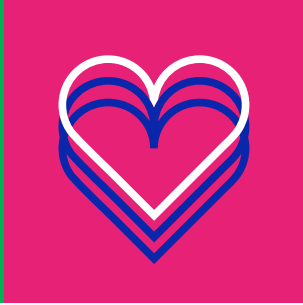




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CONFERENCE 2025

*Lead Well.
Move Well.
Live Well.*



#YSTConference

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SPORTS WEEK 2025**
16-22 JUNE

always
active



National School Sports Week is back!

16-22 June 2025 | Powered by **Sports Direct** × **Under Armour**

2025 marks 30 years of the Youth Sport Trust and to celebrate we're making National School Sports Week bigger and better than ever! We're calling on schools, families, and organisations to get involved, host the UK's biggest-ever sports day, and champion 60 minutes of PE, sport and play every day to help all young people be Always Active.

Sign up today to access **FREE** resources, competitions, and incentives – including the chance to **WIN a £250 Sports Directory voucher** and a **visit from a Youth Sport Trust Athlete Mentor!**

- **Sign up** your school or organisation
- **Get access** to exclusive activity packs, challenges and webinars
- **Help us create** a generation that is Always Active!

Scan the QR code to **SIGN UP NOW!**
#NSSW2025 | **#YSTAlwaysActive**

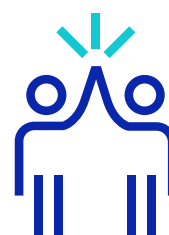


Conference

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Your feedback helps us to shape future events

A link to an online survey will be sent to you following the conference. Please take the time to give us your views. Thank you!



Welcome



On behalf of the Trustees and the entire team at the charity, I would like to welcome you to the Youth Sport Trust Conference 2025, marking our 30th anniversary.

I firmly believe the Youth Sport Trust has always been more than an organisation; it is a movement made up of schools, practitioners and partners united by a common and powerful mission.

At a time when there are many concerns in the world and significant challenges to overcome in education, what we need more than anything is hope. Play and sport can give us exactly that. This year, our conference programme has been curated to amplify 'points of light' and 'beacons of hope' to lead us out of the darkness. We believe now is the time to lean into positivity and focus our energies not on tackling mental health, but fostering mentally healthy children; not on tackling exclusions, but amplifying inclusion; and not on playing safe and managing risks, but being adventurous and taking them.

This year we are relaunching our **Well Schools** movement with a refreshed proposition centred around three new pillars, designed to underpin a whole school **Well Culture**. Today's sessions are focused on these pillars:

Lead Well sessions focus on empowering staff and pupils to help shape and lead their school. We're thrilled to welcome Baroness Sue Campbell, who will share invaluable lessons from her own leadership journey, including founding the Youth Sport Trust.

Move Well sessions ensure every pupil is prepared physically and mentally for learning and life. Dr James Hewitt will join us to look at how movement can enhance brain development and improve overall wellbeing.

Live Well sessions look at equipping every pupil with the essential human skills they need to thrive in a digital world.

I hope you will enjoy the chance to explore our largest exhibition yet! Don't forget to register for National School Sports Week 2025, connect with our inspiring Youth Board, and visit the Well School stand to be among the first to access the new Well Check.

A special thank you goes to our headline sponsors, Sports Directory and The LEGO Group, as well as our supporting partners Complete PE and Enrich Education. Thank you to our speakers for being so generous with your time, knowledge and experiences. We are incredibly grateful to all involved who are helping to turn effective practice into common practice.

Whilst you are here with us, I hope you will find some hope to uplift you and some light to guide you. Thank you for being part of this important journey with us – together we can, and we will build brighter futures.

Ali Oliver MBE
Chief Executive – Youth Sport Trust



I am thrilled to be here today as we come together to explore the evolving role of sport and physical activity in shaping the future of education and young people's lives.

Over the past year, the Youth Board has been dedicated to our mission: Inform, Influence and Engage. We have been working closely with the Youth Sport Trust to ensure that the voices of young people are actively shaping the future of PE, sport and physical activity across the country.

Inform – We have been part of co-design groups to support the Youth Voice Toolkit, helping to create a resource that empowers young people to share their perspectives and drive meaningful change.

Influence – We have played a key role in shaping the content of this year's conference, ensuring that sessions reflect the priorities and lived experiences of young people today.

Engage – We have contributed to national discussions, including roundtables led by government departments, helping to influence policy and the future direction of PE and youth sport.

This year, the Youth Board has also led the way in creating opportunities for young people to be active in a way that works for them. We know that sport should be inclusive, accessible and empowering for all, and we have continued to champion diversity, choice and wellbeing in everything we do.

We are committed to growing the impact of youth voice, ensuring that young people continue to shape the decisions that affect them. Recognising the power of collaboration, we invite all of you to work with us in building a future where every young person has the opportunity to be active, engaged and thriving.

For this year's conference, the Youth Board are involved in a workshop that focuses on the challenges of a reduced PE curriculum in KS4 and KS5 (ages 14 to 18) and the impact on physical and mental wellbeing. The panel will explore the barriers to taking part in sport during exam periods, whilst also providing examples from practitioners who have successfully overcome this. We would like to thank all those who have been a part of bringing this panel together and we hope you'll join us for this important conversation.

Throughout the conference, members of the Youth Board will have an open collaborative space in the Exhibition Hall, and we are available to answer any questions you may have about getting your young people involved in having their voice heard.

Thank you for being here, for championing youth voice, and for your commitment to creating a brighter future for young people through sport. Let's make this an inspiring and impactful day together!

Abhishna Yogarajan
Chair – Youth Sport Trust Youth Board

Mo's Mission



30 million minutes for Mo!

This year, in celebration of our 30th anniversary, we want schools up and down the country to pledge 30 million active minutes in support of Mo's Mission.

Youth Sport Trust National School Sport Champion Sir Mo, wants every child in the UK to get active for at least 60 minutes a day of PE, sport and play. 60 minutes of physical activity is the Chief Medical Officers' minimum recommended amount in order to stay happy and healthy. For young people with disabilities the recommendation is at least 20 minutes per day.

