

inspire⁺

Healthy, Happy, Active Young People



OUR 2023/24 IMPACT REPORT

In a mission of helping young people to be Healthy, Happy and Active



Welcome

Celebrating Our Achievements

We are delighted to present the inspire+ Annual Impact Report, highlighting our efforts and achievements in the past year.

We continue our mission to ensure that young people in our communities are happy, healthy, and active through the power of sport and education.

This year, we have faced numerous challenges but also incredible opportunities to make a difference. With the ongoing support of the UK Government's Sport Premium funding, we have extended our programmes to even more schools, ensuring every child has access to high-quality physical education and sports activities.

This vital funding has allowed us to introduce innovative programmes that engage students in physical activity and boost their mental and emotional well-being.

However, the need for our work has never been more urgent. Recent figures show that 1 in 5 children in the UK is classified as obese before they even start secondary school (Office for Health Improvement & Disparities, 2024).

Sedentarism, worsened by the digital age, contributes to a growing health crisis among youth. In addition, many of the children we work with come from areas of significant deprivation, where poverty limits their access to extracurricular



activities that could improve their physical and mental health.

Inspire+ is committed to combating these issues head-on. Our initiatives have not only improved physical fitness but also equipped young people with the confidence, teamwork skills, and resilience they need to succeed in all areas of life.

This is a testament to the impact of your support and the difference we can make together.

As you review this report, we hope you are as inspired as we are by the stories of transformation, growth, and success our initiatives and apprenticeships have made possible.

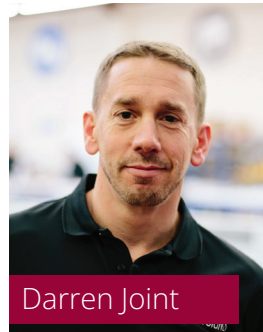
None of this would have been achievable without your support. Together, we are building a healthier, happier future for the next generation.

Thank you for standing with us in this vital mission.

Vincent
Vincent Brittain
Chief Executive



Darren
Darren Joint
Chair of Trustees



Who we are

We are an independant sports and education charity that changes young people's lives by leading healthier lifestyles through physical and well-being activities.

OUR Vision

Healthy, Happy, Active Young People

OUR Mission

Working together to sustain an enthusiastic community who are heathy, happy and active

Holiday Camps

Our holiday camps take place in South Kesteven and surrounding areas.

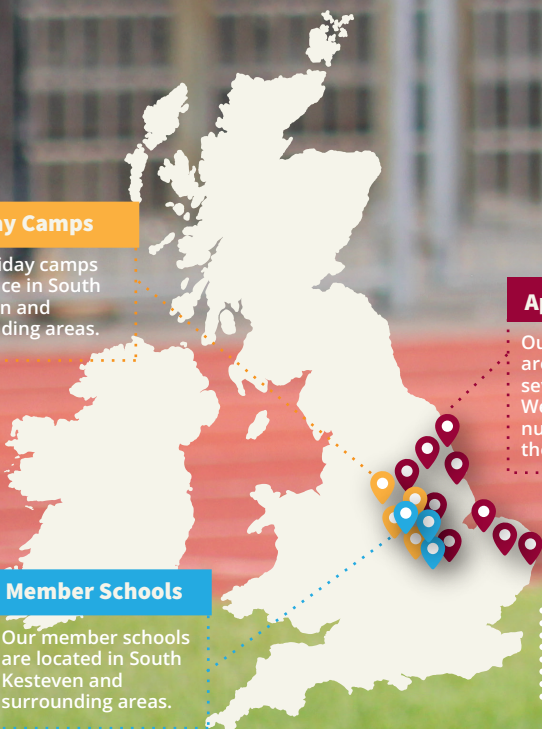
Apprenticeships

Our apprenticeships are delivered in several cohort areas. We serve a large number of schools in the East of England.

Member Schools

Our member schools are located in South Kesteven and surrounding areas.

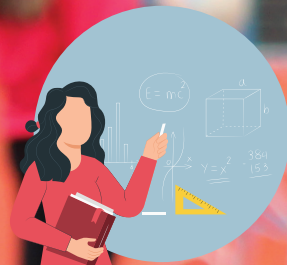
OUR Locations



Our impact this year



1900+ hours of coaching, leadership and active play



500 inspire+ PE, Sports and Teaching apprentices hired



2000+ hours of inclusive sports and activities



7,600+ hot meals delivered in holiday camps.



PRIMARY SCHOOLS

We support schools in providing a diverse breadth of high-quality PE, sport & leadership opportunities for their pupils.

