young ambassador steering group created videos for our standout Olympic and Paralympic stations, alongside our ambassadors who contributed their own videos of good luck and encouragement.

We hope we achieved a new milestone this year, allowing everyone to take part and enjoy their own Mini Olympics experience, at school or at home!

The charity was blown away by the response from schools and families taking part to a far greater reach than 2500!

- Our YouTube videos had 11,000 impressions throughout the day!
- There was a total of 56 hours watched from the videos. 12 of these hours were done on learning and performing the mass dance!
- Twitter posts throughout the day made over 7100 impressions!
- The inspire+ website saw an increase of 306% in users to the site for the day!

"The videos were a great support and the children enjoyed seeing the familiar faces of the Sports Ambassadors. Our heartfelt thanks to all of those involved as they did brilliantly during these challenging time to allow the event to still go ahead." – Martson Thorold School.



<p>inspire+ Mass Participation Event</p>	<p>Our 2020 Mass Participation Event was delivered virtually to schools. The entire team combined forces like Marvel's Avengers to create a "Zoom" style workout, based on 9 different sports for the children to try and have fun with.</p>	<p>A total of 8 schools told us that they would be taking part in the event.</p> <p>The video had a total of 135 views within the first 24 hours of it being published.</p> <p>2 schools have provided numbers of pupils that took part totalling 208 plus 20 adults!</p> <p>Well done to everyone who took part in this annual event!</p>	
<p>PGL Half day access</p>	<p>Schools had the opportunity to take pupils to PGL in Caythorpe.</p> <p>Emphasis was placed around extending PE opportunities (OAA) and giving pupils access to outstanding facilities and instructors.</p>	<p>19 schools booked a PGL Half Day but unfortunately only 8 schools were able to access prior to COVID-19 cancellations. Schools would not normally be able to access PGL for half a day, this is thanks to their inspire+ membership.</p> <p>103 pupils this year got to visit PGL Caythorpe to experience the great outdoor adventure facilities and activities they have and deliver.</p> <p>A lot of schools used this programme to reward children for attainment, good work, behaviour or to support children develop skills such as teamwork, communication and increase confidence.</p>	
<p>PGL Access Weekend (year 6-7 transition)</p>	<p>Schools had the opportunity to select pupils to attend a special weekend at PGL, staffed by inspire+. The weekend is aimed at pupils in year 6 to help aid transition from primary school to secondary school. Schools had the discretion on pupils chosen, with reasons ranging from being a Young</p>	<p>41 Primary School children were due to attend the weekend from across our core schools. Unfortunately, the weekend had to be cancelled due to COVID-19. The weekend will be available again next year.</p> <p>Parent feedback from previous years included:</p>	