By signing up to support Mo's Mission on the Youth Sport Trust website, schools can access free tools and resources to support more children to be physically active, including exclusive content from Mo himself!



Every school that signs up counts towards Sir Mo's 30 million minutes total.

Take action today! Pledge your minutes here:
youthsporttrust.org/mos-mission



Support us

Together we change lives!



We can achieve so much more with your vital support which helps young people develop essential skills, build confidence, and lead healthier lives through sport.

Visit us at the **Support Us gazebo** to find out how you can **get involved** in fundraising to help us build brighter futures

- **Register for a charity challenge event and receive a FREE Mo's Mission bandana.**
Choose from our discounted offers
- **Talk to us about your fundraising ideas**
Create your own challenge, set up a Just Giving page and rally support from your network
- **Make your Mo's Mission pledge**
Help us ensure every child can access the enormous benefits that come from being active.

We are blown away by the support and commitment of our wonderful fundraisers who dedicate their time and hard work to make a difference to the lives of more children and young people.

Ready to make a difference?

**Join us, donate to us or
fundraise for us today.**

You can also find other ways to support us here:
youthsporttrust.org/fundraising-and-donations



Workshops

Lead Well.



Staff and pupils are empowered to shape and lead their school

Staff and pupils' voices are heard in decision-making and actions and there are regular opportunities for them to contribute to the design and implementation of these actions. Governing bodies should also have a good understanding of health and wellbeing issues and support the senior leadership team and the wider school community.

Move Well.



Every pupil is prepared physically and mentally for learning and for life

Well Schools are active schools and the importance of movement to brain function, mood and learning is understood. Movement breaks are included in the school day contributing to the Chief Medical Officers' recommendation of 60 active minutes a day (20 mins for SEND/ALN). The outcomes of PE are aligned to the needs of ALL young people. All children can access and enjoy extracurricular activities and experience competition.

Live Well.



Every pupil is equipped with the essential skills and experiences to thrive in a digital world

Well Schools equip pupils with essential skills to thrive in the digital world. They offer opportunities for personal development and for pupils to contribute positively to school life and their community. Well Schools support pupils with their mental health and wellbeing, create healthy lifestyle habits through a health and wellbeing curriculum, teaching them about good food, balancing screen time, and sleep.

Exhibition and Networking

The Youth Sport Trust Exhibition is open all day for delegates and will showcase a wide range of PE, school sport, and wellbeing organisations, providing delegates with excellent networking opportunities and the chance to explore high-quality solutions for schools and educational settings.

Featuring over 85 engaging stands and a range of active demonstrations for delegates to get involved in, the exhibition will also provide an opportunity to engage directly with staff from the Youth Sport Trust on a wide range of topics.

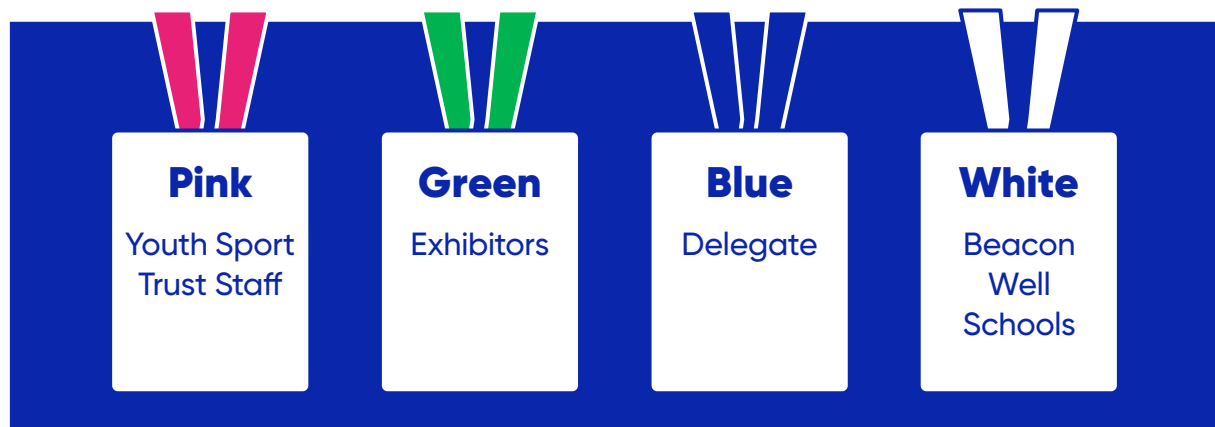
Quiet space

The Ryton Suite will be available throughout the day for anyone observing Ramadan or needing a quiet space. For any delegates who require support, there will be a designated prayer room at both the Awards Dinner and Conference that can be accessed throughout the day.

Dr Irfan Khawaja is also available to speak to via call or message for anyone who is observing Ramadan and may be feeling in need of support. **Dr Irfan Khawaja can be contacted on 07855 171547.**

