



**Active  
Black Country**  
Creating an active, healthier region



# Black Country **Primary School Conference**

for the PE, School Sport  
and Physical Activity Workforce

# 2022





# Introduction

**Date:** Friday 11th February 2022

**Time:** 9.30am - 3.45pm

**Cost:** Free\*

**Venue:** Wolverhampton Racecourse, Gorsebrook Road,  
Wolverhampton, WV6 0PE

Our conference programme in 2022 will provide opportunities to hear and share approaches that address the current challenges, opportunities and best practice in delivering PE, physical activity and enrichment across the region.

The conference will also focus on the opportunities that the Birmingham Commonwealth Games 2022 will bring to the region including ambitions and opportunities around Primary School Swimming.

As well as keynote sessions we have a wide range of workshops to choose from throughout the day, including:

- High Quality PE; challenging personal development of the whole child
- Improving attainment and maximising impact in swimming and safe self rescue
- Commonwealth Games Inspiration workshops
- Creating a school environment for physical activity
- Practical sessions on Gymnastics
- Meaningfulness in Mindfulness
- Active Travel
- Positioning your school as a community hub
- Healthy Schools: best practice and interventions
- Planning for safe practice in PESSPA

The event will also include a Q & A session with an experienced panel and primary school recognition awards.

The wellbeing of young people and staff is a priority for all of us so **please register and join!**



*\* Please note: if you are a private provider or deliverer, or work in schools based outside the Black Country and would like to attend the conference as a delegate, a charge of £50 will be applicable.*

# Primary School Conference Workshop Programme



## Workshop A

### Healthy Schools: best practice and interventions

#### Overview:

An opportunity for delegates to hear from a range of schools and providers on innovative approaches to the development of their schools Physical Activity, Health and Nutrition offer which has been implemented post Covid-19. The workshop will provide an opportunity to unpick some of the impact of interventions and share challenges and opportunities facing schools in the current climate.

**Number of sessions available:** 3

#### Deliverer:

Public Health and Active Black Country



## Workshop B

### Opening School Facilities: creating a sustainable community hub

#### Overview:

The workshop will offer a chance to look into the learnings gathered so far through the Opening School Facilities Programme in the Black Country, hear from other schools about their experiences of offering community physical activity provision outside of school hours to create a sustainable community hub, and to learn about the support on offer from ABC to develop strong and varied offer of sport and physical activity that appeals to young people and the wider community.

**Number of sessions available:** 3

**Suitable for:** Teachers and school leaders who have an interest in opening their school to their local community out of school hours, or would like to improve their current community provision.

#### Deliverer:

Active Black Country



**Please click on the booking link to reserve your place at the conference.**

The link is the same for all sessions, so you can book all the workshops you want to attend in one go!



# Primary School Conference Workshop Programme



## Workshop C

### Active Travel

#### Overview:

The workshop will provide delegates with the opportunity to hear the latest resources, activities to support you in getting your pupils actively travelling to and from school, including the Living Streets' WOW Walk to School Challenge; a pupil-led initiative where children self-report how they get to school every day using the award-winning Travel Tracker.

Designed to promote active travel and physical activity, WOW helps reduce congestion and pollution outside the school gates, while increasing safety and improving the physical and mental wellbeing of pupils.

The Canal and River Trusts Explorers programme is the Trust's education programme aimed at children aged 5-11 seeking to inspire children's learning by connecting them to our canals and rivers.

**Number of sessions available:** 3

#### Deliverer:

Living Streets and the Canal and River Trust



**Canal &  
River Trust**

Making life better by water

## Workshop D

### Actively engaging in school swimming to provide impactful experiences

#### Overview:

This session will look at how all stakeholders in school swimming can work together pre, during, post swimming lessons to ensure pupils are receiving impactful school swimming and water safety lessons.

**Number of sessions available:** 2

#### Deliverer:

Swim England

## Workshop E

### The importance of water safety across the Black Country

#### Overview:

This session will look at the importance of water safety, how we can raise awareness as well as influence the attitudes and values toward it to create safer communities.

**Number of sessions available:** 1

#### Deliverer:

Swim England



# Primary School Conference Workshop Programme



## Workshop F

### Creating a school environment for physical activity

**Overview:**

The workshop will explore the importance of the Built and School Environment in creating conditions for school pupils to be physically active, including examples of good practice and the latest research around this area.

The session will help support schools with ambitions in ensuring all pupils have access to 60 minutes of physical across the school day.

**Number of sessions available:** 2

**Deliverer:**

Dr. Peter Collins University of Wolverhampton



## Workshop G

### High Quality PE: challenging personal development of the whole child

**Overview:**

Observing PE teaching in practice through the use of video clips, this workshop explores the key features of a high-quality PE lesson.

We'll explore how high-quality PE can challenge the personal development of the whole child and allow all children to flourish in PE.