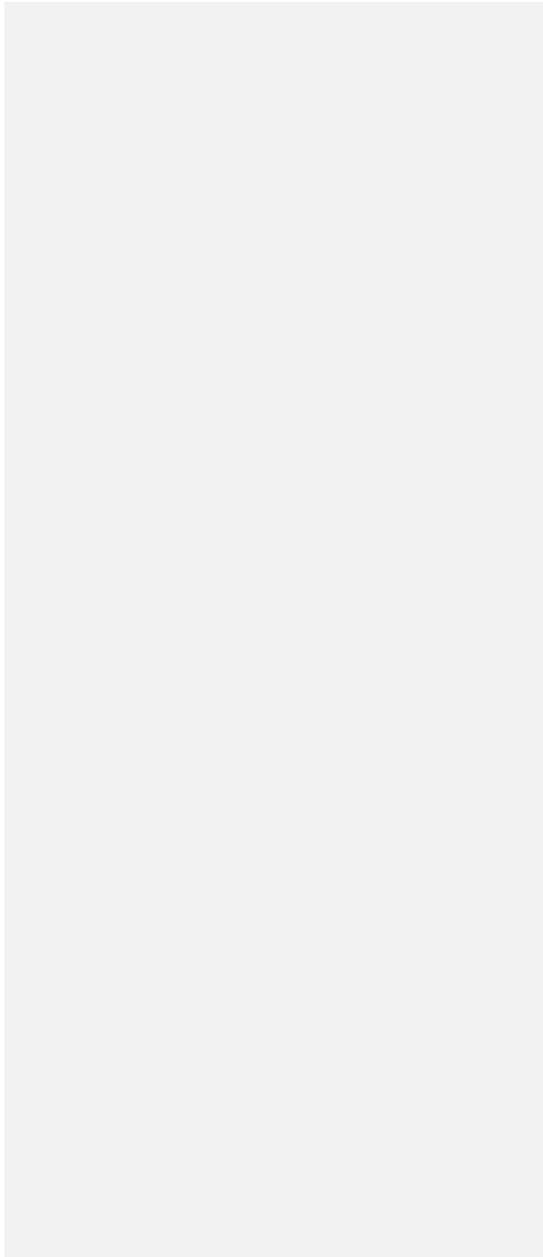
	<p>Ambassador, attainment, good behaviour, students with low self-confidence or students who have never experienced outdoor education before, which may have been due to financial restrictions.</p>	<p><i>"I've been meaning to write for a few weeks just to say thanks so much for the PGL Access weekend that you organized on 27/28th April. Our daughter really enjoyed herself and got a lot out of it."</i></p> <p><i>"Thanks to all of you at inspire+ for the work you do. It really makes a difference."</i></p> <p>Pupil Feedback from previous years suggested that 100% of pupils enjoyed themselves on the trip and mentioned things like:</p> <p><i>"It made me feel more confident."</i></p> <p><i>"It helped me to make new friends I will go to school with and made me less worried about going as I know more people."</i></p> <p><i>"This is the best place ever and I love it!"</i></p>	
<p>Balance Bikes</p>	<p>Aimed at reception and key stage 1, balance bikes give children the opportunity to learn to ride a bike without the need for stabilisers.</p> <p>Each school received 10 fantastic balance bikes, helmets and resources. Staff training was also provided.</p>	<p>This year we continued to offer this bespoke package to our member schools.</p> <p>Schools used the balance bikes in numerous ways including;</p> <ul style="list-style-type: none"> • PE lessons • Extra-curricular clubs • Intervention • Rewards • Playtime 	 

TEACHING STAFF

<p>PE, Sport and Leadership Conference</p>	<p>inspire+ organise an annual conference, which provides the platform for teachers to develop their PE, Sport and Leadership provision.</p> <p>The conference launches the charity's programmes to the schools for the year with teachers receiving all the relevant documents they require.</p>	<p>Over 95% of the charity's schools attended with most bringing their PE Leads and Head Teachers.</p> <p>The conference was opened by guest speaker and ambassador for the charity Ben Smith.</p> <p>Workshops that were delivered included, Roots to Food, Real PE and England athletics FUNetics.</p>	
<p>CPD Courses</p>	<p>A comprehensive programme of primary school courses delivered locally and nationally, were coordinated for member schools. Courses were aimed at supporting all school staff to deliver high quality PE and Sport in their schools.</p>	<p>31 CPD courses were facilitated throughout the year for schools.</p> <p>A total of 348 staff members applied for places on the courses.</p>	
<p>The FA Girls School Football Partnership</p>	<p>FA Girls Football Partnership is new this academic year. Inspire+ shares the FA's vision of giving every girl the opportunity to play football by 2024. The partnership allows staff and children to attend CPD events as well as the opportunity to set up the pathway to reach the goal of giving girls the opportunity to play football by 2024.</p>	<p>The FA Girls Football Partnership is a new strand to our offer, offering CPD for both students and staff. This year, 18 teachers and apprentices attended the FA Primary Teachers Award at Poplar Farm Primary School. We had 15 School staff and apprentices attend the FA Disney Active Play Through Story Telling and Disney After School club at New College Stamford, this training was designed to lead into a lunch time club and after school with a Disney theme.</p> <p>inspire+ also successfully applied to become a Wildcats centre, in partnership with Long Bennington FC to create a bridge for girls to</p>	

