

CPD 2023-24

Through our membership we bring educators together as part of our mission to transform the lives of young people using the power of PE, play and sport.

Primary CPD Courses

<p>Healthy Movers</p>	<p>Suitable for: Early Years practitioners, KS1 staff and lunchtime supervisors.</p> <p>This will help you: to explore what is meant by physical literacy and why it matters within the early years and for life. You'll learn how to use the Healthy Movers toolkit, how it links to the EYFS and supports the development of the whole child. With suggestions of ways you can engage parents and carers, you'll become confident to plan and deliver fun, purposeful physical activities.</p> <p>Supporting your young people: to develop their physical literacy, enhance their health and happiness and build a strong foundation for an active life.</p> <p>Accompanying resource: Healthy Movers Toolkit and wall planner (both sold separately).</p>
<p>My Personal Best Primary</p>	<p>Suitable for: PE subject leaders, primary generalists and headteachers.</p> <p>Equipping educators: to explain the importance of PE in supporting the holistic development and physical literacy journey of all pupils. You will be able to recognise what 'life-skilled' looks like in your pupils and explore a curriculum that supports life skills teaching and learning.</p> <p>Supporting young people: to experience a modern, fit for purpose PE curriculum that supports their physical and personal development. Pupils will experience the wider value of PE and how it contributes to school and life successes.</p> <p>Accompanying resources: My Personal Best teacher and pupil resource (sold separately).</p>
<p>Subject leader modules one-three</p>	<p>Suitable for: new and experienced subject leaders.</p> <p>Each module is booked as one CPD session. Modules can be delivered in any order depending on your requirements.</p> <p>Supporting your young people: to experience purposeful, relevant and engaging PE, school sport and physical activity. Pupils will understand the wider value PE contributes to their physical and mental health and how this supports them to flourish in school and life.</p>



<p>Module one: the role of the subject leader</p>	<p>This will help you: unpick the key aspects of the subject leader role, supporting you to reflect on the provision in your setting and formulate development plans to implement back in school. We'll consider the purpose and vision for PE in your context, the interconnected relationship of school sport and physical activity, and the potential for impacting whole school, supporting you to challenge perceptions and change thinking around the value of PE in your school.</p> <p>Accompanying resource: n/a</p>
<p>Module two: shaping your PE curriculum</p>	<p>This will help you: focus on reviewing your intent to ensure it is fit for purpose in the current climate and into the future for your school context. We'll look at how to create a curriculum framework that is well sequenced, considering the physical, social, emotional and cognitive journey of your pupils. We'll explore what we mean by high quality PE teaching and learning, considering the important role it can have in connecting to your whole school curriculum and impacting whole school improvement.</p> <p>Accompanying resource: n/a</p>
<p>Module three: planning and assessment in physical education</p>	<p>This will help you: baseline where the teaching of PE is currently at within your school, developing a personalised development plan and monitoring approach to track progression. We'll consider effective PE planning for quality teaching and learning and methods of assessment to measure impact against your curriculum intent.</p> <p>Accompanying resource: n/a</p>
<p>5 Ps to the PEfect PE Curriculum</p>	<p>Suitable for: Primary and secondary PE subject leaders, Multi-Academy Trust PE and sport leads.</p> <p>This will help you: structure your approach to PE in your school/ MAT.</p> <ul style="list-style-type: none"> · Session 1: Purpose explored – understand your context to establish a curriculum that is fit for purpose. · Session 2: Process explained – design a curriculum pathway that is well-sequenced, easy/ simple to implement and considers different models of practices. · Session 3: Principles established – ensures your values are upheld and non-negotiables of every PE lesson are consistent, clear and can be implemented. · Session 4: Progress measured – build an approach to assessment that measures what matters and has impact to improve learning. · Session 5: Progression evaluated – revisit learning after six months to share progress and consider what next in the evolution of PEfect curriculum delivery in your school or MAT. <p>Supporting young people: to experience relevant and enjoyable PE provision and understand its importance in the wider context of their academic and personal development.</p> <p>Accompanying resources: N/A</p>