Lanyards

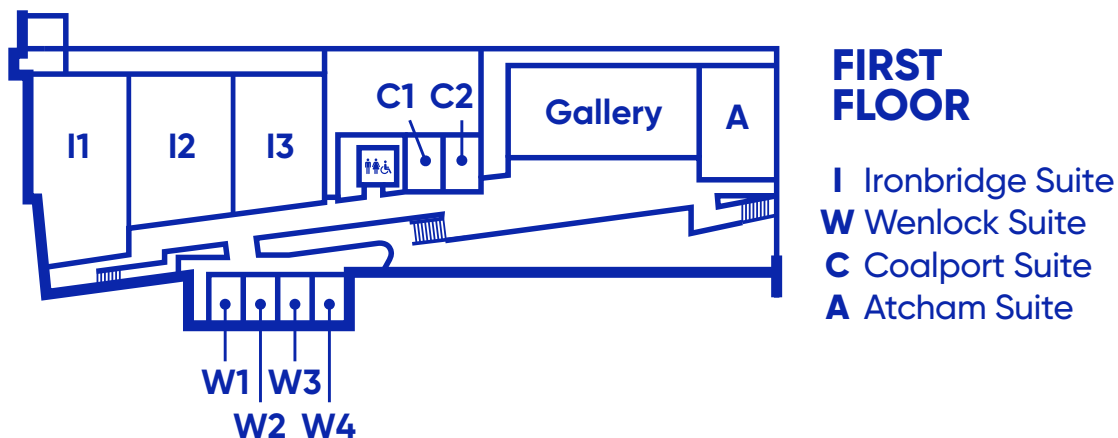
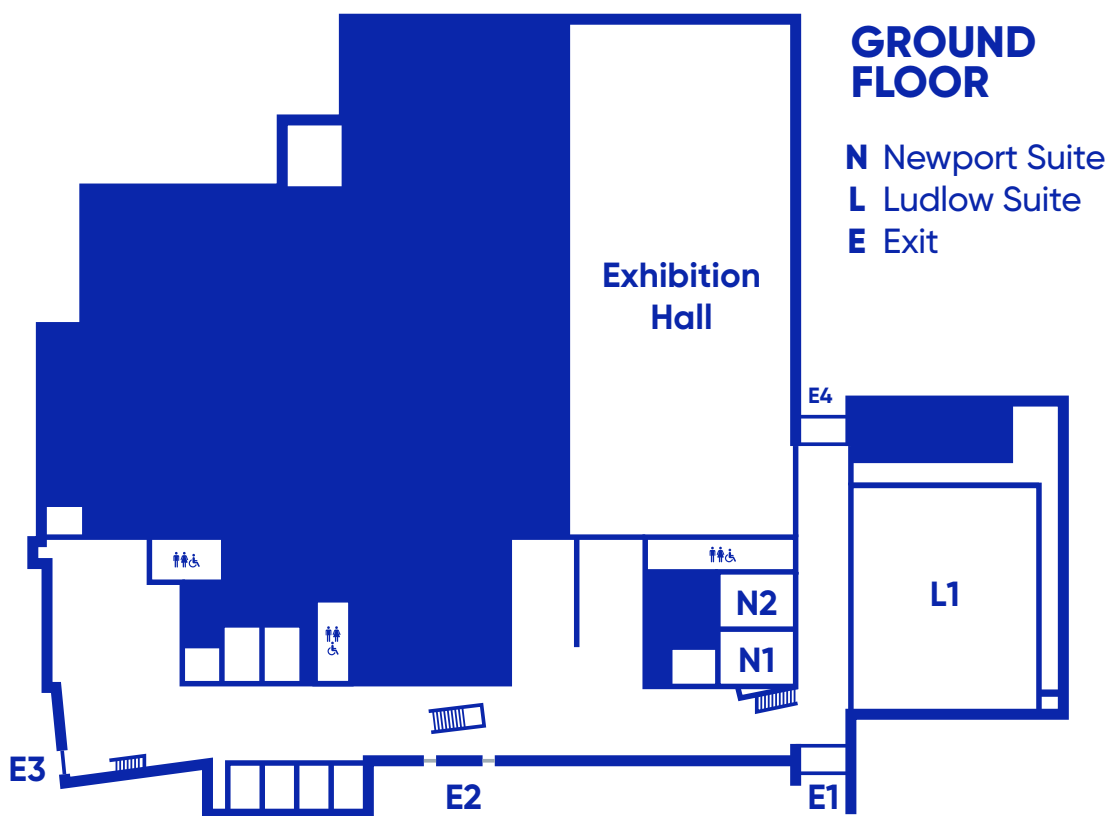
You will see event attendees wearing different coloured lanyards this year. The lanyards represent the following:



Programme overview

Time	Session
08:15-09:15	Morning meet-up – Wenlock 2 Network Diversity Round Table – Wenlock 1 PRU Breakfast Networking – Wenlock 3+4
08:30-09:30	Registration and Exhibition – Exhibition Hall
09:30-10:20	LEAD Workshops Lead 1 – Ironbridge 2 Lead 2 – Ironbridge 1 Lead 3 – Ironbridge 3 Lead 4 – Coalport Suite Lead 5 – Exhibition Hall Lead 6 – Atcham Suite Exhibition and Demo Zone – Exhibition Hall Fringe – Set for Success – Wenlock 2 Fringe – PRU – Wenlock 3+4 Fringe – Youth Sport Trust Advocacy Network – Newport Suite
10:30-11:45	Opening Address – Ludlow Suite Baroness Sue Campbell Leading Well with courage, conviction, and compassion
11:55-12:15	Refreshments and Exhibition – Exhibition Hall
12:15-13:05	MOVE Workshops Move 1 – Ironbridge 2 Move 2 – Ironbridge 3 Move 3 – Coalport Suite Move 4 – Ironbridge 1 Move 5 – Newport Suite Move 6 – Atcham Suite Move 7 – Exhibition Hall Exhibition and Demo Zone – Exhibition Hall Fringe – Set for Success – Wenlock 2 Fringe – Girls Active – Wenlock 2 (13:15-14:10)
13:05-14:15	Lunch and Exhibition – Exhibition Hall
14:20-15:20	Afternoon Keynote – Ludlow Suite Dr. James Hewitt The Active Advantage – how to build better brains through movement

Finding your way



Time	Session
15:30-16:25	LIVE Workshops
	Live 1 – Ironbridge 1
	Live 2 – Exhibition Hall
	Live 3 – Ironbridge 2
	Live 4 – Ironbridge 3
	Live 5 – Atcham Suite
	Exhibition and Demo Zone – Exhibition Hall
Fringe – EDC Leadership Cohort – Wenlock 1	
Fringe – Girls Active – Wenlock 2	
Fringe – Lead Inclusion Schools – Wenlock 3+4	

Today's speakers



MORNING KEYNOTE

Baroness Sue Campbell

Courage, conviction, and compassion – insights on 'Leading Well'

Baroness Sue Campbell started her career as a physical education teacher in Whalley Range in Manchester. It was there that, in her own words, Sue recognised the 'power of sport to change lives'.

