

PE & SCHOOL ENRICHMENT

2  23 / 24
THE
INSPIRE
GROUP

INSPIRE - ENGAGE - EMPOWER

THE METHOD

What we do

#InspireEngageEmpower

PE Provision & Enrichment provides your school with a child led approach that can inspire positive experiences, engage with wellbeing and empower physical health. Using our unique [#InspireEngageEmpower](#) methodology that is backed by academic research, our programme delivers a wide range of sports activities alongside supporting mental health and enrichment of social and community values.



INSPIRE YOUR CHILDREN

Offer your children a wide range of physical wellbeing activities, multi-skills sports development and positive health based interventions.



ENGAGE WITH OUR TEAM

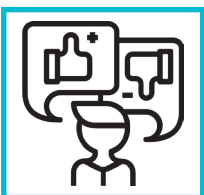
Build a relationship with our team and together we can place your children at the centre of a successful PE provision.



EMPOWER YOUR SCHOOL

Compliment your school environment with an empowered and resilient population of children taking part in regular physical wellbeing.

OUT OF SCHOOL PROVISION



We are also able to signpost your children to the out of school time provision that we offer outside of term time. These activities also feature our [#InspireEngageEmpower](#) methodology and will provide children with a safe environment in which to build

relationships, make friends and take part in enriching sports and physical wellbeing activities. For more information please get in touch with one of the team.

THE PROGRAMME

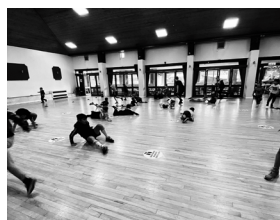
How we do it

£2730.00

EXAMPLE PE PROGRAMME - PER YEAR (BASED ON 39 WEEKS)

- 2 Hours PE Provision
- One Afternoon(1-3pm)
- September 2023 - July 2024

Bespoke plans available on request



LUNCHTIME & AFTER SCHOOL CLUBS

At The Inspire Group we pride ourselves on our after school provision and enrichment activities. We provide fun, engaging and inclusive sessions that give children positive experiences. Our clubs have been designed to help children discover their interests, develop new skills and support their educational outcomes.

These sessions can run at lunchtime and after school to enable parents/ guardians to continue their working day with the confidence of professional care for their children. Our lunchtime sessions can also offer a more structured opportunity for children to play, make friends and build social connections.

Pricing available on request

TARGETED INTERVENTIONS

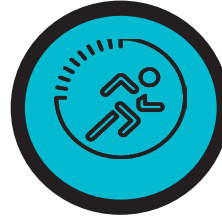
Supporting Young People

Targeted Interventions

- Behaviour Management
 - Measured using Outcome Stars
- Price on request



ENGAGE
IN ACTIVITY



PHYSICAL
& MENTAL
WELLBEING



INDIVIDUAL
DEVELOPMENT



“The children with low self esteem are the ideal target group for the sessions. The children are really enjoying the sessions, all activities have a good balance between physical/emotional and are well thought through.”

Louise Mayne, Safeguarding Lead, Kings Hill Primary, Darlaston

A 6 WEEK PROGRAMME TO IDENTIFY, PROCESS AND CHANGE CURRENT BEHAVIOUR PATTERNS

Feelings and emotions - Dealing with feelings, recognising unhelpful thinking, ways to feel better managing mental health and the benefits of physical activity.

Healthy lifestyle (CALM) Food, sleep, being active, managing any physical health conditions. Promote positive stress release.

Home life (RESPOND) A stable home life, safety, positive routine and having the basics. Understanding how their own contributions can impact the wider collective.

Friends and relationships (COPE) Support from friends, peers, family or other adults, bullying, knowing who to trust. Children guided and supported towards coping mechanisms and resilience.

School (CHANGE) Getting the most from school. Capture feedback on the benefits of behaviour and feeling positive using mindfulness.

Self-esteem (KIND) Being comfortable with who you are, seeing your strengths, confidence, sense of belonging.



2023/24

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For more information on the PE Provision and Enrichment programme and to arrange a personal consultation please contact -

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