		<p>gain confidence to join a football club environment.</p> <p>2 of our Secondary Schools attended the Game of Our Own training in Nottingham, where they learnt the roles of a marketer and how to promote girls football within school.</p> <p>1 of our secondary schools attended the regional FA Secondary Teachers Award, sending one teacher.</p>	
SCHOOL			
Minibus	inspire+ secured access to a minibus to ensure pupils can access sports fixtures/events.	No schools accessed this support to provide transport to a sporting event this year, largely due to COVID19 stopping sporting events.	
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.	Schools continue to access this programme that is proven to support the development of targeted pupils.	
Parent Volunteer Programme	inspire+ provided an induction event for parents giving them access to basic sports training, enabling parents to assist sports clubs at their child's school. This can also be an opportunity for parents to progress into paid job roles.	This academic year we have had 3 parents train as volunteers. These parents have gained access to our CPD calendar and have been taking full advantage of the training that has been on offer throughout the academic year.	

<p>inspire+ Legacy Tour 2019/20</p>	<p>This year's Legacy Tour was based around the 2020 Tokyo Olympic and Paralympic games</p> <p>All member schools were offered the opportunity to be part of the inspire+ Legacy Tour.</p>	<p>This year's Legacy Tour saw 42 schools down to take part with 33 assemblies being delivered before lockdown. Each schools Bronze Young Ambassadors took a leading role again. Thank you to everyone who took part and a massive well done to all the BYA's that had a chance to lead their assemblies.</p> <p>Next year's tour will look at the new 2021 Olympic and Paralympic games!</p> <p>There will be two assemblies, schools that completed their assembly in 2020 will have an assembly with new elements but still based around the Olympics and Paralympics. Whereas schools that did not get to complete their assembly in 2020 will have a slightly updated but almost identical assembly that they were meant to deliver in 2020!</p> <p>We look forward to delivering the Legacy Tour either face-to-face or virtually to all of ours schools next year.</p>	
<p>Playground Leaders</p>	<p>Following the successful introduction of in-school training, the charity continued to offer training to all member schools.</p> <p>Schools receive 6x1 or 3x2 hour training sessions with their chosen group of pupils. Pupils get themselves a Playground Leader Training booklet to fill out during the course. This training can also incorporate working with the school's teaching assistants, PE apprentices and midday, lunchtime supervisors.</p>	<p>All the schools that have accessed the Playground Leader Training in 2019/20 have gone down well. With all the pupils who completed the training passed the course. They are now leading playground games in their schools for children through fun, active and exciting activities.</p> <p>Last year, the impact on the pupils who completed the training - increased their knowledge, confidence and enjoyment were 175%. This year, the impact on pupils who did the training have increased to an incredible 225%! A fantastic 50% increase from last years (2018/19) impact.</p>	 



	<p>At the end of the training the pupils get rewarded with a certificate and a Playground Leader Training cap. After they complete the course, they will be able to deliver new fun activities for other pupils during playtimes and lunchtimes.</p> <p>The tutor of the course will give the school an option in coming into the school to deliver an assembly on Playground Leader Training, as well by presenting the certificates and caps to the trained leaders.</p>	<p><i>“The tutor made the training fun and enjoyable. We have learnt so much from the course and can’t wait to start teaching games to the young children at our school!”</i> (Cliffedale Primary School new Playground Leaders)</p>	
Specialist coaches	<p>inspire+ help to provide quality coaching at schools through a comprehensive range of sports, to support increased OSHL and support the upskill of teachers delivering PE curriculum.</p>	<p>A total of 40 Primary Schools have accessed the specialist coaching service, with the majority receiving some sessions for free as part of their inspire+ membership. Schools consistently and regularly request additional coaching services.</p> <p>Our specialist coaches provide teachers with the knowledge and guidance to improve and upskill their current PE experience.</p> <p>This year, on average:</p> <ul style="list-style-type: none"> ➤ Pupil enjoyment has increased by 78% ➤ Pupil confidence has increased by 66% ➤ Teacher knowledge has increased by 133% ➤ Teacher confidence has increased by 122% 	 

