

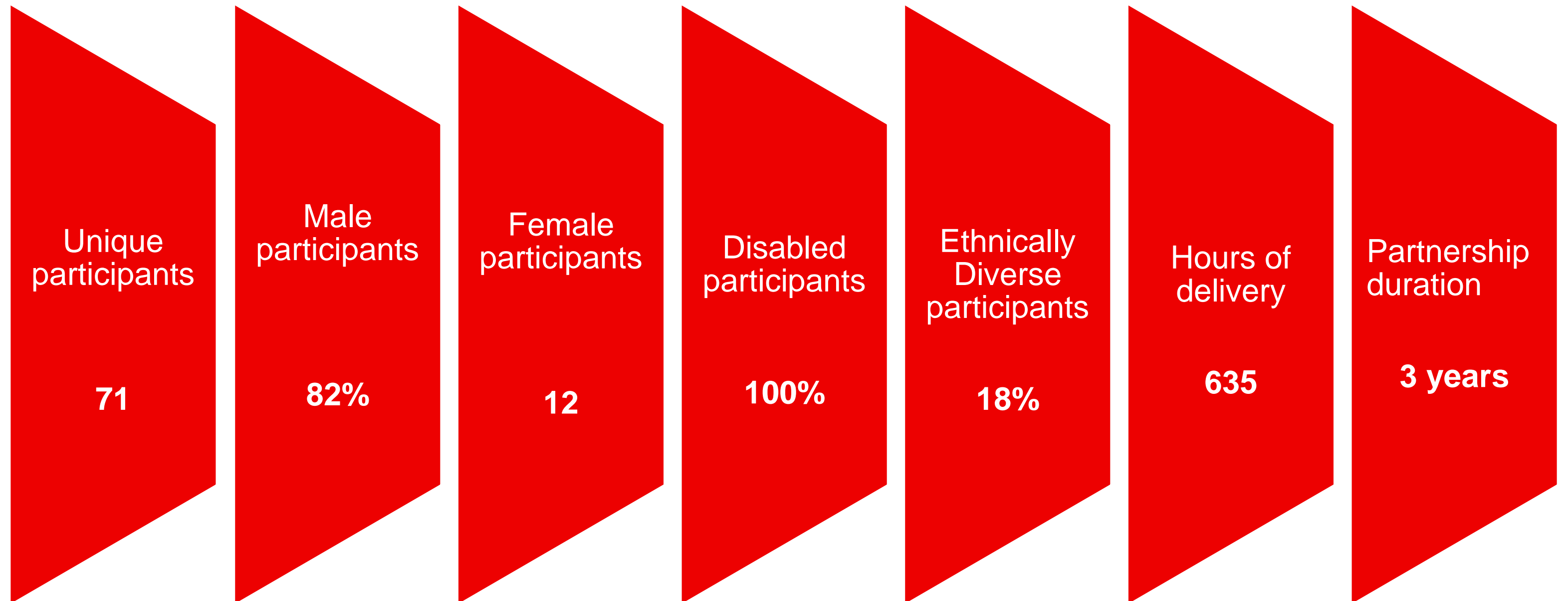


Foundation

Inscape House School 2023/24 Impact Report

Delivery Statistics

Academic Year Totals



Ofsted Framework



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Behaviour and attitudes

Inspectors will make a judgement on behaviour and attitudes by evaluating the extent to which:

- The provider has high expectations for learners' behaviour and conduct and applies these expectations consistently and fairly. This is reflected in learners' behaviour and conduct
- Learners' attitudes to their education or training are positive. They are committed to their learning, know how to study effectively and do so, are resilient to setbacks and take pride in their achievements learners have high attendance and are punctual.
- Relationships among learners and staff reflect a positive and respectful culture. Leaders, teachers and learners create an environment where bullying, peer-on-peer abuse or discrimination is not tolerated. If they do occur, staff deal with issues quickly and effectively, and do not allow them to spread.

