



HEREFORDSHIRE PRIMARY PE  
CONFERENCE

# INSPIRING ACTIVE FUTURES

4th October 2019  
St Mary's High School  
£75

## SCHEDULE

**9-9.30 AM**

Arrival - tea and coffee available

**9.30 AM**

Welcome - Peter Knight (Herefordshire PE and School Sport Development Manager )

**9.35 AM**

Keynote - Floyd Woodrow (Creator of Compass for Life)

**10.05 AM**

Break - tea and coffee available

**10.35 AM**

Workshop 1

**11.45 AM**

Regional Update - Sports Partnership Herefordshire and Worcestershire

**12 NOON**

Lunch

**12.45 PM**

Keynote - Mike Crichton (Chair of Association for PE)

**1.25 PM**

Workshop 2

**3.00 PM**

Workshop 3

**4.00 PM**

Departure

# WORKSHOPS

## WORKSHOP 1

### Compass for Life

Floyd Woodrow: Creator Compass for Life

Compass for Life is a framework that provides students with a formula that empowers them to take responsibility for their own learning, and to achieve their ambitions in partnership with their teachers. It also helps the teachers develop their own compass as they journey with their students to higher levels of performance.

### Active 30:30

Chris Smith: Development Manager Youth Sport Trust

This workshop covers the rationale and importance of schools incorporating 30 minutes of physical activity into the school day for every child. With clear evidence on how physical activity impact on children's wellbeing and achievement we will explore the science, strategies and practicalities of delivering this and how the new YST Active 30:30 Tri resource can provide a simple solution.

### Trigolf

Paul Aitkins, Golf Foundation

This practical workshop will enable delegates to learn some of the golf skills and techniques, games and activities and how to access further training and resources to teach Trigolf

## WORKSHOP 2

### Real PE

Cathy Brown Regional Manager, Create Development and Leigh Wolmarans, tutor

This session will enable delegates to see real PE in action. Leigh will work with a class of children, demonstrating how the real PE approach can develop not only physical skills, but cognitive, social, creative and personal skills. There will be opportunities to investigate the resources and find out how to get involved

### Active English

Kevin Barton, Teach Active

An opportunity for to explore how physical activity can impact on children's love of and progress within English. The course is both theory and practical and will demonstrate how teaching aspects of sentence, punctuation, text, handwriting, spelling and word work can all be done through move and learn techniques. As part of the course, teachers will gain access to a free trial of the online resource 'Teach Active – English' which provides teachers with plans/resources on how to deliver the English curriculum through physical activity.

### How to create a whole class dance

Janene Wyatt, Dancefest

**THIS IS A DOUBLE SESSION AND MUST BE CHOSEN IN WORKSHOP 3 AS WELL**

This CPD session gives teachers practical tools to use in school and resources to take away. From developing an idea/topic into a class dance, to inspiring through music and how to develop a scheme of work to create a choreography for school festivals. The workshop aims to give more confidence to teachers in delivering high quality dance.

## WORKSHOPS CONT.

### WORKSHOP 3

#### Developing your PE curriculum in the current climate

Mike Crichton, Chair Association for PE

The importance of a high quality progressive PE curriculum for all. What is your intent, how will you implement it and then secure the impact on pupil outcomes?

#### Targeting the least active

Peter Knight Director Stride Active

The session will look at developing strategies for targeting the least active and focus on how to effect behaviour change

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### TO BOOK:

Please complete the booking form below and return to [peter@strideactive.org](mailto:peter@strideactive.org) or post to Whitecross Hereford, Thress Elms Road, Hereford, HR4 0RN

Workshop 1:

Workshop 2:

Workshop 3:

School Name \_\_\_\_\_

Delegate Name \_\_\_\_\_

Delegate email address \_\_\_\_\_

Lunch will be provided. Have you any dietary requirements? \_\_\_\_\_

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