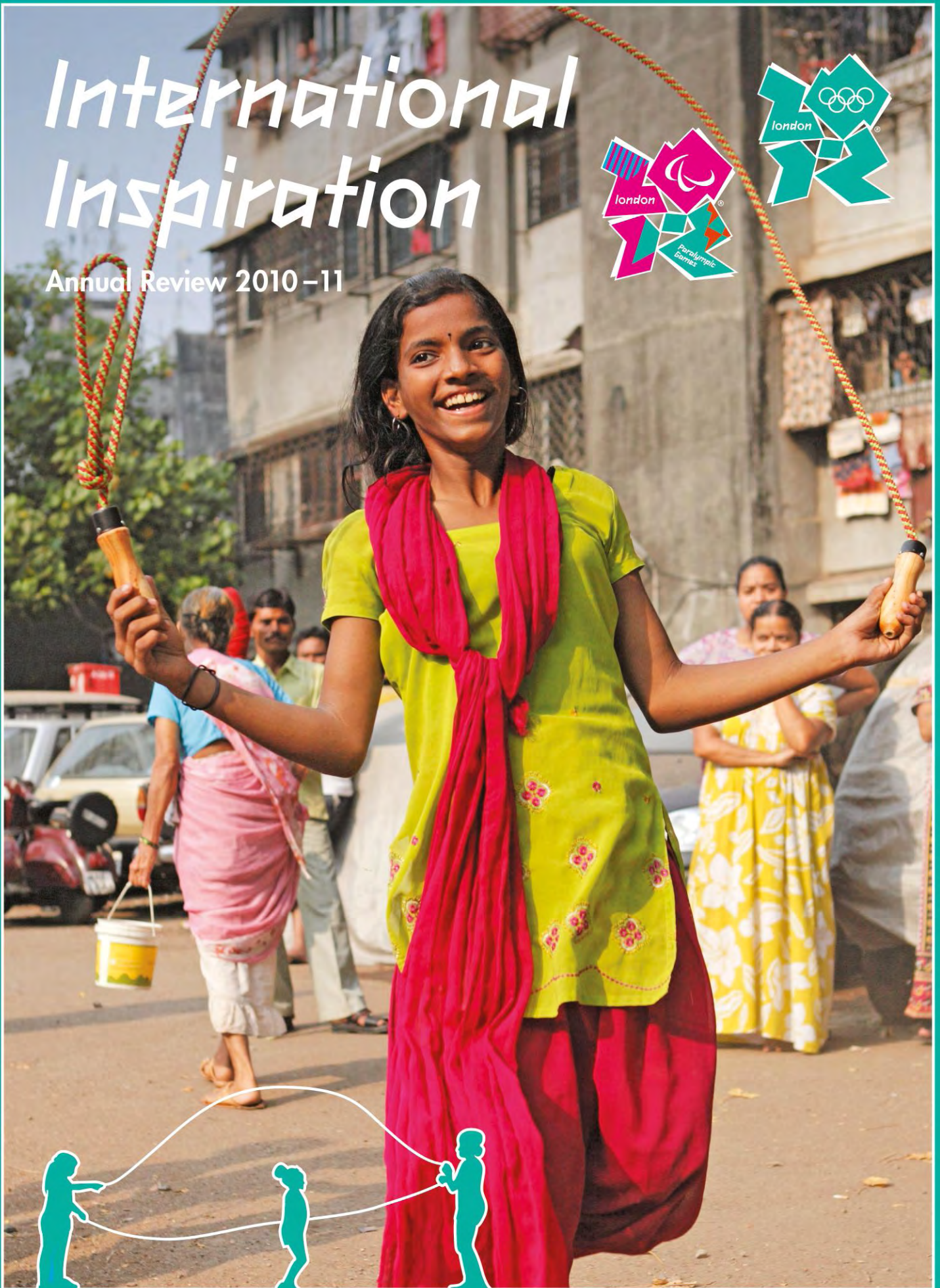


International Inspiration

Annual Review 2010–11



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What is International Inspiration?

International Inspiration is the ground-breaking international legacy programme of the London 2012 Olympic and Paralympic Games.

The programme is a direct result of the pledge made by Seb Coe when London won the bid for the 2012 Games to, 'reach young people all around the world and connect them to the inspirational power of the Games so they are inspired to choose sport... improving their lives as a result'.

Its vision is to enrich the lives of 12 million children and young people of all abilities, in 20 countries across the world, through the power of high-quality and inclusive physical education, sport and play.

International Inspiration works on three levels – with policy makers, sports practitioners and children and young people. This is changing the way countries are promoting the role of sport in the school curriculum and in the community. The approach works to create long-term,

transformational change for young people around the world through and beyond London 2012.

This is the first time in the history of the Olympic Games and Paralympic Games that an international legacy on this scale has been conceived and implemented by a Host City. The programme receives the formal support of the International Olympic Committee (IOC) and International Paralympic Committee (IPC).

International Inspiration is governed by an independent charitable foundation – the II Foundation. It is delivered in partnership with UK Sport, UNICEF, the British Council and the London Organising Committee of the Olympic Games and Paralympic Games (LOCOG). It is supported by other partners including the UK Government, through the Department for International Development and the Department for Culture, Media and Sport; the Youth Sport Trust; the British Olympic Association; and the British Paralympic Association. It is also

supported through the generosity of foundations and individual donors.

To enable longer-term impact, programmes are developed jointly with the governments, National Olympic Committees (NOC) and, where appropriate, National Paralympic Committees (NPC) of each country involved in International Inspiration.

GLOSSARY

CFS	Child-Friendly Schools
ICES	International community Coach Education Systems
IOC	International Olympic Committee
IPC	International Paralympic Committee
LOCOG	London Organising Committee of the Olympic Games and Paralympic Games
MoU	Memorandum of Understanding
NOC	National Olympic Committee
NPC	National Paralympic Committee
PEC	PE cards
PEC ability	PE cards for children with disabilities
TOP	A PE teaching resource

Foreword

This review of International Inspiration activities in 2010-11 marks another remarkable year for children and young people worldwide.



Sir Keith Mills

Chair, II Foundation
Deputy Chair, London Organising
Committee of the Olympic Games
and Paralympic Games

I am proud to celebrate another year of terrific progress – including attaining our key goal of reaching 12 million children, which we achieved in July 2011. In 12 months we have enriched the lives of six million children and young people. But to look only at these impressive numbers does a disservice to the depth of the programme. For not only has International Inspiration actively involved millions of children in sport and play, often for the first time, it has worked hand-in-hand with international governments to create long-lasting change to school curricula and national policies to benefit young people around the world. It has also trained tens of thousands of Young Leaders, teachers and coaches in high-quality and inclusive PE and sport techniques. In turn, they too have developed the ability and confidence to pass on their new skills to peers and community leaders.

International Inspiration spans five continents in countries from Azerbaijan to Zambia. Its significance lies in its ability to adapt. The programme doesn't offer a quick-fix or 'one size fits all' approach; rather its projects are designed to meet real needs in the most culturally sensitive and effective way, in partnership with key local stakeholders. Programmes range from teaching children in flood-prone areas of Bangladesh to swim, to raising awareness of HIV and AIDS for young people in Zambia and South Africa.

I had the pleasure of seeing the impact of International Inspiration first hand in urban and rural primary and secondary schools in Mozambique. Such has been the success of the programme, there are plans for an International Inspiration inspired 'PE manual' to be distributed to every school in the country.

The impact of International Inspiration is truly amazing. But none of this would be possible without the financial support of our partner organisations and the generosity of individual supporters. I should like to thank everyone who has donated to International Inspiration for their valuable contribution in helping us to achieve our aims, in particular, the British Council, UNICEF, the Department for International Development, the Department for Culture, Media and Sport and UK Sport.

I would also like to extend my thanks to the II Foundation Trustees and to the wider International Inspiration team for their commitment and enthusiasm. This programme, which started life as a pledge at an Olympic Congress in Singapore back in 2005, is achieving wondrous things. I hope you enjoy reading about our success in the following pages.

Key achievements

International Inspiration is the first international sports development programme conceived and implemented by an Olympic and Paralympic Host City. It is making a huge impact at global and local levels. Here are some highlights from seven of the countries involved in the programmes.

Bangladesh

Over 80,000 children have learnt vital survival swimming skills from 784 community swimming instructors in 541 ponds specifically made safe, funded by Comic Relief.

Jordan

4,200 young people, over half of them girls, now playing sport regularly, including many children with disabilities. In addition, 40 women teachers trained as coaches in basketball and athletics, serving as inspiring role models.

Mozambique

1,477 teachers from seven provinces trained to teach PE to children and 200,000 children now regularly taking part in PE classes and sport.

South Africa

111 educators trained to teach life skills and HIV and AIDS prevention through football, netball, rugby and cricket and over 300 schools benefiting from sports development projects across the country.

Nigeria

Development of a landmark school sports policy underway which will protect the rights of girls and children with disabilities.

Pakistan

200 emergency recreation kits distributed to schools and temporary learning centres in flood-affected areas so children who have lost homes and regular schools can have the joy of playing in a safe environment. Practitioners also trained to run regular recreation and sport activities to help children get back into education and a normal routine.

Trinidad and Tobago

The first ever 'Paralympic School Day and Sports Festival' organised by Young Leaders, inspiring athletes of all abilities, their parents and the wider community.



Inspired by sport



Sir Philip Craven MBE
President,
International Paralympic Committee

'I am pleased to report on successful tripartite interventions between International Inspiration, the International Paralympic Committee and the National Paralympic Committees of Trinidad and Tobago and Mozambique. We have seen examples of model educational activity where the true meaning of "Sport for All" was at the forefront of the activities. We are looking forward over the next 12 months to further activities.'



Jacques Rogge
President,
International Olympic Committee

'International Inspiration is allowing LOCOG to successfully deliver on its promise to inspire young people around the world through the power of sport. It is a tremendous legacy of the London 2012 Games, as it has positively reached out to millions of young people, inspiring them to participate in sport and providing them with hope and aspirations for the future.'



