

LET'S
GET
MOVING

Active Together

Inspire - **Develop** - **Excel**

Framework



www.active-together.org

Mission

Supporting the wellbeing & development of Children & Young People, and tackling inequalities through Sport, Physical Activity & Movement.



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Working in partnership with...



Inspire - Develop - Excel

www.active-together.org/schoolgames | www.active-together.org/activeschools | www.active-together.org/teamleicestershire



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Guiding Principles...

- Outcomes for young people at the heart of what we do
- Looking to engage different & NEW young people
- Local flexibility as well as County collaboration
- Making a MEANINGFUL DIFFERENCE to the young people involved
- **It might take more time and effort to engage some of the under-represented groups, but the impact can be so much greater!**

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- **INSPIRE**
 - Encouraging young people to **engage, participate & learn** through **fun** sport & physical activity opportunities that interest and excite them; developing a **positive and meaningful relationship with movement and physical activity**, acquiring **lifelong learning** and promoting **social & emotional wellbeing**.
 - *CYP focus: **Who or what gets you active?***
- **DEVELOP**
 - Giving young people opportunities to **learn & grow key skills** such as **confidence, self belief & determination**, as well as improving their **physiological & psychological skills** in a **fun, safe, supportive** environment that has **key values** at its core & engenders a **lifelong love of movement**.
 - *CYP focus: **Enjoy and strive to improve.***
- **EXCEL**
 - Providing opportunities for young people who **aspire** towards further **progression & success** in sport & physical activity; either as an **individual** or as **part of a team**, through **competition structures, talent pathways & performance programmes**.
 - *CYP focus: **Be the best you can be!***

Who or what gets you active?

INSPIRE

- Physical Literacy / Development
- SSPAN & School based programmes
- Inspirations & Daily Boost

Enjoy and strive to improve.

DEVELOP

- Intra, Inter & County Festivals
- Focused local work programmes
- School Games Festivals

EXCEL

- Competition / Talent / Performance & Parallel Pathways
- Intra → Inter → County →
- Team Leicestershire
- *(inc. TL Talent)*

Be the best you can be!

Under-pinning elements...

- **Virtual offers throughout**
(inc. *Inspirations on Koboca, local SSPAN offer and: **Daily Boost**, **LRSchoolGames**, **Team Leicestershire***)
- **Leadership opportunities throughout**
(inc. *in-school, SSPAN and Active Together run programmes*)
- **Intra formats** available to increase in-school opportunities, compliment existing offers and feed inter-school provision

	Intent	Implementation	Impact
INSPIRE	<p>To engage new and different young people in sport and physical activity with fun and exciting initiatives that also provide opportunities to learn new skills & for personal development</p> <p>Tackling inequalities to make sport and physical activity in school and at home accessible to all young people</p>	<p>Fundamental movement / physical literacy development programmes and initiatives that focus on fun through physical activity, inspiring a desire to participate</p>	<p>Development of fundamental & physical literacy competencies, lifelong learning and social & emotional wellbeing.</p> <p>Developing a positive and meaningful relationship with physical activity and movement</p> <p>Access for more young people to achieve CMO targets of 60 active minutes each day and reap the physical and mental benefits</p>
DEVELOP	<p>Empowering young people to further develop life-skills, core values & sport transferable skills as well as a life-long love of movement</p>	<p>Programmes such as the School Games delivered through fun, developmental initiatives and events that focus on the outcomes of that particular programme or event rather than being performance and / or result driven</p>	<p>Further development of INSPIRE impacts outlined above, plus...</p> <p>Providing opportunities for new and different young people to access inter-school sport where they may not previously have done so</p>
EXCEL	<p>Giving young people the opportunity to challenge themselves with and against others to achieve their personal best in their chosen sport or pathway</p>	<p>Competition structures, talent pathways & performance programmes such as the Team Leicestershire County Competitions, County-wide Leadership and Volunteering opportunities.</p>	<p>Progression through the relevant pathways to allow young people the opportunity achieve their potential in sport and physical activity whether it be as a participant, leader, volunteer or official</p>

Our data shows that 47.2% of children and young people (3.4 million) are meeting the Chief Medical Officers' guidelines of taking part in sport and physical activity for an average of 60 minutes or more every day. Meanwhile, 30.1% (2.2m) do less than an average of 30 minutes a day (SE active lives survey 21-22)

**Activity levels are lowest for those in school Years 3-4 (ages 7-9, 39%).*

**Boys (50% or 1.8m) are more likely to be active than girls (45% or 1.6m)*

**Those from low affluence families are the least likely to be active (42%).*

**Activity levels among children and young people with a disability or long-term health condition are the same as for those without one.*

**Children and young people with Black, Asian and other ethnicities are the least likely to be active.*

There's a positive association between levels of engagement in sport and physical activity and levels of mental wellbeing. Mental wellbeing scores are higher for those who are active than those who are less active. There's also a positive association between all mental wellbeing measures and volunteering to support sport and physical activity.