<p>inspire+ mentor programme</p>	<p>Our mentors; Sophie, Sam and Chris 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 and raise aspirations.</p> <p>FRIENDS wellbeing and resilience programme was also delivered by Sophie Allen within schools</p> <p>Fitness Mentoring focuses on balance, co-ordination, endurance and flexibility. Using these components of fitness to find new, fresh ways of getting physically active.</p> <p>During lockdown, well-being mentoring continued to engage children at school and in their own homes. Eight schools accessed this offer and thank you to the teachers who collaborated with us on this fabulous effort!</p>	<p>20 schools received the Well-Being Mentoring programme, totalling 80 pupils participating in the programme.</p> <p>10 schools received the Fitness Mentoring programme totalling 126 children participating in the programme.</p> <p>2 schools had Sophie delivering FRIENDS resilience to their children across KS1 & 2.</p> <p><i>Fitness mentoring feedback:</i> <i>"Thank you so much Sophie! We really enjoy having you support our children; we feel that we see real improvements in the children's attitudes and confidence. Thanks again"</i></p> <p><i>Virtual mentoring feedback:</i> <i>"That was a really positive workshop for Martha to do, I think. The Zoom meet-ups - and e-assembly things like this morning - have definitely lifted Martha's mood this last week." – Parent at home.</i></p>	 
COMMUNITY			
<p>Olympic Sports Holiday Camps</p>	<p>Our holiday sports camps engage those participating in a variety of Olympic and Paralympic sport, giving children opportunities to be active in a structured and fun environment. Sessions delivered by our inspire+ core staff provide children with an insight into many different sports that they may otherwise not have the chance to take part in.</p>	<p>This year we were unfortunately only able to hold camps in the October & February half-term before COVID19 stopped camps for the rest of the year.</p> <p>How 2 weeks of camps were hugely successful though, with over 30 young children attending each day.</p> <p>Feedback from parents:</p> <p><i>"The set up and staff have again been wonderful. Matthew has thoroughly enjoyed</i></p>	

Commented [SR1]: @Sophie Allen – these stats just need updating and potentially add any feedback you've had! 😊

	<p>Our camps follow Ofsted guidelines and we pride ourselves on the quality we provide for participants. The 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.</p>	<p><i>this last week and always wanted to come. It was also lovely to hear that those that met Matthew last year have seen a difference in his behaviour since we have now got a better control of his ADHD.”</i></p> <p><i>“My daughter aged 5 really enjoys her time here during the holidays, always excited to go, staff are always a pleasure - nothing is too much trouble for them-a special shout out to Jack!”</i></p>	
<p>Inclusive Sports for Care Homes</p>	<p>This is a new initiative that we have started within local care homes.</p> <p>The aim is to provide more inclusive sports for elderly people within the community. Inclusive sports have many benefits from keeping active to allowing people to engage socially with others.</p>	<p>This year we have worked with 2 care homes within Grantham, but we are aiming to work with more next year!</p> <p>We have also offered local schools the chance to be part of these sessions within the care homes. We have had 3 schools, so far, show interest in attending these sessions.</p> <p>Since the start of this programme we have provided 15 sessions.</p>	

Sports Cadets	Sports Cadets is a new programme that inspire+ has recently ran a pilot for and will be continuing into the new year. Sports Cadets aims to be a physical activity club with a strand of uniformed services, promoting a strong mental wellbeing.	Sports Cadets is a new community initiative we have been piloting on behalf of Youth Sport Trust. The Pilot ran for 6 weeks and was well attended throughout with 8-14 in attendance each week. This programme has been fully inclusive of all that inspire+ offers. Sessions are led by an apprentice with assistance from our Senior Young Ambassadors, who all have enjoyed running the sessions and working with the children. We intend on running Sports Cadets into next academic year and expanding the programme across various areas in which we work within.	
Website	<p>In early 2019, we gave our website a new lick of paint and completely re-branded ourselves as a charity. The website now contains information about all inspire+ services and initiatives, as well as online booking forms for our holiday sports camps.</p> <p>Schools can inform parents of their PE and Sport provision to pupils by linking the inspire+ website to the school's website.</p> <p>www.inspireplus.org.uk</p>	<p>Since partnering with local design company Nettle, our vision of turning inspire+ into a known brand has truly become a reality through the new website and branding material, which we hope you like.</p> <p>Our website usage has grown and grown through the past few years, with now all of our sports camps bookings been made through the new website.</p>	
Secondary School Provision			
Sports Leadership Academy	The Sports Leadership Academy has been running for 10 years and enables the leaders to make a real impact in their schools and local community. By working very closely with the local School Games Organisers, we are able to provide these leaders with great opportunities to positively impact	This academic year we have had 295 leaders engaged within the sports leadership academy, attending 22 Festivals and community events across the year. These community events included the Downtown Christmas Extravaganza, Swimathon and the Santa fun run amongst others. During the October half term, all year 9 students were trained in safeguarding,	