Chukwu
Young Leader, Nigeria

'My concept of sport has changed. Since becoming a Young Leader I can see so many benefits of participating in sport. It has opened my eyes to the fact that sport stands a chance of offering me a bigger and brighter future. The programme has made me a better leader and coordinator than I was.'



Slindo
Young Leader, South Africa

'Sport unites different nations, whatever our differences. On the field, we're all the same...regardless of where we come from, where we're going, who we are or who we're not. I think sport is an international language and I want everyone to start speaking it.'



Eva
Young Leader, Mozambique

'International Inspiration has changed my life. I am now a different person, I am so determined. I am now able to encourage and motivate other people to play sports. It has changed my life so much that I don't think there are enough words for me to describe this.'



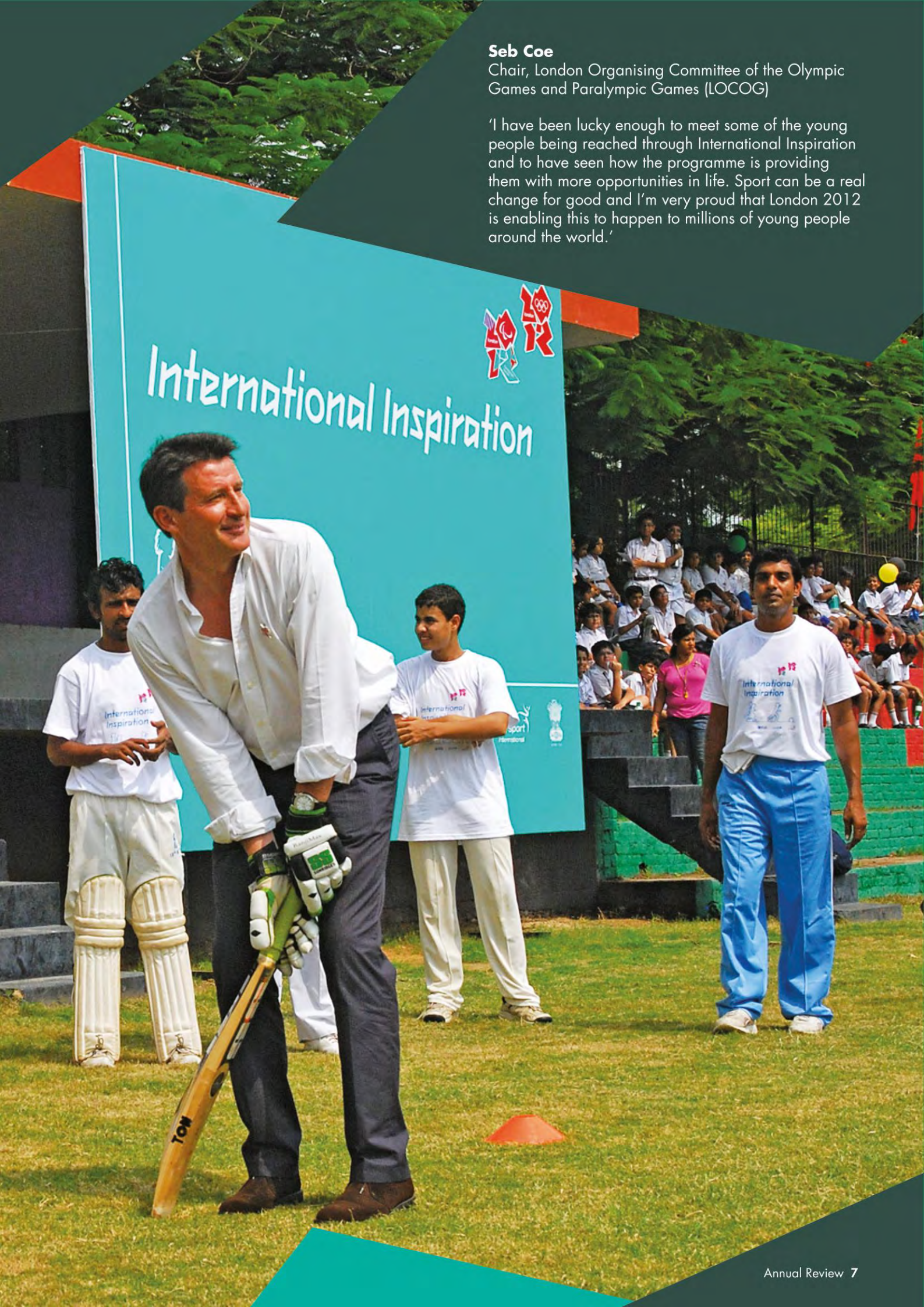
Aslan Ibragimov
Director, Lenkaran State School No.8,
Azerbaijan

'Children were often difficult to deal with. Now the school has proper sports equipment and children are more friendly and cooperative. They look forward to physical education and are stronger, healthier and happier. There is less anti-social behaviour. The teachers are also more relaxed as the children are easier to deal with.'

