



**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 20th May 2022
Time: Arrival from 8.45am (9.30am prompt start) - 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
- 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

Keynote Speakers

The Primary School Conference will be hosted by **Jacqui Oatley MBE**, ITV and Sky Sports presenter.

We are delighted to have **Steve Parry** attend our event, discussing Primary School Swimming - A Call to Arms.

We are also pleased to welcome **Nicola Turner MBE**, Director of Legacy for Birmingham 2022 Commonwealth Games, to discuss the opportunity of the Games as well as Sport England to hear key updates from their 'Uniting the Movement' Strategy.



Primary School Conference

Keynote Speakers

WELCOME AND INTRODUCTION

Amanda Tomlinson, Chair of Active Black Country

As Chief Executive of Black Country Housing Group, Amanda is passionate about the role physical activity can play in addressing health inequalities and economic disadvantage. She is an advocate for physical activity as a way to improve mental health and wellbeing.

Having never been a runner throughout her life, Amanda is proud of achieving the couch to 5k programme in late 2019, then progressing to Park Run. This has provided her with an insight into how hard it is to initially take up an activity, but equally how beneficial it can be and is keen to help shape and influence opportunities for others to do the same.



EVENT HOST

Jacqui Oatley MBE

Jacqui Oatley is one of Britain's leading sports presenters and commentators - a hugely respected and versatile broadcaster with almost two decades of experience. Jacqui made history in 2007 as the first female commentator on Match of the Day and has been racking up the "firsts" ever since. She is currently lead commentator on Sky Sports' coverage of the FA Women's Super League and presents EFL on Quest as well as darts for ITV Sport.

As a former player and FA qualified coach, Jacqui has commented, reported, and presented at several major football tournaments around the world, including FIFA World Cups, Euros and Olympic Games as well as multiple FIFA Women's World Cups and Euros for both TV and radio.

Jacqui has always had an innate passion for a wide range of sports. She is the UK's first female darts presenter, having fronted ITV Sport's PDC tournaments since 2015 and has covered various other sports including tennis, golf, rugby league and snooker.



Primary School Conference

Keynote Speakers

Steve Parry

Steve Parry is one of Britain's greatest swimmers, with career highlights including winning the Bronze medal for the 200m Butterfly at the 2004 Athens Olympics and setting an Olympic record in the semi-finals, impressively beating Michael Phelps – one of only four people to ever do so at the time.

After retiring from professional swimming, Parry went on to create Total Swimming Group and Total Gymnastics Group. Businesses under these groups include Total Swimming Academies, Becky Adlington's SwimStars and Beth Tweddle Gymnastics, which have over 30,000 children taking part on their programmes every week.

Parry is the former Chair of the outdoor swimming and water safety programme Swim Safe. Run jointly by Swim England and the Royal National Lifeguard Institute – which has saved over 142,000 lives since it started nearly 200 years ago – it teaches young people how to have fun and stay safe when swimming outdoors.

As a seasoned motivational speaker, Parry talks about overcoming adversity, implementing a vision, how to turn failure into success and embracing change.

For the past 12 years, Parry has been heavily involved with the media, regularly presenting and contributing on BBC Radio 5 Live and BBC Sport, covering major swimming, diving and cycling events.



Nicola Turner MBE

Nicola Turner MBE is Director of Legacy for Birmingham 2022 Commonwealth Games, the largest sports and culture event ever to be staged in the West Midlands.

Nicola's job is to ensure the people, businesses and institutions in the region directly benefit from the Birmingham 2022 Commonwealth Games. She is responsible for aligning and galvanising the Games partners to create a lasting legacy. She leads the planning and delivery of all legacy programmes including jobs and skills, volunteering, venues, participation of schools and young people, improving physical activity and wellbeing, civic pride and community cohesion. Details can be browsed on the website www.birmingham2022.com/legacy



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



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Workshop B

Opening School Facilities - This workshop is no longer running

If you would like more details on Opening School Facilities please email:
tim_albred@blackcountryconsortium.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!



Marketplace

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

If you have any questions regarding the marketplace please email:
jennifer_oakes@blackcountryconsortium.co.uk



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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



**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.



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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



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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 Learning
Programme 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



Active Black Country

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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



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



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

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