



## Physical Education, School Sport and Physical Activity (PESSPA) Conference



**Friday 2 October 2020**  
**9.00am – 4.30pm**  
**Online**





## Physical Education, School Sport & Physical Activity Conference

**Placing PESSPA at the heart of school life! Join Education Durham for an exciting online format that brings together inspirational keynote speakers with digital networking.**

**This one-day interactive event will celebrate and highlight the power of PESSPA to support whole child development. Be part of unmissable learning, network with colleagues digitally and explore the issues facing the profession after an unprecedented year.**

“PESSPA is the vehicle to ensure we achieve the best outcomes for all children and young people. An embedded whole school approach to physical health, mental health and wellbeing will be crucial to support a post lockdown and current pandemic recovery curriculum.

With the Physical Education & School Sport Premium funding agreed for another year, schools must continue to raise the profile of PESSPA as a tool for whole school improvement. They must invest wisely, build capability and capacity and harness ‘PESSPA power’ to support children and young people now and in the future. School PESSPA provision should and can support all to thrive physically and mentally in a modern and ever-changing world.”

**Kate Stephenson, Subject Professional Development Advisor, Education Durham**

### Keynote speakers



#### **Eddie ‘The Eagle’ Edwards**

The first ski-jumper since 1928 to compete and represent Great Britain in the 1988 Calgary Olympics. Known as the ‘underdog’ Eddie shares his Olympic journey of determination, failure and success. By the end of the Olympic Games in 1988 he was the best ski jumper in the UK.



#### **Alex Dewar - Invictus Games Athlete**

Previously a highly successful Army Warrant Officer, Alex suffered a brain haemorrhage that changed the course of his life forever. Through courage, determination and resilience Alex continues to rebuild his life. Physical activity and fitness have been key to his recovery, including taking part in the Invictus Games representing Team GB.



## **Sue Wilkinson (MBE) - CEO Association for Physical Education**

As CEO, Sue influences Physical Education policy and developments at national levels that impact on pupils' physical health and emotional wellbeing. With her extensive experience and contribution, Sue was awarded an MBE in 2016 for her services to Education.



## **Em Carss – Team GB Junior Roller Derby**

The student voice of success! In July 2018 the brand new, never-seen-before GB Junior Roller Derby Team competed in the Junior World Cup for the first time. Em's coming-of-age journey to compete on the world stage in 2020 is an inspiration to young athletes, students and school staff.

## **What does an online conference ticket include?**

- ✓ Easy access to our secure online conference platform with joining instructions and support
- ✓ Four live presentations from inspirational keynote speakers, accompanied by visual slides
- ✓ An opportunity to take part in live question and answer sessions with keynote speakers
- ✓ A choice of three thought-provoking live workshops with access to information-rich discussions involving key stakeholders in the PESSPA landscape
- ✓ Access to recordings of all workshops following the event
- ✓ Electronic conference pack including speaker biographies (provided in advance)
- ✓ An opportunity to network digitally with colleagues in a supportive environment



## Who should attend?

Primary, secondary and special school teachers as well as sport coaches and teaching assistants working within Physical Education, School Sport and Physical Activity.

## Cost and booking

£175 partner organisations

£195 non-partner organisations

[Join us](#)

***“With inspirational keynotes and interactive workshops, this will be a great opportunity to kick start the academic year, hearing from local and national colleagues working within Education, research and delivery in the PESSPA sector”***

(Kate Stephenson, Education Durham)

## Workshops



### Hannah Corne - Mini Mermaid Running Club UK

***A journey of self-discovery, confidence building and goal setting, underpinned by movement.***

Explore the outside influences and internal pressure that girls face and which positive delivery approaches to school and community sport can significantly impact and reverse this trend.



### Sarah Price - School Games

***Reframing competition and ensuring participation and smiles for all.***

How do we reposition, re-frame and reimagine competition to meet the motivation, confidence and competence of individuals. Understand the vision and mission of the School Games, explore practical ideas of how competition can and has been delivered differently to engage more young people.



### Joe Armstrong - County Durham Sport University

***Positive and healthy transition in Key Stage 2 to Key Stage 3 to support pupil's engagement.***

Actively engage with findings from the transition research study and draw considerations for future planning, preparation and implementation of an impactful Physical Education curriculum in what is likely to be an unusual year for school PESSPA provision.



## Jodie Norman and Tammy Smith - Public Health

***An introduction to the county's Health and Wellbeing Schools and Education Framework as a tool to support the health and wellbeing of both pupils and staff.***

Interactively explore the directory of evidence-based resources, interventions and training that is available for all schools to access. Focussing on mental health, physical activity, healthy eating, policy guidance, staff wellbeing and training.



## Imogen Buxton-Hills - imoves

***Physical health and mental wellbeing through movement and mindfulness as an embedded approach to a school day.***

Explore the core ingredients that every school needs to support the health and mental wellbeing of their children, directly linking the RSE curriculum with practical ideas and teaching approaches to support all areas of total wellness - physical, emotional and social.



## Hannah Fishburn - OASES

***Outdoor learning supporting personal development, wellbeing and achievement.***

Explore current research and case studies surrounding the impacts of outdoor learning in schools who have implemented a whole-school programme. Creative ideas and practical tips will also be given to inspire and support development of outdoor learning practice.



## David Bullen - Education Durham

***Strategies and interventions to improve primary swimming outcomes for all.***

Consider ways to improve outcomes and raise awareness of drowning prevention in the school population.



## Jon Smedley - Teach Active

***Why physical activity should be on your school development plan and physically active learning part of quality curriculum delivery in Maths and English.***

An insightful and practical focus on how schools can raise whole child development and whole school improvement, through physical activity.



## Dr Sarah Metcalfe - Durham University

***Developing a positive physical activity legacy from the Covid-19 pandemic.***

Review this most recent research conducted with 10-20-year-old girls during lockdown, which offers some intriguing insight and consider its implications for positive change.



## **Gaye Holmes - imoves**

### ***Teaching Pilates as an embedded approach to movement and wellbeing in school.***

Explore the benefits of Pilates, ultimately building bodies for better academic performance and delve into the principles of how to teach Pilates (with or without any experience) either as part of a Physical Education scheme or as a classroom-based activity.



## **Alan Pearson - SAQ International**

### ***Movement. Evaluate. Intervention. Track.***

Reaffirm the importance of understanding student's level of activity during the school day and see how to evaluate and improve physical activity with intervention and tracking technology demonstrated in SAQ's most recent successful intervention programme.



## **Dr Iain Lindsey - Durham University**

### ***Considering implications of national PESSPA policies.***

Through interactive opportunities, consider how schools, teachers and other stakeholders may respond to challenges and seek to improve PESSPA locally in County Durham.



## **Active 30 Strategic Partnership**

### ***The relaunch of County Durham's improved Active 30 School campaign.***

Engage with new ways to achieve the Chief Medical Officer's physical activity guidelines and the key indicators of the Physical Education & School Sports Premium.



## **Youth Sport Trust**

### ***Building a secondary curriculum to support all students.***

Sharing the Youth Sport Trust curriculum blueprint for reflective practice and implementation of curriculum change. This recorded webinar and corresponding resources will be available for all delegates.