<p>Taking PE whole school</p>	<p>Suitable for: PE subject leaders, aspiring and current SLT</p> <p>This will help you: to harness the values and power of PE to drive a whole school approach towards improved educational outcomes across the wider curriculum. You will explore how PE and physical activity can be used as positive interventions to improve attitude to learning, behaviour in the classroom and attendance.</p> <p>Supporting young people: to have access to the most relevant and accessible PE provision for them in their setting.</p> <p>Accompanying resources: N/A</p>
<p>PE, sport and physical activity visioning and strategic planning for school/MATs</p>	<p>Suitable for: Trust-wide PE lead, school PE leads, senior leaders and wellbeing leads.</p> <p>This will help you: to establish a consistent vision and strategic approach for PE, school sport and physical activity across the Trust, underpinned by the overall Trust's strategic vision, values and priorities. You will explore how to position PE, school sport, wellbeing and personal development as a driver for whole school or Trust improvement and by considering your strengths and identifying areas for development, will inform strategic action planning.</p> <p>Supporting your young people: to be part of a vision and strategy for the development of PE, school sport and physical activity across their school or Trust that prioritises their needs and supports them to achieve their potential.</p> <p>Accompanying resources: N/A</p>
<p>An introduction to Physical Literacy</p>	<p>Suitable for: PE subject leaders, primary generalists and headteachers</p> <p>This will help you: understand the critical role you play in impacting young peoples' physical literacy journey by learning how to nurture the connection between how we think, feel, move and connect with others during movement and physical activity. You'll unpick the concept of physical literacy, translating what it means and how it looks within your school environment.</p> <p>Supporting your young people: develop positive relationships with movement and physical activity, building the foundations for an active life.</p> <p>Accompanying resources: N/A</p>
<p>Ofsted PE deep dive</p>	<p>Suitable for: PE subject leaders, and headteachers</p> <p>This will help you: prepare to reflect on your current PE provision within your school. Structured in three parts, you will:</p> <ul style="list-style-type: none"> - refresh your knowledge of the Ofsted Education Inspection Framework and the implications for PE. - understand the PE deep dive process as part of a wider Ofsted inspection. - prepare for an Ofsted deep dive in PE with the chance to reflect and review across the three I's: intent, implementation, and impact. <p>Supporting your young people: by ensuring they receive high quality PE provision throughout their school experience.</p> <p>Accompanying resources: N/A</p>



PE and sport premium reporting

Suitable for: PE subject leaders, and headteachers

This will help you: provide effective evidence of impact against the key indicators of the PE and school sport premium requirements in line with your schools' priorities and pupil need, and consider how to review and reforecast as part of a robust, data informed academic cycle.

Supporting your young people to: benefit physically, socially and emotionally from effective and impactful investment.

Accompanying resources: N/A

Primary CPD	Virtual (2-hours)	Face-to-face (half-day)	Face-to-face (full-day)	Virtual (multiple sessions)	Blended virtual and face-to-face
Price (ex VAT)	£243	£500	£750	£750	*prices on request
Healthy Movers			✓		
My Personal Best Primary	✓		✓		
Subject Leader modules			✓		
5 Ps to the PErfect PE Curriculum				✓	
Taking PE whole school			✓		
PE, sport and physical activity visioning and strategic planning for school/MATs		✓			
An introduction to Physical Literacy		✓			
Ofsted PE deep dive		✓			
PE and sport premium reporting		✓			



