



STRIDE
ACTIVE

MEETING

THE

CHALLENGES

**SCHOOLS' PHYSICAL AND MENTAL
WELLBEING CONFERENCE**

29TH JANUARY 2021

VIRTUAL CONFERENCE GUIDE

DELIVERED IN PARTNERSHIP WITH



CONTEXT

We are proud to introduce our first virtual schools' health and wellbeing conference. Entitled 'Meeting the Challenges', we intend to provide schools and professionals with inspiration, innovation and support to help overcome the challenges children and young people are facing. Prior to Covid-19, we were confronting challenges of raising children's participation in physical activity, addressing rising obesity rates and the increasing levels of poor mental health in young people. We're encountering unprecedented and unanticipated changes as a result of Covid-19; they are exacerbating the challenges we already faced, whilst adding new ones. The conference will seek to explore and address these challenges through a range of exciting keynote speakers and workshops.

JOIN US

A virtual conference presents us with the opportunity to welcome more professionals in a flexible format. The conference is specifically aimed at:

Primary School PE Co-ordinators

Primary School Headteachers / Senior Leaders

Secondary School PE Teachers

Full day delegates will have access to all keynotes and one workshop per session. Half day delegates is designed for Headteachers/Senior Leaders; access will be to all keynotes and workshops in session 1 and 2.

In addition, some of the workshops would be relevant for PSHE leads, Business Managers or EYFS leads. There is the option to just pay for a single workshop, so we would encourage you to share this information guide with other staff in your school.

KEYNOTES




AIMED AT ALL DELEGATES

Time: 9.30- 10.50am


**Emily Reynolds -
National Programmes
Director, Youth Sport
Trust**

The challenge: Less than half (46.8%) of all children and young people achieve an average of 60 active minutes each day. During lockdown 1, this dropped significantly to 19%, highlighting just how critical schools are in supporting young people's activity levels.

 @Welshreynolds1

**Dr Natalie Brown -
Research Scientist,
Swansea University &
Welsh Institute of
Performance Science**

The challenge: The status of menstrual health education has not been quantified across the UK. 1 in 4 girls said they felt they didn't know what to do when their period started. 42% of girls avoid exercise in school when they have their period and 1 in 5 girls are teased or bullied because of their period.

 @Natalie_107

**Tim Perris - Co-
Founding Director,
Imagine for Schools**

The challenge: Resilience can be thought of as an essential component of mental wellbeing. In 2020, 1 in 6 (16.0%) children aged 5 to 16 years were identified as having a probable mental disorder, increasing from 1 in 9 (10.8%) in 2017. The increase was evident in both boys and girls.

 @Imagine4schools

WORKSHOPS

DELEGATES' CHOICE

Please look at the code on each workshop to identify which ones may be most relevant. When booking, you will need to pre-select your workshop choices. Full day delegates can attend 1 workshop from each session. Half day delegates can attend 1 workshop in session one and 1 in session two (11.15am & 12.05pm).

-  Primary
-  Secondary
-  Senior leaders / Headteachers

WORKSHOP SELECTION



Full day and half day delegates: please select one workshop from this session.

Session 1: 11.15 - 11.55am



School facilities & capital funding

Stephen Brewster, Active Herefordshire & Worcestershire

The challenge: Education sites are a key provider of sports facilities in England, as they own over a third (39%) of all facilities. How can we support schools to maximise facility usage and development to benefit financially and support the community?

The focus: This workshop will explore current funding opportunities which schools may be able to access to support the development or refurbishment of facilities. It will provide local and national context on capital development and share the benefits of community use.

This workshop is also relevant to your Business Manager.




Girls in the game

Colin Smith, Youth Sport Trust

The challenge: Many girls are dropping out of sport and physical activity during teenage years and developing deep-rooted negative attitudes towards it, which act as barriers throughout life. By age 13-16 only 10% of girls achieve 60 minutes of physical activity every day.

The focus: This workshop will focus on how the FA Girls programme can be used to keep young girls engaged in physical activity, sport, whilst also developing life skills.



Using PE & physical activity to support transitions

Peter Knight, Stride Active

The challenge: Physical activity levels drop during transition with fewer opportunities to compete. Research shows that at transition, the biggest concerns are making new friends, the new school environment and personal organisation & responsibility.

The focus: PE can contribute to the smooth transition of young people from Y6 to Y7. We will explore how competitions and activities can be used to address the issues that are important to young people.

 Primary

 Secondary


 Headteacher / Senior Leaders

WORKSHOP SELECTION



Full day and half day delegates: please select one workshop from this session.

Session 2: 12.05 - 12.45pm



Building emotional resilience through physical activity

Tim Perris, Imagine For Schools

The challenge: At least one-third of children have experienced an increase in mental health issues including stress, loneliness and worry. For those who have existing mental health conditions, Covid-19 may have exacerbated these.

