

Date: Friday 15th March 2024
 Location: The Regis School,
 Westloats Lane, Bognor
 PO21 5LH
 Time: 8:45am –3.45pm



West Sussex PE Conference Programme

8:15-8:40	Arrival and Registration at The Regis School, Main Hall Refreshments available on arrival
8:45-8:55	Welcome and Introduction to the day: Action plans – Planning for Action! This year's conference will look at the Government's new School Sport & Activity Action Plan and explore ways in which to put these ideas and priorities into action back at school.
8:55-9:15	Opening Keynote: Southway Primary HT – Mike Wood Mike is a local headteacher who has turned the school around. He'll give us an insight into how PE & School Sport was instrumental to this.
9:15-9:30	Mentally Healthy Movement linking with the 60 Active Minutes agenda within schools, Stormbreak explain their active approach to supporting children's mental wellbeing...
9:35-10:45	Practical 1 – Arena Sports Centre & playing fields Each delegate will take part in a practical session. Please see outline of sessions on attached sheet. The practical session will be approx. 70mins
10:50-12:00 (Rotation of activities)	Quick Wins; Practical Networks: Easy & quick practical ideas to get going... choice of foci; Athletic/Multi skills activity ideas <i>Tea/ coffee available</i> National & Local Updates: Highlighting key points, actions & identifying new priorities. And Marketplace an extensive arena, featuring national organisations such as AfPE, YST, NGB's, together with innovative resources and local delivery networks.
12:00 - 12:40	Lunch provided in the Canteen Marketplace open throughout
12:45-13:40	Network sessions – Main Hall & adjoining rooms Delegates will have the opportunity to attend TWO network sessions during this time. See attached list to choose your network sessions. These will be delivered by a variety of experienced staff/tutors. <i>25 min per session</i>
13:45-14:55	Practical Session 2 – Arena Sports Centre & playing fields Each delegate will take part in a second practical. Please see outline of sessions on attached sheet. These practical sessions will be approx. 70 mins
15:00-15:45	Tea, Cakes & Closing Keynote – Main Hall Congratulations all round: recognising School achievements, Inspirational closing keynote: from our elite athlete. Prize Draw: win wonderful prizes; donated by our generous marketplace organisations Finally, time for reflection , ongoing actions & the completion of evaluation forms and eating of cakes!

For further details about the event, see our website; <https://westsussexpeconference.weebly.com>

N.B. Should Covid still be having an impact, we will take into account any restrictions

Key Partners



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Network Sessions (12:40-13:35).

Choose 2 x 25 minute sessions on topics of your choice....

	Short Insight sessions sharing information and thoughts with like-minded professionals
N 1	Creating an Active School This session will share with you some of the great examples from across Sussex of what schools have done to create the ethos and activities that make an Active School.
N 2	Engaging the Disengaged-Our Journey... completing the AfPE Award This session will give you the opportunity to discuss the AfPE award & application process with a school that have been through the process & ultimately achieved distinction!
N 3	Get Set GO! Club A great example of how a school has created a club for inactive children & the difference it has made. A PE Subject Lead will talk you through how & what they did. Then you'll have the opportunity to explore the ideas further & share practice.
N 4	The Language of PE! This network will explain how to support consistency of language from PE Leads to colleagues to pupils. Understand the key words & phrases Ofsted will look for & ensure your PE vision is clear for all.
N 5	Unlocking parental engagement in PE (FS/KS1) This session will look at how involving parents can supercharge pupil readiness. It will help identify the challenges & how to inspire parents and pupils alike to engage in meaningful physical activity at home.
N 6	PE & Sport Premium – ensuring it's effectively used Are you in charge of spending and evidencing the PE and Sport Premium this year at your school? This session will share good practice, and hopefully (subject to DfE timescales) introduce the new digital tool that is being piloted to help schools track their spend and ensure its effective use.
N 7	Getting (& Keeping) your HT & SLT on board... The session will give you clear guidelines, from a HT perspective, of how to ensure your HT & SLT are on board. It'll help clarify what they want & need in order to raise the importance of PE and its place within whole school priorities.
N 8	Supporting staff delivering PE... the Role of the PE Lead... How to get the best from your colleagues, whilst ensuring they feel supported in the PE delivery outcomes you set. Using coaching skills to create a cohesive team to meet your PESS vision.
N 9	Tchoukball – an alternative non-contact sport ideal for engaging the less engaged. A brief introduction to this upcoming sport; It's a non-contact invasion game that is fast paced fun, and, most importantly, is playable by everyone. This will include ideas for starting up in your school...
N 10	Personal challenge through an individual sport (golf) A very pupil focused approach to personal challenge. Looking at this through the medium of golf; Different approaches and what's possible within a school setting, both outdoors and in...
N 11	Embedding Mentally Healthy Movement This session will expand on the introduction keynote; showing how, across the whole school, you could improve children's mental health through movement, & equip them with sustainable, transferable skills & coping strategies for life. If you need support, Stormbreak could help
N 12	Physical Literacy – The key to engagement! Ensure you understand how physical literacy underpins the basis of fully engaging pupils in PE & Sport. Explore the new Physical Literacy Consensus Statement and look at how having physically literate pupils can make a positive transformation of PE & School Sport within your school.