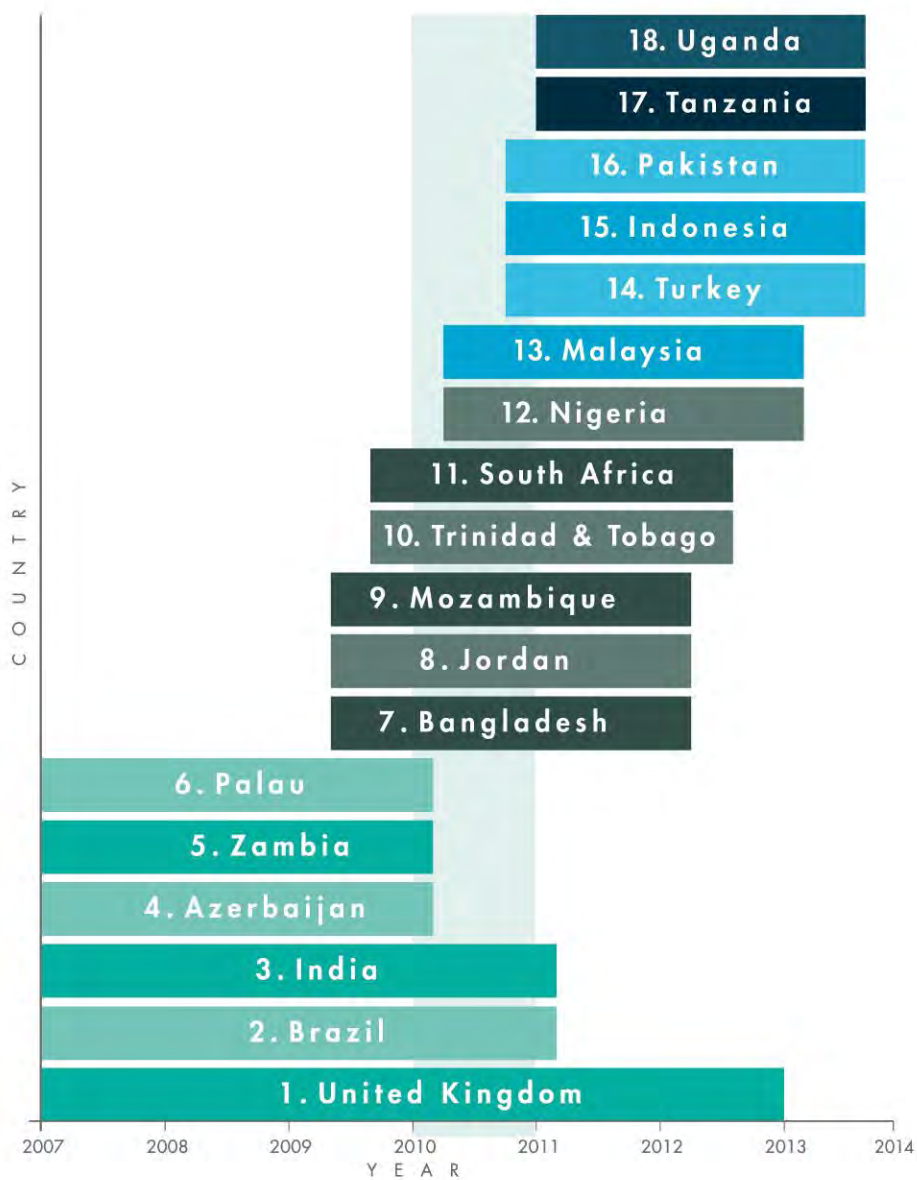
Seb Coe

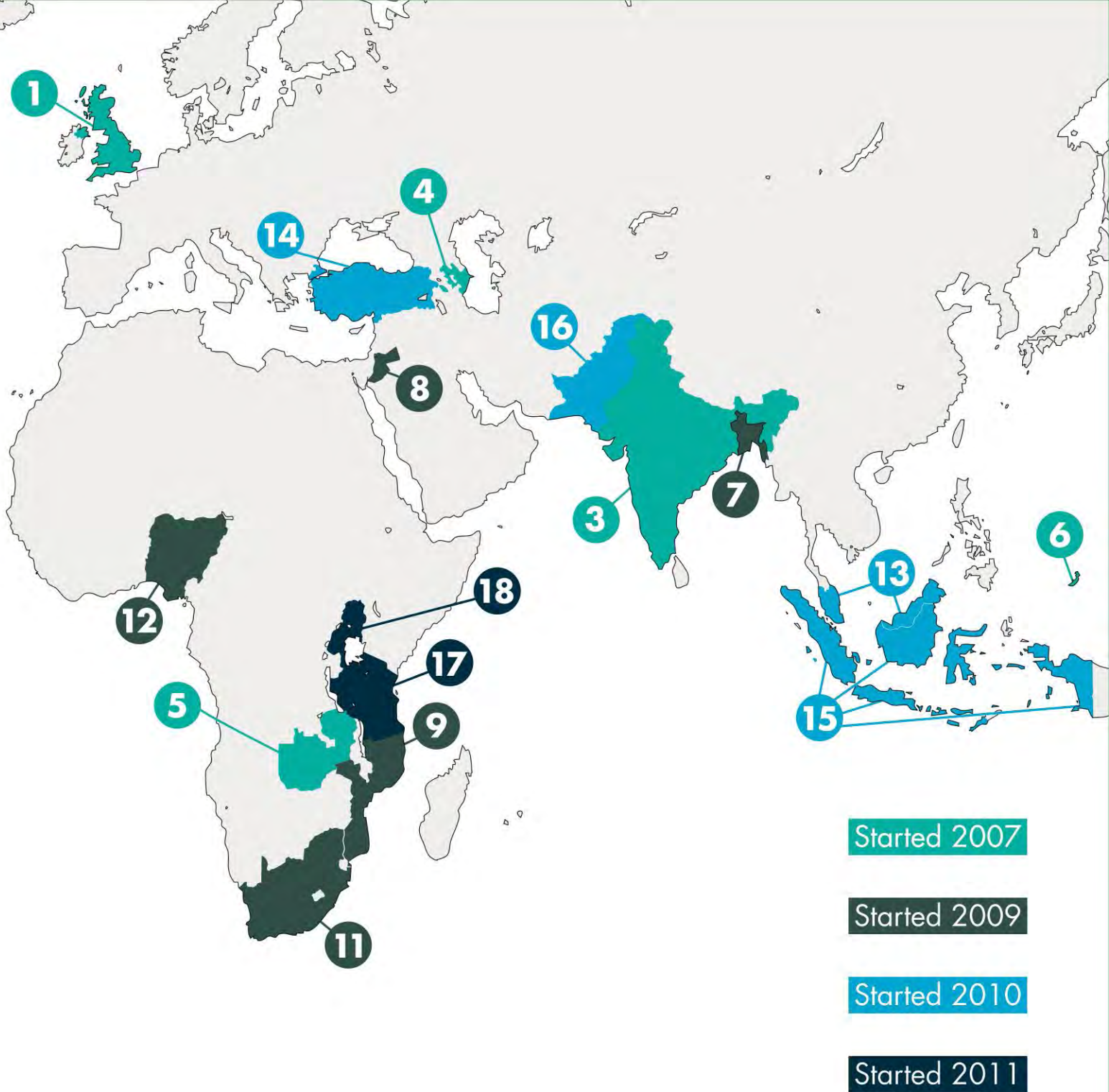
Chair, London Organising Committee of the Olympic Games and Paralympic Games (LOCOG)

'I have been lucky enough to meet some of the young people being reached through International Inspiration and to have seen how the programme is providing them with more opportunities in life. Sport can be a real change for good and I'm very proud that London 2012 is enabling this to happen to millions of young people around the world.'



Where we work





International Inspiration programmes are now active in 17 countries plus the UK, enriching the lives of 12 million children and young people.



United Kingdom

222 UK schools enjoying links to partner schools in International Inspiration countries around the world.

42 Young Leaders from International Inspiration countries, including 22 from the UK, volunteered at the UK School Games, assisting 1,600 top school athletes in a celebration of sport and friendship.

Five International Inspiration ambassadors – Colin Jackson, Denise Lewis, Baroness Tanni Grey-Thompson, Sir Chris Hoy and David Beckham – take the programme around the world, bringing messages of sport, collaboration and friendship back to schoolchildren around the UK.

Purpose

International Inspiration has broadened the aspirations of children, their parents and teachers, encouraging them and the wider community to look beyond their own shores, learn from around the globe and share their knowledge and experiences. The programme has inspired UK schoolchildren to develop skills and responsibilities to lead and teach others. They have made friendships with peers across thousands of miles, forging lasting bonds and discovering, through sport, that while their cultures may be different, young people are similar the world over. Teachers and coaches have learned new skills and teaching methods from one another through innovative and exciting projects. The benefits to all will last far beyond the closing ceremonies of the London 2012 Olympic and Paralympic Games.

Young Leaders

As part of the International Inspiration programme, Young Leaders are trained to manage sports festivals. When top school athletes from all over the UK met in Gateshead for the 2010 UK School Games, 22 UK Young Leaders joined them as volunteers to put their newly learned leadership and organisational skills to good use. Young Leaders from 10 of the International Inspiration countries also volunteered, receiving a warm and friendly welcome from their UK counterparts and giving the Games a truly international flavour.

Patrick, a Young Leader from St Machar Academy, in Aberdeen, Scotland said: 'International Inspiration has improved my work spirit, leadership, confidence and cross-culture awareness. I had a wonderful experience at the UK School Games. My magic moment was the opening ceremony; it was fantastic! I was really happy to see the athletes with disabilities coming in with great confidence that they would win this competition.'

Getting to the heart of it

Students from six UK schools visited the heart of London 2012 – the Olympic Park in east London – as deserving winners of the International Inspiration Schools Competition. The pupils got a behind-the-scenes look at the busy preparations ahead of the London 2012. They visited venues that in less than a year will be at the centre of the action, including the Olympic Stadium, the Aquatics Centre and the Velodrome.

The winning students demonstrated how International Inspiration has inspired them, sending in examples of the innovative joint sport projects they are running with their partner school overseas.

Fifteen-year-old student Farhaad, from Slough, said: 'It's been a real pleasure to visit the Olympic Park. Through International Inspiration, we've helped people to get involved in sports. A few weeks ago we had some visitors from our partner school in Pakistan, which was a good chance to learn about each other.'

Samba celebration

Students from eight Nottinghamshire schools joined together to celebrate their International Inspiration partnerships with schools in Brazil. In a day of art, dance, food, music and sport, the event was a showcase for both nations.

Since Nottinghamshire teachers first visited South America in 2008, Brazilian culture has enlivened schools in the county, with classes in Brazilian music and dance, such as capoeira and frevo. International Inspiration Ambassador and Paralympian Tanni Grey-Thompson addressed the children: 'School links such as yours with Brazil are at the very heart of International Inspiration. It's one of the key ways of bringing International Inspiration to the UK and connecting schools around the world to the London 2012 Olympic and Paralympic Games.'



Spreading the word

On his return from Trinidad and Tobago, International Inspiration ambassador Colin Jackson took the message back to schools in Haringey, London. Jackson spoke to pupils at the five schools twinned through the programme about how children in Trinidad and Tobago are using PE and sport to learn vital life and leadership skills: 'I lost count of the number of young people I met who are benefiting from the programme and embracing sport.'

Abigail, a Young Leader said: 'Having an athlete like Colin Jackson visiting our school is really exciting – especially as he can tell us about his experience in Trinidad and Tobago with our link school. Through International Inspiration and our link with Speyside School in Tobago we've learnt about leadership skills, conflict resolution and how to work as a team.'



Bangladesh

Over 80,000 children have learnt vital survival swimming skills from 784 community swimming instructors in 541 ponds specifically made safe, funded by Comic Relief.

284 sporting and 374 swimming competitions set up, giving young people the confidence to use their new skills.

Girls now playing in 58 volleyball, cricket and football teams – sports traditionally practised only by boys.

946 teachers received TOP PE skills training, enabling thousands of young people to enjoy sports.

International Inspiration is supported by the Bangladesh Ministry of Youth and Sport and the Ministry of Women and Children Affairs.

New Government-supported National School Sport Strategy following a successful International Inspiration school link pilot in Manikganj district, central Bangladesh. This includes a commitment to expand the Youth Sport Leadership (YSL) programme nationwide.

Purpose

In Bangladesh, PE is a core primary education subject. International Inspiration works alongside this curriculum to promote health education and skills development, and to tackle gender disparity in sport.

Adolescence, especially for girls, means a more restricted lifestyle for many. Although legally girls can't marry until they are 18, nearly a third are married by 15 – often affecting their social mobility, financial independence, education and livelihood. Young people are getting opportunities, through International Inspiration, to engage with their communities and challenge traditional ideas about gender inclusion. Many have become leaders to their peers, organising community activities and developing their leadership skills.



Every year around 17,000 children die from drowning in this flood-prone country, accounting for nearly a third of all deaths of five- to nine-year-olds. Given the strong link between drowning and swimming skills, projects to increase the number of swimming coaches and ultimately teach young people vital water survival skills are having an enormous impact across the country.

Leading from the front

Projects such as Kishori Abhijan ('empowerment of adolescents') are using sport to help give young people the confidence and skills they need to challenge discrimination. Through training, girls and boys are taking on the role of teachers among their peers. They are being recognised as leaders in sports and safety, enhancing their prestige and recognition within the community. With new self-esteem and community status, Young Leaders are able to create better understanding between girls and boys and across generations, challenging traditional attitudes and improving lives.

Support from the sidelines

International Inspiration projects prove so successful because they have the support and partnership of local and national governments. Bangladesh's Ministry of Women and Children Affairs has lent its weight to International Inspiration, committing technical and financial support for the coming year 2011-12. Furthermore, with the success of a pilot scheme giving training in youth sport leadership to all 172 secondary schools in the central Manikganj district, the Ministry of Youth and Sport has given its provisional commitment to rolling the project out across the whole country. This is a huge endorsement of International Inspiration's long-term sustainability.

Persistence pays off

When a girls' sports team was proposed in Cox's Bazar, south-east Bangladesh, 45-year-old housewife Nazma Karim wanted to get involved. As a widow she was expected to give up community work and restrict herself to household activities. Nazma had other ideas. She helped the project coordinators by motivating parents and encouraging others despite considerable resistance. She chaired the local Kishori club and even donated a room for weekly meetings. Nazma's persistence paid off and support for the girls' teams grew throughout the community: 'I have been invited over by parents who originally refused to allow their daughters to participate in the sports team,' says Nazma. 'This shows what effective persistent determination can do.' Sumaiya Nasrin, the youngest member of the team is enjoying the benefits of Nazma's persistence: 'Sport has given me a new identity in my community,' she says. 'People respect me. I feel like I have a voice now.'



Getting fired up

Like many boys in Bangladesh, Mohaiminul Islam loves cricket, but it took International Inspiration YSL training to get him involved. Through the programme, Mohaiminul now plays other sports such as handball and football. He's training to become a Young Leader and the manager of a local club, and takes part in YSL sports and cultural festivals. He has grown in confidence and independence, and is planning to share his new skills with teachers, parents and his local community: 'International Inspiration has helped to organise my life,' he says. 'I want to share new ideas and involve more young people.'



Jordan

4,200 young people, over half of them girls, now playing sport regularly, including many children with disabilities.