Slides:

10, 13, 16, 18, 21, 23, 25, 28, 30,
32, 33, 34, 42, 43 & 48

Personal development

Inspectors will make a judgement on the personal development of learners by evaluating the extent to which:

- The curriculum extends beyond the academic, technical or vocational. It provides for learners' broader development, enabling them to develop and discover their interests and talents
- The curriculum and the provider's wider work support learners to develop their character – including their resilience, confidence and independence – and help them know how to keep and mentally healthy
- At each stage of education, the provider prepares learners for future success in their next steps
- The provider prepares learners for life in modern Britain by:
 - equipping them to be responsible, respectful, active citizens who contribute positively to society
 - developing their understanding of fundamental British values
 - developing their understanding and appreciation of diversity
 - celebrating what we have in common and promoting respect for the different protected characteristics as defined in law.

Slides:

6, 7, 10, 13, 16, 18, 20, 21, 23, 25,
28, 30, 32, 33, 34, 37, 39, 40, 42,
43, 45, 48, 50, 53, 54, 55 & 57



Curriculum Delivery



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Nurture Class

Nurture class have taken part in two different sports this term, Rounders and Athletics. During the Rounders topic, we practiced the different batting and fielding positions, leading to several successful games of Rounders. The second half term, we focused on the various techniques for successfully throwing a javelin and shot put. We also worked on sprinting starts and techniques for running races against each other.



Students and staff leaning backwards ready to throw a javelin



Students and staff leaning backwards ready to throw a shot put

M1 Class

During M1's sessions this term they have worked on their batting and bowling skills, completing mini activities as part of the cricket and rounders topic. They have also practiced their throwing techniques with foam javelins and boccia balls as shot puts. As well as this, they tried different movements, like running, walking, and jumping, before taking part in small races against each other, like running, egg and spoon, and relay.



A student hitting an orange ball with a blue cricket bat



A staff member hitting the ball with a cricket bat

M1 Feedback

I gained verbal feedback from a student at the end of the final session.

Have you enjoyed the Health and Wellbeing sessions this year? “Yes”.

What do you like about the sessions? “Being sporty”.

What did you like more, the dancing warm up or the activities? “Both”.

Do you think you have learnt new skills and your skills have got better? “Yes definitely”

“PE makes me happy!”

M1 Teacher Feedback

The students have visibly enjoyed the activities set up and delivered to them on a weekly basis.

The students have developed a great skill set, in both batting and bowling skills as well as in athletics.

The students have worked well both individually and as a team throughout their sessions.

'The students have enjoyed the wide range of engaging activities that Emily has prepared and supervised for them.'

Ed, M1 Teacher

U1 Class

This term Natasha has started her sessions with a long walk around the school grounds, spending time in the warm weather, and sitting on benches and the grass areas. After her walk, we returned to class and completes a skills activity, knocking cones over with bean bags, throwing and catching, or rolling a ball. Natasha's engagement has improved throughout the sessions, and she has been visibly happy when taking part.



A student sitting on a bench



A student throwing a bean bag at cones

C1 Class

Towards the end of term, C1 have spent their sessions on the school field preparing for Sports Day.

There has been a carousel of activities for them to take part in such as, football, bean bag toss, running, hurdles, the parachute, javelin and shot putt.

The students spent time moving around each station, exploring the equipment and trying the activities. Students enjoyed competing in short running races against each other too.

These sessions were a good way of familiarising the students with the equipment and activities ready for sports day, so they knew what to expect.