Bronze Young Ambassadors

Pupils support the PE Lead by promoting healthy, happy active opportunities in schools and run events and assemblies.

Legacy Tour

These Young Ambassadors deliver the Legacy Tour, which are school assemblies led by them.

This initiative brings excitement to the school and school community. This year the assemblies were delivered focusing on the Olympic and Paralympic, followed by a torch relay from school to school.

135

young ambassadors
trained this year

46

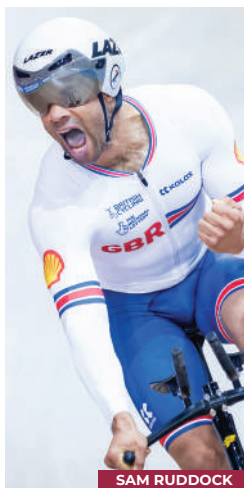
Legacy Tour assemblies
delivered by them



Inspirational Ambassador Visits

We offer engaging whole-school assemblies with relevant themes and messages tailored to all year groups. Our Sports Ambassadors are experts at delivering impactful presentations that resonate with pupils.

This year, Sam Ruddock ...,
Jonathan Broom-Edwards..., Joe
Roebuck..., and Dai Greene....



143

assemblies delivered



Themes explored this year:

resilience & happiness



Talented Athletes Programme

Nominated pupils and their parents are invited to join us at a 6-week community club at a central venue.

inspire+ Cadets

This is a 6-week programme designed for Key Stage 1 (KS1) students. Using sports as a platform, we develop essential life skills and values.

260

children accessed our Talented Athlete Programmes

242

children accessed inspire+ cadets



FA Girls Active Story Time

This 6-week programme for groups of chosen children combines physical activity with literacy links by utilising the engaging FA Girls Disney Inspired resources.



Playground Leadership Training

We enhance organisation and active play, supporting lunchtime supervisors and training young people as playground leaders.

The content has been updated, and templates that empower schools to implement structured play can be provided.



199

children accessed our FA
Girls Active Story Time
programme

222

children trained as
Playground Leaders

Mini Olympics

The Mini Olympics is an annual fun-filled event that brings children together to engage in friendly and non-competitive sports.

Similar to the Olympic and Paralympic Games, the Mini Olympics features a variety of activities, including Opening and Closing ceremonies, participation of celebrities, athletics, boccia, boxercise, American football and much more!



3
days

From 11th to 13th June



2,228

Primary children participated



300

Sports Leaders
and volunteers



49
schools



VIP

70
VIP guests



5
celebrities

ni pics



Opening Ceremony



Chase, inspire+ mascot



Banner Competition



Athletics



Sport Ambassadors
giving autographs



Closing Ceremony



Boxercise



Dancing with the Royal
Opera House



PGL Half-Day

Learning through Outdoor Adventure Activities (OAA) with our PGL half-day access.

PGL offers a range of thrilling experiences that promote teamwork and personal growth. Stepping outside the classroom and into a world of adventure and learning.

Maths & Active

This is a 6-week programme designed for Key Stage 1 (KS1) students. Using sports as a platform, we develop essential life skills and values.

Schools can choose the themes and topics to focus on, including fostering teamwork, communication, resilience, and more.

240

children accessed a half-day visit to PGL

136

children were engaged with active Maths & Active sessions



Sports Day Support

Unlocking the full potential of schools' sports day. Our experts assist with planning, organising, and executing a seamless event, ensuring an enjoyable and successful experience for all participants.

PE Leader Specialist

Elevating playtimes with our Playground Leadership Training. We enhance organisation and active play, supporting lunchtime supervisors and training young people as playground leaders.

The content has been updated, and templates that empower schools to implement structured play can be provided.



8

school sports days
supported

6

schools accessed support throughout
the year by our PE Leader Specialist



Structured Playground Games Coaching

Our coach lead engaging and inclusive play sessions during lunchtime, providing a fun and safe environment for children to join in.

Additionally, we offer CPD opportunities for Teaching Assistants and Midday Supervisors to enhance their skills.

CPD Courses

We provide a wide range of courses throughout the year, covering sport-specific and key stage-specific topics.

Courses include sport specific and key stage specific.

To support schools accesses more courses bespoke to their individual needs, the charity's CPD lead will be offering each school a bespoke session either during an inset day or in a twilight staff training session.

42

schools accessed
upport for active,
structured play at
lunchtimes

204

places used on our
CPD courses for
school staff

Mentoring Programme

High-energy sessions to provide energy release, to positive impact.???

361

children accessed one of our mentoring programmes



Ofsted PE Deep Dive Support

We provide valuable assistance to PE Leads in assessing and enhancing their school's PE provision.

