

Hertfordshire Primary PE conference January 2025 “Energise, Engage, Empower “

Key		Primary PE Lead/Practitioner			Both Primary Headteacher and PE Lead/Practitioner		
8:15-9:00	9:00-10:30	Session A 10:45-11:45	12:00-12:45	Session B 1:00-2:00	2:00-2:15	Session C 2:15-3:15	Session D 3:15-3:45
Registration & Refreshments by the Auditorium	Opening Address Emma Wiggs MBE, Paralympics GB / Panel Discussion	National Updates & PE & sport Premium Ali Oliver MBE CEO Youth Sport Trust Kate Thornton Bousfield CEO Association for Physical education A1	Session Lunch and Marketplace in the Sports village	Building Blocks of Movement: Practical PE Workshop for Early Years & KS1 Educators Natalie Richardson / Kathryn Whittall B1	Changeover time /Comfort break	Introducing Youth Quidditch: An Active and Immersive PRACTICAL Workshop Enrich Education C1	Question and Answer Session with Emma Wiggs MBE
				Paralympic Roadshow Practical workshop Herts Disability Foundation B2		An introduction to Shuttle Stars Practical workshop Julie Page / Louise Hewitt C2	
				Gymnastics: Primary Teacher Practical Workshop Leah Whitlock B3		UK Wallball Practical workshop Dan Thackeray C3	
				New to Leading PE Charlotte Moore B4		Adaptive Physical Education Angela Lydon C4	
				What makes High Quality Physical Education? Catherine Fitzpatrick B5		Assessment in Physical Education with a Focus on the Whole Child Catherine Fitzpatrick C5	
				Youth Voice Ashley Hosier B6		Transition, a process not an event Ashley Hosier C6	
				RISE UP Neil Moggan B7		Putting Wellbeing first: building a well school C7	
				Sport Sanctuaries, sport for those who need it most B8		Trauma Informed PE Neil Moggan C8	
		Around the world in Sporty ways Practical workshop Ben Holden A3		School Swimming & Water Safety Training David Rayner C9			

Workshops

Primary PE Lead/Practitioner

Both Primary Headteacher and PE Lead/Practitioner

10:45-11:45 Session A	Workshop Description
National Updates & PE and Sport Premium A1	Hear from Ali Oliver, CEO Youth Sport Trust and Kate Thornton Bousfield, CEO Association for Physical Education about current topical national agendas and challenges. This session will also include up to date information about the PE and Sport premium including the new evaluation form, guidelines and the mandatory digital reporting tool for 2024/ 2025 . A must session for Headteachers and / or PE subject leads
Active Playgrounds Practical Workshop A2	This workshop will explore how you as the PE Subject lead can support whole school development around a physically active culture in your school. with specific reference to the playground and support the 60 mins a day and physical competency agenda for ALL children. We will consider a range of strategies including upskilling relevant adults and children, zoning, equipment and engage in some practical ideas to highlight our planning. We will also consider how to keep the momentum as many of us will have tried active playground ideas that have ebbed away after time - how can we ensure these strategies become embedded and part of our everyday lives in school In the light of this year’s Conference theme we will also consider how to draw in children on the periphery of playground activity so that our vision for healthy active pupils is not just for those who are potentially already secure on that journey
Around the World in Sporty Ways Practical Workshop A3	This practical workshop will aim to empower teachers to incorporate new and engaging activities from Around the World. The session will include demonstrations of games, activities and new ideas from Sports such as American Football, Gaelic Football, Kabaddi and Handball. Delegates will also have the opportunity to engage in a Q & A at the end of the session linked to the specific resources required for each activity and my own experiences delivering PE around the World this year
1:00-2:00 Session B	
Building Blocks of Movement: Practical PE Workshop for Early Years & KS1 Educators B1	Dive into the world of fundamental movement skills with our hands-on workshop designed for Early Years and KS1 educators. Discover practical, engaging techniques to teach young learners the building blocks of movement, setting the foundation for confident and competent physical development. This interactive session will equip you with the tools and tips to bring PE to life and support you in identifying and addressing gaps in knowledge and skill.
Paralympic Roadshow Practical workshop B2	Inspired by Paris? Would you like to try Paralympic Sports? This practical workshop will aim to empower teachers to incorporate new and engaging paralympic activities. Come and join us and have a go at Wheelchair basketball, sitting volleyball, boccia and curling