sports within their schools and the local community.

We coordinate and run National Governing Body sports courses, which will help introduce them to those sports and enable them to coach, officiate and lead a group in that chosen sport.

Throughout the year we offer a wide range of volunteering opportunities for the leaders to assist and play a part in, these include local school festivals, inspire+ sports camps, local sports clubs' programmes and other community events.

hockey, indoor athletics, badminton and inclusive sports as the start of their journey. Some have since undertaken cheerleader training.

Throughout February half term, 13 of our sports leaders completed the level 1 Sports Leader Qualification course. Learning the key leadership skills in order to complete the course and deliver effective sessions to young children

Below are some quotes from some of our leaders-

Sophie Allison- 'I've really enjoyed the programme as it's allowed me to be a part of a community which inspires and helps others, as well as meet new people.'

Dion Comerford- 'It has been a great experience learning new skills and more experience on how to conduct a session'

Benjamin Summers- 'I've really enjoyed meeting new people and being given responsibility'

Joseph Scott- 'It has been a really good experience so far, it's good to meet new and to help take a session at events'

Eleni Alkiviades- 'I've enjoyed helping the community through this programme



<p>Business Skills Academy</p>	<p>The Business Skills Academy linked local businesses with our Sports Leadership Academy students.</p> <p>Students attended a conference where 5 local businesses ran workshops in different areas key to applying for jobs; including CV writing, body language, being professional and researching companies.</p> <p>Following this, these students could apply and go through an application process to take on work experience at one of the businesses from the conference.</p>	<p>This year all 6 of our secondary schools attended the Business Skills Academy. 67 Students from our schools, did workshops on interview techniques, CV writing and apprenticeship myths amongst others. BGB Innovation, Specsavers, Viking Signs and inspire+ delivered the workshops. Students were then offered the opportunity to apply for work experience within one of these companies.</p>	
<p>Education Team</p>			
<p>Health Check and PE forum</p>	<p>PE co-ordinators and/or head teachers are invited to join us at termly PE forum meetings and have had the opportunity to request individual support for their school in the form of a PE health check.</p>	<p>After a busy year in 2017/18 less schools used the health check service, but it remains available to any school requiring it. We are happy to discuss your current provision and how you can enhance PE and school sport in your school. The PE forums take place once per term and focus on up to date PE and sport news and views.</p>	
<p>Apprentices</p>	<p>Our PE and School Sport apprenticeship is now in its third year of delivery. We provide the training for New College Stamford. Our apprentices give schools the opportunity to improve the quality of PE and school sport provision and participation.</p>	<p>Another hugely successful year saw over 80 apprentices and work-based learners qualify as PE and school sport apprentices gaining their NVQ Level 3 awards in supporting the delivery of PE and school sport and Employer's Awareness. This year we look set to train up to 100 new apprentices and work-based learners in the east of England with cohorts in East Riding, NE Lincs, Norfolk, Lincoln, Grantham, Boston, Stamford & Northants.</p>	

<p>Level 3 NVQ</p>	<p>inspire+ are pleased to be able to offer their NVQ Level 3 programme for current school employees. Our work-based learning programme continues into the new academic year with a new cohort due to start before Christmas.</p>	<p>Our first cohort of work-based learners completed their training this summer after 18 months of work completed whilst working in their schools or coaching companies. This included 2 of our inspire+ staff who really enjoyed the course. If you have any support staff who might be interested in this course please let us know.</p>	
--------------------	---	--	---