She later became the founding Chief Executive of the Youth Sport Trust (1995), Chair of UK Sport (2005), and Director of Women's Football at The FA (2018). Notably, she led the Lionesses to victory at the 2022 UEFA Women's EURO and oversaw Team GB's and Paralympics GB's incredible performance at the London 2012 games. She is currently the Chair of England Netball.

A recipient of numerous honours, including a Dame Commander of the Order of the British Empire (DBE) for her services to Sport.

In her opening keynote address, Sue will:

- Share key lessons from her leadership journey.
- Highlight the importance of leading with courage, conviction, and compassion.
- Offer strategies to inspire colleagues and students to reach their full potential.

AFTERNOON KEYNOTE

Dr James Hewitt

The Active Advantage – building better brains through movement

Dr. James Hewitt is a performance scientist, speaker and author, with over 15 years of experience in human high performance. James is an active researcher at Loughborough University (#1 globally in Sport, Exercise, and Health Science). He specialises in human high performance, without compromising health in the process.

In this keynote on the Move Well pillar, James will blend cutting-edge science with practical strategies to show how physical activity enhances brain development, cognitive performance, and academic achievement.

During the session, James will:

- Empower educators with evidence-based insights about physical activity's role in brain development and learning.
- Provide practical, cost-effective solutions that work within existing educational constraints.
- Foster a 'movement culture' that aligns with academic priorities.
- Provide actionable takeaways that can be implemented the next school day.

Thank you

Thank you to all the young people and performers participating in this year's awards dinner and conference

Awards Dinner Young Performers
Clare Mount Specialist Sports College

Conference Young Performers
Penryn College



If you have outstanding performers at your school who would be interested in further performance opportunities at Youth Sport Trust events, please contact events@youthsporttrust.org



Event operations

Exhibition – Maelstrom Event Solutions

Audio visual – Missing Link

Event filming – HVP Studios

Awards Dinner PR and photography – Sportsbeat

Sustainability

The Youth Sport Trust is committed to reducing its impact on the climate and environment.

We strongly encourage attendees to car share, use public transport, or choose sustainable travel to help reduce the event's carbon footprint. You can also use the **You. Smart. Thing.** travel planner to calculate your environmental impact and find low-carbon routes. Thank you for your support in making this our most sustainable conference yet!





Well Culture. Lead Well. Move Well. Live Well.

Join the happiest, healthiest schools in the world

Well Schools is a movement of schools which aim to help improve education outcomes by placing wellbeing at their very heart. A Well School places just as much emphasis on wellbeing as it does on academic performance.

Sign-up to find out more today and be amongst the first schools to get access to our new free-to-access **Well Check** which will be launched in the summer. Once you complete the check you will receive a **free tailored development** plan to help you on your journey to becoming a Well School.

You can also access our refreshed **Steps to Success guide** and a **library of podcasts** from incredible school leaders who share their approaches and learnings from adapting a Well Schools approach.

Are you a Well School? Look out for the Well Schools Accreditation, coming in September 2025.

youthsporttrust.org/well-schools



Breakout sessions



Lead Well.



Move Well.



Live Well.

Fringe.



Scan the QR code to view the full agenda, timings, and speakers for each workshop.

Breakout sessions

08:15–09:15

Breakout sessions 08:15–09:15

Session/location	Title and synopsis
FRINGE Wenlock 1	Network Diversity Round Table This is a closed session for the Network Diversity network.
FRINGE Wenlock 2	Morning meet-up Would you like to learn more about the DfE-funded physical education curriculum created by PE Scholar and Complete PE, with support from Youth Sport Trust, for Oak National Academy? Free to access and fully editable, it allows you to tailor it to your needs. You can choose individual units or lessons, or adopt the entire curriculum, which covers Year 1 to Year 11, including GCSE PE. This well-sequenced, holistic curriculum is informed by physical literacy and aligned with Sport England’s Move, Think, Feel, Connect framework, making PE more meaningful for all. Join our morning meet-up, before the main agenda, to explore the curriculum map and learn about the research underpinning its development. Curriculum Design Leads Catherine Fitzpatrick and Will Swaites are eager to hear your ideas on how the lesson materials can be further refined to better meet your needs.
FRINGE Wenlock 3+4	PRU Breakfast Networking This is a closed session for the PRU network.

Breakout sessions

09:30–10:20

Breakout sessions 09:30–10:20

Session/location	Title and synopsis
LEAD 1 Ironbridge 2	What is a Well School? <p>This session is the perfect introduction to Well Schools. Led by passionate educators and forward-thinking innovators at the centre of the Well Schools approach, the session will:</p> <ul style="list-style-type: none">• Reflect on the journey and key milestones achieved so far.• Explore the core framework and principles that underpin Well Schools.• Share insights into the exciting next steps and future vision. <p>This session is an ideal starting point for anyone curious about transforming education through wellbeing-focused practices.</p>
LEAD 2 Ironbridge 1	Giving every young person a voice – the value of seeking diverse perspectives <p>This interactive session will focus on the essential role of Youth Voice in addressing inequalities within both mainstream education and Alternative Provision settings. Key talking points include:</p> <ul style="list-style-type: none">• Exploring children’s rights to express their views and be heard.• Demonstrating how providing meaningful opportunities for young people to express their views can drive transformative change• Showcasing practical examples of elevating diverse perspectives in action. <p>Attendees will reflect and discuss strategies to amplify and integrate these voices into their own contexts.</p>

