

inspired to
Move



PHYSICAL ACTIVITY & WELLBEING CONFERENCE FOR SCHOOLS

28TH JANUARY 2022

VIRTUAL CONFERENCE GUIDE

WELCOME

INSPIRED TO MOVE

Following the success of last year's inaugural virtual schools' conference, we are pleased to share details of our 2022 conference with you.

Inspired to Move is a physical activity and wellbeing conference aimed at primary and secondary schools across Herefordshire and beyond. The conference has been designed to provide relevant, engaging content for:

**Primary PE Co-ordinators,
Headteachers, Senior leaders and
Secondary PE Teachers**

The pandemic has undoubtedly affected young people in a number of ways. A countywide survey after the third lockdown revealed 68% of Herefordshire schools reported a decline in children's fundamental movement skills; 85% reported that physical fitness had reduced and 64% witnessed a drop in the overall wellbeing of their students. This year's conference is designed to support schools in their Covid-19 recovery, by placing physical activity and movement at the centre of the school.

Inspired to Move will focus on how you can create and sustain a culture of everyday movement in your school. We want to inspire schools to embed physical activity and movement throughout the school day and beyond, to positively impact young people's physical activity levels, alongside their wider wellbeing and Covid-19 recovery.

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TIMINGS

9.15AM – WELCOME

9.25AM – KEYNOTES

10.30AM – BREAK

10.45AM – WORKSHOP SESSION 1

11.45AM – KEYNOTE

12.15PM – LUNCH

12.50PM – WORKSHOP SESSION 2

1.50PM – WORKSHOP SESSION 3

2.40PM – CLOSE

Full day delegates will have access to all keynotes and one workshop per session. A half day delegate space is available for Headteachers/Senior Leaders; access will be to all keynotes and a choice of workshop in session 1. In addition, there is the option for other school staff to just attend a single workshop, so we would encourage you to share this information guide with all staff, particularly SENCo and PSHE leads. The majority of workshops are also relevant to schools outside of Herefordshire should you wish to invite colleagues from a Federation/MAT.

When booking, you will need to pre-select your workshop choices. Full day delegates will need to select one workshop from each session. Half day delegates (SLT) will need to select one workshop from session 1. Please use the colour key on the workshops to identify those that may be most suitable.

KEYNOTES

FOR ALL DELEGATES

ALI OLIVER MBE - CEO, YOUTH SPORT TRUST

Youth Sport Trust is an independent charity devoted to changing young people's lives through sport. Ali has fulfilled a number of roles within the charity, before becoming the CEO in July 2015. Ali is a former Deputy Director of Sport and Head of PE and therefore understands the importance of the school environment in supporting young people's health and wellbeing. In 2020 Ali was awarded an MBE for her services to sport. Ali will be discussing 'Class of 2035', a landmark policy and research report which explores the role that PE, sport and physical activity can and should play in young people's education and development. The report presents four possible scenarios for how young people's engagement with sport and play may look by 2035.



MIKE JONES - FOUNDER, BETTER HAPPY

Mike is a health coach who started his professional career in the military as a personal trainer. His work now focuses on understanding the societal wide challenges we face with health and wellbeing and creating solutions to address that in work. Mike works with employees and leadership teams to make wellbeing and engagement at work attainable for all. "I've come to understand that for most people, the work they love comes with a negative impact on their health and wellbeing. Our jobs can have a positive impact on our wellbeing and a vital first step in that happening is ensuring that people understand the basics of good health and how to implement it."



SOPHIE CARRIGILL - PARALYMPIAN

Sophie represents Great Britain in Wheelchair Basketball. She has had lots of success on court, including World & European Championship silver medals, but her passions can also be found away from being a professional athlete too.




Sophie is keen to educate and improve visibility of disability sport and help people understand the importance of being active, no matter your ability. With the Commonwealth Games coming to Birmingham in 2022, Sophie believes "it's an exciting time to get behind sport and encourage your students to get involved."



WORKSHOP 1

DELEGATES' CHOICE

When booking, you will need to pre-select your workshop choices. Full day delegates and half day delegates will need to select one workshop from this session. Please look at the code on each workshop to identify which ones may be most relevant.

-  Primary
-  Secondary
-  Senior leaders / Headteachers

WORKSHOP SESSION 1 - 10.45AM

ENCOURAGING MOVEMENT BEYOND THE SCHOOL DAY

Sarah Volpe - Active Families Co-ordinator, Stride Active



Families play a critical role in helping children develop active habits for life. Just as a parent may read at home with their child to improve literacy levels, there is significant potential to apply the same principle to physical activity and therefore increase children's physical literacy. This workshop will look at the use of behaviour change methodologies in supporting children and their families to be more active, in order to improve engagement in PE/physical activity at school.