Secondary CPD Courses

<p>My Personal Best Secondary</p>	<p>Suitable for: PE subject leaders and headteachers.</p> <p>This will help you: to explain the importance of PE in supporting the holistic development and physical literacy journey of all pupils. You will be able to recognise what 'life-skilled' looks like in your pupils and explore a curriculum that supports life skills teaching and learning.</p> <p>Supporting young people: to experience purposeful, relevant and engaging PE, school sport and physical activity. Pupils will understand the wider value PE contributes to their physical and mental health and how this supports them to flourish in school and life.</p> <p>Accompanying resources: My Personal Best teacher and pupil resource (sold separately).</p>
<p>Taking PE whole school</p>	<p>Suitable for: Heads of PE or any member of PE staff with a whole-school development focus (e.g., completing an NPQ).</p> <p>This will help you: to harness the values and power of PE to drive a whole school approach towards improved educational outcomes across the wider curriculum. You will explore how PE and physical activity can be used as positive interventions to improve attitude to learning, behaviour in the classroom and attendance.</p> <p>Supporting your young people: to have access to the most relevant and accessible PE provision for them in their setting.</p> <p>Accompanying resources: N/A</p>
<p>5 Ps to the PErfect PE curriculum</p>	<p>Suitable for: PE subject leaders, Multi-Academy Trust PE and sport leads.</p> <p>This will help you: structure your approach to PE in your school/ MAT.</p> <ul style="list-style-type: none">· Session 1: Purpose explored – understand your context to establish a curriculum that is fit for purpose.· Session 2: Process explained – design a curriculum pathway that is well-sequenced, easy/ simple to implement and considers different models of practices.· Session 3: Principles established – ensures your values are upheld and non-negotiables of every PE lesson are consistent, clear and can be implemented.· Session 4: Progress measured – build an approach to assessment that measures what matters and has impact to improve learning.· Session 5: Progression evaluated – revisit learning after six months to share progress and consider what next in the evolution of PErfect curriculum delivery in your school or MAT. <p>Supporting young people: to experience relevant and enjoyable PE provision and understand its importance in the wider context of their academic and personal development.</p> <p>Accompanying resources: N/A</p>



<p>PE, sport and physical activity visioning and strategic planning for school/MATs</p>	<p>Suitable for: Trust-wide PE lead, school PE leads, senior leaders and wellbeing leads</p> <p>This will help you: to establish a consistent vision and strategic approach for PE, school sport and physical activity across the Trust, underpinned by the overall Trust’s strategic vision, values and priorities. You will explore how to position PE, school sport, wellbeing and personal development as a driver for whole school or Trust improvement and by considering your strengths and identifying areas for development, will inform strategic action planning.</p> <p>Supporting young people: to be part of a vision and strategy for the development of PE, school sport and physical activity across their school or Trust that prioritises their needs and supports them to achieve their potential.</p> <p>Accompanying resources: N/A</p>
<p>Providing a high quality, inclusive PE experience that ensures gender parity and is physical literacy informed.</p>	<p>Suitable for: PE subject leaders, Multi-Academy Trust PE and sport leads.</p> <p>This will help you: focus on delivering a high-quality, inclusive PE experience that promotes gender parity and incorporates physical literacy principles for a well-rounded curriculum. You’ll explore strategies to create an environment where all pupils feel empowered and valued and gain insights into implementing inclusive teaching practices.</p> <p>Supporting young people: to engage in positive, equitable PE experience.</p> <p>Accompanying resources: N/A</p>
<p>Ofsted PE deep dive</p>	<p>Suitable for: PE subject leaders and headteachers</p> <p>This will help you: prepare to reflect on your current PE provision within your school. Structured in three parts, you will:</p> <ul style="list-style-type: none"> - refresh your knowledge of the Ofsted Education Inspection Framework and the implications for PE. - understand the PE deep dive process as part of a wider Ofsted inspection. - prepare for an Ofsted deep dive in PE with the chance to reflect and review across the three I’s: intent, implementation, and impact. <p>Supporting your young people: by ensuring they receive high quality PE provision throughout their school experience.</p> <p>Accompanying resources: N/A</p>
<p>Teaching practices in PE that address disadvantage.</p>	<p>Suitable for: PE subject leaders and headteachers</p> <p>This will help you: examine teaching practices in PE that address disadvantage, including socio-economic challenges, limited resources, or diverse learning needs. You’ll explore strategies, approaches and ways to adapt teaching methods to create an equitable and inclusive PE environment for all pupils, regardless of their background or circumstances.</p> <p>Supporting your young people: to thrive and succeed in PE</p>