Football Sessions



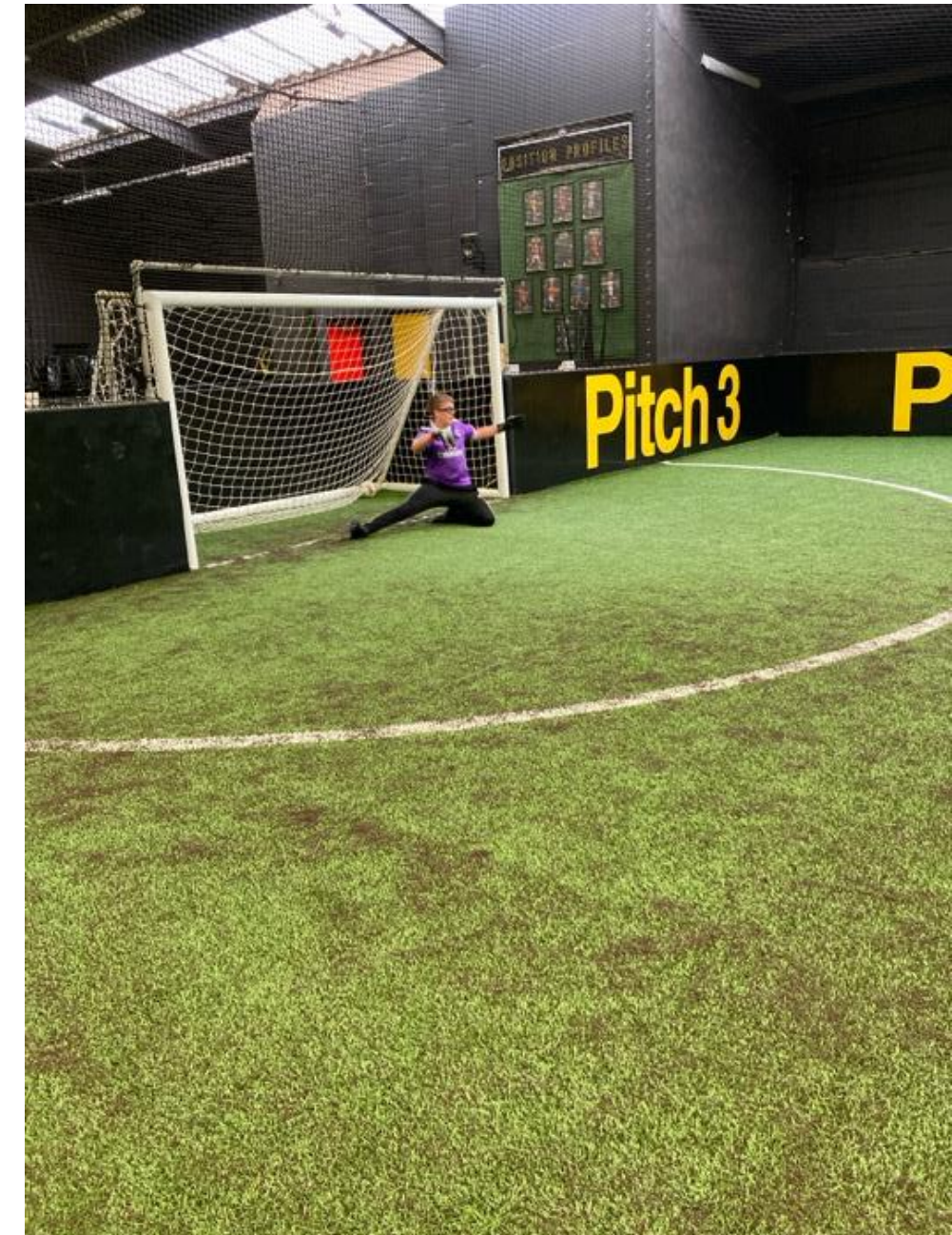
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Post 16 – Pro Football Arena

The students have spent their sessions, working on their shooting skills as a warmup, taking it in turns to go in goal too. They have also practiced their volleys and shooting drills.

During the sessions we have linked up with a small group of similar aged players who use the facilities at the same time. We have played small sided competitive games against them.

This has been a great opportunity for the students to work on their communication with each other and their quick-thinking ability to move the ball around the pitch, during the games.



A student diving in a goal

Pro Football Arena Feedback

After getting feedback from 2 students,

100% of students enjoy going to the weekly football sessions. They said they enjoy playing football and gaining knowledge from others as their highlights.

100% of students said they had learnt new skills during the sessions, specifically in goalkeeping, shooting and communicating with teammates.

100% of students said they wouldn't change anything about the sessions

The students described the sessions as 'great' and 'therapeutic'.

