

Hertfordshire Primary PE conference Friday 9th January 2026
“Transformative Power of PE “

Key		Primary PE Lead/Practitioner			Both Primary Headteacher and PE Lead/Practitioner	
8:15-9:00	9:00-10:30	Session A	12:00-1:00	Session B	2:15-2:30	Session C
		10:45-11:45		1:15-2:15		2:30-3:30
Registration & Refreshments Sports Village / Marketplace	Opening Address David Clarke OBE, CEO Paralympics GB Dr Adam Dickinson -Shill 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 with Electric Umbrella Performance	Little Movers, Big Learning : Top tips for teaching the ELG's through PE Steph Tilbury B1	Changeover time /Comfort break	Game Sense Catherine Fitzpatrick C1
				Boccia Herts Disability Foundation B2		Chaos into Confidence! The Power of Active play James Dunning Commando Joe's C2
				Embracing Neurodiversity: Practical strategies to create an inclusive environment for all young people YST B3		Beyond the Bell Steph Tilbury C3
		A playing child is a learning child YST B4		New to Leading PE Charlotte Moore C4		
		Brand New: What makes High Quality Physical Education? Catherine Fitzpatrick B5		Raising the profile of PE through influence and leadership YST C5		
		Creating movement moments that matter within the school day YST B6		Unpicking the importance of Physical development YST C6		
		Connect before Correct: Transforming Behaviour outcomes in PE Neil Moggan B7		Inclusion in Action: From policy to practice through PE Neil Moggan C7		
		Learning on the move Jon Smedley B8		Being an effective TA in PE Louise Hacking C8		
		Making learning active across the curriculum Practical workshop TBC A2				
Winning Warm Up's Practical workshop Ben Holden A3						

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Workshops

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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 evaluation form, guidelines and the mandatory digital reporting tool .A must session for Headteachers and / or PE subject leads
Making Learning Active across the Curriculum Practical Workshop A2	Discover how to bring orienteering to life in PE and beyond with this hands-on, practical workshop. Led by experienced teachers and licensed British Orienteering coaches, you'll learn how to deliver sequenced orienteering lessons in PE and how to make learning active across the curriculum – Maths, English, Science, History, PSHE and more. The practical session is packed with top tips and golden nuggets that you can take straight back to school and use immediately. You'll explore simple, adaptable strategies for engaging pupils in physically active learning in any space and any weather – helping schools meet the Chief Medical Officer's guidance of 60 active minutes a day for every child Leave your details with our team member at our stand and we'll send you a link to a bank of free resources, including lesson plans and printable orienteering markers, so you can get started right away.
Winning Warm ups Practical Workshop A3	This practical workshop will include a Quick-fire practical showcase of transferable and winning ideas for teachers to take away and utilise within their own teaching toolkit. Inclusive, high-energy activities to set the perfect tone at the start of an engaging PE lesson
1:15-2:15 Session B	
Little Movers, Big Learning: Top tips for teaching the ELGs through PE (EYFS) Practical Workshop B1	This practical CPD will help you unlock the power of physical activity to deliver the Early Learning Goals in EYFS. Through fun, active ideas and easy to use strategies, you'll discover how PE supports communication and language, physical development, and personal, social, and emotional development. Packed with ready to try activities and top tips for organising and leading younger learners, this session is designed to build confidence and show how PE can nurture curiosity, independence, and a love of movement from the very start of school life.

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All About Boccia Practical workshop B2	Looking for something different to introduce to your pupils. Learn everything you need to know about the Paralympic Sport of Boccia part of the school curriculum and/ or as a club activity. Boccia is a seated sport, very inclusive and can be extremely tactical, so it has something for everyone.
Embracing neurodiversity: practical strategies to creating an inclusive environment for all young people Practical Workshop B3	This practical workshop will focus on: - Understanding neurodiversity through a strength based approach. - Identifying the support systems that can optimise engagement for young people. - Exploring how an understanding of executive functioning can enhance the participation of neurodivergent young people. - Providing strategies for creating a pathway to positive experiences in sport and physical activity for neurodivergent young people, with a focus on pre-activity, during and post activity stages.
A playing child is a learning child B4	Explore how active play supports learning, brain development and classroom engagement Address challenges such as increased diagnoses of additional needs and difficulties children face in physical and emotional participation. Highlight the benefits of integrating play and movement into the school day.
BRAND NEW What makes High Quality Physical Education? B5	This workshop will: • Identify the key features of a high-quality Physical Education lesson. • Observe NEW videos highlighting practice and evaluate against agreed criteria. • Provide an opportunity to reflect on the Physical Education provision in your own setting.
Creating movement moments that matter within the school day B6	Unpick the action oriented 'THRIVE' principles, launched in May 2025 as part of the positive experience collective physical literacy work. Explore and consider how to use these principles to evolve school policy and practices to support all pupils to build positive and meaningful lifelong relationships with movement through positive experiences in school.
Connect Before Correct: Transforming Behaviour Outcomes in PE B7	Challenging behaviours have risen since the pandemic, often rooted in trauma, anxiety, or instability. Traditional “choices and consequences” systems can escalate rather than resolve. This session explores how to transform behaviour outcomes in PE through a trauma-informed approach that prioritises connection before correction — maintaining high standards while avoiding retraumatisation. Delegates will learn practical, movement-based strategies alongside the latest neuroscience insights — including: • The Neurosequential Model (Dr Bruce Perry) – regulate, relate, reason • PACE (Dr Dan Hughes) – playfulness, acceptance, curiosity, empathy • The Nurture–Structure Highway (Jean Illsley Clarke) – balancing nurture with consistent routines Real-life case studies will show how behaviour outcomes, relationships, and wellbeing can be transformed when movement and connection come first. This session combines theory with practical movement activities. Colleagues will leave with ready-to-use strategies they can take back to school the very next day.

