



Foundation

Inscape House School 2024/25 Impact Report

Unique
Participants
• **53**

Male
• **77%**

Female
• **23%**

Ethnically
Diverse
• **19%**

Hours of
Delivery
• **742**

Partnership
Duration
• **4 years**



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, other staff and learners create an environment where bullying, learner-on-learner abuse or discrimination are not tolerated. If they do occur, staff deal with issues quickly and effectively, and do not allow them to spread

Slides:

9, 19, 20, 23, 24, 25, 31, 34, 36, 38,
42, 43 & 47.

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 physically 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, 8, 9, 10, 11, 12, 13, 14, 15, 16,
17, 19, 21, 23, 24, 25, 26, 27, 28,
29, 31, 32, 33, 35, 38, 40, 41, 42,
43, 44, 45, 46 & 47.

Curriculum Delivery



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Nurture 1

The students in Nurture 1 took part in Fitness sessions for the first half term. Each session focused on a different component of fitness, such as speed, agility, coordination, balance, power and reaction times. The students measured their pulse before and after certain exercises to evaluate how much it varies due to exercise. One student also took part in 'The Bleep Test', completing several levels.

During the second half term, students work on their athletic skills ready for sports day. They practiced the different start stances before taking part in running races against each other. They also practiced different throwing techniques using shot puts, javelins and discus. The students got to enjoy games of rounders too.



A student throwing a shot put

N1 Student Session Feedback

Two students from the sessions completed a feedback questionnaire.

The students rated their Health and Wellbeing sessions 5 out of 5 overall, an improvement on last terms rating of 4 out of 5.

They said they had enjoyed both activities this term, fitness and athletics.

One student said they feel confident when taking part in Health and Wellbeing sessions, another said this happens sometimes.

They agree that taking part in Health and Wellbeing is good for their body and mind and are looking forward to their sessions in the future.

‘Emily is kind and nice.’

Max – N1 student

M1

This term, students in M1 have continued to work on their road safety skills. We have used the many crossing on the school grounds to practice this activity. They have used visual instructions to stop at a crossing, look both ways and to check for moving vehicles before crossing safely.

As we have carried out this activity for several months now, embedding it into the student's weekly routine, it is clear students are remembering the instructions as some students can verbalise the instructions independently to staff before crossing the road safely. The student's commitment to learning about road safety has been great to see.

After each road safety session, students were able to choose between the Outdoor Gym and Adventure Play as their second activity.

U1

U1 students took part in different fitness activities for the first half term. They completed high intensity interval style exercises over a short period of time to raise their heart rates. These activities included squats, sit ups, lunges and shuttle runs. There were also activities for students to work on their speed, coordination, balance, including agility challenges.

In the last half term students, students focussed on athletic activities ready for sports day. These included, Javelin, Shot Put and Discus. Students also competed different races such as hurdles, egg and spoon and sprinting.



A student throwing a javelin

U1 staff session feedback

Two students completed a questionnaire about their health and wellbeing sessions.