60 women teachers trained as coaches in basketball and International Association of Athletic Federation (IAAF) Kids' Athletics, serving as aspiring role models.

A leadership skills module developed by Youth Sport Trust (YST) integrated into the highly successful school-based King Abdullah Award for 12- to 14-year-olds, which encourages young people to make physical activity part of their daily life. Having reached 100,000 young people so far, the Ministry of Education has pledged to integrate this programme into every school in the country by 2013.

110 young coaches (60 per cent of them girls) trained and leading sport in all 15 sports hubs.

Five sports federations, supported by the Jordan Olympic Committee, drafting three-year project plans focusing on the inclusion of girls and marginalised children.

The Higher Council for Disability and Jordan Paralympic Committee, inspired by a programme in Northern Ireland, task Paralympians to raise awareness of disability sport among children.

Purpose

Youth PE and sport are traditionally not regarded as highly in Jordan as academic subjects, which are given much greater prominence. International Inspiration is working with local partners and schools to correct this balance, by planning more designated outdoor playing areas for students, embedding greater learning opportunities in PE and sport in schools, and changing attitudes towards PE, sport and play in the community.

International Inspiration is also focusing on providing all children, including girls and children with disabilities, with access to quality PE. Children in displaced communities have great need of quality PE and sport, and a new focus on children in juvenile and childcare centres is promoting social inclusion and providing valuable leadership and life skills. The work of International Inspiration is challenging discrimination and more and more young people – girls and boys of all abilities – are reaping the benefits of participating in sport.

New spaces, new faces

Fifteen sports hubs are making a huge difference in Jordan thanks to International Inspiration. These provide safe spaces for girls and boys of all ages and abilities to join in fun and exciting sport and play activities in some of the most disadvantaged communities in Jordan. The hubs are encouraging new community networks and partnerships as local resources are used and schools open up their play facilities after hours. With young people trained as leaders within their own communities, thousands of children now have access to new activities. Everyone is growing in confidence and self-esteem and learning to challenge stereotypes, particularly those of girls, refugees and children with disabilities.

Crossing continents

Students and teachers from six Northern Ireland schools took the trip of a lifetime to meet their counterparts from their Jordanian link schools. Young people from both nations learned about each other's cultures and customs, celebrated the differences and found many similarities. The students spent time in school finding out what education is like for Jordanian children, and worked together to organise a sports festival for primary school children. On their return, the Northern Ireland students shared their experiences with teachers and classmates: a perfect example of how the International Inspiration school-linking programme can work. Northern Ireland has inspired new approaches to disability sport in Jordan. The Middle Eastern country is launching a pilot project based on Northern Ireland's 5 Star Disability Sports Challenge, which they hope will give children with disabilities a greater presence and a louder voice in sport.

110

young coaches (60 per cent of them girls) trained and leading sport in all 15 sports hubs.

Doing it for the girls

Haneen, a 16-year-old girl from the north of Jordan, trained as a sports coach through the sports hubs project. Ayyat's training inspired her to start organising the first regular sports activities for adolescent girls in her community, giving new confidence to her, and other girls: 'After participating in this project my self-confidence has risen considerably,' Haneen says. 'It has also affected my personality and how people perceive me.' Haneen is proud of using her new skills to encourage a girl with disabilities to play sport for the first time – and enjoy it. 'I believe it is our responsibility as youths to include all children, especially those with disabilities who need us the most. You should have seen how happy they were when they were included in the games with us.'



Rekindling passion

Ayyat, a kindergarten teacher, is a perfect example of the spirit of International Inspiration. Before the project she didn't see the relevance of sport and play in education. Her training helped her understand and enjoy teaching sport and play to children. She now works with fellow teachers and has started a campaign called 'Play With Us', integrating children with disabilities through her sessions. Her dream is to provide activities for all 1,000 children in the town, as well as proving to their parents the importance of sport and play: 'Before I started my sessions there was nothing for children to do. My dream is to open a child centre with a safe and open place to play for all children.'



Mozambique

200,000 children now regularly taking part in PE classes and sport.

1,477 teachers from seven provinces trained to teach PE using TOP.

311 specially designed sports kits distributed to schools.

A PE manual for primary school teachers, based on the TOP model, piloted in three districts and to be sent out to all schools in the International Inspiration districts.

13 teachers and 7 district officers trained using IAAF Kids Athletics programme.

Purpose

Primary school children in Mozambique have little access to quality PE and sport. Few teachers have formal training in this field and many in rural areas also lack the facilities and equipment to run meaningful PE and sports classes. Consequently, PE and sport have not been implemented in the school curriculum. Mozambique's Ministry of Education is working hard to improve the quality of PE at primary level. To support this, International Inspiration has been integrating PE and sports into 750 primary schools across seven districts. Getting children into school is a challenge in Mozambique. Helped by the introduction of Child-Friendly Schools (CFS), a model which encourages inclusiveness and gender-sensitivity, primary school enrolment has increased on average by 35 per cent, including an encouraging 40 per cent for girls. Through these efforts, more of Mozambique's children are at school enjoying new approaches to PE teaching through fun activities and using quality equipment.



A material issue

With little formal training available for their teachers, Mozambique's primary school children haven't had many opportunities to participate in fun and active PE lessons. As IIF Foundation Chair Sir Keith Mills saw when he visited in July, the programme has had a significant impact by working with its partners to train more teachers and to train them better. Using the TOP model for improving quality teaching in PE, a user-friendly manual for teachers was developed, tested and sent out to 750 schools.

Learning and sharing

The IAAF has been equipping primary school teachers to increase excitement for athletics in Mozambique using their Kids' Athletics teaching resource. In a new initiative, an IAAF trainer from neighbouring Zimbabwe shared his experiences of developing children's athletics in his own country. At the Mozambique Olympic Committee's OlympAfrica centre, 20 teachers and district officers were trained to deliver fun, inclusive athletics activities. Designed for seven- to 11-year-olds, activities are framed around three athletics categories: running, jumping and throwing. As part of the course, the teachers delivered a festival for 30 local primary school children while their family and friends were invited to cheer them on. A great start to an invaluable project.

311

specially designed sports kits distributed to schools.

Master and pupil

Known simply as 'Sportsman', Professor Domingos Jaime is dedicated to developing sport for young people, especially girls. Although he has a PE degree, Domingos has taken TOP training, becoming a master coach: 'It was such a great success – the directors did not realise it was possible to integrate sports and physical education so easily in their academic programmes.' Since then, Domingos has organised three school sports festivals and coordinated training for 400 teachers and more than 320 directors and school council members. One of his students is Young Leader Auzai Antunes: 'He always has a solution to our problems and makes us feel secure and confident.' Auzai works with three young children with disabilities: 'I never want to see a child sitting out – I have learned through Domingos' training that the important thing is that everyone participates.'



Inspiring excellence

Hadija Acha Taquidir is a secondary school PE teacher. She admits that pupils weren't motivated by PE before the arrival of International Inspiration, and she wanted to be more creative. Through training Young Leaders and organising festivals and International Inspiration activities, she has inspired pupils to enjoy and learn from their PE lessons: 'I learnt new skills and how to plan and organise activities, lead and motivate pupils as well as other teachers.' She has focused especially on girls in her activities, as well as children with disabilities. 'Before International Inspiration we used to separate the children with disabilities. Through International Inspiration we have learnt inclusive PE and sport.' She hopes that the programme will be sustainable and that the children will continue to learn, be active and have fun.



Trinidad & Tobago

More than 360 Young Leaders trained to deliver quality PE and sport to their peers.

The first ever 'Paralympic School Day and Sports Festival' organised by Young Leaders, inspiring athletes of all abilities, their parents and the wider community.

Jump Rope for Heart project piloted in 23 schools teaching children's rights and healthy living through fun and exciting PE and sports activities.

More than 10,000 participants engaged in a wide variety of PE and sport activities throughout the country.

The Trinidad and Tobago and UK Governments sign a joint MoU, pledging continued support for International Inspiration.

Purpose

International Inspiration uses PE and sport to address social issues and provides safe spaces for young people to develop new skills and improve their future prospects. In Trinidad and Tobago, children and young people, particularly adolescents, lack opportunities to develop skills that will benefit their career prospects and impact on their future. They are also faced with issues such as gang crime, HIV infection and alcohol and drug abuse. Coupled with a lack of safe spaces and poor PE infrastructure, opportunities for children and young people to engage in sport and play can be limited.

International Inspiration is helping to combat these challenges and give young people the self-esteem they need to develop essential life skills by training confident and enthusiastic teachers and Young Leaders to organise positive, enjoyable activities, and creating safe spaces for PE and sport.

Inspired and inclusive

With help from International Inspiration and the IPC, the Trinidad and Tobago Paralympic Committee (TTPC) is working hard to raise awareness of disability and give all young people the chance to enjoy PE and sport. Coach education has been a focus and has made great strides using UK Sport's International community Coach Education Systems (ICES). TTPC's committed enthusiasm on this issue has resulted in the first Paralympic sports festival. Involving 135 young athletes with and without disabilities, the festival showed how inclusive sport benefits everyone. The event was a great success and there are plans to stage more festivals, ensuring more young people and children with disabilities have access to sport and play.

Jumping for joy

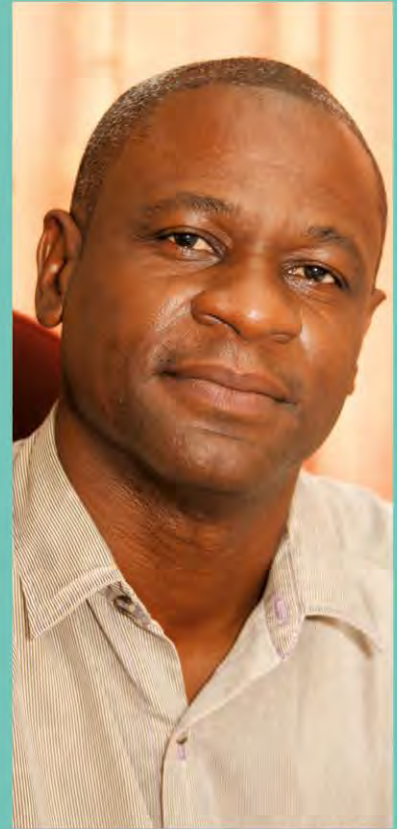
Jump Rope for Heart is an innovative programme, piloted in 23 primary schools in Trinidad and Tobago. As International Inspiration ambassador Colin Jackson witnessed when he visited the country, it uses PE and sport, specifically skipping and rope jumping games, as a way of teaching young people about healthy lifestyles. The programme also helps children to learn more about their own rights and responsibilities, particularly the right to rest and play. Children enjoy the fun of the games, and jump-rope festivals have been organised where children can show off their new skills. Through relaxed, fun jumping games children learn about the importance of physical activity and nutrition, as well as the important connection between their own rights and responsibilities.