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Practical Sessions

Delegates will have the opportunity to attend **TWO practical sessions**. Session 1 is in the morning and Session 2 is in the afternoon.

<p>Session 1 09:30</p> <p>Each session is approx. 70mins.</p>	<p>A</p> <p>Sports Leaders (KS1 & KS2 pathways)</p> <p>This session looks at ideas for developing young sports leaders in your school. It will give you practical examples of how to develop leadership skills, look at the different types of leaders you might need to encourage & develop, and the roles needed within school. The ideas should help you embed leadership across the school.</p>	<p>B</p> <p>Games (Alternative game NFL Flag football) (KS2)</p> <p>This session will take an in depth look at the game of NFL Flag Football. An introduction to the fundamentals leading into gameplay. Explore the range of transferable skills and gain a variety of drills to increase pupil engagement.</p>	<p>C</p> <p>Games (Tennis) (KS1 & 2)</p> <p>A practical workshop which will give an selection of ideas, and practices to develop tennis skills and game play You'll get the chance to practice and develop a variety of ideas and strategies for introducing and developing the game. <i>Each school attending this session will receive £250 worth of tennis equipment or coaching, (only if not accessed this in past 3 yrs).</i></p>	<p>D</p> <p>Teaching Dance (KS1)</p> <p>This session will focus on increasing teacher confidence in delivery of dance, including warm-ups. It will explore how to design dance units using a variety of stimuli& also at how to challenge children, and build on learning within & between sessions.</p>	<p>E</p> <p>Outdoor & Adventurous Activities for life (predominantly KS2)</p> <p>This session will explore how to develop challenges, providing skills that can be used for life, such as resilience, problem solving & communication. The session will give ideas that can be used both indoors and outdoors on your school site & include elements of orienteering and cross curricular learning.</p>
<p>Session 2 13:45</p> <p>Each session is approx. 70 mins</p>	<p>J</p> <p>Managing pupils in PE (KS2)</p> <p>A practical session which will look at how to manage pupils in PE settings; maximising participation & managing behaviours. It will also address how to create clear learning environments giving young people responsibility for managing their own learning.</p>	<p>K</p> <p>BEE Netball (KS1 & lower KS2 focus)</p> <p>This session will introduce you to Bee NETBALL; a friendly, high energy, programme is designed to encourage young people aged 5-9 into netball. It will introduce children to netball skills; throwing, catching, footwork & shooting and has a focus on personal development.</p>	<p>L</p> <p>An Alternative Activity (Quidditch!) (KS1 & 2)</p> <p>A fun and engaging way to get pupils involved in sport that allows for a wide range of interests, skills, and abilities as it utilises the differing roles of the game!</p>	<p>M</p> <p>Teaching Dance (KS2)</p> <p>This session will focus on increasing teacher confidence in delivery of dance, including warm-ups. It will explore how to design dance units using a variety of stimuli & also at how to challenge children & build on learning within & between sessions. It will also look at the 'final piece' or what can be performed at the end of a unit.</p>	<p>N</p> <p>SEND Inclusive Athletics (KS1 & 2)</p> <p>Using a variety of activities to help engage SEND pupils in athletic activity. It will give lots of ideas for developing throwing, running, jumping; all skills that are appropriate & transferable.</p>