

TeamMCR

THE POWER TO INSPIRE



Inspiring
children and
young people
across
Manchester

SECONDARY
PROGRAMME
23·24

**Message from Eamonn O'Rourke,
Team MCR Chair of Trustees**

**I would like to welcome and thank you for joining us again for
the 2023-24 academic year.**

PE, School Sport & Physical Activity is central to the social, emotional and physical wellbeing of our children & young people. Team MCR has a broad programme and I invite you to make the most of the many fantastic opportunities, programmes, resources, guidance, training, leagues & competitions and the wider opportunities to help you provide for all of your students.

I wish you an active and enjoyable year with Team MCR and we look forward to seeing your children and young people enjoying all of the many opportunities.



VISION

Giving all young people equal access to better life chances, choices and skills through sport, physical activity, health and other life changing opportunities.

PURPOSE

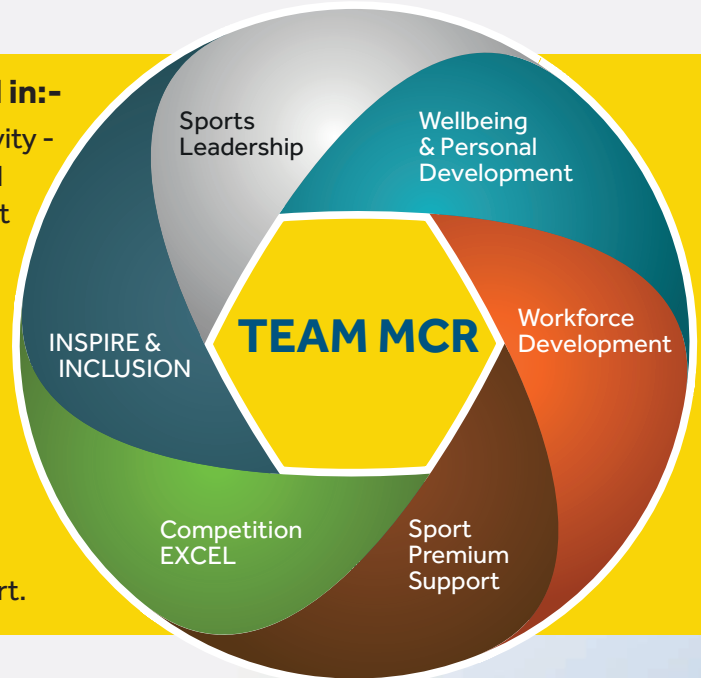
To provide the young people of Manchester with a rich and diverse range of enrichment opportunities that promote physical activity, sport and wellbeing to make a life-long positive impact to them and their communities.

Team MCR provides an infrastructure of support and opportunities for your staff and students.

It is fully supported by the Youth Sport Trust, Department for Education, DCMS & Department for Health.

The programme supports your school in:-

- Engaging ALL pupils in regular physical activity - the CMO recommends that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school.
- Raising the profile of PE and sport across the school as a tool for whole-school improvement.
- Increasing confidence, knowledge and skills of all staff in teaching PE and sport.
- Broader experience of a range of sports and activities offered to all pupils.
- Increased participation in competitive sport.



Team MCR is passionate about **DEVELOPING THE WHOLE CHILD** through physical activity, sport and life skills with the aim to make Manchester's children & young people the most active in Greater Manchester.

Team MCR delivers the National School Games Programme within the city with an extended reach to incorporate Sport, Health, Wellbeing, Personal and Workforce Development.

Manchester Schools PE Association established as a charity in 2018. Relationships are very important to us and have proudly and consistently engaged with over 80% schools in Manchester.

Our charity closely supports National strategies in a local context, particularly, The Manchester Strategy, Manchester Health & Care Commission (working together for a Healthier Manchester), Department for Education, Sport England (Uniting the Movement), Youth Sport Trust (Believing in Every Child's Future) and Greater Sport (Changing Our Lives Together).



SECONDARY SCHOOL MEMBERSHIP

Team MCR will continue to work with Manchester Schools to pool and share resources, knowledge and skills and provide a collective support and development programme.

Team MCR is striving for Manchester Schools to be at the forefront of PE, School Sport, Health & Wellbeing; sharing good practice; supporting our schools and ensuring High Quality PE, School Sport, Wellbeing & Personal Development opportunities for all Manchester pupils.

