

Professional development- early years, primary, secondary

To support the professional development of those leading and delivering PESSPA across all phases of education, we offer 1-hour workshops, conference packages and keynote deliveries.

The aim is to support you to use the power of PE, school sport and physical activity (PESSPA) and play to create Well Schools where pupils and staff are happy and healthy, and ready to learn and thrive.

1-hour workshops- These are delivered by our regional field team of development managers and offer focused facilitation and fresh thinking. They create space to reflect, connect and collaborate on the key topics within education, our subject and leadership. The aim is to support PE leaders to use the power of PE, school sport and physical activity (PESSPA) and play to create Well Schools where pupils and staff are happy and healthy, and ready to learn and thrive. They can be embedded as part of conference programmes or delivered as stand-alone sessions.

Cost- £264+ VAT

Keynote speakers- With expertise across education and sport and 30 years of experience in all things PESSPA, we offer inspirational, informative and motivational keynote speakers to suit your conference or event theme.

Cost- £308 +VAT

Conference package- Looking for an inspirational opening and informative workshops for your conference or event, the conference package provides you with a 45 minute keynote speaker on the topic of Well Schools and 2x 1 hour workshops of your choice.

Cost- £550+VAT

How to book

Complete our online [enquiry form](#), and a member of our central support team will be in touch.

Lead Well

Supporting PE leaders with knowledge and skills to feel confident and competent to lead PESSPA well

Title	Synopsis	Themes	Audience
PE and Sport Premium: Priority setting	<ul style="list-style-type: none"> Understand expectations and considerations for priority setting linked to the premium. Explore a planning and priority process from baselining to impact, identifying what to stop, start and continue. Set clear goals to support all pupils' physical, social, and emotional wellbeing. 	Policy, PE, school sport and physical activity	Primary PE leaders
PE and Sport Premium: Reporting	<ul style="list-style-type: none"> Understand expectations and considerations for reporting. 	Policy, PE, school sport and	Primary PE leaders

	<ul style="list-style-type: none"> • Translate tracking and impact from the PE funding evaluation form into considerations for digital reporting. • Reflect on the process and share what you've learned, focusing on the impact on all pupils. 	physical activity	
Curriculum and Assessment Review: Preparing for change	<ul style="list-style-type: none"> • Understand key updates within education, including the Curriculum and Assessment Review, and reflect on the opportunities it provides for PE. • Create an action plan to ensure your PESSPA vision and PE curriculum is in line with the outcomes of the review. 	Policy	Primary and secondary PE leaders
The '3 Es' to include parents in the power of movement	<p>An insight-led session spotlighting current PE leaders learning in relation to effective parent engagement.</p> <ul style="list-style-type: none"> • Understand the barriers to parent engagement. • Share experiences and successes. • Use the '3 Es' framework of engage, educate and empower as a how-to approach to plan what could work in your setting. 	Tackling barriers, inclusion	Primary and secondary PE leaders
Telling a powerful story that showcases your impact	<ul style="list-style-type: none"> • Explore the evidence behind storytelling to form compelling arguments. • Use the Youth Sport Trust storytelling toolkit to ensure a structured approach to your storytelling. • Identify your examples to craft your story. 	PE, school sport and physical activity	Primary and secondary PE leaders
Raising the profile of PE through influence and leadership	<ul style="list-style-type: none"> • Develop a clear vision for PESSPA. • Identify positive examples from your experiences. • Map your enablers and blockers. • Create an action plan. 	Tackling barriers	Primary and secondary PE leaders



Move Well

Supporting PE leaders to ensure all pupils have a positive experience of PESSPA and play through their school offer