The focus: The session will look at the emotional issues affecting primary age pupils and how we can encourage, support and empower pupils to process and deal with their emotions. The session will explore how physical activity can be used to support their mental health, build resilience and deal with challenges of the 'new normal'



Ofsted in PE

Steve Caldecott, Association for Physical Education

The challenge: Before the March lockdown, PE was central to a number of OFSTED inspections; 15% of secondary schools had a deep dive in PE during their inspection.

The focus: Being prepared for inspection should be rooted in good departmental policy and practice. The session will look at the 'I's' of OFSTED, how they are interpreted and how departments can be in the best position to shine in a deep dive.



Moving More in EYFS

Cathy Brown, Create Development

The challenge: In 2018/19, 23.7% of reception aged children in Herefordshire were overweight, of which 10.3% were obese.

The focus: EYFS is a critical age for developing healthy habits and physical literacy. This workshop will explore how physical literacy can be developed in early years and how we can engage families to support the development of their child at home. The workshop will look at how schools can use two of the programmes from Create Development.

This workshop is also relevant to your EYFS lead.

 Primary

 Secondary


 Headteacher / Senior Leaders

WORKSHOP SELECTION



Full day delegates: please select one workshop from this session.

Session 3: 1.30-2.10pm




The great outdoors: learning & activities

**Joe Lindley PE Coordinator,
Burlish Park Primary School**

The challenge: With the challenges of Covid-19, more schools are looking at ways to utilise outdoor space to support learning. However, key barriers include teachers' confidence and self-efficacy, safety, cost and access to resources and training.

The focus: This workshop will focus on helping schools identify how to use their outside areas for learning, impacting not only on their physical skills but also their mental wellbeing. Delivered by an experienced PE Co-ordinator, this workshop will provide you with lots of practical and 'real-life' examples.




Body image and young people

TBC

The challenge: Over half (52%) of young people worry about how they look. 46% of girls and 25% of boys reported that their body image causes them to worry 'often' or 'always'.

The focus: This workshop explores the issues of body image in young people; how it manifests, the challenges it presents and how we can support young people to increase their self-confidence to positively impact areas of their life.

This workshop is also relevant to your PSHE lead.



Targeting provision to engage the least active

TBC

The challenge: Physical activity levels drop between the ages of 7 and 9 in vulnerable children and engaging them in physical activity can be particularly challenging.

The focus: The focus of this workshop will be the process of developing activity provision aimed at specific children (those less active, less confident or with behaviour issues) and overcoming the challenges that you may encounter.

WORKSHOP SELECTION



Full day delegates: please select one workshop from this session.

Session 4 2.20-3.00pm

Primary: sharing best practice

School case studies

The challenge: Research has identified that teachers have been found to learn more from each other than with mentors or in traditional classes. However with increasing time pressures, it's hard to fit in opportunities to share with and learn from others.

The focus: This workshop provides an opportunity to do just that and identify how others have overcome a range of challenges that you may be facing in your own school. Selected schools will showcase examples on a number of popular themes, from whole school outcomes, to health and wellbeing.

Secondary: sharing best practice

School case studies

The challenge: Research has identified that teachers have been found to learn more from each other than with mentors or in traditional classes. However with increasing time pressures, it's hard to fit in opportunities to share with and learn from others.

The focus: This workshop provides an opportunity to do just that and identify how others have overcome a range of challenges that you may be facing in your own school. Selected schools will showcase examples on a number of popular themes, from engagement to character building.

3.00-4.00pm

The Stride Active team will be online for you to discuss anything from the day's keynotes and workshops. Whether you have a question, idea, request or just need time for some reflection, join us to network informally. You do not need to pre-select this as an option.



Primary



Secondary



Headteacher / Senior Leaders

NEXT STEPS

BOOK YOUR PLACE

Places for the virtual conference are limited, so please book quickly to secure yours.

When making your booking, you will be asked to select your workshops in advance. Please use this guide to select your choices.

Booking link: <https://strideactive.org/events/pe-conference/>

Full day - £75 [Recommended for PE Teachers/Co-ordinators](#)

Morning - £35 [Recommended for Headteachers/SLT](#)

Individual workshop - £20 [Recommended as additions for those outside of PE specialism](#)

If you are a Stride Active Bronze/Silver/Gold SLA school, don't forget to use your discount code when making your booking!

Please share this conference guide with colleagues, particularly senior leaders/headteachers, school business managers, EYFS and PSHE leads. Workshops identify who would be well placed to attend.

SOCIAL MEDIA

Follow us on our social media channels for the latest conference information.



@strideactive1

@stride_active

If you have any questions, please contact us at:
hello@strideactive.org