2022-23 has been an active year with over 150 Manchester schools joining Team MCR and engaging in School Sport, Physical activity and HWB programmes. Over 171 primary school teams took part in our football leagues alone, with our Workforce Development courses, Leadership Programme, and much more in big demand. In addition, our work across 26 different sports in 275 competitions, events and festivals have taken place. Our focus remains to support your staff in keeping your students healthy, active and motivated through sport and physical activity.

YOUR SCHOOL'S MEMBERSHIP FOR 2023-24

- Calendar of sports festivals, events, competitions and leagues
- Professional development courses including first aid
- Manchester Sports Leadership & Ambassador programme
- Work with key partners to develop Physical Activity, Health, Wellbeing & Personal Development strategies
- Links to the Manchester Community Sport & Club structure
- School Games Mark support

Membership fees for 2023-24 reflect the development of the programme, the work to be sustainable using incoming grant funding from DCMS & Dept for Health which help keep the costs as low as possible for your school.

PUPILS ON ROLL	MEMBERSHIP FEE (€) 2023-24
251 - 500	650
501 - 750	700
751 - 1000	750
1001 - 1250	800
1251 - 1500	850
1501+	900
Primary Special	400

This programme is a vital part of your school's Pupil Premium funded programme - your Physical Activity, Health & Wellbeing Programme. This will contribute to your students' physical & mental wellbeing, individual, social & community development. Your membership fee should be included in your Pupil Premium Action Plan and can be budgeted for as a Pupil Premium expenditure. The invoice for your membership will be forwarded to your Business Manager.



Developing the programme in conjunction with you

To help us shape the programme to meet school needs we carry out a detailed programme of consultation during the spring term each year. This comprises:-

- detailed survey of schools to review the structure of our league programmes
- detailed survey of schools looking at our overall programme
- focus groups with PE coordinators and other key staff
- proposed programme shared with you during the summer term each year.

STUDENT VOICE

During the 2023-24 school year we will also be developing a new student voice panel to allow us to better shape our programmes around the views of Young People.

MEMBER BENEFITS

For the 2023-24 school year we have negotiated a number of exciting benefits that our member schools are able to take advantage of:

KUKRI

Kukri Sports - TeamMCR member schools are entitled to discounts of between 15% and 30% on the full range of Kukri clothing www.kukrisports.com/uk/. The range includes high quality PE uniform, team kits and PE staff uniform.

To take advantage of this offer contact a member of TeamMCR staff

ProSport Medals - Pro Sport Medals www.prosportmedals.co.uk provide an extensive range of trophies, awards, medals and much more. They have kindly offered a discount of 30% on orders received from TeamMCR schools. To take advantage of this offer contact ProSport at sales@prosportmedals.co.uk
0345 0344161



Manchester's Better Leisure Centres -

A corporate discount of 20% on memberships are available to school staff at any of the Better Leisure sites in Manchester www.better.org.uk/manchester
To take advantage of this offer school staff should bring their school ID badge to the site that they wish to join.





Through our festivals and events we aim to celebrate the six School Games Values with students:



DETERMINATION



PASSION



RESPECT



HONESTY



SELF BELIEF



TEAMWORK

All of our events will result in **SMILES**:

SAFE

participants feel physically and emotionally safe.

MAXIMUM PARTICIPATION

participants are fully involved all of the time, i.e. not hanging around.

INCLUSIVE

all participants can take part; activities are designed to suit and develop their abilities.

LEARNING

participants develop personal, social, creative, thinking and/or physical skills.

ENJOYMENT

activities recognise individuals' personal needs and interests.

SUCCESS

participants feel they are making progress and getting satisfaction.



While there isn't a specific letter for fair play, SMILES will happen for all participants if they feel a sense of fairness. Fairness underpins inclusion, enjoyment and success; it isn't just about 'rules'.

All of Team MCR's events promote the Principles of Competition.

1. The young person's motivation, confidence and competence are at the centre of the competitions.
2. The focus is on the process rather than the outcome (on the learning and values development of the young person rather than the result).
3. Volunteers, leaders and officials are appropriately trained and display behaviours reflective of the nature of the competition.
4. The environment is safe and creates opportunities to learn and maximise social development.
5. The facility and the environment that is created for the competition reflects the motivations, competence and confidence of the young people and format of the competition.





