

Changing a MINDset

Bedfordshire & Luton Physical Education Conference

Using Physical Activity to positively improve mental health and well-being



Wednesday 21th March 2018

Center Parcs, Woburn Forest
MK45 2HZ



Physical Education &
School Sport Strategic
Group



Welcome

The Physical Education Conference is delivered to you by The Bedfordshire and Luton Physical Education and School Sport Strategic Group.

This conference is aimed at:

- Headteachers
- All teachers, coaches and instructors involved in the teaching of Physical Education and School Sport

Benefits of the Conference

- To provide schools with the opportunity to explore how physical activity can positively improve mental health and well-being
- To provide schools with the tools to adopt behaviour change strategies to engage children in lifelong physical activity thus improving health and mental wellbeing
- To find out what providers are out there and how schools can benefit from them through the 'Marketplace Emporium' and the workshop tutors.
- To have an opportunity to take part in and learn alternative ways to engage children in physical activity
- It is a great opportunity to network with colleagues from across the county and have a free swim at the end of the day in the amazing Center Parc's subtropical paradise!

To book your place please complete and return the enclosed booking form

Conference programme

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| 8:30 – 8:50 | Arrival and Registration |
| 9:00 – 9:15 | Welcome and outcomes for the day |
| 9:20 – 10:20 | Workshop 1 – compulsory for all delegates |
| 10:20 – 11:05 | Refuel and network |
| 11:10 – 12:10 | Workshop 2 |
| 12:15 – 13:15 | Workshop 3 |
| 13:15 – 14:05 | Refuel and network |
| 14:05 | Recap of the focus for the day |
| 14:15 – 15:15 | Workshop 4 |
| 15:20 – 16:20 | Workshop 5 |
| 16:20 – 16:30 | Evaluations and depart from rooms |

| Workshop 2 | Synopsis | Speaker |
|--|--|----------------------------------|
| Outdoor Education and Primary Schools | <p>With rising concerns about mental health and well-being, amongst Pupils (and maybe your staff) this workshop will start to open ideas, conversations and explore concepts and practical outdoor activity that put in place practical strategies and ideas that can be easily done in the outdoors, both close to your school and further afield.</p> <p>This longer workshop will allow deeper ideas and conversations with some practical activity outdoors.</p> <p>Please ensure that you have coats, and appropriate clothing to spend time outdoors.</p> | Stephen Brown |
| Promoting well-being and confidence through dance | <p>Dance not only supports a healthy active lifestyle but can also have a huge impact on mental health and well-being. This practical dance workshop will demonstrate how dance can make a positive impact on children's confidence and well-being. Come along and learn a street dance routine to teach to the children at your school and inspire them with exciting moves and ideas. Learn how to guide children to create their own choreography and gain confidence through expressing their creativity. This workshop is suitable for beginners onwards.</p> | Jenny Rochford |
| Skipping's for everyone with Dan the Skipping Man | <p>Dan the Skipping Man® has just launched a free Teaching resource - Skip5 - and will be showing teachers what his concept is all about - how it includes all, develops children and works on self-confidence. He will explain how his YouTube channel can have a daily impact on the fitness and activity of a school and demonstrate some amazing skills, tricks and double dutch which are applied both in his Dan the Skipping Man® days and on www.youtube.com/dantheskippingman.</p> <p>Join this session with Dan the Skipping Man® for a fun, informative session. Non skippers/injured please don't shy away or be nervous. Dan will include you and help you learn how to apply the Dan the Skipping Man® ideas.</p> | Dan the Skipping man |
| Case studies on use of the PE funding in relation to whole school initiatives | <p>Would you like to gain further ideas on how you can spend your funding in relation to whole school improvements? Then come along to this workshop and hear what 3 schools from across the county have been doing in this area and grab the chance to network with other colleagues to gain further ideas that you can take back and implement in your school.</p> | 3 schools from across the county |
| Literacy in Action | <p>This workshop will use physical activity to support the teaching and learning of literacy. Delegates will experience a range of different strategies and ideas for delivering literacy activities in a practical way. These will support schools to deliver 30 active minutes a day and the goal of reducing sedentary behaviours.</p> | Karen Abell |
| Maths of the Day - Using Physical Activity to raise attitudes and attainment in mathematics | <p>This workshop looks at the research, rationale and benefits of 'active learning' and gives teachers practical ideas on how to implement 'Active Maths' in to the curriculum. Delegates will be introduced to the highly acclaimed and praised resource 'Maths of the Day' – a website that provides teachers and teaching assistants with over 1000 lesson plans on how to deliver 'active maths'. The resource is used in schools across the UK and internationally and is having a huge impact on attitudes to maths, attainment in maths, levels of physical activity and whole child development.</p> | Jon Smedley |

