



Please see the agenda below alongside a list of workshop descriptions. During the day, there will be three 60-minute sessions that you can choose which workshops you would like to do.

These have been colour coded to represent the three pathways: **STRATEGY** (green), **INCLUSION** (red) and **PE & SPORT** (blue).

The majority of these workshops will be 60 minutes long but we will also have a selection of shorter 20 minute lightning talks running alongside the workshops. NB: Some of these workshops / lightning talks will be repeated throughout the day.

If you are attending a **60 minute workshop**, please select **ONE** workshop per session.

If you would like to do the **lightning talks**, please select **THREE** within the session.

### What next?

To book your workshop choices for the conference please [click here](#) OR VISIT <https://forms.office.com/e/UUs14rVYc4>

If you have not yet booked a ticket to the conference or would like to reserve more spaces, please [click here](#) OR VISIT <https://www.move-more.org/active-schools-conference-2024/>



Active  
Gloucestershire

























# Agenda

 Repeats

To book you tickets for the conference please [click here](#).

To book your workshop choices for the conference please [click here](#).

 20 Minute Lightning Talk

9:00 - 9:20	Welcome address							
9:20 - 11:00	Key Note 1: Sport England - Charlie Crane						 STRATEGIC  INCLUSION  PE & SPORT	
	Key Note 2: AfPE - Sue Wilkinson MBE, FRSA							
Overview of the day								
11:00 - 11:20	Break							
11:20 - 12:20	<b>SESSION ONE</b>							
	<b>60 MINUTE WORKSHOPS</b>						<b>20 MIN LIGHTNING TALKS</b>	
	ACTIVE PLAYTIMES	CULTURE EATS STRATEGY FOR BREAKFAST 	EMOTIONALLY BASED SCHOOL AVOIDANCE (EBSA)	PE AND LIFELONG MOTIVATION TO BE ACTIVE	ALTERNATIVE ACTIVITIES	SELF & CO-REGULATION THROUGH YOGA 	 CREATING ACTIVE SCHOOLS (CAS)   ATTENDANCE PROJECT   ACTIVE LIVES SURVEY	
12:30 - 13:15	LUNCH Open Panel Discussion							
13:15 - 14:15	<b>SESSION TWO</b>							
	<b>60 MINUTE WORKSHOPS</b>						<b>20 MIN LIGHTNING TALKS</b>	
	PE & SPORTS PREMIUM FUNDING	UNDERSTANDING NEURODIVERSITY IN PE & SPORTS	SQUARE PEGS, ROUND HOLES AND IT'S EFFECT ON ATTENDANCE	TRANS / NON-BINARY INCLUSION SAFETY, FAIRNESS & INCLUSION DEBATE	COLLABORATION AND COMPETITION	PE FOR PEOPLE WITH DISABILITIES	 SELF & CO-REGULATION THROUGH YOGA   CULTURE EATS STRATEGY FOR BREAKFAST   THINK TRAVEL   PEDAL POWER	
14:15 - 15:15	<b>SESSION THREE</b>							
	<b>60 MINUTE WORKSHOPS</b>						<b>20 MIN LIGHTNING TALKS</b>	
	PLANNING YOUR PE CURRICULUM	OPPOSITIONAL DEFIANT DISORDER (ODD) AND PATHOLOGICAL DEMAND AVOIDANCE (PDA)	THINK TRAVEL 	USING THE STEP PRINCIPLE IN PE	DANCE FOR BEGINNERS	CREATING ACTIVE SCHOOLS (CAS) 	 BUSY BRAINS BREAKS  ATTENDANCE PROJECT   THINK TRAVEL 	
15:15 - 15:30	Closing Remarks							
15:30 - 16:15	Networking & Departure							



**For: Headteacher, SLT, Governor**

Applicable to: curriculum design, teaching and learning, inclusion, family support & engagement, behaviour, attendance, funding, active travel, inside and outside play.

**WORKSHOPS**

- [Active Playtimes](#)
- [Culture Eats Strategy For Breakfast](#)
- [Creating Active Schools \(CAS\)](#)
- [Active Lives Survey](#)
- [PE & Sport Premium Funding](#)
- [Think Travel](#)
- [Pedal Power](#)
- [Busy Brain Breaks](#)



**For: SENCO, Family Support practitioner, PE lead**

Applicable to: Engaging with parents and carers, improving attendance and behaviour, inclusion of those with additional needs.

**WORKSHOPS**

- [Emotionally Based School Avoidance](#)
- [Attendance Project](#)
- [Understanding Neurodiversity In PE & Sport](#)
- [Square Pegs Round Holes & Its Effect On Attendance](#)
- [Trans Non-Binary Inclusion](#)
- [Oppositional Defiant Disorder \(ODD\) & Pathological Demand Avoidance \(PDA\) - what's the difference?](#)



**For: PE Leads, school support staff**

Applicable to: PE & Sport Premium Funding, curriculum subject leadership, workforce support and training, inclusion of all children, wider enrichment and opportunities.

