

# All Move Overview

The 'All Move' challenge provides a fun and motivating framework for young people with a learning disability to get active in different ways and feel good about it, encouraging them to develop a positive outlook on exercise.

## What is it?

All Move is a physical activity challenge for individuals aged 11-16 (school years 7-11) with a learning disability. It takes the form of a virtual marathon - 26 hours of physical activity.

This project supports school and groups to increase the opportunities for young people with a learning disability to get physically active, aiming to embed an enjoyment of physical activity within the challenge, outside the challenge and beyond the challenge!

**“ Utterly brilliant. We are so grateful to this experience for challenging us to move more and keep track of our movement; the positive impact on the students and their wellbeing is so clear to see. ”**

*School staff member*

## What are the benefits?

Individuals taking part can benefit in a number of ways:

- Getting more active in varied ways
- Feeling good about themselves
- Improved confidence
- Developing a positive outlook on exercise that goes beyond the challenge
- Meaningful shared experiences with peers
- Accessing a pathway to future Mencap opportunities, and other opportunities within the local community



**“ Since she’s been involved in All Move, her attitude towards sport has changed. She just keeps getting fitter and fitter. ”**

*A parent on their child’s involvement in All Move*

## How does it work?

### Complete physical activity

A school or group supports 10 participants to complete 26 hours of varied, additional physical activity and sport on a regular basis - every hour equates to a mile of their virtual marathon! This takes place over the course of an academic year.

Activities will take place within the school or group setting, as well as off site in the community when opportunities arise. As many of these activities as possible should be new to participants: unique activities they would not usually experience in their regular curriculum provision.

Participants may also be encouraged to engage in All Move at home, using resources provided.

### Log hours

Hours of activity are logged by school or group staff on All Move's online portal. Your group's dashboard shows how many hours each participant has accumulated and which milestones they have reached.

### Rewards and Resources

Each participant will receive an All Move t-shirt, and rewards as they reach key milestones in their All Move journey. Upon crossing the finish line, participants are awarded the official All Move medal and certificate.

## What support will we get?

Schools and groups can receive up to £1500 to support with their delivery of the project.

**All Move also offers access to its Collaboration Fund, facilitating interaction between students with and without a learning disability as an add-on within the All Move challenge. Get in touch to find out more about this!**



**“ I love All Move – it makes me really excited when I get to go. ”**

*All Move participant*

**What do I need to do next?** Register your interest in All Move by visiting our dedicated online portal: **[allmove.org.uk](https://allmove.org.uk)**

Alternatively, get in touch by emailing **[allmove@mencap.org.uk](mailto:allmove@mencap.org.uk)** to find out more.