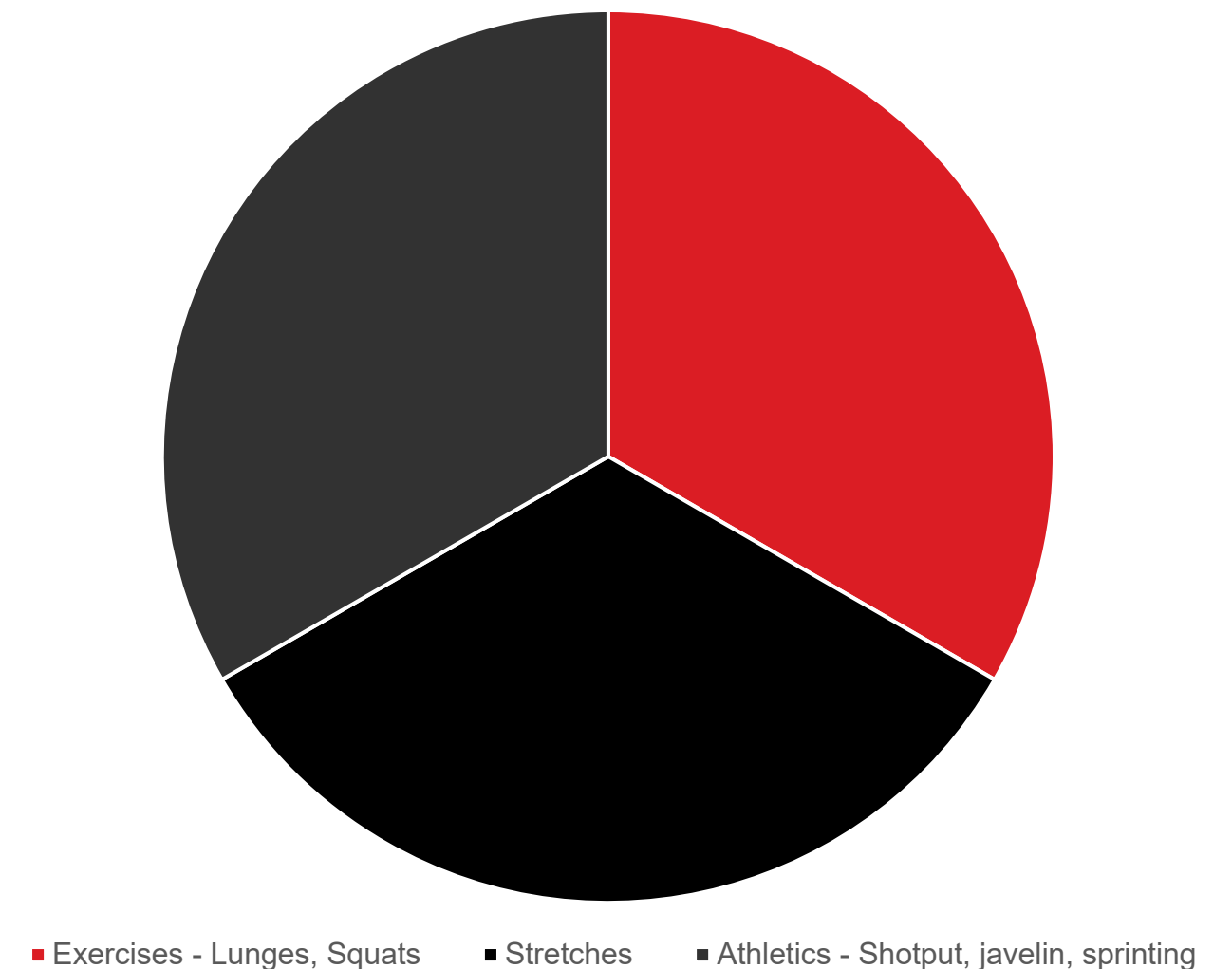
They both rated their sessions 5 out of 5.

They both said they liked doing both fitness and athletics this term.

They both said they felt confident when taking part in the sessions.

They both agreed that exercise is good for their mind and body.

Skills I have learnt



U1 staff session feedback

A staff member who supports students in their sessions completed the feedback questionnaire. They agreed with all the following statements:

- Students have enjoyed their Health and Wellbeing sessions
- Students have tried new things in the sessions
- Students have been confident in their own abilities during the sessions
- Students have developed fitness and athletic skills during their sessions

‘Emily is great with our students, and they really look forward to her sessions.’

Ed – U1 Teacher

‘I like doing health and wellbeing with Emily, I like doing the activities.’

Harry – U1 Student

‘I think PE is amazing and I can’t wait to do it again next year!’

Kai – U1 Student

C2

Students in C2 continued their multi-sport sessions this term.

They have had a selection of activities to choose from each week that have not change over the course of the term to keep their routine the same. These are activities have included, football, basketball and scooter boards.

For their first half term they additionally had fitness related activities, such as the ladder for speed and agility, as well as different exercises like squats and sit ups to perform.

During the second half term, the students really enjoyed taking part in athletics activities, independently choosing from the selection to go outside and throw javelins and take part in running races. The students also enjoyed taking it in turns to take part in the indoor long jump.



A student throwing a foam javelin

C2 student session feedback

Two students who take part in the sessions completed the questionnaire feedback.

100% of students said they look forward to doing Health and Wellbeing.

100% of students said they like taking part the Health and Wellbeing sessions.

The students said they felt happy and excited when they take part in the sessions.



Football Sessions



Greater Manchester Football Tournament

Students from Post 16 and the Vocation college teamed up to play in the final of the Greater Manchester Football Tournament in May. They played 6 matches and were unbeaten, leading them to the final where they unfortunately lost, only by one goal.

