Sports Boost!

Sport has the power to bring young people together to build a community where anyone can play. Sports Boost is a project which holds inclusivity of young people at the heart of the programme.

With an aim to increase the activity levels and competition opportunities of children with Special Educational Needs and Disabilities (SEND) in mainstream schools, this programme supports primary schools to tackle inequalities.

Sports Boost has been an excellent project which is highlighted through the young people's responses:

***"Sports Boost is fun and cool."* - Leo**

***"This has been the best day of my life!"* - Kieran**

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Team Sports Boost!

Objectives

- To provide regular competitive opportunities for Key Stage 2 children with SEND to represent their school
- To build a network of schools to deliver the programme: upskilling staff to work with SEND children.

Who was the target audience and how were they engaged?

The School Games Organiser (SGO) aimed to support children with SEND in mainstream schools to have **regular** participation opportunities by collaborating with local schools to create a termly events calendar.

Three primary schools joined forces to provide a festival each term, targeting specific children to represent their school who would not usually access this opportunity.

Through meetings to share ideas, a competition calendar was devised, rotating the venue every term so each school hosted an event.

Why was the activity unique?

Each competition provided a new opportunity for the young people to take part in. From Boccia, Tri Golf, and Kurling to Football, Netball, and Athletics, the young people had opportunities based on personal challenges in addition to collaborating in team activities. To support the delivery of the events, sport leaders' training was provided at each school for Year 5 and 6 pupils to develop their leadership skills so they could lead the activities.

The SGO supplied schools with activity cards to utilise between events to increase activity levels and build their physical literacy skills, whilst continuing the fun!

What was the impact felt in schools and by CYP?

Ten individuals from each primary school attended all the events. This helped to build a community between the schools which has increased the student's self-esteem, social development, and teamwork. The PE Lead at St Thomas More's stated:

"The team I take to the Sport Boost festivals now recognise themselves as a team. They will spend more time together socially and know they can look to each other for support, not only in sport but in other subjects as well".

Pupils gave great feedback; one said, *"The best thing about Sports Boost has been the coming together and playing sport as a team".* Another highlighted the importance of her team, *"I don't worry about how we compare to others because we have a very good team."*

Why is this an example of School Games best practice?

This is a fantastic example of the School Games values as these festivals not only provide the opportunity for pupils to gain 60 active minutes but develop a meaningful support network for these young people. As a result, they feel valued, happy, and included.

You can watch the impact of the events in full here.

For more information, email Sue at s.allsop@hurstmere.org.uk

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