

Inspired ways to Rio

For two years Cliftonville Primary School has been participating in the Inspire programme, an exciting personal development 'pilot' programme led by Chris Cook, former Olympic swimmer. We have enjoyed looking at our personal dreams, goals and ambitions; how we can challenge ourselves through coming out of our comfort zones and why it is important to have great role models and how we can become great role models too.

Chris Cook and Paralympian Tim Prendergast have been inspiring and challenging our young people to find their true passions and realise their own potential by setting themselves a range of personal and educational goals.



This year this programme has developed into **INSPIRED Ways to Rio**, which is an exciting programme to encourage children to increase their participation in physical activity and sport, the arts, and personal development. By combining these elements, INSPIRED Ways to Rio is a programme running in Kent academic year 2015/16 that will contribute to children's wellbeing in an innovative, fun and supportive way, leading up to the Rio Games.

Click on this link to find out more information

<http://kentschoolsinspired.org.uk/county-inspired-ways/>

These are just some of the different ways in which form part of our programme for INSPIRED ways to Rio.

- Neuro-linguistic programming workshop to focus on how to respond to events- being flexible and resilient (linking with one of our new school values of resilience)
- Your mind, body and emotion workshop- helping to maintain balance/ +ve and -ve thoughts/ self-awareness and stress
- Comfort zones- embed in every classroom and use of language- no barriers/ excuses- putting the fear away- RESILIENCE
- 6 ways to well-being with superheroes workshop with arts practitioner
- Link with Y1 Superhero unit of work in late spring
- Link with Y2 Around the world unit of work in early spring focusing on looking at Brazil and Rio
- Link with Y4 Stories from other cultures unit of work in summer focusing on looking at Brazil and Rio
- These year groups to work on the carnival preparation- Rio Inspired carnival.
- Chris Cook will also be coming back Cliftonville to support us with this programme