Title	Synopsis	Themes	Audience
Dressed to move - does the uniform	<ul style="list-style-type: none"> Understand the impact of uniform on student mobility and engagement. 	Tackling barriers, policy	Primary and secondary PE leaders
policy you adopt help or hinder movement?	<ul style="list-style-type: none"> Explore practical solutions and tools to ensure young people are enabled to move well in school thereby supporting their learning. 		School leaders
A playing child is a learning child	<ul style="list-style-type: none"> Explore how active play supports learning, brain development and classroom engagement. Address challenges such as increased diagnoses of additional needs and difficulties children face in physical and emotional participation. Highlight the benefits of integrating play and movement into the school day. 	Tackling barriers, inclusion	Early years and primary PE leaders
Engaging girls: understanding motivations and barriers to building a positive experience for girls	<ul style="list-style-type: none"> Understand the national picture for girls in PE, sport and physical activity. Reflect on the experiences of girls in your setting. Create a plan using Girls Active support material. 	Tackling barriers	Primary and secondary PE leaders
Power of an Active School	<p>Power of an Active School equips educators with the practical ways to increase pupils' love of movement and being active throughout the school day.</p> <ul style="list-style-type: none"> Understand how physical activity boosts learning, behaviour and attendance. Explore the link between movement, mental health and wellbeing. Gain simple, practical ways to get pupils moving more. 	PE, school sport and physical activity	Primary and secondary PE leaders Teaching assistants School leaders Whole school staff
Creating movement moments that matter within the school day	<ul style="list-style-type: none"> Unpick the action oriented 'THRIVE' principles, launched in May 2025 as part of the positive experience collective physical literacy work. Explore and consider how to use these principles to evolve school policy and practices to support all pupils to build positive and meaningful lifelong relationships with movement through positive experiences in school. 	Physical literacy, PE, school sport and physical activity	Early years, primary and secondary PE leaders School leaders Whole school staff

Unpicking the importance of physical development	<p>Up to a third of Reception children are not ready for school (Kindred Squared, 2024). This session explores how high-quality physical activity and active play support school readiness by promoting independence, social, emotional development and communication skills.</p> <ul style="list-style-type: none"> • Understand the link between movement and key developmental areas. • Explore the progression of fundamental movement skills. Gain practical strategies. 	Physical literacy	<p>Early years and primary PE leaders</p> <p>Teaching assistants</p> <p>Whole school staff</p>
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Supporting PE leaders to use the power of PESSPA to change lives

Title	Synopsis	Themes	Audience
Belonging and being in sport: The power of feeling seen	<p>When young people feel they truly belong in sport, they're more confident, engaged and ready to grow. This session explores how creating the right culture can boost participation, behaviour and development.</p> <ul style="list-style-type: none"> • The difference between 'fitting in' and true belonging in sport. • How belonging drives confidence, performance and retention. • How to notice and nurture the 'quiet ones' or those on the margins. 	Tackling barriers, inclusion	<p>Primary and secondary PE leaders</p> <p>Coaches</p> <p>Whole school staff</p>
Sport Sanctuaries	<p>Connect with and understand the concept of Sport Sanctuaries and how they can support schools to re-engage pupils in learning. The workshop will include</p> <ul style="list-style-type: none"> • Bringing to life, through practical application, the concept of Sport Sanctuaries. • Discuss ideas on how to practically establish and model Sport Sanctuaries in your setting. 	PE, school sport and physical activity, inclusion	Primary and secondary PE leaders
Transition: A process not an event	<p>Understand the importance of creating positive transition experiences for student progress, engagement and wellbeing.</p> <ul style="list-style-type: none"> • Consider the transition from a PE perspective. Plan for meaningful transition moments using PESSPA. • Champion the role of PE, sport and competition in transition. 	PE, school sport and physical activity, physical literacy	Primary and secondary PE leaders
Developing essential skills and building belonging through meaningful youth leadership	<p>Using the Youth Sport Trust Leadership framework as a set of principles to explore your leadership offering in more depth.</p> <ul style="list-style-type: none"> • Provide an experience for all young people which meets their needs. • Build belonging as leaders and youth-led leadership, which provides welcoming, inclusive spaces. • Develop essential skills and be able to articulate their value across the whole school. 	PE, school sport and physical activity, physical literacy	<p>Primary and secondary PE leaders</p> <p>Whole school staff</p>