| Workshop 3 | Synopsis | Speaker |
|--|---|---------------|
| Outdoor Education and primary Schools (Continued) | <p>With rising concerns about mental health and well-being, amongst Pupils (and maybe your staff) this workshop will start to open ideas, conversations and explore concepts and practical outdoor activity that put in place practical strategies and ideas that can be easily done in the outdoors, both close to your school and further afield.</p> <p>This longer workshop will allow deeper ideas and conversations with some practical activity outdoors.</p> <p>Please ensure that you have coats, and appropriate clothing to spend time outdoors.</p> | Stephen Brown |

| Workshop 3 Continued | Synopsis | Speaker |
|---|--|--------------|
| Building an Active School | This workshop is aimed at schools who are looking for practical ideas on how to get the whole school more active, not only in PE but also in the classroom and during breaks. Topics include: changing mindset, culture and ethos; developing an active classroom; and how to roll out successfully with the imoves model. Teachers get to experience an Active Lesson with a focus on Literacy, Science, PSHE and Mindfulness | Gaye Holmes |
| Literacy in Action | This workshop will use physical activity to support the teaching and learning of literacy. Delegates will experience a range of different strategies and ideas for delivering literacy activities in a practical way. These will support schools to deliver 30 active minutes a day and the goal of reducing sedentary behaviours. | Karen Abell |
| The link between physical activity, well-being and achievement | This workshop will take delegates through a one hour workshop outlining the clear link to being active and children's wellbeing and achievement. The workshop will focus on the evidence, how schools have created more activity in the school day and measured the impact on wellbeing and achievement goals relating to their school and community. | Chris Wright |
| Capoeira – an alternative way to teach dance | Capoeira is an exciting and dynamic historic Afro-Brazilian art-form that combines elements of movement, dance, martial arts, and music. This workshop will be a basic introduction to choreography and Capoeira- a dance that has shown to increase confidence and self-esteem, develop communication and observation skills, increase physical and mental well-being, improve creativity and personal development and encourage team-working and peer learning. By the end of the practical session, delegates will have been introduced to the basic concepts, and provided with a range of simple but effective choreographic devices that can be taken back to school to successfully introduce Capeoria to all pupils. | Glenn Young |
| Boxercise | With so much concern over child fitness and obesity, Boxercise has the perfect answer to providing fitness sessions that are great fun, easy to teach and suitable for all ages. This interactive workshop will show you how Boxercise helps to develop concentration, confidence and social skills and how it is excellent for motivating disaffected children. It can be either competitive or non-competitive and is also good for developing hand eye coordination, stamina, strength and speed – come and find out why so many schools are introducing Boxercise as an alternative way of engaging children in physical activity. | Andy Wake |

| Workshop 4 | Synopsis | Speaker |
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| Yoga (KS1) | This practical workshop will be a taster session on how teachers can integrate yoga into the curriculum and the benefits that can be gained by doing so. The ripple effect of yoga in schools is that, not only are children calmer, more focused and confident, but also staff feel less stressed and more centered in themselves and better able to cope with educational challenges – come along and find out more! | June Rowlands |
| Swimming in the Classroom | How do we teach children the dangers associated with different bodies of water? Swimming is a key life skill but understanding where and when it is safe to swim is paramount to safe and enjoyable experiences throughout life. Join us in this workshop which will give you ideas for classroom-based activities that contribute towards this understanding and help towards achieving the outcomes of the national curriculum for swimming. Many activities can be taught through your cross-curricular links with PSHE as well as during indoor PE sessions. We will also include an update on the new Primary PE Premium reporting requirements for swimming at the end of KS2. | Glynis Yates & Paul Blunt |

