



PRIMARY PE Conference

**Designed
TO MOVE**

TUESDAY 21ST APRIL 2020

£125 per delegate

University of Gloucestershire Oxstalls Campus

**9:00 - 10:30
KEY NOTE ONE**

New Inspection process: deep dives with a focus on PE
Sr. HMI Ofsted Inspector: Richard Light

Richard Light is a Senior HMI Ofsted Inspector in the South West. Richard is a qualified teacher and has a Masters degree in education. Previously, Richard was a headteacher in 2 contrasting primary schools. During this period he also worked as a local leader of education, school improvement partner and research associate for the national college. Richard leads a range of inspections and quality assurance activities, including school inspections, service children's education overseas, initial teacher education and monitoring inspections.

10:30 - 11:00 BREAK

**11:00 - 12:00
WORKSHOP ONE**

Active Lunchtimes & Engaging the Inactive

Play Gloucestershire: Ben Morris
Ideas, methods and approaches to support active and creative outdoor play. Effective ways to support those children who would benefit from more adventure, friendship and fun, through child-led outdoor play. How to provide help for children who need more support to cope better with adversity, grow resilience, have improved emotional wellness, and increased social connections.

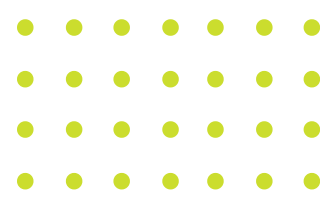
Bee Netball

England Netball South West Team Leader & Gloucestershire Netball Development Officer: Rachel Bussey

Introduction to the new Bee Netball programme: a framework for children to get a great start in life through learning valuable skills including social, emotional and teamwork, all through netball. Bees themselves exemplify many of the values that netball instils; they're active, hardworking, have a real sense of belonging and that's exactly what we hope all our very own Bees (the young players!) develop as they are introduced to our great sport! Bee Netball isn't complicated, it's simply a way to enable children to play the game while learning and developing a whole heap of other important skills, be it within the Buzzer stage Yr.1 & 2, Flier Yr. 3 & 4 or Stingers Yr.5 & 6.

Health and wellbeing through PE in Key Stage 1

Move More, Senior Coach & Health Activator Natalie Bull & Callum Smith
See mental health and healthy eating come alive through model physical activity lessons for key stage 1 children. Ideas, resources and activities that are great fun, age appropriate with clear health outcomes.



Active Maths and English

Teach Active Ltd,
Managing Director: Jon Smedley

This workshop looks at the evidence, research and UK-wide school impact of introducing physical activity into both English and Maths lessons. The session is both theory and light practical and will allow class teachers to explore different games/techniques and discover how they can easily be incorporated into their daily/weekly timetable.

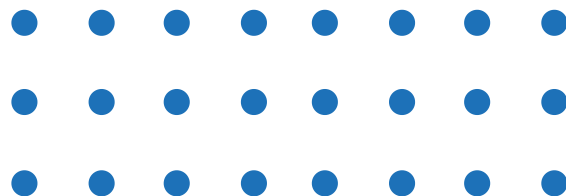
Teachers/SLT will also be introduced to the online website 'Teach Active' – a nationally praised and multi award winning resource which provides teachers with 3000+ lesson plans/resources on how to deliver the maths and English curriculum through physical activity. All teachers will be given a free trial for their school.

Swim Gym

Freelance swimming consultant: Joy Rutter

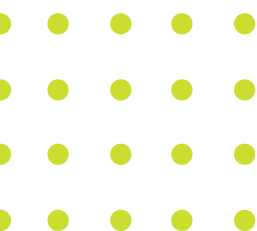
Come and find out what can be done in school PE lessons, to get children better prepared for their swimming lessons. This workshop will give you lots of great activities, skills and ideas in preparation to going to the pool.

This will enhance and maximise children's swimming potential, making the most of their actual time in the water and thus improve the outcomes of your school swimming programme.



12:00 -12:45 LUNCH

**12:45 - 1:15
KEY NOTE TWO**



Rock The Sport - Rocktopus: Tom & Andy

Rocktopus, the world's no.1 Rock band for kids, present a taster of their hugely successful 'Rock The Sport' workshops. Find out how these two ex-primary teachers have used their skills as musicians to create the unique, cross-curricular, whole-school enrichment experience that everyone's talking about!

Increasing physical activity across the school - Getting staff buy-in

Active Gloucestershire
Physical Activity Specialist for Children and Young People: Tom Hall

This interactive workshop will use behaviour change analysis to explore some of the challenges and opportunities for achieving all-staff buy-in to physical activity across the school day. It will help you identify potential barriers and motivations staff may have and how you can use this knowledge to help increase support for physical activity across your school.



