

Overview for schools

Mencap are enormously proud to have been named the 2020 Virgin Money London Marathon Charity of the Year. This is an incredible opportunity for us to kick-start a movement of change and take a huge step towards greater inclusion for people with a learning disability.

Our vision is to mobilise people with a learning disability, our supporters, partners and the general public so that people with a learning disability are more visible and included in their communities.

Through this partnership, we will be using sport and physical activity to bring young people of all backgrounds and abilities together. In partnership with schools across the country we will deliver All Move, an inclusive project for children with and without a learning disability, aged 11-16. The project will bring together young people of all abilities on an equal level, to learn new skills and try out different physical activities as a team.

The project will kick off in September 2019 across England and Wales, and we hope you would like to get a piece of the action!



All Move – At a glance

What is All Move: An inclusive sports challenge for young people aged 11–16 with and without learning disabilities to learn new skills and try out different physical activities as a team.

Why All Move: Mencap are the official charity partner of the Virgin Money London Marathon 2020 and our partnership is all about breaking down barriers through sport and physical activity. We know that face to face contact and working together towards a common goal promotes positive attitudes and reduces stigma.

How does it work: In recognition of the marathon, the challenge is 26 hours long – a virtual marathon! Inclusive teams decide how they want to complete the 26 hours over the school year and which sports and physical activities they will do. They will get a medal when they reach the finish line.

What support do we get: There is £3,000 funding per site (one school or a pair of schools working in partnership) and additional practical support from Mencap with project set up and delivery.

What do I need to do next: Read the rest of this document for further information, and talk to us to get involved!

What is All Move?

All Move is a funded sport and physical activity project that creates an inclusive environment for students with and without a learning disability to work together and achieve together.

These students may be from the same school, or a pair of schools working together. They will form a team, set shared goals and work to achieve them. The team will set out a plan to complete 26 hours of physical activity across a school year (roughly one hour per week), a virtual marathon. They will track their progress on a motivational, interactive map, with opportunities for recognition and reward as they hit key milestones.

As a team, they will be focusing on their strengths, similarities and what they want to achieve. Through this experience, the team will learn to positively support each other to achieve a goal and will develop confidence to interact with people who are different to them. The project aims to benefit all the young people who take part, building self-esteem, teamwork, and communication skills.

All Move has the following benefits for schools and students who take part:

For Schools

- Bring together young people with and without learning disabilities through sport and physical activity to build skills, teamwork, confidence, and improve health and well-being.
- Receive funding to provide new and innovative physical activities and opportunities to students who may not otherwise have the chance to try.
- Build connections between special and mainstream schools (or specialist provision within a school) and increase collaboration.
- Support the school's commitment to promote inclusion, increase health and wellbeing, and raise aspirations for all students.
- Opportunity to partner with Mencap to develop and test this new programme, and to gather evidence of this impact on individual students, the team, and the schools.

For Students

- Provide a fun and engaging way for young people of all abilities to meet each other, try new activities and get more active.
- Establish inclusive peer groups and friendships between students with and without a

learning disability through participating in joint activities with a shared common goal.

- Increase confidence and skills to communicate, work in a team, and engage with people who might be different to them.
- Receive recognition and rewards for when they achieve.
- Help students of all abilities to develop a more active and healthy lifestyle.

How does All Move work?

Schools are asked to deliver All Move over a single academic year from **September 2019 – July 2020**. There is also the potential to deliver across a calendar year; both options can be discussed in more detail with the All Move team.

All Move can be delivered in 5 key steps:

Step 1: Create a partnership

- Establish a partnership with a partner school or agree to deliver the All Move with the SEN specialist provision within your school.
- Work with Mencap to set up All Move, agree activities, set up the agreements, and receive funding to support delivery.
- Submit a project proposal
- Establish a lead staff member from each school to link with Mencap and co-ordinate the activity.
- Register on our dedicated online portal, where schools can track team progress and access helpful resources

Step 2: Form your team

- Engage 10 students with a learning disability and 10 students without a learning disability to take part in All Move over a single academic year from September – July.
- Create a team identity – choose a team name, take a selfie or team photo, and agree some shared goals together.
- Choose a sport or physical activity that is accessible to the whole group, and if possible, presents a new challenge.



Step 3: Get Going

Support the team to get started on 26 hours of All Move activity, so they are completing their own marathon! How and when teams do this is flexible. They can be after school clubs, off timetable sessions, in partnership with community groups or even, where appropriate, part of time tabled curriculum classes. All we ask is that the activity is spread throughout the year, so that a strong sense of team identity can be established, and students can have regular contact with each other as they take steps towards their virtual marathon.

Step 4: Track Progress

- Keep track of every step of progress being made with All Move's online portal and motivational interactive map. Completing milestones along the way will unlock recognition for your team and individuals.
- Share great moments and case studies with Mencap, who are really keen to understand how this project can impact individuals, groups, and the wider school.

Step 5. Time to celebrate!!

Once 26 hours are completed, each team member will receive a medal and certificate recognising their achievement and be able to celebrate with the school, friends, family and their All Move team. They can also see how other teams across the country did too.

Where is All Move happening?

All Move will predominantly be delivered in six areas in 2019-20, and a further six in 2020-2021. The areas for 2019-20 are:

- London
- Bradford
- Birmingham and west midlands
- Cornwall
- Essex
- Cardiff

Schools in these areas are eligible to apply and get involved. If your school is not in this area but you are interested, please do still get in touch, as we are open to expanding our reach.

How will Mencap support schools to take part?

Mencap will have a Project Lead who will be your key contact and support you with each step in setting up, delivering and evaluating the project. They will also be on hand to advise and guide you on the types of local partnerships that will enhance the experience for students taking part.

We will provide your school with all the necessary resources, including the following:

- **Funding:** Each site (one school or a pair working together) will be able to access £3,000 over the school year to support the costs of delivering of All Move. This could include staffing, transport, venue costs, or activities.
- **Online portal:** To register, record and keep track of all students taking part.
- **Map:** A large print map to display in the school and track progress.
- **Medals & Certificates:** For each student who takes part.
- **Wider engagement with Mencap, and with the marathon:** We hope there will be opportunities to promote the great work your school is doing, and to loop you in with the wider work that we do.

How do I find out more information and take part?

We are looking for schools that are keen to take part, and would love to hear from you! We are looking for schools to get going this academic year so if you are interested please contact the All Move team as soon as possible; allmove@mencap.org.uk, and we can give you further information.

