



Engage, support, inspire
through Sport & Physical Activity

COUNTY DURHAM INSPIRE PROJECT



BACKGROUND

Following consultation with partners and primary schools in 2015, schools identified that they would welcome a programme which would help build resilience in their pupils, using the power of sport.

The County Durham Inspire Project was born in response to this demand, building on a similar project delivered on behalf of Kent County Council by Olympian Chris Cook.

Issues such as low levels of resilience and self-worth are addressed by the Inspire Project through the delivery of effective and engaging workshops where children are provided with practical activities which are challenging, fun and designed to support 'self-awareness' as well as promoting mental well-being.

The delivery mechanism ensures that schools receive a programme which meets their specific needs, and can be offered across the whole school or to specific year groups or target groups.



ACTIONS

A resource pack is provided to schools before the initial visit so teachers can access activities and resources and do some prep work. This helps to set up the visit as it ensures that teachers understand the activity and associated outcomes.

Following the initial teacher session to introduce the programme and the school assembly, schools are provided with a resource pack so teachers can access activities and resources and do some prep work. This helps to set up the visit as it ensures that teachers understand the activity and associated outcomes.

Following a whole school assembly with the athlete mentor, schools receive a series of visits throughout the year and continue to build the ethos between visits. Schools are given both ownership and flexibility of the project as all resources can be tailored to the specific needs of the pupils and teaching staff are freely able to decide which topics would be most beneficial to deliver to their pupils.

Each school receives three visits; one in the Autumn term, one in the Winter term and the final visit in the Summer term which would be a fun celebration for the school, for example, the athlete mentor may take part in a sports activity with the children celebrate the children's work and achievements over the year.

The aim of the Inspire Project is to develop a network of primary schools who work together to offer the best opportunities to all their pupils and enable the Primary School Sport Premium to support the development of a rounded young person through the power of sport and physical activity.

The additional aims of the project are to:

- Build resilience in children by providing them with the tools and knowledge to develop effective coping strategies
- Help children to focus their attention in the correct way in order to maximise achievement
- Equip primary school children with the appropriate support and guidance to allow them to make informed and effective decisions about their futures
- Encourage children to pursue their dreams and goals, even in the face of adversity.

Following the success of the 2015-16 pilot, where over 700 children across 5 schools benefitted from the Inspire Project, Paralympian Tim Prendergast is now on board as another athlete mentor for the project, alongside Chris Cook, and 7 primary schools took part in the Inspire Project during the 2016-17 academic year.

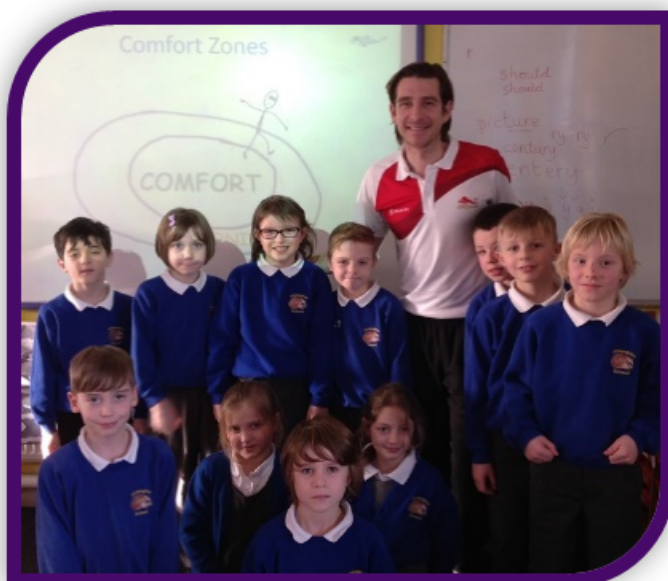
IMPACT

The Inspire Project has been welcomed enthusiastically by all Head Teachers involved and feedback so far has been very positive, providing strong evidence that the aims of project have been achieved through primary pupils displaying higher levels of resilience and improved mental well-being in their day-to-day activities.

The major successes of the project are:

- Several Year 6 children spoke about the reassurance the Inspire Project had given them during SATs week
- Primary pupils explained how the project helped them to develop a greater understanding of themselves as they felt as though they were able to push themselves further with less pressure
- Teaching staff commented that that the project promoted positive thinking and self-belief among pupils
- There has been substantial evidence of increased engagement in school PE and sport following the programme

Both teaching staff and pupils have also commented that the positive impact the project has on the young people's health and wellbeing will also support their transition into secondary school, and enable schools to engage more pupils in extra-curricular activities.



FEEDBACK

Pupil Feedback

"We have to do SATS in Year 6 and I had been a bit worried, but because of learning about different zones, I have got a lot more confident with them."

"It [the Inspire Project work] has helped me to push further rather than sticking in one spot."

"I have done more sports now and have even set my new year's resolution to do more sports outside of school."

"I know now its ok to get things wrong and not to worry so much if I do."

"I now can do anything if I want, it's all about me, which I know now."

"We learned about different ways to think about yourself like being happy and sad sometimes and how to deal with these feelings better."

Teacher Feedback

"We use it a lot in every lesson, not just PE, in every single curriculum aspect so it's worked absolutely brilliantly."

- Andrea Jones, Prince Bishops Primary School

"They [the children] were all really focussed on Chris and the story he had to tell, it was fabulous."

- Beverley Jones, Headteacher - Cotsford Junior School

"The Inspire Project was a great success. Chris' presence and Olympic/Commonwealth Games history certainly inspired many of our children, his assemblies were so interesting and motivational, it made many of the staff and children want to get out there and do something. I would fully recommend the project to anyone interested."

- Melissa Morton, Peases West Primary School