

Workshops Round 1

Choose 1 of 3

10:45am - 11:45am



Teaching Primary Dance - Practical Workshop

This practical workshop is designed for educators looking to explore primary dance teaching. Participants will learn creative, developmentally appropriate techniques to engage young learners through movement, music, and storytelling.

PLEASE NOTE: This is a double workshop option – if choosing this only choose one more workshop from Workshop Slot 3.

Action Gang

Juliet Paterson, a Lecturer in Physical Education at the University of Gloucestershire, leads a workshop on adapting Experience-Based Co-Design (EBCD) for primary physical education (PE) to enhance pupils' engagement and meaningful experiences. Reimagined as "Action Gang," this six-stage pedagogical approach empowers Key Stage Two pupils to co-design flexible, inclusive PE lessons, fostering cross-curricular learning in areas such as ICT, geography, and literacy. The workshop explores the facilitation of this method, shares key findings, and provides practical examples for integrating pupils' voices into PE to support long-term engagement and holistic education.

Mind Wellbeing

Hannah Dunn, the founder of Mind Wellbeing CIC, the headline sponsor of this year's conference, will facilitate the workshop and share the impactful outcomes achieved by young people in local schools participating in the 'Mind Matters' programme. This initiative takes a whole-school approach to implementing strategies that alleviate stress, support students, and promote the overall well-being of the school community, fostering a positive environment for pupils' mental health.

Workshops Round 2

Choose 1 of 3

11:50am - 12:50pm



Teaching Primary Dance - Practical Workshop (continued)

This practical workshop is designed for educators looking to explore primary dance teaching. Participants will learn creative, developmentally appropriate techniques to engage young learners through movement, music, and storytelling.

PLEASE NOTE: This is a double workshop option – to attend this session during round 2, you must select this session in round 1.

Action Gang

Juliet Paterson, a Lecturer in Physical Education at the University of Gloucestershire, leads a workshop on adapting Experience-Based Co-Design (EBCD) for primary physical education (PE) to enhance pupils' engagement and meaningful experiences. Reimagined as "Action Gang," this six-stage pedagogical approach empowers Key Stage Two pupils to co-design flexible, inclusive PE lessons, fostering cross-curricular learning in areas such as ICT, geography, and literacy. The workshop explores the facilitation of this method, shares key findings, and provides practical examples for integrating pupils' voices into PE to support long-term engagement and holistic education.

Supporting Schools to Evidence the Impact of Your PE, Sport and Physical Activity Provision

Suzy Broadhead from Active Fusion and Alex Ogden from the Yorkshire Sport Foundation present a workshop designed to offer practical hints, tips, and guidance on how schools can effectively evidence the impact of their PE, sport, and physical activity provision. This session will highlight tools that support the promotion of young people's health and wellbeing, while also offering examples of how schools can be recognised and rewarded for providing high-quality, purposeful physical education.

Workshops Round 3

Choose 1 of 4

1:45pm - 2:45pm



Fusion Start – Supporting Early Years Development

Suzy Broadhead from Active Fusion and Little Einsteins Nursery present Fusion Start, a physical literacy curriculum for children aged 3-5. The programme enhances motor skills, coordination, and physical activity, supporting early development milestones. It fosters confidence, creativity, and social connection through movement and storytelling, promoting lifelong physical activity and well-being.

Creating an Active School - Improving Whole School Outcomes Through Physical Activity

The workshop, led by Alex Ogden, Dean Wiffen, and a CAS School partner, will focus on how the Creating Active Schools (CAS) programme helps schools foster healthy environments through physical activity. By applying behavioral science, CAS supports schools in making sustainable, evidence-based improvements in physical activity. The session will highlight local schools' experiences with CAS and its positive impact, offering practical tips for adopting a whole-school approach to promoting an active school environment.

Active Playtimes - Practical Workshop

Led by Adam Burgin, one of Active Fusion's Senior Coaches, this workshop offers delegates valuable insights and practical ideas to enhance in-house training for midday supervisors and other school staff, equipping them to create engaging, active, and purposeful lunch and playtimes for KS1-2 pupils.

Approaches to Supporting Young People Most in Need Engage in PE and Physical Activity

This workshop will offer strategies to help you engage all young people in high-quality physical education and physical activity. It will focus on supporting specific groups who face the greatest barriers to being active, both in and outside of school. These groups include students with SEND, girls, individuals from lower-income families, and those from ethnic minority backgrounds.