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Breakout sessions

09:30–10:20

Breakout sessions 09:30–10:20

Session/location	Title and synopsis
LEAD 3 Ironbridge 3	<p>The Power of a Well School Trust: Elevating school improvement and shaping your Multi-Academy Trust’s purpose</p> <p>In this session, we will cover:</p> <ul style="list-style-type: none">• What is a Well School Trust? A multi-academy trust (MAT) that prioritises health and wellbeing in strategic and improvement plans.• Core Focus: Uses PE, sport, and play to drive positive change across schools.• Purpose-Driven Framework: Aligns the MAT with a clear, compelling vision.• Impact: Explores how this approach fosters significant school improvement and long-lasting outcomes. <p>Join us to explore the transformative potential of the Well Trust framework.</p>
LEAD 4 Coalport Suite	<p>Tackling the barriers to parent engagement within ethnically diverse communities</p> <p>When schools and parents collaborate, they have a positive impact on attainment and student wellbeing (Parent Kind 2024). In this session, discover how Cubitt Town Primary School in Tower Hamlets is building strong partnerships with its diverse parent community to promote children’s physical activity. We will explore:</p> <ul style="list-style-type: none">• How the school addresses key barriers such as language, cultural differences, and time constraints.• Strategies for fostering trust and building strong relationships with parents.• Effective ways to engage families and increase participation in physical activity. <p>Join us to learn practical strategies for overcoming these challenges and enhancing parent engagement in diverse communities.</p>

Breakout sessions

09:30-10:20

Breakout sessions 09:30-10:20

Session/location	Title and synopsis
LEAD 5 Exhibition Hall	<p>Representation and its role in education</p> <p>Join a diverse panel of voices, from individuals to educators and policymakers, as they:</p> <ul style="list-style-type: none"> • Explore the vital role of representation in education • Highlight the value of distributed leadership in promoting equity and shared decision-making. • Explore the concept of “being comfortable with being uncomfortable” as a pathway to trust and understanding.
LEAD 6 Atcham Suite	<p>Meet the Well Schools – Secondary</p> <p>Join us to explore how Beacon Well Schools are leading the way in integrating wellbeing into education. In this session, Crown Hills Community College in Leicester and Manchester Communications Academy will share:</p> <ul style="list-style-type: none"> • How they have implemented and developed the Well School Framework. • The impact of their Lead Well pillar in action. • Practical insights and lessons to help you adopt similar strategies. <p>This is a valuable opportunity to learn directly from schools making a significant difference.</p>
FRINGE Wenlock 2	<p>Set for Success</p> <p>This is a closed session for the Set for Success network.</p>
FRINGE Wenlock 3+4	<p>PRU</p> <p>This is a closed session for the PRU network.</p>
FRINGE Newport Suite	<p>Youth Sport Trust Advocacy Network</p> <p>This is a closed session for Youth Sport Trust Headteacher Ambassadors, PE and MAT CatalYSTs.</p>
Exhibition Exhibition Hall	<p>Sponsored by Sports Directory</p> <p>85+ engaging stands and a range of Active Demo Zones, looking for a session with variety? This is the option for you.</p>

Breakout sessions

12:15–13:05

Breakout sessions 12:15–13:05

Session/location	Title and synopsis
MOVE 1 Ironbridge 2	<p>The who, the what, the how to create an extra-curricular offer that is inspiring, accessible and meaningful</p> <p>This session will help delegates to reflect on their extra-curricular sport offer and assess whether they are inclusive for all young people. Key highlights include:</p> <ul style="list-style-type: none">• Gaining insights from practitioners on overcoming challenges and achieving success.• Learning from real-world examples and key lessons to shape future practices. <p>Leave equipped with practical guidance to create extra-curricular opportunities that inspire and include every young person.</p>
MOVE 2 Ironbridge 3	<p>Starting the Journey: Inspiring lifelong joy in movement and physical activity in your school community</p> <p>Led by the Ted Wragg Trust, this session explores how a trust-wide approach can transform PE, school sport, and physical activity, fostering a lifelong love for movement among students. Key focus areas include:</p> <ul style="list-style-type: none">• Developing a positive, long-term connection to physical activity for all pupils.• Workforce development, community outreach, and partnership building.• Insights, approaches, and lessons learned as the Trust works to shift historical cultures and create lasting positive movement experiences for every student. <p>Join us to discover how to inspire joy in movement and promote physical wellbeing for students now and in the future.</p>

Breakout sessions

12:15–13:05

Breakout sessions 12:15–13:05

Session/location	Title and synopsis
MOVE 3 Coalport Suite	<p>Leading the change: The transformative power of sport in KS4 and KS5</p> <p>Hear from the Youth Sport Trust Youth Board as they discuss the challenges of a reduced PE curriculum in KS4 and KS5 and its impact on their wellbeing. This session will:</p> <ul style="list-style-type: none">• Feature Youth Board members discussing the importance of maintaining an engaging and balanced PE offer.• Include insights from practitioners on designing a progressive and thriving KS4 and KS5 PE curriculum.• Highlight a compelling school case study demonstrating successful implementation. <p>Join us to explore practical solutions for ensuring sport remains a transformative and integral part of the curriculum in KS4 and KS5.</p>
MOVE 4 Ironbridge 1	<p>Dressed to move – does the uniform policy you adopt help or hinder movement?</p> <p>What impact does the uniform policy we adopt have on our young people’s movement throughout the school day and engagement in PE and co-curriculum opportunities? This workshop will explore:</p> <ul style="list-style-type: none">• The impact of uniform on student mobility and engagement.• Examples of effective uniform policies across various settings.• Practical solutions and tools to ensure young people are enabled to move well in school thereby supporting their learning. <p>Join Tess Howard MBE, Olympian and founder of Inclusive Sportswear, who will deliver this engaging workshop.</p>

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Breakout sessions

12:15–13:05

Breakout sessions 12:15–13:05

Session/location	Title and synopsis
MOVE 5 Newport Suite	<p>A playing child is a learning child: The need for active play in education</p> <p>Join us for an exploration of active play's role in education and its impact on learning and brain development. This session will:</p> <ul style="list-style-type: none">• Discuss challenges, including children struggling to engage physically and emotionally in classrooms.• Focus on the rise in additional needs diagnoses and how play can address these challenges.• Share insights into the potential benefits of integrating play and movement into the school day. <p>Hear from our panel as we highlight how integrating active play into education can enhance learning, support brain development, and address engagement challenges for children with diverse needs.</p>
MOVE 6 Atcham Suite	<p>Meet the Well Schools – Primary and Trust wide</p> <p>Join us to explore how Beacon Well Schools and Trusts are leading the way in integrating wellbeing into education. In this session, Oasis Academy, Blakenhale, Birmingham and Tapscott Trust, Newham will share:</p> <ul style="list-style-type: none">• How they have implemented and developed the Well School Framework.• The impact of their Move Well pillar in action.• Practical insights and lessons to help you adopt similar strategies. <p>This is a valuable opportunity to learn directly from schools making a significant difference.</p>