Competitions



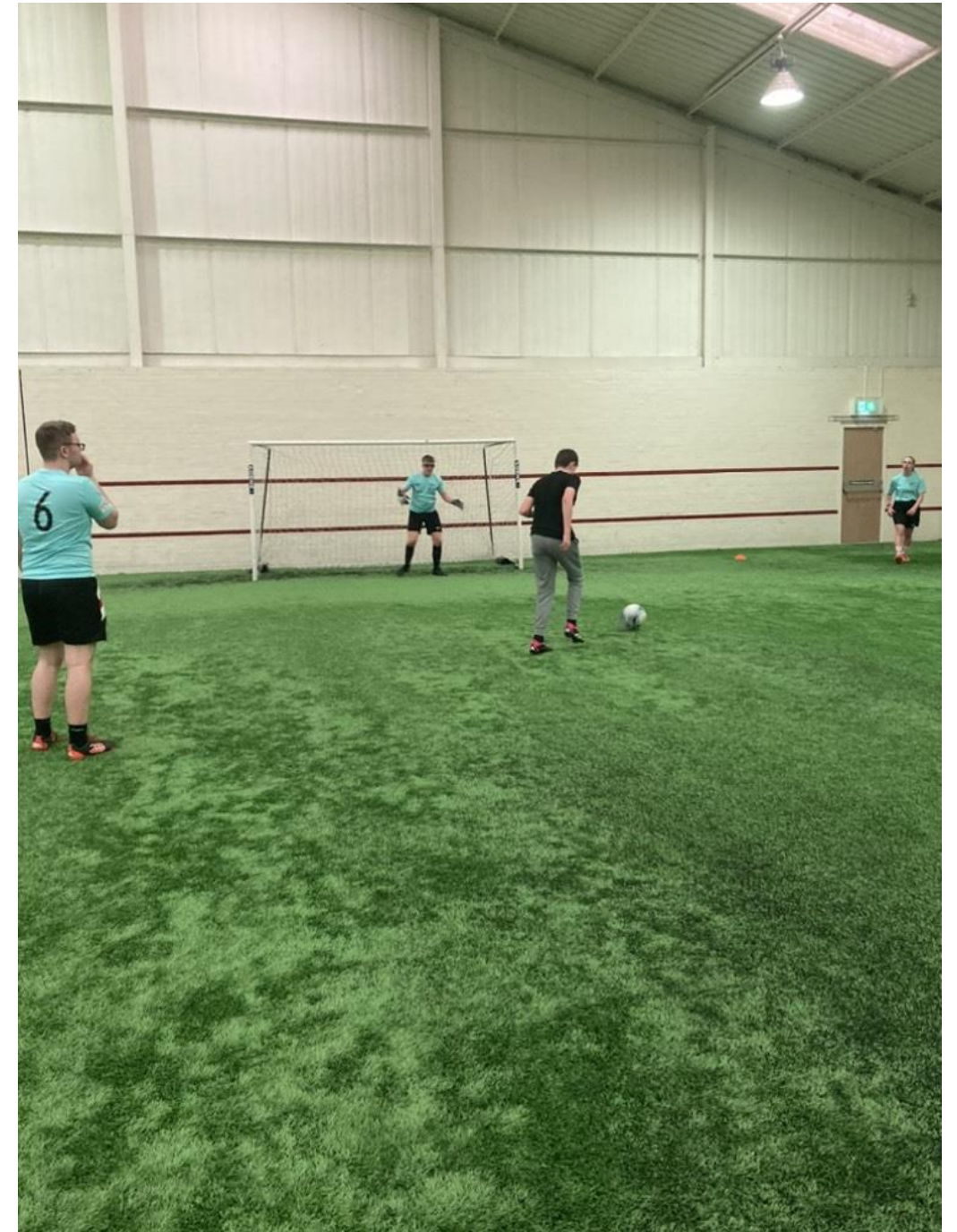
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Post 16 – SEND Shield

The students played their penultimate tournament of the year at Eccles College in April. After overcoming unexpected injuries and setbacks, the students were able to win multiple games, with students scoring several goals.

In May, the students then attended the SEND Shield, the final tournament of the year, where they played multiple matches to try and retain their trophy. Unfortunately, it wasn't meant to be, but the students displayed great sportsmanship congratulating the new cup winners.

Throughout the year, the students have shown great resilience during their games. They have worked amazingly as an Inscape and Ashcroft hybrid team and are very proud of their achievements.



Students warming up before a game on a pitch

Extracurricular



Circuits Breaktime Club

Faye has continued her circuits breaktime sessions this term.

We have kept the same 5 -6 exercises throughout the year including squats, lunges, sit ups, shuttle runs, step ups. We have changed the timings to make the sessions more difficult towards the end of the year. Each exercise has been 45 seconds long, with a short rest break in between.