Speed Stacking

Speedstacks UK Ltd
Head of Education: Di Baker

Come and try the amazingly fun, engaging and energetic sport of Speed Stacking, an individual or team sport that involves stacking 9 or 12 (usually 12) cups. Sequences are usually pyramids of 3, 6, or 10 cups. Players compete against the clock or another player. Lots of activities for children individually, in pairs or teams, great for fine motor control, dexterity, working under pressure and raising the heart rate. Opportunities within lessons, assemblies, staff training or health weeks.

Wellbeing Leaders: A '5 Ways to Wellbeing' intervention

Any Lewis MBE - Bespoke Mentoring
Chris Powell - Bespoke Mentoring & GHLL Lead Teacher

Wellbeing Leaders empowers young people to build more positive wellbeing boosting behaviours into their day to day lives. Following Wellbeing Leaders training, pupils say they feel better equipped to self-safeguard themselves, and other members of their whole School community, against the day to day stresses of School, and home, life.

Inclusion in its widest form

Move More School Games Organiser
& Gloucestershire County Inclusion Lead: Josh Hanley

Why, how and what we can do to include all children within activities. Covering models such as the Inclusion Spectrum, Golden Circle, STEP, varying the teaching styles and motivations. Exploring how to personalise children's learning whatever their ability or experience, transferring methods across the curriculum and from the classroom.

Delivering Dance

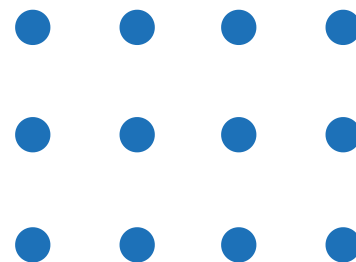
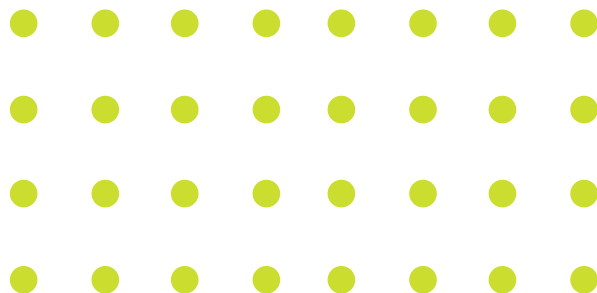
University of Gloucestershire,
Lecturer in Physical Education:
Rachel Sullivan

This practical session will look at how you can create a dance unit of work based around a theme of your choice, looking at the fundamentals of creative dance. You will learn how to develop dance motifs and sequences with pupils in an educational context. Suitable for non and less experienced teachers of dance.

Primary Tennis: Fundamentals

Gloucestershire LTA

Practical workshop with lots of new, fun ideas and activities developing children's fundamentals in preparation to play mini tennis.



Natural Mindfulness through outdoor education, PE or Forest School

Author of Natural Mindfulness & Promoting Natural Mindfulness for Life & Business: Ian Banyard

Come and join us for this introductory session where you will:

- Experience ways to achieve maximum, active awareness through moving mindfully outdoors.
- Discover how to easily achieve a state of relaxed alertness where children's (and our own) senses are open, positive and active.
- Improve your natural wellness across all aspects of learning and life.
- Learn how enabling creative expression, connecting with a child's 'natural ability' and developing a growth mindset from a sense of failure, enhances our success.

Staff Wellbeing

Infinite Balance: Kirsty Ellson

A fitness and wellbeing workshop based on three strands:

- Finding the balance: Define what healthy living means to you. Discuss the impact of everyday stresses including sleep, digital dependence and stress management.
- Fuel your body: Determine how much you need to eat based on your health goals and calorie needs and identify areas where you are successful and areas in which you hope to make improvements.
- Be active: How can you stay active in the workplace and at home? Create a plan for your own physical fitness.

The session will conclude with a series of mobility and stretching exercises linked to breathing and relaxation.

A thematic approach to teaching PE & Gym for Key Stage 1 pupils.

Create Development Regional Development Officer: Cathy Brown & Move More Primary PE Specialist and Create Development tutor: Natalie Bull

Come and see how a thematic approach to teaching PE and gym can inspire children, deliver outstanding outcomes and, through a range of strategies, enable children to lead their own learning.

Developing social, personal, creative and cognitive abilities, positively affecting children's overall learning behaviours throughout the school.

Athletics:pupil-centred approaches to run, jump and throw.

University of Gloucestershire Academic Course Leader for Physical Education, Senior Lecturer in Sport & Exercise, England Athletics Coach Educator: Jordan Wintle

Explore a range of practical ideas to refresh the delivery of athletics in primary schools.

Outcomes:

1. Understand and apply innovative and adapted approaches to teaching and coaching athletic activities.
2. Examine technical knowledge of specific athletic events.
3. Analyse and apply pedagogic principles to developing the athlete

Engaging Families

Move More, Family Engagement Officer: Marijana Filipovic-Carter

Explore ways and means to better engage families in order to make a sustainable impact on children's lives and actually change behaviour in terms of lifestyle, diet and enjoyment of physical activity. Ideas and approaches shared for specific interventions with families, including those most hard to reach.