Breakout sessions

12:15–13:05

Breakout sessions 12:15–13:05

Session/location	Title and synopsis
MOVE 7 Exhibition Hall	The Power of movement: the medical benefits of physical activity and sport for young people <p>Physical activity and sport are often seen as essential components of a healthy lifestyle. However, their impact extends far beyond physical fitness. This session will delve into the profound medical benefits of regular physical activity, particularly for young people. Renowned medical experts will discuss the short-term and long-term effects of engaging in at least 60 minutes of moderate-to-vigorous physical activity daily. We will explore how physical activity can positively influence:</p> <ul style="list-style-type: none">• Physical health: including cardiovascular health, bone health, muscle strength, and weight management.• Mental health: such as reducing stress, anxiety, and depression, and improving cognitive function.• Social development: fostering teamwork, leadership, and social skills. <p>Join Dr Radha and Dr Paula Franklin to gain valuable insights into the science behind these benefits and learn how to encourage young people to embrace a more active lifestyle and have the information you need to convince adults that it is important</p>
FRINGE Wenlock 2	Set for Success <p>This is a closed session for the Set for Success network.</p>
FRINGE Wenlock 2	Girls Active <p>This is a closed session for the Girls Active network taking place over lunch. 13:15–14:10</p>
Exhibition Exhibition Hall	Sponsored by Sports Directory <p>85+ engaging stands and a range of Active Demo Zones, looking for a session with variety? This is the option for you.</p>

#YSTConference

Breakout sessions

15:30-16:25

Breakout sessions 15:30-16:25

Session/location	Title and synopsis
LIVE 1 Ironbridge 1	Equipping for life: Cultivating essential skills through pe and sport Showcasing the unique role of PE and sport in building essential life skills. This session will explore: <ul style="list-style-type: none">• How PE, sport, and play can address the skills gap and prepare students for the future.• Practical strategies to leverage these opportunities within schools.• The role of PE in shaping confident, capable, and well-rounded citizens. Join us to learn how to cultivate the skills students need to thrive in life beyond school.
LIVE 2 Exhibition Hall	Belonging through sport: Enhancing student engagement and attendance in schools Discover how sport can create a strong sense of belonging, enhancing students' connection to school and improving attendance. This session will: <ul style="list-style-type: none">• Present five actionable strategies for using sport interventions to drive student engagement.• Highlight key areas such as leadership, participation, and inclusion.• Share real-world examples from successful programs, including Set for Success, My Personal Best, and Back in the Game.• Explore the transformative impact of Athlete Mentors in inspiring and motivating students. Learn how to create inclusive environments where every student feels valued, connected, and eager to attend school regularly.

Breakout sessions

15:30–16:25

Breakout sessions 15:30–16:25

Session/location	Title and synopsis
LIVE 3 Ironbridge 2	Building cultural capital in our communities through the power of volunteering and social action This session will explore how schools use sport to engage students in civic activities, promoting community cohesion, responsible citizenship, and leadership development. Key points include: <ul style="list-style-type: none">• Using sport to inspire student involvement in civic action.• Promoting community cohesion through volunteering and social initiatives.• Developing leadership and citizenship skills in young people.
LIVE 4 Ironbridge 3	Using movement to tackle trauma and toxic stress Trauma and toxic stress can significantly hinder children’s ability to attend school or engage positively in learning. This workshop will: <ul style="list-style-type: none">• Explain the science behind why movement is a powerful tool in addressing trauma and stress.• Explore practical principles for integrating movement into support strategies.• Share real-life stories through the experiences of children in the care system. Join us to understand how movement can transform wellbeing and learning outcomes for vulnerable children.

#YSTConference

Breakout sessions

15:30-16:25

Breakout sessions 15:30-16:25

Session/location	Title and synopsis
LIVE 5 Atcham Suite	Meet the Well Schools – Special Join us to explore how Beacon Well Schools are leading the way in integrating wellbeing into education. In this session, Clare Mount Specialist Sports College, Wirral will share: <ul style="list-style-type: none">• How they have implemented and developed the Well School Framework.• The impact of their Live Well pillar in action.• Practical insights and lessons to help you adopt similar strategies. This is a valuable opportunity to learn directly from schools making a significant difference.
FRINGE Wenlock 1	EDC Leadership Cohort This is a closed session for the EDC Leadership Cohort network.
FRINGE Wenlock 2	Girls Active This is a closed session for the Girls Active network.
FRINGE Wenlock 3+4	Lead Inclusion Schools This is a closed session for the Lead Inclusion Schools network.
Exhibition Exhibition Hall	Sponsored by Sports Directory 85+ engaging stands and a range of Active Demo Zones, looking for a session with variety? This is the option for you.

#YSTConference



**YOUTH
SPORT
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**ATHLETE
MENTORS**

Elite athletes changing young people's lives

Since 2003, Youth Sport Trust has pioneered the use of elite athletes in schools. We now have a compelling evidence base showing how these Athlete Mentors can change young lives.

Working with Youth Sport Trust Athlete Mentors

We deploy some of Britain's most successful world class athletes into primary and secondary schools to deliver bespoke interventions such as assemblies, workshops and master-classes. These interventions can support outcomes including:

- Emotional wellbeing and resilience
- Raising aspirations
- Character development and life skills
- Leadership and employability
- Exam preparation
- Increasing physical activity.