Faye has enjoyed the challenge of a short rest break as it has helped her build her stamina.



A student doing step ups

'I enjoy the circuits at break time because it relieves any tensions I have from my lessons before and helps me burn any extra energy I have in my system ready to continue the day in a calmer frame of mind.'

Faye, Student

Football Lunchtime Club

Football has continued, every Tuesday lunch time this half term.

A variety of students from across different areas of school have taken part. Some students enjoy being in goal, so have practiced having shots taken against them, helping them to work on their goalkeeping skills.

Students have also independently chosen their teams and each week we've had a group game outside the classrooms.

It has been great to see students from different departments spend time together and enjoy a game of football!



A student stood in the goal throwing a ball in the air

M3 – Longford Park

3 students from M3 have been going to Longford Park to use their cycling track, riding a variety of bikes. The track unfortunately closed for refurbishment so the students starting walking and exploring the park and spending time running around the adventure play area, climbing the boulder and going down the zip line.



Students playing in the park



A student riding a bike



Students playing in the park

M3 session Feedback

Out of three completed questionnaires:-

100% of students said they enjoyed going to the cycling sessions this year, whether that be all the time or sometimes.

100% of students said the sessions made them feel okay.

100% of students said they felt confident riding a bicycle during the cycling sessions.

2 students said they enjoyed spending time outside exploring new areas with their classmates.

L3 – Longford Park

Towards the end of term, I have supported students with their visits to Longford Park. The students have enjoyed exploring the playground, playing on the climbing frames, roundabouts and music makers. They have also enjoyed running around the adventure play area, going on the zip line and climbing the bouldering rocks. The student's favourite part was going to see the farm animals such as goats, rabbits and chickens in the animal area in the park.



A student jumping on the wooden music maker



Students warming up before a game on a pitch

L3 - Swimming

This term I have continued to supported L3 class in the Swimming Pool at Avondale in Cheadle, with their swimming sessions.

The students have grown in confidence in the swimming pool and now every student can swim unaided, with them all spending the sessions swimming lengths of the pool.

Their favourite part of the sessions is jumping in the deep end and swimming a length to the shallow end and back again as part of a race.

C1 – Boxing

Four students from C1 have visited Sale West Boxing Gym for energetic boxing sessions. Each week, the students completed a warmup by jogging back and forth across the gym to raise their heart rates. They then would complete 30 seconds of punching on the punch bags, with a rest in between, then an exercise, such as steps ups on a box, or sit ups and this would repeat for several rounds.



A student with red gloves on mid punch



Two students punching the punch bags

Boxing Sessions Feedback

Out of three completed questionnaires:-

100% of students said they enjoyed going to the boxing sessions this year,

Two students said the sessions made them feel happy and one said the sessions made them feel okay.

100% of students said they enjoyed working together with their classmates in the sessions.

One student said they felt confident in their boxing ability, two students said they felt confident in their boxing ability sometimes.

100% of students would like to do boxing in the future.

Individual Programmes



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FH & AW

During Faye and Alfie's joint sessions, we have worked on batting and bowling skills as part of the Rounders, then playing small indoor games, taking turns in the different positions.

They have also practiced their javelin, shot put and discus throwing techniques outside as part of the athletics topic.

As Alfie's favourite sport is football, towards the end of the sessions we have played small competitive indoor games, where he has been in the goalkeeper position trying to save shots against him. He and Faye have visibly enjoyed the games, and Faye has been great at encouraging him to play outfield and shoot the ball towards goal, showing him different techniques to improve his footballing skill set.



A student hitting a ball with a cricket bat

'I think the sessions with Alfie have been wonderful. I've thoroughly enjoyed working with someone younger in school and I think we get on very well. When we play football together, I can see he gets more confident every time and I hope that's down to my guidance and support.'

Faye, Student

'It's been great working with yourself, Faye and Alfie this year. They have built a good friendship, and the sessions have always had a great dynamic about them. Hopefully, we can continue to support its growth next year.'

Gareth, Health and Wellbeing Teacher

C1 - EZ

Emil has completed his running and walking sessions every week this term. He is always so happy to run during his sessions and it is clear he has a lot of energy to burn.

He starts with running five lengths of the path, then he has a short rest, then we walk the loop around the school grounds.