With our guidance, PE Leads can conduct a thorough audit, receive strategic and operational support, and better understand local and national provision available for PE and school sport.



5

schools received this support

SECONDARY SCHOOLS

We support secondary schools by providing volunteering opportunities for students from Year 9 to Year 13.

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Sports Leadership Academy

Our comprehensive yearly training equips students to support local events while accessing Level 1 and Level 2 qualifications for Sports Leaders UK.

inspire+ Activators

Pupils who had leadership roles at primary school can continue their journey supporting the development of their leadership skills, aiding less confident Year 7 students with a smooth transition into secondary school while preparing them to join the academy in year 9.





322

**Sports Leadership Academy
students**



COMMUNITY

Our holiday clubs ensure each child receives nutritious meals and healthy snacks daily, as well as providing opportunities to be more active.



Move & Food Camps

The Move & Food is a Government funded programme that provides free holiday clubs for reception to year 11 pupils in receipt of benefits-related free school meals in South Kesteven over the school breaks (February, May and October).

In partnership with:



SOUTH
KESTEVEN
DISTRICT
COUNCIL

5,630

healthy hot meals



12 venues across
Lincolnshire



15 delivery partners
alongside the skillset of
our sports coaches and
teaching staff



Holiday Activities and Food (HAF) Camps

The Holiday Activities and Food programme (HAF) is a Government funded programme that provides free holiday clubs for reception to year 11 pupils in receipt of benefits-related free school meals in Lincolnshire over the summer, Christmas and Easter holidays.

In partnership with:



5,630
healthy hot meals

Over
2,000
leader hours



12 venues
across Lincolnshire



15 delivery partners
alongside the skillset of
our sports coaches and
teaching staff

EDUCATION

We are an apprenticeship training provider that helps businesses recruit and train their ideal candidates while supporting apprentices and empowering them to develop knowledge and advance their careers.

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Apprenticeships

Apprenticeships are work-based training programmes that help businesses find and develop new talent. They provide learners with skills, experience, and nationally recognised qualifications while working and earning a salary.

Our learners can support organisations in areas like structured play, extra-curricular activities, sports fixtures, and classroom roles.

98

learners across our three apprenticeship programmes



A background image showing two people from behind, high-fiving their hands. The person on the left is wearing a red shirt, and the person on the right is wearing a white shirt. They are in a room with a basketball hoop and net visible in the background.

In partnership with:



Apprenticeships



Inspire
Education Group

Our Apprenticeships

Level 2

Community Activator Coach
Playworker **IN DEVELOPMENT**

Level 3

Teaching Assistant (PE Focus)
Community Sport and Health Officer

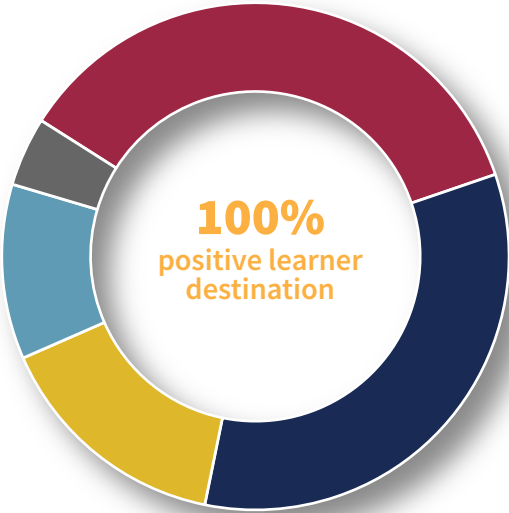
Level 4

Sports Coach (School)



LEARNER DESTINATIONS

After their apprenticeships, the learners go on to:



- Progress with the Apprenticeship
36%
- Stay in the Industry
34%
- Stay with the same Employer
15%
- Go to Univeristy
11%
- Alternate Career Path
4%

**Statistics as per Sept 2023*

100%
pass rate

37%
distinction grade

AWARDS

From our Apprentice of the Month Awards to community and college recognition, our apprentices and the charity received several awards during the 2023/24 academic year:

Apprentice of the Month

Created to show employers' appreciation to their apprentices, this award receives many nominations yearly and encourages apprentices to continue doing their best.

20

Apprentice of the Month winners

Other Awards



Alabama Thompson
Higher Level Award for Excellence
Inspire Education Group's
Oscar Style Student Awards



Josh Melloy
Traiblazer Award
Young Person Learning Provision
(YPLP)



inspire+
Highly Commended
Lincolnshire Apprenticeship
Championship Awards



Lilly Smith
Partner Student of the Year
inspire Educational Group Student
Awards





Healthy, Happy, Active Young People

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