MOVEMENT FOR POSITIVE BEHAVIOUR



Joe Lockley - Founding Director, Bright Star

During this workshop you will explore how physical activity can benefit young people who have been through trauma or had adverse childhood experiences. You will learn how to adapt sport to help meet additional needs and to help disrupt negative behaviour. The workshop will explore how physical activity can play a pivotal role in wider engagement with young people who are struggling in an educational setting and different ways it can be used as an intervention. The workshop will be led by 2021 National Queens Award winner and 2021 UK coaching Changing Lives award finalist.

ENGAGING GIRLS SO THEY'RE INSPIRED TO MOVE






Wendy Taylor - Development Manager – Girls Active, Youth Sport Trust

This workshop will explore the barriers girls experience to participation, the reasons they lose interest in PE, sport and physical activity and mostly importantly what can we do to make a positive difference to girls perceptions and motivations so they are inspired to move in school and throughout their lives. There will be a range of practical ideas, interactive discussion and signposting to further tools and resources to help all schools take positive action.

WORKSHOP 2

DELEGATES' CHOICE

When booking, you will need to pre-select your workshop choices. Full day delegates will need to select one workshop from this session.

-  Primary
-  Secondary
-  Senior leaders / Headteachers

WORKSHOP SESSION 2 - 12.50PM

USING PHYSICAL ACTIVITY TO SUPPORT SCHOOL VALUES

Jim Jenkinson - Area Membership Manager, Midlands and East, Create Development

This workshop examines how schools can enable physical activity to be at the heart of whole school improvement, by creating an environment based on learning behaviours and school values. Delivered by an experienced teacher and using principles of learning nutrition from Create Development, you will develop an understanding of how physical activity can be used to develop positive learning behaviours.

EMBEDDING ACTIVE & SUSTAINABLE TRAVEL

Nick Ashton - PE Practitioner, Stride Active

Active travel presents us with the opportunity to make a positive contribution to climate change, whilst also working towards children's 30 active minutes outside of curriculum time. This workshop will explore how active travel can support whole school outcomes such as mental wellbeing, safety awareness and environmental efforts, as well as offering practical advice and ideas to help you encourage and embed active travel within your school. This workshop will be tailored to Herefordshire schools only.

MOVING OUTDOORS FOR MENTAL WELLBEING & TEAM BUILDING

Rob Delahay - Outdoor Activity, Sport and Exercise Manager, University of Worcester & Connor Allen - Operations & Fundraising Manager, Active Youth Outreach Services  

The aim of this workshop is to explore the use of outdoor learning and adventure education through problem solving/team building, within the school environment to support physical health, whilst focusing on the use of green space and nature to support children's mental wellbeing. The workshop will encourage you to engage with our great outdoors and equip you with the tools needed to inspire a culture of everyday movement at every opportunity.

WORKSHOP 3

DELEGATES' CHOICE

When booking, you will need to pre-select your workshop choices. Full day delegates will need to select one workshop from this session.

- Primary
- Secondary
- Senior leaders / Headteachers

WORKSHOP SESSION 3 - 1.50PM

INTEGRATING RHSE IN AND THROUGH PE



James Walker - Development Manager - Secondary, Youth Sport Trust

PE can play an important role in the delivery of RHSE. In 2019 the DfE updated the statutory guidance for relationships and sex education (RSE) and health education. This workshop will help you to understand the changes to the RHSE curriculum and encourage you to consider the role that PE can play as part of it. We will, first of all, seek to understand the major changes, before examining case studies of how YST associates have tackled this challenge in their schools already. There will be time at the end to consider the next steps in your own contexts.

INCLUSIVE PRACTICES TO INSPIRE MOVEMENT FOR ALL

Gemma Wilks - Lead Coach, Allsorts



Allsorts is a charity that supports disabled children and young people in Gloucestershire. They have provided adapted physical activity to over 400 families for over a decade and also have extensive experience of supporting both mainstream and special schools with their inclusion and engagement of students with SEND, including via digital platforms. This workshop will therefore share both theoretical and practical examples of best practice, used by Allsorts, when adapting PE and school sport to include students with additional needs.

MAKING TIME FOR PLAY



Karen Benjamin - Senior Lecturer in Drama, Performing Arts & Play, University of Gloucestershire

This workshop will explore the importance of playtime in school. Children's natural drive to play is vital for their overall health and wellbeing, alongside helping to develop emotional skills and cognitive ability. Play is also a fantastic way to encourage children to be physically active and improve fundamental movement skills. Through exploring what play is, schools will leave the workshop with ideas and inspiration to provide the best opportunities at playtimes!

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:

www.strideactive.org/events/inspired-to-move-conference/

Full day - £75 recommended for all
Half Day (AM) - £40 only available to
Headteachers/SLT

Individual workshop - £25 for specialist
subject areas / additional staff

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

Please share this conference guide with colleagues, particularly Senior Leaders/Headteachers and PSHE, SENCo and pastoral leads.

STAY POSTED ON 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