The whole team have worked so hard throughout the school year at the monthly tournaments. They were very proud of themselves and their hard work. They have been a great team, communicating positively, working together to win games.

Power League Football sessions

Students from across Inscape House School and Inscape's Vocational College, have been attending weekly football sessions at Pro Football Arena.

During the hour-long sessions, students warm up for the first 10 minutes, then they discuss who is going to play on what team, with minimal staff intervention. They then play a game for the remaining time, developing their teamwork and communication skills ready for football tournaments.



Students taking turns to score goals

‘I love being apart of the Inscape House School football team, I feel complete.’

Faye - student

Extracurricular



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M1 – Community Access

Middle School students have continued to enjoy their community access sessions this term.

They have rotated between walking to and from Bruntwood Park, to explore the woodland areas and to play in the play area on a variety of equipment and going to Wythenshawe Park for the Simply Cycling sessions.

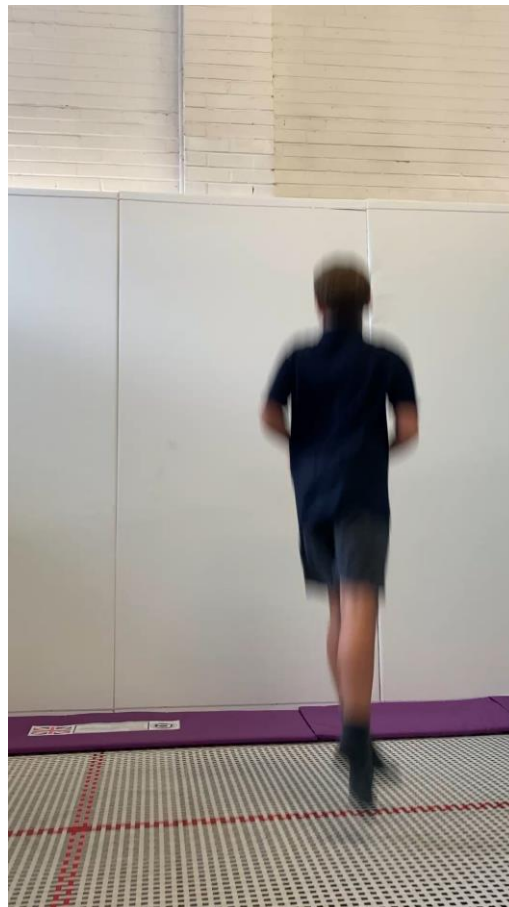
At Wythenshawe Park, students have independently chosen bikes that are suited to their individual cycling ability. One student has enjoyed balancing on, and riding a unicycle, whereas another student has enjoyed riding in tandem with staff. During the sessions, all students completed several laps of the athletics track.



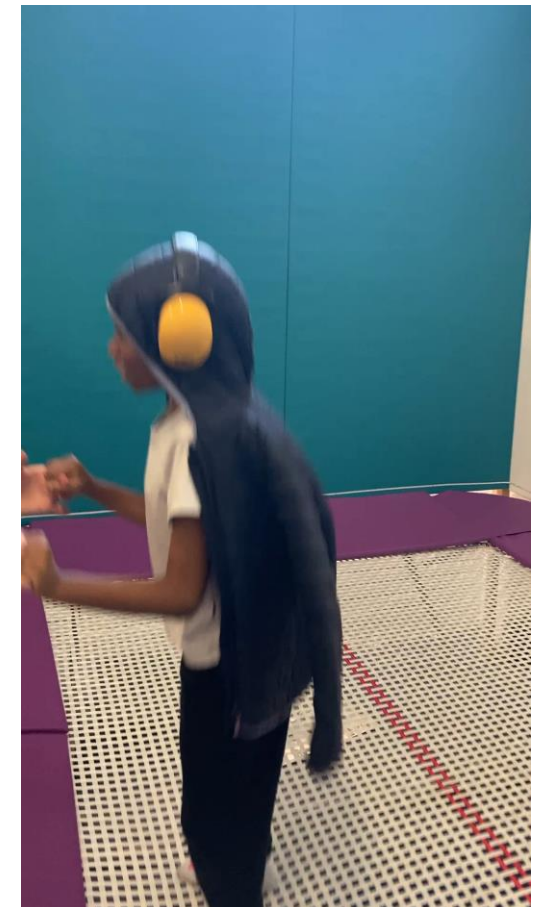
A student on the climbing frame at Bruntwood Park

Jump Space – Rebound Therapy – Case Study

Two students from middle school have attended weekly sessions at Jump Space to have Rebound Therapy sessions on the trampoline and explore the sensory equipment available. Jensen has practiced several moves on the trampoline, going from jumping to sitting and rotating around the trampoline bed. Yasmin was hesitant at first but towards the final few weeks enjoyed bouncing on the trampoline independently and sharing the trampoline with staff. It has been amazing to see the two students grow in confidence each week.