10,000

participants engaged in numerous sport and PE activities throughout the country.

Changing places

Derrick Phillips is the Principal at Mucurapo East Secondary School, Port of Spain. Children at the school come from some of the most disadvantaged areas of the city. With so much turmoil outside, school has become a safe haven. International Inspiration's Young Leader programme is showing results: 'We have noticed major behavioural changes in our students since International Inspiration was implemented. They are now rounded young people who take responsibility for their actions.' Derrick describes numerous children who have benefited: Seb has become punctual and enthusiastic; Dee was very shy but is now more confident; and Deesh has given up gambling and fighting and started yoga. Derrick's challenge now is to accommodate all the young people who want to get involved and integrate the programme throughout the whole school.



Back on track

16-year-old Sheriece lives on a large estate where young people are often exposed to or involved with crime. Since becoming an International Inspiration Young Leader at her school, she believes she's on track for a better life. She trained as a Young Leader and was chosen to volunteer at the UK School Games. She is now helping to organise sports events for young people at home and knows she can make a difference: 'It's encouraged me to be an inspiration for young people. I feel like I'm doing a good thing, this programme has helped me feel like I'm able to have a positive influence on others.' Something she thought might last only a few days is likely to benefit Sheriece for a lifetime.





South Africa

111 educators trained to teach life skills and HIV and AIDS prevention through football, netball, rugby and cricket.

Over 300 schools benefiting from sports development projects across the country.

30 schools involved in innovative partnerships with schools in the UK with a view to strengthening PE and sport in the curriculum.

200 community volunteers trained to deliver sports coaching and life skills to young people, ensuring the programme's sustainability.

Purpose

In South Africa, International Inspiration is using PE and sport to develop the skills of young people and raise awareness of social issues that affect the security and wellbeing of young people.

Young Leaders have been trained to organise and run sports activities for their school and their community, developing their confidence and important life skills.

Through its activities, International Inspiration is reaching children and young people in impoverished communities and helping them build self-confidence so that they can talk openly about sensitive issues, such as sexual health. The impact of this cannot be overestimated in a country that is home to 17 per cent of all people in the world living with HIV.

International Inspiration is underpinned by the belief that children can learn vital life skills and start to tackle social issues through the provision of motivating, high-quality PE and sport.

School fun

Thirty schools in South Africa are linked with schools in the UK thanks to International Inspiration. Through emails, letters, video links and visits to each other's schools, children in both countries are using sport to tackle key challenges in their schools and local communities. They are discovering that in many respects their lives are not that different.

Slindo, who is in her last year of school in KwaZulu-Natal, has been involved in the link with St Peter's School, Bournemouth. As a Young Leader she has organised sports events and tournaments, and has loved sharing her ideas and experiences with her British friends. Through the scheme, more South African schoolchildren are becoming involved and even neighbouring schools are joining in as word spreads of the success of the project.

Never too young

South Africa recently hosted the International Olympic Committee World Forum on Sport, Education and Culture in Durban, where some of the nation's Young Leaders shared their experiences. Luther, a Young Leader from the east of Pretoria has organised sports events in his school, getting people involved, active and inspired. He's worked hard to get others to take part in PE and sport. Tanish, who at seven shows that age is no bar to being a Young Leader, has helped to deliver PE and sport to the 1,000 children in his school – not forgetting the 26 teachers. Tanish's teacher says that the programme has given confidence to even very young pupils, improving behaviour and raising aspirations.

200

community volunteers have been trained to deliver sports coaching and life skills to young people, ensuring the programme's sustainability.

First for knowledge

Before International Inspiration, Hendry Saal felt his teachers didn't offer much outside the classroom. 'We were expected to devote our attention towards academic-based subjects.' Hendry is a Young Leader and the chair of his school's International Inspiration club. He takes the project to the wider school community, as well as to local sports clubs and organisations: 'This programme has allowed our school to be one of a kind in the area. We were the first to have an international link, the first to have a multi-purpose centre, and the first to form partnerships with our neighbouring schools.' He feels teaching has changed too: 'Our teachers now try to treat us more like learners and less like children. You can see that students are more aware of one another and are willing to help and participate in sports activities.'



Changing lives

PE teacher Ashiyah Karriem has witnessed first-hand International Inspiration's impact on her school and the local community. She has also noticed the importance of inclusion: 'We wanted to engage all students through the power of sport so that each and every learner should feel free to participate... Because of this inclusion, students are changing their behaviour patterns and some have said they have more focus.' Ashiyah is keen to take what she has learned into the wider community. She has invited neighbouring schools to come and see their progress and is running sessions for elderly people: 'This has improved the communication amongst learners and teachers. We are empowering our youth, neighbouring schools and community by hosting sports festivals at a different school each time. This method will spread the word further.'

Nigeria

Purpose

In Nigeria, International Inspiration is working to give boys and girls of all abilities better access to PE and sport. Alongside local policy makers, the programme is raising awareness of issues that affect the wellbeing of young people, such as sexual health, violence and crime. The programme is also working to develop the opportunities available to young people to develop their careers and life skills.

International Inspiration is bringing about social change using sport and its role in education to bring children into the schooling system. The programme is working to give communities and stakeholders a new appreciation of the value of sport, and greater opportunities to take advantage of all it has to offer.

Lagos leaps

200,000 children of all abilities – girls and boys – will now have the opportunity to discover the thrill of athletics, the archetypal Olympic sport, thanks to the IAAF Kids' Athletics programme. Twenty teachers from the State of Lagos qualified as lead trainers, and are now equipped to deliver fun activities for children, based on the three athletic themes of running, jumping and throwing. Following this success, the State Universal Basic Education Board (SUBEB) vowed to take the programme to every primary school in the state, cascading the training to over 800 teachers across 900 primary schools. Mr Adapo E. Olu, SUBEB Sports Officer, spoke highly of the scheme. 'It's the best method that I have seen for teaching track and field athletics.'

Development of a landmark school sports policy underway which will protect the rights of girls and children with disabilities.

Following IAAF Kids' Athletics training, Lagos State Education Board committed to extend training to 200,000 children across 900 primary schools.

PE teachers from 28 International Inspiration schools have increased capacity and skills to deliver high-quality and inclusive PE through TOP training and YSL training.

Young Leaders organised school sports festivals, involving thousands of children, with a particular focus on encouraging girls to participate.

Representatives from 28 Nigerian schools visited their UK partner schools, resulting in innovative partnership plans. Themes included using sport to provide opportunities for marginalised children and girls to take part in PE and sport activities.



'A bigger and brighter future'

Teachers and pupils are turning to sport thanks to International Inspiration. James Oludaisi, a high school principal in Lagos, has noticed how students now attend school more regularly because of sport: 'Every student wants to be a part of the project, and my challenge is controlling the large numbers of students taking part!' He has introduced early morning sessions to satisfy all the students.

Chukwu Onyedikachi is a sports prefect in Yaba. His school now offers rugby, cricket and rounders and being a Young Leader has changed his outlook: 'It has opened my eyes to the fact that sport stands a chance of offering me a bigger and brighter future.'

Adetoun Olaogun works for the Lagos State Ministry of Education. She has seen the benefits of International Inspiration cascade down from teachers to the pupils: 'As a result of International Inspiration, we've noticed a substantial change in student behaviour. Some schools have even noticed an increase in enrolment and attendance.'

Malaysia

Purpose

Although PE and sport are part of the curriculum in primary and secondary schools in Malaysia, grassroots sport and especially sports for children with disabilities needs strengthening. The Government recognises the wide social benefits of providing good quality PE and sport for young people, and agrees that the status of sport should be given wider recognition.

Through International Inspiration, Malaysia is raising the profile of sport and instilling more interest and enthusiasm in teachers, young people and the wider community.

Paralympic dreams

A key focus of International Inspiration's work in Malaysia has been to enable the inclusion of children of all abilities into PE and sport activities. This aim was given a huge boost with the visit of four-time Paralympic Gold medallist Marc Woods. With a total of 12 Paralympic medals to his name, Marc knows better than most what a powerful impact sport can have.

Marc was impressed with the Malaysian Government's commitment to the programme: 'Whilst the work of International Inspiration is undoubtedly making an impact, it is the desire of a host nation's government to build on the programme that is critical if sport is going to make a lasting impression.' However, his greatest impression was from the enthusiasm of the children he met: 'Their delight in playing was infectious with staff, students and guest visitors all joining in.'

International Inspiration is influencing the implementation of two national policies, both of which will potentially reach every pupil in the country.

Strong government support for the programme, especially in the States of Sabah and Perak, with the Ministry of Education shaping a new curriculum for 2012.

Over 100,000 schoolchildren, including those with disabilities benefit from activities and training organised through International Inspiration.

All 480 primary schools in the state Perak run TOP sessions, reaching 5,000 teachers.

21 TOP Master Trainers created, three achieving International Trainer status and delivering a TOP demonstration course in neighbouring Indonesia.

Malaysia's '1 School 1 Sport' policy, designed to get school pupils involved in year-round sport, is supported by International Inspiration and launched nationwide in all Malaysian schools.



Teaching the teachers

PE teacher Bilong Ngerong feels International Inspiration has made teaching more flexible: 'Our previous teaching methods didn't allow for any improvisation and we followed the textbook 100 per cent of the time.' Bilong believes his new skills have allowed him to let his students use their new motivation as Young Leaders to learn for themselves and to teach others: 'Students are more confident and are enthusiastic about organising events and can do so with minimal supervision. Our students are more interested in sports and some are finding they have hidden talents!'