Team MCR manages a calendar of 275 competitions, events and festivals across Primary, Secondary and Special schools across 26 sports. We provide access to local heats leading to Manchester Finals with the opportunity for winning schools to represent Manchester at the Greater Manchester finals in some sports.

SPORTS LEAGUES

Our Primary Boys and Girls Football leagues have included 84 Girls teams and 87 Boys teams in 2023-24. Boys play on a home or away basis whilst girls play at central venue leagues.

Excel competitions give children that are confident and competitive the chance to compete in a welcoming and developmental setting.

“ The sports leagues and competitions have given our students the opportunity to develop their sport and social skills such as teamwork, leadership, communication and respect. It has given our gifted and talented students the chance to develop their skills and progress outside of the academy.

Team MCR's commitment to refine and extend the Secondary offer in conjunction with secondary Heads of PE makes it exciting to be involved with PESSPA in the City of Manchester. ”

Matt Lamming
Head of PE, Cedar Mount Academy
& Chair of the Heads of PE



INCLUSION SPECIFIC EVENTS AND ACTIVITIES

This is a series of inclusion specific events and activities, perfect for SEN students, from Special and Mainstream schools, also including students who may be inactive, have low confidence, emotional or behavioural needs.

Sports include:

Boccia • Cross-Country • New Age Kurling
• Change 4 Life Festival • Swimming •
Goalball • Panathlon • Sportshall Athletics
• Track & Field Athletics • Tri Golf

“ Our students love attending these competitions and they show great pride in the medals and success that they are able to achieve in a wide range of sports regardless of their ability level. ”

Adam Thomas
Head of PE, Piper Hill Special School



INSPIRE events & festivals introduce sports and activities in a fun rather than competitive environment. These festivals and events have a greater emphasis on participation, building physical literacy, skills and confidence. They have a focus on the learning and development of the individual (not the result) and achieving their personal best. These festivals will all be underpinned by the School Games Values.

“ The INSPIRE events have helped to develop our students' confidence, knowledge, physical literacy and a real pride in representing the school. This has impacted across the whole school as we support their development as healthy, happy and active young people. ”

Nicola McCleod
Head of PE, Levenshulme High School

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WORKFORCE DEVELOPMENT

A series of professional learning opportunities to develop the skills, knowledge and confidence of PE and School Sport professionals and colleagues.

“ I attended the First Aid at Work course. Gaining the qualification has given me the skills and knowledge needed to lead my sports teams both in school and at events, a useful and necessary qualification. ”

Ben Sunderland
Crosslee Primary

TeamMCR *Ambassador*

A series of opportunities to recognise and reward students who assist with the organisation of PE, School Sport, Physical Activity and Health & Wellbeing within school, including the leadership of competitions, INSPIRE festivals, Change 4 Life and other activities.

“ The opportunity to lead at a Sportshall Athletics event has given me confidence in dealing with children and staff. It has helped me develop my communication and decision making skills and will add to the experience on my CV. ”

Student
Our Lady's RC High School

WELLBEING AND PERSONAL DEVELOPMENT

Resources, ideas and events which enable staff to shape and encourage more physical activity appropriate to the needs and abilities of your students. Programmes include 60 Minutes to Go, Change for Life clubs, alongside National Initiatives including the 'Daily Mile'.

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SCHOOL GAMES

Team MCR have three staff members that will support you as you build your schools' School Games programme through an Inclusive Health Check, School Games Mark, a calendar of cultural activities, Inspire, Excel and Inclusion events and festivals, transition, Pupil Voice and much more.



TRANSFORMING COMMUNITIES

Our holiday programme, operating across 7 school sites, has introduced students to new and exciting activities through key partnerships including MCR Active, British Cycling, British Wrestling, Projekt Skateboarding, Capoeira Manchester and many more through national HAF funding.

Team MCR continue to source funding to develop and enhance school facilities, in particular community access through funds including **Opening School Facilities**.

GIRLS FOOTBALL DEVELOPMENT

Team MCR are the FA Girls Football lead for Manchester, developing participation in football for girls and young women across the Manchester schools.

With 84 Primary and 65 Secondary School Girls Football Teams playing in competitive leagues, training for staff and students to develop their knowledge and skills as deliverers and Sports Leaders, this is a busy and exciting programme. This is part of the National FA Girls Football development initiative.



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