Secondary CPD	Virtual (2-hours)	Face-to-face (half-day)	Face-to-face (full-day)	Virtual (multiple sessions)	Blended virtual and face-to-face
Price (ex VAT)	£243	£500	£750	£750	*prices on request
My Personal Best Secondary	✓		✓		
Taking PE Whole School	✓	✓			
5 Ps to the PErfect PE Curriculum					✓
PE, sport and physical activity visioning and strategic planning for school/MATs		✓			
Providing a high quality, inclusive PE experience that ensures gender parity and is physical literacy informed.		✓			
Ofsted PE deep dive		✓			
Teaching practices in PE that address disadvantage		✓			

SEND Inclusion CPD Courses

My Personal Best Special	<p>Suitable for: PE practitioners and pastoral leads within special or mainstream settings.</p> <p>This will help you: feel supported and confident you have the skills, resources, and training to support character development for young people with SEN/D and/ or additional needs. You will be able to recognise what 'life-skilled' looks like in your pupils and explore a curriculum/provision that supports life skills teaching and learning.</p> <p>Supporting your young people: to realise their potential in and through physical education and sport. Pupils will experience success in sport, school, and their personal development.</p> <p>Accompanying resources: My Personal Best Teacher guide, skill cards and learner booklet. Access to digital version of My Personal Best (Makaton version).</p>
Top Sportsability	<p>Suitable for: teachers, learning support staff, and other sports practitioners.</p> <p>This will help you: create a more inclusive offer for all young people to have access to school sport and physical activity especially those with special educational needs and disability.</p> <p>Supporting your young people: with special educational needs and disabilities to be fully included and participate in sport and physical activity.</p> <p>Accompanying resource: https://www.youthsporttrust.org/topsportsability (free to access).</p>

SEND Inclusion CPD Courses	Virtual (2-hours)	Face-to-face (half-day)	Face-to-face (full-day)	Virtual (multiple sessions)	Blended virtual and face-to-face
Price (ex VAT)	£243	£500	£750	£750	*prices on request
My Personal Best Special		✓			
Top Sportsability		✓	✓		

Purchase a follow up for your course. Check and challenge where you have implemented learnings and get support to embed them further into your setting.

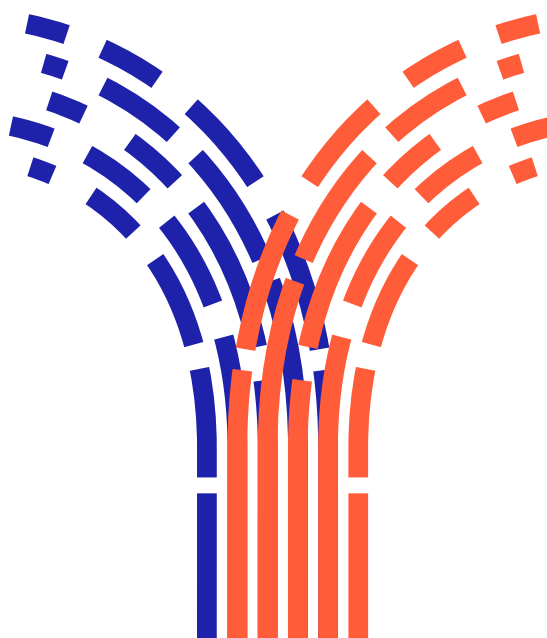
One-hour phone or Zoom call with Development Manager.

£165.00

Two-hour phone or Zoom call with tutor

£278.00

*prices will vary depending on the options – please speak to your Development Manager or contact membership@youthsporttrust.org



If you would like CPD for a single school (member or non-member) please contact membership@youthsporttrust.org for a price.