Bilong is keen to spread the word: 'I realise that PE and sports can help mould a complete student. Parents seem to realise this too. They are becoming more involved in student activities and are encouraging their children to take part.'

'In the future I hope to organise workshops and training for teachers outside of my school. This will extend our links to the wider community.'

Turkey

Purpose

As a country at the beginning of its International Inspiration journey, Turkey is keen to reap the benefits the programme brings. In partnership with the Government of Turkey, International Inspiration plans to help develop primary school teachers' skills in delivering high-quality PE, so more children have the opportunity to access sport.

Young people, including those with disabilities, find barriers to taking part in and enjoying sport. International Inspiration is encouraging better inclusion and youth involvement. Teachers, parents and policy makers are learning more about the positive effects sport has for schoolchildren of all abilities.

Learning together

International Inspiration is already having an impact in Turkey. Young Leaders have been trained and are spreading the word to their peers in pilot states. The country's Child Rights Committees are also on board, in a bid to reach the widest range of children possible and involve them in PE and sport.

Links with schools in Scotland have enabled children from both countries to learn about each other's lives. Representatives from Turkey visited their Scottish partner schools, followed by a return visit by Scottish teachers, including Michael Conlon of Perth Grammar School, to a school in Ankara: 'A big eye opener is our partner school's determination to open up space for PE. Their desire to promote an active lifestyle will contribute greatly to the chances young pupils have in academic success and overall well-being.'

The Turkish Government supports International Inspiration, with expectation that the programme will have national impact through the Active Schools Turkey initiative, inspired by the Scottish Active Schools programme.

15 school partnerships between Scottish and Turkish schools give children a taste of each other's cultures and the excitement of International Inspiration involvement.

More than 600 young people and 500 teachers and parents reached through TOP and YSL training delivered in the pilot provinces of Trabzon, Ankara and Mersin.

Members of Turkey's Child Rights Committees take part in International Inspiration training in youth sports leadership throughout the three pilot provinces.



Leading from the front

Through his work at the Ministry of National Education, Cenk Temel has been involved since the launch of International Inspiration in Turkey. He believes it's good news for Turkish schoolchildren: 'This programme has been introduced in Turkey at just the right time. Schools, teachers, parents and institutions could see that a programme like this was necessary.' He's seen how the programme has helped to decentralise sports provision, pushing it out to head teachers and local organisers. He also feels that he and his colleagues have learned more about the value of quality PE and sport: 'PE was more concentrated on performance and health before. Now we have two new concepts to consider in voluntarism and leadership, which will have a lasting effect on our community.'

Indonesia

Purpose

Indonesia has worked hard in recent years to boost primary school attendance and has made significant gains. International Inspiration is working with local partners to build on this achievement, by helping to develop quality PE and sport in schools and using sport to address other issues that young people face including class, ethnicity, gender and race.

Some teachers do not have proper teaching qualifications, which, coupled with a lack of basic equipment and facilities in schools, means that sports provision is often not a priority. International Inspiration will help address these gaps by providing teachers with the training and equipment required to deliver engaging PE and sport to their pupils and more safe spaces for children to participate.

Sport United

International Inspiration featured during the launch of the 4th ASEAN Primary Schools Sports Olympiad in Jakarta - an event regarded as the perfect opportunity to promote the benefits of sports participation for children. The key focus of the Games was inclusiveness, with children of all abilities taking part from across South East Asia. Children of different nations and abilities played together in sports and games such as athletics, football and chess. They got the chance to show off their sporting skills and increase their self-confidence.

4,000 children across the country experience improved PE lessons, including more than 800 who have taken part in sports festivals.

Famous Indonesian athletes, such as bodybuilder Ade Rai and tennis player Angelique Widjaja, lend their considerable influence and media presence to the programme.

110 Young Leaders trained and go on to run sports festivals, including '500 days to go' inspired by the Olympic Games.



7,000 miles, countless new friends

Timmy and Cathy, two Young Leaders from Indonesia, were selected to travel to the UK as volunteers at the UK School Games. The pair flew to Newcastle where they spent three days preparing for their roles, meeting other Young Leaders from around the UK and other countries. After that they were assigned different roles throughout the days of competition: timekeeper, judge and scoreboard operate to name just three. They both had great experiences that will stay with them for the rest of their lives, and have made countless new friends. As Timmy puts it: 'Seeing the happy faces and disappointed faces of winning and losing the matches showed how great their spirit for this school games was. When we had to say goodbye, tears were running down our faces. We realised that in just one week we had already become close friends.'

Pakistan

Purpose

International Inspiration is working with local partners to address a lack of PE and sport in Pakistan's schools. Faced with high drop-out rates from basic education, limited school facilities, and less than two per cent of the national budget spent on education, PE and sport maintain a low profile in schools.

Through the programme, training is being delivered to teachers to enable them to run high-quality PE lessons for students. In addition, 38 schools have been linked with partner schools in the UK.

The programme launched initiatives in communities affected by flooding in 2010, training community leaders to run activities for displaced young people.

Major emergency

In 2010, following the worst floods in Pakistan's history, International Inspiration had to adapt its activity to help support some of the 20 million people left homeless and displaced, showing its flexibility and value, even in a major humanitarian emergency.

Given that efforts had to be diverted for emergency needs, International Inspiration revised elements of its plans and set about implementing sport and recreation facilities in temporary learning centres for flood-affected children. More than 20,000 children were supported in approximately 430 centres. International Inspiration continues to provide space for children to play sport and take part in PE.

38 schools visit their UK partner schools, laying down concrete plans for the innovative use of PE and sport to enrich their pupils' lives over the next two years and beyond.

60 teachers, district sports officers and other officials take part in TOP training, enhancing their understanding of how high-quality and inclusive PE can be delivered in Pakistani schools.

200 emergency recreation kits distributed to schools and temporary learning centres in flood-affected areas so children who have lost homes and regular schools can have the joy of playing in a safe environment.

20,000 flood-affected children benefit from International Inspiration in 430 temporary learning centres across five priority districts. The plan is to extend the benefits of International Inspiration to other flood-affected districts, targeting an estimated 2,000 temporary learning centres.



The right choice

Eighteen-year-old Muhammed Sarim Yaseen's school principal in Karachi knew that he had the right qualities to become a Young Leader: 'My principal thought I was capable of taking part in International Inspiration but I wasn't sure if I was the right person.'

Muhammed soon realised what a great opportunity had come his way when he was selected to work as an International Volunteer at the UK School Games in Gateshead. Working with other Young Leaders from around the world has given him skills and confidence as a leader, skills he knows he will keep forever: 'I am more active mentally and physically and now know how to stay disciplined and work as part of a group. My friends and I now play football every day after school. After school I plan to enter an audit firm, and although my Young Leader experience will be over, I want to keep sports as part of my life.'

Uganda

International Inspiration is excited to welcome Uganda and Tanzania to the programme.

International Inspiration's main objective in Uganda will be to improve access, quality and engagement of children in sport. Currently too few children – especially girls and those with disabilities – have access to quality PE and sport. Children and young people living in remote regions, marginalised communities and areas of conflict are also a particular focus.

Uganda already has a national development plan for both education and sport, and partner organisations have been working behind the scenes to launch projects and help deliver these plans.

International Inspiration will develop and deliver high-quality teaching materials to enable more teachers to deliver an exciting PE curriculum that includes all children. As in other International Inspiration countries, the programme will also train Young Leaders to coordinate activities, organise events and support national initiatives within their schools and local communities.

Other International Inspiration countries have had great success with their links to UK schools, and schools in Uganda will be identified in selected regions and districts to link to UK schools, and act as local PE hub sites, championing cross-cultural cooperation and best practice.

Mr Rogers Ddungu, President of the Uganda Olympic Committee, expressed his feelings at Uganda's inclusion: 'We are delighted to be the latest country to be introduced to the International Inspiration programme. We are looking forward to the programme of work commencing this year. This is a great innovation to use the Olympic Games as an opportunity to engage young people in sport.'

Tanzania

Tanzania is the 16th country involved in International Inspiration. It is hoped that up to 2 million children and young people will be reached through PE, sport and play activities. In line with other countries working with International Inspiration, there is a focus on inclusion – ensuring that all children, especially girls and those with disabilities – have every opportunity to take part in PE and sport.

Sport is a powerful tool for teaching valuable life skills, and children and young people in

Tanzania will benefit from life and leadership skills, as well as raised awareness of issues such as the prevention of HIV and malaria.

In addition to training community coaches, officials, teachers and Young Leaders, the International Inspiration programme will create links between Tanzania and up to 15 UK schools, enabling them to create joint sports projects and explore new friendships and innovation. Safe spaces to play are planned, with resources provided for at least three different sports in selected areas.

As Paul Deighton, Chief Executive of LOCOG says: 'Welcoming Tanzania to the International Inspiration family brings us one step closer to our vision of enriching the lives of 12 million children in 20 countries. I hope to be able to share many more opportunities showcasing the work of International Inspiration – and to demonstrate the positive impact it is having on young people around the world – in the coming months.'



Legacy

International Inspiration has completed its three-year programme in five countries. In this time, coaches, teachers and leaders have increased their skills, and many thousands of children have discovered the power of sport to change lives.

These projects, partnerships and activities will continue, benefiting children and young people for many years to come.

Azerbaijan: Two new pieces of legislation protecting the rights of all children to play and take part in sport were introduced by the Azerbaijani government, following a conference organised by International Inspiration.

Brazil: International Inspiration partners have developed a programme in Brazil that provides specialised resources and training to help children get more from PE. The TOP teaching resource has been so successful that the Ministry of Education want to incorporate it into the country's school curriculum, enabling it to reach an estimated 13.5 million children in over 45,000 schools.

India: PE cards (PEC) developed with support from International Inspiration to help teachers design and deliver PE lessons have been adopted by the government and incorporated into the Central Board of Secondary Education (CBSE) curriculum, reaching all 10,000 CBSE schools across India. This is in addition to those already reached in 67,000 State run schools in Andhra Pradesh. State Ministries including Assam, Maharashtra and West Bengal are also being urged to integrate PEC into their schools.