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Learning on the move B8	This high-impact workshop gives staff the tools and confidence to embed active learning into Maths and English—boosting engagement, attainment, and wellbeing without adding to workload. Combining evidence-based insights with light practical activities, the session shows how movement supports focus, behaviour, and cognitive development, while aligning with national physical activity guidelines. Attendees will: • Discover the evidence linking movement to improved learning • Learn Ofsted-aligned strategies to strengthen curriculum delivery • Take away ready-to-use ideas that fit any existing scheme • See how active learning supports PE and sport premium goals. With teacher workload at an all-time high, Learning on the Move delivers immediate classroom impact - equipping teachers with effective teaching methods that enhance both academic results and whole-school wellbeing
2:15-3:15 Session C	
Game Sense Practical Workshop C1	Take part in practical sequences of learning as we explore a game sense approach to teaching invasion games. Gain valuable subject content knowledge and ideas to utilise in your own setting. Discuss ways to challenge the whole child, to meet the needs of all pupils.
Chaos into Confidence! The Power of Active Play – Commando Joes Practical workshop C2	Playtimes can be noisy, unstructured, and stressful, but they don’t have to be. In this lively, hands-on workshop, you’ll discover how to channel playground chaos into positive outcomes for pupils and staff alike. Through <i>Let’s Play...</i> a pupil-led programme already making a big impact in schools, you’ll experience how structured active games can: • Reduce behaviour incidents and create calmer, happier unstructured times. • Boost physical literacy and strengthen PE outcomes. • Build resilience, teamwork and leadership in every child. • Increase engagement for even the least active pupils. • Ease staff workload by empowering pupils to lead. Come ready to get involved, try out the activities yourself and leave with practical strategies you can use straight away to transform your playtimes.
Beyond the Bell (KS1 - KS2) C3	This workshop will help you to create an inclusive, pupil-led extra-curricular offer that engages every child. Explore creative club ideas and practical solutions to develop your timetable and leave with actionable strategies to build a whole-school culture of movement that’s meaningful, accessible, and exciting for all.
New to Leading PE C4	• 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.

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Raising the profile of PE through influence and leadership C5	• Develop a clear vision for PESSPA. • Identify positive examples from your experiences. • Map your enablers and blockers. • Create an action plan
Unpicking the importance of Physical development C6	• Up to a third of Reception children are not ready for school (Kindred Squared, 2024). This session explores how high-quality physical activity and active play support school readiness by promoting independence, social, emotional development and communication skills. • Understand the link between movement and key developmental areas. • Explore the progression of fundamental movement skills. Gain practical strategies.
Inclusion in Action: From Policy to Practice Through PE C7	This session is designed for headteachers and PE leads who want to move beyond policy and make inclusion a daily reality in their schools. You'll explore how to create safe, connected, movement-rich environments where every young person feels they belong. We'll showcase case studies from across the country, highlighting how schools are tackling today's biggest challenges — from anxiety and behaviour to attendance, transitions, and girls' engagement in PE. You'll see how the RISE Up approach has supported pupils with additional needs, children in care, those with a social worker, Pupil Premium learners, and disengaged girls — helping them feel safe, valued, and able to thrive. You'll hear how schools have implemented the RISE Up programme— offering practical insights from a schools perspective. Finally, you'll be guided through a clear framework — Intent → Implementation → Impact — giving you a practical pathway to shape your own inclusive journey. You'll leave with clarity, confidence, and strategies you can use straight away to build meaningful inclusion through PE
Being an Effective TA in PE C8	This workshop will explore how to work effectively with Teaching Assistants in PE so that every pupil benefits from both the subject expertise of the teacher and the support of the TA. We will consider how best to draw on the strengths of TAs to provide meaningful support for students with additional needs, while also ensuring the teacher's expertise is directed where it has the greatest impact. The session will highlight the importance of meeting before lessons to clarify roles, covering practical basics such as suitable kit and routines and identifying purposeful activities that TAs can take ownership of to maximise pupil engagement. We will also look at the STEP principle (Space, Task, Equipment, People) as a simple framework for adapting, progressing or simplifying activities, helping teachers and TAs to work in partnership and make PE more inclusive and effective for all.