**Number of sessions available:** 3

**Deliverer:**

Jim Morris, Youth Sport Trust



## Workshop H

### Girl's Football in Schools (supported by The FA)

**Overview:**

This workshop will focus on how schools can use the Girls Football in Schools Partnerships to increase participation within schools to meet the FA's aims of every girl having equal access to play football at school by 2024.

**Number of sessions available:** 2

**Deliverer:**

Black Country Girls Football Strategic Leads



# Primary School Conference Workshop Programme



## Workshop I

### Planning for safe practice in PESSPA

**Overview:**

This workshop will help you to navigate through the afPE resource Safe Practice in Physical Education, School Sport and Physical Activity (2020).

It will focus on helping you to ensure your offer is thoroughly risk assessed. There will also be an opportunity to ask questions about your own PESSPA provision.

**Number of sessions available:** 1

**Deliverer:**

Steve Caldecott, afPE



## Workshop J

### Meaningfulness in Mindfulness

**Overview:**

This session will focus on using informal and formal techniques of mindfulness meditation to encourage awareness and attuning to the art of paying attention to ourselves. The aim is to develop an understanding of the many tools that we can apply to nurture our well-being inside and outside of the classroom for pupils and teachers alike. This mindfulness session will connect with research that highlights what pupils find meaningful in Physical Education and School Sport settings, for personal growth.

**Number of sessions available:** 3

**Deliverer:**

Dr. Helen Keane, Senior Lecturer in Physical Education and School Sport at the University of Wolverhampton and a trained Mindfulness Meditation Teacher.



**Please click on the booking link to reserve your place at the conference.**

The link is the same for all sessions, so you can book all the workshops you want to attend in one go!



# Primary School Conference Workshop Programme



## Workshop K

### Primary PE CPD (Practical) Gymnastics

**Overview:**

The workshop will support delegates to develop confidence in supporting flighted vault principles. This includes identifying and demonstrating correct terminology surrounding vaulting in KS2 equipping delegates with new activities and techniques to deliver take-off, flight on and Flight off vaults.

**Number of sessions available:** 3

**Deliverer:**

Ryan Bradley, RB Gym and Sport



### Marketplace

If you would be interested in securing an exhibition stand in our Marketplace, you can download an application form here: [bit.ly/ABCmarketplace](https://bit.ly/ABCmarketplace)

If you have any questions regarding the marketplace please email:  
[jennifer\\_oakes@blackcountryconsortium.co.uk](mailto:jennifer_oakes@blackcountryconsortium.co.uk)



## Workshop L

### Commonwealth Games Inspiration

**Overview:**

The workshop will inspire ongoing teacher engagement with the Birmingham 2022 Learning Programme, develop understanding and offer insight that adds value to the practice of individual teachers.

**Number of sessions available:** 3

**Deliverer:**

Commonwealth Games Education Team

## Workshop M

### Mentally Healthy Movement

**Overview:**

Find out how to support children's wellbeing through mentally healthy movement. The Stormbreak approach is a sustainable and practical approach to improving children's mental health in your primary school setting.

**Number of sessions available:** 3

**Deliverer:**

Stormbreak



stormbreak

\* Please note: if you are a private provider or deliverer, or work in schools based outside the Black Country and would like to attend the conference as a delegate, a charge of £50 will be applicable.



# Active Black Country

Creating an active, healthier region



## Black Country Rainbow Hour

A campaign encouraging all schools to commit and provide all pupils access to one hour of wellbeing and physical activity each day. The frequently released resources seek to build confidence and strengthen the support young people have through positive physical, mental, social and emotional companionship, challenge and fun.

### Find out more

[www.blackcountryrainbowhour.co.uk](http://www.blackcountryrainbowhour.co.uk)



## Black Country School Supplier Hub

The School Supplier Hub has been designed to be the go-to place for schools to find suppliers, services, providers and deliverers for all forms of physical activity provision, both during and out of school hours.

### Find out more

[www.blackcountryschoolsupplierhub.co.uk](http://www.blackcountryschoolsupplierhub.co.uk)



## Black Country Healthy Schools Platinum Award

Once your school has achieved the Healthy Schools Gold rating, obtained through completing the Active Lives Children's Survey, you can apply for the Black Country Healthy Schools Platinum Award.

This award will support schools to meet their statutory health education requirements and recognises excellent practice taking place across the region. The award assesses schools whole school approach to food and nutrition and embedding physical activity across the school day.

### Find out more

[www.blackcountryhealthyschools.co.uk](http://www.blackcountryhealthyschools.co.uk)

### Please click on the booking link to reserve your place at the conference.

The link is the same for all sessions, so you can book all the workshops you want to attend in one go!



**T:** 08458 15 15 15 | [www.activeblackcountry.co.uk](http://www.activeblackcountry.co.uk)

The Deckhouse, Waterfront West, Dudley Road, Brierley Hill, DY5 1LW

© 2021 Active Black Country | Registered in England and Wales No. 5159791

