

Physical Activity and Education Conference Programme – 14 July 2017



9.00 am – 9.30 am	Welcome by Kevin Holland followed by Michael Ledzion (Sports for Schools) 'The holistic benefits of an active daily lifestyle' .				
9.30 am – 10.50 am	Active Futures Launch – Session 1 The day will begin with the launch of Active Futures. The new collaborative and cross-sector strategy for Norfolk aiming to inspire all young people in Norfolk to realise the benefits of an active lifestyle, followed by: Bringing Active Futures to Life – Session 2 An opportunity to understand the background of the strategy, why it is important and consider how you can contribute to the outcomes.				
10.55 am	Refreshments				
11.25 am – 12.20 pm	Workshop A <i>Promoting Active and Healthy Lifestyles at School</i>	Workshop B <i>Premier League Primary Stars</i>	Workshop C <i>How physical activity builds the brain – and helps achieve better academic results</i>	Workshop D <i>Maximising the PE and Sport Premium in Your School (For Governors)</i>	Workshop E <i>Primary PE curriculum (SoW)</i>
12.25 pm	Lunch				
1.15 pm – 2.10 pm	Workshop F <i>Real PE/Real Gym – (Practical)</i>	Workshop G <i>Early Years – Get Active!</i>	Workshop H <i>Adolescence in the modern world – emotional literacy</i>	Workshop I <i>Childhood Obesity</i>	Workshop J <i>Premier Transition Programmes</i>
2.15 pm – 3.10 pm	Workshop K <i>Norfolk Children and Young People Health and Wellbeing Survey</i>	Workshop L <i>Teaching Dance (Practical)</i>	Workshop M <i>Adolescence in the modern world – emotional literacy</i>	Workshop N <i>Maximising the PE and Sport Premium in Your School (For PE teachers)</i>	Workshop O <i>Outstanding PE</i>
3.10 pm – 4.00 pm	PRACTICAL FUN! (optional) Yoga (A taster workshop to explore how you can increase focus, concentration and control into your daily classes by adding simple yoga sequences into the start and end of your day). Real PE – Dance Drop in opportunities with deliverers plus evaluation and close				

Physical Activity and Education Conference Workshops There will be three sessions of workshops running throughout the day. Places on these workshops are limited and will be allocated on a “first come, first served” basis. **Can you please email enquiry@educatorsolutions.org.uk to book your place along with your workshop choices by 7th July 2017.**

Session 1	Active Futures Launch The day will begin with the launch of Active Futures. The new collaborative and cross-sector strategy for Norfolk aiming to inspire all young people in Norfolk to realise the benefits of an active lifestyle. The launch will set out the approach in Norfolk and set the scene for the day's workshops. This will be open to all professionals interested in ensuring young people are physically active
Session 2	Bringing Active Futures to Life An opportunity to understand the background of the strategy, why it is important and consider how you can contribute to the outcomes.
11.25 am – 12.20 pm Please choose one workshop from this section	
Workshop A	Promoting Active and Healthy Lifestyles at School presented by Public Health We know that physical activity can have an impact on the weight of young people but how else can it impact on young people's physical and emotional health? You will learn the evidence, opportunities available to you to help you promote active lifestyles and best practice from other schools.
Workshop B	Premier League Primary Stars and Health Team (Wellbeing) presented by CSF Schools team Premier League Primary Stars uses the appeal of the Premier League and Professional football clubs to inspire children to learn, be active, and develop important life skills. CSF will work with schools/teachers to deliver fun, educational sessions in a range of subjects; PSHE, numeracy and literacy. Be ambitious, be inspiring, be connected, be fair. An opportunity to discover the range of wellbeing programmes we offer to both primary and secondary schools. These fun and interactive sessions are based around key health topics which are designed to help pupils learn about why healthy eating or physical activity might be important to them.
Workshop C	How physical activity builds the brain – and helps achieve better academic results presented by SPORTS for SCHOOLS A follow on session from Michael Ledzion the opening speaker – a full exploration of a range of researched evidence and scientific understanding of the brains workings.
Workshop D	Maximising the PE and Sport Premium in Your School (focused on HT and governor accountability) presented by Active Norfolk Schools will be held to account over how they spend their additional, ring-fenced funding. Ofsted will strengthen the coverage of PE and sport within the 'Inspectors' handbook' and supporting guidance so that both schools and inspectors know how sport and PE will be assessed in future as part of the school's overall provision.
Workshop E	Primary PE curriculum (SoW) presented by All for Sports Complete P.E. currently comprises of over 300 suggested sequences of learning (Units of work) for Foundation, KS1 and KS2. It boasts over 4000 videos that are attached to every success criteria within the planning. This enables users to see exactly what success looks like. Complete PE also includes two types of assessment. Physical Education assessment tracks the progress of every child in your class throughout the school year. The Physical Activity assessment allows you to monitor how active children are both in and out of school. Both assessment tools automatically calculate data for the user!