Visit us at **stand 9** to learn more

Find out more:
athletecoordinator@youthsporttrust.org
01509 462900

Athletes can also be used to engage parents, support teacher CPD or for In-Service Training (INSET) Days. Our team including Olympic, Paralympic, World Championship and Commonwealth medallists have a wealth of experience in schools using personal stories of struggle and success to inspire young people.



Amy Truesdale

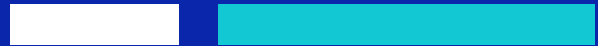
Paralympic Champion Paris 2024,
World and European Champion

91%

of teachers reported that students had improved their confidence and self-esteem as a result of a Youth Sport Trust Athlete Mentor programme



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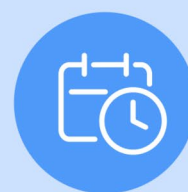
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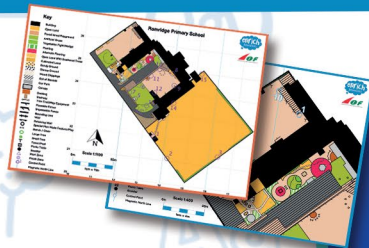
School Orienteering & Cross-Curricular Outdoor Learning

The only school orienteering Youth Sport Trust Changemaker Business, official partner of the International Orienteering Federation, and a British Orienteering Recognised Delivery Partner.



Bespoke orienteering packages for EYFS to Key Stage 4, designed to boost physical activity and help teachers deliver Outdoor and Adventurous Activities (OAA) within the PE curriculum.

Custom School Maps



Orienteering Control Marker Sets



Cross-curricular Outdoor Learning Hub

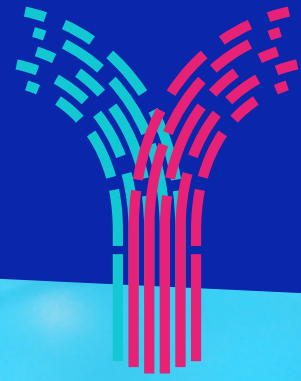


WIN A

OAA PATHWAYS

RESOURCE & TRAINING PACKAGE





Join the **Girls Active** movement and empower girls to take positive action

The number of girls enjoying PE drops dramatically throughout school life from 86% of girls aged 7 to 8 compared to 56% of girls aged 14 to 15. We're on a mission to halt the decline!

Girls Active is our commitment to fostering girls' participation in PE, sport and physical activity. The programme aims to tackle the barriers girls experience and through cultivating a movement of girls and young women, empower them to take positive action through influencing, leading, and inspiring their peers.

Schools engaging in Girls Active commit to support girls in their school community through an underpinning set of principles that guides effective practice in girls' engagement. Girls are best place to raise awareness of their barriers and concerns to participation and working together can be a positive force in changing practice and improving the experience for all girls.

There are a range of ways that any school can get involved, with access to **free resources, case studies, teacher modules** and the **Girls Active survey** as well as some **Girls Active giveaways!**

Find us on **stand 25**

Find out more:
youthsporttrust.org/girls-active
girlsactive@youthsporttrust.org
01509 462995



Exhibition

Exhibition



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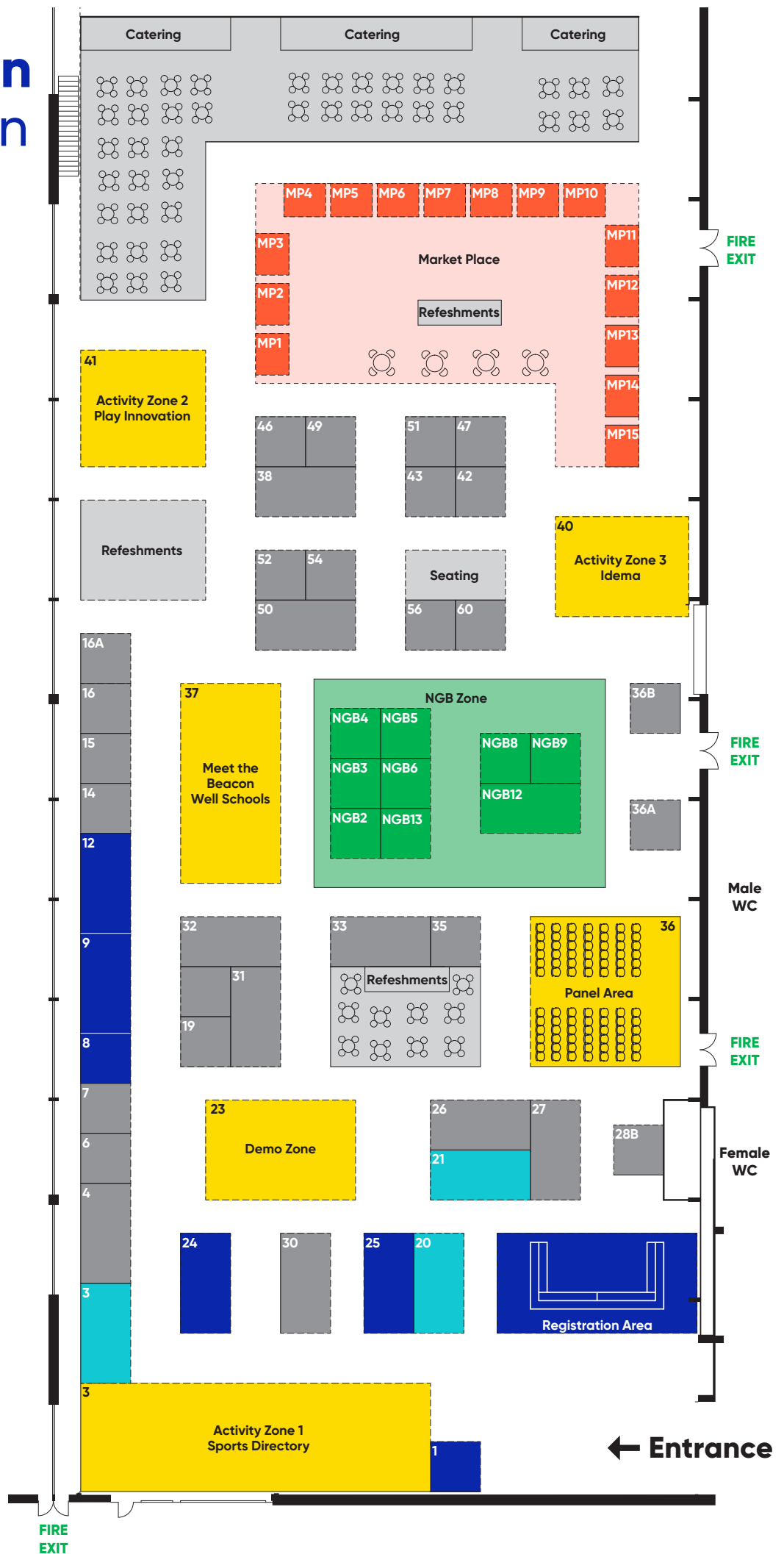
SPORTS DIRECTORY