| Workshop 4 continued | Synopsis | Speaker |
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| Every Child Outdoors | The need for young people to have regular access to outdoor spaces and contact with nature has been well evidenced in recent years, but how well do schools use the outdoor spaces around and near to the school? The value of the outdoors and contact with nature has recently been highlighted in the new 25 Year Environment Plan, published by the Government. The Government has stated that 'We know that regular contact with green spaces, such as the local park, lake, or playground, can have a beneficial impact on children's physical and mental health'. This session will explore how schools can begin to make the most of their school grounds and local area for both learning and enhancing the health and wellbeing of young people. It will focus on case studies and a range of practical ideas and activities that staff can do tomorrow! | Martin Smith |
| Maths of the Day - Using Physical Activity to raise attitudes and attainment in mathematics | The course looks at the research, rationale and benefits of 'active learning' and gives teachers practical ideas on how to implement 'Active Maths' in to the curriculum. Delegates will be introduced to the highly acclaimed and praised resource 'Maths of the Day' – a website that provides teachers and teaching assistants with over 1000 lesson plans on how to deliver 'active maths'. The resource is used in schools across the UK and internationally and is having a huge impact on attitudes to maths, attainment in maths, levels of physical activity and whole child development. | Jon Smedley |
| Delivering character education and wellbeing through Primary PE | Delegates will be taken through a practical one hour workshop outlining the YST's thought leading life skills and wellbeing through primary PE programme. Colleagues in Bedfordshire will be some of the first practitioners to experience the new programme and how the YST are re-imagining primary PE to cater for the children's future wellbeing and character. | Kate Thornton-Bousfield |
| Boxercise | With so much concern over child fitness and obesity, Boxercise has the perfect answer to providing fitness sessions that are great fun, easy to teach and suitable for all ages. This interactive workshop will show you how Boxercise helps to develop concentration, confidence and social skills and how it is excellent for motivating disaffected children. It can be either competitive or non-competitive and is also good for developing hand eye coordination, stamina, strength and speed – come and find out why so many schools are introducing Boxercise as an alternative way of engaging children in physical activity. | Andy Wake |

| Workshop 5 | Synopsis | Speaker |
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| Yoga KS2 | This practical workshop will be a taster session on how teachers can integrate yoga into the curriculum and the benefits that can be gained by doing so. The ripple effect of yoga in schools is that, not only are children calmer, more focused and confident, but also staff feel less stressed and more centered in themselves and better able to cope with educational challenges – come along and find out more! | June Rowlands |
| Mindfulness and tackling stress | This session demonstrates how teachers can use mindfulness techniques to help manage children's stress and moods, as well as providing more focus in the classroom. We cover 4 topics; Friendship, Resilience, Anxiety and Confidence. Using these topics, teachers will receive guidance on how to incorporate mindfulness activities into their current lessons; whether that be in dance, gymnastics or classroom based lessons. | Gaye Holmes |
| Outdoor education in Primary Schools | This shorter session – will take comments from the first workshop, and provide a more focused session around the same topics: With rising concerns about mental health and well being, amongst Pupils (and maybe your staff) this workshop will start to open ideas, conversations and explore concepts and activity that put in place practical strategies that can be done in the outdoors. Please ensure that you have coats, and appropriate clothing to spend time outdoors | Stephen Brown |

| Workshop 5 continued | Synopsis | Speaker |
|--|--|----------------------------------|
| The link between physical activity, well-being and achievement | This workshop will take delegates through a one hour workshop outlining the clear link to being active and children's wellbeing and achievement. The workshop will focus on the evidence, how schools have created more activity in the school day and measured the impact on wellbeing and achievement goals relating to their school and community. | Chris Wright |
| Case studies on use of the PE funding in relation to whole school initiatives | Would you like to gain further ideas on how you can spend your funding in relation to whole school improvements? Then come along to this workshop and hear what 3 schools from across the county have been doing in this area and grab the chance to network with other colleagues to gain further ideas that you can take back and implement in your school. | 3 schools from across the county |
| 'Bouncing back' - Building Resilience through Physical Education | This workshop will explore how well taught Physical Education can embrace all children, and embed personal qualities such as resilience and emotional intelligence'. We will share a range of practical ideas and strategies to stress the way that the '7 'C's of Resilience' can be instilled through a spontaneous approach to teaching and learning in Physical Education. | Ian Roberts |

Workshop Leaders

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| Karen Abell | Active Education |
| Paul Blunt | SGO – East Beds |
| Stephen Brown | Cambridgeshire County Council |
| Katie Green | Fairfield Park Lower School |
| Gaye Holmes | Imoves |
| Ian Roberts | Cambridgeshire County Council |
| Jenny Rochford | Boogie Bop Dance |
| June Rowlands | June's YOGA |
| Jon Smedley | Maths of the Day |
| Martin Smith | Greenwood Academies Trust |
| Dan Strange | Dan the Skipping Man |
| Kate Thornton-Bousfield | Youth Sport Trust |
| Andy Wake | Boxercise |
| Chris Wright | Youth Sport Trust |
| Glynis Yates | Consultant - Working on behalf of Central Bedfordshire Council |
| Glenn Young | Olney Middle School |

Others involved in the planning and delivery of the conference

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| Paul Blunt | SGO – East Beds |
| Toni Chivers | Active Education Manager - Active Luton |
| Lloyd Conaway | Director - team BEDS&LUTON |
| Gill Morrow | PE, School Sport and School Games Manager - team BEDS&LUTON |
| Paul Sammon | Senior Lecturer, University of Bedfordshire |
| Chris Watson | Consultant - Working on behalf of Bedford Borough Council |
| Glynis Yates | Consultant - Working on behalf of Central Bedfordshire Council |