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<p>Gymnastics Primary teacher workshop Practical Workshop</p> <p>B3</p>	<p>Join Max Whitlock Gymnastics for an exciting, hands-on workshop. This practical session will cover teaching fundamental gymnastics skills, warm-ups, key progressions, and valuable insights to take back to your school.</p>
<p>New to Leading PE</p> <p>B4</p>	<ul style="list-style-type: none"> • Understand and map out your role as a subject leader. • Go through a clear and concise ‘to do list’ helping shape and organise your role as a subject leader. • Examine the 5 key areas of focus that make up high quality primary Physical Education provision.
<p>What makes High Quality Physical Education?</p> <p>B5</p>	<ul style="list-style-type: none"> • Identify the key features of a high-quality Physical Education lesson. • Watch and observe video footage from lessons, linking your observations to high quality teaching. • An opportunity to reflect on the Physical Education provision in your own setting. • Understand how high-quality Physical Education can challenge the personal development of the whole child.
<p>Youth Voice</p> <p>B6</p>	<ul style="list-style-type: none"> • To support practitioners with the ‘how’ to facilitate meaningful youth voice • Hear examples of effective Youth Voices in action. • Receive signposting to resources and support
<p>Rise Up Early Intervention Mental Wellbeing Programme</p> <p>B7</p>	<p>Discover how movement can transform young people's mental wellbeing and help them stay active for 60 minutes a day. This session focuses on the RISE Up programme’s practical approaches to developing a self-care mental wellbeing toolkit for students, helping them reduce anxiety, build self-confidence, and engage positively in PE. You’ll gain hands-on strategies to embed these practices into your daily routine, with activities suitable for both classroom and PE lessons. By looking at case studies from primary and special schools, you’ll find inspiration to engage every student and empower them to take ownership of their wellbeing while staying physically active.</p>
<p>Sport Sanctuaries, sport for those who need it most</p> <p>B8</p>	<ul style="list-style-type: none"> • Learn about the concept of sport sanctuaries to re-engage students with learning. • Explore sport sanctuary resources that support students’ emotional regulation development. • Plan how to establish sport sanctuaries in your school. Learn about the concept of sport sanctuaries to re-engage students with learning.
<p>2:15-3:15 Session C</p>	
<p>Introducing Youth Quidditch: An Active and Immersive PRACTICAL Workshop</p> <p>C1</p>	<p>This introducing Youth Quidditch workshop will equip you with the knowledge and understanding to get Quidditch flying in your school. This active and immersive workshop will look at the playing positions of the Keeper, Beater, Chaser and the famous Seeker. As well as an introduction to the equipment used to bring the game to life, such as the Hoops, Quaffles, Bludgers and Golden Snitch. The workshop delivery will consist of a range of engaging practical session ideas that can be adapted for EYFS to KS4. Each participant will receive a School Quidditch Activity Pack full of practical sessions and resources to support delivery back in your school.</p>
<p>An introduction to Shuttle Stars Practical workshop</p> <p>C2</p>	<p>BE have reviewed and rebranded the Racket Pack and we would like to introduce Shuttle Stars, our new junior framework. It extends from just the festival into a programme of stages which aims to introduce badminton to young people at primary age in a fun yet structured way.</p>

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<p>UK Wallball</p> <p>Practical workshop</p> <p>C3</p>	<p>Any Wall, any ball, any time. All you need is a ball and a wall, and 30 seconds later you are playing. Think Squash, but with your hands. This super fun, simple, and accessible sport is growing all around the world, and in the UK it's no different. We will take you over basic game rules, how to set up courts, and all the equipment you need to introduce Wallball to your school. But most importantly, play Wallball</p>
<p>Adaptive Physical Education</p> <p>C4</p>	<p>This workshop will delve deep into unpicking what Adaptive Physical Education means and how it can be embedded into practice. We will look at a Physical Literacy approach and how inclusive and adaptive PE can support all children and young people, regardless of background or ability, to develop a positive relationship with movement and physical activity throughout their lives.</p> <p>Throughout the workshop will explore the normalization of different adaptive PE methods and spend time keying in on the 4 areas of SEND inspired by the areas outlined in the SEN Code of Practice: Physical, Cognition and Learning, Sensory and Social and Emotional.</p> <p>Workshop outcomes:</p> <ul style="list-style-type: none"> • Provide teachers with additional support and resources to ensure every pupil is fully included in Physical Education. • To be equipped with ideas and strategies for adapting PE activities for pupils with SEND. • Provide tools that give teachers the confidence to adapt curriculum content to meet the needs of their pupils.
<p>Assessment in Physical Education with a focus on the whole child</p> <p>C5</p>	<ul style="list-style-type: none"> • Take a close look at assessment associated with teaching Physical Education, Diagnostic, Formative and Summative. • Examine effective AFL at lesson level. • Understand ways we can formatively assess the 'Whole Child' through high quality Physical Education. • An opportunity to reflect on the way you currently assess in your own setting.
<p>Transition, a process not an event</p> <p>C6</p>	<ul style="list-style-type: none"> • Understand the importance of creating positive transition experiences for student progress, engagement and wellbeing. • Consider transition from a PE perspective. • Champion the role of PE, sport and competition in transition
<p>Putting Wellbeing first: building a well school</p> <p>C7</p>	<ul style="list-style-type: none"> • Understand the wellbeing barriers to learning • Reimagine your school as a well school • Learn how physical activity drives whole school improvement
<p>Trauma-Informed PE</p> <p>C8</p>	<p>This workshop is designed to help you create a PE environment that not only energises and engages all students but also nurtures their emotional safety and wellbeing. You will briefly explore the evidence base and 8 protective factors that highlight the importance of trauma-informed PE before diving into practical, ready-to-use strategies. Learn how to use movement and play to co-regulate, foster relationships, and create a sense of belonging that empowers every student, especially those who have experienced trauma or adversity. With real-life examples from primary and special schools, this session will offer concrete ideas to make PE inclusive and empowering, helping all students to stay active and thrive.</p>

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<p>School Swimming & Water Safety Training with Swim England</p> <p>C9</p>	<p>This session aims to equip attendees with:</p> <ul style="list-style-type: none">• An understanding of the importance of school swimming and water safety training• Resources available to adapt and profile within school programmes to maximise learning within school swimming• Advice and guidance for integrating pupils with SEND into school swimming lessons• Health and safety for swimming lessons• Q & A for the delegates
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