

CPD 2022-23

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>Equipping educators: to explore what is meant by physical literacy and fundamental movement skills. Learn how to use the Healthy Movers toolkit, how it links to the EYFS and supports the development of the whole child. Find ways of engaging parents and carers and become confident to plan and deliver fun, purposeful physical activities.</p> <p>Supporting young people: to develop their physical literacy in the early years, support their social and emotional development and create healthy, active learners.</p> <p>Accompanying resource: Healthy Movers Toolkit (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. Recognise what 'life-skilled' looks like in your pupils and explore a curriculum in which life skills are embedded and pedagogies make life skills teaching and learning explicit.</p> <p>Supporting young people: to experience a modernised, fit for purpose PE curriculum that supports their physical and personal development. Value PE for the wider contribution it makes and achieve within PE in the broadest sense and thereby flourish in PE, school and life.</p> <p>Accompanying resources: My Personal Best teacher and pupil resource (sold separately).</p>
<p>Subject Leader Module 1: Your role Module 2: Curriculum design Module 3: Planning and assessment</p>	<p>Suitable for: New and experienced PE subject leaders.</p> <p>Equipping educators: to define their role and purpose as PE subject leader in the context of their school. Reflect on curriculum intent, implementation and impact focus on the implementation of high-quality PE provision, ensuring continuity and sustainability of your subject. Connect with a broader subject leader base.</p> <p>Supporting young people: to experience a purposeful, relevant and engaging PESSPA offer. Understand the value of the subject and achieve physically and personally, thereby flourishing in PE, school and life.</p> <p>Accompanying resources: N/A</p>



<p>PE for the Primary Generalist</p>	<p>Suitable for: Primary generalists lacking the confidence to teach PE, including ITT trainees, early career teachers, and all teaching assistants.</p> <p>Equipping educators: to challenge their perceptions around the purpose and value of PE, school sport and physical activity. Improve knowledge and understanding of the subject of PE, the national curriculum expectations and pupil learning journey. Increase understanding of the concept of physical literacy and what this means for the teaching of PE. Raise PE teaching standards by unpicking the elements of high-quality PE.</p> <p>Supporting young people: to have a positive experience of PE, be engaged in and motivated by the subject and achieve physically and personally, thereby flourishing in PE, school and life.</p> <p>Accompanying resources: N/A</p>
<p>Power of a Well School</p>	<p>Suitable for: Any staff member working in education but with a focus on MAT CEO, headteacher, School Games Organisers, Head of PE and Health and Wellbeing Lead.</p> <p>Equipping educators: to understand the health and wellbeing barrier staff and children face, what a whole school approach looks like through steps to success, and the contribution of sport and play.</p> <p>Supporting young people: to be empowered to be the change in their school to address health and wellbeing challenges of their peers through sport and play.</p> <p>Accompanying resource: www.well-school.org and the Well Schools Steps to Success digital guide.</p>
<p>5 Ps to the PErfect PE Curriculum</p>	<p>Suitable for: Primary and secondary PE subject leaders, Multi-Academy Trust PE and sport leads.</p> <p>Equipping educators: this course is a progressive series of five one-hour virtual sessions delivered at least two weeks apart, topics include:</p> <ul style="list-style-type: none"> · Session 1: Purpose explored - unpicking a curriculum intent of PE that is fit for purpose for your context today · Session 2: Process explained - designing a curriculum pathway that is well sequenced, makes sense to implement and considers different models of practices · Session 3: Principles established - ensuring your values are upheld and non-negotiables of every PE lesson are consistent, clear and can be implemented by all · Session 4: Progress measured - building an approach to assessment that measures what matters and has impact to improve learning · Session 5: Progression evaluated - revisiting learning six months later to share progress and consider what next in the evolution of PErfect curriculum delivery in your school or MAT. <p>Supporting young people: to enjoy a relevant PE curriculum experience that meets their needs. Access a well-sequenced learner journey of memorable experiences and priority outcomes relevant to them and to understand the importance of PE in the wider context of their personal and academic development.</p> <p>Accompanying resources: N/A</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 (for example, completing a NPQ).</p> <p>Equipping educators: to harness the power of PE to drive whole school improvement. Taking the values of PE to create a school ethos that improves educational outcomes across the wider school curriculum. Delegates will explore how PE and physical activity can be used as positive intervention to improve attitude to learning, behaviour in the classroom and attendance.</p> <p>Supporting young people: to have access to the most relevant and coherent 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>Equipping educators: to establish a consistent vision and strategic approach for PE, school sport and physical activity across the Trust, underpinned by the overall Trust vision, values and priorities. Position PE, school sport, wellbeing and personal development as a driver for whole school or Trust improvement. Consider areas of strength and for development in the provision of PE, school sport and physical activity across the school or Trust as the basis for actions within a wider strategy.</p> <p>Supporting young people: to be part of a vision and strategy for the development of PESSPA across their school or Trust that priorities their needs and supports them to achieve their potential.</p> <p>Accompanying resources: N/A</p>
<p>Secondary CPD Courses</p>	
<p>My Personal Best Secondary</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. Recognise what 'life-skilled' looks like in your pupils and explore a curriculum in which life skills are embedded and pedagogies make life skills teaching and learning explicit</p> <p>Supporting young people: to experience a modernised, fit for purpose PE curriculum that supports their physical and personal development. Value PE for the wider contribution it makes and achieve within PE in the broadest sense and thereby flourish in PE, school and life.</p> <p>Accompanying resources: My Personal Best teacher and pupil resource (sold separately).</p>