This continues for four and five rounds, totally nearly a mile of both walking and running over a 20 – 25-minute time frame.

His running speed and stamina has increased, he is running faster for longer during his running stints, which has been great to see.



A student running down a path

Running Feedback

Each week I asked Emil:-

How are you feeling today? **100%** of the time he responded “happy”.

Do you enjoy running? **100%** of the time he responded “yes”.

Do you want to continue running next week? **100%** of the time he responded “yes”.

C5 – OH

Oliver has continued with his health and wellbeing sessions this term. He has alternated with going to Life Leisure Gym in Cheadle for a gym session and going for a brisk walk, to Bruntwood park and back.

During his gym sessions, he starts with a fast walk on the treadmill, then between 8-10 reps on the shoulder press, chest press, leg press and assisted pull ups.

During the walks, we would walk for 25 minutes and cover 1 and a half miles.

When talking to Oliver about his interests during his sessions, I discovered he liked sushi, so as part of the wellbeing in his sessions, we spent one week making homemade sushi with a sushi kit. He was very proud of his creations and took them home to share with family.



A person placing a piece of cucumber on a bed of sushi rice

C5 – FH – Case Study

Faye has been highly self-motivated during every weekly gym sessions. Having the same routine for every session has meant she can enter the sessions focussed and ready to work hard.

The sessions start with cardio by walking to the gym, then fast cardio on a treadmill, a mix of free weighted exercises, machine exercises and then a cool down walk at the end.

She notices the changes in her muscles weekly, such as the definition and muscle growth when she has completed the different exercises. She has set herself small targets such as running faster over a set time on the treadmill to increase her stamina.

Overall, her weightlifting and fitness has increased in a range of areas, and she will continue working on this during her own gym sessions.



A student running on the treadmill

C5 – FH Gym Plan

The table on the left, was Faye’s workout plan and weights at the start of the year. The table on the right shows how she has finished the plan this year. The biggest improvement in her exercises is the Leg Press, going from around 20kg, to 120kg and her Bench Press, going up 10kg too. She has made amazing progress.

Exercise	Time/Weight/Reps
Running and/or walking on the treadmill.	Speed 6.5 for 10 – 15 minutes
Bicep Curls	7.5kg 3 x 10 reps
Bench Press	10kg 3 x 8 reps
Bent over rows	7.5kg 3 x 10 reps
Weighted Calf raises	10kg 3 x 10 reps
Goblet Squats	12kg 3 x 10 reps
Weighted Lunges	7.5 kg in each hand, 3 x 10 reps
Lat Pull Downs	20kg 3 x 8 reps
Leg Press	20kg 3 x 8 reps

Exercise	Time/Weight/Reps
Running and/or walking on the treadmill.	Speed 8.5 for 10 – 15 minutes
Bicep Curls	10kg 3 x 10 reps
Bench Press	20kg 3 x 8 reps
Bent over rows	10g 3 x 10 reps
Weighted Calf raises	10kg 3 x 10 reps
Goblet Squats	18kg 3 x 10 reps
Weighted Lunges	7.5 kg in each hand, 3 x 10 reps
Lat Pull Downs	25kg 3 x 8 reps
Leg Press	120kg 3 x 8 reps

FH – Gym Feedback

The student said the gym made them feel happy and they felt confident throughout the sessions.

They said that their fitness has improved, in areas such as their running speed on the treadmill and the clear definition in the muscles, specifically their upper arms.

'I feel like I have improved mentally and physically from my weekly gym sessions again this year. I have looked forward to them every week.'

Qualifications



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FA Qualifications

This term, Tyler spent 4 weeks completing his FA Introduction to Coaching Football qualification.

He has learnt about how to act as a coach, how to positively engage his players, how to build and adapt a session and how to respect coaches creating the best environment for their players.

Whilst Tyler has been completing his qualifications, he has been carrying out work experience as a Football Coach at a local club. From this, he is going to start an apprenticeship programme, training to be a Football Coach at the club, using the knowledge he gained from studying during the course to further his professional development.