Palau: The Ministry of Education of Palau and Palau National Olympic Committee signed a joint Memorandum of Understanding (MoU) to ensure sustainable systems are kept in place to support the development and delivery of PE and sport in schools.

Zambia: More than 160,000 children have taken part in International Inspiration sporting events in schools and communities. Over 100 schools continue to use what they have learnt in order to provide young people with high quality PE and sport.

Azerbaijan

55,000 children and young people involved in regular PE and sport.

More than 260 peer educators trained, sharing information with 4,500 of their peers.

Summer camps organised for 80 girls and 120 boys from 30 districts.

55 schools and youth clubs involved in International Inspiration projects.

6 schools from Azerbaijan and the UK continue to work in partnership using sport as a tool for learning.

Two new pieces of legislation protecting the rights of all children to play and take part in sport introduced by the Government of Azerbaijan, following a conference organised by International Inspiration.

Legacy

Although the International Inspiration programme is now complete, the young people, teachers and families who have discovered the joy of PE and sport will continue to benefit. At a conference organised by International Inspiration, a host of senior government officials and representatives from the Olympic and Paralympic Movements gave their assurances that the achievements of the programme will last. This has been consolidated with two new pieces of legislation protecting the rights of all children to play and take part in sport, and guaranteeing better provision of equipment and activities.

International Inspiration has had an enormous impact on young people, especially girls and children with disabilities. PE in school has improved, with better training of teachers and community coaches, particularly women. Evidence from International Inspiration shows that work completed earlier in the project has been sustained. Equipment has been distributed, teachers and coaches continue to use their new skills and clubs regularly organise fun and inclusive events.



Nazrin earns respect

Ten-year-old Nazrin lives in the south of Azerbaijan. She really enjoys PE and sport since her teacher received new training. She likes the new games: 'It helps us to play better together, be friendlier to each other.' The games are fun; she likes it when they pretend to be animals – especially a rabbit, when she has to jump to catch a ball. She's become stronger and more confident, especially in the eyes of the boys: 'The boys see that we are able and strong, and so they respect us more.'

In the spirit of International Inspiration, Nazrin enjoys passing on what she's learnt to other girls and boys in her community, ensuring that the benefits of the project will live on: 'I like to teach these new games to the other children in the area where I live. And now I want to become a teacher.'

Brazil

Local governments increased the number of qualified PE teachers in half of the 26 municipalities involved in International Inspiration.

More than 460,000 children took part in 625 sports festivals in Brazil's semi-arid north-east region.

33,500 teachers and Young Leaders trained through 80 workshops in the final year of the programme alone.

Inspired by International Inspiration the Brazilian Government is actively involving young people in developing a child-friendly legacy for the 2016 Olympic and Paralympic Games in Rio de Janeiro.

Successful school links will be sustained, with schools in Brazil and Nottinghamshire set to continue their exciting collaborations.

Legacy

International Inspiration has had a lasting impact in this renowned sporting nation. Focusing on the arid north-east region, the programme has helped inspire schools and local communities to use PE and sport as a tool to address social issues. Projects run through government and local organisations have helped to build capacity by training teachers, local officials and young people. As a result, more children will benefit from innovative sports and play activities.



Working in harmony

Segundo Tempo is an innovative government programme set up to give boys and girls of all abilities the opportunity to participate in sports, many for the first time. Working with International Inspiration and the TOP programme, Segundo Tempo has already reached tens of thousands of children. It is supported by top-level government, which is key to its success. Fábio Hansen, National Secretary for Educational Sport, explained: 'Our [Ministry of Sport] aim is to increase the reach of Segundo Tempo and the TOP programme. If Brazil is to become an Olympic power country, we cannot forget our educational sports audience.'

Alongside Segundo Tempo, the Ministry of Education supports the provision of PE and sport in Brazil's schools and regards the TOP programme as a resounding success. Following positive pilot schemes where 37,000 children took part in sports activities, the Ministry confirmed the exciting news that TOP will be rolled out to all schools across Brazil.

Cultural fusion

As part of the International Inspiration programme, schools in Nottinghamshire partnered with schools in north-east Brazil. The partnerships proved so successful that several are continuing the exciting work they've started; training more Young Leaders, using sport creatively in the curriculum and sharing ideas.

Children in Brazil have gained confidence and self-esteem, and made significant progress in learning English, while students in Nottinghamshire continue to learn about Brazilian sports and culture. Escola Estadual Dom Bosco de Casa in Pernambuco has seen a reduction in fighting during break times and a massive improvement in attendance as a result of International Inspiration activities.

'The International Inspiration project changed my life,' said Lays, a Young Leader from Brazil. 'Before I joined I was very shy and didn't want to take part in school activities. Now I take part in initiatives and I am interested in things that I couldn't imagine before.'

Keeping it active

Maria José Fraga is an educational technical adviser in local government in Brazil. She quickly recognised International Inspiration's potential. Maria thinks that before, PE lessons were too technical. Through International Inspiration, teachers and Young Leaders learned to present PE and sport inclusively to all young people: 'We delivered the course to all teachers of physical education in the municipality, mainly developing leadership skills and a sense of teamwork. We delivered the course to Young Leaders, empowering them to change the environment where they live.'

Maria is keen to keep the spirit of International Inspiration alive: 'I want to continue delivering physical education seminars... to strengthen the work developed on the changes to the education and sports curriculum... and to make students aware that they are entitled to physical education and sports.'



Turning lives around

Training as a Young Leader has had a huge impact on Alif's life. Although he has always been a keen student, he was shy and disorganised: 'The programme has driven me towards a new way of learning. I played sports before, but was only really interested in volleyball. Today, I know that all types of sports are tools that can change the lives of children and adolescents.' Alif's family found it hard to understand why he'd want to spend so much time at school, but he explained the programme to them and they could see for themselves the changes in him: 'My journey was not without its challenges. My family didn't understand my willingness to spend more time at school in order to join the other Young Leaders to plan our activities. But now, as they can see a big difference in my life, they are supporting me.'





India

PEC – a version of TOP designed to fit the Indian curriculum – and training adopted by the Government integrated into the curriculum of all 10,600 centrally-run CBSE schools.

The Government wrote to all 31 States and Union Territories urging State Ministries to integrate PEC into their schools' curricula. Andhra Pradesh has led the way, delivering the model to all 67,000 of its schools.

1,700 teacher training institutions across India committed to using PEC.

PEC ability – PEC specially designed for children with disabilities – used to train 7,500 community coaches in 150 districts of India.

International Inspiration supported the Government's national Sport for All scheme, known locally as PYKKA. More than 30,000 community coaches already trained under the scheme, working with an estimated 1.5 million children in rural communities across India.

Legacy

International Inspiration has had a huge impact across many parts of India. In cities such as Delhi and Mumbai, and rural states like Andhra Pradesh and Maharashtra, children are getting the chance to take part in more exciting PE and sport, led by better trained teachers and coaches, and with access to more equipment.

The programme has ensured that social issues, such as girls' participation, have remained a top priority. One example is by paying special attention to training female coaches and teachers, who can become role models for girls who are traditionally expected to stay within the home. Through the creation of young community sports coaches, both girls and boys are getting greater exposure to the idea of women in sport.

The work of International Inspiration will leave a lasting legacy, as programmes and initiatives continue to have an impact.

A wide reach

Although the International Inspiration programme has now ended in India, its spirit and ethos will continue. With the national and State governments on board, what started as pilot projects have now been adopted into the national scheme as examples of good practice. India's home-grown community sport programme, PYKKA, has incorporated elements of International Inspiration and is rapidly expanding. This programme will continue to provide inclusive sports for children in 250,000 rural communities across India, ensuring the legacy of International Inspiration lives on.

From small seeds...

The success of PEC has shown that with quality teacher training and basic equipment, primary school children can take part in fun, safe and inclusive PE activities. Designed through a collaboration of partners for International Inspiration in India, the colourful cards each explain a particular activity, with instructions that help non-specialist teachers to work confidently. Using five core PE themes – agility, balance, coordination, speed and strength – the cards give teachers the ideas and expertise to ensure children get the most from PE lessons. The cards are easily adaptable to local conditions, can be translated, and a version for children with disabilities – PEC ability – is also available. The Indian Government has been so impressed with the cards it is planning to make them part of the CBSE school curriculum.

1,700

teacher training institutions across India have committed to using PEC.

Overcoming opposition

Although 18-year-old Naziya from Maharashtra was always interested in sport, her conservative upbringing meant that she never took part and had limited interaction with people outside her immediate family. When one of her teachers suggested she train to become a community sports coach, her parents flatly refused. Only after intervention from village leaders was Naziya allowed to start her training. Having completed the course and grown in confidence – including interacting with boys for the first time – she has overcome all opposition. It is Naziya who runs regular sports sessions, Naziya who has created an environment where boys and girls can play together, and Naziya who has got the whole community involved. From a girl with limited outside contact, she's now a respected community leader, a role model and a pretty mean volleyball player.



Offering encouragement

Community sports coach 18-year-old Devakala Dingule understands how sport can transform lives. She works hard to explain to her community the benefits it has on the children she teaches, but she wasn't always so keen on sport: 'I would think there was no use in playing games, but after doing this and working with the children, I understand how important it is and how joyful we feel.' When a team wins a relay race, she encourages them to consider why they have won, and to think about teamwork: 'In society we must help each other. As a family, we work together, and also at school we share notes or do tasks together. This is how we succeed.' Devakala also knows how some girls find it hard to join in. All coaches are encouraged to promote girls' inclusion, and she encourages them to take part. The sessions are so much fun that the children are keen to play even outside of the usual sessions: 'Sometimes they will come to my home and ask for more games. They don't like to stop.'