**WORKSHOPS**

- [PE & Lifelong Motivation To Be Active](#)
- [Alternative Activities](#)
- [Self & Co-Regulation Through Yoga](#)
- [PE For Young People With Disabilities](#)
- [Collaboration and Competition](#)
- [Planning Your PE Curriculum](#)
- [Using The STEP Principle In PE](#)
- [Teaching Dance for Beginners](#)

# SESSION ONE

## Session One



### FACILITATORS:

Caryn Smith, Headteacher of St James Primary,  
Nicky Harverson, Active Gloucestershire Strategic Lead for Children & Young People  
Jon Millen, Headteacher of Shurdington Primary

What challenges do you face in creating active playtimes at your school, such as limited space, lack of equipment, safety concerns, budgets and balancing inclusive activities for all students... what do you need to move through these challenges to create that space you feel your students need? Nicky and Caryn will explore these challenges, share some solutions and open the floor to the myriad of ideas that might help you and your school create vibrant playgrounds at breaktime.

## Session One



### FACILITATORS:

Lisa Harford, Gloucestershire Learning Alliance (GLA) Director of Education

Getting your school culture right is key to the success of school improvement. It should sit at the heart of your school and should involve all stakeholders. Building a powerful and empowering vision and living it out every day is a challenge. This session will delve into some structures to support this journey. We will unpick the power of Kotter's change model, the change curve and the importance of creating and consolidating social norms in order to build a strong culture and effect change.

## Session One



### FACILITATORS:

Marijana Filipovic-Carter, Move More CIO, Head of Family Support

Emotionally based school avoidance (EBSA) is one of the reasons that is particularly rooted in anxiety or fear with potentially great consequences for the child. This session will provide an overview of EBSA, including recognising warning signs and triggers and practical techniques for supporting children and tools for working with their parents.

## Session One



### FACILITATORS:

Matt Coldrey, Hartpury University, Senior Lecturer in Sports Coaching, Physical Education & School Sport

Understanding the psychological impact that positive experiences of PE can have on life long participation in physical activity, with examples of what motivational PE looks like in practice.

Session One



A practical session aiming to introduce some alternative physical activities that could be used to supplement or expand your curriculum or extra-curricular provision. This is an opportunity to try activities such as soft archery, kinball, new age kurling and speed stacking and examine how they could add to your physical activity provision.

**FACILITATORS:**

Elliot Townsend, Move More CIO Physical Activity & Health Coach  
Sam Thomas, Move More CIO Multi Sport & Health Coach

Session One



In this Shift Movement session you will be guided through practical tools and techniques to regulate yourself, to reduce stress and find clarity and confidence. You will also learn the power of using these tools for co-regulation. Short, effective and fun exercises will leave you inspired with plenty of creative ways that you can implement this into your school.

**FACILITATORS:**

Claire Hosking, Shift Movement, Yoga Teacher

Session One



This lightening talk will present an overview of the national Creating Active Schools Programme. Participants will be guided through the onboarding process for schools and localities, with a demonstration of the online digital hub, and how this can facilitate organisational and cultural change for physical activity within your schools.

**FACILITATORS:**

Zoe Helm, National CAS Research and Development Officer  
Caryn Smith, St James Primary School Headteacher  
Jeanette Quinn, Move More CIO Deputy Chief Executive Officer & CAS Lead  
Nicky Harverson, Active Gloucestershire Strategic Lead for Children & Young People  
Manda Reedman, GHLL Lead Teacher & Deputy Head Elmbridge Primary School

Session One



Attendance has been identified as one of the key problems affecting children's achievement, wellbeing, and wider development. Since the Covid-19 pandemic, a trend has emerged showing that a percentage of children regularly missing school is rising. Increase your knowledge and understanding of barriers to attendance and engage further to reach families by adopting a new tried and tested 5-point model.

**FACILITATORS:**

Aisling Stranack, DGAT Regional Effectiveness Lead

## Session One



### FACILITATORS:

Guy Stirling Lee, Active Gloucestershire Active Lives Coordinator

What's in it for your school? How to take part, how to manage and what to do with the results and incentives.

## SESSION TWO

## Session Two



### FACILITATORS:

Iain Anderson, Department for Education Team Leader for Physical Education & Sports Premium

A representative from the Department for Education's PE and Sports Premium team will be discussing the premium, permitted spend, the five key indicators and this year's mandatory introduction of the online reporting tool. There will also be an opportunity to ask questions relating to the PE and Sports Premium.

## Session Two



### FACILITATORS:

Matt Coldrey, Hartpury University, Senior Lecturer in Sports Coaching, Physical Education & School Sport

Understanding Neurodiversity in PE and School Sport - Understanding the neuroscience of ADHD and Autism, and how PE and sport can be designed in ways to accommodate neurodiversity.

## Session Two



### FACILITATORS:

Marijana Filipovic-Carter, Move More CIO, Head of Family Support

The current education system is mostly based on a one-size-fits-all principle, creating a growing number of 'square pegs' – children and their families who don't fit. As a result, they resist coming to school or stop coming altogether. This session will provide insights into barriers to attendance experienced by many 'square pegs' and their families. It will also critically reflect on the most common practices employed by schools to solve the problem, while sharing the most recent research findings on the most effective tools.