Copy of Tyler's certificate

MUFC Engagement



Work Experience – Bag Packing

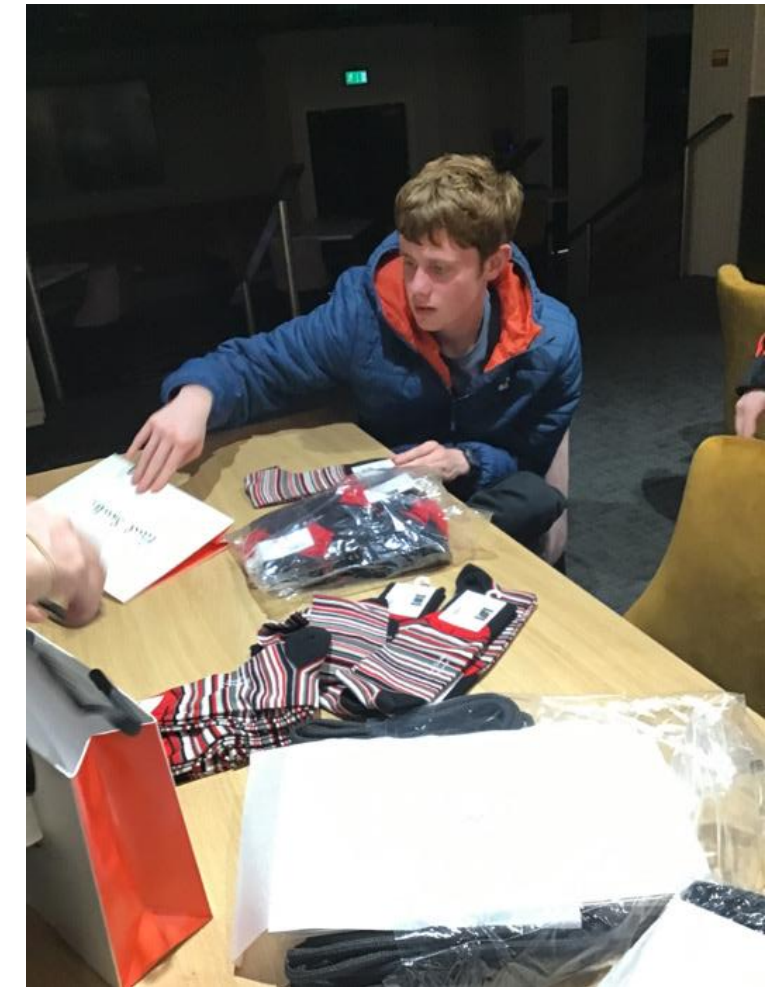
Students from our Post 16 Champions and Explorers class took part in a small work experience project at Old Trafford, packing hospitality bags for match day attendees. Students counted and organised wristbands in order, and then opened the gift bags, and placed the gifts from the sponsor in there and move them to a safe area.



Two students packing hospitality bags



A group of students and staff sat in the stands at Old Trafford



A student picking up a bag

Work Experience - Megastore

Sean completed five weeks of Work Experience in the Manchester United Megastore. He independently worked on pricing different merchandise items including keyrings, mugs and glasses and then returned them to the stockroom if they weren't needed on the shop floor. He put security tags on items such as hats and spent time making sure the shop floor was tidy; items were replenished and rails looked aesthetically pleasing. He also directed members of the public to items they were enquiring about.



A student attaching security tags to a hat



A student putting price tags on items

Work Experience Feedback

What I enjoyed about work experience

It was very good, and I loved working on the shop floor.

What I did at work experience

I put price tags on several items, and spoke to customers and other staff members

What I would change about work experience

Nothing, it was brilliant

List of jobs you would like to do in the future based on the skills you learnt at work experience

I would like to work in a job that is near the pitch

'I loved being at Work Experience, I learnt a lot and I would like to work at Manchester United in the future, thank you for the amazing opportunity.'

Old Trafford Stadium Tour

A large group of students spent the morning at Old Trafford, being given a guided tour around the ground and facilities. The students were able to go into the stands and learn about the history of the club, sit in the dugout area where the managers and players sit on match days, walk down the tunnel next to the pitch and sit in the press room where interviews and signing in the past took place. They ended the tour in the Megastore looking at the Manchester United Merchandise. The students had a great day out and asked lots of questions.



View of Old Trafford pitch



Two students stood in front of the pitch, one with their thumb up

Stadium Tour Feedback

100% of students said they enjoyed all or some of the stadium tour.