A student completing different moves on the trampoline (Video)



Student jumping lightly on the trampoline (video)

Manchester Institute of Health and Performance

A group of Upper and Post 16 students took part in a taster day at the Manchester Institute of Health and Performance. They were given a tour of the facilities, including the Strength and Conditioning suites, the hydrotherapy and cryotherapy areas and the Sports Science Laboratories. They then took part in a series of tests for their own fitness, a vertical Jump test, sprinting test, agility course and HIIT style exercises.



A student taking part in the agility test



Students looking around the laboratories

MIHP Feedback

Four students completed the feedback questionnaire.

100% of students enjoyed the visit to MIHP.

100% of students would visit MIHP again.

What activity did you enjoy the most

■ Agility Test ■ Sprint Test ■ Jump Test ■ Exercise test



After taking part in the tests at MIHP, I have improved my fitness skills

■ Yes ■ Maybe ■ About the same



I am able to do things as well as most other people

■ Agree ■ Somewhat agree



I am able to do things as well as most other people

■ Yes ■ Sometimes



‘I liked the day out with my friends; I challenged myself in the sprints to be faster each time.’

Jack, Student

Sports Day

On Wednesday 9th July, students from across school enthusiastically took part in Sports Day.

In the morning, there was a range of activities on the field for students to try. These included, javelin, shot put, football, boccia, long jump, parachute games, bean bag toss and a speed agility course. Once every class had had an opportunity to take part, we hosted a whole school tug of war. Students and staff compete against each other in numerous rounds of tug of war.

In the afternoon, the whole school was invited out onto the school field, and they compete in several running races, as well as egg and spoon races and relay races. The students excitedly finished the day by sponging their teachers.



Students and staff playing with the parachute.

Sports Day Feedback

Four classes completed the Sports Day feedback form.

3 classes rated sports day 5/5, 1 rated it 4/5.

Students said they enjoyed:

- Tug of war
- Sponge the Teacher
- Chilling out
- The parachute
- Watching the planes fly over the school field

Students were asked what they would like next year at sports day, they said:

- A football game
- High jump
- Sponge the Teacher again
- Sack racing, jump racing

Individual Programmes



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Life Leisure Gym Sessions

Faye and Kyra have continued their weekly gym sessions this term.

They started their session with 15 – 20 minutes on the treadmill. Faye aimed to run at least 1.5 miles on the treadmill in that time, whereas Kyra liked to complete a brisk walk.

After the warmup, they moved on to various weights machines, including the leg press, leg extension and shoulder press. Faye also did bicep curls with dumbbells in-between sets, and Kyra liked to do a 5-minute row on the rowing machine.



One student on the rowing machine, another on the leg extension.

Monday Gym session feedback

Both students provided feedback for their Gym sessions.

100% of students said they enjoyed the gym sessions this half term.

100% of students said they look forward to the sessions every week.

100% of students said going to the gym makes them feel more confident.

100% of students said that going to the gym has helped to improve their footballing ability.

1 student said they have improved their cardio fitness; another has improved their lower body through leg exercises.

‘ I like going to the gym, it helps me regulate and feel healthy.’

Kyra - Student

Life Leisure Gym session - FH

Faye has been working hard in her weekly gym sessions at Life Leisure Gym. Her typical sessions involves:

Warm Up

Faye has increased her cardio this term, wanting to spend longer on the treadmill running. She has been running for at least 20 minutes at 6.5mph, which means she completes up to 2 miles each time.

Weights

Upper body - Faye uses a 10kg dumbbell to complete 3 sets of 10 reps of bicep curls and bent over rows. She then completes the same number of sets, using a 10kg barbell to do overhead press and does a 20kg lateral pull down.

Lower Body – Faye can leg press 120kg and uses a 16kg kettlebell to complete squats. She likes to do body weight lunges to help her balance.