Palau

Legacy

The tiny Micronesian island of Palau has gained a whole new generation of sports coaches and leaders thanks to International Inspiration. As the programme ends, an MoU signed by the Palau National Olympic Committee (PNOC) and the country's Ministry of Education will ensure that the gains made because of International Inspiration will not be lost. The groundbreaking MoU pledges to create, 'strong, sustainable and supportive systems within which children and young people of all abilities in Palau may enrich their lives both mentally and physically through PE in and outside school'. A new PNOC National PE Coordinator will ensure that the development and delivery of the PE and sport curriculum continues. Baklai Temengil, Secretary General of PNOC, says: 'We are so fortunate to have been part of the International Inspiration programme. We have programmes now within the schools for specific sport development and training for PE teachers.'

Summer training camps, inspired by International Inspiration, have also been established to train 25 new Young Leaders every year to lead activities in a new youth leadership programme. This will increase participation in the most popular sports in Palau, including volleyball and basketball.

The boost to Palau's own coach and sports official training capacity through International Inspiration has also enabled Palau to adopt the UK Sport ICES model and PNOC is now leading training activities across Oceania.

Over 100 Young Leaders trained to plan, organise and run events in Palau, with a further 25 trained at Young Leader camps every summer.

The Ministry of Education of Palau and PNOC sign a joint MoU to ensure sustainable systems are kept in place to support the development and delivery of PE in schools.

Elementary after-school sports clubs set up by International Inspiration continue to thrive including a renewed focus on involving primary school-aged children in activities.

Through the use of TOP, PNOC work together with the Ministry of Health to train PE teachers to deliver health and obesity messages to students.



Small island – big ambition

Jubilee Kuartei was a young Sport Development Officer with the PNOC when International Inspiration came to Palau in 2007. International Inspiration needed a Programme Manager and the selection panel chose Jubilee, then age 28, ahead of more experienced candidates. They saw in her the leadership qualities needed to drive this, the smallest International Inspiration programme with the potential to make a big impact in this country of just 21,700. Since her appointment, Jubilee has achieved a great deal. The Ministry of Education has been so impressed with her work on International Inspiration that they made her an Education Specialist in Physical Education with a remit to ensure the programme lives on in Palau. Jubilee came to London last year to represent Oceania at an ICES workshop and was thanked by Sir Keith Mills for her contribution.

Zambia

Legacy

Zambia's International Inspiration programme has reached more than 160,000 children. As in other countries, International Inspiration has trained community coaches, given teachers new skills and established safe spaces for children and young people to take part in PE and sport. HIV and AIDS education is of particular importance in Zambia, and the programme has given young people the opportunity to learn and teach each other about this issue, in a bid to cut infection rates, increase awareness and reduce stigma.

Eleven schools in the country have been linked with 11 schools in the UK, focusing on sport-based joint projects. As a result, many of the schools in Zambia have become hubs for other schools in their local community and share their new-found expertise on how to harness the positive impact of sport on young people.

In a country where the majority of children live in rural areas, a novel and exciting scheme meant the message of International Inspiration had a wide impact. Over 430 radio discussion programmes broadcast messages covering topics such as HIV prevention, life skills, and the benefits of PE and sport. These programmes also provided technical support for teachers and coaches, integrating PE into the national curriculum.

The broadcasts have been so popular that 185 listening clubs have been set up in project areas, giving young people a chance to share the messages they've heard, providing an even greater impact. The valuable lessons on HIV and AIDS learned through International Inspiration will ensure young people are equipped to make informed decisions and help keep themselves, their family and friends safe long after the programme ends.

160,000 children took part in sports events.

780 teachers trained to deliver quality, fun and engaging sport and play activities.

900 Young Leaders trained to deliver messages about healthy living through sports activities.

430 innovative radio discussions broadcast on the subject of sport and healthy lifestyles, reaching more than 2.5 million people.

185 listening clubs provided a way for people to join together and discuss key issues in their communities.

Olympic Youth Centre continues to provide high-quality sport through school-club links, which are a legacy of International Inspiration.



Positive progress

Seventeen-year-old Gershom is HIV positive. So is his mother, as was his father before his death. Workshops and projects such as International Inspiration-supported Kicking Aids Out sessions have given him the courage to talk to other children and young people at his school about living with HIV. He's also been able to show them that in every other respect he's just like everyone else. Gershom is a keen volleyball player and a qualified referee. The programme has helped him to stay active in sport and shown him how important it is to stay fit and healthy. He's hoping to carry on playing sport, talking to others and to one day become a doctor.

1. Income received in 2010-11

The II Foundation, an independently established charity which governs and allocates funding towards the International Inspiration programme, received income from the following sources in 2010-11¹

Funds brought forward from 2009-10	£1,650,465
Department for International Development	£1,600,000
Premier League	£700,000
Comic Relief	£533,211
Charitable Trusts and Foundations	£1,060,000
Total	£5,543,676

In addition to income received by the II Foundation for International Inspiration, British Council contributed £2,446,500 to the programme in 2010-11.

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 For more information,
 please visit the II
 Foundation website
www.iifoundation.org.uk

2. Funds allocated in 2010-11

In 2010-11 (April-March), the II Foundation allocated funds to these International Inspiration country programmes:

Programme grants + support costs

Country	April 2010-March 2011 £
Azerbaijan	35,282
Brazil	172,704
India	533,184
Palau	8,166
Zambia	42,327
Bangladesh	639,483
Jordan	548,069
Mozambique	497,658
Trinidad & Tobago	396,229
South Africa	203,144
Nigeria	230,189
Malaysia	270,912
Turkey	170,233
Indonesia	166,935
Pakistan	113,513
Tanzania	57,365
Uganda	399
Total	4,085,292

Other costs

Costs	£
Fundraising	125,919
Governance	16,117
Total	£142,036

3. Total programme income, budget and shortfall left to be raised

Funds raised for the programme so far	£36m
Total programme budget	£42m
Funds still needed to deliver full II programmes in 20 countries as at July 2011	£6m

¹ II Foundation Report and Financial Statements, 31 March 2011

Ambassadors



David Beckham OBE

'My involvement with London's winning bid in Singapore in 2005 made me realise the power of the Olympic Games. Seb Coe promised to inspire young people around the world through sport – the result is International Inspiration. The programme is now making a significant difference to literally millions of children and young people around the world and will continue to do so long after 2012. Sport can change lives. It's more than just keeping fit, it's about respect, team building, trust and confidence. It changed my life and through International Inspiration it's transforming the lives of millions of children from Zambia to Bangladesh.'



Colin Jackson

'International Inspiration is truly remarkable. When you're involved in high-level sport you get the best of absolutely everything. But many children around the world don't even get the opportunity to play sport. To see youngsters, through International Inspiration, make the best of their situation is an incredibly moving experience. I really believe the programme is working – the youngsters I have met are enthusiastic and happy and it really has made a difference to their lives.'



Baroness Tanni Grey-Thompson

'Many children involved in International Inspiration are disabled, but unlike me, they have had no sporting chances – until now. I am pleased and proud that the global legacy of the London 2012 Games is helping to integrate previously marginalised children. Teachers and coaches are being trained to focus on inclusiveness so they can support activities specifically designed to involve children with a disability in schools.'



Sir Chris Hoy

'Last year I was lucky enough to visit a school in Manchester where the children had linked up with a school in Malaysia through the International Inspiration programme. They were sharing ideas and discussing the benefits and experiences they have received through sport. It was fantastic to see that so much good is being done and that the Olympics aren't just about the games themselves - it's about a legacy that is benefiting children all around the world.'



Denise Lewis

'I am proud to be an International Inspiration Ambassador and have been inspired by seeing the impact it has made on children both in the UK and abroad. In particular I have seen the difference it is making to girls and young women, often enabling them to play sport for the first time in their lives.'

What's next?

July 2011 was a 'gold medal' moment for International Inspiration. It was when we announced the most significant part of our vision – that we had reached over 12 million children. It was achieved with one year to go before the start of the London 2012 Games. As we welcome Tanzania and Uganda to the family over the course of this reporting period, International Inspiration has now reached 17 of our initial target of 20 countries.



But we are far from finished. The next 12 months are a critical time for International Inspiration. While we are immensely proud of reaching 12 million children, the real impact on children's lives will come when they can regularly enjoy high-quality PE, sport and play. So far more than two thirds of the 12 million children are engaged in this way and, as we strive to reach even more young people, we are determined that those who have already participated can continue to do so. The hard work of trying to get the funding we need to make a significant difference in the final three countries continues and all partners are doing our utmost to secure a lasting legacy for the International Inspiration countries. For that will be the true legacy of the programme – inspiring real and lasting systemic change to benefit future generations of young people and the real drivers of this programme, their teachers and coaches.

Although we have an extremely busy period that will take us through to Games-time, International Inspiration will not stop at the Closing Ceremony of the 2012 Paralympic Games. Our programmes will operate through to 2014 and work is ongoing to ensure a continuing legacy within the Olympic Movement.

All of us involved in this great adventure – Trustees, UK Sport, the British Council, UNICEF, Youth Sport Trust and the many governments and partners overseas – are immensely proud of International Inspiration: of what it has already achieved and of what it will continue to achieve long after the cheering crowds at London 2012 have dispersed.

Debbie Lye
International Inspiration
Programme Director

Thank you

Governed by an independent charitable foundation, International Inspiration is supported by a unique partnership of organisations:



With thanks to all the II Foundation Trustees:

Sir Keith Mills (Trustee & Chair), Chris Grant (Trustee & Vice-Chair), Philip Beard, David Bull, Baroness Sue Campbell CBE, Ann Cutcliffe OBE, Martin Davidson CMG, Nick Fuller, Ric Lewis, Lord Colin Moynihan, Myles Wickstead CBE, Ned Wills.

The II Foundation is also grateful for the generosity of foundations and individual donors and trusts, including JL Beckwith Charitable Trust, Laureus Sport for Good Foundation, The Taylor Family Foundation and City Charitable Trust.

To enable longer-term impact, International Inspiration develops programmes jointly with national governments, National Olympic Committees and where appropriate, National Paralympic Committees, along with local NGO partners.



**The London Organising Committee of the
Olympic Games and Paralympic Games Ltd.**

23rd floor, One Churchill Place

Canary Wharf, London E14 5LN

Reception +44 (0)20 3 2012 000

Fax +44 (0)20 3 2012 001

london2012.com

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at london2012.com/internationalinspiration

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