100% of students said they learnt new things about Manchester United.

The students said they enjoyed seeing the inside and outside of the stadium as well as getting to go around the different areas.

100% of students said they would like to go on a stadium tour again.

'Thank you for organising the trip to the Stadium, it was a great experience for our son.'

Parent of a student who attended the stadium tour.

Enrichment



Taekwondo Taster Session

Jason, the Taekwondo instructor from British Taekwondo, delivered more taster sessions this term to students who had not tried Taekwondo before. The students were taught the basics, including how to greet someone before sparring, the language to use throughout, how to kick pads correctly and how to deliver a variety of successful punches on the pads. The students had a great session and were focused and eager to learn throughout.



A student kicking a pad held by the Taekwondo instructor



A student with their fist mid-air about to punch a pad

Taekwondo Olympic & Paralympic Event

To celebrate the 2024 Paralympics and Olympics, students who had taken part in the Taekwondo taster sessions at school, were invited to the British Taekwondo Centre to take part in a variety of Taekwondo activities lead by professional coaches. They were also able to meet Paralympians who are competing in the Paris Paralympics, where they learnt about their journeys to becoming professional athletes as well as taking part in a Q&A session.



A student kicking a pad held by an athlete



A group of people posing in front of a union jack flag

'I had a great day out, I enjoyed myself. My favourite part was when we got to hit and kick the dummy and tried to knock it over. Playing the tapping game with Emily was fun as well.'

Alice, Student

Sports Day - Morning

For the morning of sports day, all students across school were invited out onto the school field to take part in a carousel of activities. The activities were football, bean bag toss, obstacle course, parachute games and boules. The students competed in throwing the javelin, discuss and shot. There was also a couple of games of tug of war, including staff vs students, which was lots of fun.



Staff member throwing a shot put



Student throwing a javelin

Adidas Donations

Adidas donated several boxes of Manchester United merchandise for students at Inscape House School and the partner school Inscape support in Africa.

There was a range of clothing for students, and we selected items that students would like and need across school.

As well as this, we identified family members of students in need and sent home a variety of items for siblings of students.

The donations were hugely appreciated by both students and their families. They have meant students have new clothing to wear and feel comfortable in at school and has enabled staff to have spare clothes for students if needed.



Student posing with his thumb up

**'I would just like to say a massive heartfelt thank you.
The box of donations you gave us was amazing. The pupils loved receiving their kit. Parents as usual
are very thankful to you.'**

Suzie, staff member who organises donations

Inclusive Sports Event

A group of students from across school attended a sports event at Bowdon Sports Club hosted by the Manchester United Foundation. There were several coaches from different sports delivering short inclusive sessions for the students to get a taste of and learn new skills. These sports included boxing, cricket, rugby, squash, baseball, hockey and football.



Student punching a pad held by the boxing coach



Students throwing a bean bag to each other

'I had a good day out at Bowdon, I tried my best when I took part in the sports. My favourite one was boxing, I liked baseball too'

Mason, Student

Sports Day – Afternoon

In the afternoon, all staff and students came back out onto the field to spectate or participate in a variety of races. Students lined up and took part in, relays, running races, egg and spoon races, hurdles, and bean bag balancing races. It was amazing to see the students compete so positively with each other and congratulating each other when the races finished.



Students and staff preparing to race



Students starting to race with bean bags on their head

Men's Euros Celebration

To celebrate the Men's Euros, each class in the school were randomly given a country for the tournament. They were asked to decorate their classes based on their country as part of a competition and there were 3 class winners. As well as this, students were invited to represent their countries in a penalty shootout prior to the final and where there was lots of winners.



A class door decorated as Portugal



A student kicking a ball

Environment



Eco Reds Celebration Event

To celebrate the success of the Foundation's Eco Reds programme, students attended an event at Old Trafford. They took part in a range of workshops, including designing an 'Eco Reds' football shirt, planting a strawberry plant in a milk carton, learning about adidas's sustainability initiatives and finally building a bug stadium out of recycled materials.



The Planet League Trophy



Student designing an Eco Reds football shirt



Student planting a plant in a milk carton with two staff members





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Thank you

For more information visit mufoundation.org