<p>Power of a Well School</p>	<p>Suitable for: Any staff member working in education but with a focus on MAT CEO, headteacher, School Games Organiser, Head of PE and Health and Wellbeing Lead.</p> <p>Equipping educators: to Understand the health and wellbeing barrier staff and children face, what a whole school approach looks like through steps to success, and the contribution of sport and play.</p> <p>Supporting young people: to be empowered to be the change in their school to address health and wellbeing challenges of their peers through sport and play.</p> <p>Accompanying resource: www.well-school.org and the Well Schools Steps to Success digital guide.</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 (for example, completing a NPQ).</p> <p>Equipping educators: to harness the power of physical education to drive whole school improvement. Taking the values of physical education to create a school ethos that improves educational outcomes across the wider school curriculum. Delegates will explore how PE and Physical Activity can be used as positive intervention to improve attitude to learning, behaviour in the classroom and attendance.</p> <p>Supporting young people: to have access to the most relevant and coherent 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: Primary and secondary PE subject leaders, Multi-Academy Trust PE and sport leads.</p> <p>Equipping educators: to</p> <ul style="list-style-type: none"> · Session 1: Purpose explored – unpicking a curriculum intent of PE that is fit for purpose for your context today · Session 2: Process explained – designing a curriculum pathway that is well sequenced, makes sense to implement and considers different models of practices · Session 3: Principles established – ensuring your values are upheld and non-negotiables of every PE lesson are consistent, clear and can be implemented by all · Session 4: Progress measured – building an approach to assessment that measures what matters and has impact to improve learning · Session 5: Progression evaluated – revisiting learning six months later to share progress and consider what next in the evolution of PErfect curriculum delivery in your school or MAT. <p>Supporting young people: to Enjoy a relevant PE curriculum experience that meets their needs. Access a well-sequenced learner journey of memorable experiences and priority outcomes relevant to them and understand the importance of PE in the wider context of their personal and academic development.</p> <p>Accompanying resources: N/A</p>



PE, Sport and Physical Activity Visioning and Strategic Planning for School/MATs	<p>Suitable for: Trust-wide PE lead, school PE leads, senior leaders and wellbeing leads</p> <p>Equipping educators: to establish a consistent vision and strategic approach for PE, school sport and physical activity across the Trust, underpinned by the overall Trust vision, values and priorities. Position PE, school sport, wellbeing and personal development as a driver for whole school or Trust improvement. Consider areas of strength and for development in the provision of PE, School Sport and Physical Activity across the school or Trust as the basis for actions within a wider strategy.</p> <p>Supporting young people: to be part of a vision and strategy for the development of PESSPA across their school or Trust that priorities their needs and supports them to achieve their potential.</p> <p>Accompanying resources: N/A</p>
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Special School CPD Courses

My Personal Best Special	<p>Suitable for: PE practitioners and pastoral leads.</p> <p>Equipping educators: to ensure school staff feel supported and have the required skills, resources and training to feel confident in developing learners' character. Develop and apply life skills that will support young people to flourish in PE, school, and fundamentally, in life. Be part of a national community of practice with other PRUs and Alternative Provision Schools and special schools.</p> <p>Supporting young people: to raise the aspirations of young people with additional support needs and those that support them to realise their potential in and through physical education and sport. Experiencing success through achieving their personal best in physical education, in school, in work, as a citizen and in their personal life</p> <p>Accompanying resources: My Personal Best Teacher guide, skill cards and learner booklet.</p>
Top Sportsability	<p>Suitable for: teachers, learning support staff, and other sports practitioners.</p> <p>Equipping educators: to create a more inclusive offer to ensure that all young people have access to school sport and physical activity especially those with special educational needs and disability.</p> <p>Supporting young people: with special educational needs and disabilities to be fully included and participating in sport and physical activity.</p> <p>Accompanying resource: https://www.youthsporttrust.org/top-sportsability (free to access).</p>



Alternative Provision CPD Courses

MY Personal Best PRU

Suitable for: PE Practitioners and Pastoral Leads.

Equipping educators: to ensure school staff feel supported and have the required skills, resources and training to feel confident in developing learners' character. Be supported to develop and apply life skills that will support young people to flourish in PE, school, and fundamentally, in life. Be part of national community of practice with other PRUs, Alternative Provision Schools and special schools.

Supporting young people: to raising aspirations of young people with additional support needs and those that support them to realise their potential in and through physical education and sport. experiencing success through achieving their personal best in physical education, in school, in work, as a citizen and in their personal life

Accompanying resources: My Personal Best Teacher guide, skill cards and learner booklet.

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 1 - 3			✓		
PE for the Primary Generalist	✓	✓			
Power of a Well School	✓	✓			
5 Ps to the PErfect PE Curriculum				✓	
Taking PE Whole School			✓		
MAT/School Visioning		✓			



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	✓		✓		✓
Power of a Well School	✓	✓			
Taking PE Whole School			✓		
5 Ps to the PErfect PE Curriculum				✓	
MAT/School visioning		✓			
Special School CPD	Virtual (2-hours)	Face- to-face (half-day)	Face- to-face (full-day)	Virtual (multiple sessions)	Blended virtual and face- to-face
My Personal Best Special			✓		
Top Sportsability		✓	✓		
Alternative Provision CPD	Virtual (2-hours)	Face- to-face (half-day)	Face- to-face (full-day)	Virtual (multiple sessions)	Blended virtual and face- to-face
My Personal Best PRU – pre-recorded	✓				

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	£121.50
Two-hour phone or Zoom call	£243

***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.