Core – Faye uses a 6kg dumbbell to do at least 30 sit ups and finishes her session with a 30 second plank.



A student doing a bicep curl with a barbell.

‘Very exciting experience, I love going to the gym. I've really seen a difference in my physical fitness, especially my running because I can now run for longer on the treadmill. Thank you for the gym sessions, Emily, they have been the best.’

Faye –Student

1:1 session – OT

Oliver has taken part in weekly sessions with me to help build his confidence and self-esteem. We started the sessions cycling around the school grounds on different, two and three wheeled bikes.

Once we had finished using the bikes, Oliver suggested that we play table tennis because this is something he likes. Since then, we have been having weekly table tennis games, using a school table as the court and we have been sitting down to make it extra challenging.

Oliver has created his own rules for the game and is enthusiastic throughout, trying his hardest to win each game.

Qualifications



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Qualifications

A post 16 student has completed their Introduction to First Aid in Football and Safeguarding Children course ready to start the FA Introduction to Coaching Football qualification in September.

Two post 16 students have completed the Guide to Laws of the Game course to learn about the different rules, signals and ways to communicate during a game, ready to referee games at school and other settings.

Another Post 16 student has completed their FA Introduction to coaching football qualification, ready to add to their CV for future career opportunities.

MUFC Engagement



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DXC Competition

A sponsor of Manchester United, DXC technology launched a competition for Foundation participants to design a video game on Scratch, that teaches others how to look after the environment in fun and interactive ways.

Finley independently designed a game, using the criteria presented to him and won 3rd place!

His prize was a goody bag full of gadgets and games, a Manchester United shirt and two tickets to a chosen Manchester United game.

You can see and play Finley's game here :-[E.C.O on Scratch](#)



A student with their certificate

‘I’m really happy that I got 3rd place, I’m glad they liked my game’

Finley –Student

Adidas Donations

Inscape House was kindly donated a range of Adidas clothing from Adidas and the Foundation. This included football shirts and training kit.

The different items were handed out to students as reward for their hard work this year. Sam was given a shirt as a reward because he attended both the NFL Event and Football Festival where he tried every activity and worked very hard.



A student with a Manchester United shirt

Enrichment



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Chicago Bears NFL Event

3 students were invited to a Chicago Bears event hosted by the Foundation. They took part in 6 different American football activities, that included throwing, catching, tackling and cardio. Alfie was chosen as one of the standout students from the day and was gifted a pair of gloves signed by an ex professional Chicago Bears player.



A student taking part in a skills course (Video)



A student waiting for a signature from an ex professional NFL player

Chicago Bears NFL Event Feedback

The three students that attended the NFL event completed a feedback form afterwards.

100% of students said they enjoyed the event.

Two students rated the day 5 out of 5, one rated it 4 out of 5.

All three students liked tackling, one student enjoyed throwing, one student enjoyed catching and one student enjoyed running.

Two students felt confident throughout, one student said they felt confident at times.

All three students would like to take part in the NFL event again.

‘I can’t believe I was picked as one of the standout players for the day. I loved the different stations; the best part was running with the ball and being tackled onto a mat. I got my gloves signed by the retired player too which was so cool!’