THE EDUCATION SPECIALISTS



Exhibition Floor plan

Exhibition



Exhibition

Exhibitor list

Youth Sport Trust	STAND NO		
Youth Sport Trust	12	Amazing Interactives Ltd	28A
Athlete Mentors	9	AQA	36A
National School Sports Week powered by Sports Direct × Under Armor	1	Association for Physical Education	15
Youth Board	8	Bisham Abbey & Lilleshall National Sports Centres and Nottingham National Water Sports Centre	19
Girls Active	25	Bishop Sports and Leisure	33
Support Us (Gazebo)	24	Century	52
Sponsors		Citron Hygiene	27
Sports Directory	3	ClassForKids	49
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Enrich Education	21	Cross-Curricular Orienteering	32
National Governing Bodies of Sport		DRUMBA®	6
Basketball England	NGB9	Edstart Sports Coaching Powered by	
British Orienteering	NGB13	Decathlon	56
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England Hockey	NGB5	Get Set 4 Education	46
England Netball	NGB3	Great Athletes	38
England Rugby	NGB2	Halsbury Travel	7
Global VX	NGB8	Idema	40
Lawn Tennis Association	NGB12	Inclusive Sportswear	30
Swim England	NGB6	kitround	16A
Market Place		Leadership Skills Foundation	14
5-a-day Fitness	MP7	Lord Taverners	36B
Action Mats	MP4	Melanoma Fund	54
Complete Education Solutions	MP13	Notts Sport	31
Dance to School	MP12	OCR	35
Dove Self-Esteem Project	MP6	Pearson	16
GCSE Simplified	MP5	Play Their Way	47
Golf Foundation	MP1	Playinnovation	41
Kidzfit	MP3	Primary and Secondary PE Passport	50
Period Education	MP14	Smooga	43
Rockley Adventure	MP8	Team GB and ParalympicsGB	4
Skip2bfit Ltd	MP10	Universal Services (Sports Equipment) Limited	42
Table Tennis 365 Ltd	MP9	YHA	51
The Outdoor Classroom	MP2		
University College of Football Business	MP11		
Varsity Nine	MP15		

Exhibition

Demo Zone

TIME	TITLE AND SYNOPSIS
09:30-10:20	Enrich Education's OAA Pathway Join us to see how Enrich Education's new 'OAA Pathway' resource can make teaching this tricky part of the PE curriculum easier and more fun! This interactive session will give you practical ideas and boost your confidence in helping pupils develop leadership, problem-solving, and teamwork skills.
11:55-12:15	Complete PE and Little Sticks – Unleash your potential through Golf! Come and try some of the activities contained with our golf units. In partnership with Little Sticks, we have created four progressive and carefully sequenced golf units that are fully inclusive for all learners.
12:15-13:05	Enrich Education's Quidditch in the Curriculum Come along and discover how Enrich Education's 'Quidditch in the Curriculum' demonstration can add a unique twist to your PE curriculum! This fun and interactive session will give you the confidence to bring the fast-paced, inclusive sport of Quidditch to your school, boosting engagement and physical activity.
13:05-14:20	Complete PE and British Triathlon – Giving every child the confidence to experience swim, bike, run Come and try some of our triathlon inspired games! In partnership with British Triathlon, we have carefully crafted a brand-new unit of work that we hope will give primary school children the confidence to experience swim, bike and run activities.




DELIVERED BY

Youth Sport Trust Changemaker Business Partners



Exhibition

Activity Zones

ZONE	TITLE AND SYNOPSIS
<p>Idema: LU Interactive Stand 40</p> 	<p>Come and discover how technology can be used to get children active in a fun way! With a large range of applications covering sports, education and recreational content, active learning has never been this entertaining. We'll walk you through all the possibilities the LU system offers and how to integrate it into your sport sessions!</p>
<p>Play Innovation: How to turn screen time into active time Stand 41</p> 	<p>Join Play Innovation as we showcase Street Snooker X, the innovative outdoor play board AND mobile game designed to inspire active play.</p> <p>Our session will demonstrate how the app seamlessly signposts children to real-life Street Snooker installations in parks, schools, and leisure spaces—bridging the gap between digital engagement and physical activity.</p> <p>Discover how this fun, interactive experience boosts hand-eye coordination, mental agility, and social interaction, while providing a powerful tool for educators and local authorities to encourage outdoor play.</p>
<p>Sports Directory Stand 2</p> 	<p>Visit our demo area for exciting challenges and prizes! Try your luck on our Claw Machine, where everyone's a winner, with fantastic prizes up for grabs, including a £1,000 Sports Directory voucher, 1-year free access to Complete PE, vouchers to treat yourself, signed sports equipment from top athletes, and equipment for your school. If you're up for a challenge, test your skills on the ICON Fast Feet – score as many points as you can for a chance to win a goal or football pack for your school. Don't miss out on the fun – come and take part!</p>

#YSTConference



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Notes



Notes



Mo's Mission

60 minutes a day of PE, sport and play

Take action! Pledge your minutes here:
youthsporttrust.org/mos-mission

Find out more on **page 6**



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