## Session Two



### FACILITATORS:

Rachael Bullingham, University of Gloucestershire Senior Lecturer

Acknowledge the importance of language. Examining trans experience in sport and PE. Providing recommendations for more inclusive practices.

## Session Two



### FACILITATORS:

Rebecca Foster MBE, University of Worcester Principal Lecturer in Adapted Physical Education

Don't find time to include everyone in PE as you could do? Running low on inclusive, quick and useful ideas? Need to enable your TA to help support a PE lesson? Some practical ideas are shown and discussed in this session.

## Session Two



### FACILITATORS:

Sam Rowson, Move More CIO Head of Education

A practical session looking at the introduction of competition during physical activity. We will examine how to build competition in a manageable, structured way for children and build resilience in situations surrounding winning and losing. We will also look at how to adapt provision for children who may struggle with competitive scenarios.

## Session Two



### FACILITATORS:

Claire Hosking, Shift Movement, Yoga Teacher

In this Shift Movement session you will be guided through practical tools and techniques to regulate yourself, to reduce stress and find clarity and confidence. You will also learn the power of using these tools for co-regulation. Short, effective and fun exercises will leave you inspired with plenty of creative ways that you can implement this into your school.

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## Session Two



**FACILITATORS:**

Jo Atkins, Gloucestershire County Council Active Travel Lead  
Caryn Smith, St James Primary School Headteacher

Ideas and school based examples of how to promote sustainable and active travel within schools. Programmes and incentives such as Modeshift Stars, Big Walk and Wheel Week. Helping schools kick-start healthier lifestyles, safer environments and enhanced air quality in their local communities.

## Session Two



**FACILITATORS:**

Rob Toomer, Active Gloucestershire Senior Project Officer – Programme Support

Pedal Power: Hear the inspiring story of how Yorkley and Parkend Primary schools accessed and used different funding opportunities to create their own bike library and partnered with a local trail provider and a skilled coach to help students access the miles of trails in their community. Learn how different funding opportunities, like crowdfunding pledges, grants and resources can be used to enhance physical activity opportunities for individuals and communities in need.

## SESSION THREE

## Session Three



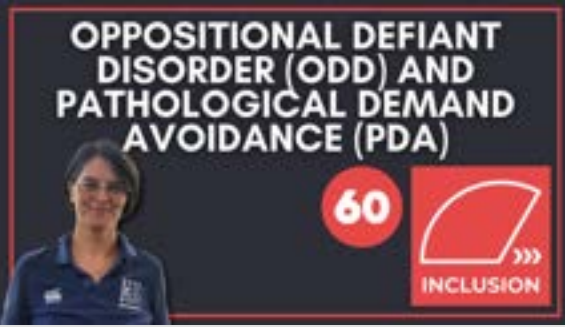
**FACILITATORS:**

Danielle Morley, Northway Infants School Headteacher  
Rob Evans, Carrant Brook Junior School Headteacher  
Sam Rowson, Move More CIO Head of Education

During this session, we will examine how to build a PE curriculum to meet the needs of your children. We will look at how to build and map progression into your curriculum across year groups and key stages whilst maintaining breadth and depth of learning.



Session Three



What's the difference? In this session, we will be looking at signs, characteristics and causes of both, as well as critically reflecting on several age and developmentally appropriate adult responses to ODD and PDA. Finally, we will be sharing the most recent research findings on the most effective tools to use when helping a child with ODD or PDA.

**FACILITATORS:**

Marijana Filipovic-Carter, Move More CIO, Head of Family Support

Session Three



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**FACILITATORS:**

Jo Atkins, Gloucestershire County Council Active Travel Lead  
Caryn Smith, St James Primary School Headteacher

Session Three



A practical session looking at the application of the STEP principle using tag rugby as the example. This session will demonstrate how lessons can be adapted to meet a range of needs within a mainstream classroom, both in the planning and delivery stages.

**FACILITATORS:**

Jordan Marter, Move More CIO, Physical Activity and Health Managers  
James Hemming, Move More CIO Physical Activity and Health Managers

Session Three



Can't dance? Join this practical session which will give you the basic dance skills and confidence to teach dance within your school.

**FACILITATORS:**

Matt Coldrey, Hartpury University, Senior Lecturer in Sports Coaching, Physical Education & School Sport



A sharing of national and local school perspectives having used the CAS framework to build a culture of physical activity throughout and beyond the school day, linking with the Gloucestershire's Healthy School Award. Come and find out what the framework is, how it can be used and the effect it has on the school's culture of physical activity across the whole school and community. Physical Activity: everyone's responsibility!

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**FACILITATORS:**

Aisling Stranack, DGAT Regional Effectiveness Lead



This session will demonstrate different types of 'Busy Brain Breaks' including physical activity, mindfulness and yoga flows, as well as sharing 'top tips' from teachers who currently implement Busy Brain Breaks within their classrooms. After the session, attendees can access the 'Busy Brain Break' platform for free, which enables access to 90+ videos, ranging from 2.5 minutes to 8 minutes in length.

**FACILITATORS:**

Alice Cline, Busy Brain Breaks Founder and Behavioural Scientist



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