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Workshop F	Real PE/Gym presented by Creative Development Real PE is, first and foremost, a philosophy and approach which aims to transform how we teach PE in order to include, challenge and support EVERY child. It supports teachers and other deliverers to make small changes that will have a significant impact on their learners. It provides fun and simple to follow Schemes of Work and support for Early Years Foundation Stage, Key Stage 1 and Key Stage 2. <ul style="list-style-type: none"> • Creating clear, shared learning journeys • Providing quality personalised opportunities • Shifting responsibility towards the learner
Workshop G	Get Active! Presented by the Early Years Learning Team, Children’s Services Become familiar with the adult’s role in supporting children’s learning through movement and how to establish movement within an early years setting, including the Home Learning Environment.
Workshop H	Adolescence in the modern world – emotional literacy presented by Josie Wells The workshop will be fully interactive to enable delegates to increase both their knowledge and equip with skills to understand, identify and respond to pupil vulnerabilities, including root-cause preventative approaches. <ul style="list-style-type: none"> • Develop and awareness of issues that impact on children and young people today • Develop an understanding of how complex emotion is translated into behaviour • Identify a method of promoting emotional literacy to support pupils • Consider professional responses to challenging pupils
Workshop I	Childhood Obesity presented by CSF Health Team (Wellbeing) and Public Health An opportunity to discover the range of wellbeing programmes we offer to both primary and secondary schools. These fun and interactive sessions are based around key health topics which are designed to help pupils learn about why healthy eating or physical activity might be important to them.
Workshop J	Premier Transition Programmes presented by Premier Education Premier Transition programmes support schools in delivering on the health and well-being agenda which over time will lead to better pupil behaviour, attendance and improved academic achievement. Premier Transition benefits all ages from pre-pregnancy nutrition through to adult fitness via one of our 3 healthy lifestyle programmes.

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2.15 pm – 3.10 pm

Please choose one workshop from this section

Workshop K	<p>Children and Young People Health related behaviour survey presented by Public Health</p> <p>Would you like to know more about the health and wellbeing of your students? Could this information help with developing the curriculum, extra-curricular activities or demonstrate the impact of your school's health and wellbeing activities as part of your Ofsted inspection? The Norfolk Children and Young People's Health and Wellbeing Survey is back this year and the Public Health team, alongside the Norfolk Safeguarding Children's Board are recruiting schools now! This workshop will provide more information about this free survey and how to sign up.</p>
Workshop L	<p>Teaching Dance (Practical) presented by Slanteddance</p> <p>Are you challenging your learners fitness and creativity through your dance classes? This interactive workshop will equip its participants with the skills and confidence they need to develop and deliver dance within their school. In a fun and practical class you will explore how dance can be optimised within the PE curriculum whilst developing a positive mindset among your pupils.</p> <ul style="list-style-type: none"> • Explore techniques and structures that meet the curriculum whilst enhancing creativity and skill level • Identify technique to differentiate and maximise learning • Identify and explore how to integrate a growth mindset approach into practical classes • Structure a class that develops fitness/ strength, agility, balance and coordination.
Workshop M	<p>Adolescence in the modern world – emotional literacy presented by Josie Wells</p> <p>The workshop will be fully interactive to enable delegates to increase both their knowledge and equip with skills to understand, identify and respond to pupil vulnerabilities, including root-cause preventative approaches.</p> <ul style="list-style-type: none"> • Develop and awareness of issues that impact on children and young people today • Develop an understanding of how complex emotion is translated into behaviour • Identify a method of promoting emotional literacy to support pupils • Consider professional responses to challenging pupils
Workshop N	<p>Maximising the PE and Sport Premium in Your School (focussed on PE leaders managing this into a curriculum offer) – presented by Active Norfolk</p> <p>Schools will be held to account over how they spend their additional, ring-fenced funding. Ofsted will strengthen the coverage of PE and sport within the 'Inspectors' handbook' and supporting guidance so that both schools and inspectors know how sport and PE will be assessed in future as part of the school's overall provision.</p>
Workshop O	<p>Outstanding PE presented by All for Sports</p> <p>This course is suitable for primary practitioners and is an interactive course using video footage of actual PE lessons:</p> <p>Outcomes:</p> <ul style="list-style-type: none"> • To understand the features of an outstanding PE lesson • To explore what an outstanding PE lesson looks like • To take a closer look at AFL in PE and understand the impact effective AFL can have on the learning outcomes in your lessons