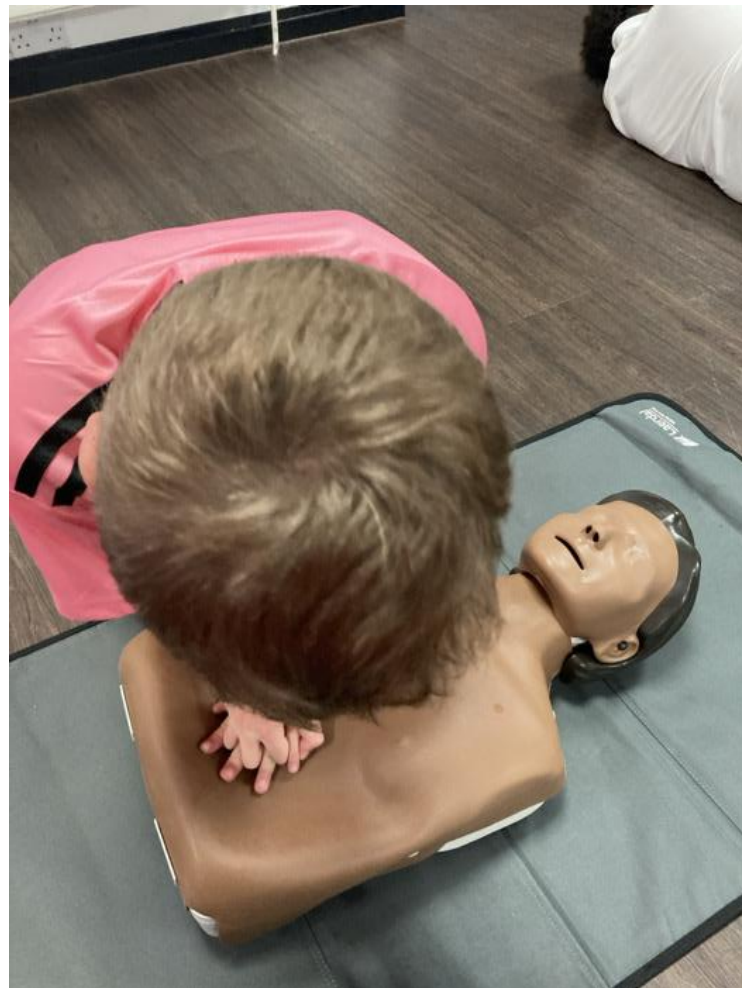
Alfie - Student

‘Thank you so very much. The opportunities he's gets is simply incredible and he is just such a happy boy now he attends Inscape. Thank you so very much , from the bottom of our hearts!’

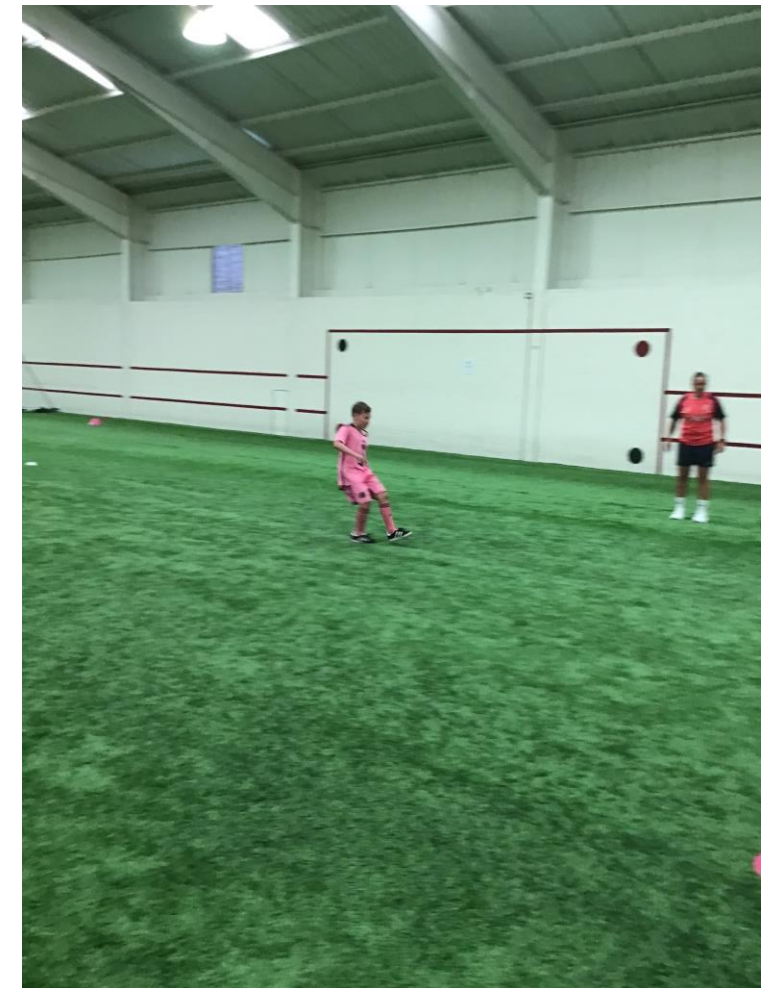
Parent of a student who attended the NFL Event

Football Festival

Students from across school and college attended a first aid and football day at The Cliff in July. The students started the day by taking part in a Mini Medics first aid course, learning about what to do in an emergency and how to perform CPR. After, they took part in fun football activities and challenges that involved a range of football skills. In the afternoon, they played numerous small sided games with another school.



A student practicing CPR



A student kicking a football



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Thank You